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Compiled & Published by the SpringDale Neighbourhood Centre Inc.

The SpringDale Messenger

June 2025
Volume 35 Issue 5



Through the Looking Glass

By SpringDale
Felt & Textile Artists

FELT & FIBRE EXHIBITION

Sat 7 & Sun 8
June 2025
10am - 4pm

Hand crafted by local Felt & Textile Artists - with demonstrations throughout the weekend

Entry by Gold Coin Donation

SpringDale Hall
17-21 High Street,
Drysdale

This year's theme, **Through the Looking Glass**, is inspired by the many interpretations of the phrase, from mirrors and magnifying glasses to telescopes and more. While elements of Lewis Carroll's *Alice in Wonderland* will feature, including creations like felted top hats and a recreation of the iconic Mad Hatter's Tea Party with teapots, cups, and cakes, the exhibition will also highlight a broad range of felt and textile art. Expect to see everything from beautiful scarves, wraps, and gloves to needle-felted creations, decorative items, and much more.

The **Through the Looking Glass** exhibition is a wonderful opportunity to experience the skill and creativity of local artists while enjoying a playful and thought-provoking theme. We look forward to welcoming visitors and hope to make this year's event another memorable success.



JUNE 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.

Tuesday	27-3	National Reconciliation Week 2025
Tuesday	3	Welcome Morning Tea - 10am - SpringDale
Fri-Sun	6-9	National Celtic Folk Festival - Portarlington
Saturday	7	Harvest Basket Produce Swap Repair Café at SpringDale 9am-12noon
Sat-Sun	7-8	Through the Looking Glass - Felt & Textile Art Exhibition - 10am-4pm - SpringDale Hall
Monday	9	Kings Birthday Public Holiday
Tuesday	10	Yoorrook Justice Commission Walk for Truth - Waurin Ponds Library to Belmont Common Dining Group - Chui Yuan Chinese Restaurant Drysdale - 6pm - bookings essential
Thursday	12	Yoorrook Justice Commission Walk for Truth - Geelong Transvaal Square to St Helens and then Hovell Creek to Austin Park Lara
Saturday	14	Monument - 8pm - Potato Shed
Sunday	15	Coryule Chorus - 15 Years of Singing in Harmony - 2.30pm - St James Anglican Church Hall Drysdale
Wednesday	18	Lunch Bunch - Chui Yuan Chinese Restaurant Drysdale - 12noon - bookings essential
Thursday	19	Jam for Refugees - The Pivotonian Cinema Geelong - 6.30-8pm
Friday	20	Winter Solstice One Act Plays - 7.30pm - Potato Shed
Saturday	21	Winter Solstice One Act Plays - 2pm & 7.30pm - Potato Shed
Monday	23	Safe Seats Safe Kids - bookings through Safe Seats Safe Kids website - 10am-2pm Sustainability Session at SpringDale - Including Induction Cooking and Air Fryer demonstrations 6.30-8pm
Tuesday	24	Wonder Women of Geelong - 10.30am - Potato Shed

Reminder
Bookings &
copy required by
1 June for the
July 2025
issue



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



**SpringDale
Messenger**

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17-21 High Street, Drysdale Vic 3222.

COPY DEADLINE JULY 2025

Bookings/copy required by 1 June.

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https://docs.springdale.org.au/Msngr_2025/3505_MsngrJun2025.pdf

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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
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of Australia
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SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



Dear Friends and Friends I am yet to meet

Over the last few weeks I was lucky enough to have a quick trip to Sydney for a conference. We went by public transport and used public transport for almost every transition. We walked to the bus stop in High Street Drysdale, caught the train from Geelong to Melbourne and then on the XPT train to Sydney. With a Seniors card, I think that whole journey cost less than \$50 and without a Seniors card it cost approximately \$100. We did get a taxi to the apartment as we had a deadline to meet, or we might not be able to pick up the key, that evening.

I love using public transport. I love seeing people and places that you may never see elsewhere, and the convenience of it, being able to navigate and plan, to hope that everything will come together the way we planned, and also being able to problem solve as needed.

The conference was at the Sofitel and we made our way to the first event, only to realise that there are 2 Sofitel Hotels in Sydney and we were not at the correct one. Drats, a quick taxi (because we maybe didn't have time to walk to the correct Hotel) and we were on track for a great conference.

From my perspective, the best part of the conference was the session by Dr Jordan Nguyen - if you get a chance to hear him speak or see him on the TV or YouTube, I think you will be impressed too. Creating or enhancing keyboards for use by people who cannot type with their hands, but control the typing with eye movements and enabling people to drive using just eye movements - so inspiring.

I love hearing inspiring people, their words feed my hunger to learn more and to be able to increase my understanding of the world we live in and how it all works. I also heard the Governor of NSW speak about a few historical events that I didn't remember and definitely didn't understand their importance.

In 1973 legislation was passed to make Queen Elizabeth II, the Queen of Australia. The next step was to change the National Anthem to Advance Australia Fair in 1974 (we reverted back to God Save the Queen two years later, but it eventually became the National Anthem again in 1984). In 1975 the Order of Australia was established. I found it interesting to hear about these 3 changes, that happened in my lifetime and the significance of the order in which they were made.

I remember the first time I saw a sports person standing on a dais, Advance Australia Fair being played after her gold medal had been awarded, I felt so proud to be Australian and it felt so right to hear our National Anthem being played.

We met 2 interesting couples and enjoyed chatting about their parts of Australia, Albany and Canberra. We reminisced trips to those places and enjoyed learning about their lives.

The short trips, that we make during the year, help to keep me energized and ready to face all the opportunities that my fabulous vocation gives me. Earlier in the year the trip to Adelaide and the Chihuly Glass, this trip to Sydney and later in the year I look forward to going to the Asia Pacific Autism Conference in Perth. I promise to share learnings as the opportunities arise.

Yours kindly
Anne Brackley OAM for Team SpringDale

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 2025/26 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

Courses & Opportunities

New - Developing Self-Compassion Health and Wellbeing Workshop

Instructor: Peta Henshelwood
Dates/times: Sun 8 - 29 Jun 10 - 12.30
Fee: \$160

New - Express Yourself through Collage Art Workshop

Instructor: Peta Henshelwood
Dates/times: Sat 7 - 28 Jun 10 - 12.30
Fee: \$160

New - Creative Girls UpCycling Craft Group

Third Thursday each month 2-4pm
Starting Thursday 19 June

Numbers Group

Meets and enjoys numbers
First & Last Wednesdays each month
1-2pm



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



Tues 3 June 10-11am rsvp SpringDale 5253 1960



The SpringDale Lunch Bunch are at Yuan Chinese Restaurant Drysdale Wednesday 8 June 12noon. **Bookings essential ring Margaret 0418 370 857.**



SpringDale Dining group are at Yuan Chinese Restaurant Drysdale Tuesday 10 June 6pm. **Bookings essential ring SpringDale 5253 1960 or email dining@springdale.org.au**

QUOTE OF THE MONTH

Kindness is like snow. It beautifies everything it covers.
Kahlil Gibran

Anne Brackley - Quote curator

www.springdale.org.au

Alison Marchant Member for Bellarine



Regional Tourism Investment Fund

Exciting news for the Bellarine!

We have received two significant grants from the Regional Tourism Investment Fund, supporting our Bellarine tourism accommodation and visitor economy.

Congratulations to Barwon Coast and Bellarine Bayside, who have received funding to invest in their coastal caravan parks.

The funding will support Barwon Coast's cabin upgrades at their Barwon Heads Caravan Park, with the construction of new cabins, including an accessible cabin. And Bellarine Bayside will replace outdated cabins at their Portarlington Holiday Park Cabin, with new three-bedroom cabins and a fully accessible two-bedroom cabin.

This funding is a fantastic opportunity for our Bellarine communities, helping to enhance visitor experience and support longer stays in the Bellarine, especially over the off-peak periods, providing more time for visitors to discover everything the Bellarine has to offer including our incredible wineries, cafes, restaurants, distilleries, and local businesses, as well as our historic townships and stunning coastlines.

Upcoming Events

This month Portarlington will be bustling with

the wonderful National Celtic Folk Festival for their 21st year, bringing together locals and visitors, supporting our local economy and showcasing our beautiful Bellarine Peninsula with support from the State Government's Multicultural Festivals and Regional Events Program.

Join in the festival for just a day, or perhaps the entire weekend, with live music, markets, delicious local produce, workshops, children's entertainment, demonstrations, special events and so much more running across the entire 4-day event from June 6th-9th.

To find out more or to book your ticket visit www.nationalcelticfestival.com

Services Victoria App:

The Services Victoria app brings together the most popular services and makes them accessible all within the one app, including digital driver licences, 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.

This isn't the only digital card available, with digital Victorian Veterans cards, Victorian Seniors cards, Victorian Fishing Licences and

Working with Children Check certification all available to set up and access on your phone.

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

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



Safe Seats, Safe Kids Program

Mon 23rd June in the carpark adjacent to Springdale Neighbourhood Centre

Time 10am-2pm

Bookings Required

<https://safeseatssafekids.com.au/venues-mec/>

Sponsored by Lions Club of Geelong Breakfast Inc and Ebejer & Associates Lawyers



Alison Marchant.

Member for Bellarine

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

Congratulatory messages can be arranged for:

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

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



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

☎ 03 5250 1987

✉ alison.marchant@parliament.vic.gov.au

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POTATO SHED

Half-way through the year, and we are half-way through our season program of theatrical delights.

Politics and powder puffs collide in **Monument**, 8pm Saturday 14 June.

Edith Aldridge is the youngest woman to be elected leader of her country. In the lush presidential suite of a heritage listed hotel, she has ninety minutes to get ready for the biggest day of her life.

Enter Rosie, a 22-year-old makeup artist from the David Jones counter, sent to help Edith get camera-ready. In Rosie's capable hands, this morning will be a breeze, so long as they both stick to the brief.

An unlikely friendship between women of different generations and class backgrounds, **Monument** is *"...a clever and highly entertaining comedy about class."* ***** **Arts Hub.**

For the past 17 years, Theatre 3triple2 have presented at the Potato Shed two original one-act plays on the shortest day of the year. **The Winter Solstice One-Act Plays** showcases the best local playwrights under the Winter Solstice Moon.

You will be treated to open fires, mulled wine and live music. Kim Greer's **The Retreat** and **The Marvellous Marcel Melies** by Nathan Fox are the two plays selected for 2025. Three shows only, 7.30pm Friday 20 June and 2pm and 7.30pm, Saturday 21 June.

Our June Morning Showtime, **Wonder Women**

of Geelong, celebrates our region's historic women who received a rapturous reception at the Beta Sigma Phi women's convention in Melbourne.

Written by historian Colin Mockett, starring Shirley Power.

Tickets include our delicious morning tea, 10.30am Tuesday 24 June.

All of our shows are on sale via our website, potatoshed.com.au or in person at the Box Office, Monday - Friday 10am - 4pm. You can also call our Box Office on 5251 1998 and book with your credit card.

In other Potato Shed news, Former Bellarine Secondary College student and Potato Shed regular Jesse Learmon, has found international success on the documentary film circuit with his short film, *The Chook Lady*, selected for the 2025 Hot Docs International Film Festival, about Potato Shed volunteer and resident chook whisperer Elaine Janes.

After caring for her sister until her passing, Elaine was left with no family. She unexpectedly found companionship in a chicken named Flapper. Over the years, Elaine continues to foster countless lost chooks and has developed a passion for teaching them tricks, including taking them for a swim at the Point Lonsdale front beach.

Huge congratulations to Jesse and Elaine - our *Chook Lady* is now an international star!

We're looking forward to seeing you all at the Shed.

POTATO SHED

WIN DOUBLE PASS to Wonder Women of Geelong

Tuesday 24 June 10.30am

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

Name: _____

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WHAT'S ON



MONUMENT



Saturday 14 June, 8.00pm

Edith Aldridge is the youngest woman to be elected leader of her country. In the lush presidential suite of a heritage listed hotel, she has ninety minutes to get ready for the biggest day of her life.

Theatre Seating
\$40 Adult, \$35 Concession
\$25 Under 25s

THE WINTER SOLSTICE

Friday 20 June, 7.30pm

Saturday 21 June, 2.00pm and 7.30pm

Theatre 3triple2 presents two unique performances of cosy entertainment in the form of one-act plays from our talented local playwrights and performers. Live music, mulled wine and warm fires included.

All tickets \$27.50

WONDER WOMEN OF GEELONG



Tuesday 24 June, 10.30am

MORNING SHOWTIME

Join Colin Mockett for a presentation about some of our region's historic women that received a rapturous reception at the Beta Sigma Phi women's convention in Melbourne.

All tickets \$20, morning tea provided.

41 Peninsula Drive, Drysdale

[potatosheddrysdale](https://www.instagram.com/potatosheddrysdale) [potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)

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





Thousands of visitors will descend on Portarlington over the King's Birthday long weekend for the highly anticipated National Celtic Folk Festival.

This fantastic festival boasts three days of music, culture, food and entertainment with everything from highland dancing to haggis on offer.

The event transforms Portarlington into a vibrant cultural hub, with more than 60 acts from across the globe taking to the stage at 10 venues.

This year's program really has something for everyone.

A band and two solo artists have travelled from Ireland to headline the event, supported by a rich program of talented acts from across Australia.

Foodies will be enticed by live cooking demonstrations from renowned chef Declan McGovern, who blends traditional Irish flavour with fresh seasonal local produce.

WG Little Reserve will transform into a bustling market with more than 80 food trucks and stalls offering interactive demonstrations, artisanal goods and Celtic crafts.

Sports lovers will be excited to learn that for the first time, the festival is hosting a full-scale hurling match between Geelong and Melbourne.

Considered one of Ireland's most thrilling sports, this fast-paced, high intensity game will certainly draw a crowd.

The Heavy Games will make a highly anticipated return, with burly athletes taking on traditional highland events including hammer throwing and the awe-inspiring caber toss.

For thespians, the Theatre Story and Spoken Word program offers a wonderful weekend of performances and captivating storytelling, as well as creative workshops for those looking to unleash their creativity.

The festival emphasises the sharing of Celtic and folk crafts, with many artists in the program leading workshops and masterclasses.

So whether you want to put your best foot forward in a lively jig or perfect your fiddling, there are ample opportunities to learn from accomplished masters.

I look forward to seeing this event bring together our local community and the many visitors who venture to the Bellarine over the long weekend.

To purchase tickets and view the program, visit: nationalcelticfestival.com



The Bellarine Agricultural Society is looking for Volunteers

If you have an interest in Agricultural Shows and have good organisational skills, we would love to hear from you. This is a great opportunity to get involved in a fantastic community event. If you are new to the area and looking to immerse yourself into your new local community, then this is the best way to do it!

We are also looking for someone to take on the role of Secretary; this role is more than just a minute taker at meetings as it gives you the opportunity to use your great organisational skills for the preparation and running of the Show itself.

The role is reasonably quiet for approximately eight months of the year, then ramps up considerably in the four months prior to the Show, which is held on the Sunday of the Labour Day weekend in March, then for a further two to three weeks post Show. You will also be required to attend monthly meetings held in Drysdale or Portarlington. There will be Committee support and training available, and the position attracts an annual honorarium.

Please email your resume to bellarineshow@gmail.com; we'd love to hear from you!

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- Passports
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- Child support
- Veterans' Affairs

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@LibbyCokerMP

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

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**BETTER
TOGETHER**

Finance Hardship

If your credit or loan repayments are getting difficult to control, talk to your lender counsellor about your options. Taking action straight away can stop a small problem from becoming a big one.

Here are some practical steps you can take to get your finances back on track.

If you're in crisis and struggling to pay for essentials, there are services to help you.

1. Ask your lender for financial hardship assistance

The first step is to contact your lender's hardship team.

You can reach out to your lender by phone, email or chat.

When you ask for help, your lender must consider you for hardship assistance.

2. Explain your situation

When you request financial hardship assistance, your lender may ask you for information such as:

- the reason you are experiencing hardship
- your current income and other major financial expenses, such as other loans
- what repayments you can afford

3. Consider financial hardship options

Your lender's hardship team will assess your situation and work out what help is available.

Options can include setting up a payment plan or altering your loan repayments. Your arrangement may be temporary, like deferring a payment; or permanent, like varying a loan.

4. Make your financial hardship arrangement

When altering your loan repayments or negotiating a payment plan, only agree to an amount you can afford to pay. If you're not sure how much you can afford, seek assistance.

Your lender must give reasons if they refuse your request for hardship assistance.

Written by **Damian Burgess** who has over 50 years' experience in the financial industry with finance experience from personal lending to small business, commercial and corporate lending with a major bank. Damian also owned and managed successful small businesses.

S.H.O.W.

Sustainable Housing for Older Women
Bellarine

Re-imagining Housing for Seniors - Changing Our Culture.

I recently had a discussion with some friends about "radical individualism".

It's not a term I was familiar with.

Basically, this way of life puts the importance of the individual (me) above the importance of the community I live in.

When you think about it, it's not hard to see evidence of this way of life in our modern society.

Some would see this in the way we are encouraged to get the very best deal for ourselves even at the risk of making life more difficult for someone else.

At our S.H.O.W. meetings we are always trying to come up with ways that would make investing in property a win-win outcome.

Is it possible for a small group of investors to accept a smaller return on their money in order to make a big difference to the lives of older women who are constantly struggling to pay big rents?

Pooling money together, building smaller and more appropriate homes for seniors, and charging lower rents could still equal a viable long-term investment while changing someone's life in a way that we just can't imagine.

I also read this somewhere: (Original source unknown.)

What happens when we decide to live a good life? We seem to attract "good" things like affection for others, exuberance about life, serenity.

We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic goodness permeates things and people.

We find ourselves involved in loyal commitments, not needing to force our way in life; able to marshal and direct our energies wisely.

We find we're not so concerned with getting our own way or mindlessly responding to what everyone else calls necessities.

When we make this decision let's not just hold it as an idea in our heads or a sentiment in our hearts, but choose to live it every day.

Life becomes way more interesting and rewarding, and we meet some amazing people along the way.

If you'd like to learn more about Sustainable Housing for Older Women, I'd love to talk with you.

Dianne Bennett diannebennett4@hotmail.com

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Drysdale Primary School - 150 year Celebration



The Drysdale School Market - an activity in the 150 years of Drysdale Primary School

This is being recalled from around 43 or more years ago.

Whilst as a member of Drysdale Primary School Council, (as a parent), along with David Brown, (teacher), the School Market was born. David and I were good friends and a casual conversation on the growing trend of art & craft markets popping up in other country towns, led to us presenting the idea to the School Council. At that time, the school was seeking funds to build a utility hall and a government grant based on shared financial contribution meant monies from the market would be very beneficial to achieving the overall funds required to build the hall.

One story that comes to mind, is the brilliant on the spot thinking displayed by Russell Butcher who upon arriving at the newspaper office to place an advert was asked about "artwork" and whilst he did not have artwork when he arrived, with the use of a blank piece of paper and a pen he drew the outline of his hand and filled in each finger listing the primary products that would be available and that became the artwork to attract reader attention.

The location was decided to be the grounds around the Drysdale Station (now the Bellarine Railway), as the position on the main road would provide excellent visual identification for all passing traffic plus the potential to build a relationship with the historic railway. There would be an emphasis on family activities and that resulted in free face painting for the kids, a Punch & Judy show, a Speakers Box for anyone game enough to climb on and deliver a thought provoking or humorous presentation and buskers to deliver music to entertain those attending the market.

My Dad, (Geoff Wisbey) who was observing traffic filling Station Street to overflowing, sprang into action with his wire cutters opening the wire fences to give access to parking on his land, around, and adjacent to his house as back then there were no houses on that land. This gave only short-term relief, and the traffic continued to flood into the market. Shortly after, the parking predicament escalated into a full-on traffic jam, the police arrived to exercise control. With time the traffic slowed, and the market was a huge success.

During the traffic mayhem, a chap (a neighbour from nearby), came demanding action and looking straight at me, bellowed "point me in the direction of that idiot Darrell Wisbey". I had visited all neighbours pre the market, to explain the plan and seeking their support, so, he was holding me responsible for causing the mess that had blocked his driveway. I casually and silently pointed in the opposite direction and off he went - you see I was in my clown make-up doing the kids free face-painting, and he clearly did not recognise me and that possibly saved me from getting a punch in the nose.

Darrell Wisbey



Drysdale PS Composite Grade 4-5 1964

Back (5th row): Greg Lang, Brian Zagarski, ?, Brian Connor
4th row: Paul Jones, Steven Kingsbury, John Burt, John Edsall, Gordon Robinson, Nicky Trewella, Tom Kelly, Teacher Mr Tom Burgess
3rd row: Margaret Belfrage, Shirley Talbot, Maureen Day, Heather Whitcombe, Sharon Noy, Heather Boyle, Julie Nash, Narelle Cant, Bibiana Verzyer
2nd row (seated): Sandra Wise, Rhonda Turner, Susan Reed, Margaret Noy, ?, Dianne Gillies, Heather Willicombe, Elizabeth Stewart, Gail Peel
Front row: Michael van Kuyck, Alan Richards, Lance Harding, John Dunns

Reunion

Back Row: Paul Jones, John Edsall, Teacher Bernie Crowe Grade 6
2nd Row: Robin Stanley, Rhonda Turner, Margaret Noy, Margaret Belfrage, Gordon Robinson, Vala Kairies
Front Row: Heather Boyle, Jenny Shirley, Lance Harding



Thanks to those who have dug up or are digging out photos and stories about the last 150 years at Drysdale Primary School. Please forward your stories, photos and ideas for the celebration to Anne Brackley messenger@springdale.org.au



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Shannon Calder
Manager – Bellarine Office



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CULTIVATE SELF-COMPASSION THROUGH CREATIVE ARTS



***'The seeds of self-compassion already lie within you--learn how you can uncover this powerful inner resource and transform your life.'* - Neff and Germer**

As the saying goes, 'to err is human'. Everyone experiences struggles and difficulties in life. We all have strengths and weaknesses, have felt inadequate or disappointed. We are only human, and all fallible.

When our colleagues, friends, or loved ones are struggling we offer them kindness, empathy and compassion without judgement, however, do we extend this same generosity to ourselves? Or is it more likely we respond with self-criticism rather than self-compassion?

Eda LeShan sagely suggests, 'When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be toward others.'

Being self-compassionate isn't selfish, it's essential. When we develop a habit of self-compassion we increase our emotional resilience, ability to manage our daily stress levels, make better decisions, strengthen our relationships, increasing our feelings of optimism and happiness to improve our overall health and wellbeing.

Through engaging in **mindful art-based experiences** you can deepen your journey towards self-compassion by:

- Learning to slow down and reflect on what self-compassion means to you
- Understanding barriers that may be preventing you from being more self-compassionate
- Paying attention to your automatic reactions to activate greater self-awareness
- Engaging in positive self-care
- Implementing mindful daily self-compassion

***'A moment of self-compassion can change your entire day. A string of such moments can change the course of your life!'* - Germer**

Throughout Term 2, 2025, TIME2 Active8 is offering the following workshops:

'Express Yourself Through Collage Art' Workshop: (4 week)

Saturday 7th June - Saturday 28th June - 10.00am-12.30pm,

Mindful Collage Art will help reawaken your creativity and nurture your imagination. In this introductory workshop you will learn about design, pattern making, dimension, and composition to help you grow in confidence whilst expressing yourself.

'Developing Self-Compassion' Health & Wellbeing Workshop: (4 week)

Sunday 8th June - Sunday 29th June - 10.00am-12.30pm,

Cultivating mindful self-compassion through art-based experiences to help you prioritise self-care, engage in positive self-talk, celebrate your achievements and identify goals to nurture your overall health and wellbeing.

No previous art experience is required, and all art materials are included within my workshops for your ease and convenience.

Peta Henshelwood B.Ed, GradCertCouns, HH Prac (Art.Th).

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Who can believe it's June already - 2025 is going way too fast.

Sadly, our numbers of families in Bellarine Kinship Carers are increasing way too quickly.

We now stand at 95 families in our region caring for children who are related or known to them.

Most of our Carers are grandparents caring full time for their grandchildren - that is 24 hours a day, 7 days a week. Like so many of the other grandparents in our group, we have raised our own children and are now raising our grandchildren.

In my case I raised my two children (now adults with families of their own) and I am raising my granddaughter. I have raised my granddaughter for the past 20 years - so I have been through the kinder, school and adolescence stages and more importantly I passed each stage with flying colours.

So now I pass all that I have learnt in the past 20 years onto other Carers for them to achieve the same or more for the children in their care. In many cases other Carers have achieved success, something that I am so proud of.

Every Carers situation in Bellarine Kinship Carers is so different to the next Carers situation. We all start on the same path, but sometimes our paths take us in different directions. We all eventually end up on the same path.

Recently, I had the privilege of presenting an information talk on kinship care to a local service club. Most of the audience were aged over 60 years of age. One question from that presentation was - "How do you manage both physically, financially and your emotions? How do you cope? I get exhausted after having my grandchildren over the weekend." My reply - "The most important thing we as older adults can do is support our family. I just

put one foot in front of the other and keep going. My granddaughter needed to be cared for and my family and I were the only ones who could do that. We, (my late husband and youngest son and I), did all we could to care for our granddaughter. Financially our whole lives were turned upside down, but we had each other. Physically we were exhausted and I cried every night, but after 20 years of caring for my granddaughter, I am one proud Nana. My granddaughter and I are a great team together."

If you are a kinship carer or know someone who is sitting at home thinking that you or your friend are all alone, come join our group. We talk too much, we sometimes cry, and we laugh heaps, but we support each other.

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

Stay safe everyone.

Jeanette Hanley-Heath - 0414 308 257

SpringDale Trivia

by Drysdale Girl Guides

1. At what temperature does water boil?
2. How many hearts does an octopus have?
3. A triathlon is a race that combines three events: running, swimming, and...?
4. What are the smallest blood vessels in the human body called?
5. What flower is famously grown in the Netherlands?
6. Who is the lead vocalist of the band U2?
7. Who wrote the classic children's book "Charlotte's Web"?
8. What is the chemical abbreviation for table salt?
9. Which country is colder: Greenland or Iceland?
10. Why are flamingos pink in colour?

Turn to page 22 to find the answers.

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



This issue of the SpringDale Messenger marks three years since our wonderful team of volunteers started delivering the Messenger across the Bellarine.

Approximately 100 volunteers deliver 15,000 Messengers each month and that equates to almost ½ million Messengers delivered by volunteers. Almost 50,000 volunteer hours, so impressive.

This wonderful piece of community service started because some people said they wanted to help, it grew quickly into a wonderful team. I thought people might deliver once, maybe twice, but most of our team have delivered all 33 issues since the start.

This is what being part of the community means. Thank you thank you thank you.

A very grateful Anne Brackley

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Strategic Plan

As SpringDale Neighbourhood Centre's Strategic Plan nears its end, its time for us to start planning for our next Strategic Plan. We held a very successful planning session during Neighbourhood House Week in May and we look forward to hearing any suggestions that you may have for the following 5 years.

Please send any ideas or suggestions to feedback@springdale.org.au



<https://home.springdale.org.au/strategic-plan/>

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Dental Myths and Tips: Keeping Your Smile Strong at Any Age

As we age, our dental needs change—but one thing stays the same: good oral health is essential to overall well-being. Unfortunately, many long-standing myths still cause confusion about how best to care for our teeth and gums. Let's bust a few of the most common dental myths and share practical tips to help you keep your smile healthy for years to come.

Myth 1: If your teeth don't hurt, they're healthy.

Reality: Many dental problems, like cavities and gum disease, can develop without pain. By the time discomfort appears, treatment may be more complicated or costly. Regular check-ups are essential—even if you feel fine.

Myth 2: Brushing harder means cleaner teeth.

Reality: Brushing too hard can actually damage your enamel and irritate your gums. Use a soft-bristled toothbrush and gentle, circular motions. Think of brushing like polishing, not scrubbing.

Myth 3: Losing teeth is just a part of getting older.

Truth: Tooth loss is not inevitable. With proper care, everyone can keep most or all of their natural teeth well into their later years. Gum disease and decay are the real threats—but both are preventable.

Myth 4: If I wear dentures, I don't need to see a dentist.

Truth: Even with full dentures, regular dental visits are important. Your dentist checks for signs of oral cancer, sore spots, or changes in bone structure that can affect how your dentures fit and feel.

Myth 5: Dry mouth is just a normal part of aging.

Truth: While dry mouth is common in older adults—especially those on multiple medications—it's not something you have to live with. Dry mouth can increase the risk of cavities and infections, so talk to your dentist or doctor about solutions.



Helpful Dental Tips:

- Use a soft-bristled toothbrush and fluoride toothpaste to protect your enamel and reduce sensitivity.
- Clean between your teeth daily using floss, soft picks, or a water flosser.
- Stay hydrated and speak with your doctor if you experience dry mouth.
- Avoid tobacco products, which raise the risk of gum disease and oral cancer.
- Schedule dental checkups every 6 months - even if you have dentures or partials.

Taking care of your oral health is about more than just your teeth—it's about your comfort, your nutrition, and your overall health. For further information, do discuss more with any of your local dental practices in the Bellarine Peninsula. We are also glad to have an additional new dental practice that has opened in the Bellarine Peninsula to better serve the community in Portarlington Dental. New patients are welcomed. For further details, see www.portarlingtondental.com.au or 03 4225 2280 to book your next checkup or consult.



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- Home Groups

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BELLARINE CAMERA CLUB

The April Open competition was judged by Mark Bloot'Hoofd. Congratulations to members who were awarded the following places:

Prints - A Grade

1st: Inquisitive Gannet by Liz Furey
2nd: Cabin in the Snow by Neil Smith
3rd: Blue Sky Flagged by Daryl Haywood
Merit: Monet in St. Leonards by Jon Furey
Merit: Boys, Boys, Boys by Debbie Hallows

Electronic Digital Images - A Grade

1st and Image of the Competition:
Stegosaurus Rocks by Neil Smith
2nd: Heron by Sheridan Garra
3rd: Fresh by Kevin Robley
Merit: We have Lift off by Suzanne Fatchen
Merit: A Good Drop by Kevin Robley

B Grade 1st: Old Rusty by Keith Evans
2nd: Then and Now by Dinny Goonan



Bellarine Camera Club meets at SpringDale Neighbourhood Centre at 7.30pm on the 1st and 3rd Monday of each month. For further details see www.bellarinecameraclub.org.au or phone Debbie (president), 0400 562 571.

New members and visitors are welcome.



FROM THE ASHES NEW HOPE GROWS



Late last year the Bellarine Parish woke to the news that their nearly 110-year-old St Pauls Anglican church had been razed to the ground. Police charged four people with arson and burglary.

The leader of a Bellarine area church says that the incident is an opportunity from God to show love and grace to those allegedly responsible for the blaze.

The church building and its adjoining hall were significantly damaged.

"There are people that have been charged over this, but we're the ones with the solutions to the problems [they might be facing]," Reverend Willsher said.

"We're actually the only people who have got the good news that they need. And so really, it's a message



of hope that we can share with other people."

He said other churches in the parish, including a Catholic church, were quick to provide help and hospitality to St Paul's congregation. For that Reverend Willsher

said, we will forever be grateful. Ephesians 4:4-16

Reverend Willsher said this support was proof of God's faithfulness to St Paul's, and a reminder that despite the loss, Jesus was still walking with them.

As Christians we are about forgiving and loving people where they are at. Supporting and encouraging them to live a life in faith with Jesus at the wheel. Want to know more? Reach out with your questions, we'll find the answer for you.

Reverend David Willsher - Bellarine Parish

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Clifton Springs Garden Club

What stunning weather we have been having for this time of year, especially for those who go away for Easter and attend ANZAC Day services, unfortunately it is not so good for our gardens, which are still looking for some nice soaking rain. Fingers crossed we will get some good rains this month.

Our speaker for April was Carole O'Neil, who gave us a very interesting presentation on her father's involvement in some of the war cemeteries in New Guinea, unfortunately we had a few technical issues, but we did get to see her very interesting and historic photographs. Thank you Carole.

Our May speaker, was Secretary Helen, who gave the meeting a presentation on wildflowers in Western Australia. Helen & her partner had travelled to WA in wild flower season and were not disappointed. The trip covered going up to Menzies (north of Kalgoorlie) and down south to Bremer Bay & Fitzgerald River National Park, everywhere they travelled they saw wild flowers & native plants in full flower. They also managed to see a whale at Point Anne. Did you know that Fitzgerald River National Park is one of the biggest and most botanically significant National Parks in Australia. It contains nearly

20% of Western Australia's plant species, 62 of which are not found anywhere else.

Our May outing was to Roraima Nursery & Gardens. This is one of the most interesting gardens to visit and it also has a very large nursery with a wide variety of plants for sale. Even though the garden consists mainly of succulents and cactus, it was showing signs of stress from the lack of rain. If you haven't been, this garden is well worth a visit. The day was finished off with a lovely lunch at the Lara Sportsman's Club.

At our June meeting, our speaker will be Rosemary Nugent. Rosemary is a long time member of the Geelong West Community garden. She is going to talk to us about the history of the garden and the changes that have happened recently. If you are interested in finding out what the Club is doing, you can contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com or go on our mailing list. Our meetings are held on the first Monday of the month, at the Uniting Church Hall Drysdale at 7.30 pm.

Visitors are most welcome.

Helen Allen



Photos - Wildflowers in Western Australia

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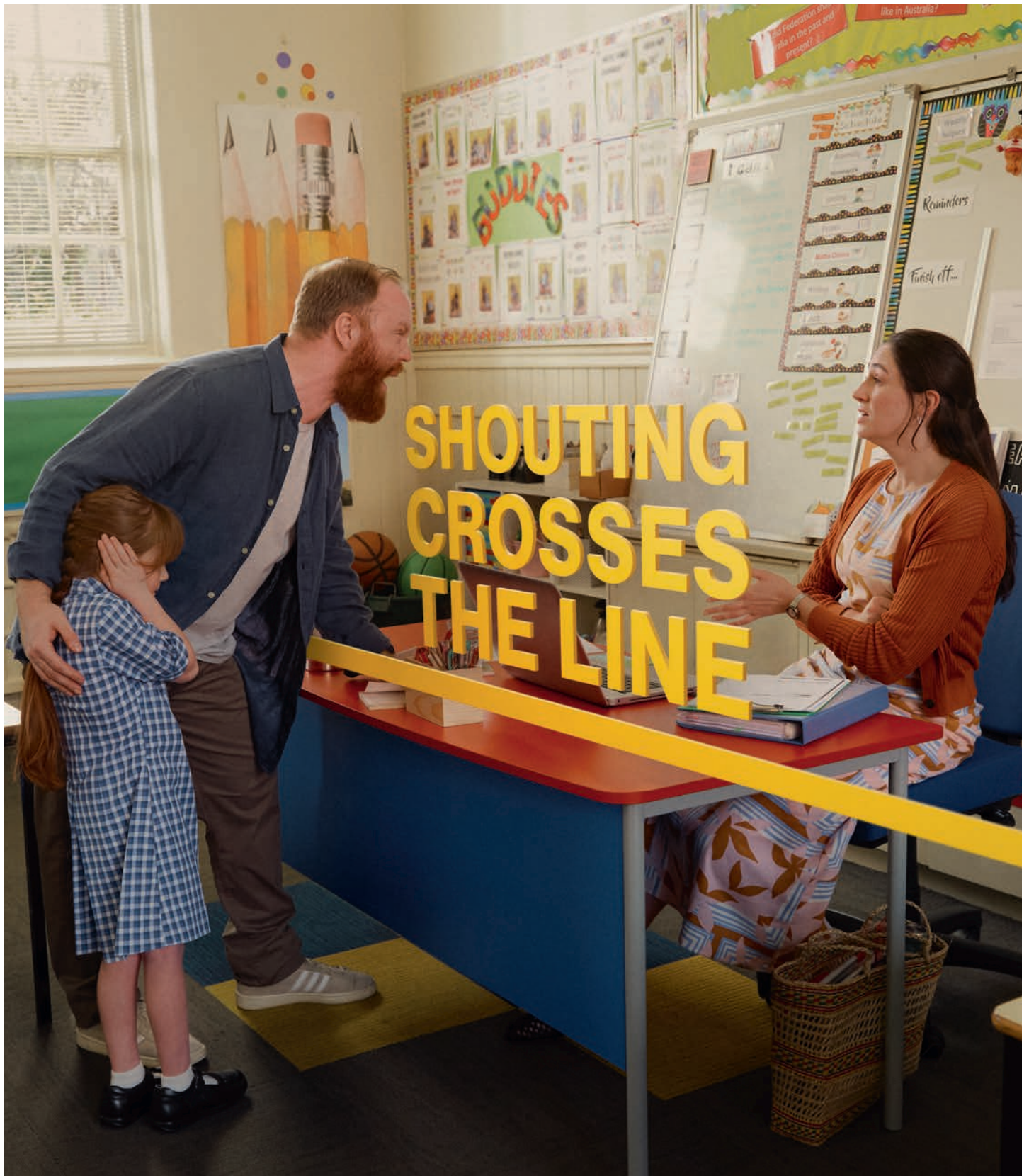
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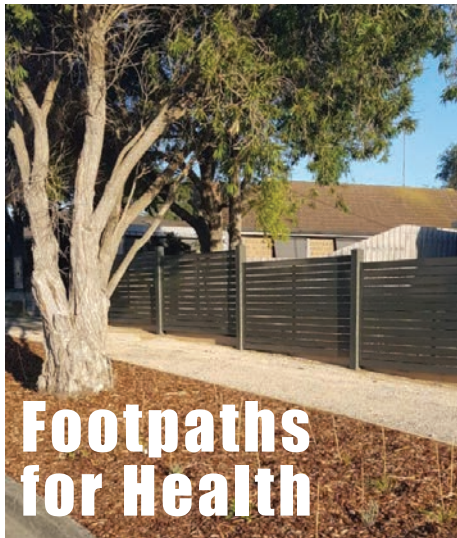


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Hello from a resident of the Clifton Springs area. I bought my property late last year and have moved from Melbourne. The first thought that occurred to me was where are the footpaths? There was not even one for access to the little playground at the end of the street forcing people with prams onto the road. I am a bit wobbly on my feet from a past broken ankle so find walking on grass not easy for getting to the bus stop or to go around the block. So, I investigated the council rules for getting a footpath. You have to canvass every house and get all to agree to getting one and to having our house rates increased for its maintenance. Well, I could see little success in achieving that.

Meanwhile, I wanted to create a Garden for Wildlife planting area on my nature strip. There are Greater Geelong planning guidelines for that plus having to register the garden. Part of those rules included leaving a space for a future footpath. I received advice from the council planning department that gravel could be used instead of grass "footpath" gap. So, I planted my nature strip using plants from the Bellarine Indigenous plant nursery. I got a landscaper to build the footpath for me. I even now have a little space for my bins. The new footpath is now happily being used by the postie and school kids. All we need now is a few more houses to do it to reach the playground or the other way up to Clifton Springs Road and the bus stop. I encourage all to make both your own garden in your nature strip and look forward to when there are connecting footpaths to making walking to places easier.

Wendy Cox

The Footpaths for Health group continues to meet, monthly, after 3 years of meeting. We believe it is getting closer to City of Greater Geelong having an engagement with our community, to discuss how our community would like to see footpaths. I am hoping that many people will participate in this engagement and we are hoping that you consider footpaths to be an essential part of infrastructure for our community.

We hope that over the last 3 years, we have published sufficient reasons for everyone to support this initiative if possible.

Anne Brackley for Footpaths for Health Group.



Sustainability News

Winter evenings have arrived and it highlights our poor insulation and drafts. A healthy home with a good thermal performance has both good air tightness and controllable ventilation. Ventilation is "natural" via opening windows and doors or "mechanical" using fans.

One can find gaps on very windy days or by pressurising the home on a cool still day. An incense stick is often sufficient to find the leaks or a thermal camera on a very hot or cold day shows the large differences in temperature and hence leaks.

The checks to make are usually around doors and flaps; window frames; fixed vents; chimneys; exhaust fans; joints between walls and ceilings; floors and between floor boards.

For example, an evaporative cooler vent can be fixed with a removable plastic tray which clips on to make a tight seal. For more information and independent advice, visit www.yourhome.gov.au

The election result means that the Federal Battery Program will come into operation. The Feed-In Tariff for solar households reduces to almost zero on the 1st July in Victoria.

This change is driven by a collapse in the Wholesale (Generator) electricity price which often dips below zero (ie negative) between 9am and 2pm due to the abundance of very low cost solar energy. Interestingly, increasing demand by reducing daytime retail prices hasn't also been considered or perhaps that's not too surprising!

The Battery program is generous (approx. 30% discount, effectively \$330/kWh of usable storage) and could change the economics from poor to perhaps acceptable. The battery must be linked to a new or existing solar system, and can be installed immediately, but cannot be turned on until July 1st in order to receive the battery part of the subsidy.

Every household is different, but one should also consider how to modify one's usage pattern. If you intend to, or already have solar, then transferring more usage to during the day and using the battery to transfer your demand from the peak afternoon rate to the late evening is a winner. This gave me a more significant benefit than I expected.

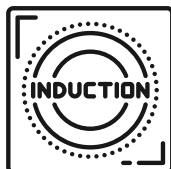
AEMO reports that Renewable Energy increased to 43% in the 1st Qtr compared to 39% last year with record wind (+18%), residential solar (+16%) and Grid solar (+10%) and record low production by black coal (-3.2%) and brown coal (-6.7%) so the steady trend continues.

Our next presentation at SpringDale on June 23rd from 6.30pm.

The health impacts (asthma etc) of gas in the home by a medical expert combined with hands-on demonstrations of induction cooking and using a hot air fryer.

Rob Gardner

<https://home.springdale.org.au/book-me-in/> this is a link to book in or ring SpringDale 5253 1960



The SpringDale Messenger June 2025



Star Wars action - Spacecraft hits Hyperdrive
Hey there Super troopers, just got back from the Leggo Star Wars exhibition at the Melbourne Museum. It is a hugely professional show and just took my breath away. I can highly recommend it to any sci fi tragic.

All the displays were brilliantly executed and very convincing. I thought that it might be a bit two dimensional and "leggo" (if that's an actual word), but they have achieved superb realism and many of the exhibits are full scale size.

The low-level flyer is one of these and makes you gasp! This display has detailed background scenery and is a masterpiece. The part I liked best was the Millennium Falcon flight deck. This has side-by-side seating and fully operational controls. You pilot it from the left-hand side, American style, and launch it into hyperdrive and just live the dream!

The screens they use for these displays are unlike anything I have ever seen before. If, like me, you have been wondering what the "next step" in T.V. might be, this could be it! You'll find yourself reaching out to touch the spaceship...

Of course, this set-up is basically the same layout as the old "Lost in Space - Jupiter 2" flight deck which I unsuccessfully tried to build when I was twelve. Later I did manage to build a fairly presentable model using boxes and flashing lights. I started with this in SpringDale hall and subsequently took a scaled down version to a Cos-play exhibition in Melbourne. They all liked it, but this was so much better... Just go there.

You won't be disappointed!

John.



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Memories of Yesteryear

THE FAMILY HISTORY QUEST 13 SHIPPING RECORDS

Since 1788, millions have made the long journey across the oceans to Australia seeking fortune, opportunity and freedom. The arrival of an ancestor in Australia is a key moment in a family's history.

Many came as convicts, ship's crew or were soldiers, while others were fare-paying passengers, and some were 'assisted' migrants. Our ancestors may have arrived as an individual or with family.

These journeys were accompanied by feelings of sadness, excitement, fear and hope. Discoveries of gold in Australia in 1851 had an immense effect on migration to Australia. Between 1851 and 1860 more than 600,000 immigrants came to Australia, tripling its population. I will talk about convict arrivals in another article.

Sailing ships took about six weeks to cross the Atlantic from England to America. In comparison it took three months to travel from England to Australia and with bad weather could take four months or longer. It was also much cheaper to sail to America than to Australia in the 1850s and less dangerous. People came from many countries, the majority from England, Ireland, Scotland, Wales, America, China and Germany.

Life at sea was uncomfortable and often hazardous, particularly for passengers who travelled cheaply in 'steerage' (the lowest

deck). Poor rations, contaminated water, poor ventilation below deck, crowded quarters, poor hygiene, tropical heat and water-soaked decks were common. Often passengers were sick from diarrhea, dysentery, fever (typhus), tuberculosis, scurvy and there was often death. The juice of oranges, lemons and limes was given to sailors and passengers to prevent death from scurvy.

The Public Records Office Victoria (PROV) (<https://prov.vic.gov.au>) holds passenger lists arriving in Victoria from 1839. The NSW State Archives and Records Authority (<https://mhns.wa.au/collections/state-archives-collection>) also has passenger lists. Ancestry.com also holds passenger lists. Be aware that some passenger lists are incomplete, and you might need to see other sources such as naturalization records to find when your ancestor arrived. Note also that transcription errors frequently occur especially passenger names.

The National Archives of Australia (<https://www.naa.gov.au>) hold immigration records of those arriving after 1925.

Newspapers often had *shipping intelligence* which gave additional information on shipping records and can be accessed through Trove website (<https://trove.nla.gov.au>).

John Mathes



The ship Red Jacket made the fastest trip from England to Australia in the 1850s. My ancestor Maria Elisabetha Riegelhuth was on the ship in 1856.

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Bellarine North
Rotary



We are a lively and welcoming group of individuals who are passionate about making our community a better place while having a great time together. From community clean-ups and charity drives to fun social events, there's always something happening at our club. Whether you enjoy outdoor activities, creative projects, or simply hanging out with like-minded people, we have something for everyone. Our events are not only enjoyable, but also meaningful as they contribute to the well-being of our community. To join our club is a fantastic way to meet new people and build lasting friendships. Our members come from all walks of life, and we pride ourselves on our inclusive and friendly atmosphere. You'll find a supportive and enthusiastic community that's always ready to welcome new faces.

Over the past 50 years our club has raised almost \$350,000 and made a difference to many local community groups and individuals as well as those in need beyond our shores. We embody Rotary International's motto of 'Service Above Self' and our members support many projects and organisations in our local community and beyond. Each year we proudly host Service Excellence Awards, the Dr John Birrell Police Award and the Bellarine North Easter Art Expo.

Club members have volunteered with youth activities and programs such as 123 Read2Me, New Generations, the Rotary Youth Driving Awareness (RYDA) program, Geelong Science and Engineering Challenge, Defying the Drift, Rotary Youth Leadership Awards and Star Apprentice Awards. We've also worked with many local organisations during the past 50 years including Drysdale, Portarlington and St. Leonards CFA; City Of Geelong MELI - Roar; Coast Guard Pink Ribbon (Cancer Council); Department of Land, Water, Environment and Planning; Feed Me Bellarine; Food Bank Drysdale and Portarlington; Kinship Carers; Lazarus Community Centre Geelong; Lifeline Geelong; Read The Play; Salvation Army; Drysdale RSL, SES, and Venturer Scouts.

We're having a celebration to mark our 50th anniversary and you're invited on Sunday 1st June 2.00pm to 4.00pm at Portarlington Golf Club! Come along and find out more about Rotary. Also calling all past and present members and partners to help us celebrate this momentous occasion. Please RSVP to **Caroline Rickard**, Ph: 0408 989 221. We look forward to catching up with you there!

Clifton Springs & Curlewis Coastcare Group

Forthcoming Events:

Monday June 2nd and July 7th at 9.30am we will run our regular Waterwatch monitoring sessions at the beach end of the Clifton Springs Boat Ramp car park. The water will be collected from nearby Griggs Creek.

Wednesday June 18th at 9.30 am we will conduct a Habitat Restoration session at the Clifton Springs beach and foreshore continuing hand weeding areas where we worked last year. Meeting point and access to the beach is from the cliff top opposite 34 Edgewater Drive.


Wednesday July 16th we will return to the clifftop site at Beach Vista Drive in Curlewis, preparing for our major planting day on **National Tree Day, July 27th** from 9.30am.

Hans Heine, Rob Gardner



Trivia Answers

- | | |
|--|--|
| 1. 100 degrees C | 7. E.B. White |
| 2. Three | 8. NaCl |
| 3. Cycling | 9. Greenland |
| 4. Capillaries | 10. Their diet of algae, brine shrimp, and other crustacean and the pigment within this diet |
| 5. Tulips | |
| 6. Bono (real name: Paul David Hewson) | |



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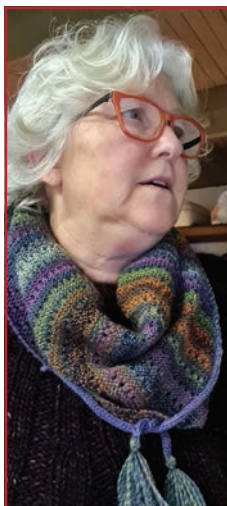
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Sewing with an eye on sustainability

Hi, my name is Claire Duffy. I've lived on the Bellarine Peninsula for thirty years. Like many women my age I learned the basics of sewing and knitting in primary school. I also had the advantage of learning embroidery and machine knitting at my mother's knee. In Canberra I worked at Shepherds on the Strand starting as a cutter and moving to production manager and into dispatch. A stint in a fabric store in Townsville and many years of alterations and dressmaking later I now find myself wanting to pass on the valuable skills I have learnt. I have always been interested in making everything from my own fitted clothes, deliciously warm winter jumpers, car seat covers, shopping bags, rag rugs and so much more.

In recent times, it has become clear that the fashion industry is harming the environment. Clothing has become a throw-away item and is clogging land fill. This is where I would like to lend my knowledge to those people who want to recycle, repurpose and reuse or make from scratch.

So, for those who haven't had the advantages I had learning these valuable skills I offer a variety of classes that focus on sustainability for people who are conscious of their consumer activities and are considering reusing and recycling or who haven't the confidence to make for themselves.

For example, in a one-hour class participants will learn four basic sewing stitches to extend the life of their clothes. Did you know there is a proper way to sew on a button, an invisible stitch to take up a dropped hem, and a stitch to secure a seam that has pulled apart? With these four stitches you will have a lifelong ability to fix myriad clothing disasters. Age is no barrier, nor is gender, left- and right-hand instructions, teens and adults are welcome.

That is just the beginning. I have plenty of ideas that can bring your creative sewing ideas to life. For example, have you ever bought a garment that looks great but when you wear it the fabric is so uncomfortable you just have to rip it off and never wear it again. Would you prefer to be guided to source a natural fibre fabric and to make your own well-fitted comfy garment? Or are you sick of only using plastic bags when you do your shopping. A great source of fabric are thrift stores. I've used discarded curtains and doona covers to make my own shopping bags, knitted rugs and sometimes even a summer dress.

The classes I offer focus on sustainability and self-empowerment. Learn how to use your sewing machine, how to read a commercial pattern, where to source good quality fabric and how to make those quick repairs that extend the life of otherwise perfectly good clothes.

And, for a last thought, when I see a garment, let's say a t-shirt, that is selling for \$5 or \$10 I can't help wondering how it could possibly be manufactured that cheaply. In Australia it is not possible to even buy the fabric for that amount. So, I can't help wondering who made the shirt, how much were they paid and how did it arrive on our shop shelves at that unrealistic price? I'd rather spend my time and money on making a garment that I love and that will last and I'd love to help you do that too.

Please register your interest in Claire's classes by phoning 5253 1960 or email office@springdale.org.au



Drysdale Clifton Springs Curlewis Association

Thank you to everyone who supports DCSCA and allows us represent the community at the Combined Bellarine Community Associations meetings.

One of our priorities is the Distinctive Area Landscape. The Bellarine Peninsula has been declared a 'distinctive area and landscape'.

This declaration offers protection for the environment, landscapes, cultural heritage and natural resources of the area, while providing certainty for investment.

DCSCA meets monthly at Springdale please contact Anne Brackley via dcsc@springdale.org.au for more information.

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