



The SpringDale Messenger

December 2024
Volume 34 Issue 11



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Compiled & Published by the SpringDale Neighbourhood Centre Inc.



AN ARTIST'S JOURNEY TO THE SIMPSON DESERT

A Celebratory Exhibition by SpringDale Art Tutor and Visual Artist, Annette Playsted

JANUARY 25 TO FEBRUARY 2, 2025.

Opening hours are 11am to 3pm, every day. SpringDale - Gold coin donation.

The exhibition includes drawings, painting and prints, my responses to my journey to the Simpson Desert, Munga-Thirri, in April 2021.

The 9-day journey by road with driver and guide Paul from Wallaby Tracks Adventure Tours, took Max and I from Adelaide through South Australia's Flinders Ranges via Yunta to Arkaroola, then to Innamincka, via the Strzelecki Track. Burke and Wills sites, the flooded Coopers Creek, Minkie Waterhole and other historical sites. Then into Southern Queensland via a special route to avoid the flooded Channel country which took us via Eromanga and Windorah and then west to Birdsville, on the Diamantina, and then to our destination, the Simpson over Big Red and into the desert. The return journey took us through the Gibber plains via the Birdsville Track, past Mungeranie, through Maree, Farina, Lyndhurst, Leigh Creek, Parachilna, and then via Parachilna Gorge in the flinders Ranges to Blinman. Finally, then via Brachina Gorge and back to Adelaide. It was an adventure of a lifetime and made a strong mark on us and this exhibition is my response to the vast inner Australian landscape in flood.

To mark the 20th year tutoring Art at the SpringDale Centre, I want to share this exhibition with my SpringDale art colleagues, former and current students, friends and our North Bellarine community.

All works in the Simpson Collection will be for sale and there will also be a selection of works for sale from my 20 years living and making art here in Drysdale.

The commissions on sales and gold coin donations will go to further the work of the SpringDale Centre. Come celebrate our beautiful open landscape and share my delight to be working and making art here on the Bellarine as I begin my 20th year tutoring at SpringDale.

*It has been a fulfilling time! **Annette***



Photos courtesy of Mark Bloothoofd.

DEC-JAN 2024-25

Community Calendar

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

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

SpringDale Office closed from Friday 20th Dec till Monday 20th Jan 2025

December 2024

Sat-Sun	30-1	1st Drysdale Scouts Christmas Craft Market & Christmas Tree sales - Scout Hall
Monday	2	Christmas Lunch at SpringDale - bookings essential
Tuesday	3	International Day for People with a Disability Morning Tea @ SpringDale Swinging 60s Christmas - 10.30am - Potato Shed
Wednesday	4	Potato Shed 2025 Season Launch - 6pm - Potato Shed
Thursday	5	International Volunteer Day
Saturday	7	Harvest Basket Veggie Swap Anti-theft Number Plate Screws Exchange (weather permitting) St Leonards Creative Community Market - 9.30am-2pm - St Leonards Memorial Hall 1342 Murradoc Rd.
Sat-Sun	7-8	1st Drysdale Scouts Christmas Craft Market & Christmas Tree sales - Scout Hall
Sunday	8	International Children's Day
Monday	9	Christmas Card Day
Tuesday	10	Dining Group - SpringDale - 6pm - bookings essential
Thursday	12	12 x 12 Short Plays - 7pm - Potato Shed
Saturday	14	Portarlinton Community Breakfast 12 x 12 Short Plays - 2pm - Potato Shed
Wednesday	18	Lunch Bunch - SpringDale - 12noon - bookings essential
Friday	20	Christmas at The Shed - 6pm - Potato Shed
Tuesday	24	Christmas Eve
Wednesday	25	Christmas Day
Thursday	26	Boxing Day
Tuesday	31	New Year's Eve

Reminder
Bookings &
copy required by
1 December for the
February 2025
issue

January 2025

Wednesday	1	New Year's Day
Tue-Thur	14-16	Cinderella - Theatre 3Triple2 - 10.30am & 1.30pm - Potato Shed
Monday	20	SpringDale reopens
Sat-Tue	25-2	An Artist's Journey to the Simpson Desert Exhibition @ SpringDale - 11am to 3pm daily
Sunday	26	Australia Day

We acknowledge the Traditional Custodians of the land, the Wadawurrung People of the Kulin Nation. We pay our respects to Elders past and present, and emerging leaders.



SpringDale Messenger

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For all Advertising enquiries:

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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

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United Nations Association of Australia Victorian Division



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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Coordinator's News



Anne Brackley

Dear friends and friends I am yet to meet

As my 21st year as Chief Enthusiasm Officer/ Coordinator draws closer, I reflect on all the things we have done together. Hundreds of thousands of course hours have been delivered, more than a million hours of special interest group activity, more than 2 million photocopies/prints, 120,000 plus faxes, 220 issues of the SpringDale Messenger, 15 editions of the On the Bellarine Business and Services Directory, thousands of hours of room hire, been helped by hundreds of volunteers, advocated for a number of pieces of infrastructure including the Drysdale Bypass, Clifton Springs Fishing Pier, North Bellarine Aquatic Centre, and currently for footpaths.

Some of the more bizarre ways that we have helped to raise money for projects are through re-covering 220 chairs for the Potato Shed, creating 2 km of bunting for Queenscliff Music Festival, more recently making crayons into bespoke name plates, plus the usual second handbook sales, garage sales etc. Each of these fundraisers has led to another SpringDale Service being created or a skill being gained. Who knows what we'll decide to do next.

We have become a special place for Art to be learnt, discovered and mentored. A great deal of this is thanks to Annette Playsted Simmons who is about to start her 20th year of teaching at SpringDale. Annette will be exhibiting her art in celebration of this milestone from 25 Jan to 4 Feb 2025 at SpringDale. I am so grateful for the thousands of hours Annette has devoted to her students and SpringDale over this period. Thanks so much.

During the next month, we will be creating, serving and enjoying hundreds of Christmas meals. Please consider coming to one of our lunches or dinners, meeting new people and

sharing some Christmas Cheer. The meals are being supported by a City of Greater Geelong Christmas grant and will be delivered to your seat or home by volunteers. Many people enjoyed helping over the last few years and have put their hands up again and we have some new people who are keen to help. I'm sure there is still room for a few more helpers, if you are interested. We are grateful for the Christmas grant and would love any other foods or financial sponsorship to help us make more than 1,000 meals this year.

Change has become the constant these days and change seems to happen quite quickly. I'm sure 2025 may follow this pattern but if we take time to take a few deep breaths and enjoy the butterflies, when they pop into your sight. Just take an extra minute to enjoy what you are doing and find the fun in all you do then I think we'll all have a great 2025 together. I continue to quote Captain Sir Tom Moore - "Best be kind" and continue to find power in kindness.

Looking forward to seeing you at SpringDale for one of our special events, a usual activity, or our new Repair Café or the next Family Games Night.

Thanks for everything you do to help our wonderful community.

Yours kindly, **Anne Brackley** for team SpringDale



New Opportunities

Repair Café - New SpringDale Service
First Saturday each month (except Jan)
10-12noon.
\$5 donation plus materials.
35 items repaired so far and counting.

New Chess Club
Wanting to learn or play Chess
Wednesdays 3-5pm at SpringDale
Cost - \$2 a session and become a member of SpringDale. All welcome



Friendly Cuppa & Chat
Tues 3 Dec 10-11am rsvp SpringDale 5253 1960

SpringDale Lunch Bunch

The SpringDale Lunch Bunch are at SpringDale Wed 18 Dec 12 noon. **Bookings essential ring SpringDale 5253 1960.**

SpringDale DINING Group

SpringDale Dining group are at SpringDale Tues 10 Dec 6pm. **Bookings essential ring SpringDale 5253 1960 or email dining@springdale.org.au**

QUOTE OF THE MONTH

Happiness is when what you think, what you say, and what you do are in harmony.
Mahatma Ghandi

Anne Brackley - Quote curator

CHRISTMAS MEALS

Christmas Meals bringing Christmas Cheer Meals scheduled so far:

Monday 2 December 12noon,
Tuesday 10 December 6pm,
Wednesday 18 December 12noon
bookings essential phone 5253 1960 or email office@springdale.org.au. Volunteers accepted and Community Spirit lifted.

Supported by City of Greater Geelong Christmas Grant



Be part of the upcoming edition now! Business & Services on the Bellarine 2025/26 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

Alison Marchant Member for Bellarine



As we come into December, I'd like to wish you all a happy and safe Christmas and holiday season.

If you are just starting your Christmas shopping, I encourage you to try and shop local first. And if you have visitors, share with them our wonderful local environment, take a trip on the Portarlington or Queenscliff ferries, or have a treat at one of our fantastic cafes or restaurants. There's so much to discover right near home!

I also wish to acknowledge that Christmas can be a difficult time for some. If you need any assistance, please don't hesitate to contact my office. There is local food-relief support (Feed Me Bellarine 0422 798 791), free mental health support (Geelong and Queenscliff Mental Health and Wellbeing Local 1800 573 151) and community services ie: such as Orange Door (23-25 Palmerston Street, Drysdale) or Lifeline (13 11 14) that can provide assistance.

I do hope you enjoy the holiday season with friends and family, and I look forward to continuing to work hard for you into 2025.

Road Maintenance Blitz

Recently, a major road maintenance blitz was announced to rebuild, repair and resurface major state roads.

With around 70% of funding going towards regional Victorian roads, this funding includes

projects on the Bellarine, including works along Bellarine Highway between Wallington and Leopold. More information about these projects will be available soon.

Road maintenance and safety has always been a big focus of mine since coming into this role, however since chairing a Road Safety Behaviours Inquiry last year, I heard from community members and road safety experts across Victoria. My passion and advocacy for safety on our Bellarine roads has only grown.

I am proud to say that the Bellarine has many road projects currently underway including:

- Further safety rails for Bellarine Highway.
- Upgrades for Murradoc Road in St Leonards.
- Grubb Road and Smithton Grove intersection upgrade.
- A new intersection at Stacey's Road and Barwon Heads Road.
- Upcoming pedestrian wombat crossing (a raised crossing) for the Barwon Heads, and Ocean Grove roundabouts.
- Stage 2 of Barwon Heads Road Upgrade.

Recently, a new roundabout and pedestrian upgrades were also completed at the intersection of Bay Shore Avenue and Jetty Road in Clifton Springs, funded by the State Government, ensuring the busy intersection is now safer for drivers and pedestrians, as well as boat users who are entering the harbour.

Major arterial roads are state managed roads, whereas smaller suburban roads are the

responsibility of the local council, however, either way I will continue to advocate for the road investment and maintenance that we need in the Bellarine, including Murradoc Rd near High St.

There is always more to do, so if you have any concerns regarding roads across the Bellarine, don't hesitate to contact my office.

Lastly, as summer approaches, and more visitors come to the Bellarine, our roads get busier. Please drive safely, and take care when passing through roadworks, so our incredible workers can get their work done, and get home safely.

For more information on these road upgrades, or for assistance with any state matter, please contact my office on 03 5250 1987 or via email at alison.marchant@parliament.vic.gov.au.

Come in for a Free chat

RISTEVSKI LAWYERS

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Drysdale

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79 The Parade
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- APPOINTMENT OF MEDICAL TREATMENT DECISION MAKER

Alison Marchant.

Member for Bellarine

As your state member, it is important that I hear directly from you.

Contact my office for support for state matters including:

- Transport infrastructure, road safety & public transport
- Local healthcare services
- Early childhood, primary and secondary education
- Applying for state government grants
- Cost of living pressures

Scan the QR code to find out more about local Bellarine updates.



📍 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

The countdown to Christmas is well and truly underway. Stuck for ideas for gifts for that hard-to-buy for person in your life? Gift vouchers are available for you to purchase - give the joy of live entertainment to some of the best shows at your home of the performing arts on the Bellarine Peninsula. Head on back to the 60s this December Morning Showtime, with two of the greatest of the Melbourne cabaret scene, Melissa Langton and Mark Jones when they bring you a **Swingin' 60s Christmas**. A hugely popular show, Melissa belts out the best of the 60s Christmas style songs as Mark jams along on the eighty-eights, with you singing along.

It's that time of the year when we reveal what we have in store for you next year. Join us from 6pm Wednesday 4 December when our **2025 Potato Shed Season** is officially launched. The green carpet will be rolled out, refreshments will circulate as you mingle in the foyer before stepping into the black box for a night of featured performances and musical interludes. This free night always books out. Our tip? Secure your spot today. Continuing the tradition of supporting local playwrights, actors and directors, resident theatre company 3triple2 will once again bring **12x12 Plays** to the Shed. The premise is simple - 12 original plays, each 12 minutes (or less) long performed on the 12th day of the 12th month. This year, there will be two shows, 7pm Thursday 12 December and 2pm Saturday 14 December. Some plays deal with the darker side of life and some will have you



**WIN DOUBLE PASS to
2025 Season Show**
Wednesday 4 December at 6pm

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

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Address: _____

Phone No: _____

COMPETITION CLOSING MONDAY 2 DECEMBER 4PM

laughing. Love what you see? You have the chance to vote on the night for your favourite work.

In keeping with the festive spirit, our **Christmas at the Shed**, 6pm Friday 20 December brings some Christmas cheer. Come along and enjoy a Christmas Carol sing-a-long, join in some fun games, nibble freshly popped pop corn before you sit back, relax and take in a family friendly Christmas film. And as a bonus, Santa always drops by for a visit and a Santa photo or two. Part of the City of Greater Geelong Christmas in Geelong program.

All shows are on sale via the website, potatoshed.com.au or in person at the Box Office, Monday-Friday 10am - 4pm, or call with credit card details on 5251 1998..



**Footpaths
for Health**

Over the last 33 years, the need for footpaths has regularly been brought to our attention via the SpringDale Messenger. Over the last 3 years we have written about the need for and the benefits of footpaths, even more regularly. Early in 2025 there will be an opportunity for the Drysdale Clifton Springs community to work in partnership with City of Greater Geelong to enable this dream to be a reality. Please consider the benefit to the whole community when you participate in the upcoming opportunity.

We also look forward to working with the State Government to help make the access to businesses and facilities on Murradoc Road much safer, with footpaths. After a very productive meeting with Council officers, we now understand this road is still under the remit of State Government. Please help us bring this need to Alison Marchant MP and Gabrielle Williams MP Minister for Public and Active Transport.

See the website for our articles so far projects.onthebellarine.org.au

WHAT'S ON



SWINGING SIXTIES CHRISTMAS



FINAL MORNING SHOWTIME EVENT
TUESDAY 3 DECEMBER
10.30AM

Melissa Langton and Mark Jones, one of Australia's most popular cabaret acts and will take you on a very jolly time for the final Morning Show for 2024.

MORNING SHOWTIME

All Tickets \$20 Including Morning Tea

POTATO SHED 2025 SEASON LAUNCH

**POTATO SHED
2025
SEASON**



FREE EVENT - BOOKINGS ESSENTIAL
WEDNESDAY 4 DECEMBER
6PM for 6.30PM START

Come and celebrate the launch of the **2025 Season** program. **The Season launch** is a highlight of the year and always books out. Avoid disappointment by securing your spot today! **Book online now** or alternatively call to speak with our friendly staff.

12 X 12 SHORT PLAYS

**12
BY
12**

THURSDAY 12 DECEMBER
7PM
SATURDAY 14 DECEMBER
2PM

Local writers and performers from across the Bellarine bring **12 original plays** to the **Potato Shed**. Each play is 12 minutes long or less. Some deal with the darker side of life, while others have you laughing in the aisles. The audience vote for their favourite play along with Judges who award the playwright for the best constructed work.

All Tickets: Theatre seating \$27.50

CHRISTMAS AT THE SHED



FREE EVENT - BOOKINGS ESSENTIAL
FRIDAY 20 DECEMBER
6PM

Come along and enjoy some relaxed time before the Christmas season hits. With sing-along carols, some fun games along with popcorn and family friendly film. Plus, Santa always drops by for a visit and a few pics. Part of the **City of Greater Geelong's Christmas in Geelong 2024**.

GEELONG'S PREMIER ENTERTAINMENT VENUE ON THE BELLARINE PENINSULA

41 Peninsula Drive, Drysdale VIC 3222
www.potatoshed.com.au
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@ [potatosheddrysdale](https://www.instagram.com/potatosheddrysdale)

**BOOK ONLINE AT
WWW.POTATOSHED.COM.AU
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Councillors' News

By CEO Ali Wastie



As the festive season approaches, Geelong is set to come alive with an exciting array of Christmas and summer events for the whole family to enjoy.

All the Christmas favourites are back, including the Floating Christmas Tree, which will light up the waterfront with its captivating sound and light show every night until 7 January.

Before the show, visit the Christmas Nights celebrations at The Carousel. There are also morning and afternoon tea dates for children, including bookings for Santa photos.

Locally, the Potato Shed will host its Christmas celebration at 6pm on 20 December. Bring the family along to sing carols, play games and for another chance to meet the jolly man in red.

And don't miss the Portarlington Mussel Festival down the road at Portarlington Park on 11 January.

This one-day festival showcases the best local produce including mussels cooked in various styles, live music, beer and wine tasting and fun activities for the kids.

This summer's highlights also include the return of the Festival of Sails during the January long weekend.

Set against the backdrop of the Royal Geelong Yacht Club and Eastern Beach, the sailing event coincides with a three-day festival packed with live music, gourmet food and an exciting line-up of entertainment.

Geelong will also host the 10th anniversary of the Cadel Evans Great Ocean Road Race from 31 January to 2 February.

Experience the thrill of the race from the start-finish line at Steampacket Gardens and watch some of the world's best cyclists compete across Geelong, the Bellarine Peninsula and the Surf Coast.

With so much on offer in our fabulous region this summer, I encourage everyone to attend as many events as possible.

For more information on any of these events, visit www.geelongaustralia.com.au/events

S.H.O.W.

Sustainable Housing for Older Women
Bellarine

In the push to Re-imagine what Sustainable Housing for seniors could look like, Community Organisations are leading the way.

Our guest speaker for the November 1st meeting was Roger Hastrich from Regional Housing Victoria. We were encouraged to hear from him that it is community organisations and small grassroots movements just like ours that are leading the way in the push for more sustainable and affordable housing options.

The more vocal local communities become, the more councils, governments and even developers will listen.

Big developments of family homes will always be needed, but the lack of smaller, more appropriate and affordable homes for seniors to rent has become a crisis in its own right.

We are continuing to broadcast our message that The Bellarine is in urgent need of suitable rental stock for seniors, particularly women over 55.

As this year comes to a close, our group which we now call S.H.O.W. (Sustainable Housing for Older Women) is feeling pretty positive about how we've grown this year.

We've grown in knowledge, we've expanded our networks and we've grown in numbers with some new women -and one man - who have added some great skills, really helpful networks and fresh perspectives.

Thanks to everyone who has contributed through new ideas, sharing contacts and networks, and offering rooms to share and a safe affordable home to rent.

And thank you to those who continue to be part of this journey.

Through a strong belief and a lot of patience we'll continue to pursue a solution that will work for The Bellarine.

I wish you all a very safe and restful Christmas.

Dianne Bennett.

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SPRINGS TOWN CLUB



TOWN (Take off Weight Naturally) Clubs are here to help anyone who needs to lose extra kilos while living in the real world.

Christmas/New Year is a wonderful chance to catch up with family and friends, but how do we do this without looking like the Grinch and refusing all the food and drinks on offer because we are "on a diet" or just diving in and eating everything on offer and regretting it in the New Year.

We can help by introducing strategies and talking through how to navigate our way through life with healthy eating ideas, helping each other by cheering on our victories and when we stumble, as we all will, helping each other without judging and offering support, friendship and care when needed.

Ideas to help you through the Festivities include: On days where you know you are going out to eat, plan for these by eating healthy meals leading up to these occasions

- Portion Control - small helpings can actually be just as satisfying
- Offer to bring a plate - there are so many delicious healthy salads and a Summer Fruit platter (or presented as kebabs) can look and taste spectacular
- Eat and drink mindfully and slowly - enjoy what you having
- Do not sit directly in front of your food

nemesis - get up and move around to catch up with people

- Alternate your drinks of choice with water or soda water - and remember that a flute of Champagne has less calories than wine!

Then when you are making your New Year's resolution to lose weight (yet again), please remember that we are here to help you. Losing weight is hard and a lifetime commitment, and we accept that, so let us help you start that journey.

The Springs Town Club meets at Drysdale Senior Citizens on a Monday morning at 9.30. More info on the website townclubs.com.au or contact Bev on 0421636830



Cookery & Produce Competition 2025



It's time to start thinking about your entries for the 2025 Bellarine Show to be held on Sunday 9 March (Labour Day long weekend), so start planning your fruits and vegetables for the Produce and Preserve competitions. We are excited and anticipating we will be in our new building for the 2025 show.

We learned a lot in the cookery and produce sections from this year's show. So, in 2025, the entries will be judged on the Saturday which means that everything will be on display with placings for people to see on Show Day. This will also make it easier for you to collect your entries.

The 2025 Show will also see the introduction of a new online procedure for our entry management and processing which means the results will be also streamlined to make it easier for you as the entrant and our stewards and Judges. Of course, if you would still prefer to do a manual entry, we will happily accept these.

For the first time in a number of years, we have reintroduced exhibitors' entry fees for the section classes. This is mainly due to rising operating costs such as liability insurance and the requirement to have properly qualified first aid people for you on show day. Thank goodness for volunteers who kindly give their time to help, particularly on the day. We have been searching for new and different entry classes for both cooking and produce which is going to make it even more interesting and fun for entrants and show goers alike. These new classes will be in place for the 2026 event.

We would love to see you and your amazing produce, flowers, jams and preserves at the 2025 Bellarine Show.





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AN EASIER CHRISTMAS: EASING HOLIDAY EXPECTATIONS FOR MIND, BODY, AND HEART

Christmas can be a time of love and joy, but it's also a season loaded with expectations—keeping up with others, creating perfect moments, reliving memories and dusting off family connection. As a clinical hypnotherapist, I often see clients during the holidays who feel stretched thin. They want Christmas to feel meaningful, they want to actively create the joy they feel is expected; but find themselves overwhelmed by the demands on their time, energy, and emotions. Christmas brings memories of childhood traditions, some joyful, some just outright stressful. The season can bring up past grief, emphasise feelings of loneliness, or stress us to "do it all," (not to mention the difficult conversations with Great Aunt Mabel about a year that may not be the glowing report card you'd like to share). This can lead to a pressure-filled buildup as you try to make everything look perfect on the outside, even when we feel exhausted on the inside.

Expectations that are self-compassionate.

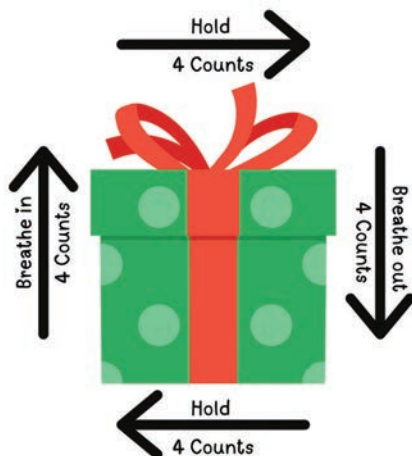
One of the first steps toward an easier Christmas is recognising when you are overextending yourself. That "keeping up" mentality can drain your time, mind, and body. If you find yourself feeling overwhelmed, take a moment to pause and consider: are you decorating, shopping, and planning out of joy, or obligation? Acknowledging this early may allow you to adjust your expectation and avoid burnout. Could a simpler Christmas be an easier Christmas for you?

Boundaries that keep your nervous system safe.

Managing your time and setting boundaries can help conserve your energy. Saying no to certain obligations, even to loved ones, is a powerful act of self-care. Limit gatherings if they feel too much, spread out your commitments so you have time to replenish, and aim for meaningful, smaller moments. Setting a firm boundary can protect your nervous system from the overload that often comes with holiday chaos.

A grounding gratitude check in.

For a grounding reset, try this short breathing technique: Find a comfortable place to sit. Close your eyes, and take a slow, deep breath in for a count of 4. Hold for 4, then release for another 4 counts, feel the tension leave with your exhalation. Hold for 4 and begin the cycle again. Focus on the "good enough" Christmas you already have—the warmth, small acts of kindness, any loved ones or friends nearby. Repeat this a few times, letting your mind return to gratitude.



Self-kindness about your Christmas feels.

If the emotional landscape of Christmas, such as dealing with vulnerability around family, loneliness or grief becomes too much, plan for some quiet moments each day to check in with yourself—ask how you're feeling, without judgment, and gently acknowledge any emotions that come up. All your feelings are valid. Comforting yourself as you would a friend can make the season feel more emotionally safe. This mindful filter allows you to honour your feelings and find moments of peace amongst the holiday rush; creating a Christmas that feels nurturing rather than overwhelming.

Perfection never fits.

Letting go of that unachievable "perfection" might allow you to enjoy a holiday that's easier on your mind, body, and heart. This season, allow yourself a beautifully imperfect, peaceful, and "good enough" Christmas.

If Christmas becomes too overwhelming for you, please seek professional advice; your doctor, a counsellor, meditation classes, and of course hypnotherapy, may be able to help. For urgent help you can contact beyond blue counselling 1300 22 4636 or in crisis call lifeline on 13 11 14.

May your Christmas be loving, kind and compassionate.

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The New Generation of Leaders

Bellarine North Rotary Club is all about community development and helping the next generation of leaders reach their full potential through making connections as well as learning and service opportunities.

Meet Rotarian Peter Byrne, the local Director of New Generations. He oversees projects that support people from birth up to their early twenties including the Rotary Youth Driving Awareness (RYDA) program. It gives soon-to-be learner drivers important information about the dangers of driving before they even get their L plates and P plates.

Our club also jumps into action with the Geelong Science and Engineering Challenge, backing it with volunteers and donations. Plus, we sponsor a 3-day course called Defying the Drift. This course helps young people explore career opportunities on the land and aims to keep them from leaving rural areas for the city.

Plus there's our sponsorship of young people to attend the Rotary Youth Leadership Awards program. It's a fantastic way for them to develop leadership skills, have fun, and make valuable connections. One recent participant even called the course life-changing.

Keen to get involved, make friends, and contribute? Reach out to our Membership Officer, Caroline Rickard, at 0408 989 221 to learn more about Rotary International or join the Bellarine North Club.

Maree Galea

Bellarine North Rotary Club



Bellarine Support Group for Kinship Carers

Wow where has 2024 gone, only seems like yesterday that it was January 2024 now December already.

How Bellarine Kinship Carers have grown, our numbers now stand at 89 families in our local region travelling the kinship journey.

Each of our families have a different story to tell, but we are all doing the same thing - caring for the younger members of our family.

Whether the children in our care are our grandchildren, nieces or nephews, cousins or family friends we love and support each child with all our hearts.

Being a kinship carer is not at all easy, but we manage the best way we can. We support each other in any way we can - we as kinship carers are like one big happy family.

May I take this opportunity to thank you the local community for your support over the past 12 months.

To all the people who have left donations of new toys, books and children's clothing at SpringDale Neighbourhood Centre for us from the bottom on my heart thank you.

Each and every donation is passed onto those Carers who need a helping hand.

May I also take this opportunity to wish everyone a very Merry Christmas and a safe 2025.

See everyone in 2025.

Merry Christmas everyone.

Jeanette Hanley-Heath - 0414 308 257



1st Drysdale Scouts Christmas Tree Fundraiser from Small (4-5ft) \$65, Medium \$75, Large \$85, Xlarge \$105 as well as tree stands.

Hand pick your tree - a range of trees and stands for sale at Drysdale Scout Hall:

Sat 30 Nov, Sun 1, Sat 7 & Sun 8 Dec 9am-3pm.

For \$12 we will pickup and dispose of your tree on Sat 4 Jan 2025. Please contact us via our website: 1stdrysdale.com/christmas-tree-sales or Facebook page F@1stdrysdale.



1st Drysdale Scouts Christmas Craft Market
Sat 30 Nov, Sun 1, Sat 7 & Sun 8 Dec 9am-3pm @ Scout Hall

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Off to Australian Jamboree 2025



Every 4 years, over 10,000 Scouts from all over Australia gather together for 10 days of fun, adventure and activities. In January 2025, 1st Drysdale Scouts will be sending 8 scouts to Maryborough Queensland, to join in, what is sure to be an experience of a lifetime. After a busy year of fundraising, it all culminates in the Christmas Craft markets being held in the Scout Hall on the first two weekends of December.

Dylan, one of the Scouts attending Jamboree said "We're all making some Christmas decorations to sell, to do our bit to reach our goal."

2 weeks FREE Respite

Estia Health Leopold has 2 weeks FREE residential aged care respite valid till the end of February 2025.

For all enquires or to book a tour at our lovely home call **Gabby** on 0419336841 or directly on 5250 2156. 52 Ash Rd, Leopold.

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"Roswell ... I believe!"

Or so we are told by the somewhat eccentric curator of the Roswell U.F.O. museum featured in the 90's "Roswell" T.V. series.

The Roswell spaceship crash theory is one modern legend that seems destined to flourish.

Fortunately, the real Roswell Museum is run on more rational lines than the T.V. shows' but you can't help liking the "mad" curator.

So, what about "Roswell at SpringDale"?

Hey, I'm in!

In the series, "Back to Roswell," adoring believers watched a large model "spacecraft" slide down slanted rails to a pyrotechnic explosive landing. It's a great scene so we did one too.

Although we couldn't have the fireworks part, we were able to run a slanted wire downwards from the SpringDale porch roof and gravity slide a three-foot (one metre) model "Saucer" into small scale "crash landings."

We started early to catch the high school bus kids contingent and they seemed to enjoy it. Lots of clapping and pics.

The pre-arranged arrival of a couple of W.W.2 jeeps added interest in the afternoon. I assisted the "authorities" to remove the alien for medical research. A teen boy and girl arrived in time for the autopsy. The girl became theatre nurse. She offered me the scalpel blade first! The boy became facility guard. He didn't know how to salute. When I shouted "Roswell ... I believe" (Quoting the series) the visitors thought I really meant it! The draw string on the ship broke and we had a real crash. Repeated violent ground bumps gouged a hole in SpringDales' front lawn.

Then, the Geelong Advertiser arrived. For the photo, he wanted a horror movie effect. To achieve this, he made me sit underneath the saucer and cringe in terror. I wasn't entirely acting at this point.

Thank you one and all ...

Wild! **John.**



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Drysdale Primary School

Drysdale Primary School would like to say **THANK YOU** to our wonderful community for their support of our school, in particular our two major fundraisers over the last 12 months being the "Drysdale PS Community Market" and the "Drysdale PS Potato Fair 2024". With great appreciation, we are pleased to announce that the **Potato Fair 2024 raised much needed funds of \$18,425**. This has recently been used to improve our school grounds and outdoor spaces and it looks amazing!

Please save the date as we hope you can join us again for our next Potato Fair on **21st March 2025**. We are also excited to announce that in 2025 we have an exciting year planned as we look forward to **Drysdale Primary School celebrating 150 years!**

For new student enrolment enquiries or to book a tour, please contact the school by phone on (03) 5251 2272 or via email at drysdale.ps@education.vic.gov.au.

Drysdale Primary School would like to wish you all a very Merry Christmas and a Happy New Year!
Julie Penfold (School Council President)



Drysdale Primary School 150 year celebration in 2025



I am so excited and looking forward to helping Drysdale Primary School celebrate 150 years of education and community building. My community would be very different without Drysdale Primary School. My Grandfather came to live in Drysdale as the Principal of Drysdale Primary School and then my father came to live with his father and met my mother and as they say the rest is history.

In 1975, I loved being part of the hundred year celebrations of the school and now to have the opportunity to celebrate 150 years - I'm excited. People are wanting to schedule holidays around the week that celebration events will be held 13 to approximately 17 October 2025. We hope previous teachers, students and parents help to make the celebrations special.

If you have memorabilia or photos that you would like to share we'd love to hear from you. If you would like to help we'd love to hear from you. Please email dps150yrs@gmail.com
We'll try to keep you updated through articles in the Messenger.

Anne Brackley OAM - 0407 529205



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Special Interest Groups at SpringDale

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.

Artists Morning	Wed Morning	Lunch Bunch *	Wed Afternoon
Artists Afternoon	Wed Afternoon	Mahjong	Wed Morning
Bellarine Community Singers	Thur Afternoon	Men's Kitchen Wed Morning	Wed Morning
Bellarine Family History	Mon Afternoon	Men's Kitchen Fri Morning	Fri Morning
Bellarine Wanderers *	Thur Morning	Numbers group	Wed Afternoon
Card Games	Mon Afternoon	Pole Walking *	Mon Morning
Chess Group	Wed Afternoon	Sci Fi Group	
Country Dancing	Fri Morning	Scrabble	Tue Afternoon
Cryptic Crosswords *	Fri Morning	Scrapbooking	Thur Afternoon
Dining Group	Tue Evening	SHOW	Fri Afternoon
Footpath Advocacy	Tue Evening	SpringDale Reads	Thur Evening
Family Games Nights	Fri Evening	Sprukers	Tue Afternoon
Felting & Textiles Artists	Sat Morning	St Leonards Men's Kitchen *	Tue Morning
Friendly Cuppa & Chat	Tues Morning	Tai Chi Group	Fri Morning
Fun Volley Ball *	Mon Morning	Talking about Autism	Fri Afternoon
Genealogy	Thur Morning	Terrific Tuesday Treckers *	Tue Morning
German Speaking Group	Thur Afternoon	Toy library Drysdale	Online
Girls Shed	Tue Morning	Toy Library Portarlington *	Tue & Thur Mornings
Harmony Group	March	Walks for Carers *	Wed Morning
Harvest Basket	Stu Morning	Warhammer Group	Wed evening
Jigsaw Club	Thur Morning	Wheelie Riders *	Mon Wed Fri Mornings
Kinship Carers	Mon Morning	Writers Group	Friday Morning
Life Drawing Group *	Mon Afternoon		

* Groups met elsewhere

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 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. www.festivalofglass.net.au

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.

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

Special Interest Groups at St Leonards

PM Art Group	Mon Evening	Machine Embroidery & Craft	Wed Morning
AM Art Group	Tue Morning	Mahjong	Thur Afternoon
Beading	Tue Afternoon	St Leonards Camera Club	Tue Evening
Bellarine Sculptors	Mon Afternoon	St Leonards Craft & Cuppa	Mon Morning
Chess	Thur Morning		



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SpringDale Annual Report is available from SpringDale or on our website <https://home.springdale.org.au/2024-annual-report/> In our Annual Report you will find information about our groups and other SpringDale activities.

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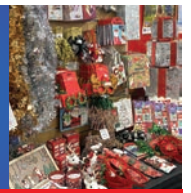
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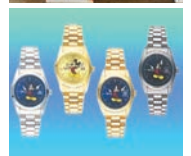
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2025



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- Gelli Printing
- Art Fundamentals - Discover the Artist Within
- Art Media Intermediate
- Advanced Art Workshop - Develop the Artist Within
- Friday Art Workshop
- All Abilities Art
- Cards with Lizzy

Textiles

- Teenage Sewing Classes
- Things I wish my Grandmother taught me
- The Language of Sewing Patterns

Music

- Beginners Guitar Playing
- Beginners Harmonica
- Beyond Beginners Ukulele
- Acoustic Jam Session

Languages

- German Conversation
- Italian for Travellers
- French With Serge
- Latin

Wellbeing

- Re-imagining housing for seniors
- Restore, Recharge and Stress Relief
- SitFit brain and body exercise class
- Pole Walking - Getting started
- Tai Chi for Health - Beginners
- Tai Chi for Health - continuing

Autism Plus

- Talking about Autism
- All Abilities Art

Digital Technology

- Introduction to Computers
- Computers - Beyond the Basics
- Smart phones, iPhones, tablets, iPads
- Buying and Selling on eBay
- Digital Photography - Sculpting with Light
- Edit videos using Adobe Premier Elements

Hospitality

- Grain Free Cookery
- Airfryer Cooking for One or a small family
- Living and Cooking on a budget
- Berry Jam Making
- Korean Cookery - Kimchi
- Korean Cookery
- Confidence Through Cookery
- Espresso Coffee Making

Gaining Skills

- Sustainability
- Introduction to Egyptology
- Finding your Ikigai
- Living your Ikigai
- Setting up a Bokashi bucket & garden bed
- Focusing on the Future
- Joy of Volunteering
- Introduction to Event Management
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- Returning to Earning
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Feed Me Bellarine

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Feed Me Bellarine was established in 2019 by Lana Purcell and head chef Ant. Their vision was to create a community space run primarily by volunteers to rescue, reuse and re-purpose food waste with respect and dignity for the product, and those consuming it.

Together they designed a new way to tackle food waste, meal creation, mental health and community engagement.

Every single week - Feed Me saves over 20 tonne of food from landfill, delivers 2000 produce bags and over 5000 chef cooked quality meals to families across the region. Being in need of some help feeding your family does not mean you should get second best. The 'wasted mini marts' provide people with access to food that would otherwise be wasted. People only leave a donation if they are able to; if not this is totally respected and no questions are asked.



Many people in the community do not realise that the mini marts are not only for people in need. Feed Me needs people to visit and see what's available; a donation of whatever they're comfortable leaving is appreciated. Feed Me receives no funding; donations fund the entire operation.

Feed Me runs a 'wasted dinner' every Friday night at Ocean Grove. A variety of dishes are offered across three courses, designed and prepared by the chef using only rescued and donated foods. There are no prices on the menu, patrons can pay what they want if they are able to. Event catering is also available.

Feed Me currently has 530 volunteers which demonstrates that having a space to connect and share with each other is paramount to the health and well-being of us all. Extending these spaces to the community has had a tangible effect on the mental health of those who visit Feed Me.

Please visit www.feedme.org.au for site addresses and hours (including opening days/hours over the Christmas break), and information about donating or volunteering.

If you are in need of help, please see website or call into any site. All are welcome; Feed Me is a safe and inclusive space for everyone.

JIGSAWS

Are you prepared for the school holidays?

You can plan ahead to have hours of fun by borrowing a jigsaw puzzle for the kids from the SpringDale Jigsaw Library... guaranteed to lead to a very piece-full time

The Jigsaw Library, located in a room at SpringDale Neighbourhood Centre, is open on the first Thursday of each month, except January, from 10am to 12 noon. The huge collection is not just for children and features puzzles suitable for all abilities and interests.

A popular feature this month is a selection of Christmas themed jigsaws.

You may borrow one or many jigsaws, for as long as you like, 40 cents adult or 20 cents children.

New to jigsaws or right into it, where else can you get hours of puzzling entertainment for that price?

All welcome... to get your puzzles ready for January, come along and check us out on our next open day, Thursday 5th December.

Neville, Jean, Kathrine, Terrie & Chris



THE WISH GROUP

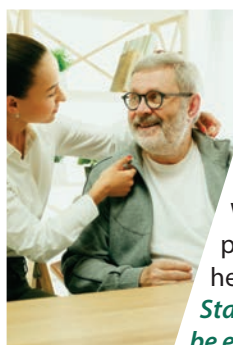
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Clifton Springs Garden Club

Although our takings were down on last year at our annual plant sale, we were still happy with the results. We made enough money to cover our annual donations with some left over to help with the Club's expenses in 2025. This year our \$500.00 donation is going to Bellarine Landcare nursery, to help them with the great work they do on the Bellarine.

I would like to take this opportunity to thank all our members who helped in some way towards making our plant sale a success. As they say, more hands make light work. We have a great team at the Clifton Springs Garden Club.

I would also like to thank the public who come along and support us every year as well as SpringDale Neighbourhood House and Drysdale Uniting Church.

Our hardworking Committee and members finished off the year with a visit to some members gardens, a great day out to visit some of Creswick's open gardens and a lovely Christmas lunch.

Our Club is now having a break until February 2025. This gives our Committee a well earned rest, and time to think about new speakers and interesting outings for the upcoming year.

On behalf of the Clifton Springs Garden Club, we wish you all a safe and happy Christmas, hopefully you will have some time to spend with family and friends. Stay safe, stay healthy,

stay happy and we look forward to seeing some of you in 2025.

If you would like to keep up to date with what is happening in the Clifton Springs Garden Club, you might like to go on our mailing list. Contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com for further information or keep reading the SpringDale Messenger.



Members of the Clifton Springs Garden Club



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SpringDale Trivia Mega Christmas Special Edition by Drysdale Girl Guides

1. What was Frosty the Snowman's nose made out of?
2. Which Hollywood actor played six different roles in "The Polar Express"?
3. In Dr Seuss's story "The Grinch who stole Christmas" what is the name of the Grinch's dog?
4. How many of Santa's reindeer have names beginning with D?
5. The tradition of eating Stollen at Christmas originated in which country?
6. In Charles Dickens' "A Christmas Carol," what was Mr. Scrooge's first name?
7. Which two colours are most closely associated with Christmas?
8. Which Christmas song features the lyrics "O Star of Wonder, Star of Night, Star with Royal Beauty bright."?
9. Which 1980s Christmas movie, features a main character that was enrolled in the Jelly of the Month Club?
10. What Christmas-themed ballet premiered in Russia in 1892?
11. In what year did Geelong's famous floating Christmas tree make it's first appearance?
12. Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"
13. "The Holly and the Ivy" lyrics mention red and white, however, the colour green is never mentioned, True or false?
14. What season is it on Christmas day in Australia?
15. What was the name of the angel that told Virgin Mary she would have a child?
16. According to the poem 'The Night before Christmas', and also including Rudolph, how many reindeer pull Santa's sleigh.
17. How do you say "Merry Christmas" in German?
18. Traditionally, what colours are Candy Canes?
19. Where did Jesus' family flee to from Bethlehem?
20. What did Frosty The Snowman do when a magic hat was placed on his head?
21. Who wrote, "Christmas doesn't come from a store; maybe Christmas, perhaps, means a little bit more?"
22. What does Rudolph's nose glow like?
23. True or false: The first artificial Christmas trees were made from goose feathers?
24. According to Austrian folklore, who is the horned figure that punishes naughty children at Christmas?
25. In total, how many gifts were given in "The Twelve Days of Christmas"?
26. Throughout the holiday season, under which type of Christmas decoration are people supposed to kiss?
27. Where does Geelong's Carols by Candlelight event take place?
28. Which Christmas carol has the lyrics, "Say hello to friends you know"?
29. What country is the Poinsettia, with its red and green foliage, native to?
30. What three gifts did the three wise men bring to Baby Jesus?
31. What is the name of George Bailey's guardian angel in It's A Wonderful Life?
32. What is Santa called in France?
33. What colour is Rudolph's nose?
34. When does the Greek Orthodox Church celebrate Christmas?
35. True or False, Halloween and Christmas day always fall on the same day of the week in a calendar year?
36. The celebrated "Christmas Truce" temporarily halted fighting during what war, and saw soldiers from opposing sides exchanging gifts and playing football together?
37. The line "Gone away is the bluebird, here to stay is a new bird" is from which holiday song?
38. As of November 2024, how many Boxing Day tests has the Australian Men's cricket team won?
39. Which popular Christmas decoration gets its name from the old French word estincelle, which means "spark"?
40. Which dessert, made with egg whites, fruit and cream, is often eaten at Christmas in Australia?
41. In the Song "The Twelve Days of Christmas" what type of tree is featured?
42. In Drysdale, Curlewis and Clifton Springs, what mode of transport does Santa use to travel around in to give out lollies on Christmas Eve?
43. In which country is it traditional to celebrate Christmas with a feast called 'La Vigilia' on Christmas Eve?
44. What are the names of the three wise men?
45. How many ghosts are featured in Charles Dickens' novel, "A Christmas Carol?" Name them.
46. In what year did Cyclone Tracy hit Darwin on Christmas Day?
47. On New Years Eve it is a tradition in Spain to eat 12 of what fruit as the clock strikes midnight for good luck in the new year?
48. Which seafood is popularly eaten at Christmas time in Australia?
49. In the animated 2018 film The Grinch, who voiced the titular character?
50. What's the German name for the song known in English as "O Christmas Tree"?
51. Which Christmas song features the lyrics "But the prettiest sight to see, is the holly that will be, On your own front door."?
52. In which country has it become popular to share a meal of KFC with your loved ones on Christmas Day?
53. What was Joseph's occupation?
54. True or false, if Santa looked out his window at the North Pole, he might see a penguin?
55. In recent times, what "spy" hides around the house, reporting back to Santa on who has been naughty and nice?

Turn to page 23 to find the answers.

We have another 45 Questions to share with you - please email messenger@springdale.org.au and we'll send you the other 45 questions and if you like we'll subscribe you to our webmail for future information.

Drysdale Girl Guides would like to wish the entire community a happy, safe, relaxing and healthy Christmas and holiday period. We would like to extend a special thanks to our Guiding families who have helped support our Guides in participating. Your efforts are greatly appreciated.

Drysdale Guides Meet on Thursdays during the school term from 7:00pm 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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October's Competition was an Open subject. This was judged by Marg Edwards.

Congratulations to the members who were awarded the following places:

Prints - A Grade: 1st: Shelley Beach by Ray Farrugia 2nd: Malachite Kingfisher by Neil Smith 3rd: Sydney Icons at Night by Jim Den Ouden

Electronic Digital Images - A Grade: 1st and Image of the Competition: Ready to Swoop by Jim Den Ouden 2nd: Beware of Hippos by Jim Den Ouden 3rd: Eye to Eye at Breakfast by Jim Den Ouden Merit: Hanging On by Lynne Pearce Merit: Early Arrival by Kevin Robley B Grade: 1st: Living in the Shadows by Geoff Evans 2nd: Ladder by Dinny Goonan

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

For further details see www.bellarinecameraclub.org.au

New members and visitors are welcome.

Contact President **Debbie Hallows** phone 0400 562 571



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Memories of Yesteryear

THE FAMILY HISTORY QUEST 08 STARTING A FAMILY TREE

There are a number of software packages that can help you organise your family tree. Most of them are very good and it is a matter of what you feel comfortable with or can afford to use. You might be new to the world of genealogy, or perhaps you've been working on your family tree for years. While hand-drawing a tree is an option, the advantage of doing it using your computer is that the layout is clear, and everything is stored securely and can be easily shared. One of the key benefits of using family tree software is the ability to create charts and reports. These might range from a pedigree family tree to huge whole tree charts. Reports could range from individual or family fact summaries, to detailed reports about 'who lived where' and when.

Which software program?

"Family Historian" is one of the biggest names in genealogy software - it has an easy to navigate interface, which allows you to quickly and efficiently add data and images into your sprawling family tree. A new edition of the software has brought some much-needed upgrades. There are new tools for serious genealogists, relating to source citation. <https://www.family-historian.co.uk>

"Ancestry.com" is one of the best online family tree builders. Ancestry is easy to use, and if you're not looking for a physical copy of your tree it is very good. The only negative

is that it is subscription based and not cheap. <https://ancestry.com>

"Legacy Family Tree" has excellent data management and research tools, and whilst a little dated it is cheap compared to other programs. <https://legacyfamilytree.com>

"Family Tree Maker" is the program that I use. It is a great tool for compiling a family tree, and it has had some big improvements for the latest edition. Sadly, this software is expensive. <https://www.mackiev.com/ftm>

"Family Tree Builder" from My Heritage is a good starting point for the beginner and is free to sign up. This isn't one of the top family tree builders, but it is a good introductory tool.

<https://www.familytreebuilder.com/download>

There are lots of other family tree software available, but the above are the most common.



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Bellarine Food-Scraps & Compost Warriors

We are ending our first full year as compost warriors on a high.

Some of our highlights this year has been reaching 1000kgs of food scraps delivered to us. Imagine 1 Tonne has been delivered to us diligently by our local warriors. We also started giving out compost for free to our compost warriors at Artisans of Australia on a regular basis over Spring.

What we have learned over this time, is how to perfect compost making. Did you know you if you wrap bird avery wire across the base of your free-standing bin, and keep a lid on your bin, you are not going to have problems with rats. The key is to use avery wire with small holes, and a tight-fitting cover.

Christmas is coming, and Clancey and I will be busy all festive season receiving buckets of food scraps. Wishing you all the best over the upcoming Christmas season.

Step-by-Step Guide to participating in Bellarine Food-Scraps and Compost Warriors

1 Currently we cover 4 addresses on the Bellarine - these stations are currently available all hours. Artisans of Australia, 1471 Portarlington Rd, Curlewis
16 Station St Drysdale

203 Country Club Drive, Clifton Springs
4 Wiltons Rd, Ocean Grove

2 Make sure you are willing to comply with our eligibility criteria, or requirements.

We are a voluntary unfunded group, and our composting is done at artisans of Australia.

With respect for their business, we do not want to encourage any rats, mice or other undesirables.

Only add kitchen waste that is suitable for composting, such as fruit and vegetable peels,

coffee grounds, tea bags, eggshells, paper and similar organic materials. Avoid including meat, bread, excessive citrus or onion peel, or any non-compostable items.

- 3 We provide participants with a dedicated bucket and lid for collecting food scraps. A bucket can be obtained directly from the drop-off locations
- 4 Visit the designated distribution point, to collect your compost bucket and lid.
- 5 Start filling the compost bucket with appropriate food scraps as listed above.
- 6 Keep your compost bucket in a convenient location in your kitchen, like below the sink or on the countertop, for easy access. Ensure the lid is securely closed to prevent any odours or attract pests A handy hint is, to add paper products, such as paper towel to help with this.
- 7 Return the compost bucket regularly to avoid transporting rotting food or odours. Generally, it is recommended to empty it every few days or up to a week, depending on your usage and the time between drop-off days.
- 8 Transport the filled compost bucket to the drop-off point. Ensure the lid is tightly closed before leaving your home.
- 9 Arrive at the drop-off point and follow the instructions as to where to place your filled bucket, usually on top of the cupboard/bench. It is also recommended if it's very windy, to place the bucket inside a cabinet, or at the base with a rock on top. Use what you can to help us out.
- 10 Collect a new clean compost bucket and lid from the drop-off point.

By following these steps, you can actively participate in your local composting system, contribute to waste reduction, environmental sustainability, and enjoy the benefits of composting for our planet.

Go warriors



Are you considering escaping an abusive or dangerous situation?

Did you know that Escabags are available FREE from St Leonards Scoops News and Post?

Filled with the necessities that a victim of abuse and his/her children may need when leaving an abusive or dangerous situation.

Escape Bags are not gender specific and come in 2 variations, Parent and child, and single Adult.

Proudly organised by St Leonards Community Care and supported by St Leonards Scoops News & Post Office.

For further information about Escabags go to:
www.Escabags.org

Domestic violence contacts:

1800 737 732 - 1800RESPECT (24 hours)


1800 015 188 - Safe steps (24 hours)

1800 312 820 - Orange Door

1300 766 491 - Men's Referral Service

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BELLARINE WANDERERS

Last month we had walks at South Geelong, St Leonards and two different beach/cliff walks at Point Lonsdale. We meet at 9.30am every Thursday for a walk of about 80 minutes and coffee afterwards.

We welcomed several new members this month and if you are interested, please contact the SpringDale Office Ph: 5253 1960

Rob Gardner

TERRIFIC TUESDAY TREKKERS

Terrific Tuesday Trekkers is an adventurous extension of the Bellarine Wanderers, designed for more serious walkers who enjoy a challenge. Our inclusive group embraces longer walks, ranging from 10 to 15 kilometres minimum, exploring the stunning landscapes of the Bellarine Peninsula and Geelong.

Please note: This walking group is designed for those who enjoy longer, steady-paced walks, seek adventure, and love challenging their limits!

Rachel Lee - butterfly.ree@gmail.com
0401 145 706

The only requirement for new members is the following: 1. Registration with SpringDale 2. Access to What's App. 3. Emergency contact details to be provided to myself.

Please don't hesitate to contact me if you have any questions.

Clifton Springs Curlewis Coastcare Group



Thanks to those who assisted at the 7 Habitat Restoration sessions at Clifton Springs Beach, 2nd Dell and at Curlewis this year. We have made a significant improvement with 7 truckloads of weeds removed.

Our AGM highlighted our successes with not only Habitat Restoration and Waterwatch but Clean Up Australia Day, Eco Reef oyster seeding, talks and training sessions.

We will continue the regular Waterwatch activity with water testing at two sites planned for the first Monday of every month. We meet at 9.30am at the Clifton Springs boat harbour carpark. The group will have a break from formal group weeding during summer but will again assist Bellarine Catchment Network with their "Beachcombing" activities.

The photo shows the Curlewis site where we have commenced the site preparation for the mid 2025 planting program.

Look forward to seeing you soon and enjoying improving our beaches and their cleanliness.

Hans Heine and Rob Gardner



Trivia Answers

1. A button 2. Tom Hanks 3. Max 4. 3 (Dasher, Dancer and Donner) 5. Germany
6. Ebenezer 7. Red and Green 8. We Three Kings 9. National Lampoon's Christmas Vacation 10. The Nutcracker 11. 2014
12. Rocking around the Christmas Tree 13. True 14. Summer 15. Gabriel
16. Nine 17. Frohe Weihnachten
18. White and Red 19. Egypt 20. He began to dance around 21. Dr Seuss
22. A Lightbulb 23. True 24. Krampus
25. 364 26. Mistletoe 27. Johnstone Park, Geelong 28. Holly Jolly Christmas
29. Mexico 30. Gold, Frankincense, Myrrh
31. Clarence Obody 32. Père Noël or Papa Noël 33. Red 34. January 6th 35. False
36. World War One 37. Winter Wonderland
38. 28 (they have taken part in 47 Boxing Day test Matches) 39. Tinsel 40. Pavlova
41. A pear tree 42. Fire Truck 43. Italy
44. Caspar, Melchior, and Balthazar
45. Four, Jacob Marley, The Ghost of Christmas Past, the Ghost of Christmas Present, and the Ghost of Christmas Yet to Come 46. 1974 47. Grapes
48. Prawns 49. Benedict Cumberbatch
50. "O Tannenbaum" 51. It's beginning to look a lot like Christmas 52. Japan
53. Carpenter 54. False, Penguins aren't found at the North Pole 55. Elf on the Shelf

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