



The SpringDale Messenger

March 2025
Volume 35 Issue 2



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

32ND BELLARINE AGRICULTURAL SHOW

Celebrating Wool



It's Show Time!

Sunday 9 March 2025

9am - 3pm

Portarlington Recreation Reserve

Early Bird Tickets

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

SCAN ME!



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

There is so much for you to see & do! Come along & enjoy a fun filled day out. You will see all of the usual show competitions along with woodchopping and shearing demonstrations, Kid's Discovery Trail, a baby animal nursery and the ever-popular gumboot toss, and dog jump. For the first time, we are delighted to welcome and host the *Miniature Goats Australia Show Classes and Points for 2025*. Bring your picnic rug and we'll see you there!!

Fifth Annual
RYAN GATGENS
MEMORIAL GOLF DAY

SUNDAY
09
MARCH
2025

Curlewis Golf Club

HOPE BEREAVEMENT CARE

Curlewis GOLF CLUB THE BELLARINE

Drysdale Mowers

Everyone is welcome!

More details on page 11



Drysdale Primary School - Friday 21st March 2025 Potato Fair

Join us at Drysdale Primary School for the afternoon of Friday 21st March, from 3.30pm for our 2025 Potato Fair. The afternoon/evening is a community engagement event, where everyone is welcome to enjoy a casual dinner from the food trucks, and wander through the many stalls on offer at the twilight market. Bring the kids or grandkids to the enjoy the rides or just bring your picnic blanket or fold-out chair and enjoy the live music and atmosphere. It is also a great way to connect with your local community sporting and activity groups, who will be onsite to showcase what they offer!

We hope to see you there!!



HARMONY WEEK

Mon 17th - Sun 23rd March

Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community.

More details on page 5

MARCH 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 Zero Discrimination Day Deadline for April Copy of The Messenger - Bookings/Copy required
Sunday	2	Clean-up Australia - Clifton Springs boat ramp car park - 9.30am
Monday	3	Clifton Springs Curlewis Coastcare Group - Waterwatch monitoring - Clifton Springs boat harbor car park - 9.30am
Tuesday	4	Welcome Morning Tea 10-11am at SpringDale Free
Friday	7	World Prayer Day
Saturday	8	International Women's Day
Sunday	9	Bellarine Show - Portarlington Recreation Reserve 9am-3pm Ryan Gatgens Memorial Golf Day - Curlewis Golf Club
Wednesday	12	Dining Group - Drysdale Village Pizza - 6pm bookings essential
Saturday	15	It's De-Lovely - A celebration of Cole Porter - 8pm Potato Shed
Sunday	16	Drysdale Primary School Community Market - 9am - 1pm
Mon-Sun	17-23	Harmony Week
Wednesday	19	Lunch Bunch - Ocean Grove Bowls Club - 12noon Habitat restoration working bee 9.30am
Thursday	20	International Happiness Day
Friday	21	Drysdale Primary School - Potato Fair from 3.30pm
Sunday	23	Harmony Week - SpringDale Event - 12 noon - 3pm
Tuesday	25	Bette Midler Show - 10.30am - Potato Shed
Sat-Sun	29/30	North Bellarine Arts Trail - 10am - 4pm

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

Coming up in April 2024

Wednesday	2	World Autism Awareness Day
Saturday	5	The Abduction from The Seraglio - 2pm - Potato Shed
Sunday	6	Daylight Savings ends - Clocks fall back
Monday	7	Clifton Springs Curlewis Coastcare Group - Waterwatch monitoring - Clifton Springs boat harbor car park - 9.30am World Health Day
Wednesday	16	Launching of Curlewis Habitat Restoration Project, Beech Vista Dr - Curlewis. 9.30am



SpringDale Messenger

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

COPY DEADLINE APRIL 2025

Bookings/copy required by 1 March.

Dist: 25 March 2024

Circ: 15,000 copies home & shop delivered

Available online for millions to read

https://docs.springdale.org.au/Msngr_2025/3502_MsngrMar2025.pdf

Connecting Your Business with our Community

For all Advertising enquiries:

Email: office@springdale.org.au

Phone: (03) 5253 1960

Online: Book an advertisement online.

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

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

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

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

Editing of Contributors Material:

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

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

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

Art & Design by Jo Aspland Graphic Design 0438 055 679

The SpringDale Messenger is a locally produced publication.



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



United Nations Association of Australia Victorian Division



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Education and Training



Environment, Land, Water and Planning

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



Coordinator's News



Anne Brackley

Dear Friends and Friends I am yet to meet

Some of what I get to do each day is to help to solve problems, and yesterday I was able to solve some problems for SpringDale. We had been experiencing problems with our phones for the last few days. This resulted in us having to turn the phones off and on daily to get them to rest and behave.

Having reported the problem to our internet provider via email after waiting on hold for a long wait, didn't give us any results, so, yesterday I rang and asked for a technician to call us back. Five hours later we received the call and it was a very competent technician - I loved talking to him.

My recollection of what he said is: Apparently, when Voice over internet Protocol (VOIP) addresses were being set up worldwide, a number of billion were created. This was before fridges, washing machines, cars etc needed to be able to dial in. All of a sudden there weren't sufficient, and a few weeks ago a new protocol was adopted IPv6 giving us trillions of addresses. The technician talked me through enabling the VOIP phones at SpringDale to be able to use IPv6.

I asked the technician re the breadth of this problem and he said it could be a problem for anyone with a VOIP phone depending upon how their provider is handling it. I said I help produce a monthly magazine and people may be interested. He said it was only a problem while people still had a home phone and this was more for our aging population. I assured

him I wanted to keep my home phone as I was wanting to age gracefully and we wanted to keep our phones at SpringDale too.

Mission two for yesterday was to solve a 5-year-old problem. When we started to inherit material in 2020, a community member decided that she would use some of the prettiest material to make kits and she would run Kalbarri Log Bag making classes using the kits. COVID dragged on and the kits sat here without instructions and the community member moved away. We then had a boxful of kits. Yesterday a lady picked up a kit and wanted to buy it - she asked about the instructions and I had to tell her the story.

This time the lady gave me her name and number and she said she would love to buy the kit if we had instructions, she had actually returned to do that, having seen the kit a while ago. I committed to contacting her once I had instructions. I found a post of Facebook, I tracked down the owner of the post - it was a quilting shop. I contacted the shop and the owner emailed the instructions. I contacted the lady and she is coming to pick up the kit today.

Actually completing to challenges makes me feel ready to face what is next. Who knows what today will hold. Often we spend time helping people with their challenges, but it was great to get something off our list too.

Hoping 2025 is treating you well and hoping to see you at SpringDale soon

Anne Brackley OAM for team SpringDale

New Opportunities

Intro to Egyptology

Instructor: Allison Young
Dates/times: Fri 7 - 28 Mar 1-3pm
Fee: \$160 or conc \$85

Repair what you wear

Learn 4 sewing techniques useful in mending garments, homeware and toys - Back, Herringbone, and Ladder stitches plus sewing buttons on correctly. Suitable for left/right-handed participants. Materials supplied.

Instructor: Claire Duffy
Dates/times: Tues 11 & 25 Mar 5-6pm
Fee: \$20 or conc \$10

Sew clothes for hypersensitive skin

Recognise sensitive skin friendly fibres. Enjoy a trip to Rathdowne Fabrics in Brunswick to choose suitable fabric. Pick up tips on finding and using commercial patterns. Sew a garment using your chosen fabric.

Instructor: Claire Duffy
Dates/times: Sat 29 Mar + 2 other sessions
Fee: \$120 (Plus Fabric cost) conc \$50

Chess Group is looking for members

Wednesdays 3.30-5pm



Friendly Cuppa & Chat

Tues 4 Mar 10-11am rsvp SpringDale 5253 1960



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

SpringDale Lunch Bunch

The SpringDale Lunch Bunch are at Ocean Grove Bowls Club Wed 19 Mar 12 noon. Bookings essential ring Margaret 0418 370 857.

SpringDale DINING Group

SpringDale Dining group are at Drysdale Village Pizza Wednesday 12th March 6pm. Bookings essential ring SpringDale 5253 1960 or email dining@springdale.org.au

QUOTE OF THE MONTH

Experience is not what happens to a man; it is what a man does with what happens to him.

Aldous Huxley

Anne Brackley - Quote curator

www.springdale.org.au

Alison Marchant Member for Bellarine



As Summer comes to an end, I'd like to say a big thank you to our local Victorian Police, both on the water and the roads, for dedicating their time over the Christmas period to the safety of Bellarine locals and visitors.

I'd also 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.

It is still a busy time of year here on the Bellarine and I wish to 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.

Services Victoria App:

Last year, digital driver licences rolled out across the state giving Victorians the option to carry their licence on their phone. Recently, digital driver licences have also become available for L and P platers across Victoria, ensuring that whether you have your wallet on you or not, you can have your ID on you at all times.

Digital licences have undergone rigorous privacy and security testing and can be updated in real time if there are changes to licence conditions or personal information like home addresses.

Physical licences are not changing, the digital licence is simply another option that can make it easier when picking up a parcel, visiting a licensed venue or driving around.

This digital driver licence can be set up and accessed on the Services Victoria app.

The Services Victoria app brings together the most popular services and makes them accessible all within the one app.

This isn't the only digital card available, with digital Veterans cards, Victorian Seniors cards, Victorian Fishing Licences and Working with Children Check certification all available to set up and access on your phone.

Recently, it was also announced that a new fuel finder feature will be coming to the Service Victoria app. This feature will require fuel companies to publicly report their fuel price changes the day before they are in effect - and lock in those prices for 24 hours. This data will then feed directly the fuel finder feature on the app, giving motorists the opportunity to shop around for the best deal when they're ready to fill up.

Other services on the Services Victoria app include:

- Renew, check or transfer vehicle or boat registration
- Buy or manage an Ambulance Victoria Membership
- Apply and update a NDIS Worker Screening Check
- Apply to register or renew Victorian Disability Worker Registration
- Apply for a national police check
- Redeem Get Active Kids vouchers
- Apply for Solar Homes rebates and loans

To access, download the Services Victoria app, or visit www.service.vic.gov.au to find out more.

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



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

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

POTATO SHED

As the days cool and the nights get longer, join us this month for some superlative indoor entertainment at the Potato Shed, your home of the performing arts on the Bellarine.

This month kicks off with a homage to one of the greats of American contemporary music: **It's De-Lovely - A Celebration of Cole Porter**, 8pm Saturday 15 March 2025.

The show brings together some of Porter's greatest hits from Broadway and Hollywood's most popular musicals in this elegant jazzy production. In a performance style reminiscent of Tony Bennett and Lady Gaga, **It's De-Lovely - A Celebration of Cole Porter** will take you on a journey from one show-stopping tune to another.

Starring International cabaret performer and jazz singer **Belinda Hanne-Reid** and **Tim Carney** (International Tour of Mamma Mia) and accompanied by **Mark Bradley** on piano, **It's De-Lovely - A Celebration of Cole Porter** features songs including *Let's Do It Let's Fall in Love; I Get A Kick Out of You; Night and Day; Begin the Beguine; I've Got Your Under My Skin; You're the Top; True Love* and many more.

If you love the Great American Songbook, you will be enchanted with the music, the dancing and the story behind one of the greatest songwriters in history as Belinda Hanne-Reid and Tim Carney sing, dance and perform some of the hottest show-stopping, toe-tapping

songs of all time in this unique tribute to Cole Porter.

It's De-Lovely - A Celebration of Cole Porter was written, directed and produced by Margaret Fisk AM.

Then, in a change of pace, our March Morning Showtime show, presented by Mr Entertainment Issi Dye, features two of American's greatest divas, **Barbra Streisand and Bette Midler in the Barbra Streisand and Bette Midler Show**. Victoria Stanborough is charged with the responsibility of channelling two greats of American popular song.

On Tuesday 25 March, you'll be transported back to the 70s and 80s with songs such as *Guilty; Evergreen; The Way We Were; Send in the Clowns; No More Tears (Barbra Streisand) Wind Beneath My Wings; The Rose; Do You Want to Dance; Beast of Burden; Friends; Under the Boardwalk (Bette Midler)* and many more. Issi and Victoria will perform a number of duets for your listening joy.

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 seeing you at the Shed!

POTATO SHED

WIN DOUBLE PASS to Barbra Streisand and Bette Midler Show

Tuesday 25 March - 10.30am

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

Name: _____

Address: _____

Phone No: _____

COMPETITION CLOSING FRIDAY 21 MARCH 4PM



WHAT'S ON



IT'S DE-LOVELY – A CELEBRATION OF COLE PORTER



Saturday 15 March, 8pm

It's De-Lovely – A Celebration of Cole Porter starring international cabaret performer and jazz singer Belinda Hanne-Reid, Tim Carney (International Tour of Mamma Mia) and accompanied by Mark Bradley on piano.

Cabaret \$45 Adult \$40 Conc \$25 Under 25s Theatre \$40 Adult \$35 Conc \$25 Under 25s

BARBARA STREISAND AND BETTE MIDLER SHOW



Tuesday 25 March, 10.30am

MORNING SHOWTIME
Let Issi and Victoria transport you to a beautiful time in the '70s and '80s with the songs by these two amazing divas!

All tickets \$20 - Morning tea provided. Group discounts available through our Box Office

[potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)
[potatosheddrysdale](https://www.instagram.com/potatosheddrysdale)
41 Peninsula Drive, Drysdale

To book scan the QR code, visit potatoshed.com.au or with credit card on 5251 1998.



By Cr Trent Sullivan

The Dell Eco Reef has added yet another award to its collection: the Victorian Marine and Coastal Award for Excellence in Marine and Coastal Design or Development.

The award follows several other prestigious accolades for the artificial reef, including the 2024 Victorian LGPro Awards for Excellence (Special Projects Initiative), and the international Dezeen Award for Sustainable Design (Building Product) of the Year in 2023.

The reef is located 60 metres offshore at The Dell beach in Clifton Springs, providing a habitat for marine life and helping to reduce coastal erosion. Built with eco-friendly concrete and recycled shells, the 46 erosion mitigation units are visually unique and provide an attraction for swimmers and snorkelers.

The Dell Eco Reef was designed by The Reef Design Lab's Alex Goad, in collaboration with the City's Senior Strategic Environmental Planner Ralph Roob, and was featured as part of Geelong Design Week 2024 last November. Visitors to the free exhibition saw the details and engineering of the erosion mitigation units up close.



Over in Portarlington, Ramblers Reef - an artificial reef providing a semi-submersible breakwater - has also won its share of recognition, including the Victorian Marine and Coastal Award for Leadership in Climate Change Adaptation and Resilience.

These accolades show that innovation goes hand in hand with environmentally sustainable solutions. Both these reefs are a part of the City of Greater Geelong's commitment to mitigating coastal erosion and the effects of storm surges. We have so many amazing beaches in Greater Geelong, and it is important to preserve and build healthier ecosystems along our coastlines.

Come down to the beautiful beaches on the Bellarine Peninsula and see these stunning reefs for yourself.

Harmony Week

Mon 17th - Sun 23rd March

Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

The message of Harmony Week is everyone belongs. It is about diversity, inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Did you know? Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was. We identify with over 300 ancestries. • Since 1945, more than 7.5 million people have migrated to Australia. 85 per cent of Australians agree multiculturalism has been good for Australia. Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi. More than 70 Indigenous languages are spoken in Australia. These facts are taken from the ABS 2016 Census Data. Check out the Australian Bureau of Statistics website.

Wondering if you would like to help make an event come together on Sunday 23rd March - 12noon-3pm. Please book in to attend, and please let me know if you would like to help. Ph: 5253 1960 or email office@springdale.org.au

Anne

Advertisement

I am here to help.



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

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

SCAN THE QR CODE TO READ MY BUDGET NEWSLETTER

LIBBY COKER
FEDERAL MP FOR CORANGAMITE

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

@LibbyCokerMP

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





lee martin.
Director.
0400 957 839

andrew kibbis.
Director.
0411 424 412

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

Re-imagining Housing For Seniors:

While it's sad that we are hearing so much about the growing problem of homelessness, and financial hardship that so many people are facing. It is also encouraging that these issues are being spoken about on T.V., radio, social media and within more personal and everyday situations.

Our group has been spreading the word wherever and whenever we can, and we've found there are still many people who know very little about this situation.

Could it be that the culture we live in somehow shields us from the reality of those not in our particular circle?

I think we'd all agree that our basic culture has changed over the last generation. Our ideas, customs and social habits are quite different from forty or fifty years ago.

For most of us, it's a pretty good life really. We spend a lot of time doing things that please us and make us feel good. But, is that really the best way to live our lives?

How often do we think about those less fortunate, and speculate on how we could actually do something to help them?

Is "caring and sharing" becoming less compatible with our evolving culture?

Albert Schweitzer once said, "Life becomes harder for us when we live for others, but it also becomes richer and happier."

In our search for a solution to the affordable housing crisis in our own area, the members of S.H.O.W. are hoping to connect with more like-minded people who are looking for ways to help. That could be offering homes or rooms to rent on lower rates, or their expertise and ideas around sustainable housing.

If you would like to chat about these issues, or perhaps you're in the position of not being able to find suitable housing, please make contact and we'll take it from there.

Dianne Bennett

Diannebennett4@hotmail.com

Drysdale Clifton Springs Curlewis Association

Over the last 20 years, the Drysdale Clifton Springs Curlewis Association (DCSCA) has helped to advocate for infrastructure and amenity for our community. The Festival of Glass was a project of DCSCA and is now an incorporated entity.

The Drysdale Bypass, infrastructure at the Clifton Springs Dell and at the Boat Ramp were all projects that DCSCA played a role in helping to come to fruition.

We currently work closely with the other community associations across the Bellarine with a current high priority being the Distinctive Area Landscape for the Bellarine.

Wondering if there might be a few people keen to help progress the work of DCSCA. We meet monthly at SpringDale on the third Tuesday of the month at 7pm.

Please let me know if you would like to become a member - its only \$10 annually.

Anne Brackley - Secretary DCSCA
0407 529 205

SpringDale Repair Cafe

The SpringDale Neighbourhood Centre Repair Cafe is held on the first Saturday of every month, where our volunteer repairers perform simple repairs on all kinds of everyday items, things that would otherwise be thrown out, including small household furniture, small electrical items, clothing and jewellery etc. If you can push it or carry it to our door, we will have a go at repairing it!

Attendees may sit with the repairer while they talk you through what they're doing, making it a place to have a chat, have a cuppa, meet new people and learn valuable DIY skills that can save money and reduce waste.

Bookings aren't compulsory, but they help us make sure we have the right repairer for your item available on the day.

John

Snap, Send, Solve

Snap, Send, Solve, lets you report issues to your local council. How it works, once you have downloaded the app to your phone and linked the app to an email address

1. Take a photo of the issue
2. Use your phones GPS to identify your local council
3. Send it in.

The benefits to this service are

1. You can report issues without having to make a phone call or send an email
2. You can report issues while you're on the go.
3. We can all take part in this improvement of shared spaces in our local community.

Something need fixing? Just Snap Send Solve it.

- 📷 Dumped rubbish
- 📷 Damaged street signs
- 📷 Fallen trees
- 📷 and more!



**Snap
Send
Solve**



**Improving shared spaces,
one Snap at a time.**



William Sheahan

Funerals

Phone: 5251 3477
Available for 24 hr assistance

Caring and experienced staff to meet individual funeral service needs

- ❖ Locally owned and operated family business
- ❖ Pre-paid and Pre-arranged funerals
- ❖ Chapel seating 150 plus
- ❖ Live-streaming service

www.sheahanfunerals.com.au
enquiries@sheahanfunerals.com.au
2-4 Murradoc Road, Drysdale Vic, 3222

BELLARINE

BGS

GLASS & SCREENS

- Security Doors • Shower Screens
- Wardrobe Doors • Mirrors • Flyscreens
- Glass Repairs • Balustrading

7 Days
A Week

Fast Glass Repairs
Same Day Service

Ph: (03) 5253 2301

38 Murradoc Road Drysdale 3222
D Ward Facsimile 03 5251 3905



World Day of Prayer 2025
Cook Islands
 Friday 7th March @ 10am
"I Made You Wonderful". Psalm 139:14.

Uniting Church

High Street Drysdale
 Contact: 0407 355 996
 Refreshments provided
 All welcome



Calling for Walkers

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

Email office@springdale.org.au or ph 5253 1960



**HUNTERS
 REAL ESTATE**

- Property Sales
- Property Management
- Holiday Rentals

**2 LOCATIONS
 ON THE BELLARINE**

4B Brown St 1389 Murradoc Rd
 Portarlington St Leonards
5259 1103 5215 9327

huntersrealestate.com.au

**Drysdale Primary School
 150 year celebration in 2025**



During this month many people have started to talk to me about the 150 Year celebration of Drysdale Primary School. People are keen to come from all over Australia for the event and people are starting to write down their stories to help us create a book.

The current date for the celebration includes Friday 17th October - hopefully this will help people to plan trips back to Drysdale.

This month we are featuring a family that had the foresight to take a photo of the 4 different generations of the Davis family, who attended Drysdale Primary School over the last 90 years. Kel and John Davis in the back row and Mia and Shaun in the front row.



My name is Mia, and I became the fourth generation of my family to attend Drysdale Primary School in 2013.

In this photo is my Great Grandpa Laurence (Kel), who attended in 1930s, my Grandfather John, who attended with his sister Sue in the 1950s and my father Shaun who went to school at Drysdale with his sister Jayne between 1970 and 1980s.

My sister Tahlia and I went to Drysdale Primary School between 2013 and 2022, 90 years after our Great Grandfather (GG Pa).



DRYSDALE STATE SCHOOL - about 1915

This is a scan from the Drysdale Primary School Centenary Recipe Book - it's a 1915 photo - 110 years ago - one of our oldest photos so far - what is hiding in your family archives?

Heritage Cameo Conveyancing

'Your Local Conveyancer'

Services Include

- Free Pre-Purchase Advice
- Subdivisions
- Property Transfers
- Purchase Contracts
- Sale contracts – Section 32 preparation

Shannon Calder
 Manager – Bellarine Office



Heritage Cameo Conveyancing

'Professional and Personal Service Guaranteed'

Bellarine Office:

8 Murradoc Road, Drysdale, Vic 3222
 E: shannon@heritagecameo.com.au
 T: 03 5251 3950

Contact your local friendly conveyancer Shannon for all your conveyancing needs and questions.

The Power of "I Want To"

I am always an advocate of promoting positive internal dialogue - remember, we talk to ourselves internally more than we talk to anyone else externally! Our inner dialogue shapes our beliefs, emotions, and actions. Your choice of words can be used to support a mindset, that leads you in the direction of the goals and changes you may be seeking. A simple shift, from "I have to" to "I want to," can create a powerful transformation, particularly when it comes to positive health-seeking changes in diet and exercise.

As a hypnotherapist, I hear and see firsthand how a person's language influences their subconscious mind. The words "I have to," imply obligation and resistance, triggering stress and avoidance. On the other hand, using "I want to," fosters motivation and personal empowerment, aligning the mind with your desired behaviour. "I want to," makes the change a gift to yourself, rather than a burden.

For example, saying "I have to exercise" might feel like a chore, whereas "I want to feel stronger and healthier, so I choose to exercise" reframes the habit as a positive choice. This small difference in language enhances motivation and reduces mental resistance.

Rewriting Your Inner Dialogue

Here are some common limiting words (and thoughts) and the suggested reframes that could illicit a more empowering state of change:

Limiting Dialogue

"I have to start eating healthily."	"I want to feel the ease in my body and clarity in my mind that comes with good, clean, light food."
"I must wake up early."	"I want to start my day with the quiet and time to feel energised and in control."
"I should go to the gym."	"I want to move my body, so I feel stronger and healthier in my daily tasks."
"I need to quit sugar."	"I want to feel in control of the choices I make with my food."
"I have to meditate."	"I want to create time to give myself calm and clarity in my mind."

Empowering Dialogue

Arriving in a Healthy, Empowered "I Want to" Life

One effective way to reinforce your positive habits and these "wants", is to visualise that you have already given them to yourself. You can do this at night before bed or use it as a morning intention-setting exercise (set yourself an alarm so it happens!).

- 1. Close your eyes and bring in some deep and gentle breaths.**
Let this breath settle your body into calm and bring your mind's eye to inward attention.
- 2. Take a moment to imagine you are already there.** *You have been eating healthily/exercising/sugar free for some weeks now, and you are loving life!*
- 3. Picture in your mind what your day in this wonderful feeling will be like.**
Ready to go for a morning run, looking forward to small healthy meals, moving away from the foods that were holding you back... feeling great in your body, clear in your mind and you have that smile on your face!
- 4. Notice the small, intentional actions that you have given yourself to feel this way.**
 - **Morning:** "I want to give my body flexibility and strength, so I drink a glass of water and do some Pilates".
 - **Afternoon** "I want to feel lighter in my body, so if I snack, I choose something fresh, small and healthy".
 - **Evening:** "I want to sleep peacefully, so I step away from screens early and do something more relaxation positive (a warm bath, a book...)"
- 5. Step back into your day ready to enjoy the changes and the benefits (already).**

By consistently reinforcing positive self-talk alongside your actions, your subconscious mind will align with your goals, making healthy habits feel natural and enjoyable. Over time, this daily practice can rewire your mindset, turning inspiration into lasting action.

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



14 Knowles Grove
Point Lonsdale

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

Kim High - Clinical Hypnotherapist

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

0439 330 919
www.familyhypnotherapy.com.au
Rebates available through some private health providers

Treasure the Moment

A Celebrant for all occasions on the
Bellarine Peninsula & Geelong
Nedjelka (Neda) Walker Authorised Civil Celebrant



Wedding Ceremonies • Commitment Ceremonies
Vow Renewals • Naming Ceremonies
Funeral & Memorial Services

Mobile: 0428 319 405
Email: info@treasurethemoment.com.au

SpringDale Trivia

by Drysdale Girl Guides

1. Which famous literary character has been portrayed by both Benedict Cumberbatch and Henry Cavill?
2. Who won the women's singles grand slam title at the 2025 Australian Open?
3. Which Australian state or territory is home to Uluru?
4. Which two elements make up water?
5. What actor played Alex Keaton on the '80s TV show "Family Ties"?
6. Where is the world's first-ever surf life-saving club located?
7. Most children born in 2025 will be born in the Chinese Year of which zodiac animal?
8. In Greek mythology, who is the god of the sea?
9. What is the square root of 144?
10. Which reptile is known for changing its colour to match its surroundings?

Turn to
page 19
to find the
answers.

Drysdale Guides Meet on Thursdays during the school term from 7pm to 8:30pm. If you are interested or have any questions, please contact Anne Brackley on 0407 529 205 or go to <https://www.girlguidesvic.org.au/find-us/> to make an enquiry.



Bellarine PC Repairs

Martin
Mobile: 0411 472 360
Workshop: 5251 5405

10am to 4pm • Monday - Friday
\$80 hour plus \$40 call out
charge for on site work
21 Eastwood Crescent Drysdale
By appointment.
Please call or text first.
- not Apple sorry



JRQ PLUMBING

- Hot Water Repair/Replacement
- Burst Pipes • Blocked Drains
- Excavation • Gutter Cleans
- Leaking Taps/Maintenance

Call Mark on **0458 405 654**
mark@jrqplumbing.com.au



From Drips to Disasters,
We've Got You Covered!

Local & Reliable

Fifth Annual RYAN GATGENS

MEMORIAL GOLF DAY

CURLEWIS GOLF CLUB

SUNDAY

09

MARCH

2025



On our Fifth Anniversary, we look forward to celebrating Ryan's legacy and continuing to contribute to the necessary support that Hope Bereavement provides.

What To Expect On The Day

A full field of nearly 400 players.

Family fun throughout the day including kids activities

Adult fun all afternoon, including food trucks, bar, major raffles and music.

2 x 10 grand hole in one opportunities for the golfers.

Chip into the Tinny! anyone can enter to win a cash prize.

Engaging with the local community in support of an invaluable cause.

Everyone is welcome!

View Our Website



THANK YOU TO OUR VALUED SPONSORS

Eco Choice
Virtual IT Group
Prime White Painting
Barwon Oral Maxillofacial Surgery
Curlewis Golf Club
Signs Traffic Management

Stockdale & Leggo
AWM Geelong
Daikin
Bellarine Flooring
Duffs Jewellers
Chisholm Timber Flooring

Matt Sammut Plastering
McDonald Brick Construction
VDB Homes
Conc It
Symal



Bellarine Camera Club has had a very busy year. Many hands-on workshops, interesting guest speakers and monthly outings, along with our monthly competitions.

For the first time since COVID, we had our annual exhibition again and it was very positive and successful.

Our End of Year Break up and Awards Night was huge, with many awards handed out in both A Grade and B Grade. Our 'Image of the Year' winner was Jim Den Ouden with his image titled 'Snuggled together'. Jim also managed to win our Club raffle for a \$800 voucher at Camera House. A great night was had by all.

Bellarine Camera Club meet at SpringDale Neighborhood Centre, Drysdale at 7.30pm on the 1st and 3rd Monday of each month. For further details see our website www.bellarinecameraclub.org.au



Geoff Evens, Daryl Haywood, Geoff Gaskill, Jim Den Ouden, Debbie Hallows, Lynne Pearce, Sheridan Garra

CARPENTER

Servicing Geelong and the Bellarine Peninsula




- Renovations and Restorations
- Weatherboards and Fascias
- Door and Window repairs
- Decks and Pergolas
- Interior repair and upgrades

25 years Trade experience

0409 411 576

GEELONG & BELLARINE PLUMBING

24/7 EMERGENCY RESPONSE SERVICE

- | | |
|--|---|
|  All general plumbing & maintenance |  Drainage |
|  Bathroom & kitchen renovations |  Roofing & Gutters |
|  Hot water service repairs & installation |  Gasfitting |
|  Blocked drains & camera inspections |  Excavations |

Call your local plumber with over 15 years' experience for a NO OBLIGATION FREE QUOTE

JAKE 0433 299 338

25 years Gardening Experience
Horticulture qualified.

Gardening Services

Struggling to keep up with garden maintenance?

- Garden clean ups and rejuvenation
- Reduce maintenance required in the long term.
- 100% guarantee of the weight lifting from your shoulders...

GARDENS ABOVE & BEYOND



Landscape Gardening & Design
Call Briony on 0447 936 148



North Bellarine International Women's Day 2025

The Monica Hayes Award will be announced at the 10th Northern Bellarine International Women's Day celebratory event on Thursday March 6th.

The Award established in 2017 honours the life of community leader, Monica Hayes, who died from MND at her home in Portarlington in 2016.

Join us for afternoon tea, and the presentation of the 2025 Monica Hayes Award for Women.

Our guest speaker for 2025 is Jenny Taing-Sheehy. Jenny is a Partner at KHQ Lawyers where she leads the financial service practice.

Bookings essential

When: 6 March 2025, 2.30-4.30pm

Where: Scotchmans Hill Winery
190 Scotchmans Rd, Drysdale

\$40 includes afternoon tea and a glass of complimentary bubbles.

Business Support at SpringDale



Over more than 30 years SpringDale has supported Businesses as they have supported our services. Through advertising in the SpringDale Messenger for 35 years, through inclusion in the Business and Services Directory for more than 20 years, through quarterly Business Breakfasts that we held for many years and more recently through the Business on the Bellarine group of SpringDale.

Wondering whether any business would like to support a Safe Seats Safe Kids - Child Car Restraint session at SpringDale. We have run a few of these over the last few years in partnership with many groups. A day costs \$500 and at the moment the Geelong Lions Breakfast Club has given us enough for ½ a day - wondering if there is a business that might sponsor ½ or a whole of child car seat fitting. Please contact Anne Brackley 5253 1960 with any ideas or any offers.



Pole Walking at SpringDale for more than 15 years

Mondays 8.50 for 9am start
Walk for 30mins and walk back for 30 mins

Poles available for loan and purchase

Enquiries SpringDale 5253 1960
or office@springdale.org.au



Click & Collect

\$10 per term or \$35 for the year



Tuesday & Thursdays

during school term

9.15 to 10.15am

Newcombe St., Portarlington

(enter via the preschool gate)

<https://ptl.springdale.org.au>

Weekdays SpringDale

Neighbourhood Centre

9am to 5pm

17-21 High St., Drysdale

Ph: 52531960

<https://toys.springdale.org.au>

MASSAGE

- Headache
- Back Pain
- Sore Hips



Frank Prskalo
Qualified
Massage
Therapist
Health fund
rebates

Book online today

www.ebmassage.com.au/contact/
5 Mainsail Dr, St Leonards

0422 088 561

Contact SpringDale on 5253 1960

CALMING MINDS

Counselling & Psychotherapy

Hi, I'm Michael. In a safe and compassionate space I help individuals and couples explore painful memories, reduce unwanted behaviours, improve communication and find healthier ways of coping.

Please reach out if you're struggling with anxiety, depression, addictions, relationship issues, trauma, grief & loss, low self-esteem, stress, anger, family violence or if just needing to calm a busy mind.

Approaches I use include acceptance & commitment therapy, gestalt, motivational interviewing and mindfulness-based interventions, all shaped through my practice of Buddhism and meditation.

Appointments are now available 7 days from 8am to 8pm in-person, via telehealth or over live chat.



www.calming-minds.com.au

Phone 0416 855 600

172 Willis Street, Portarlington





Bellarine Support Group for Kinship Carers

Welcome to March everyone, who can believe it is March already?

Just an update on Bellarine Kinship Carers in relation to our numbers. Currently our numbers stand at, 92 families in our region living the kinship journey. In the 92 families, most of our members are grandparents raising their grandchildren. We also have aunts and uncles, cousins even great aunts and uncles all raising younger members of their family or family friends.

Lots of people have been asking me "why did these families agree to care for their grandchildren?" the answer to that question is simple "because these children need a safe and secure home, these children need love and support and these children need to dream to reach their full potential in whatever they do."

Most of the children and young people in our group are on current courts, which prohibits any identifying information (including photos) being given to anyone at all. These children and young people must be protected at all lengths, their security and safety are a major aspect of Bellarine Kinship Carers.

My role in Bellarine Kinship Carers, is to ensure that every child/young person and their Carers are fully protected and safe. I can discuss kinship cases, but I cannot and will not discuss any child or Carer. I know every Carers kinship story, and each Carer knows that I will not discuss their situation with anyone at all.

If you are a kinship carer sitting at home, thinking that you are all alone on your kinship journey come join our group. We laugh a lot; we talk too much and sometimes we cry. But we support each other.

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

Stay safe everyone.

Jeanette Hanley-Heath - 0414 308 257



Would you like to feel confident and inspired to read a truly great book? A different kind of book club that will meet at Ocean Grove Senior Citizens Club, might be just what you need.

'The Big Read', led by Paul Duck, will accept the challenge of classics that have stood the test of time (and are free to download).

Paul said: "Our first adventure will be George Eliot's (real name Mary Anne Evans) *Middlemarch*, regarded as the greatest British novel ever written.



"Set in a fictional English Midlands town in 1829-1832, it follows distinct, intersecting stories with many characters. It enables us to see the world in a new, sympathetic light."

He explained: "Lest readers feel overawed, we will at our first meeting discuss how the first chapter gets the novel under way. *Middlemarch*, at over 800 pages, was first published (like a modern TV series) in instalments in 1871-72.

"Readers savoured - and eagerly anticipated - its unfolding story. And so will our group, taking time to share reflections and setting a reading goal for each two week stretch. The novel is challenging but not too demanding. Like footballers in pre-season training, we will sharpen skills that may be rusty."

He laughed: "It will make a nice change from doomscrolling. We'll have fun sharing our thoughts and leave each session feeling more inspired to keep reading."

Paul is well qualified to lead the group. After retiring from a career as an English teacher, he completed a PhD in literary education. He has for several years led a class in Ocean Grove that, under the auspices of U3A Geelong, enjoys discussing poetry.

Paulene Richardson commented on "the expert knowledge, enthusiasm and freshness" that he brings to that class.

'The Big Read' will meet at Ocean Grove Senior Citizens' Club (membership: \$15/6 months), 101 The Terrace, every other Wednesday from 10.30 am to 12.00 pm, beginning 5 February. It welcomes all ages and genders.

Contact Paul on 0425 110 792.



**YOU CAN'T CONTROL FIRE.
BUT YOU CAN CONTROL
WHEN YOU LEAVE.**

When the Fire Danger Rating is Extreme or Catastrophic, leaving early is your safest option. Download the Vic Emergency app or go to [emergency.vic.gov.au](https://www.emergency.vic.gov.au)



HOW WELL DO YOU KNOW FIRE?

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



Bellarine Birdlife Spotted Dove *Spilopelia chinensis*

The Spotted Dove is constantly seen around our city and country parks and gardens. It is very much at home with humans, so it enjoys light forests and urban developments. It is a small dove with a long tail. Actually, some people refer to it as a pigeon, and they are correct as there is little difference between a dove and a pigeon. Most birders seem to think of the dove as a smaller bird whereas the pigeon a little bigger and much rounder and fatter. Shall we cross out the word fatter (not acceptable in modern days) and use the word rotund?

The Spotted Dove is a common resident to both India and throughout Asia especially in the east and south east. It was introduced to Australia by the British who missed their blood sports of the homeland and wanted something else to hunt. 1860 was the year when recorded sightings were first made in Melbourne. Though being an introduced bird, the dove proved to settle in quickly, and certainly wasn't a pest like many of the other introduced species - rabbits, foxes etc... The only native dove on the Australian continent is the beautiful Peaceful Dove, however the two species Peaceful and Spotted, seemed to calmly accept each other and live-in harmony.

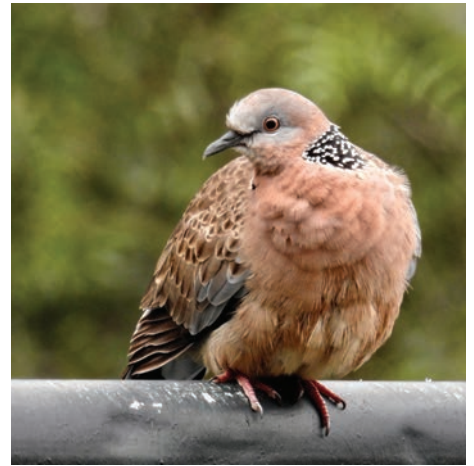
If sighting the dove in other Asian countries one might note considerable plumage variations, such as the dove found in China that has a grey head with an extremely wide spotted neckband, whereas in Sri Lanka, the spotted neck band can be seen continuing right down the back of the bird. Even within Australia, there can be plumage variations over a wide range. Bird guides show the doves can be found round the South Australian coast through Victoria, into New South Wales and up along the Queensland coast towards the Cape. A few small areas in Western Australia's south, especially around Perth is home to the doves as well.

Spotted Doves are often seen in pairs or small groups. They enjoy foraging on the ground for seeds, grains and fallen fruit, but also, they often feed upon insects. If disturbed their take off is very obvious with loud flapping noises from beating wings. In comparison, their vocals are so soft and gentle. A coo coo.

I was delighted one day to sit and observe a courtship. I witnessed a very keen male who softly cooed as he danced some beautifully choreographed movements, with much bowing, and wing raising. I was most impressed, but alas his lady friend wasn't so taken. She disdainfully flew off.

Breeding takes place generally from September to January, with nests usually being built upon the ground. Both parents build the nest jointly and both carefully feed the youngsters. Locally abundant in most areas, especially if fed by humans.

Carole O'Neill



The skills you already have, can help you make a positive impact as a Prison Officer.

Discover a rewarding and secure career as a Prison Officer. Apply now at **Western Plains Correctional Centre, Lara**, and receive an \$8,000 sign on bonus*.



**Corrections
Victoria**

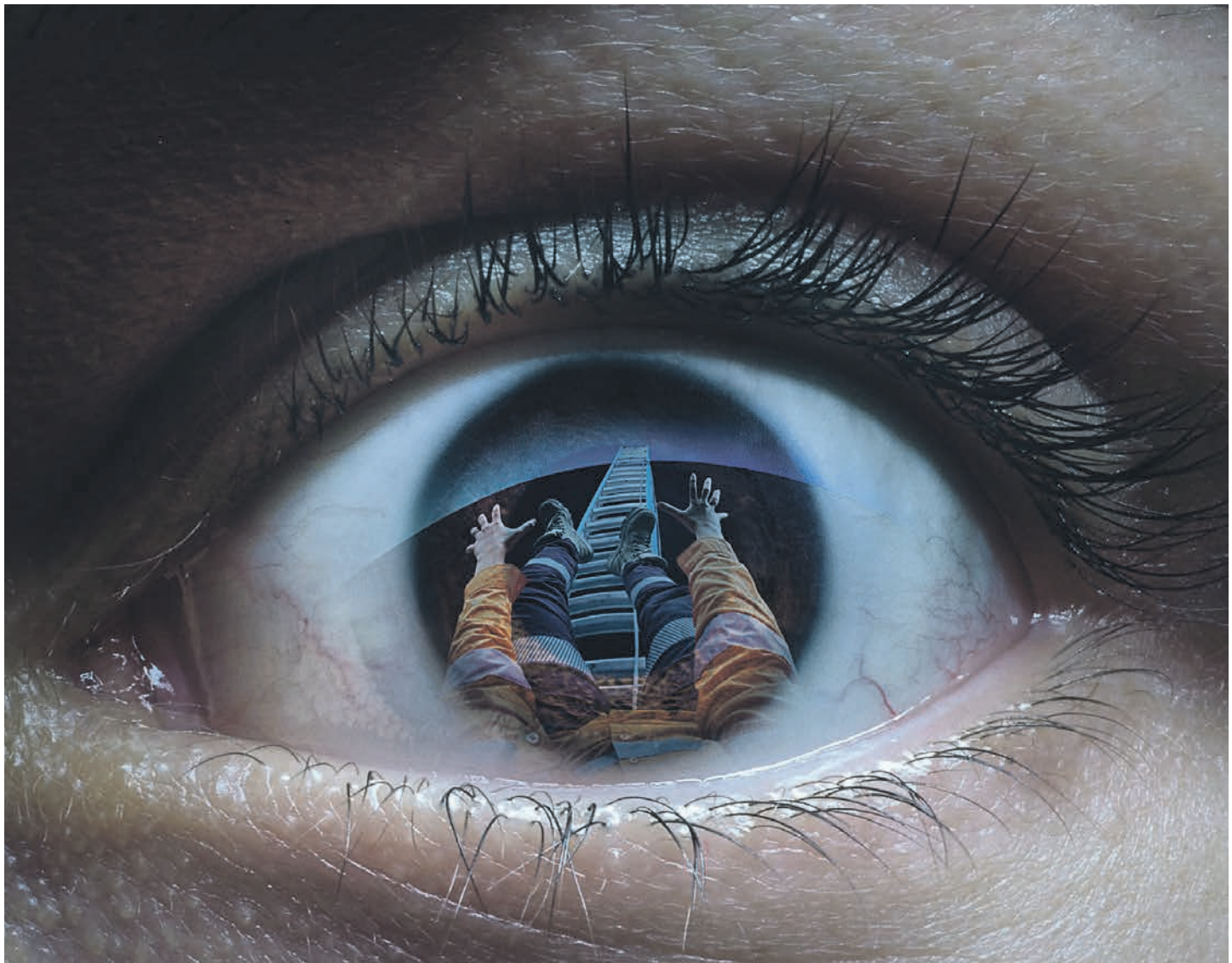
Hiring now

*Conditions apply.



Authorised by the Victorian Government,
1 Treasury Place, Melbourne





Are you giving your **young workers** the skills to stay safe?

If you're an employer, their safety is your responsibility.
Would you work for you?

 **WorkSafe Young Workers**



Reducing workplace harm.





Clifton Springs Garden Club

Our new gardening year got off to a flourish with our February meeting. Thank you to all the members who braved the heat and turned up to hear Mara, Bellarine Food Scraps & Compost Warriors give us a very interesting presentation. Some of you would know Mara from their Facebook page and her articles in the SpringDale Messenger.

To me, Mara and her colleagues, is another part of what being a gardener is all about - sharing and caring for our environment. We all share a love of trying to find ways to look after our environment, whether we consciously or subconsciously do it. We all plant trees for shade and to help purify the air, flowers and shrubs to feed the birds, give them shelter and to help our health and well-being. Those of us who can, make compost which we return to our gardens to enrich our soil. Those of us who cannot make compost, now have an alternative, you can help keep food scraps out of the landfill by giving them to the Bellarine Food Scraps & Compost Warriors, who in return will give you some compost. A great way to be part of the local community and helping our environment. Thank you, Mara for giving up your time and coming along to our first meeting of 2025.

Our February meeting was also an opportunity to thank our out-going President Gordon Richardson. Gordon had been our president since taking over the reins in 2019. We would

like to thank Gordon publicly for taking on the role, and putting his heart and soul into it. I personally, will miss "Gordon's Waffle" each month. We look forward to seeing you, Sue and Dingli (our unofficial mascot) at our monthly meetings and outings.

Like previous years, our first outing was a social get together at the Botanic Gardens for morning tea/lunch. This year we met on a Wednesday at the gardens, so that we could all have a look at the volunteers plant nursery. I myself had never been there, so was grateful for the opportunity.

Our Co-Ordinator Keith is busy putting together a list of both local outings, and outings further afield. We try and find gardens that are not too far away, and are not always readily available to the public, but will accept groups.

The Committee are always trying to find local interesting speakers who can talk to our group on a wide range of topics to do with gardening, and the environment etc. Stay tuned to the SpringDale Messenger for details or contact our Secretary, Helen Allan on 52572220 or email hma3152@gmail.com.

Visitors are most welcome.

PHOTO: Mara Chambers, Bellarine Food Scraps & Compost Warriors



Maintain your Zest for Life



Equipment Sales, Hire & Service

1/93 Murradoc Rd, Drysdale VIC 3222

Ph: (03) 4252 8199

ART-BASED MINDFULNESS

"Mindfulness helps us to live in harmony with our thoughts, words and actions" - Amit Ray

We all live in a busy world where we are constantly multi-tasking and running on autopilot, as we tackle the necessary commitments of our hectic lives. We often end our day feeling overwhelmed, stressed and exhausted, as we wonder where the day went. No matter how busy we get, it is important to develop a habit of engaging in regular mindful self-care to prevent prolonged stress and burnout.

Art-Based Mindfulness activities help you to stay focused in the present moment. As you mindfully explore the Creative Process, you will develop a sense of calm and relaxation, as you creatively express your thoughts, feelings and physical sensations through your art to help you access valuable personal insights.

Some of the benefits for engaging in Art-Based Mindful activities include:

- focusing your mind and ability to concentrate
- lowering your stress and anxiety levels
- improving your mood and emotional well-being
- connecting more purposefully with others
- reducing negative brain chatter
- feeling empowered, self-acceptance and gratitude.

Within my workshops; you will be guided to harness your "own" power of mindfulness by:

- setting your creative **intention**,
- **paying attention** through internal and external observation,
- developing your **curiosity**,
- finding your **self-compassion** for your inner critic,
- **letting go of judgement & self-criticism** to find the 'objective truth',
- **move through resistance**, to find persistence when you feel stuck.
- **trusting your intuition** as you engage in the creative process.

Throughout Term 1, 2025, TIME2 Active8 is offering the following workshops:

'Sketchbooking for Relaxation' Workshop: (4 week)

Saturday 1st March - Saturday 22nd March - 10am-12.30pm,

Sketchbooking, is a fulfilling creative outlet to kickstart your creative journey.

'Developing Mindfulness' Workshop: (4 week)

Sunday 9th March - Sunday 30th March - 10am-12.30pm,

Prioritise self-care by developing a habit of mindfulness, through engaging art-based activities.

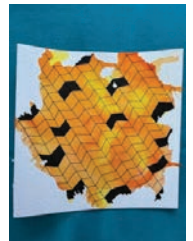
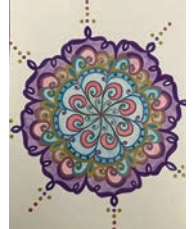
'Colourful Maptangle Art' workshop: (3 week)

Saturday 29th March - Saturday 12th April - 9.30am-12.30pm,

Learn how to blend colourful liquid inks and draw simple lines, shapes and patterns to create stunningly intricate designs.

"Compassion and kindness towards oneself are intrinsically woven into mindfulness."

- Jon Kabat Zinn



Homestead Estate

Live your best life with us.

Located in Wallington, Homestead Estate is set in an idyllic rural location with views of the surrounding countryside.

The design and decor of Homestead Estate reflects the beauty of its natural environment. This welcoming atmosphere promotes a sense of style and sophistication in a rural setting and features a stunning new botanical garden.

Call our Resident Liaison, Susan, on 0498 018 632 to book a personalised tour.

The unique range of services and facilities available at TLC Homestead Estate include:

- On-site medical centre
- Spacious private rooms with ensuites
- Dementia support environment
- Registered nurses on-duty 24-hours a day
- State-of-the-art gymnasium
- Sports & piano bar
- Outdoor entertaining areas
- Hydrotherapy pool
- Fully-equipped café
- Virtual reality cinema
- Beauty salon



2 - 18 Homestead Avenue, Wallington | tlchomesteadestate.com.au

Part of the TLC Healthcare Wallington precinct

It's Show time again!



Come along and join in all the fun

**Sunday 9
March 2025**

Portarlington Recreation Reserve

9am to 3pm

Tickets available from
www.bellarineshow.com.au

Click **Buy Tickets**
and follow the prompts



There is something for everyone! See you there!



"Go away I'm thinking...oh it's you." So says Owl to potential visitors in "Winnie-the-Pooh"
"These things could get more intelligent than us and decide to take over..."

So says Geoffrey Hinton who (I'm told) is known as "The Godfather of Artificial Intelligence" for his extensive work on what he calls machine learning.

Now, my "background"(if you could call it that) in this field of research, stems entirely from the 1977 Julie Christy movie "Demon Seed", which I saw back then, and briefly mentioned here early last year.

Nowadays, "Demon Seed" is universally "panned" as a pretty bad film. However, it certainly was an eerily accurate forecast of what we now call the "smart house" where all domestic functions are performed by the house itself, directed by its' own master computer. This, in turn, responds to verbal directions from the human owner. Just like "Siri."

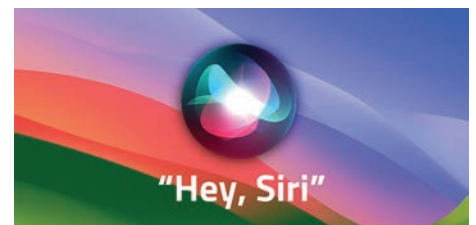
In the movie story, the "in house" computer becomes self-aware ("sentient" they call it in the A.I. world), and locks poor Julie inside what was supposed to be her own abode, so that it can use her for a sort of medical research guinea pig.

When a friend comes to see Julie, the computer places her image on a screen at the front door. While she screams for help inside, her image interacts with her friend outside. Since talking to a screen at the door is considered normal practice by all, her visitor departs completely unaware of her plight.

I now see that one of our security companies is actually advertising an automatic device which can be installed at the door to "talk" to visitors on our behalf.

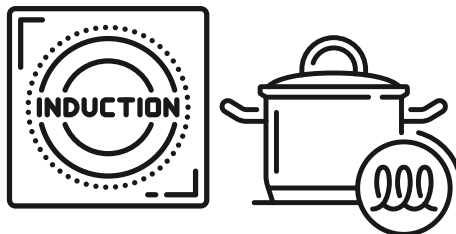
As my dad would have said "It's a good idea son, but I don't think we'll bother."

John.



Bellarine North Rotary

Family Violence
"back of the toilet door" campaign is designed to provide simple diagrams to raise awareness of lesser-known factors involved in family violence. These posters are fixed at eye level on the back of the toilet door at eye level. A4 Posters can be sourced from the Bellarine Rotary Club.



Induction Cooking

Wondering if there might be a chef, who is willing to demonstrate using a wok and explaining the nuances of using an induction cooktop. This is another piece of the Sustainability puzzle.

Suggestions to SpringDale 5253 1960 or office@springdale.org.au



Trivia Answers

1. Sherlock Holmes
2. Madison Keys
3. Northern Territory
4. Hydrogen & Oxygen
5. Michael J. Fox
6. Bondi Beach
7. Snake (all children born after 29th January)
8. Poseidon
9. 12
10. A Chameleon

Central Baptist
Clifton Springs

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

45 Central Rd, Clifton Springs
office@central-baptist.com.au
centralbaptist.com.au
(03) 5253 1833 / 0478616719



Extraordinary people.

Extraordinary care.

Are you in need of support at home?

At Prestige Inhome Care, we're committed to helping people stay in the comfort their own home. Whether you need some help with arranging appointments or household tasks, or full-time nursing care, we can tailor a range of services to meet your needs.

Personal care, dementia care, palliative care, 24-hour and disability support services available across the Bellarine Peninsula and Surf Coast.

Contact:

Alex Birrell - Relationship Manager/Nurse
alex@prestigeinhomecare.com.au
1300 10 30 10



Sustainability News

At home, recently I've been trying to limit the sun striking the windows to minimise the heat input, and in the evenings / nights making use of cross draughts with the windows open to cool down the house. During the day I've been charging up my EV and have had almost free travel all summer.

I received an urgent call from my Son-in-Law when the recent power failure occurred, as he had three hungry boys and a partly warmed dinner underway. I was unaware of the failure, so he quickly came around, and dinner was finished using my battery.

The Victorian Government induction cooking subsidies are getting more accessible, though they are not huge, but it could be the last step in removing gas from the home, and saving the c. \$400 annual connection fee, and eliminate a "health hazard" particularly for asthmatics.

AEMO (Our Energy Manager), issued its Q4,2024 Energy Dynamics report, which is quite a technical document, lots of facts and charts and very informative.

Comparing Q4,2024 vs Q4, 2023 demand increased by 2.4% mostly due to hot weather and partly by increasing home and car electrification. Renewables increased by 18% so the traditional generators output dropped by 0.3%.

Renewables accounted for 46.4% of electricity production (a record Qtr.) Coal supplied less than 50% for the first time. Gas supplied just 4.2% of electricity production. A new peak renewable record of generating 75.6% of electricity was hit.

Generators want to further reduce the Feed in Tariff to over 4 million households.

Overall gas demand in Australia reduced with AEMO commenting "Electrification is a likely driver of this trend".

In Europe in 2024 both wind (18% of generation) overtook gas (16%), and solar (11%) overtook coal (10%) for the first time. The UK closed its last coal fired generator (A huge change for someone who used to live almost on top of a coal mine and generator)

Next month I hope to follow up with explaining my own progress (Reducing home energy costs from \$2,000/year, to less than \$100) and some future events.

Rob Gardner



MORTIMER PETROLEUM

PETROL STATION & CONVENIENCE STORE
Petrol, Autogas, Bait & Fishing Supplies
Open 7 Days 6am - 10pm



97 High Street Drysdale 3222
Phone (03) 5251 2603

Clifton Springs & Curlewis Coastcare Group



In 2025, Australia's longest running and largest national day of environmental action, Clean Up Australia Day, will celebrate 35 years of bringing local communities together, to Clean Up and help improve and conserve our environment. Join the Clifton Springs Curlewis Coast Care Group, for Clean Up Australia activities. The event will commence at 9.30am and go through to 1.30pm based at the Clifton Springs Boat Harbour car park. The Clean Up activities will go along the beaches, alongside the creek and along the clifftop trails and parks.

Calendar items

Sunday 2nd March

- Clean Up Australia, Clifton Springs Boat Ramp, 9.30am

Monday 3rd March

- WaterWatch monitoring, Clifton Springs Boat Ramp car park, 9.30am

Wednesday 19th March

- Habitat restoration working bee, The Dell, Clifton Springs, 9.30am.

(Possible) Activities during the April School holidays.

Monday 7th April

- WaterWatch monitoring, Clifton Springs Boat Ramp car park, 9.30am.

Wednesday 16th April

- Launching of Curlewis Habitat Restoration Project, Beach Vista Dr, Curlewis, 9.30am.

Thanks **Hans Heine, Rob Gardner**



Can you help? Are you interested?

Community Batteries

Does anyone have a contact in Powercor Community Services or equivalent who can discuss constraints in our local network around a Community Battery?


Bulk Buying

Would you be interested in participating in a Bulk Buying process for heat pumps, batteries, solar, insulation, double glazing, induction cooking and suggest any other items.

Please register your interest with Springdale 5253 1960 or office@springdale.org.au

JP DOCUMENT SIGNING SERVICE AT SPRINGDALE

Wednesday's
10am till 12 noon - no appointments needed




autopro

Drysdale Open 7 Days

For whatever you need for automotive repair, maintenance & general care.

- Spare Parts • Electrical • Car Care
- Touring & Vehicle Accessories • Oils
- Tools • Paints • Workshop Accessories & so much more...

2/31 Murradoc Road, Drysdale
Phone: 5253 2811



Drysdale REMOVALS & STORAGE

Reliable Service

- LOCAL • COUNTRY
- NEW SOUTH WALES
- SOUTH AUSTRALIA

03 5251 3674




DRYSDALE MOTORS


All Mechanical Repairs including
New Vehicle Log Book Servicing

Specialising in European Vehicles:
Audi, Mercedes, Peugeot, VW and more

Nationwide Warranty
why travel when the best is right here in Drysdale

5253 1033
44 Murradoc Road, Drysdale
info@drysdalemotors.com.au



St. Leonards PHYSIO BY THE BAY LIKE US ON 

Neil Wise is a highly experienced physiotherapist with over 40 years of experience in Private Practice

- Private, Concession & Aged Pension rates available – no referral required
- DVA, Workcover, TAC, CDM (Medicare) patients welcomed with referral

P: 5257 1832
1 Mouchemore Avenue, St Leonards

E: info@stleonardsphysiobythebay.com.au
W: www.stleonardsphysiobythebay.com.au

Memories of Yesteryear

THE FAMILY HISTORY QUEST 10 PHOTOS

Many people have photo albums or boxes of photos of family members. Often these photos are very old, and whilst we know who many of these people are, there are also many we have no idea who they are. Family photographs are a treasured source for family historians, but they can be tricky to use if the names of people, places and dates are not recorded.

It is a very good idea to use gloves to handle very old photographs. This is because the emulsion layer (the top layer) on the photograph can be damaged by acids and sweat from your hands. Use nitrile gloves and try to handle the photograph on the edges. Photographs are unstable items and should be stored so they are not touching another photo and ideally in a dark area. Don't be tempted to mend photographs with any sort of sticky tape.

It is good to scan important old photographs as this is a good way to preserve the image and conserve the material. It also allows us to distribute the images to others and enhance aspects of the image.

Photographic portraits in the nineteenth century (1860-1899) were primarily confined to the studio. The studio gave photographers a controlled environment in which they could work. Here, they could set up cumbersome equipment and handle delicate materials and time-sensitive processes.

The Box Brownie was a camera that was a real game changer, made by Kodak Eastman around 1900. What the Brownie did for photography was actually put a camera in the hands of everyday people and made it easy to take photographs, and to document everyday life. This camera allowed people to be able to actually take moments as they happened in their daily lives impromptu, un-setup, things that were happening, whether it was picnics, birthdays or holidays.

Nowadays, we can record our family history on our phones with great quality, and use photos, videos and oral recordings.

John Mathes

I am the descendent of Edward and Margaret Viccars who settled in Lal Lal Victoria about 1860. Edward made bricks at Knights Brick Factory, as did his son Richard.

I am collecting the family history, photo's of Lal Lal are very scarce. If anyone has photo's or information of the town or district I would be pleased to hear from you. My contact is ashleyviccars@gmail.com.



Photo of Georg Heinrich (Henry) Mathes, around 1898, possible photo as Mayor of Sebastopol. This is a typical studio portrait of the 1800s.



Drysdale Harvest Basket Garden Produce Swap and Edible Gardening Group

Forge Friendships and Share Skills

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

Inside Hall at
SpringDale Neighbourhood Centre
17-21 High St Drysdale

Come along with your goodies to swap and share. New members are always welcome. (SpringDale membership \$12 plus \$2 per month)

Visit us on Facebook: www.facebook.com/drysdaleharvestbasket



DESIGN • PRINT • FINISH • 5251 1735

New Address Unit 4, 82-84 Murradoc Rd, Drysdale
tavidsprint@gmail.com • www.tavids.com.au

TOWN & COUNTRY ACCIDENT & BREAKDOWN TOWING



0418 535 402



**Need a Tow Truck fast?
Call now for 24-7 Emergency Towing Service.**

JAN'S ENGRAVING & TROPHIES



*Latest designs in
Trophies,
Medals &
Awards.*

Call Jan to discuss your needs.

0425 796 165

19 Centennial Blvd. Curlewis.

E: jan@jansengraving.com.au

www.jansengraving.com.au



Bellarine Keen-Agers Table Tennis Club



**NO JOB
TOO SMALL**

**Carpentry Repairs • Bathroom Alterations
Window & Door Repairs & Replacement
Decks & Pergola's**

Call Bill Higgins 0418 378 094

Are you 50 plus years old; retired, semi-retired, or a full-time worker with a day off; and/or wanting to keep fit, stay active, meet new friends and have fun?

If you fit into one of the above, we may be what you are looking for.

We are the Bellarine Keen-Agers Table Tennis Club. If you have had some experience in the past playing table tennis or just messed around playing at a friend's house or on holidays when you were a kid, why not pop in and give table tennis a go.

We play in the Marcus Hill Hall on the corner of Banks Road and the Bellarine Highway, with ample onsite parking.

Our playing sessions are 9:00am to 12:00pm

on Tuesday, Thursday and Friday mornings.

Players come from all over the Bellarine Peninsula and further out. We are at all different levels of experience and only play socially, not competition. No one ever loses a game at our club. The worst you can do is come second.

We mainly play pairs, but sometimes we may have one table playing singles. We can set up five tables in the hall to accommodate a maximum of 20 players at a time.

You get to play against lots of different players at all levels of skill and experience.

We have a 30-minute break for morning tea, where you can enjoy a tea or coffee and sweet biscuits and get to know everyone.

Give us a try - your first session is free! Cost per session after that is \$5 for play and morning tea (that's hard to beat).

We are affiliated with Table Tennis Victoria so after 3 sessions you will need to be a member with them, too. Their annual fee is \$50 which will give you insurance coverage.

If you're after a bit of fun and laughter, something to keep you fit and active, why not call in and have a try.

If you would like more information, please contact one of the following:

Steve 0409 013 005, Lyn 0416 027 824 or Trevor 0449 523 379

The Committee

Bellarine Keen-Agers Table Tennis Club

CLIFTON SPRINGS GOLF CLUB

PRESENTS

MEMBERS MONDAY ROAST

CALL (03) 5251-3391
92-94 CLEARWATER DRIVE
CLIFTON SPRINGS

\$10 (SMALL)

\$15 (MEDIUM)



A FULL ROAST WITH POTATOES,
VEGGIES AND GRAVY

LIMITED SERVINGS PER WEEK

ONE MEAL PER MEMBERS CARD PER WEEK



**Bespoke
Bellarine
Bunting**

10m lengths of Bunting
for hire **\$20** for a week

For Hire & Orders contact
SpringDale 03 5253 1960

**BELLARINE
AUTO SERVICE**

**5253 1644
0403 993 342**



Quality Mechanical Repairs Since 1990
6-8 Mortimer St. Drysdale



We service and repair all makes and models, LPG, Diesel and Petrol vehicles.
www.bellarineautoservice.com



**North Bellarine
Arts Trail**

29 & 30 MARCH 2025


The North Bellarine Arts Trail is now in its 6th year and is run by the Bellarine Peninsula Arts Committee as a not for profit event. The arts trail is a great addition to this year's arts calendar and gives the public a chance to view over 70 artists at work.

This year we feature 29 venues across Portarlington, St Leonards, Indented Head, Drysdale, Clifton Springs, Curlewis & Wallington with both shared and individual studios. Each year the number of visitors has grown, and we have had wonderful feedback from both the public and participating artists.

All venues will be open from 10am to 4pm on the 29th & 30th March.

For information on venues, visit North Bellarine Arts Trail on either Facebook or Instagram or pick up one of our booklets at Geelong Tourism venues or at SpringDale in Drysdale. You can also contact the committee at info@bellarinepeninsulaarts.com.

George-Ann Gunn on behalf of the Bellarine Peninsula Arts Association Inc.

**DRYSDALE
REMEDIAL
THERAPIES**

Shop 1, 15 Hancock St.
Drysdale
T: 5251 3410

www.drysdalere Remedialtherapies.com.au

HAVE YOU EVER HEARD ABOUT **BOWEN THERAPY?**

It's gentle and it seems to help when nothing else does.

Bowen Therapy helps your body rebalance and recharge itself. It is a very gentle technique that brings the body into relaxation where it can repair and rebuild. Its a very effective treatment for stress release and many other physical conditions, joint and muscle pains.

Bowen Therapy may help with

- Headaches
- Vertigo
- Long COVID Symptoms
- Concussion
- Sinus Congestion
- Lower back pain
- Hip pain
- Neck & shoulder pain
- Depression, Grief, stress and anxiety.

- Remedial Massage
- Bowen Therapy
- Relaxation Massage
- Hot Stone Massage
- Myofascial Cupping
- Dry Needling
- Children's Therapies
- Sports Performance



Book online



choice

heating and cooling

solar

(03) 5251 2771

5B 35-37 Murradoc Road Drysdale

www.ecochoiceheatcool.com.au

No Deposit Finance / Credit Card Payments



SPECIALIST DEALER

Split Systems

2.5kW to 9kW

- Fully Installed - 5 Year Warranty

Ducted Systems

5kW to 25kW

- Fully Installed - 5 Year Warranty



Victorian Energy Upgrades Rebates Available

Premium Energy Efficient Heating & Cooling

Premium Solar Systems
6kW to 20kW

Enquire about a **FREE Home Assessment**



ENPHASE. SUNGROW Fronius CanadianSolar

- Inverter - 10 Year Warranty
- Premium Panels - All Black 25 Year Product Warranty

SUNGROW
Battery Packages

Enquire about a **FREE Home Assessment**



9kW to 19kW
Battery Storage

Premium Panels 25 Year Warranty
Sungrow 10 Year Warranty



Tesla Powerwall

Key Features:
Integrated Battery inverter

Capacity:
13.5 kWh
10 year warranty

TESLA
POWERWALL
TESLA HOME BATTERY



Other Battery options available. Call us for details.

Enquire about a **FREE Home Assessment**

THE FUTURE OF HOT WATER IS HERE
Air-source CO2 Heat Pump Hot Water System

RECLAIM 315L

- Industry leading technology
- Naturally environmentally friendly
- Fully Solar PV compatible
- Industry first smart controller
 - 10 year warranty
- Australian made tank & controller
- Global Warming Potential refrigerant rating of 1 indicating that the system is the most environmentally friendly hot water system in the market



Enquire about a **FREE Home Assessment**

istore 180L/270L

- Reduce energy costs
- Registered Clean Energy product
- Fully Solar PV compatible
- All-In-One Heat Pump
- 5 year comprehensive warranty all-in-one heat pump



All Warranty and Servicing by Eco Choice

LIC: Plumbing 49132 - Elec 20281 - Arctick AU38204 - Solar A8699184