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northerlyaspects

CELEBRATING GEELONG'S NORTHERN SUBURBS

CORIO | CLOVERDALE | NORLANE | NORTH SHORE | ROSEWALL



Going Potty
Garden & Arts Festival
 Rosewall Neighbourhood Centre
 Sharland Road Corio
 Saturday 1st March 2014
 11am - 2pm

Free Activities Include:

- Free Food
- Animal Farm
- Easter Egg Hunt

HAPPY 10th BIRTHDAY!

OUR COMMUNITY

Activities and achievements

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Our sponsors

The Northerly Aspects Editorial Committee is grateful to its valuable sponsors, who continue to support this important community publication.

- Shell
- Matchworks
- Department of Human Services
- Northern Futures
- Corio Norlane Development Advisory Board

Support is also provided by Cloverdale Community Centre, Rosewall Neighbourhood Centre and Norlane Community Centre.

For more information about sponsorship, contact Jeanette Watt, info@northerlyaspects.org.au or phone 0409-368-576.

Important numbers

Emergency (police, fire, ambulance) 000

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Kids Helpline 1800 551 800

Victorian Poisons Information Centre 13 11 26

Road Safety Hotline 5225 3297

Our cover: Rosewall Neighbourhood Centre will celebrate its 10th annual Going Potty Festival in March. Among the highlights will be a performance by Northern Bay College students. See PAGE 24 for more information.



Editor's letter

Welcome to 2014 and another edition of Northerly Aspects. I hope you're looking forward to the year ahead and that you're prepared for the challenges it will bring.

Staff and volunteers at your local community and neighbourhood centres have been busy putting together a full program of events and activities for this term and beyond.

Rosewall Neighbourhood Centre welcomed a new manager, Gabby Brennan, late last year and she has already been involved in plans for the 10th annual Going Potty Festival on Saturday, March 1.

Norlane Community Centre is always a busy hub for the community with a wide range of groups and service organisations based there. Among them is Northern Futures, which is having a positive impact on helping residents who have been long-term unemployed to access training and job opportunities.

At Cloverdale Community Centre planning has begun for 20th birthday celebrations later this year. Manager Sue Hartigan is keen to hear from people who know the history of the centre, so why not drop in or give her a call if you can help?

Enjoy term one and the opportunities it presents.

Jeanette Watt

Editor, on behalf of the Northerly Aspects



Len's Quote

"Accept or reject the challenges a new year presents. Life is for living."

Northerly Aspects is published quarterly by a voluntary editorial committee comprising community workers and representatives from Cloverdale, Rosewall and Norlane neighbourhood houses, who employ a part-time editor. Each issue is dependent on income from advertising and sponsorship.

If you would like input into Northerly Aspects, call 0409-368-576 or email info@northerlyaspects.org.au. Northerly Aspects also has a website – you'll find us at www.northerlyaspects.org.au.



Confidence boost

A group of young women looking for work recently participated in a program aimed at boosting their confidence and improving their chances of getting a job.

The Journey to Work program is specifically designed to assist young women from disadvantaged backgrounds who are preparing to enter the workforce. They received professional presentation advice including makeovers, participate in programs addressing self-esteem and were mentored by workplace volunteers from Coulter Roache Lawyers and MatchWorks.

Organised by Karingal's business and community partnerships broker BacLinks, in partnership with MatchWorks and Coulter Roache

Lawyers, the program has been developed to compliment the learning styles of the young participants. Many of them have left school early, and have come from a range of socially and educationally disadvantaged backgrounds, which has posed significant barriers to them seeking and gaining employment.

"At MatchWorks we assist many people who are experiencing significant challenges in their lives, and sometimes it's not as simple as whether they have a job or not," General Manager Michael Wasley said.

"For this reason, we've decided to run a program that will address some of their broader barriers to employment, such as learning about presentation skills in a workplace and the importance of a

healthy attitude."

Mr Wasley said that he also encouraged local employers to maintain an open-mind when hiring new employees. "The person looking for work may not be who they would have traditionally hired, but with a good attitude and a bit of support they may turn into their most reliable employee," he said.

The MatchWorks Corio office is at Shop 88 (upstairs) at Corio Shopping Centre, phone 5275-8212 or visit www.matchworks.com.au.

Function room with bay views for hire

Pool room

Member's bar

Tennis courts

The Seaview Club Inc.

Family-Sports-Recreation

335 Blue Stone Bridge Road, Lovely Banks

Phone: 5275-2776



Milestones and achievements

Cloverdale Community Centre has been awarded the status of Learn Local Legend by the Adult, Community and Further Education Board.

The centre was nominated by the Barwon South Western ACFE Regional Council for its work in matching and marketing its programs to the needs of the local community it serves. This includes hard-to-reach learners including culturally and linguistically diverse, disengaged youth, early school leavers, indigenous and students with a disability.

The ACFE board said Cloverdale has immersed itself in meeting the challenges rather than working around them.



In 2014 Cloverdale Community Centre will celebrate the 20th anniversary of its opening. Manager Sue Hartigan said activities to celebrate the milestone will be held throughout the year.

Ms Hartigan is keen to hear from residents who know the history of the

centre. "We'd also like to hear from people who have photos from the early days so we can put together a display," she said.

Anyone with information can call Sue Hartigan, phone 5275-4415 or email cloverdale@datafast.net.au.



Start Your New Career

Register now for 2014 courses in

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Barbara's national recognition

Norlane Community Centre is celebrating the achievement of Barbara Ryan at the National Employment Services Association's annual Awards for Excellence.

Barbara, pictured, works for Ostara Australia/New Horizons and is based at Norlane Community Centre. She was a finalist in the award for Employment Consultant of the Year, just one of three consultants to receive the award across Australia.

Barbara said she was overwhelmed and honoured by the nomination.

"I'm just so appreciative to have even been nominated," she said, adding "It's so overwhelming.

"For me, I just come to work and do the best I can and I have a good team and industry partners who help me."

Barbara was nominated by her peers after her continued success with clients.

New Horizons Head of Employment Services Carolyn Williams said no one could be more deserving of the nomination.

"Barb is a stand out," Ms Williams said, adding, "She goes above and beyond in her achievements and service for clients



who are often dealing with complex issues, such as homelessness and mental health.

"Thanks to her passion, commitment and hard work, Barb has changed people's lives and helped us achieve a five star rating, issued to employment

service providers, in just 18 months," Ms Williams said.

Barbara was also nominated as a future leader in the Corio/Norlane area by the Norlane Community Centre and was sponsored to complete a Certificate IV in Leadership.



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BARWON
COMMUNITY LEGAL SERVICE

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Every Monday afternoon
Barwon Health Corio Community Health Centre
Gallibrand Street, Corio
1300 430 599
FREE interpreter service available 131 450



A spectacular 'Giant Toy Box' was unveiled at the Northern Bay Family Centre as part of Children's Week.

Created by artist Kaz McGlynn (pictured), who worked with young families from Corio and Norlane, the project has been a creative response to a practical problem. With storage space at a premium, the Family Centre needed to expand and a shipping container was an ideal solution, but less than attractive.

Bluebird Foundation stepped in with the dream of engaging an artist to transform the container into a centrepiece for the Family Centre's newly-expanded outdoor play area. With the financial support of the Bank of Melbourne Neighbourhood Fund, an

Alcoa Community Grant and a City of Greater Geelong Councillor Community Grant, the dream came to fruition.

The 'Giant Toy Box', with its cheeky children and friendly animals, reflects the multicultural families who are part of the Family Centre community. A garden party was held to celebrate with food, animals, face-painting, CFA fire truck, balloons and more.

Behind the project is Bluebird Foundation, a Geelong based not-for-profit dedicated to making quality arts programs accessible for all.

"It has been a delight to see the shipping container come to life under the guidance of Kaz McGlynn," Bluebird Foundation's Bron Lawson said. "And

excitingly, there have been many community connections made between the Northern Bay Family Centre and local businesses that will hopefully continue into the future."

For more information or to support Bluebird Foundation phone Bron Lawson on 0438-577-214 or email info@bluebirdfoundationinc.org.au.



Netball at North Shore

North Shore Netball Club has begun its preparations for the 2014 season with new junior programs.

The club will run a Net-Set-Go program for the first time, starting in February. It is aimed at eight to 10-year-olds who are new to netball and learn through fun games and skill activities.

Training for the 2014 season will begin for juniors in February and will be held every Tuesday and Thursday from 5-6pm at the netball courts at Windsor Park in Rose Avenue, Norlane.

As well as senior teams, North Shore has Under 13, 15 and 17 teams which play at Windsor Park and various other venues across Geelong every Saturday.

There are also Under 11 teams playing at Kardinia Park on Friday nights.

For more information about junior netball, contact junior co-ordinator Mel Pavic, phone 0404-885-363. Senior players interested in joining North Shore should contact coach Bryce Flannery, phone 0423-957-738.

Cassie's amazing experience

Northern Bay College student Cassie Purchase (pictured) has been recognised for her participation in the 2013 Community Life Inclusion Project (CLIP).

CLIP is an initiative of St Laurence and aims to give young students the chance to learn about what the community sector does and the range of careers available. Cassie was the only student from Northern Bay College accepted in the program.

Monthly sessions brought together Year 10 students from throughout Geelong to learn about different areas of the community service sector. They included working with families and children, young people and mental health, people with a disability, older people and those experiencing disadvantage.

Cassie said CLIP was an "amazing experience" and a lot more hands-on than she expected. During the project she visited organisations including



St Laurence, Karingal, Glastonbury Community Services, Pathways and Barwon Health.

Cassie will begin Year 11 at the college's Goldsworthy Campus in 2014.

Exciting times for Lions Club

The Lions Club of Corio Norlane is pushing ahead with several successful programs, showing what a few dedicated people can achieve for their community.

Under the watchful eye of President Chuck Leszyk, the Lions Club of Corio Norlane follows the aim of Lions clubs throughout the world - to support and unite its local community by getting involved and helping where needed. Among the club's projects in 2013 were:

- Breakfast for many needy students at the Northern Bay College Goldsworthy Road campus.
- A books for students program in Corio and Norlane schools (home reading).
- Computers for disadvantaged students and families.
- Literacy for refugee families.
- A Winter Blanket Appeal.
- An Australia Day Event at the FoRt.
- Carols by Candle light at Corio Community Park.
- A mock interview day at North

Geelong Secondary College.

In March 2014 the club will host Harmony Day, while the ongoing support of its members has meant that the club has also been able to donate to several worthwhile community charities and projects.

If you're interested in helping your local community and have ideas for new projects please contact membership co-ordinator Richard Walter on 0402-409-895.

Can you help?

If you have free time and would like to take on a new challenge or get more involved with your community, one of the following positions may suit.

For more information about any of the positions, please contact Volunteering Geelong on 5221-1377 or take a look at www.volunteeringgeelong.org.au. You'll need to quote the ID number when you inquire about a position.

Receptionist (ID: 8701)
Be the welcoming face of Cloverdale Community Centre as reception volunteer and assist in general office duties, computer work and general administration. Purnell Road, Corio.

Hospitality Assistant (ID:38962)

Assists the Food Assistant and Food Technician Manager in operation of Café and Food Processing Kitchen. Includes business operations, food hygiene compliance, basic book keeping, invoices, staff and volunteer management. Norlane.

Handyperson/Gardener (ID: 9024)
Assist with the maintenance of school grounds and buildings by mowing lawns, edging, weeding, painting and performing small repair tasks as required. Norlane.

Food Distribution (ID: 10390)
We need flexible volunteers to assist customers to choose food according to vouchers. Assist with sorting and shelving stock. Norlane.



Canteen Assistant (ID: 9274)
Assist with food preparation and cooking, (fries, pasties, pies). Serve players, spectators and committee during afternoon. Norlane.

School Support Officer (ID: 8984)
Assist and support staff in programs conducted in classrooms, also support in specialist programs such as woodwork and home crafts. Libau Ave, Bell Park.

Gardening Support (ID: 9253)
Do you have some spare time and enjoy gardening with others? We are seeking keen gardeners who can assist in garden activities.

Northern Bay P-12 College

Northern Bay P-12 College



*Working together
towards an
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www.northernbaycollege.vic.edu.au

Welcome back to school at our five Campuses
Students Start Thursday 30 January

2014

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Northern Bay P-12 College

Peacock Avenue P-8 Campus

Wexford Court P-8 Campus

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Students still entertaining

Term four 2013 was a very busy one for the Performing Arts Group at Northern Bay. The term was filled with giving back to the community that works so hard for us.

Christmas performances at the Bethany Giving Tree, Market Square Shopping Centre, an Australian Citizenship Ceremony at the Geelong Town Hall and entertaining the volunteer group Time Help were a few of the highlights.

The students were also excited to be a part of the Morning Melodies program at the Geelong Performing Arts Centre, while a big highlight was the Corio Community Christmas Carols at Shell Park. The introduction of purple Santa Hats to match the school uniforms was a big hit.



The students are looking forward to their first performance of this year, at the annual Going Potty Festival at the

Rosewall Community Centre on March 1.

JOHN EREN MP

**State Member for Lara
Shadow Minister for Sport & Recreation
Shadow Minister for Volunteers**

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Email: john.eren@parliament.vic.gov.au





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You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

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Contact your local Saver Plus Worker
at Bethany on 5278 8122
or email info@bethany.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Greater Geelong by Bethany Community Support. The program is funded by ANZ and the Australian Government.

Better Block at Labuan Square

Better Block is coming to Labuan Square on Saturday, February 22 and organisers want your ideas to create it.

What do you want to see happen in Labuan Square as your Better Block?

Better Block focuses on access to fresh and healthy food, cycling and pedestrian areas, pop-up shops and sustainable living. Ideas may include street art and theatre, buskers, shared meals, outdoor furniture and other activities the local community and students want to explore.

Labuan Square Better Block will be held

in conjunction with the Sustainable Living Festival 2014.

To share your ideas for the Labuan Square Better Block, you can attend two local community workshops on Wednesdays, January 22 and February 5 from 5pm–7pm at Urban Seed, 4 Spruhan Avenue, Norlane. Participants are welcome to stay and enjoy some food provided by Urban Seed for a small donation.

For more information go to Geelong Better Block Facebook, explore Better Block events worldwide or email suzette@innateecology.com.



The Better Block project was trialled in central Geelong last year.



Free fun and activities for young parents and children 0-5 years

Including:

- Playgroup – Monday and Thursday, 10am-noon
- Karen Family Playgroup – Friday, 10am-noon
- Pre and post natal information
- Family support

Open Monday to Friday, 9am-5pm

Northern Bay Family Centre
(formerly Corio Bay Senior College Family Centre)
3-25 Goldsworthy Rd (next to the athletics track)
For more information phone 5224 9791



New playground at Northside

Glastonbury Community Services, one of Geelong's most highly regarded community service organisations, has launched a new playground at the Salvation Army Northside Community Centre.

The playground is called Imagination Station at Northside and has enhanced the community hub by providing a safe, welcoming, informal and wheelchair/pram accessible outdoor play area for vulnerable children and their families.

The space is expected to provide further motivation for residents to visit the centre where they can access assessments, immediate support and further support opportunities.

Glastonbury delivers a play-based parent and child enrichment program to 30 families each year to promote healthy development at the Centre for young mothers aged 15-22 and their children. The Salvation Army recently committed to Glastonbury using its

venue for our service delivery well into the future.

Glastonbury CEO Sandy Morrison expressed his gratitude to the Percy Baxter Charitable Trust, as well as to the community organisations, local businesses, and volunteers involved with the development of the playground.

"In keeping with Glastonbury's values, the implementation of this project was a true demonstration of community collaboration," Mr Morrison said.

"It was funded by the Percy Baxter Charitable Trust, managed by Perpetual, project-managed by Glastonbury, and supported by several other organisations and individuals. Not only staff from our two organisations, but many parents, locals and small businesses pooled their resources, ideas and labour to produce this wonderful space".



Help with money

Good Money is a not-for-profit community store to help people on low incomes with managing their money. It offers loans to people who:

- Have a low income (less than \$45,000).
- Receive a Family Tax Benefit A or

Centrelink benefits.

- Have a healthcare card.

Good Money has two types of loans: NILS (no interest loan) up to \$1200 and StepUP, up to \$3000 at 5.99% interest. It loans money for household items like fridges, washing machines, house

repairs, cars and car repairs, vocational training (including materials) and for other purposes.

Good Money is at 104 Moorabool Street, Geelong (opposite Market Square). Phone: 5223-8000.

Celebrating graduates



Northern Futures has celebrated a successful year of people from the northern suburb graduating from its programs. In 2013, Northern Futures had 74 students graduate from its skill gap courses.

In the logistics course, 33 students graduated, with 10 of them completing the course in December. In the Aged Care course there have been 10 graduates, while the New Norlane housing project resulted in six clients gaining apprenticeships in construction. In Business Basics, 12 incredible young adults graduated last year and the Getting Ahead course celebrated having 19 courageous graduates in late December.

Northern Futures Project Manager Helen Long said the majority of graduates have already been employed in supporting partnering industries.

"Northern Futures is proud of their students and the outstanding commitment they have shown to their training and employment. We look forward to 2014 and welcome contact from northern suburb residents looking for employment."

Northern Futures Work & Learning Centre offers certified courses in Logistics and Transport, Aged Care, Business Administration and Getting Ahead. All courses are available to 3214 residents who require employment.

Northern Futures also assists with apprenticeships and traineeship opportunities with its Industry partners.

To contact Northern Futures Work & Learning Centre, phone 0437-655-360. The centre is based at Norlane Community Centre, Windsor Park, Rose Ave, in Norlane.



Participants in the Northern Futures Business Basics group, from left, Mathew Kirby, Marri Claire Hope McKeown, Lauren Barrett, Jess Lambrecht, Alison Hutchinson, Ashlea Fennell, Jess Moore, Simone Bartlett, Sarah Evans, Hayleigh Burt and Alicia Shields.

Community events and activities

The New Norlane initiative held a series of local events and activities throughout 2013 and will continue the program in 2014.

The program aims to engage the vibrant Norlane community. Some of the highlights of last year's program and things to look out for in early 2014 include:

Twilight Trick or Treat

A horde of almost 300 locals turned out in their spookiest costumes to have some fun at the New Norlane Halloween celebration at Windsor Park on October 31.



Codie and Olivia Russell enjoyed Halloween activities at Windsor Park.

Run Geelong

A 100-strong "I HEART New Norlane" team participated in the 2013 Run Geelong event on November 17, raising almost \$2500 for the Geelong Hospital's Special Care Nursery.

Spring into Norlane

Norlane gardening buffs Val Bryceson, Gail Dwyer and Sylvia Klein were the deserved winners of the Spring into Norlane gardening competition.

Christmas at Windsor Park

Norlane families and friends celebrated the festive season at Windsor Park on December 15. Special guests included Peppa Pig, Buzz Lightyear, Dora the Explorer and Santa Claus himself!



Gail Dwyer was a winner in the Spring into Norlane gardening competition

2014 Pako Festa

A New Norlane float will cast a sea of blue in the 2014 "Wonders of the World" Pako Festival on February 22.

Moonlight Cinema

A local park will be transformed into an outdoor cinema for a family-friendly animated movie in March 2014.

Easter Eggstravaganza

An Easter-egg hunt and other family-friendly activities will provide another great day out in Norlane.

To take part in New Norlane events in 2014, contact John or Peter on 5178-2012, email new.norlane@dhs.vic.gov.au or visit 61 Yooringa Avenue, Norlane.



New Norlane participants in Run Geelong.



Happy snappers

Do you have photos of people getting out and about in the Corio Norlane area? Northerly Aspects wants to promote the many positive activities of residents in the area. If you have a photo you'd like considered for the next edition, email it to info@northerlyaspects.org.au. Don't forget to include information about when and where it was taken, and who took it.



Shell Geelong Refinery's Penny Benjamin and Ashleigh Gutteridge were members of Give Where You Live's 2013 Loaned Executives program. Penny and Ashleigh made 28 presentations to more than 300 staff and secured an annual increase of \$28,453 in workplace giving from Shell employees and contractors.



The Southern Aurora Heritage Express recently stopped at the North Shore Station where 73 people resumed their journey after spending the day touring the Geelong region.

The Southern Aurora with the old overnight sleepers, came from Sydney, but will not be coming to Geelong again. Volunteers from the North Shore Stationers group, who were at the station to meet The Overland, also greeted the visitors.



Rosewall Neighbourhood Centre hosts the Happy Hands Playgroup on Tuesdays from 9.30am until noon.



Glastonbury Community Services has launched a new playground at the Salvation Army Northside Community Centre. The Imagination Station at Northside provides a safe, welcoming, informal and wheelchair/pram accessible outdoor play area for children and families. Pictured at the opening are Chairman of Glastonbury Community Services John Frame, CEO Sandy Morrison and the Salvation Army's Major David Eldridge.



Liz, Maree, Tereza and Barbara celebrate World Food Day at Cloverdale Community Centre.



Matt and Eden from Cloverdale Community Centre's Noise Scavenger group perform in the Melbourne Festival.



Northern Bay College hosted the biggest singing event for Music Count Us In – a day when people around Australia sing the same song on the same day at the same time.

In conjunction with GPAC, the college hosted 1200 students from 27 schools at Costa Hall for a fantastic afternoon of singing with many special guests. The college's 90-piece Concert Band was fantastic and a wonderful display of the great things happening at Northern Bay College.

Supported playgroups

The City of Greater Geelong operates four supported playgroup sessions in the Corio/Norlane areas during school terms.

Playgroup provides valuable opportunities for children to learn and develop through play. Playgroup also creates opportunities to meet with other parents in a safe, supportive environment.

At playgroup, a trained facilitator will set up fun activities for you and your children. There is a time to share some morning tea and a group singing and story session led by the facilitator. Playgroup sessions run for one and half hours weekly, during school terms.

Little Gerbera's operates on Wednesday from 9.45am-11.15am in the Norlane/North Shore Kindergarten building in Gerbera Ave Norlane.

Tots on Plume operates on Thursday from 9.15am-10.45am in the assembly hall at St Thomas Aquinas Primary School in Plume St Norlane.

Little Wonders operates on Friday from 9am-10.30am in the assembly hall



at St Francis Xavier Primary School in Bacchus Marsh Rd Corio.

The Karen Family Playgroup operates on Friday from 10am-11.30am at the Northern Bay Family Centre in Goldsworthy Road, Corio.

All sessions will have vacancies in 2014 and we would welcome new families to join us. If you have any questions about the sessions then please contact Sue Ellis at the City of Greater Geelong on 5272-4781.

Norlane Yarn Bombers

The members of the Norlane Yarn Bombers again contributed their knitted and crocheted tree sleeves to the City's Christmas colours. Members 'bombed' several locations in Central Geelong.

The group gets together a few times a year to participate in 'yarn installations'. For more information please contact Cathy Walker on 5275-8683.





Norlane Community Centre

Rose Avenue, Norlane. Phone 5275-8124.
E-mail: admin@norlanecc.com.au
Office Hours: 9am-5pm Monday to Friday

New-look website for centre

Norlane Community Centre has launched its new website.

The website is easy to navigate and has lots of information about what's

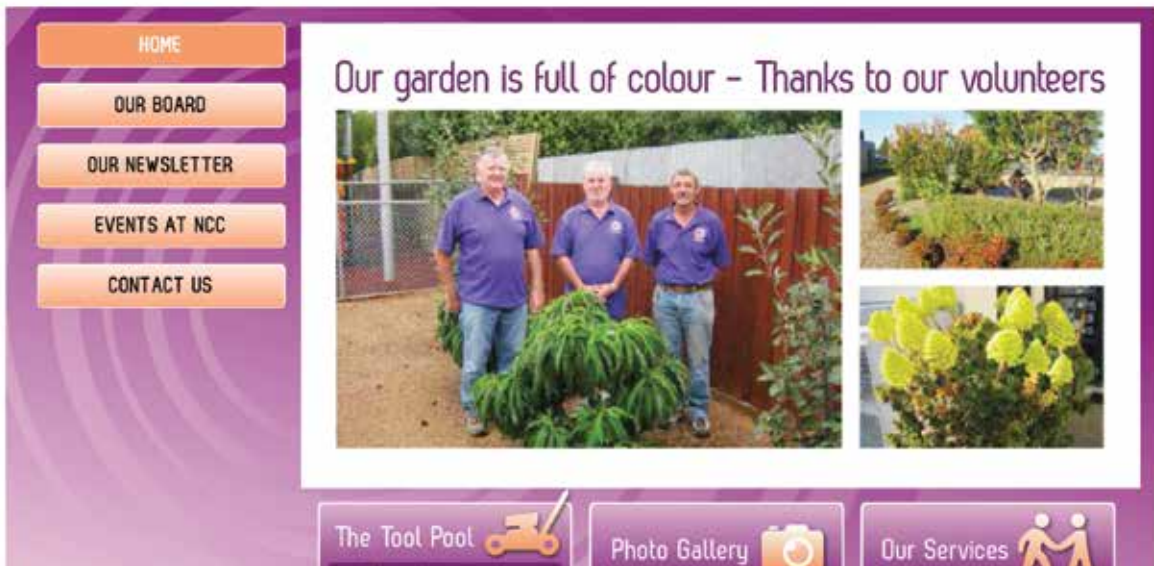
happening at the centre.

You'll find it at www.norlanecommunitycenter.com.au.



The Norlane Community Centre provides opportunities for local people to connect, learn and contribute in their local community through social, educational, recreational and support activities.

[OUR STRATEGIC PLAN](#)



Norlane Community Fruit, Herb and Vegetable Garden

Norlane Community Fruit, Herb and Vegetable Garden is self-managed by residents of all ages, cultures and

abilities, to grow fresh healthy fruit and vegetables for their own use.

If you are interested in your own vegie patch, contact Liz on 5275-8124.

www.norlanecommunitycenter.org.au

Annual meeting



Norlane Community Centre's 2013 Annual General Meeting was held in November.

The guest speaker was Helen Long, who is the Program Manager for Northern Futures. Helen gave an informative speech about the accomplishments of Northern Futures and the importance of the program, especially in the 3214 area.



PROGRAMS AND GROUPS AT NORLANE

Tai Chi for all abilities

This is for beginners and those who have had previous experience of Tai Chi. Classes are held on Tuesday from 10-11.30am. Wear comfortable clothing and flat shoes.

The Tai Chi group members also maintain garden beds to grow their own vegetables, which are shared amongst the group.

Contact Monika on 5275-0005 or Maureen 5275-3939.

Tuesday Art Group

Would you like to paint in a friendly, comfortable self help group?

The group meets every Tuesday from 9am until 1pm. The cost is \$4.

The art group also has a garden plot for growing its own fresh vegies.

Craft and Friendship

Come and enjoy afternoon tea and a laugh with a group of talented people of all ages.

This is an opportunity to share your craft ideas or learn something new. Bring your own materials. Cost is \$1 and the group meetings from 1-3pm every Friday.

Tool Pool

Do you need to mow the lawn but can't afford the cost of a mower or hiring someone?

Become a member of NCC Tool Pool and hire a lawnmower for a \$5 yearly Tool Pool membership and \$5 mower hire fee. There are some hand tools and wheelbarrows that are free to borrow. The Tool Pool is open on Tuesday and Fridays, 9am to noon. For inquiries phone 5275-8124.

Computers

Community use is free for one hour on Friday, at other times \$2 per hour, unless computer classes are being held. Children must be accompanied by an adult.

Photocopying, laminating and faxes

Norlane Community Centre can photocopy, laminate or send faxes for a minimum cost.



Northern Futures Work & Learning Centre



Northern Futures is running four courses:

1. Logistical Supply Chain Course.
 2. Getting Ahead Program.
 3. Cert. 3 in Aged Care, Home and Community Services.
 4. Business Administration Course.
- For further details phone 0437-655-360 or email: helen.northernfutures@gmail.com.

Neighbourhood Watch

Are you interested in crime and safety in your area? Neighbourhood Watch holds meetings at Norlane Community Centre on the third Wednesday of every month at 7.30pm. They are for local residents interested in crime and safety in the community. Contact Rob on 5275-3939 for more details.

Munch 'n' Crunch



Munch 'n' Crunch (MNC), the catering service of Encompass Community Services, continues to provide delicious and healthy gourmet food, whilst also being a hospitality training venue for Encompass. MNC has a new and exciting menu, available on the Encompass website www.encompass-cs.org.au. A special

10% discount is given to Norlane Community Centre partners. For inquiries, call 5274-2242, Monday to Friday between 8am and 3.30pm.

Barwon Medical Local



The Barwon Medicare Local program provides free, short-term mental health counselling to people who have been referred by their GP. Priority is given to people who are Aboriginal or Torres Strait Islander, refugee, children under 12, or people on a low income. For more information phone Barwon Medicare Local on 5229-1922 or go to www.barwonml.com.au.

New Horizons



New Horizons, in partnership with Ostara, and with the support of Commonwealth funding, offers job seekers extensive, specialised support to find and maintain employment, preferably in their local area. It can assist jobseekers to access relevant training including White Card, Forklift Licenses, First Aid and OH&S training, which can make all the difference when looking for work. The service is available to anyone who may be concerned about their mental health. Employment Consultant Barbara Ryan is available 9am to 5pm, Monday to Friday. For appointments and information, call Barbara 0418-834-364.

BRACE Education, Training & Employment



BRACE Education, Training & Employment will run its Language Literacy and Numeracy Program in 2014.

This is an ideal program for:

- Jobseekers.
- Parents returning to work.
- Program for registered jobseekers.
- People from cultural and linguistically diverse backgrounds.
- Those seeking a stepping stone to higher level qualifications.

For more information phone 5337-9000.



Members of the BRACE Education, Training and Employment class at Norlane received some practical information about car care. Bill Polworth spoke to the class members about the importance of servicing their cars and how to do it.



Cloverdale Community Centre

167-169 Purnell Road Corio, VIC 3214. Phone: 03 5275 4415

E-mail: cloverdale@datafast.net.au Web: www.cloverdalecommunitycentre.org.au

Office Hours: 9am-3:30pm Monday to Friday

Noise Scavengers at the Melbourne Festival

Four members of Cloverdale's youth sound art ensemble, Noise Scavengers, performed in SONIC FLOCK, a public space sonic art project at Federation Square during the Melbourne Festival.

Performed in a circle of eight black teepees, SONIC FLOCK created a sound work that celebrated the fluid creativity of communities of young people, professional musicians and people with disabilities.

SONIC FLOCK was presented by The Click Clack Project with Footscray Community Arts Centre, Cloverdale Community Centre and the University of Melbourne's Music Mind and Wellbeing Initiative.

Earlier in the month the full ensemble of Noise Scavengers presented their new work, DARK LIGHT MEDITATIONS, at Courthouse Arts.



Nithi performs with Noise Scavengers at the Melbourne Festival.

Open Mic and Community Record launch

Calling all singers, poets, musicians, bands and sound artists to attend the Open Mic and Community Record launch on February 14 from 7.30pm.

This first Open Mic of the year is an audition for our community recording project. We're gonna make a record and we want you on it.

Call Liz on 5275-4415 to register.

For information about courses and programs at Cloverdale Community Centre, see the Learn Local information on pages 22 and 23.

Follow us on:



Women as One

Celebrating International Women's Day Friday, March 7.

Women from all communities will come together again for a magnificent dinner in celebration of women's achievements. Stay tuned for further information.

Cloverdale Food Swap

January 18, February 15, March 15 from 9.30am until 11am.

Swap veggies, fruits and plants, preserves, cakes and other produce. Reduce your food miles and join us for coffee and cake. All welcome.

CREATIVE AND GENERAL INTEREST

Cloverdale Singers

An acapella group meeting weekly, with a repertoire including folk, gospel, rounds, ballads and part songs. If you enjoy singing and are looking for a challenge, join us every Tuesday afternoon.

When: 1-2.30pm, Tuesdays from January 28.
\$3 per session.

Guitar for Beginners

Learn guitar with Liz. Includes basic theory and practice including chords, scales, strumming and picking.

When: 3-6pm, Tuesdays from February 4.
Cost: \$12 per session.

Cloverdale Painters

Draw and paint in a friendly group. Exchange ideas, develop your technique and use a range of materials.

When: 1-3pm, Wednesdays from January 29.
Cost: \$2 per session.



Cloverdale Singers is an acapella group that meets every Tuesday afternoon to sing a range of folk, gospel, rounds, ballads and part songs.

Over 45s

A friendly social group for older adults. Activities include day trips, gardening, luncheons and craft sessions.

When: Noon-3pm, Wednesdays from February 5.
Cost varies depending on activity.

Ukulele Players

Learn to play the cutest instrument on the planet. Practice strumming techniques, chord changes and new songs every week.

When: 10am-noon, Thursdays from January 30. Donations welcome.

Talking About Indigenous Plants

For people interested in the indigenous plants of Geelong and the Barwon South West.

When: 7-9pm on the third Thursday of the month from February 20.
\$2 per session.

HEALTH AND FITNESS

Tai Chi

Learn Tai Chi to reduce stress and improve your balance, strength,

flexibility and confidence.

When: 9.30-10.30am, Mondays from February 3. \$5 per session.

Yoga

Invigorate your body and soul in our multi-level class and discover the benefits of yoga. Improve your strength, flexibility and health. Mats provided.

When: 7-8pm, Thursdays from February 6 for 5 weeks.
\$50 or \$12 per session

CHILDREN AND PARENTS

Playgroup

A friendly playgroup for children and their parents/carers. New parents always welcome.

When: 9.45-11.15am, Wednesdays from January 29.
\$2 per session.

YOUNG PEOPLE

Girls Express

For girls aged 10 to 14. Arts-based and social activities in a creative and friendly setting plus a healthy snack.

When: 4-6pm, Wednesdays from

Redundant? What are your options?

Have you been made redundant or are you at risk of being made redundant?

Maximising Skills, Mapping Potential is a four-day program developed to explore your options and introduce you to resources in the community.

Topics that will be covered include:

- Career Planning.
- Financial Planning.
- Where to find help.
- Resume and Job Application processes.

If you are interested, call 5275-7409 for information about dates and venue.

Ever thought about becoming a trainer?

Rosewall will be running a workshop in March for anyone interested in finding out how to become a trainer for hobby, pre-accredited courses and accredited courses. Call 5275-7409 for more information.



Cherie has retrained as an Aged Care Worker and is enjoying her new career. She completed Certificate 3 in Aged Care at Rosewall Community Centre.

Leader For Tomorrow making the most of today



Not one to pass up an opportunity, Michelle Kelley has shown great determination to complete a number of courses through Cloverdale Community Centre.

As a part of the Leaders For Tomorrow program, a 12-month program run through the Hunter Institute of TAFE (NSW) and E-Qual for people with a disability, Michelle has completed three pre-accredited courses in computing and gone on to do her Certificate 3 in Business Administration at Cloverdale.

Michelle enjoyed the small class sizes and the support from staff who "went out of their way to help me complete." She feels her self-esteem has gone up and is now aspiring to become more involved in the community to help others achieve.

Term 1 2014

PROGRAM	Starting	Day	Time	Cost	Conc	Centre
Computers						
Communicating with Digital Devices - iPad, Smart Phones and Cameras (10 weeks)	Jan 28	Tuesday	pm	\$115	\$50	Cloverdale
Developing Computer Skills - The Next Step (10 weeks)	Jan 29	Wednesday	pm	\$115	\$50	Cloverdale
Getting Started with Computers (8 weeks)	Feb 5	Wednesday	am	\$90	\$50	Cloverdale
Getting Started with Computers for CALD Learners (8 weeks)	Feb 3	Monday	am	\$90	\$50	Cloverdale
Intermediate Computers (8 weeks)	Feb 5	Wednesday	am	\$90	\$50	Rosewall
Intoduction to Computers Seniors (7 weeks)	Feb 6	Thursday	pm	\$90	\$50	Rosewall
Introduction to Computers (7 weeks)	Feb 4	Tuesday	am	\$90	\$50	Rosewall
Seniors Online (8 weeks)	Feb 4	Tuesday	am	FREE	\$50	Cloverdale
Employment/Training Pathways						
Café Skills (6 weeks)		Thurs & Fri	all day	\$140		Rosewall
Certificate 2 in First Aid		TBA	TBA			Rosewall
Certificate III in Business Admin(Medical) - taking expressions of interest		TBA	TBA	\$850	382.50*	Rosewall
Certificate IV in Mental Health /Alcohol & Other Drugs		Mon & Fri	all day	\$985	647.50*	Rosewall
Digital Futures - Youth Creative Media (film, photography, music, sound)	Feb 6	Thursday		FREE		Cloverdale
English for Living (Speaking & Listening)	Feb 3	Mon, Wed, Fri	pm	\$90	\$50	Cloverdale
I have been made redundant - What Now?		TBA	TBA			Rosewall
I Want to Become a Trainer		TBA	TBA	\$50		Rosewall
Introduction to Gardening and Horticulture (8 weeks)	Feb 7	Friday	am	\$90	\$50	Cloverdale
Introduction to Business Administration (8 weeks)	Feb 3	Monday	pm	\$90	\$50	Cloverdale
Workplace Hygiene Procedures - 1 day to be confirmed		Thursday	all day	\$100	83.15*	Rosewall
Certificate III in Aged Care	Feb-04	Tues, Wed	All Day	\$755*		Rosewall
Art & Design						
Eco/Shibori Dying Workshop	Mar 7	Friday	All Day	\$80		Rosewall
Leatherwork for Beginners	Feb 20	Thursday	evening	\$120		Rosewall
Patchwork	Jan 29	Wednesday	am	\$70		Rosewall
Patchwork	Jan 30	Thursday	evening	\$70		Rosewall
Pottery - hand building ceramic skills	Feb 6	Thursday	evening	\$100		Rosewall
Textiles & Design (8 weeks)	Feb 7	Friday	pm	\$90	\$50	Cloverdale
Fitness						
Active Adults - Fit & Balance	Jan 29	Tuesday	am	\$6		Rosewall
Strength Training	Jan 29	Tuesday	am	\$6		Rosewall
Tai Chi	Feb 3	Monday	am	\$6		Cloverdale
Yoga	Jan 30	Thursday	evening	\$50 for 5 weeks		Cloverdale
General Interest						
Cook & Eat	Feb-13	Thursday	am	\$70	\$50	Rosewall

* Subject to meeting funding criteria



Rosewall Neighbourhood Centre

36 Sharland Road (PO Box 120), Corio, VIC 3214. Phone 03 5275 7409

E-mail: admin@rosewallinc.org.au and training@rosewallinc.org.au

Web: www.rosewallneighbourhoodcentre.com Office hours: 9am-3pm Monday to Friday

Rosewall welcomes a new manager

Gabby Brennan (pictured) has joined the team at Rosewall Neighbourhood Centre as the manager.

Gabby brings with her a background in community and training. She invites residents to drop in and meet her and is keen to hear ideas from people in the community about what they'd like to see at Rosewall.



What are your plans for 2014?

You may be interested in some of the activities at the Rosewall Neighbourhood Centre.

The centre is holding an open day for YOU to come and see what people are doing in classes and groups that meet at the Centre.

It will be held on Wednesday, January 28 from 10am until 1pm and will include a free barbecue.

Our courses:

- Computer
- Aged Care
- Well Being
- Art

See Pages 22 and 23 for a full listing and details.

Dates to remember

Monday, January 20: Centre re-opens for 2014.

Wednesday, January 28: Open Day and free barbecue.

- Saturday, March 1: 10th Annual Going Potty Festival.
- Tuesday, March 4: Pancake Day.
- Friday, April 4: End of Term 1.

CLASSES, COURSES AND GROUPS

Apple Mac Self Help Group

Fridays Noon-3pm from February 7.
Cost: \$5 per week.

Computer Help Club

Fridays 10am-Noon from February 7.
Cost: \$5 per week.

Managing Anxiety



A program for people who find their quality of life impaired by anxiety. We will look at patterns of thoughts and feelings, using skills such as mindfulness and other cognitive approaches. Participants will be encouraged to work with the skills and report back each week. This program is facilitated by Pathways Rehabilitation Support Services.

When: Wednesdays 1pm-2.30pm from March.

Please phone Julian on 5229-8295 to enrol.

Artfulness



An Art program for people who suffer from the effects of anxiety, depression or other mental illnesses.

Thursdays 10am-Noon from February 6.

Please phone Julian at Pathways on 5229-8295 to discuss eligibility and further details.

Pottery

Tuesdays and Wednesdays 9.30am-3pm from February 4.

Cost: \$3.50 per session.

Over 50s

Join in the fun with activities and outings.

Fridays Noon-3pm from February 7.

Cost: \$2.

PARENTS AND CHILDREN

Happy Hands Playgroup @ Rosewall

Tuesdays 9.30am-Noon during the school term.

Cost: Gold Coin donation and piece of fruit to share.

Rosewall Training Café

A range of low cost meals available. Eat in or take away.

Catering is also available.

Phone Carolyn on 5275-7409 or email catering@rosewall.org.au for further information.

Other Services

Rosewall Neighbourhood Centre offers the following services:

- Photocopying - black and white, colour.
- Book binding.
- Laminating.
- Faxing.
- Free internet (conditions apply).
- Hall/room hire..

**Going Potty
Garden & Arts Festival**
Rosewall Neighbourhood Centre
Sharland Road Corio
Saturday 1st March 2014
11am - 2pm

Free Activities Include:

- Free Food
- Animal Farm
- Easter Egg Hunt
- Sausage Sizzle
- Jumping Castles
- Skate Competition
- Roaming Reptiles
- Face Painting

Logos: GEOLOG, Rosewall

Going Potty turns 10

Rosewall Neighbourhood Centre's popular annual Going Potty Festival reaches a special milestone this year when it will be held for the tenth time.

The festival, on Saturday March 1, will as usual feature a range of activities for all the family including an animal farm and roaming reptiles, Easter egg hunt, face painting, skate competition, sausage sizzle and jumping castles.

Northern Bay College students will also perform.

The festival will run from 11am until 2pm at Rosewall Neighbourhood Centre, Sharland Road, Corio.



Shell's supporting the future

A work and learning centre in the northern suburbs is leading the way for the rest of the state, helping to break the area's vicious unemployment cycle.

The Northern Futures-run Work and Learning Centre opened in Norlane in January 2012 and has already achieved outstanding results for people living in the north. The centre is focused on tackling head-on the region's unemployment rate, which is almost twice the national average.

Since it opened, the Work and Learning Centre has helped more than 200 people find work in industries including transport, logistics, business and health.

Northern Futures is a community partnership between the government, business, schools and community groups that work collaboratively to identify opportunities for improved economy, jobs, education and training

for the north.

Participants in Northern Futures programs have long histories of being out of work and through the programs gain the support required to be able to get a job, stay in it and succeed.

Central to the Northern Futures program is a local approach to project delivery and services, with an aim of providing residents in the north with a voice, to make sure the programs and future plans meet the needs and expectations of this community.

The Norlane centre provides intensive support for local residents and offers access to work and learning advisers, computers and a range of training programs to improve employment opportunities.

The Shell Geelong Refinery has supported Northern Futures since

its inception by participation in the steering committee, providing strategic advice on the organisation's sustainability as well as in marketing and communication.

Shell has also employed Northern Futures graduates on traineeships and apprenticeships and watched them grow and develop into valued employees.

Lou Brazier, Executive Officer, Northern Futures, said the support Shell provided to the program was invaluable.

"It is extremely important that a major corporation like Shell has a social conscious and contributes in a meaningful way," she said.

"Shell is very instrumental in providing a pathway for people to a better life."

Be smart with watering

Summer, with its sweltering days, brings a different slant on the garden.

As your plants start to wilt and dry out, watering needs to be done on a regular basis. Early morning and late afternoon are best for both your plants and yourself – watering in the middle of the day during the heat means wasted water.

Deep watering causes the plant roots to go deeper, giving your plants a

better chance of survival and producing better fruit and flowers. Covering sun sensitive plants with shadecloth during the day will also help.

Your pot plants are also at risk during the hot weather as they dry out so quickly. Water daily if possible and add a little seaweed solution at least once a week as the nutrients wash out of the soil with the constant watering.

If the water rolls off the top of the soil

or it goes straight down the inside of the pot and out the bottom, your pot needs soaking to help the soil absorb the water. Smaller pots may be placed in a bucket with water mixed with wetting agent covering the whole pot – leave it there until the bubbles stop coming to the surface. This usually means that the soil is moist all the way through. Larger pots can be treated with a dose of wetting agent to achieve the same result.



Plant some seeds

A fantastic seed to sow at this time of the year is sunflowers.

Kids just love to grow them – they're very showy, a brilliant colour, easy to grow (just make sure they are in a sheltered position away from strong winds), easy to look after and great results. An added bonus is that seeds can be used to feed the birds, just save

some for sowing next year.

A money saving idea is to grow your own seedlings and towards the end of summer is a great time to sow broccoli, cauliflower, Chinese cabbage, cos lettuce and silverbeet.

You can pick out the best of the new plants to ensure a good harvest. When

you start planning your winter veggie garden, make sure you rotate your crops and do not repeat plantings of the same type in the same place as this increases the risk of disease.

Betty

New facility in the north

Karingal Board and management are delighted with the State Government announcement of funding toward the construction of a new Kommercial facility that will offer a range of employment opportunities including jobs for people with a disability.

The state government, through the Geelong Advancement Fund, is contributing \$650,000 and the Karingal Board will inject \$4 million funding into the project.

Karingal CEO Daryl Starkey said the facility will be a fit-for-purpose building, designed to be completely accessible, where staff and supported employees will be proud to work.

"Karingal's mission is to support and foster a fully inclusive community where people with a disability live the life they choose. This new facility ticks all those boxes for us," said Daryl.

Kommerical currently operates and maintains industrial cafeterias for both Alcoa and Shell and its land care crews manage large industrial land maintenance contracts at both sites.

The new Kommercial facility will provide a café and commercial kitchen, a HACCP accredited clean room and a food packaging area, a commercial laundry, training facilities, a new packaging factory with high bay racking storage facility, administration offices, a land care shed and wash bay.

Kommerical will be developing and growing all services offered at the new facility, and through that, support growth in the northern Geelong community. The new facility will also increase employment opportunities in the area.



Karingal CEO Daryl Starkey and Premier Denise Napthine announce the expansion.



Do you want to get involved in your community?

Are you interested in what is happening in Corio Norlane?

Do you want to find out more and possibly be involved in discussions about future programs, projects and other initiatives?

Interested?

To find out more call Amanda Miggins, 5226-4792 or email Amanda.Miggins@dhs.vic.gov.au

Website: www.corionorlane.org.au

Corio Norlane is a 'healthy city'

Alarms are just for refinery workers

Recent refinery alarms have uncovered a mistaken belief that the alarms are for community members. They are not. They are only for action by refinery workers.

Refinery workers are in a noisy environment, wear hearing protection and need to know if there is an on-site incident. That is why the alarms are so loud.

If something happens at the refinery that does need community members to take action, the CFA or police will advise residents and businesses on local radio stations. Otherwise, people hearing the alarms should ignore them.

Long-term residents will know that the alarm is sounded every Tuesday at 9am as a test. However, this may not be known by newer residents.

If you hear a siren at any other time than a Tuesday morning and want to find out more, call 1800-651-818.

In summary:

- The alarms are for refinery use only.
- Community members should only take action if told to do so by the CFA, Police or emergency services.

Project for young parents

Shell's Geelong Refinery, Northern Futures, Northern Bay College, Gordon Institute and Deakin University have joined forces on a project to support vulnerable youth in the northern suburbs.

By the end of the two-year project, which starts at the end of January 2014, participants are guaranteed that if they complete a nationally-accredited

training program they will either have employment or a tertiary education at no cost at either The Gordon or Deakin University.

Participants are the young single parents enrolled in Northern Bay College's Young Parents Access Program.

The program will focus on unlocking

the future potential of these young people by equipping them with the personal and technical skills they require plus a supportive environment that will help them succeed.

The aim is also to remove barriers to the career aspirations of young parents in this region and focus on increasing the Year 12 or equivalent completion rates.



PLAY time shows benefits

The positive influence playtime has on young children has been highlighted thanks to a successful parent-child enrichment program called PLAY.

The Shell Geelong Refinery contributed \$350,000 to the program as part of a five-year partnership with Glastonbury Community Services. PLAY was created to enhance the developmental outcomes of high need children aged 0 to six years in the northern suburbs of Geelong, and to see a positive shift in parents' engagement and interactions with their children.

The program's impact has been significant, directly benefitting 434 children and 387 families in Corio and Norlane.

PLAY has helped development of the children's gross motor, fine motor, social and self-help skills. It has also encouraged parents to spend more time with their child and enjoy doing things together.

One parent involved in the program admitted "if we didn't have the PLAY program, my daughter would still be watching TV all day".

PLAY is delivered to families through in-home visits or supported playgroups over an average of six to eight months. Parents are supported by early childhood professionals to engage in activities with their children such as reading books, singing and storytelling, to gain a better understanding of their

child's development and to strengthen the parent/child interactions.

"For many parents reading a book to their child is a new experience, which through PLAY becomes part of their normal routine," Barbara Hayes, Manager Early Years, Glastonbury Community Services, said.

Shell employees and families were introduced to the PLAY program and given positive parenting tips. Shell employees also collected and donated hundreds of children's books for families in the north as well as raising valuable funds for the initiative.

