



# The SpringDale Messenger

July 2024  
Volume 34 Issue 6



Compiled & Published by the SpringDale Neighbourhood Centre Inc.

ABN 21 404 220 267



## SpringDale

Where ideas grow  
& people flourish



A Day in the Life  
of SpringDale  
Neighbourhood  
Centre, celebrating  
35 years of learning,  
advocating, social  
connecting and  
having fun.

Photos courtesy of  
Mark Bloothoofd.



# JULY 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.

Tuesday	2	Welcome Morning Tea at SpringDale 10.30-11.30am
Wednesday	3	Time Travel Circus: Adventure across the ages 11am & 2pm - Potato Shed
Saturday	6	Harvest Basket vege swap  Bellarine Historical Society - Rhubarb Competition and Afternoon Tea
Sunday	7	NAIDOC Week til Sunday 14 July  World Chocolate Day
Tuesday	9	SpringDale Dinning Group at The Range @ Curlewis 6pm
Tue-Fri	9-12	Rapunzel - 10.30am & 1.30pm - Potato Shed
Thursday	11	World Population Day
Saturday	13	Portarlinton Community Breakfast  Women of Wit - 8pm - Potato Shed
Sunday	14	Bastille Day  Bellarine Historical Society Movie Afternoon - Best in Show
Monday	15	Term 3 commences  World Youth Skills Day
Tuesday	16	Made in Monserrat - 10.30am - Potato Shed
Wednesday	17	SpringDale Lunch Bunch 12 noon Leopold Sportsmans Club  Understanding Dementia Session at SpringDale 1pm  World Emoji Day
Saturday	20	Yummy - Joy Machine - 8pm - Potato Shed
Wednesday	24	Cousins Day
Sunday	28	World Day for Grandparents and the Elderly
Tuesday	30	International Day of Friendship
Wednesday	31	National Tree Day

**Reminder**  
Bookings &  
copy required by  
1 July for the  
August 2024  
issue



### SpringDale Messenger

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#### Connecting Your Business with our Community

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**For all Editorial enquiries:**  
Email: messenger@springdale.org.au  
Phone: (03) 5253 1960  
Online: Use the online form to lodge an article at springdale.org.au

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

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

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

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

**Art & Design by Jo Aspland Graphic Design 0438 055 679**

**The SpringDale Messenger is a locally produced publication.**



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



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.*



# Coordinator's News



Anne Brackley

One of my favourite things to do is look at a situation and to try to develop a system around it. We have developed many systems over the years and I love using them and improving them with feedback and experience. I understand this is now referred to as systems thinking and I love it.

While I was at the Flood and Emergency Management Session that City of Greater Geelong presented in collaboration with CFA (Country Fire Authority), SES (State Emergency Service), Red Cross, DFFH (Department of Families Fairness and Housing) and Emergency Management Victoria, I enjoyed hearing about their systems thinking and how they all work together.

I have asked City of Greater Geelong to collate all the information presented and make it available via SpringDale as it was so interesting and valuable to our community. I have asked for copies of their Home Emergency Management Template to be available from SpringDale, for collection.

The group asked me to share the details about the Victorian Emergency App and ask those with a smart phone to consider downloading it. They also talked about encouraging the community to get to know your neighbours so that in times of need, neighbours might be able to help each other.

I was pleased to be able to share information about a SpringDale Project, from a few years ago. You might remember Neighbourly Networking and how we encouraged people to get to know your neighbours. The event that was the catalyst for this idea was a phone call from a grandmother in Dubai and she told of her daughter and granddaughter were ill and didn't have any food left in the house, didn't

know their neighbours and needed help. Perhaps its time we had another go at this? SES talked about the Corangamite Catchment Flood Portal and being able to access flood information via this website. This might be a good website for you to access when looking to buy a property or perhaps for your interest.

It was a very informative session and we look forward to working in partnership with City of Greater Geelong to bring the information and more of these opportunities for you to be able to participate in.

Looking forward to seeing you at SpringDale soon.

Yours kindly,

Anne Brackley OAM for team SpringDale

**Understanding Dementia**

Dementia Australia

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

**Wednesday 17 July 1-3pm • Cost - FREE**  
**SpringDale Neighbourhood Centre**  
**17-21 High Street Drysdale**  
 Please email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960 to book

# Courses Updates

## Intro to Gelli Printing

For people completely new to Gelli printing, this is a one-off, single session to get you started.

**Instructor:** Libby Hildebrandt

**Date/time:** Thurs 18 July

**Fee:** \$20

## Introduction to Effective Social Media

Introduction to social media to grow your small business or community group. Connecting better through facebook and LinkedIn.

**Instructor:** Nigel Lane, Sterling Edge Pty Ltd

**Date/time:** Fri 19 Jul 1-3pm

**Fee:** Free

## Effective Social Media - Next Steps

Unlock the power of social media to grow your small business. Connect better with your social platforms like facebook and LinkedIn.

**Instructor:** Nigel Lane, Sterling Edge Pty Ltd

**Date/time:** Fri 26 Jul - 23 Aug 1-3pm

**Fee:** \$160 conc \$85

**Friendly Cuppa & Chat**

Tuesday 2 July 10-11am **FREE**

Come & chat at SpringDale - RSVP 5253 1960

**SpringDale Lunch Bunch**

The SpringDale Lunch Bunch are going to Leopold Sportsmans Club Wednesday 17 July 12 noon. Book with Margaret Reing 0418 370 857. **Bookings essential.**

**SpringDale DINING Group**

SpringDale Dining group are going to The Range @ Curlewis Tuesday 9 July 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 Neighbourhood Centre (03) 52531960.

**Support Your Local SpringDale Neighbourhood Centre - Advertise Locally**

## QUOTE OF THE MONTH

*May we all have a vision now and then, of a world where every neighbor is a friend.*

**ABBA**

Anne Brackley - Quote curator

[www.springdale.org.au](http://www.springdale.org.au)



Alison Marchant  
Member for Bellarine



### Portarlington Ferry

Exciting news for the Bellarine! The Port Philip Ferry service from Portarlington to Melbourne will continue for another four years as part of our Labor Government's \$30 million investment in better bus and ferry connections in the last budget.

This is fantastic news, as communities know just how important this is for our region's economy. It not only supports local residence in having another transport option to Melbourne but the tourism that comes to support our local businesses.

From June, ferry passengers will also benefit from a revised bus network, which will see the public bus timetable better align with the Ferry service, meaning more locals can access the Ferry without having to worry about driving or parking their car.

In 2022, the Labor Government completed an incredible \$10 million upgrade to Portarlington Pier, to provide all-weather access from the foreshore to the ferry services, and this government has continued to back the ferry service for our Bellarine Peninsula once again.

The ferry service continues to grow in popularity attracting thousands of passengers every month and I'm so proud to get this terrific outcome for our growing communities.



### Volunteer Week

Last month we celebrated National Volunteer Week, providing an opportunity to acknowledge and celebrate all of our dedicated volunteers.

There are many hundreds of volunteers across the Bellarine. Whether they give back to the environment, provide food relief, work with seniors or youth, or in the emergency sector, volunteers are incredibly generous. They make a positive impact on our communities and our wellbeing.

To simply say thank you doesn't seem enough, but it was lovely to say to thank you in person at the Barwon Coast Volunteers Event to all of the incredible volunteers who invest their time and hard work to make a positive impact protecting our beautiful landscape.

### Coffee With a Pollie

It was wonderful to drop into Queenscliff Neighbourhood House in May to attend their Chatty Café as an opportunity for community members to come and have a coffee and chat with me about what matters most in our

community. Look out for future updates about where I'll be next so you can save the date!

### Keep Up to Date in the Community

Safety in our community is vital and I am pleased to continue the Bsafe representative group who meet with local Bellarine police. In addition, it was terrific to be out with local policemen and women at the Gateway Plaza in Leopold last month for a 'Coffee with a Cop'. Shoppers were able to speak directly with police or myself about any issues while enjoying a free coffee. Thank you to everyone who stopped by.

If you would like to know more about the work the local Bellarine Police Station is undertaking in our community, you can read their new Bellarine Police Newsletter on my website [www.alisonmarchantmp.com.au](http://www.alisonmarchantmp.com.au)

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

# Alison Marchant.

Member for Bellarine

**Are you, or a member of your immediate family celebrating a milestone birthday or wedding anniversary?**

Congratulatory messages can be arranged for:

- 90th and 100th birthdays
- All birthdays over 100
- 50th, 60th, 65th and 75th wedding anniversaries

**For more information about congratulatory messages, or for assistance with any state matters, please contact my office.**



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

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

🌐 [www.alisonmarchantmp.com.au](http://www.alisonmarchantmp.com.au) 📱 Alison Marchant - Member for Bellarine





# Councillors' News

By Mayor Trent Sullivan



The June Council meeting saw the adoption of the City's 2024-25 budget.

Earlier this year Council resolved to extend the season at North Bellarine Aquatic Centre for a two month period. It saw the 50-metre outdoor pool remain open on weekdays from 6.00 am - 10.00am and 3.00pm - 6.00pm, and on Saturdays between 8.00am and 13.00pm, from 1 April to 31 May.

This came on the back of consistent feedback from the community that it wanted the pool to stay open during winter. Councillors heard that feedback loud and clear, and at our May meeting, we voted to extend the pool's opening hours on an ongoing basis.

It means that until Thursday 31 October, the 50-metre heated pool will open weekdays from 6-10am and Saturdays between 8am-12pm. Then as planned, the summer restricted season will begin on Friday 1 November on weekdays at 6-10am and 3-6pm and from 10am-5pm on Saturdays and Sundays. From December until March, operating hours extend to 6am-6pm on weekdays and 10am-5pm on weekends.

Keeping the North Bellarine Aquatic Centre open in winter will cost an additional \$423,723, putting the total operating cost per year at \$1,046,906 with a deficit of \$829,597. However, the numbers don't quite tell the full story. As a proud resident, and member of the Portarlington community, I am acutely aware of the issues faced by those who live within the Bellarine ward.

I campaigned on representing my ward and have done so every day that I have been in the job. I will always fight for the interests of those who make up the Bellarine community, and in this instance, their needs would not have been met had the pool remained closed during winter.

Following this decision, I encourage the community to show its support for the North Bellarine Aquatic Centre by increasing their usage of the facility, and if in a position to do so, consider joining as a member.

## Footpath network on the way

The City of Greater Geelong will turn to the SpringDale Neighbourhood Centre for ideas and insights on developing a new footpath network for Drysdale and Clifton Springs.

Similar to the Ocean Grove Principal Pedestrian Network, the City plans to construct footpaths that will fill gaps in the network and make it easier to get around our townships.

The proposed footpath network aims to improve safety and accessibility, connect key locations and encourage more people to walk, cycle or scoot to schools, public transport, shops and other destinations.

Residents of all ages - from children and caregivers with prams to the elderly - will be able to enjoy the social, economic, and environmental benefits of active transport.

Members of the SpringDale Neighbourhood Centre have provided feedback about locations where new paths would be best located, where there are gaps and accessibility challenges.

Community members are encouraged to drop in to the neighbourhood centre and share their ideas for the team to pass onto the City.

The feedback will help to shape a draft concept map of the network, set to go to the community for feedback early next year on the City's Have Your Say page: [yoursay.geelongaustralia.com.au](https://yoursay.geelongaustralia.com.au)

Construction of the staged Ocean Grove Principal Pedestrian Network, developed in consultation with the local community, is well underway.

Community members will spot signage in the streets where footpaths will be constructed next, with a QR code directing them to more detailed information.

The network is being delivered through a shared funding model, where the City bears the majority of the costs (65 per cent) and residents who will directly benefit from the paths pay the remainder.

This model will be one of the funding options considered for a Drysdale and Clifton Springs footpath network in the future.

We'll be sure to keep you updated on the progress of this planned network and how it will meet the needs of our community.

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- Veterans' Affairs

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





## Re-imagining Housing for Seniors

There's a well-known saying by Henry Ford that goes **"If you always do what you've always done. You'll always get what you've always got."**

When you think about what we've been doing with housing in Australia for the past 60 or 70 years, things haven't changed much. Stand-alone houses of three to four bedrooms on a block of land with a lawn that needs mowing and gardens that need weeding. These houses are aimed at what was considered the "nuclear family"; usually 2 adults and 2-3 children.

The present-day version of these houses hasn't changed much, but the way we live and the number of people living in them certainly has.

Four bedrooms and a yard that needs attention is not what singles need or want, but for those in the rental market the options aren't there. You take what's available and pay a lot more for what you don't want.

So, what we've got now is housing stock that doesn't meet our needs whether it's for buying or renting.

We've also got a shortage of land and a shortage of appropriate homes for housing the one or two occupants who only need one or two bedrooms.

If we don't re-imagine how we do housing then this problem will continue and grow.

We have a group of retired seniors who are taking the initiative to be a part of the solution to this problem. We don't want more of the same. We want housing that meets our needs.

We would love to hear from builders, town planners, investors, land owners, developers, architects, innovators and anyone who feels the same way.

If you would like to add your ideas and skills to ours, please contact me and we can explore this a little more.

**Dianne Bennett**

diannebennett4@hotmail.com

## Lions Club Roars Across the Nth Bellarine



The Lions of Portarlington Drysdale provides support to the community right across the North Bellarine. On Thursday 27 June, a new club executive was installed and will be led by Dianne Porter, the club's first female president.

The club is committed to supporting groups across the North Bellarine and is particularly interested in developing stronger connections with community clubs and associations in Drysdale, Clifton Springs, Curlewis and St Leonards. The club provides support to a wide range of community programs and groups and has developed strong links with local schools, sporting clubs (especially those involving junior sports), food assistance centres and other volunteer groups such as the CFA. We provide emergency support to families and individuals in need when appropriate. The club also contributes to wider initiatives such as flood and fire relief, childhood cancer research, the Lions Mobile Skin Cancer Screening Van, Lions Eye Health in primary schools, and Lions Hearing Dogs. One of our long standing commitments, with the support of the Bendigo Bank, has been the annual funding of up to sixteen local children to a five day camp at the Licola Wilderness Village. Two of our club members helped supervise the children at the camp.

Whilst our club has a lengthy history of providing valuable service to its community, we are now benefitting from a broader spectrum of ideas from our growing number of female members.

We welcome community groups to get in touch with us if they think we can help out in some way. We also welcome new members to contribute with ideas and to assist with fundraising and service delivery. We can be contacted at pdlionsclub@hotmail.com .

**Stephen Love**, Immediate Past Club President.



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

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**Shannon Calder**  
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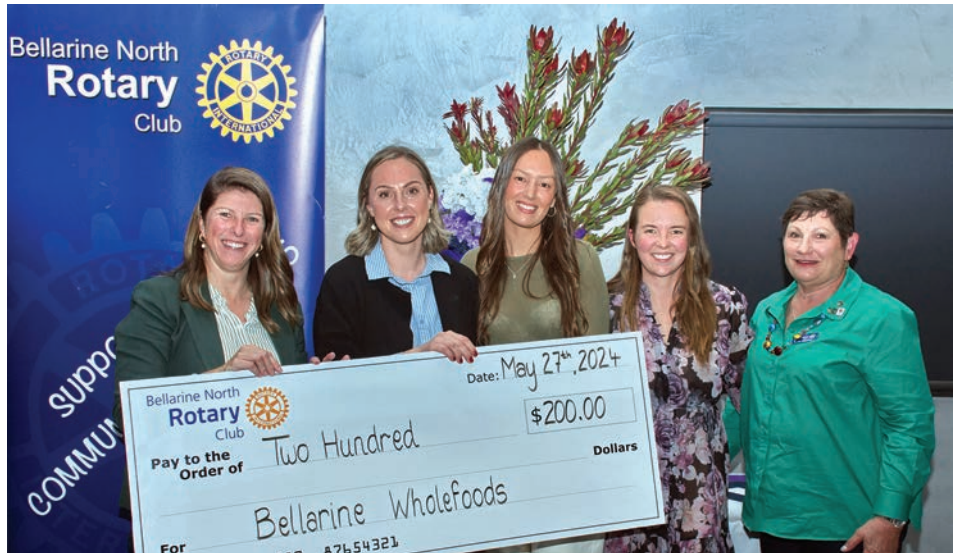
# EXCEPTIONAL SERVICE RECOGNISED

One of the most significant events of the year of the Bellarine North Rotary Club was held at the Portarlington Golf Club recently. Now in its tenth year the Service Excellence Awards acknowledges the amazing local businesses and the service they provide from all styles and types of business. The energy and the fun in the room was tangible.

During the month of March members of the public submitted their feedback on many types of businesses on the northern Bellarine. The Bellarine North Rotary Club presented 68 certificates. This event lets the businesses know how much they are appreciated by their customers and continue to encourage excellence in customer service.

This year's overall winner was Bellarine Wholefoods in Drysdale. They are a family run bulk wholefoods store in Drysdale Victoria, on the Bellarine Peninsula. They received a plaque, certificate, and a cheque for \$200 while the winning nominator also received \$200.

There were two Highly Commended winners this year, Bay It Computers in Drysdale and Portarlington Post Office. Most Voted was On Point Brows and Beauty with over forty nominations from their satisfied customers



and the rest received a Commended certificate. Many positive comments about the businesses were read out on the night which demonstrated how much our local businesses are appreciated and provide excellent service.

The night ran very well and feedback from attendees was very positive. There was lots of conversation and laughter. We thank the many businesses who supplied donations of vouchers and gifts for our raffle, these were very much appreciated by the winners.

You have ten months to start noticing the business or person who impacts you as being on target for providing Exceptional Service.

We look forward to your nominations next March.

There was a call to action to see if we can further increase our membership by inviting the businesses to consider employees joining our community supporting, fundraising, fun loving Club.

Are you looking to give something back to your community while forming lifelong friendships and having a lot of fun on the way then, we need you!!

**Caroline Rickard** - Publicity Officer  
Bellarine North Rotary Club  
0408 989 221

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## JIGSAW TRIVIA?

A 1,000 piece jigsaw puzzle will take you four times as long to complete as a 500 piece puzzle.

Obviously the length of time it takes to complete a puzzle will be increased with a higher piece count but, if the number of pieces is doubled, you'd probably expect it would take twice the amount of time. However, every time the amount of pieces is doubled the difficulty is quadrupled.

If you would like to test this, there are stacks of 500 piece and 1,000+ piece puzzles for borrowing at the SpringDale Jigsaw Library.

If you're not interested in testing trivia, you may wish to just keep warm indoors by piecing together a nice picture? The Jigsaw Library has beautiful puzzles of landscapes, animals, and famous works of art. There are also puzzles available with unique and unusual themes, such as food, movies, and cartoon humour.

The Jigsaw Library, located in a room in the SpringDale Neighbourhood Centre Hall, and is open on the first Thursday of each month, 10am to 12 noon. Next open 4th July, everyone is welcome, jigsaws may be borrowed for 40c each, or just drop in for a look and a chat.

**Neville, Jean, Chris, Terrie and Kathrine**



The first round of Glass Learning Sessions; "Using Microwave Kilns for Slumping Glass" were a great success. Below are some examples of creations made by participants. The Festival of Glass Inc is fine tuning the next round of these type of sessions. If you wish to learn more about participating in such groups please send us an email.

festivalofglassdrysdale@gmail.com or alternatively go the Festival of Glass website at the end of June for further details. There is also a range of workshops to sign up for such as the Mosaic Lantern Workshop on the 27th & 28th July. Keep the last Sunday in August for our EXPO. If you are wishing our website.

More details in the August Messenger. Website [www.festivalofglass.net.au](http://www.festivalofglass.net.au)

On behalf of the FoG Committee we would like to thank SpringDale for their ongoing support.

**Mercedes Drummond**

FoG Convenor



## SpringDale Trivia

by Drysdale Girl Guides

1. What temperature does water boil at?
2. In golf, what is the term for scoring one stroke under par on a hole?
3. Who composed the "Moonlight Sonata"?
4. What was the first book published by Jane Austen?
5. What was the first country to give women the right to vote?
6. What year was the first iPhone released?
7. How many Kilometres are raced during a Marathon?
8. What is the capital City of Spain?
9. What phase does a moon enter into after it's full?
10. Which country won the FIFA Women's World Cup in 2019?

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.

## A FILM SOCIETY AT SPRINGDALE.

My thanks to those who responded with interest to the prospect of forming a Film Society to operate out of SpringDale.

As part of the research into this possibility I attended the AGM of the Federation of Victorian Film Societies, which conveniently was held in Indented Head. At that time I learnt that contrary to my previous information, the Portarlington Film Society has plenty of room for new members, and the St. Leonards Film Society, while almost full,

certainly still welcomes prospective members. Details of both of these organisations are available on the internet.

In addition, the Drysdale library hosts a monthly film on the third Wednesday of each month at 5.30. details from the library.

So, movie lovers – there will not be a club operating out of SpringDale at this time, as there are plenty of movie opportunities for you to enjoy.

**Les Littleford.**



*Bringing the light, love & hope of Jesus to our local & greater community.*

**You are welcome to join us -**

- Sunday Family Service **10am**
- Children's Ministry
- Play Group
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**MEETING MONTHLY**



Business on the Bellarine

**NEW MEMBERS & VISITORS WELCOMED**

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

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

Follow us on  @BusinessOnBellarine

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

**Connecting Business & Community**



# Making my Home more sustainable - Part 13

Hope you're keeping warm.

One efficient method is often overlooked - that is turn on your air conditioner in heating mode. It can be run on its own or as a supplement to a central heating session and is very useful to keep one (or more) rooms a bit warmer.

Air conditioners are heat pumps which take a small amount of heat from a lot of air and transfer it inside as a small amount of hot air. As it is a transfer mechanism one can get about 4 kW of heat for every 1 kW to run the pumps and compressor so it is efficient and much cheaper than using a gas burning system.

Last month I emphasised the importance of sealing off draughts and restricting the heating (or most of it) to just specific areas - closing off rooms infrequently used.

Insulation could be checked if accessible and topped up to reduce the heat losses.

I was pleased that we were able to commence the Reconciliation in the Park event in Geelong by plugging in the sound system to my small electric car (BYD Dolphin) whilst the Council electrician fixed the power problems. Meanwhile the 400 attendees and speakers noticed no difference. This may become the norm for Tradies and campers in the near future.

AEMO (our Energy System Operator) has released its report for the 1st quarter

2024 <https://aemo.com.au/-/media/files/major-publications/qed/2024/qed-q1-2024.pdf?la=en&hash=CDAE3D2A5BA31DD3BF03A1EA39840F34>

It is a very technical, long report but here's my very brief summary. The analysis of the actual performance for the NEM (Australia-less WA and NT) vs 2023 Q1 shows:

Wholesale Prices continue to fall and Renewable Energy continues to grow steadily. For Victoria the average wholesale price fell by 8% to 5.2c/kWh which included a 1.5c/kWh cost penalty from the storm on 13th Feb destroying 6 large transmission towers. For 23% of the quarter the price was actually negative and between 10am and 2pm it was negative for over 60% of the time due to the large supply of solar power. There are lots of opportunities being developed and implemented for new Solar and Wind generators and storage capacity, eg hydro, battery etc. Future prices should slowly reduce over time with some offsets for additional distribution costs but it always seems an Economic Phenomena that prices go up quickly but seem to only reduce slowly. The market share over the year changed by Solar +2.0%, Wind +0.3%, Battery +0.1% offsetting

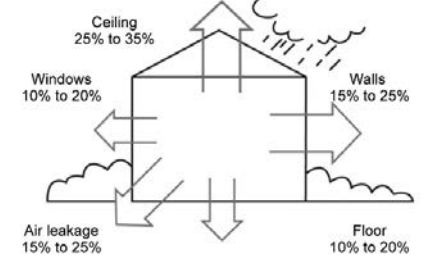
Black coal -0.8%, Hydro -0.7%, Gas - 0.5%, Brown coal -0.4%

Renewable Energy peaked at a record 66.9%

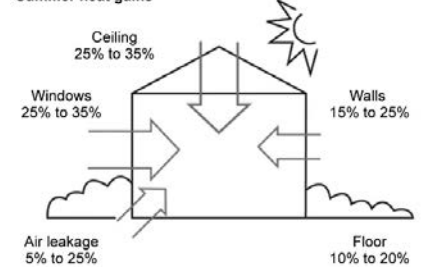
of supply with South Australia regularly providing over 100% of its requirements (Excess exported to Victoria)

Rob Gardner

Winter heat losses



Summer heat gains



Typical heat losses and gains without insulation in a temperate climate

## WHEN YOU NEED THE POLICE, BUT NOT THE SIRENS

IF YOU'VE HAD YOUR  OR  GO MISSING,  
COME HOME TO FIND YOUR  HAS BEEN DAMAGED,  
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OR WANT TO REGISTER A  WITH POLICE...



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ANYTIME



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# COURSES

## @SpringDale

We are an Autism Friendly Organisation

Improve your skills - Expand your mind  
SpringDale is offering a number of new classes  
this term. The new classes have **Red Headings**.

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

**Term 3**  
July-Sept  
2024



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

## Being Creative

### NEW - Intro to Gelli Printing

**Instructor:** Libby Hildebrandt  
**Dates/times:** Thurs 18 Jul 10am-12noon  
**Fee:** \$20

### Gelli Printing

**Instructor:** Libby Hildebrandt  
**Dates/times:** Thurs 25 Jul - 12 Sep 10am-12noon  
**Fee:** \$100 or **Conc** \$80 8 weeks

### NEW - Express Yourself through pocket sized Abstract Art' Workshop.

**Instructors:** Peta Henshelwood TIME2 Active8  
**Dates/times:** Sat 24 Aug - 14 Sep 10am-12.30pm  
**Fee:** \$160 or **Conc** \$85

### Art Fundamentals - Discover the Artist Within

**Instructor:** Annette Playsted  
**Dates/times:** Tues Jul 16 - Sept 10 1-3pm  
**Fee:** \$160 or **Conc** \$85 (8 sessions)

### Art Media Intermediate

**Instructor:** Annette Playsted  
**Dates/times:** Mon 15 Jul - 9 Sep 1-3.30pm  
**Fee:** \$160 or **Conc** \$85 (8 sessions)

### Advanced Art Workshop - Develop the Artist Within

**Instructor:** Annette Playsted  
**Dates/times:** Monday or Tuesday  
Jul 15 - Sep 9 or Jul 16 - Sep 10 10am -12.30pm  
**Fee:** \$160 or **Conc** \$85 (8 sessions)

### Friday Workshop - Adventures with Sculpture

**Instructors:** Annette Playsted  
**Dates/times:** Fri 2 & 9 Aug 1.30-4pm  
**Fee:** \$60 **Conc** \$50

### All Abilities Art

**Instructor:** Celia Adams  
**Dates/times:** Fri 19 Jul - 20 Sep 10am-12noon  
10 weeks Bookings essential  
**Fee:** \$260 or **Conc** \$160

### Cards with Lizzy

**Instructor:** Lizzy Free  
**Dates/times:** Wed 17 Jul - 18 Sept 1.30-3.30pm  
**Fee:** \$5 per session (9 Weeks)

## Textiles

### Teenage Sewing Classes

**Instructor:** Denise Kent  
**Dates/times:** Sat 13 Jul, 27 Jul, 10 Aug, 24 Aug, 7  
Sept, 21 Sept 10am-12noon  
**Fee:** \$20 per session

### Things I wish my Grandmother taught me

**Instructor:** Denise Kent  
**Dates/times:** Thurs 12 Sep 10-11.30am  
**Fee:** \$10 or **Conc** Free Booking essential

### The Language of Sewing Patterns

**Instructor:** Denise Kent  
**Dates/times:** Thurs 25 Jul 10-11.30am  
**Fee:** \$10 or **Conc** Free Booking essential

### Sustainable Wardrobe Workshop.

**Instructor:** Denise Kent  
**Dates/times:** Thurs 22 Aug 10am-12noon  
**Fee:** \$10 or **Conc** Free Booking essential

### Stitch, don't ditch

**Instructor:** Claire Duffy  
**Dates/times:** to be advised  
**Fee:** \$60 or **Conc** \$30

## Music

### Beginners Harmonica

**Instructor:** Jack Meredith  
**Dates/times:** Thurs 25 Jul - 12 Sep 10.30-11.30am  
**Fee:** \$90 or **Conc** \$80

### Beginners Ukulele

**Instructor:** Jan Paradise  
**Dates/times:** Tue 23 Jul - 10 Sep 1-2pm  
**Fee:** \$90 or **Conc** \$80

### Acoustic Jam Session

**Instructor:** Steve Williams and Susan Norris.  
**Times:** 3rd Wednesday each month 7:30pm at  
Springdale Hall.  
**Fee:** \$5 Feel free to bring your own refreshments.

## Languages

### French With Serge

**Instructor:** Serge Botans  
**Dates/times:** Tues 16 Jul - 17 Sep  
11.30am- 12.45pm (10 weeks)  
**Fee:** \$150 or **Conc** \$135

### Latin

**Instructor:** Neil Bell  
**Dates/times:** Saturday mornings by arrangement  
**Fee:** \$35 per term

## Wellbeing

### StiFit brain and body exercise class

**Instructor:** Virginia Cooke  
**Dates/times:** Mon 5 Aug - 16 Sep 11am -11.50am  
**Fee:** \$70 (7 sessions) or **single** \$15

### Pole Walking - Getting started

**Instructor:** Anne Brackley  
**Dates/times:** Wed 7 Aug 9.30-10.30am  
**Fee:** Free session

### Women Living Well

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

### Tai Chi for Health - Beginners

**Instructor:** Emilia Kurek  
**Dates/times:** Tues 2 - 23 Jul 10-11am  
**Fee:** \$3 per session

### Tai Chi for Health - continuing

**Instructor:** Emilia Kurek  
**Dates/times:** Tues 2 - 23 Jul 11am-12pm  
**Fee:** \$3 per session

### Yoga

**Instructor:** Marta Cwiek  
**Venue:** SpringDale  
**Materials:** Bring your own mat & blanket if required.  
**Dates/times:** Mon 15 Jul - 16 Sep 9.15-10.45am  
**Fee:** \$185 or **Conc** \$170  
\$25 per session if paying for single sessions

## Autism Plus

### Talking about Autism

**Instructor:** Anne Brackley  
**Dates/times:** Fri 6 Sep 1.30 - 3pm  
**Fee:** Free Bookings essential  
**Fee:** \$10 BYO snacks and drinks

### All Abilities Art

**Instructor:** Celia Adams  
**Dates/times:** Fri 19 Jul - 20 Sep 10am-12noon  
10 weeks Bookings essential  
**Fee:** \$260 or **Conc** \$160

## Digital Technology

### NEW - Introduction to Effective Social Media

**Instructor:** Nigel Lane, Sterling Edge Pty Ltd  
**Date/time:** Fri 19 Jul 1-3pm  
**Fee:** Free

### NEW - Effective Social Media - Next Steps

**Instructor:** Nigel Lane, Sterling Edge Pty Ltd  
**Dates/times:** Fri 26 Jul - 23 Aug 1-3pm  
**Fee:** \$160 or **Conc** \$85

### Introduction to Computers

**Instructor:** Brenda Richardson  
**Skill Level:** Beginner  
**Dates/times:** Tues 23 Jul - 10 Sep 2-4pm  
**Fee:** \$165 or **Conc** \$85 (8 weeks)

### Computers - Beyond the Basics

**Skill Level:** Intermediate  
**Dates/times:** By appointment  
**Fee:** \$165 or **Conc** \$85

### Smart phones, iPhones, tablets, iPads

**Instructor:** Brenda Richardson  
**Skill Level:** Beginner  
**Dates/times:** Thur 25 Jul - 12 Sep 2-4pm  
**Fee:** \$165 or **Conc** \$85

### Buying and Selling on eBay

**Instructor:** Ken Brackley.  
**Dates/times:** Tues 6 & 27 Aug 4.30-6.30pm  
**Fee:** \$55 or **Conc** \$25

### Digital Photography - Sculpting with Light

**Instructor:** George Stawicki  
**Dates/times:** Tues 23 Jul - 13 Aug 7-9pm  
**Fee:** \$115 or **Conc** \$105

### Manipulate images using PhotoShop Elements™

**Instructor:** George Stawicki  
**Dates/times:** Tues 20 Aug - 10 Sep 7-9pm  
**Fee:** \$115 or **Conc** \$105

### Edit videos using Adobe Premier Elements

Expressions of interest  
**Using Zoom for the first time**  
**Instructor:** Anne Brackley

**Dates/times:** Wed 16 Aug 10am-12 noon  
By appointment  
**Fee:** \$5

## Hospitality

### Korean Cookery - Kimchi

Lunch included.  
**Instructor:** Jasmine Hong  
**Dates/times:** Sat 20 Jul 10am-1pm  
**Fee:** \$60 or **Conc** \$30

### Korean Cookery - Korean Beef Salad

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

### Confidence Through Cookery

**Instructor:** Marie McLeod  
**Dates/times:** Tues 20 Aug - 17 Sep 10am - 1pm  
**Fee:** \$120 or **Conc** \$60 5 weeks

### Espresso Coffee Making

**Instructor:** Sam Chait  
**Dates/times:** Thurs 18 Aug or 5 Sep 10am-12pm  
**Fee:** \$20 or **Conc** \$10

## Gaining Skills

### New - Introduction to Egyptology

Taking expressions of interest in this subject -  
details to follow.

### Making my Home more Sustainable

**Instructor:** Robin Gardner  
**Dates/times:** Monthly TBA **Fee:** free

### Setting up a Bokashi bucket & garden bed

**Instructor:** Anne Brackley  
**Dates/times:** Fri 6 Sep 1-3.30pm  
**Fee:** \$5 or Free for SpringDale Members

### Focusing on the Future

**Instructor:** Anne Brackley  
**Dates/times:** Fri 5 Jul 2-4pm plus 7 other sessions  
**Fee:** \$50 or **Conc** Free



## Joy of Volunteering

**Instructor:** Anne Brackley  
**Dates/times:** Fri 12 Jul 2-4pm  
**Fee:** Free

## Introduction to Event Management

**Instructor:** Anne Brackley  
**Dates/times:** Wed 17 Jul 10am - 12noon  
**Fee:** \$20 or Free for SpringDale Members

## Returning to Learning

**Instructor:** Anne Brackley  
**Dates/times:** Mon 15, Tues & Wed 17 Jul 10am-12noon  
**Fee:** \$25 or Conc Free

## Returning to Earning

**Instructor:** Anne Brackley  
**Dates/times:** Wed 17 & 31 Jul 2-4pm  
**Fee:** \$40 or Conc Free

## Help SpringDale help yourself

**Instructor:** Anne Brackley  
**Dates/times:** By arrangement **Fee:** Free

## Ken & the Art of Bicycle Maintenance

**Instructor:** Ken Brackley  
**Dates/times:** Sat 3 Aug 9.30-11am  
**Fee:** \$10

## Getting Started Cycling Again

**Instructor:** Ken Brackley  
**Dates/times:** Sat 10 Aug 9.30-11am  
**Fee:** \$10



## Accredited Courses

### Provide CPR Code: HLTAID009

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

**Instructor:** Stayin' Alive First Aid  
**Dates/times:** Wed 24 July 9-9.45am  
**Fee:** \$65

### Provide First Aid HLTAID011 (Includes CPR)

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

**Instructor:** Stayin' Alive First Aid  
**Dates/times:** Wed 24 July 10am-12.30pm  
**Fee:** \$130

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

Pre-course work is required and you will be contacted before the course with the details. The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

**Instructor:** Stayin' Alive First Aid  
**Dates/times:** Wed 24 July 10am-12.30pm  
**Fee:** \$160

**Raelene Newton - Stayin' Alive First Aid**  
stayinalivefirstaid@gmail.com 0413513046  
(Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909)



## SpringDale Groups

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

### Bellarine Big Band

### Bellarine Community Singers

### Bellarine Family History Group

### Bellarine Wanderers

### Business on Bellarine

### Card Games

### Country Dancing

### Cryptic Crosswords Group

### Dining Club

### Felt & Textile Artists

### Footpath Advocacy Group

### Friendly Cuppa and Chat Group

## Fun Volleyball

## Inclusive Games Nights

## Genealogy

## New - German Speaking Group

## Girls' Shed / Craft Group

## Harmony Group

## Harvest Basket Produce Swap & Edible

## Gardening Group

## Jigsaw Club

## Kinship Carers

## Lunch Bunch

## Mahjong Club

## Men's Kitchen - Tuesday Mornings

## Men's Kitchen - Wed & Fri Morning

## Numbers Group

## Pole Walking Group

## Sci Fi Group

## Scrabble Club

## Scrapbooking & Card Making Group

## SpringDale Artists

## SpringDale Reads

## SpringDale Writers

## Sprukers - SpringDale Ukulele Playing Group

## Talking about Autism

## Toy Library - Drysdale

## Toy Library - Portarlington

## New Group - Walks for Carers

## Wheeler Riders

## Warhammer Group

## Non SpringDale Activities

### Bellarine Camera Club

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

For further details call in to a meeting, or go to our website [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)  
President: Debbie Hallows ph: 0400 562 571

### Drysdale Guides

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

### Festival of Glass

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

### Life Drawing

SpringDale Life Drawing Group meets every Monday 1.15-3.45pm. New Members welcome. Contact George-Ann 0438 028 250

### Pilates

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

**Instructor:** Monique MacLeod

**Phone to book:** (03) 5251 2958

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

**Dates/times** - Tues 16 Jul - 17 Sep 10 weeks  
Ball class starts 8.45am, Beginner floor class starts 10.30am  
Intermediate floor class starts 11.40am

**Fee:** \$170

## Enrolment & Payment Conditions

**Scheduled Fees:** Courses at nominated rates.  
**Single Sessions:** Incur a \$5 Admin Fee.

## ENROLMENT

**5 ways to book into a class -**

**Phone:** (03) 5253 1960

**Text:** 0416 450 534

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

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

**Email:** [office@springdale.org.au](mailto:office@springdale.org.au)

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

## PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip. If there are not enough enrolments to successfully run a course, it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified, and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

## PRIVACY

The SpringDale Neighbourhood Centre respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

**Please sign up for course updates via webmail, texting or a phone call.**

SpringDale Neighbourhood Centre Inc. acknowledges the support of:



## Expressions of interest

*Do you have a special talent that you would like to share and teach to the community?*

*Do you have a special interest in a course that we don't currently offer?*

*Are you fluent in another language that you would like to share and teach the community?*

*What is the latest craft that you would love to learn or teach?*

*Would you like to get out and meet some like-minded people?*

All these ideas are made from other ideas that frequently pop up, or you may have seen the idea in a magazine, heard it from a friend, or seen it on social media. We would love to hear from you and eagerly await your contact.

Call into SpringDale Neighbourhood Centre and have a chat with Anne, phone 5253 1960 or email [office@springdale.org.au](mailto:office@springdale.org.au)





# Be a life-maker

Everyone should have the chance to try for a family.

Public Fertility Care brings family within reach for more Victorians. But we need egg and sperm donors to make this possible.

Be a life-maker. Help make the life of a child – and family – possible.



Scan to see what it means to become a donor today.

**Become an egg or sperm donor**



The text of this advertisement has been approved by the Minister for Health as required by section 40 of the Human Tissue Act 1982 (Vic) March 2024. Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.





# Brain Wars!

It is a common experience: knowing that a behaviour, response, or thought is unhealthy or unhelpful, yet finding yourself repeatedly engaging in it. This is the conflict between conscious awareness and subconscious action, a complex interplay rooted in the workings of the human mind.

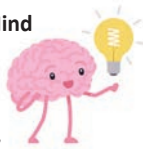
## The Conscious vs. Subconscious Mind

The conscious mind is where rational thought, decision-making and awareness reside. It processes information, weighs pros and cons, and makes deliberate choices. For example, you might consciously decide to eat healthily or quit smoking because you know the benefits.

However, the subconscious mind operates below the level of conscious awareness, storing habits, memories, and emotions. It drives automatic behaviours and reactions based on past experience, conditioning, feelings.

As a hypnotherapist, I know my clients have come to the right place when they say "Logically, I know I should be (healthy intention), but I keep finding myself (unhealthy behaviour). It makes no sense!"

When unhealthy behaviours persist despite conscious efforts to change, it is often because these behaviours are deeply rooted in the subconscious. The subconscious mind is powerful and efficient, managing many of our daily actions without conscious effort. However, this efficiency can also make it resistant to change... Especially when behaviours are tied to emotional needs or long-standing habit.



## The Role of Emotional Conditioning

Unhealthy behaviours often fulfill an emotional need, such as comfort, stress relief, or a sense of control. These emotional rewards are stored in the subconscious and can trigger automatic responses. For instance, stress eating or smoking might provide temporary relief from anxiety, reinforcing the behaviour despite conscious awareness of its harm.

## Strategies to Reprogram the Subconscious

- 1. Mindfulness and Self-Awareness:** Developing mindfulness can help bridge this divide. By becoming aware of triggers and emotional responses, you can start to interrupt automatic behaviours. Mindfulness practices such as meditation can increase awareness of the present moment, helping to identify and alter unhealthy patterns.
- 2. Hypnotherapy:** Hypnotherapy is a powerful tool for accessing and reprogramming the subconscious mind. By entering a state of deep relaxation and focused attention, you can explore underlying motivations and replace unhealthy behaviours with new positive automated alternatives.
- 3. Counselling - Cognitive Behavioural Techniques:** These techniques can help identify and change negative thought patterns that drive unhealthy behaviour. CBT encourages the development of healthier coping strategies and restructuring of beliefs.
- 4. Positive Reinforcement and Habit Formation:** Creating new, healthy habits through positive reinforcement can gradually replace unhealthy behaviours. Consistency and repetition are the key here, to rewire the subconscious mind over time.



- 5. Stress Management and Emotional Healing:** Addressing underlying emotional issues through the modalities above can reduce reliance on unhealthy behaviours. Effective stress management techniques: exercise, breathing techniques, boundary management can provide healthier support for emotional relief.

## Brain Peace

Just the very awareness of the interplay between conscious and subconscious motivations can begin to shift behaviour. The conscious mind sets good intention, and you can support your subconscious to feel safe enough to align with much healthier ways to be. With resolve and kind commitment, this kind of habit release and pattern transformation can have you feeling amazing in new, positive subconscious automation!

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





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Point Lonsdale

Face-to-face &  
Online sessions  
available  
Monday-Friday

**Kim High - Clinical Hypnotherapist**

- Reach your goals
- Strengthen your self-confidence
- End unhealthy habits and behaviours
- Overcome your limiting beliefs

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[www.familyhypnotherapy.com.au](http://www.familyhypnotherapy.com.au)  
Rebates available through some private health providers

# Renting a residential property?

Your property must meet **14 categories of minimum standards**. For example, your home must be free from **mould and damp**.

If your property doesn't meet these standards, you can request an urgent repair.

**You have rights.**

Visit [consumer.vic.gov.au/rentalstandards](http://consumer.vic.gov.au/rentalstandards) for the complete list of minimum standards.



**CONSUMER AFFAIRS VICTORIA**

Authorised by the Victorian Government, 1 Treasury Place, Melbourne

One of the world's rarest geese is found in south eastern Australia. The Cape Barren Goose is endemic to coastal areas, from South Australia spreading across Victoria and around Tasmania. The birds are attracted to feed found on coastal flats and beaches, of the southern states and also on off-shore islands. Occasional reports from Western Australia's southern islands show sightings there too, so this large wanderer enjoys a wide range of food sources suitable to a herbivorous bird. The Western Australian birds show some differences, thus there are two sub species within the southern areas.

Attempts were made to introduce Cape Barren Geese into New Zealand, but the relocation was not a large success. A few small flocks can still be sighted today, feeding off New Zealand pastures, however the majority of birds are sighted in the far south of Australia.

These large, territorial geese sometimes known as 'pig geese', were nearly hunted to extinction in settlement years. Early surveyors' findings, describe the Jardwadjali people of western Victoria capturing the birds for food, which they referred to the geese as 'toolka', and soon the early settlers were enjoying the birds too.

Over the years the numbers of geese decreased, but grazing habits changed from specific succulents, legumes and tussock and

spear grasses, to a wider choice, including pastor grasses and agricultural grounds, which of course became more plentiful as settlement expanded. The birds thrived.

The photos that I have included in this article were taken at a farm at Werribee. The farmer drove up as I was enjoying my birding, and I must admit was very delighted with his visitors and didn't seem to mind the gaggle feeding off his land. I understand that farmers can ask for a permit to shoot if damage is too great.

Cape Barrens rarely take to water, only very occasionally swimming. They enjoy wading, their long pink legs fully visible with the unusually grey ugly feet hidden. It is the wetlands that provide them with the most food.

The geese pair for life, so are monogamous. Whilst mating they perform a wonderful dance, raising their heads and lowering their heads, whilst facing one another and calling out loudly as they reaffirm their partnership. The male's job is to build the nest, a shallow hollow on the ground whilst the female gathers soft down and vegetation to line it. She sits and when the young hatch (34 to 37 days) both adults feed the goslings.

**Carole O'Neill**



## RT Edgar

BELLARINE

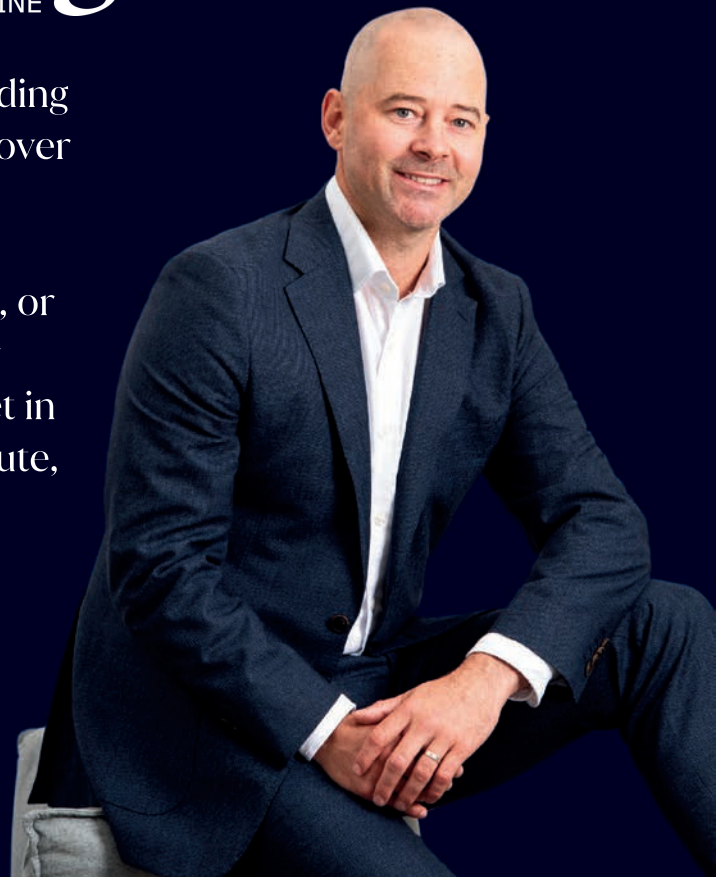
RT Edgar have been delivering outstanding results to the Bellarine community for over 30 years.

If you are thinking of buying or selling, or would just like to know where your property sits in the current market, get in touch with me today to book a 15 minute, no-obligation appraisal.



Aaron Jones  
Director | Licensed Estate Agent  
0403 664 428  
aaron@rtedgarbellarine.com.au

SALES | RENTALS | PROJECTS | COMMERCIAL







# Clifton Springs Garden Club

We are very lucky living down here on the Bellarine Peninsula, as we have such a wide variety of interesting individuals and groups, that the Garden Club can tap into, to keep us all up to date with all the wonderful things that are happening in our back yards. They may not all be "gardening" related, but they are certainly environmental, cultural or community related. All are very important to happy healthy living. So, if you live on the Bellarine, and you enjoy gardening and would like to know more about what grows best in your garden, plus what is happening in your area, you might like to come along to one of our meetings to hear from some of our fabulous speakers, who talk on a variety of gardening and environmental issues. Join our newsletter distribution list, or, you might like to go on one of our varied and interesting outings.

Despite the cold (9°) and the rain, 21 members had another enjoyable trip to Blackwood Ridge Gardens. They may have been disappointed with the weather and not being able to have the guided tour, but they were not disappointed by the stunning autumn display which had been highly anticipated. This is shown in the beautiful photos taken by President Gordon. Outing's organiser Keith, had also arranged lunch at the Greendale Pub which was enjoyed by all those in attendance.

Those members in attendance at the last meeting were also treated to some beautiful photographs taken by our member Susan John, on her recent visit to the Dylan Lewis Sculpture Garden in South Africa. As most of us would not have the opportunity to visit South Africa, it was great to get a first-hand account of the variety of plant species, (some of which we have here in Australia) that grow in this stunning man made garden, which also show cases his sculptures.

With winter coming on, we won't have any outings until September, and we don't have a formal meeting in July, but we will be back to normal meetings in August.

Our Club meets the first Monday of the month 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.

*PHOTOS: Blackwood Ridge Gardens (in the rain)  
Gordon Richardson*




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The latest set subject competition was "All Creatures Great and Small". Judge Sam Mariani critiqued over 70 entries and provided an excellent commentary and some helpful advice for every entry. Sam also showed some wonderful photos of Borneo where he has travelled several times.

Congratulations to members who were awarded the following places:

**Prints:**

A Grade: 1st "Small and Smaller" by Gordon Barfield, 2nd "The Watchman" by Ray Farrugia, 3rd "Adoration" by Suzanne Fatchen, Merit: "3 Hungry Mouths to Feed" by Helen Broeks, Merit: "Let me Loose I'm Ready" by Daryl Haywood. B Grade 1st "Cape Barron Goose", 2nd "Trio of Owlets" 3rd "Who Whistled?" all by Lynne Cornell

**Electronic Digital Images:**

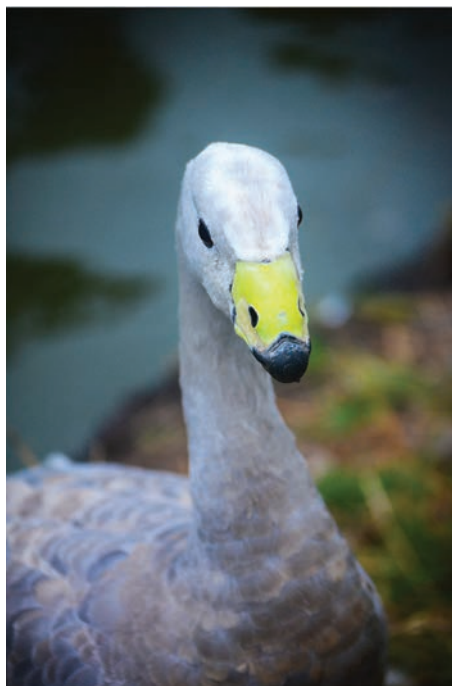
A Grade: 1st (and Image of the Competition) "Beeautiful" by Jim Den Ouden, 2nd "Bee Eater and Butterfly" by Jim Den Ouden, 3rd "So Cute" by Lynne Pearce, Merit "I'm Listening" by Jenny Warren.

B Grade: 1st "Raptor on a Wire" by Geoff Evans, 2nd "HMV" by Geoff Gaskill, 3rd "Whitey" by Lynn Cornell.

Bellarine Camera Club meets at Springdale Neighbourhood Centre at 7.30 pm on the 1st and 3rd Monday of each month. For further details see [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)

New members and visitors are very welcome.

**Robyn Curtis** - Vice President  
Bellarine Camera Club



On the Sci Fi trail...

Pictured is the display I recently built primarily for the *Introduction to science fiction* morning, at the Drysdale Library.

Although my display is quite new, the idea behind it is of a very long standing. It all started years ago, when I saw the second episode of the original series of *Lost in Space*, entitled *The Derelict*.

In this episode, the earth space ship *Jupiter 2* encounters a much larger alien craft in space, and has to make a forced landing inside its hold. Once inside the *Derelict*, our intrepid space explorers find themselves prisoners, and have to make an expedition on foot out into the hold to attempt to affect an escape.

The alien craft appears to be deserted and so, John and Don start exploring the control deck. They find a row of overhead screens depicting photos of various galaxies, and John deduces that the master computer has set this up to create what he calls, a *giant road map* for the aliens.

I was absolutely fascinated by this concept and have been wondering ever since how I could copy it. This is it!

The top section of the display is my Apollo moon mission chart: my space road map.

The lower half is a spread sheet of a children's story called, *Action Man: Race for the Moon*. It was a tiny sixties pocket book series about the adventures of our top secret agent. In this one he sort of morphs into an astronaut as the story progresses.

Lots of action, incredibly childish, but a triumphant ending and ideal for a fast read on the spot! I hope to use this soon!

Also, the Drysdale Library is organizing a Space Spectacular in conjunction with SpringDale for later in July. Anyone like to come? **John**.

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# A Tribute to Cathie Bond

- A Founding Member of the Community Group



Over the past 20 years, Cathie Bond has been a dedicated, and compassionate volunteer, and is one of the founding members of QRAR. She has directly supported Asylum seekers, both in immigration detention, and in the community. She has advocated to the wider community, and Government for key policy reform.

We just recently heard of the sad, and sudden news of her passing. As a fellow Artist and close friend, I believe she was "A Worldly Mother". "If you looked into her eyes, you can see that she carries the pain and suffering of many asylum seekers and refugees". Her impassioned dedication, and effortless time, she gave, to so many refugees, was outstanding. She will be greatly missed, by all of the Refugee community, and by her foundation members, and very close friends, who worked along beside her.

It was not unusual for Cathie, to prepare a meal, for 30 people at the Wesley Asylum Seeker Welcome Place, which she was one of the founders of, at the Wesley Uniting Church in Geelong.

She delivered food parcels to the doorsteps, of 25 households during Covid lockdowns, and she would often spend 8 -9 hours 'on duty', at the Welcome Place on Friday's.

She was seen as a mother, or grandmother, by so many individuals and families living in the Geelong region. She welcomed refugees into her home, and treated them like her family.

She used her beautiful Art, to touch their hearts, and open people's minds, challenging their beliefs. I had the privilege of exhibiting with her, at the Queenscliff Sacred Edge Festival in 2018 -19. Her sensitive, and moving installation was called "Mirrors of Reflection".

Cathie has played key role, in producing mixed media installations each year in May in Queenscliff, for the Sacred Edge Festival at the Queenscliff Uniting Church and were viewed, by thousands of people in major towns in Regional Victoria.

Her sensitive installations increased community awareness, about issues affecting refugees, and people seeking asylum, engaging the community with action for change. Cathie was also a passionate environmentalist. I have been fundraising for QRAR for many years, with my "Sounding for Inner Peace" Meditation sessions with ancient Temple Bowls and Voice Meditation sessions around the Bellarine.

In a tribute to Cathie, there will be a "soundwave" "Sounding for Inner Peace" Meditation, with Ancient Japanese and Tibetan Temple Bowls and Voice, at the Indented Head Community Hall (Beach side) on Sunday July the 21st 2024.

### TRIBUTE TO CATHIE BOND:

on Sunday July 21st 2024

### TIME: 3.15pm - SETTLE IN TIME:

For 3.30pm till 4.30pm.

### ADMISSION: - \$25 - CASH ONLY

- ALL PROCEEDS GO TO QRAR.

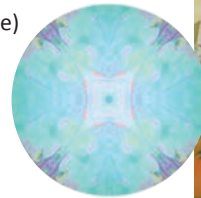
### BRING:

Yoga mat/ Blanket/Cushion

"Sounding for Inner Peace" Ancient Singing Bowls, played by myself, along with my friend and sounding orchestrator Geoff Evans.

**For bookings:** contact - Bettina ph: 0438 016 769 or Judy ph: 52571073 or email: swanbays@bigpond.net.au

**Judy Sault** (Stickland) Singer/Yoga teacher/ Artist. "Find the Peace Within"



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# Memories of Yesteryear

## THE LAW AND HOW DIFFERENT IT WAS

Drysdale Police Station was on the corner of High Street and Eversley Street (now Drysdale Physiotherapy and Sports Injury Clinic). It was set back from High Street with a long path to the station. There's also a small lockup there where drunks and criminals were put. Laws were different then. My mother Dorothy Kingsbury (born Hutchinson) was put off the street by the police officer for having her dress too short. No showing knees or cleavage in those days.

Mum drove granddad (William Hutchinson) by horse and cart to the Drysdale Hotel and he gave her two shillings for the ride. My grandfather had an argument in the pub once over the orange and the green. He was stabbed and received a bad wound.

Funny things happened at the pub as people usually drove a horse and cart to there and the youth of that time used to unhitch the horse and put the cart on the other side of the fence then put the horse back in the cart. Not so funny when the owner came out of the pub after a few drinks. Driving a horse and cart drunk was an offence (and still is) and the police would book you. It incurred a fine or you could be locked up. You might also get a kick up the bottom. Police used to walk, ride a bike or horse.

If you were caught and the offence was bad enough, you'd be prosecuted in the local courthouse. The courthouse was not only used for trials but for all legal issues such as registering a business, death notice, birth notice, family disputes and many other legal issues. The judge could also sign legal documents.

There was only one policeman in the district and he was responsible for keeping law and order. Drysdale/Clifton Springs was quite a large area to cover and a large number of people. He'd walk the streets and ride his horse around the roads. He had long distances to travel to visit farms and so on. A hard job as were many other jobs in those days.

If you played up as a youth then you could get a fair whacking from

the cop and you could have him visit your parents to discuss further disciplinary issues. It wouldn't happen today.

Women didn't inherit property; all was left to the men. Ladies were given money instead and not much money.

The laws were very different and you did as you were told or watch out. People young and old had respect for both life and property as well as respect for parents and police. Something that is missing today.

Disciplinary measures such as the cane, the ruler and the strap were used. Sometimes over used.

**Gary Kingsbury**



*Acting Sergeant Doug Nisbet receiving a photo from Bellarine Historical Society President Barry Buckle - photo circa 1990*



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# Memories of Yesteryear

## THE FAMILY HISTORY QUEST 03 BDMs

Birth, death and marriage certificates (BDMs) are vital documents to help family historians establish relationships of family members backwards in time. They are used to build the basic structure of the family history tree.

On 1 July 1853 the compulsory registration was introduced into the Colony of Victoria. From this date forwards all details were required to be lodged with the Registrar, Births, Deaths and Marriages. 1

Often family members have BDMs in their possession which they might allow you to copy to add to your collection of documents.

The Victorian Registry of Births, Deaths & Marriages (<https://www.bdm.vic.gov.au/research-and-family-history>) now provides a free searchable historical index to the following: Church baptisms, marriages and burials 1836-1853; Births 1853 -100 years ago; Marriages 1853 - 60 years ago; Deaths 1853 - 30 years ago. If you want a copy of the certificate there is a fee. It is worth purchasing certificates to add to your collection of documents. Fee for an uncertified image of an historical birth, marriage or death certificate is \$22. The information on an uncertified image is identical to the information on an historical birth, marriage or death certificate

for the same event and after paying the fee is downloaded onto your computer. Fee for a certified historical birth, marriage or death certificate is \$54.40 at the time of writing this article and the certificate is posted to you.2

Note that different Australian States records do vary in format, quality and content and transcription index errors always occur.

Ancestry (<https://www.ancestry.com>) & Find My Past (<https://www.findmypast.com.au>) have the following Victoria-related BDM index records available: Victoria Birth Index 1837-1917, Victoria Marriage Index 1837-1950; Victoria Death Index 1836-1988. Both these sites have subscription cost. Note that the index reference is no substitute for a certificate but it does give you a year and reference number for your ancestor.

Many churches keep records of baptisms and births, marriages and deaths. If you know the church the family member was baptised in, a chat to the local priest or parish historian might open doors to see these records and confirm the other BDM records you have or fill in gaps.

**John Mathes**

VICTORIA BIRTHS, DEATHS AND MARRIAGES REGISTRATION ACT 1996		REGISTRATION NUMBER 123/2017
<b>BIRTH CERTIFICATE</b>		
1. CHILD	Family name Given name(s) Sex Date of birth Place of birth	CITIZEN John Male 01 October 2017 Carlton
2. MOTHER	Family name Family name at birth (if different) Given name(s) Occupation Age Place of birth	CITIZEN Olivia Manager 27 years London, England
3. FATHER	Family name Family name at birth (if different) Given name(s) Occupation Age Place of birth	CITIZEN George Teacher 27 years Melbourne, Victoria
4. MARITAL STATUS OF MOTHER	Date of marriage Place of marriage	05 September 2009 Rome, Italy
5. PREVIOUS CHILDREN AND RELATIONSHIP		Not applicable
6. ENDORSEMENT	Name Address	O. CITIZEN Lonsdale Street Melbourne 3000
7. AUTHORITY/ENDORSEMENT	Name Date	Test Staff 1 July 2021

THE RISK OF THIS DOCUMENT CONTAINING ERRORS BY ERRORS OF NAME AND CONNECTION.  
Before entering names, age, sex and occupation, the original has a cultural background.  
I hereby certify that this is a true copy of a certificate recorded in a Register in the State of Victoria in accordance with the Act.  
1 July 2021  
*Abra O'Connor*  
Registrar

1 State Library of Victoria, Research Guides, Researching your Victorian ancestors, Births, deaths, marriages & divorce. <https://guides.slv.vic.gov.au/victorianancestors/bdm>.

2 Current fees for birth, death or marriage certificates can be found at <https://www.bdm.vic.gov.au/fees>

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## BELLARINE WANDERERS

The last few Thursday mornings at 9.30am we have good walks at Point Lonsdale, Ocean Grove, Barwon Heads and from Spray Farm Lane, Bellarine. The walks were from 70 to 90 minutes with coffee afterwards.

The Terrific Tuesday Trackers are walking every Tuesday from 9.00 for 2.5 hours to 3 hours. Please contact Springdale if you would like more information.

**Rob Gardner**



## Clifton Spring Curlewis Coastcare Group

After a very successful Waterwatch training session from Deidre at Corangamite Management Authority we later did our Monday session with the help of two new assistants.

At 9.30am on July 1st we will have our next Waterwatch at Griggs Creek meeting at the end of the Clifton Springs Harbor car park.

On Wednesday July 17th at 9.30am we will meet at Clifton Springs beach; opposite 34 Edgewater Drive, CS: for a Habitat Restoration session involving some different weeds and bushes.

All welcome and look forward to seeing you.

**Hans Heine, Rob Gardner**



## Trivia Answers

1. 100 degrees Celsius
2. Birdie
3. Ludwig van Beethoven
4. Sense and Sensibility
5. New Zealand in 1893 (limited to those identified as "British Subjects" which included Maori women, but not women who did not have New Zealand citizenship, eg, Chinese women.)
6. 2007
7. 42.195 kilometres
8. Madrid
9. Waxing Gibbous
10. United States of America

## ORIENTEERING VICTORIA

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### Come and try Street Orienteering

Run or walk 60 mins with the family or individually

Date	Location	Melway Ref.
Jul 6	Newtown - Balyang Sanctuary, Marnock Rd	451 F8
Jul 13	Ocean Grove - Surf Beach Rd	497 G1
Jul 20	Highton - Highview Estate Res, Stanbury Rd	450 H9

### Events held on Saturdays 2pm

Arrive at 1:45pm for Registration & Briefing

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## Hawks are social



The local Hawks Football and Netball Club enjoy success not only on the field but with wonderful inclusive community events. A social bunch there is many events for all ages during the season. The recent 70's disco was a raging success along with Ladies Day. Ladies Day raised funds for the Barwon Health Andrew Love Cancer Centre.

Why not step out and attend an upcoming event in July including the Sportsman Night on the 13 July and the Hawks Ball on the 20 July. Details can be found on the Club social media and website listed below.

Link in with the Hawks via  
 Website [drysedalehawksfc.com.au](http://drysedalehawksfc.com.au)  
 Facebook @drysedalehawksfc,  
 Instagram @drysedalehawks



*Saturday night fever never dies with DFNC members enjoying the 70's Disco.*



*DFNC members enjoying ladies' day with Libby Coker and Alison Marchant*

## Speed up on the field, slow down on the road

When it comes to road safety, the Drysdale Hawks are all on the same team when it comes to sticking to the speed limit. They invite the community to play your role and band together for TAC and AFL Victoria's Road Safety Round.

Taking place on Friday 19 - Sunday 21 July, Road Safety Round will see AFL Victoria clubs and members of the wider footy and netball community take to the field wearing a blue armband. These bands serve as a reminder that we all have a responsibility to drive safely and are in honour of every life lost on the road.

The Club will provide important information around car safety and host stories to be shared by members of the football and netball community to reinforce the message of banding together. For further information link in via the Hawks website and social pages below. To play your role, get along to an event or collect an armband from the Club, and remember, we all have someone to drive safely for.

The Drysdale Football Club will be participating in the TAC Band Together Round between 19-21 July.



*Hawks band together for TAC round*



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