

BCSR QUARTERLY NEWS

Hello everyone and welcome to 2023 with the Bellarine Community Support Register.

Our Volunteers are happy to be back in touch with you all and look forward to a really productive year refreshing and renewing our service to be of even greater value to the residents of Bellarine Peninsula.

2022 BCSR Christmas Card and Trial Key Tag Feedback

We were delighted to hear from so many of you who received our Christmas Card. Many Volunteers worked tirelessly in a solid 3 week block to make sure that all our Registrants received a Christmas greeting and trial keytag. Feedback has been positive regarding the keytag appreciating that the written number is only temporary.

We will be at the following venues in the next little while if you would like to *collect a more permanent sticker for your tag*. Available for pick up from the following market events only.

Please come by with your ID card and tag and make yourself known. I will be in attendance at these events and would love to have a chat.

- Thursday 30 March 2023
Bunnings Leopold
5.00 pm – 7.00 pm
- Saturday 8 April 2023
Drysdale North Bellarine Art Show
9.00 am – 3.00 pm
- Monday 10 April 2023
Ocean Grove Easter Market
9.00 am – 1.00 pm

We will advertise other promotional venues during the year as they become known to repeat this offer around the Bellarine.

Who can Register with us? ... anyone on the Bellarine.

One of our Volunteers had a visit at the office from a Bellarine resident. This gentleman had recently moved into a retirement village and wanted to join the Register. However he was mistaken in thinking that he was unable to join the Register because of the low level care he received at his new residence.

We accept registrations from all Bellarine residents – permanent home owners, holiday home owners, young people, people from diverse backgrounds i.e. anyone who would benefit from an additional layer of security in these uncertain times.

BCSR will embark on a publicity campaign in the coming months and would appreciate your support in promoting the organisation to your neighbours, family and friends if you think that it would be a worthwhile service for them.

We are preparing to welcome our 3,000th Registrant with an event that includes our local police members from the Bellarine Police Station, where we are co-located, to promote the Register to all Bellarine residents.

Office and Service Upgrade

With the support of our probono sponsor, UtilitiseIT, we will be moving to a fully digitized office system by

the end of June this year, things progressing as planned. This will mean more efficient service and secure storage system that meets all legislative requirements.

Registrant Donations

Thank you for your donations in 2022. We do rely on them to meet the operating costs of the service. We understand that some Registrants are finding it difficult to support us as they have done previously, however if you are able to assist us with even a small amount, it all adds up to covering the costs of the newsletter printing and postage.

Grants

BCSR has received a grant from the Geelong Community Foundation to support the new service upgrade in the training of our volunteers and the purchase of new telephone equipment for the office.

Likewise we have been successful in receiving a contribution from Geelong Connected Communities to upgrade office furniture to be safer and more comfortable for our Volunteers.

I hope that you are all in a better place than this time last year and look forward to catching you at one of our future events.

Warm regards



Leonie Saundry

Chairperson
Bellarine Community Support Register.

City of Greater Geelong – Free Recycling

Got some unwanted cardboard boxes lying around? Recycle them for free at our Geelong or Drysdale resource recovery centres at:

- Becks Road (off Murradoc Road in Drysdale) or
- 100 Douro Street in North Geelong.

They must be clean, free of polystyrene, plastic or similar, flattened and a household quantity.



FAKE TRADIES

Have you ever had a dodgy tradesman approach you in your garden or knock on your door and offer services like roof repairs, house painting, tree cutting or driveway resurfacing at cheap prices or “today only” specials?

They may even show you a flyer that looks legit. They use aggressive tactics to get your cash up-front and then disappear with your money, leaving you with shoddy or unfinished work and no way to contact them.

If you suspect someone may be a fake tradie, ask for their full name and registration or licence details, which you can then check with their industry authority.

Do not make any agreement with them until you or someone you trust can check them out thoroughly.

Record as much information about them as you can, including their appearance and vehicle registration number and report them to your local police or the **national travelling con men hotline on 1300 133 408**.

Be on guard and warn elderly relatives, friends and neighbours.



Find out more information about fake tradies at <https://www.consumer.vic.gov.au/faketradies>

HOW SAFE IS YOUR PASSWORD?

How easy are your passwords for hackers to guess?

RACV has revealed the most common passwords used online in Australia and how quickly they can be cracked.

Is yours one of the easiest to hack in Australia?

Password:



Check out the top 20 passwords here: <https://www.racv.com.au/royalauto/news/most-common-passwords-australia.html>

Here are Neighbourhood Watch Victoria's top 4 tips for choosing a secure password:

- Create complex passwords that are difficult to guess - use at least 12 characters, combining a mix of numbers, uppercase and lowercase letters, and symbols such as “& % # and \$”.
- Create unique passwords for all your important online accounts. Avoid reusing the same one across your banking, payment, social media, email and personal accounts.
- Avoid using your birthdate, initials, postcode, child's or pet's name, or a sequence of numbers or letters.
- Consider using a password manager and multi-factor authentication.

PARK RUN

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning.

Junior Parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along. We'd love for you to join in with a parkrun event!

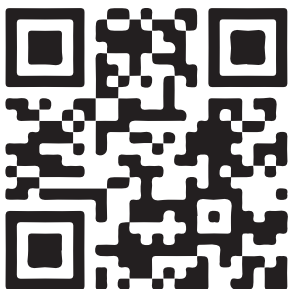
Parkrun is free and you only need to register once whether walking, jogging, running, volunteering or a combination.

There are currently 464 parkrun events around the country taking place every weekend, with more locations being added all of the time. There are two on the Bellarine Peninsula

- **Ocean Grove Parkrun** - Every Saturday at 8:00am at Barwon Estuary Picnic Area, Peers Crescent, Ocean Grove
- **Portarlington Parkrun** - Every Saturday at 8:00am at The Esplanade, Portarlington, 3223.

You can go along to any event, any weekend.

To learn more about Parkrun, go to <https://www.parkrun.com.au/>



MARKETS ON THE BELLARINE



Here on the Bellarine Peninsula, we are spoilt with an array of local markets offering some of the Bellarine's freshest produce and gourmet foods as well as locally produced art and crafts.

Treat yourself to a leisurely stroll through any of these markets -

- **Rotary Ocean Grove Market** - Ocean Grove Park, 81 The Avenue, Ocean Grove
First Sunday of the Month, 9.00am to 1.00pm Oct to March and April 10 Easter Monday
- **Point Lonsdale Market** - Point Lonsdale Primary School, 22 Bowen Road, Point Lonsdale
Second Sunday of each month, 9am to 2pm
- **Drysdale Community Market** - Drysdale Recreation Reserve, Duke Street, Drysdale.
Third Sunday of the month, from October to May. 9am – 1pm
- **Lions Portarlington Market** - W G Little Reserve, Portarlington
Fourth Sunday of each month from September to April.
- **Queenscliffe Community Market** - Princess Park, Queenscliff
Last Sunday of the month, September to May, 9am to 2pm.
- **St Leonards Market** - St Leonards Foreshore, The Esplanade, St Leonards
Every Saturday in January, Melbourne Labour Day weekend, Easter Saturday, Melbourne Cup weekend
- **Barwon Heads Community Market** - Corner Ozone Road and Hitchcock Avenue, Barwon Heads
Every Saturday from December to January and on the last Saturday every month from February to November, 8am to 1pm.
A special Good Friday market will be held on 15th April 2022 9am – 1pm.
- **Bellarine Farmers' Market** - Ocean Grove Park, 70 Presidents Avenue, Ocean Grove
Third Saturday of every month, 9am to 1pm.
- **North Bellarine Farmers Market** - Bellarine Estate, 2270 Portarlington Road, Bellarine
Second Saturday of every month

Find more markets here: <https://www.visitgeelongbellarine.com.au/blog/to-market-to-market-around-geelong-the-bellarine-20/>

BELLARINE COMMUNITY SUPPORT REGISTER INC.

PO BOX 819 OCEAN GROVE VIC 3226 TELEPHONE: 0480 228 674

DONATION FORM

NAME: _____ ID NUMBER: _____

ADDRESS: _____

I ENCLOSE A DONATION OF: \$5 \$10 \$20 \$100 Other: _____
Please tick the appropriate amount.

All donations of \$2 and over are income tax deductible.

Donations will be accepted at any Bendigo Bank Branch in the Geelong Region.

Our account details are: **BENDIGO BANK** Branch **633 108** Account **127 715 209**.

BELLARINE COMMUNITY SUPPORT REGISTER INC

Proudly supported by



If undeliverable please return to:
Bellarine Community Support Register
PO Box 819
Ocean Grove Vic 3226



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