



The SpringDale Messenger

February 2025
Volume 35 Issue 1



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

How will you invest your 365 days in 2025?

What have you done so far?

What do you plan to do?

Have you enjoyed January?

My list of goals for 2025 has 4 categories - Personal, Home, Community and Work and I have already ticked a few things off the list. In a book I recently read it suggests always having some goals on a list so you always have something to look forward to. But keep the list short so it's not overwhelming.

Having just returned from a quick trip to Adelaide, to visit the Chihuly Glass Exhibition in Adelaide Botanic Gardens. Visiting by day and by night, both were equally as inspiring. I have nicknamed my favourite piece - Happy Hair and have shared this with the Chihuly Studio in Seattle, with a very favourable response.

Being on the Inaugural Festival of Glass team, I gained a great appreciation and love of glass art and often seek out glass opportunities - please remember the Festival of Glass Treasure Hunt is on until Sun 16 February.

Looking forward to seeing you in 2025 - there is so much on offer at SpringDale, maybe you can find something to help you with your list. Hoping to hear of your plans and successes when you visit.

Anne Brackley OAM

Coordinator SpringDale Neighbourhood Centre Inc



Congratulations Graeme Brown OAM



Thank you to Graeme Brown OAM for the thousands of hours of service that he gives and has given generously to our community in so many ways, through the Bellarine Agricultural Society, Bellarine Landcare, Bellarine Vintage Machinery Group and many more organisations. Graeme is an inspiring community member - Congratulations and sincere thanks.

2024

Adrian E Mannix OAM
COMMUNITY SERVICE AWARD

FEBRUARY 2025

Community Calendar

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

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

Saturday	1	Harvest Basket Produce Swap
Saturday	1-16	Festival of Glass - Treasure Hunt (More info www.festivalofglass.net.au)
	1	SpringDale Messenger Deadline for March Bookings/Copy required
Monday	3	Clifton Springs Curlewis Coastcare - Waterwatch monitoring - 9.30am - Clifton Springs Boat Harbour Kinship Carers Monthly meeting 10am - 12 noon Clifton Springs Garden Club, Uniting Church Hall, Drysdale - 7.30pm
Tuesday	4	Welcome Morning Tea 10-11am at SpringDale Free World Cancer Day
Friday	5	S.H.O.W Monthly meeting - 2pm
Saturday	8	Georgia Fields - Summer Series (Outdoor Show) Gates open 6pm - Potato Shed
Tuesday	11	Dining Group - Buckleys Breakwater - 6pm International Day of Women and Girls in Science
Wednesday	12	Portarlinton Community Association meeting. Cricket club, Portarlinton recreation reserve - 7pm
Friday	14	Valentine's day
	14	We would love you to renew your SpringDale Membership \$12 annual or \$100 Member for Life
Sunday	16	Drysdale Primary School Community Market - 9am - 1pm
Tuesday	18	Coastcare Group - Stephen Murphy - 'What Matthew Flinders saw - the earliest records of plant life on the Bellarine Peninsula.' SpringDale - 7pm. International Asperger's Awareness Day
Wednesday	19	Lunch Bunch - The Zoo Café - 12noon
Thursday	20	World Day of Social justice
Saturday	22	Americana on the Bellarine '25 - Summer Series (Outdoor Show) Gates open 6pm - Potato Shed
Tuesday	25	The Songs of John Denver and Kenny Rogers - 10.30am

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

Coming up in March 2024

Sunday	2	Clean-up Australia. Clifton Springs boat ramp car park - 9.30am World Teen Mental Wellness day
Monday	3	Clifton Springs Curlewis Coastcare group - Waterwatch monitoring - Clifton Springs boat harbor car park - 9.30am
Friday	7	World Prayer Day
Sunday	9	Bellarine Show - Portarlinton Recreation Reserve 10am-3pm Ryan Gatgens Memorial Golf Day - Curlewis Golf Club

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

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

COPY DEADLINE MARCH 2025

Bookings/copy required by 1 February.

Dist: 25 February 2024

Circ: 15,000 copies home & shop delivered

Available online for millions to read

https://docs.springdale.org.au/Msngr_2025/3501_MsngrFeb2025.pdf

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Phone: (03) 5253 1960

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

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

Editing of Contributors Material:

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

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

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



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

Last year finished with a flurry of activity, a dynamic team of volunteers helped to create more than 1,200 Christmas meals, which were served or delivered to community members. The meals were very well received by a wide range of people and I was so excited when our two final meals for approximately 200 people generated less than 6 litres of peelings or food scraps. (I was way too excited about this! To me it means we cooked the right food, presented the right amount and it was well received. Facts like this helps with evaluations.) Thank you to City of Greater Geelong for supporting this initiative with a Christmas Grant. Thank you to the many volunteers who helped make more than 500 single serve Christmas puddings (20% were gluten free and dairy free) and all our main meals. Some volunteers helped once and some helped with many meals.

Near the end of the year, SpringDale held its 35th Annual General Meeting, giving us a chance to reflect on many of the regular activities, partnerships, classes and events that were enjoyed in the previous 12 months. Our Annual Report is available in printed form from the SpringDale office to have or to borrow and is also available on the website <https://home.springdale.org.au/2024-annual-report/> I believe one of the great opportunities that an Annual Report gives is to showcase for members and also for newcomers the breadth of activities and services that our organization provides.

One of the special activities that I did participate in was a research project, into artificial reefs for coastal protection. Here is a link to the paper, that was the result of a great deal of local community input and research. <https://nesp2climate.com.au/resource/artificial-reefs-for-coastal-protection/>

Every day is quite different at SpringDale Neighbourhood Centre and even every few hours is quite different. Often most or all of our spaces are full of classes, groups, interviews or other activities. If you haven't made it through our front door yet, please consider venturing through. Most people think we are friendly and welcoming and most people regret that they haven't made the effort sooner. If I can, I would love to escort you on a tour of the Centre (that's one of my favourite things to do.)

This year you'll find a few differences in our Course and Opportunity Guide which is in the centre of this magazine. Hopefully there'll be something that might interest you, or please let us know what you would like to present or do and hopefully we will be able to make that wish come true. More than 650 people are currently on our email list and if you would like to be kept up to date with changes as they happen please subscribe to this service on our website <https://lists.springdale.org.au/phplist/?+subscribe> I promise not to bombard you with emails.

Looking forward to seeing you at SpringDale in the very near future.

Anne Brackley OAM for team SpringDale

New Opportunities

NEW - Strength and Stretch

Encourage older adults to move in a fun and supportive environment. Learn simple exercises to maintain and improve muscle strength and flexibility.

Instructor: Irene Everett

Dates/times: Wed 5 Feb - 2 Apr
11.30am-12.15pm

Fee: \$5 per session



Friendly Cuppa & Chat

Tues 4 Feb 10-11am rsvp SpringDale 5253 1960



The SpringDale Lunch Bunch are at The Zoo Café Wed 19 Feb 12noon. **Bookings essential ring Margaret 0418 370 857.**



SpringDale Dining group are at Buckleys Breakwater, Tues 11 Feb 6pm. **Bookings essential ring SpringDale 5253 1960 or email dining@springdale.org.au**

QUOTE OF THE MONTH

Always give without remembering and always receive without forgetting.
Brian Tracy

Anne Brackley - Quote curator



JOIN NOW

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

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

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



AN ARTIST'S JOURNEY TO THE SIMPSON DESERT

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

JAN 25 TO FEB 2, 2025

SpringDale Hall 17-21 High St. Drysdale Vic. Opening hours are 11am to 3pm, every day. Gold coin donation.

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. Annette

Photo by Mark Bloothoofd

Alison Marchant
Member for Bellarine



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

Throughout these summer months, I remind you to be safe along our waterways and take extra care on the road. We know many visitors make the trip to our region to experience our beautiful coastlines and local businesses, but we want everyone to get home safe.

I would like to acknowledge and thank all of our volunteers who work tirelessly over the busy summer months, including members of the CFA, SES, Surf Life Saving Clubs, Marine Search and Rescue Units, and all of the incredible community members involved in our local food-relief support services over the holiday period.

We live in an incredible place, where so many generously give back to our community.

2024 was a busy year on the Bellarine, with many local projects reaching exciting milestones, including the completion of the new shared trail and picnic area at Beacon Point Reserve, as well as the completion of upgrades at Clifton Springs Boat Harbour, adding more car and trailer parking to a popular spot for locals and visitors.

The new roundabout and pedestrian crossing upgrades were also completed at the Bay Shore Avenue and Jetty Road intersection, improving the safety of all road users, as well as boat users who are entering the harbour.

It is great to see these upgrades completed in time for the busy summer period, making the roads and waterways safer for locals and visitors to the Bellarine who are exploring our beaches and towns.

There are many more exciting projects across the Bellarine Peninsula that will progress throughout 2025, including the delivery of a new field command vehicle for the Drysdale CFA, as well as a new inclusive playground for Drysdale Primary School. We'll also see the School Breakfast Program expand across all State Schools, ensuring kids can have the best start to their school day.

It has been great to see the container deposit reverse vending machines have been busy over the summer period, with many locals returning their containers for a 10c refund.

The container deposit scheme began at the end of 2023, and it has been incredible to see the community participate in the recycling program over 2024, with nearly 55,000,000 containers recycled across the Geelong region in the first year!

Don't forget local community groups, sporting clubs and local charities can run collection drives or operate refund points to raise funds. To find out more visit www.cdsvic.org.au.

As always, if you require assistance with any State Government matter, please contact my office on 5250 1987 or via email alison.marchant@parliament.vic.gov.au

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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

As we launch into the New Year, it's time for new year resolutions. Our tip? Book tickets for you, your friends and your family to one (or all!) of our Season 2025 shows.

Magnetic art-pop alchemist **Georgia Fields** kick-starts the return of our Summer Series, Saturday 8 February 2025. Georgia conjures up a mesmerising spell of art-pop alchemy in her captivating solo shows. Accompanying herself on electric guitar, mini-synth and textural live loops, lay back on your picnic rug at our Outdoor Stage as Fields creates layers of sonic art under the starry skies of the Bellarine. Georgia's distinctive vocal brings to mind the piercing, understated clarity of Sarah Blasko, using her voice like an instrument. An incredible opportunity to see an artist who "paints entire worlds with her tunes" (Frankie Magazine). Supported by the Ukelele Queen of the Bellarine, the incomparable Sarah Carroll, who has performed at most of Australia's high-profile festivals and a good many Australian pubs over her 30-year career. Noted for her work with GIT, The Pirates of Beer, Soft Gold, The Junes and the Cartridge Family, Sarah's songs chime with sincerity and deal largely with her experiences as a teacher, mother, wife, political animal, and touring musician. This is a rare opportunity to see two incredible musicians at the height of their powers.

Americana on the Bellarine, presented by Andrea Robertson, returns Saturday 22 February. Join us as twilight descends for a night of the best in alt-country, folk, blues and rock. Headliner multi-award-winning Matt Joe Gow & The Dead Leaves (Music Victoria Country Album of the Year; New Zealand Country Music Award) joins local Bellarine favourites Andrea Robertson and her band, along with folk-rock singer Jasmin Adria and Geelong legends The Mojo Corner for a night of superlative, sublime music under the Bellarine summer sky.

POTATO SHED

WIN DOUBLE PASS to

The Songs of John Denver and Kenny Rogers

Tuesday 25 February - 10:30 AM

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

Name: _____

Address: _____

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COMPETITION CLOSING FRIDAY 21 FEBRUARY 4PM

Morning Showtime for 2025 returns Tuesday 25 February with **The Songs of John Denver and Kenny Rogers**. Col Perkins pays tribute to two of the biggest country music stars. Expect songs such as Take Me Home, Country Road; Annie's Song; You Fill Up My Senses; Thank God I'm A Country Boy from the John Denver oeuvre and from the Kenny Rogers songbook you'll be hearing The Gambler, Coward of the County, If I ever Fall in Love Again and many many more. Singalongs are guaranteed.

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. Our special VIP discount is back (book five or more shows tagged with the VIP symbol and receive \$3 off each ticket (Box Office only). We look forward to bringing you much joy and delight in the year to come. See you at the Shed!

Clifton Springs Curlewis Coastcare Group

Monday, 3 Feb monthly Waterwatch monitoring, meet at 9.30 am at the Clifton Springs Boat Harbour car park.

Tuesday, 18 Feb opening of Coastcare Group activities with an excellent speaker at SpringDale Neighbourhood Centre at 7pm. Everyone is welcome to hear Stephen Murphy talk about 'What **Matthew Flinders saw - the earliest records of plant life on the Bellarine Peninsula.**'



Sunday, 2 March Clean-up Australia Event from 9.30am at the Clifton Springs Boat Ramp car park.

Monday, 3 March monthly Waterwatch monitoring, meet at 9.30 am at the Clifton Springs Boat Harbour car park.

Wednesday, 19 March a Habitat Restoration / weeding working bee with the CoGG Nature Reserves Team at 9.30am - location to be confirmed. Tools and gloves are provided but you may want to bring your own.

Everyone is welcome to all events

More details and updates on our Facebook Page <https://www.facebook.com/cliftonspringscurlewiscoastcare>

Hans Heine & Rob Gardner



WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG

GEORGIA FIELDS



SATURDAY 8 FEBRUARY
AT TWILIGHT (Gates open at 6pm)

Georgia Fields conjures a mesmerising spell of art-pop alchemy in her captivating solo show. Accompanying herself on electric guitar, mini-synth and textural live loops, the singer-songwriter "paints entire worlds with her tunes" Frankie Magazine.

Tickets Adult \$40 Conc \$35

AMERICANA ON THE BELLARINE '25



SATURDAY 22 FEBRUARY
AT TWILIGHT (Gates open at 6pm)

Americana on the Bellarine '25 - Summer Series - Outdoor Show. The 2025 lineup features one of the Bellarine's favourite songwriters **Andrea Robertson** and band along with **The Mojo Corner**, and more artists to be announced.

Tickets Adult \$45 Seniors/Conc \$35 Youth \$30
*Plus Booking Fee

THE SONGS OF JOHN DENVER & KENNY ROGERS



TUESDAY 25 FEBRUARY
10.30AM

Col Perkins pays tribute to two of the biggest Country music stars, **John Denver and Kenny Rogers**. Sing along and hear the great stories and music from these Country superstars!

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The SpringDale Messenger February 2025

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Libby Coker MP - Federal Member for Corangamite

Happy New Year everyone. I hope you all had a restful, safe, and enjoyable time with family and friends. 2025 is set to be a massive year, and I'm so excited to once again work closely with our communities to deliver much-needed infrastructure upgrades and more support for families as we continue to build a better, fairer future for Australia.

It's a future my Mum, Dad, and grandparents always wanted for our country. My mum was a nurse, who cared for children with disabilities, and to this day, she always sees the best in people.

Dad was a country boy and a veteran - a person of conviction, who always stood up for the underdog. My grandfather fought in World War Two - he saw the very worst of humanity. But he knew that, at the end of the fight was a light on the hill for all Australians.

It's because of them, and my beautiful daughters, Lily and Isobel, that I entered politics and worked hard to become your representative in Canberra. And it's because of the amazing communities across our region, that I'm working every day to build Australia's future.

From the indoor pool at the North Bellarine Aquatic Centre to superannuation on paid parental leave - there is so much on the Albanese Government's agenda this year.

I look forward to keeping you all updated through local publications like the SpringDale Messenger - publications that are vital to the health of our communities.

These pages foster a sense of connection, ensure local voices are heard, and provide a shared space for dialogue and celebration. In 2025, I have no doubt the SpringDale Messenger will continue to strengthen our ties and highlight the stories that make the North Bellarine so unique.

I want to express my deepest gratitude to Anne and everyone who contributes to the SpringDale Messenger. Your dedication enriches our region in countless ways, and your work grows increasingly vital with every passing day.

I look forward to working with all our communities across the Bellarine over the coming year - if you have any questions, or need help accessing Federal Government services, please contact my office, and make sure to enjoy the warmer weather.

Libby Coker MP - Federal Member for Corangamite

Councillors' News

CITY OF GREATER
GEELONG

By Cr Rowan D. Story AM, RFD



Greetings Drysdale and Clifton Springs residents, I hope you've had a great year so far.

For me, it's been a busy few months learning the ins and outs of council and about the many services that our organisation provides for our community. It's an honour to serve as your councillor for the new Murradoc ward, which covers parts of Drysdale and Clifton Springs and most of the northern Bellarine Peninsula.

I live just down the road in Wallington and my family has been here for more than 70 years, so I'm proud to represent our community.

I'm enjoying my new civic duty and working with my passionate and dedicated councillor colleagues. As some of you may know, we recently approved a planning amendment for the Jetty Road Urban Growth Area Stage 2, rezoning 150 hectares of farming and rural land for residential use. This new growth area is expected to become home to about 2,000 new dwellings over the next 10 to 20 years.

As a council, this was not a decision we took lightly. This amendment was the result of careful and considered planning and underwent extensive community consultation. Good news for locals, this amendment also requires the duplication of Tivoli Drive in the early stages of the subdivision. Tivoli Drive is the main entry road off Portarlinton Road and currently consists of a single lane in each direction. Locals have raised concerns about this road, so it's pleasing to deliver this upgrade as part of the new growth area.

Balancing progress and growth with preserving our natural environment is an ongoing challenge that requires thoughtful planning and continued community collaboration. I look forward to hearing your ideas, addressing your concerns and working with you to ensure growth on our beautiful peninsula is both sustainable and responsible.

Sincerely,

Cr Rowan D. Story AM, RFD

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- Veterans' Affairs

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Reimagining Housing on The Bellarine.



Did you know that it's now possible to build a Granny Flat/Small Dwelling on your block of land behind your existing home?

No planning permit or planning permission is required from the Council.

As long as you have the room, it's no bigger than 60 sq. metres and you obtain a building permit that ensures all safety regulations are met, it's all systems go.

As of December 2023, Victoria's regulations for tiny houses have changed to make it easier to build a small second home on your property.

Investing in an extra dwelling space on your property could add value to your existing home, provide another source of regular income as a rental property and provide a much-needed home for a single person or couple.

S.H.O.W.

Sustainable Housing for Older Women
Bellarine

The Team at S.H.O.W. finished off the year on a really positive note, and we're looking forward to all that we can learn and achieve in this new year.

Changing our name to "Sustainable Housing for Older Women" has created some fresh interest in the group, and we've picked up new members who are really committed and adding some fresh perspectives.

I am so grateful to the team members that have stayed the course.

Their commitment and belief in our ability to find solutions that can be interpreted into the way we see housing evolve and develop right here on The Bellarine is so encouraging.

Alongside working towards a more sustainable, stable and affordable housing future for women over 55, we have also been involved in helping women in practical ways when we can.

We've been able to connect those needing a new place to live with landlords and homeowners who want to be part of the solution. We've helped in other ways where assistance is needed, and sometimes it's just pointing people in the right direction. Every little act of kindness, and every piece of information shared simply helps to let someone know that there are others who understand.

One of our recent guest speakers, affirmed our efforts, and assured us that small grassroots movements just like ours, are so often the catalyst for real and lasting change.

Our regular meetings this year will be moving from the last Friday in every month to the first Friday, so if you would like to come along and find out what we are doing, Friday 5th February at 2pm. Will be our first meeting.

Dianne Bennett

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Daily Journaling: Tuning your Internal Messaging



It's easy to feel swept away by the endless stream of responsibilities, and distractions in daily life. So many of us are just existing, commitment to commitment, answering message after message... but not committing to our own internal messaging system. Unattended to, self-doubt creeps in and develop an internal dialogue that can sometimes get in our own way. Making time to tune in may seem impossible, but the quiet, transformative practice of prompted daily journaling takes only a few moments and can help anchor your mind and elevate your emotional well-being.

Far from being just a record of events, journaling offers a powerful way to cultivate positive self-talk, supportive internal dialogue, and mindful awareness of your own thoughts. As a clinical hypnotherapist, I've seen firsthand how the language cultivated in a journaling practice can help to reclaim a sense of control, set empowering intentions, and embrace a more compassionate mindset.

At its heart, journaling is about creating space for conscious reflection of subconscious messages. Our minds are often on autopilot, replaying patterns and thoughts that may no longer serve us. Through journaling, we gain an opportunity to pause, observe our internal dialogue, and intentionally reframe it with positivity and self-support. Journaling can act as a reminder that we hold the power to choose our thoughts - particularly when we stop to reflect - and even more powerfully, when we use the waking trance of the morning and the evening wind down routine.



To make journaling a meaningful habit, I encourage using these six simple prompts to structure your practice:

Morning Prompts

- 1. Presence:** Begin by grounding yourself in the present moment. Reflect on how your body feels, the sensations around you, and any emotions that arise - all without judgment. This helps create a foundation of mindfulness for the day ahead.
- 2. Intention:** Ask yourself how you want your day to feel. Do you want to move through it with calm, confidence, or joy? Set an intention that aligns with your desired emotional state and focus.
- 3. Resources:** Identify your inner strengths and external supports that can help bring your intention to life. Whether it's resilience, creativity, or a supportive network; naming your resources boosts confidence and reminds you of your capabilities.

Evening Prompts

- 1. Positives:** Reflect on the good moments from your day. What went well? What are you grateful for? This reinforces positive thinking and nurtures a sense of contentment.
- 2. Challenges:** Consider the challenges you faced and those you anticipate. Write down the skills, strategies, or mindset shifts you can apply to overcome them. This approach fosters a proactive and solution-focused mindset.
- 3. Kindness:** Acknowledge acts of kindness you extended to yourself today, and plan how you will prioritize self-kindness tomorrow. This keeps self-compassion at the forefront of your mind.

By using these prompts, you can begin your own practice with just a notebook or explore the structured guidance offered in my newly released *Sublimely* journal. Whichever path you choose, journaling is a gift to yourself: a daily opportunity to grow, reflect, and embrace the resources and qualities that are you.

Wishing you the kind and compassionate balance you seek this year, in mind, emotion and body.

Kim High - Clinical Hypnotherapist
 BSc DipEd MEnv DipClinHyp Family Hypnotherapy
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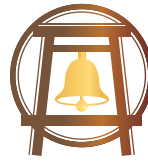
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Drysdale Primary School 150 year celebration in 2025



The Education Act of 1872 was the first of its kind in the world. The first in the Australian colonies. Education was free and compulsory, so the whole community would benefit. All children aged 6-15 years had to attend school unless they had a reasonable excuse.

In 2022, Leopold PS was the first Primary School, on the Bellarine, to celebrate 150 years of education. This year a number of schools on the Bellarine celebrate 150 years.

Drysdale Primary School 150 year celebrations for 2025 are underway with many plans for community events to celebrate our 150 year history and milestone.

The Drysdale Primary School Community Market is run by school volunteers and will once again be held at the Drysdale Reserve on Sunday 16th February 2025 with the market running every third Sunday from October to May from 9am till 1pm. Please come and support the market holders that support our school.

Our third Potato Fair will be bigger and better than ever and be held onsite at Drysdale Primary School on Friday 21st March 2025 from 3.30pm and we hope you can join us to listen to some live music, wander around the many stalls at our twilight market, stay and enjoy some kids rides and enjoy a casual dinner with food trucks and lots of food options available. The evening will conclude on the oval with a free Color Run' for all- so don't forget your white t-shirt!

Drysdale PS - Enrolments are open for all year levels, and we welcome enquiries on ph 52512272 or email Drysdale.ps@education.vic.gov.au to book a tour.

Juile Penfold (School Council President)

Photo- School Captains for 2025, James, Matthew, Eliza and Layla with Glen (Principal) and Kate (Assistant Principal) with Harry the Wellbeing Dog.



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Beyond the Bullet Train: Uncovering Ikigai in Japan



Last November I attended an Ikigai Retreat in Japan. What is ikigai you ask? Ikigai is a philosophy rooted in the Japanese culture that refers to doing what brings value and joy to life.

The 9-day retreat proved to be a wonderful cultural immersion in the Japanese culture, traditions and environment.

My first impressions of Tokyo were of a very big and busy city! Lots of people walking fast making little/no eye contact to passers-by. However, if you managed to stop someone to ask directions, they were friendly and helpful. What surprised me was the lack of English-speaking Japanese - so there were lots of hand gestures and pointing in conversations!

We took the Shinkansen (shuhn-kaan-sen), the "bullet train" to Inuyama, a town 350 km from Tokyo, it took us just over one hour. On leaving Tokyo, I was enthralled with the beauty of the countryside - the profusion of greenery, the many streams, the small community gardens and the mountains. How has such a small country with its large population been able to flourish and still maintain its natural habitat?

In a charming riverside village called Gujo Hachiman, we stayed in a Ryokan, a Japanese-style inn, to experience the traditional Japanese lifestyle and hospitality. I slept on a futon and enjoyed a 10-course breakfast of hot and cold dishes sourced from local produce. Delicious! I learnt the concept of wabi-sabi - the acceptance and appreciation of imperfection - in my attempts at throwing pottery on the wheel. Flaws tell the story about the process and the artist's hand, so my skew-shaped fruit bowl may be considered a unique work of art!

Some tips for those contemplating a trip to Japan: take shoes you can easily slip in and out of; take a bag of Caramello Koalas and give one



whenever you want to say thank you - they were a winner with the locals; and, load Google Translate onto your phones (for me it was a lifesaver!).

Once I left Tokyo behind, I enjoyed the slower pace of living, the beauty of the environment and the happiness of the individuals I met. These people all appeared to be living their ikigai as part of their daily lives. One elderly couple, who had been running their tiny sushi restaurant for 47 years, when asked what their ikigai was - the lady replied her ikigai was doing all she could so her family was happy and healthy; while the husband said his ikigai was to make his wife happy!! Smart man!

Ikigai is within all of us. If you are interested in uncovering yours, I am running a few 2.5-hour workshops at the SpringDale Neighbourhood Centre throughout the year. The first workshop: An introduction to ikigai is scheduled for Friday 14 February (yes Valentine's Day!). For those wanting to delve further into finding and living their ikigai, The Ikigai Connection is a set of four (4) x 2.5-hour workshops on Fridays, February 28, March 7, 14 and 28.

Kathy Henschke, Certified Ikigai Coach.
Email: kathyhenschke@gmail.com

Bellarine North Rotary: Raising Awareness and Funding for Malaria Prevention

Bellarine North Rotarians are not just active volunteers; they are passionate contributors to our local community. As dedicated Rotarians, they also work tirelessly to raise awareness and funds for disease prevention. It's heartbreaking to think that children are still dying from preventable diseases right in our backyard.

Malaria is one such preventable disease, yet it continues to affect millions globally. Each year, there are 228 million cases of malaria, resulting in 405,000 deaths. Shockingly, 67% of these deaths are children under the age of five. The illness and disability caused by malaria have devastating impacts on communities.

Rotarians Against Malaria (RAM), is on a mission to eliminate malaria worldwide. RAM Australia supports various projects aimed at controlling and eradicating malaria in the Western Pacific Rim region, including Papua New Guinea, the Solomon Islands, Vanuatu, West Timor, and Timor Leste. Their strategies include distributing long-lasting insecticide-treated nets and training community health volunteers.

Currently, Bellarine North Rotary is contributing to an appeal to purchase malaria nets for families in Lese Oalai, PNG, where the malaria situation is dire. A donation of \$10.00, will purchase a malaria net. Contact details below.

Want to get involved, make new friends, or contribute to a worthy cause? Reach out to our Membership Officer, **Caroline Rickard**, at 0408 989 221 to learn more, or join the Bellarine North Rotary Club!

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SpringDale is offering a number of new classes
this term. The new classes have **Red Headings**.

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

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

Term 1
Jan-April
2025



Being Creative

NEW - Colourful Maptangle Art

Dates/times: Sat 29 Mar - 12 Apr 9.30am-12.30pm
Fee: \$160

NEW - Sketchbooking for Relaxation

Dates/times: Sat 1 Mar - 22 Mar 10am-12.30pm
Fee: \$160

Intro to Gelli Printing

Dates/times: Thurs 30 Jan 10am-12noon
Fee: \$20

Gelli Printing

Dates/times: Thurs 6 Feb - 27 Mar 10am-12noon
Fee: \$100 or **Conc** \$80 8 weeks

Art Fundamentals - Discover the Artist Within

Dates/times: Tues 4 Feb - 25 Mar 1-3pm
Fee: \$160 or **Conc** \$85 (8 sessions)

Art Media Intermediate

Dates/times: Mon 3 Feb - 31 Mar 1-3.30pm
Fee: \$160 or **Conc** \$85 (8 sessions)

Advanced Art Workshop - Develop the Artist Within

Dates/times: Mon 3 Feb - 31 Mar or Tue 4 Feb -
25 Mar 10am -12.30pm
Fee: \$160 or **Conc** \$85 (8 sessions)

Cards with Lizzy

Dates/times: Wed 29 Jan - 2 Apr 1.30-3.30pm
Fee: \$5 per session

All Abilities Art

Dates/times: Fri 31 Jan - 4 Apr 10am - 12noon
Bookings essential 10 weeks
Fee: \$300 or **Conc** \$200

Textiles

Teenage Sewing Classes

Dates/times: Sat 8 Feb, 22 Feb, 22 Mar, 10am-
12noon
Fee: \$20 per session

Things I wish my Grandmother taught me

Dates/times: Thurs 20 Mar 12.30-2.30pm
Fee: \$20 or **Conc** Free Booking essential

The Language of Sewing Patterns

Dates/times: Thurs 6 Feb 12.30-2.30pm
Fee: \$20 or **Conc** Free Booking essential

Sustainable Wardrobe Workshop

Dates/times: Thurs 20 Feb 12.30-2.30pm
Fee: \$20 or **Conc** Free Booking essential

Music

Intro to Harmonica

Dates/times: Thurs 30 Jan (1 Week) 10.30-11.30am
Fee: \$20 or **Conc** \$10

Beginners Harmonica

Dates/times: Thurs 6 Feb - 27 Mar 10.30-11.30am
Fee: \$90 or **Conc** \$80

Beginners Ukulele

Dates/times: Tues 4 Feb - 25 Mar 12.30-1.15pm
Fee: \$60 or **Conc** \$50 (8 Weeks)

Beyond Beginners Ukulele

Dates/times: Tues 4 Feb - 25 Mar 1.15-2pm
Fee: \$60 or **Conc** \$50 (8 Weeks)

Acoustic Jam Session

Times: 3rd Wednesday each month 7:30pm at
SpringDale Hall.
Fee: \$5 Feel free to bring your own refreshments.

Languages

French With Serge

Dates/times: Tue 28 Jan - 1 Apr 11:30am-12:45pm
Fee: \$150 or **Conc** \$135 (10 weeks)

Latin

Dates/times: Saturday mornings by arrangement
Fee: \$35 per term

German Conversation - Beginners

Dates/times: Expressions of interest
Fee: \$90 or **Conc** \$80

German Conversation - Intermediate

Dates/times: Expressions of interest
Fee: \$90 or **Conc** \$80

Italian for Travellers

Dates/times: Expressions of interest
Fee: \$140 or **Conc** \$120

Wellbeing

NEW - Strength and Stretch

Dates/times: Wed 5 Feb - 2 Apr 11.30am-12.15pm
Fee: \$5 per session

NEW - Developing Mindfulness

Dates/times: Sun 9 Mar - 30 Mar 10am -12.30pm
Fee: \$160

Introduction to Ikigai

Dates/times: Fri 7 Feb 9.30am-12noon
Fee: \$25 or **Conc** \$10

The Ikigai Connection

Dates/times: Fri 14 Feb - 28 Mar (4 sessions)
9.30am-12noon
Fee: \$100 or **Conc** \$60

Re-imagining housing for seniors

For those who would like to help or those in
need of help contact Dianne Bennett via email
diannebennett4@hotmail.com or ph 0422 146 604

SitFit brain and body exercise class

Dates/times: Wed 5 Feb - 19 Mar 9.30-10.20am
Fee: \$70 (7 sessions) or **single** \$15

Pole Walking - Getting started

Dates/times: By arrangement **Fee:** Free session

Tai Chi for Health - Beginners

Dates/times: Tues 4 Feb - 1 Apr 10-11am
Fee: \$3 per session

Tai Chi for Health - continuing

Dates/times: Tues 4 Feb - 1 Apr 11am-12noon
Fee: \$3 per session

Autism Plus

Talking about Autism

Dates/times: Friday 14 March 1-3pm
Fee: Free Bookings essential

All Abilities Art

Dates/times: Fri 31 Jan - 4 Apr 10am - 12noon
Bookings essential 10 weeks

Fee: \$300 or **Conc** \$200

Digital Technology

Introduction to Computers

Skill Level: Beginner
Dates/times: Thurs 6 Feb - 27 Mar 2-4pm
Fee: \$165 or **Conc** \$85 (8 weeks)

Computers - Beyond the Basics

Skill Level: Intermediate
Dates/times: Tues 4 Feb - 25 Mar 2-4pm
Fee: \$165 or **Conc** \$85 (8 weeks)

Smart phones, iPhones, tablets, iPads

Skill Level: Beginner
Dates/times: Thur 6 Feb - 25 Mar 2-4pm
Fee: \$165 or **Conc** \$85

Buying and Selling on eBay

Dates/times: Tues 4 & 18 Mar 4.30-6.30pm
Fee: \$55 or **Conc** \$25

Photography Troubleshooting

Dates/times: Fri 7 & 14 Feb 10am -12noon or
Tues 18 & 25 Feb 7-9pm
Fee: \$55 or **Conc** \$45

Edit videos using Adobe Premier Elements

Expressions of interest

Hospitality

Gluten Free Cookery

Dates/times: Thur 20 Feb - 20 Mar 10am-12 noon
(5 Lessons)
Fee: \$120 or **Conc** \$60 per session

Airfryer Cooking for One or a Small Family

Dates/times: Mon 17 Feb - 24 Mar (5 sessions) 3-5pm
Fee: \$120 or **Conc** \$60

Korean Cookery - Kimchi

Dates/times: Sat 15 Feb 10am-1pm
Fee: \$60 or **Conc** \$30

Korean Cookery - Sushi and Kimbap

(Korean Sushi)
Dates/times: Sat 15 Mar 10am-1pm
Fee: \$60 or **Conc** \$30

Confidence Through Cookery

Dates/times: Tues 4 Feb - 4 Mar 10am-1pm
Fee: \$120 or **Conc** \$60 5 weeks

Espresso Coffee Making

Dates/times: Thurs 30 Jan or 6 Mar or 10 Apr
10am-12pm
Fee: \$20 or **Conc** \$10

Gaining Skills

New - Introduction to Egyptology

Date/time: Expressions of interest

Setting up a Bokashi bucket & garden bed

Dates/times: Fri 21 Mar 2-4pm
Fee: \$5 or Free for SpringDale Members

Focusing on the Future

Dates/times: Fri 31 Jan 2-4pm plus 7 other session
Fee: \$50 or **Conc** Free

Joy of Volunteering

Dates/times: Fri 7 Feb 2-4pm
Fee: Free

Introduction to Event Management

Dates/times: Fri 21 Feb 2-4pm
Fee: \$20 or Free for SpringDale Members

Returning to Learning

Dates/times: Mon 3 Feb, Tues 4 Feb, Wed 5 Feb
10am-12noon
Fee: \$25 or **Conc** Free

Returning to Learning

Dates/times: Fri 14 and 28 Feb 2-4pm
Fee: \$25 or **Conc** Free

Help SpringDale help yourself

Dates/times: By arrangement **Fee:** Free

Ken & the Art of Bicycle Maintenance

Instructor: Ken Brackley
Dates/times: Sat 15 Mar 9.30-11am **Fee:** \$10

Getting Started Cycling Again

Dates/times: Sat 22 Mar 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: Sat 8 Feb 9-10.30am
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: Sat 8 Feb 9am-1pm
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: Sat 8 Feb 9am-1pm
Fee: \$160

Raelene Newton - Stayin' Alive First Aid
stayinalivefirstaid@gmail.com 0413513046

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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 Community Singers
Bellarine Family History Group
Bellarine Wanderers
Card Games
Country Dancing
Cryptic Crosswords Group
Dining Club
Felt & Textile Artists
Footpath Advocacy Group
Friendly Cuppa and Chat Group
Fun Volleyball
Genealogy
German Speaking Group
Girls' Shed / Craft Group
Harmony Group
Harvest Basket Produce Swap & Edible Gardening Group
Jigsaw Club
Kinship Carers
Life Drawing
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
The Tuesday Bellarine Wanderers
Toy Library - Drysdale
Toy Library - Portarlington
Walks for Carers
Wheelie 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

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

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Wow 2025 already. How did that happen so quickly? Will 2025 see many things happening in Bellarine Kinship Carers?

Currently our numbers stand at now an incredible 90 Carers - that is 90 families in our region travelling the kinship journey. Many of those 90 families are grandparents raising their grandchildren. The average age of our Carers is now 60 years of age, many of those 90 families rely totally on Centrelink payments to put food on the table.

But 2025 also brings many positives -

- several of our youngest children are starting kindergarten for the very first time
- lots of the children in our group are off to school for the very first time. I am not sure who is more excited the Carers or the children.
- a large number of the young people in our group are starting the next step in their

education starting their secondary school education.

- as well, many of our young people are off to university or TAFE to pursue their dreams.

We as a group, wish all our future lawyers, doctors, motor mechanics, teachers, nurses, tradies all the best for 2025. Reach high to achieve your dream.

If you are a kinship carer, sitting at home thinking that you are all alone, come join our group - we talk too much, we sometimes cry and we laugh heaps.

We support each other in the best way we can. Bellarine Kinship Carers meets on the first Monday of each month - during school terms- 10am to 12noon at the SpringDale Neighbourhood Centre.

Stay safe everyone.

Jeanette Hanley-Heath - 0414 308 257

Volunteering Opportunity

Do you like working as part of a team?

Do you enjoy making new friends?

Do you enjoy helping people?

Then the Drysdale Uniting Church Op Shop has just the place for you! The Op Shop currently has vacancies for new volunteers to join our team.

We sell clothing for men, women and children, manchester, books, kitchen and household items, jigsaws for all ages and other miscellaneous items.

The shop is open 11am to 4pm, Monday to Friday and 10.30am to 1pm on Saturdays. Shifts are 2½ hours - 11am to 1.30pm and 1.30pm to 4pm weekdays and one shift on Saturdays. Two or three volunteers are rostered each shift and sometimes extras drop in. You will always be with friendly people, willing to guide and assist.

If you are interested in joining the team for one, two or more shifts a month, please contact Sherryle Finley (0432 262 877), Wayne Myers (0407 355 996) or Marg Cheale (0438 411 124).

Many thanks, **Marg**



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Pacific Gull (*Larus pacificus*)

One of the largest gulls to be seen in Australia is the Pacific Gull. It is a native to Australia and is one of our most common residents, as it can be seen on many Victorian beaches. The gull is very distinctive with its massive bill and deep gony which are defined as 'the prominent ridge along the line of union of the two halves of the lower mandible' (thankyou Google). I just refer to the enormous bill markings that is most prominent to mark and identify this species.

There are actually two subspecies of Pacific Gulls seen around the southern beaches; one found in Tasmania and the other in Southern Australia, starting from the coastal southern tip of Western Australia going through to South Australia and well into Victoria. Just occasionally, the birds journey a little farther north and have been sighted along the beaches of NSW, but as they prefer the cooler environment, they have not been observed further north.

You have to look hard at the very distinctive tip of the Pacific Gulls' beak, as the massive tip is coloured red on both upper and lower beaks. The smaller and slimmer Kelp Gull, has a red marking on the lower mandible only, so bill sighting and noting the red is important in identifying the gulls.

The massive bills also contain salt glands which extract salt, from salty water swallowed. The birds actually drink salt water rather than fresh. In fact, it is said that the salt glands are more effective than the kidneys in removing excess salt from the birds' body.

The two large gulls, Kelp and Pacific, are often in competition for both environment and food, as their territory overlaps. The Pacific Gull is frequently seen by itself, or maybe with one other Pacific Gull, perhaps three if a youngster is still being fed but rarely in large numbers. The gull patrols the edge of the water as it prefers food found in cracks in rocks or in shallow edges of the sealine. Shallow waters are favoured for searching for food.

These gulls prefer scavenging, and enjoy cleaning up waste on beaches, even exploring wharves, dumps and tips for tit bits. You can actually see them terrorising other birds who have food, as stealing is one of the talents. The diet includes many fish species and invertebrates as they are most talented at opening shellfish and other hard covered invertebrates, by cleverly cracking them on rocks and cement edges. If that fails then flying high into the air dropping their prey from on high onto the rocks below usually succeeds. Their diets include shellfish such as sea urchins and crabs, also hard-skinned fish that others prefer to leave alone.

The juveniles are differently coloured than the adults. In fact, it takes at least four years for the youngsters to become adults, with feather colouring the clue to age and maturity. The juveniles are a mottled brown, with adult plumage being white with dark wings and back. Nesting takes place on an exposed rocky beach with the nest made of a few grasses and sticks. It usually seems to have no protection; however, two to three mottled eggs are laid



well in the open. The birds prefer rocky islands seemingly uninhabitable, with no obvious cover. Both mother and father care for the nest and the youngsters. The communication between nesting birds is limited and low in volume as they are not very vocal, though in flight, often a loud 'kow kow' can be heard.

Carole O'Neill

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Clifton Springs Garden Club

They say that times goes faster as you get older, and it is certainly the case for me, as it only seems like yesterday I was writing a December article saying the Club was having a break.

Now here we are and it is February.

Our Club had a fantastic 2024, with some great outings and very interesting speakers and 2025 will be just as good. The Committee is always on the lookout for speakers that we think will be interesting to our members, and this year is no exception, as we already have a few lined up - Carole O'Neill is coming to talk to us on the War Memorial Gardens in New Guinea, our regular garden guru Dimitrij will be back again, we hope to have someone come and talk to us on orchids (all varieties) and the Compost Warriors will be coming along to spread the word on their great work. If you are interested, keep reading the Messenger as once our speakers are booked, they will be mentioned in this article.

Our final outing for 2024 was a visit to members gardens. We visited six gardens in Indented Head, Drysdale & Clifton Springs, and what a great contrast they all were, from small newly established gardens to large well-established gardens and everything in between. It was great to see the amazing variety of plants everyone had, and all the interesting ideas they had put into their gardens - you can always get ideas from

someone else's garden. Thank you to all those members who generously opened up their gardens to members.

Janet Allan was our November speaker. Janet gave us some valuable tips on how to grow fuchsias. She also brought along a collection of the beautiful fuchsias she sells at the local markets. So, if you love fuchsias, like I do, look for Janet at the markets.

We look forward to 2025 being another busy year with wonderful outings and a variety of guest speakers.

Our first meeting for 2025 will be on **Monday 3rd February**, at the Uniting Church Hall Drysdale at 7.30 pm. Visitors are always welcome. If you would like to keep up to date on what the Club is doing, please do not hesitate to contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com or go on our mailing list.



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Greetings from the Portarlington Community Association (PCA)

The PCA, like many organisations in Portarlington, is sorry to see that The Port Report is no longer operating, but we are thankful to have this opportunity to publish a report in the SpringDale Messenger.

Projects for 2025

The Portarlington Community Association (PCA) is community focussed. It provides a voice for its members and works to provide a forum for local residents to share concerns, interests and visions for our town. The PCA encourages, fosters and sometimes coordinates community activities to achieve its goals, which centre around the lifestyle, wellbeing and sense of community in its members.

We would encourage readers to look at our

website for information about us, and what we have been busy doing. <https://portarlington.asn.au/>

The PCA endeavors to support community initiatives, and the 2023 Beanie Tree was very successful, around 200 hand-crafted beanies were donated after display at Christmas, to the *Andrew Love Cancer Centre* in Geelong. The Tree again made an appearance in the Bendigo Community Bank in 2024, with 300 beanies donated to *Hope in a Suitcase*, an organisation supplying suitcases of items to children and young adults when they go to foster care. A huge thank you goes out to the various crafters and craft groups around the Bellarine, who contributed once more to this marvellous effort.



The Big Red Bows also made another appearance on shopfronts in our town at Christmas. These lengths of red tulle can be reused or upcycled for future festive decoration, and some of their purchase has supported the Salvation Army Appeal.

The PCA is proud to support Food Assist 3223, and we thank our members for their generous donations at meetings through 2024. We will continue to collect and distribute food items to Food Assist in 2025.

Our first meeting for 2025 is on Wednesday February 12, at 7pm at the Cricket Club, Portarlington Recreation Reserve. We'd love to see you there.

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
- Youth Group
- Home Groups

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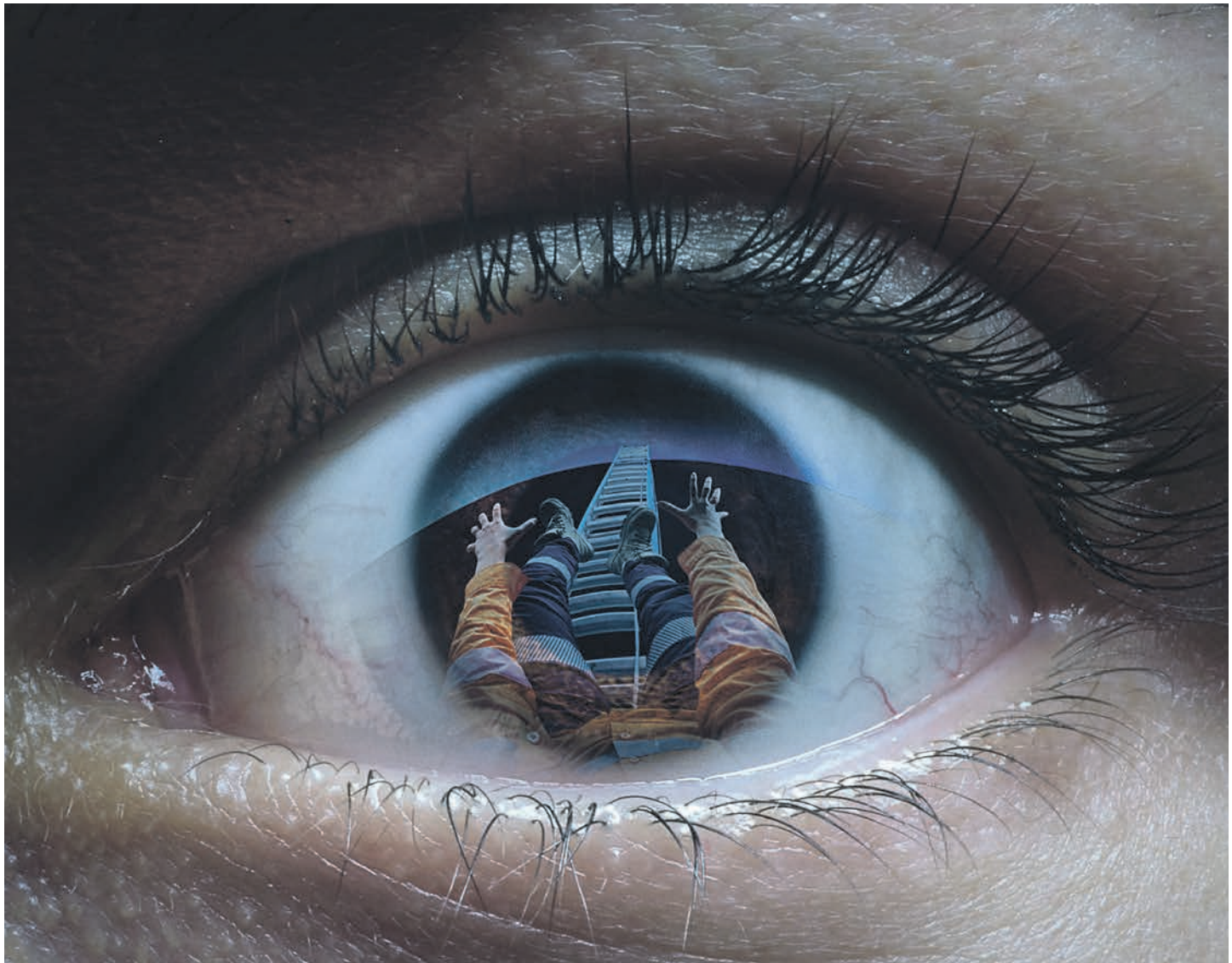
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THE FAMILY HISTORY QUEST 09 WARNING

Warning! When you do family history, you might find things that are difficult.

I recently found an inquest document of a gentleman in my family that sadly committed suicide. It was a shock, and upsetting for a while. I have found the grave of a child in my family who died in the 1860s. This saddened me greatly. I also found a newspaper article that suggested that a different ancestor committed a crime in England and was transported to Tasmania as a convict. For some people this will be an embarrassment, while for others they will be delighted because they have convicts in the family.

Genealogy is a hobby for many, where we search for information on our family members with curiosity, passion and hopefully enjoyment. Sadly, we will uncover something terrible, or embarrassing, or horrific and sad. We will also uncover things that bring great joy and happiness.

When we discover things that are difficult, we create two problems.

One is the need to care for ourselves. We will need to make space for feelings and acknowledge that your feelings are valid. We might need to check in with friends and family, and maintain healthy habits by eating, sleeping and exercising properly, and if still upset seek professional support.

The second problem is, should I share this

terrible story. I'm not suggesting alterations or omissions, but I do advocate sensitivity, kindness, and good sense. Some questions to consider in weighing the pros and cons of sharing a terrible story: How did I feel when I discovered this information? Is it a burden? Would I want to protect others from feeling the same way? Would I share this story if it was about the person I care most about? What about after they have passed away? If the person were living, would this information amount to more than gossip?

Sometimes the story has to be told, and again I suggest the need to be sensitive and kind. Try also to find something positive about the person you are researching.

Please be warned and prepared, but don't let this stop you from researching your family. It is a great hobby and can bring great enjoyment.

John Mathes

BELLARINE WANDERERS

We started the year with several great walks. You're welcome to join us on Thursday mornings at generally 9.30am for a 90-minute walk plus coffee afterwards and / or, on Tuesdays at generally 8.30am for a 150 min walk.

Rob Gardner

Ukulele Classes at SpringDale

This year there will be two Ukulele classes held on a Tuesday afternoon.

SpringDale also offers the Spruke play along group, giving people a chance to put those lessons into action in a big group play-along and singalong session.

If you've never played an instrument before, the Ukulele is great to learn. If you've played an instrument before, it is a fun way to pick up your skills again.

The benefits of learning an instrument to your health and wellbeing have been well documented.

Physical Benefits - The ukulele's small size helps hand-eye coordination and dexterity, and other small motor skills. Keeping those fingers moving is great for adults with some arthritis in those fingers.

Cognitive Benefits - Learning it can improve concentration and memory, reduce stress and help with problem solving. It uses both sides of the brain- using two hands for two different tasks.

Mood Enhancement - Playing and singing together with others brings a feeling of wellbeing and happiness and can improve self-confidence and self-esteem.

Affordable and Portable - The ukulele is generally cheaper than other instruments and can be easily carried and stored. Take it away on your holiday for a singalong session.

Hope to see some new players for the beginners' session at 12.45 on Tuesdays and some wanting to extend their skills at 1.30.

Jan Paradise

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Drysdale RSL Remembrance Day Golf Day

Our annual Drysdale RSL Remembrance Day Golf Day was held recently at the picturesque Clifton Springs Golf Club. The day was well supported by returning players, and it was lovely to see many new faces as well. This made for a fun and friendly competition and a thoroughly enjoyable day for all.

After a pleasant morning of golf, players enjoyed a delicious lunch at the Clifton Springs Golf Club. The cost of lunch was included in the registration fee. After lunch, some fun and laughter could be heard during the raffle draws, which saw many extremely happy winners take home some wonderful prizes. These prizes were generously donated by many of our local businesses, and we extend our sincere thanks to them for supporting our day. Their generosity is truly appreciated, and all funds raised from the day go towards assisting our very deserving local veterans.

Congratulations to the 2024 winners:

Women

- 1st - Cathy Strachan & Antonia Ibbotson - 42 pts c/b
- 2nd - Paula Cochrane & Alison Lugg - 42 pts
- 3rd - Margaret Brooks & Nola Anderson - 41 pts

Men

- 1st - Neil Norton & Stephen Lacey - 45 pts
- 2nd - Graham Knight & Alan Joyner - 43 pts
- 3rd - Phil Griffin & Dave Benham - 42 pts c/b

Thank you to everyone who participated in our tournament for making it a very enjoyable day for all, and thank you once again, to our very generous local businesses for their support.

If you are interested in playing golf at the most picturesque golf club on the Bellarine Peninsula, having a great time with friends and mates and helping local veterans in the process, please **Save the Date for 2025 - Monday, 17th November 2025**. We look forward to seeing you there.



The Drysdale Uniting Church proudly displayed a new Nativity at the front of the church after their old one needed updating. The Clifton Springs Men's Shed were asked to assist and there was only one man for the job – Barrie.

Barrie enthusiastically took on the job and dismantled the existing Nativity and took inspiration for the updated version from a beautiful Christmas Card. He cut, made and hand-painted each character and animal, even enlisting his granddaughters to assist. Thanks Barrie for all your efforts.

Pictured - Reverend Karen Eller, Barrie Foreman, Chairman of the United Church Council Wayne Myers

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