

EDITION 42, TERM 4, 2015

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northerlyaspects

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

In this edition Viva Energy continues the Gold level sponsorship previously held by Shell, and we welcome Corio Shopping Centre as a bronze level sponsor.

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Our cover: Alan King and Barry Sproull get together at the Geelong Community Men's Shed to work on projects and socialise. See Page 7 for the full story.



Editor's letter

Welcome to Edition 42 of Northerly Aspects, which (hopefully) coincides with the arrival of warmer weather.

Spring and summer are times we associate with spending more time outdoors, whether it's for summer sport, gentle exercise, barbecues, picnics, gardening or other hobbies. This edition includes information about some of the activities you can enjoy in your local neighbourhood and in your own backyard.

This edition welcomes Viva Energy, which has continued the support for Northerly Aspects previously given by Shell. We also welcome Corio Shopping Centre as a sponsor and look forward to our partnership.

This edition will cover the Christmas period, which will be here before we know it. We wish all 3214 residents a happy and successful end to the year and look forward to keeping you up-to-date with local news and events again in 2015.

Jeanette Watt

Editor, on behalf of the Northerly Aspects Editorial Committee

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.

Lions Club continues to roar

The Lions Club of Corio Norlane is continuing to serve its local community, with a long list of activities and initiatives.

The club recently hosted two networking sessions for groups in the area to get together and talk to one another about who they are and what they do in the Corio-Norlane area.

More than 50 people attended an afternoon session, held at North Shore Sports Club, while a second group met at night. Among the groups represented were schools, sporting groups, neighbourhood centres, government agencies, CFA and activity groups.

Lions Clubs offer many services to the whole local community, and the Lions Club of Corio Norlane has existed since April 2012. Among the club's projects are:

- Helping support Carols by Candlelight in Corio.



Lions Club of Corio Norlane members are involved a range of community projects, including gardening and manning the gate for North Shore Football Club home games.

- Supporting the Breakfast Program at Northern Bay College.
- Hosting Australia Day Event at the FoRt 2013.
- Hosting Harmony Day Event for the Community 2014.
- Supplying computers to families in need.
- Supplying books to children at kindergartens and early learning centres.

- Karen Learning Program.
- Donating to Northern Bay College for Refugee School Uniforms..
- Donating to North Shore Stationeers.
- Completing mock interviews for VCAL students at North Geelong SC.
- Holding monthly barbecue at Aldi Corio.
- Supporting North Shore Football Club by collecting money at the gate.
- Community Dinner Dance.
- Corio South Kindergarten clean up.
- Community Dinner dance June 2014.
- Donation of bikes to those in need.
- Garden at Dorothy Thompson Day Centre.

The club prides itself on what its members can achieve, and to achieve even more it needs more volunteers.

If you would like to be involved in community activities to help others, contact Richard, phone 0402-409-895.

Elephant in your room?

The Barwon Month of Action to Stop Violence Against Women will run between October 31 and November 25. During the month, Barwon Community Legal Service is asking the question Do you have an elephant in your room?

When people talk about the elephant in the room, they are referring to something that is hard to talk about, like family violence.

Family violence is where one person in a relationship uses their power to control the other person through fear.

The behaviour can be physical, sexual, emotional, or financial and may involve:

- Punching, kicking or pushing.
- Forced or unwanted sexual activity.
- Threats, intimidation or constant putdowns.
- Preventing a person from seeing their friends or family.
- Withholding money for necessary living expenses.
- Preventing someone from practicing their chosen religion or cultural beliefs.

Family violence is a crime. Everyone has the right to feel safe in their home.

There are people who can help:

- Women's Domestic Violence Crisis Service phone: 1800-015-188.
- MensLine Australia phone: 1300-789-978.
- Police: 000.
- Barwon Community Legal Service for free legal advice, phone: 1300-430-599.

For more information about the events that are running during the Month of Action check out: www.monthofaction.com.au.

Softball at Stead Park

Geelong Softball Association's new season begins at Stead Park on Wednesday, October 1, offering opportunities for players of all ages.

The association's junior competition is held on Wednesdays from 4.30pm until 6pm for boys and girls aged five and up. Regular skills and training will be held every Wednesday until mid-December.

The cost for juniors is Under 10, \$50; Ages 10-17, \$95. All equipment is supplied and new juniors receive a welcome. For information contact

Lynne Willmott, phone 0409-135-639.

The senior women's competition starts on October 1 and is played on Wednesdays, with games at 6.45pm and 8.15pm (under lights). Six teams compete in a 15-round season, with a break over Christmas. Fees are \$150 for seniors and no equipment is needed to get started.

The club contacts for more information are: All Stars, Stacey Birch, 0400-115-631; Birralea, Rachel Smith, 0412-603-930; Cougars, Ruth Addlem, 0417-

016-515; East Belmont, Kelly Williams, 0402-848-469; Ocean Grove, Janine Jewell, 0409-196-226.

Geelong Softball Association has teams playing in the senior men's competition in the Werribee competition on Saturdays. Fees are \$150 and no equipment is needed to get started. For information contact David Addlem, phone 0403-631-892.

The association's website is: www.geelong.softball.org.au or you can email geelongsoftball@gmail.com.

Netball at Leisuretime Centre

Corio Netball Association is inviting new players, teams and umpires to join its competitions at the Leisuretime Centre in Anakie Road.

The association runs mixed junior (up to 17 years old) competitions every Wednesday during school terms, with games at 4.30pm and 5.30pm. The cost is \$3 per week. There are also opportunities for seniors to join a competition.

The Corio Netball Association also runs a Net-Set-Go program for beginners. It



also has experienced umpires available to teach and mentor beginning umpires.

For more information, contact Sarah Feola, 0402-204-799 or call into the centre on Wednesday afternoon.

Netball development

North Shore Netball Club will run a development program for juniors in term four to help them prepare for the 2015 winter season.

The free program will run over six Thursdays from October 16, from 4.30pm-5.30pm, at the club's courts at Windsor Park in Rose Avenue, Norlane.

If you are interested or would like further information, phone or text Deb Arklay on 0408-187-153.

Function room with bay views for hire

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Family-Sports-Recreation

335 Blue Stone Bridge Road, Lovely Banks

Phone: 5275-2776



Support for young players

Budding young soccer players from St Thomas Aquinas and St Francis Xavier primary schools are being given the chance to play the game competitively through the Leisure Networks sportsaccess program.

Sportsaccess is designed to give young people the chance to participate in local sporting and recreational clubs.

Scholarships are awarded to fund participation fees, registration,

uniforms, footwear and equipment to make club participation possible for families with financial constraints.

Leisure Networks partners with local primary schools and sporting groups to identify applicants and has so far supported more than 500 children through the program.

St Francis Xavier Primary School students Ricky Le and Joseph Nguyen have participated in the 2014 Geelong

Soccer Club season, thanks to the sportsaccess program. Ricky and Joseph said their scholarships mean they can participate without their parents having to worry about finding the money for membership and equipment.

St Thomas Aquinas students and brothers Ben and Ashuza Mulashe love soccer and were regularly playing at school when they were nominated for the sportsaccess program. They hope to continue with the game in 2015.



St Francis Xavier Primary School students Ricky Le and Joseph Nguyen.



Brothers Ben and Ashuza Mulashe, who attend St Thomas Aquinas Primary School.



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Authorised by D. Mantach, 104 Exhibition Street, Melbourne 3000

Time to enrol for kindergarten

William Hovell Pre-School in Corio is now taking enrolment for three and four-year-old kinder for 2015.

Four-year-old kinder is free for Health or Pension card holders. Children receive 15 hours of kinder per week.

Inquiries can be made by phoning the kinder on 5275-4663 or feel free to drop in to the centre at 28 Hendy Street, anytime between 9am and 3pm Monday to Friday.

William Hovell Pre-School's Sharron German, prepared the following information about one of the programs at the kindergarten.



Why is sand and water play important?

You are probably used to your child splashing in the bath and digging in the sand pit, however you may be surprised to know these are very important areas of the kinder room.

Sand and water are natural settings for learning. When children pour water into measuring cups they gain the foundation for mathematical thinking. When they drop stones, corks, feathers and marbles into water they observe

scientifically which objects will float or sink.

When they put sand into buckets they learn concepts of full and empty, heavy and light, deep and shallow. They are able to create and recreate to improve their skills. They are also using muscle groups to improve co-ordination.

Giving children an opportunity to play with sand and water on a regular basis helps them to develop their minds and bodies in a relaxing and enjoyable way.

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World competition

Corio's Joshua Zdybel has returned from the World Taekwondo Championships in Rome with three medals.

Joshua won silver medals in the Under 14 Sparring middle weight and Patterns First Degree events and bronze in the Under 14 Sparring open weight section.

His father and instructor Phill also competed but was

ill during the competition and finished sixth in his power breaking event.

Phill and Josh are running classes in all levels of taekwondo at Rosewall Neighbourhood Centre. They also teach small classes in their home gym.

For more information, phone Phill on 0418-513 981 or 5274 9613.

Popular place to meet

The Geelong Community Men's Shed provides an important meeting place for men of all ages to socialise and work on individual and community projects.

The shed has had several homes since it was started in 2003 and is now settled at Diversitat, 25-41 Arunga Avenue in Norlane.

Secretary Barry Sproull said the shed is open every Wednesday from 9am until 4pm. Men are welcome to call in for a chat and a cuppa or can use the equipment to work on their projects. "The shed is set up for woodwork and metalwork and it depends on the interest of the members how they use it," Barry said. "We also do community

projects together, for whoever wants to be involved."

Recent community projects have included mentoring students at North Geelong Secondary College who were building a billycart; and building a raised garden bed at Cloverdale Community Centre. The group also holds sausage sizzles at Bunnings to raise funds.

Treasurer Alan King has been involved with the group "from day one" and said it's important for men to have somewhere to go, even if it's just somewhere to meet other men and have a chat. "It's a space they can use, rather than a club," he said.



The Geelong Community Men's Shed is a member of a large cluster of men's sheds that is planning ways to support men recently retrenched from Alcoa and Ford.

Membership costs \$25 per year. For more information, contact Barry Sproull, phone 0418-374-281.



Men's Shed members Tony Santospirito, Alan King, Peter Jackson, Barry Sproull and Morrie Anderson raise funds with a sausage sizzle at Bunnings.



GEELONG TAEKWON-DO

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www.facebook.com/Geelongtaekwondo
 Web: www.formfighting.com.au
 Mobile: 0418 513 981 Landline: 5274 9613



Head Instructor Phill Zdybel

4th Degree International Instructor & Examiner
 Multiple State and National Champion

World Championships 04, 06, 08 & 2010 (Quadruple Medallist)

Assistant Instructor Joshua Zdybel

1st Degree Black Belt
 World Championships 2010 (Bronze Medallist)

National Champion 2013

U3A now in 3214

Are you retired or semi retired, or you someone who now has children off your hands and time to do things that you have wanted to do for a long time?. Are you someone who is looking to make new friends who you can continue or develop your hobbies with?

U3A Corio Bay is now operating in the northern suburbs, continuing the successful model established by the Geelong group many years ago. The group's purpose is to provide members with learning activities, opportunities to build friendships with people having similar interests and encourage members to become involved in the life of the organisation in whatever way they are comfortable – social activities,

administration or leadership.

If you have a passion for a subject or activity and think that others may also enjoy it, there is scope for you to start up a group within the organisation. For an annual fee of \$25, a member can participate in one or all the courses/ activities on offer:

- Australian Women in History.
- Self development.
- Spanish.
- Beginners computer or advanced Computer Users forum.
- Craft.

U3A courses are only limited by the ability to find course leaders. It also

provides monthly guest speakers and this is free to all – members and non-members alike.

In setting up in the northern suburbs U3A has been supported by the City of Greater Geelong – both by the Aged Division of Council and Cr Kylie Fisher – and have the use of Centenary Hall every Tuesday and Thursday. You can meet U3A members at Corio Shopping Centre on October 8, during Seniors Week, to find out more.

You can also contact the Secretary, Diane Cray, for more information; phone 0458-636-839 or email: u3acoriobay@gmail.com.

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Spotlight on women

A new program being piloted in the Geelong region is aiming to help prevent weight gain and support women to lead healthy lifestyles.

The Healthy Lifestyle Program for Women is a new program for women aged 18-50 years living in Geelong and the Bellarine. The program was developed by specialists in women's health at Monash University.

The free program will run at Northern Bay Family Centre over three one-hour sessions on October 8, 15 and 22 from 10-11am. It will also run at Cloverdale Community Centre on November 11, 18 and 25 from 2-3pm.

Lead researcher Dr Cate Lombard from Monash University said women are an

important group to target in preventing weight gain because their lifestyle is affected by work demands and caring for family.

"Their level of physical activity drops off and their diet changes," Dr Lombard said.

"Women also tend to be in control of what food is in the house so they can influence what their partner and children eat and how much activity their children do."

Weight gain occurs at different stages in life for different reasons. Research indicates young women in Australia in their 20s and 30s are at particular risk and are gaining weight faster than any other age group.

As part of the program, women attend three one-hour sessions over three weeks. They then receive ongoing support and motivation via email or text messages. Participants are not asked to follow a strict diet or strict exercise plan as the program encourages them to decide for themselves what is important and possible to change at this time in their lives.

Barwon Health, Bellarine Community Health Service and Healthy Together Geelong are working together to implement this new women's health program across the City of Greater Geelong during 2014.

For more information contact Lynne Quick, phone 4215-3475.



Students shine on stage

Northern Bay College provided the largest single group of students to perform in this year's Victorian State School Spectacular.

A total of 51 students were involved in two shows, to audiences of 5000 each, at Hisense Arena. Their preparation included months of after-school rehearsals.

Northern Bay College was the only school from throughout Victoria to have students performing in all three mass group areas, as well as being the school with the most students taking part. Teacher Amanda Baulch said the performances were an amazing effort and a great experience for the students.



JOHN EREN MP

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

A new set of local skills



Together We Work participants with Karingal staff and the WorkFocus Contract Manager.

Participants of two fresh and innovative programs are feeling excited about their future after completing intensive job search training and increasing their skills through the Together We Work and Geelong Healthy Eating programs – both run through MatchWorks.

Participants of the Geelong Healthy Eating program, a Work for the Dole initiative, showcased their new hospitality skills as they celebrated the program completion at The Salvation Army's Northside Community Centre. Graduates prepared, cooked and served a three-course lunch to guests from local hospitality businesses and other program stakeholders.

Participants prepared nutritious meals for the centre's community weekly lunch and youth programs, and to be distributed to local disadvantaged families.

Participants learnt practical job seeking and interviewing skills and were given supported hands-on hospitality training in a fully functioning, commercially-equipped kitchen. They also had the opportunity to undertake certificates in both hospitality and business to help them achieve sustainable employment.

Through the six-month national Together We Work pilot program, 32 participants completed a number of targeted workshops presented by local community partners, heard from guest speakers and received intensive job search training and counselling to support them re-entering the workforce.

MatchWorks Corio, along with eight other sites across Australia, took part in the initiative. It involved trialling a joint employment assistance approach for

people with a disability and their carers as active participants in the journey to employment or further education, with results far exceeding expectations.

At the graduation an impressive 65 per cent of job seeker participants and 81 per cent of carers had achieved an employment or education placement.

MatchWorks General Manager Michael Wasley said initiatives such as Geelong Healthy Eating and Together We Work were important for job seekers in order to develop skills, increase confidence, network with potential employers, gain work experience and ultimately realise a career path.

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

Hendy St centre bid

The City of Greater Geelong will apply for a State Government grant of \$1.6 million towards the cost of building a new integrated children's centre in Hendy Street.

An application will be made to the Department of Education and Early Childhood Development's Integrated Children's Centre Grants 2014-15.

The council was invited to submit an application by DEECD following an expression of interest process.

The proposed new centre is expected to cost \$5.15 million in total and would be built next to Northern Bay College

P-8 School in Hendy Street, and would provide:

- Kindergarten programs for 3 and 4 year olds.
- Playgroup, occasional care and parenting programs.
- Maternal and Child Health and other family support services.

Cr Kylie Fisher, who represents Corio and holds Council's portfolio for Community Development, said the concept for the family and children's centre stemmed from the report Future Provision of Community Services Infrastructure in Norlane/Corio.

"There is a clear need for an integrated

children's centre at the Hendy Street site. It would replace and enhance the previous facility in Rosewall that was destroyed by fire in 2011."

"It makes sense to locate the new centre alongside Northern Bay College P-8 School, Hendy Street Hall and the recreation space for ease of access for families."

"We're hopeful of securing state funding so that we can progress with our planning to build this new family and children's centre for the local community."

Holiday sport

Leisure Networks will host a two-day sport program for children in Grades 4 to 6 these school holidays.

Totally Sport will be held at Simonds Stadium, home of the Geelong Cats, on Wednesday, October 1 and Thursday, October 2 from 8.30am until 4pm. A healthy breakfast will be available at 8am. Morning and

afternoon tea is supplied, bring your own lunch. The day will feature soccer, netball and AFL activities and the cost is \$50 for one day or \$80 for two days.

For bookings go to www.leisurenetworks.org. For more information contact Michael at Leisure Networks, phone 5224-9140 or email michael@leisurenetworks.org.

School fete fun

St Thomas Aquinas will hold its annual school and parish fete in the school grounds on Friday, November 14. Entry is free and attractions will include food vans, jumping castle, art and craft, spinning wheel, haunted house, live entertainment, raffles, games, stalls and

Devonshire tea.

Stall holders are still wanted for the fete, which will run from 4-7pm.

St Thomas Aquinas school and parish is at 51 Plume Street, Norlane. For more information contact the school, phone 5275-3560.



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

Maths challenge for Gypsy

Northern Bay College is showing its capacity to provide a true Prep to Year 12 pathway for its students.

Gypsy Akhyar, an unassuming and talented Year 8 student and leader at the Peacock Campus was recently acknowledged for his high mathematical potential.

Gypsy completed the Year 11 VCE mid-year examination in General Mathematics at the Goldsworthy Campus. He excelled in this exam and will now enrol in Unit 2 VCE General Mathematics at the senior campus, while he completes Year 8 at home base in Peacock.

College Principal Fred Clarke said: "What a fantastic opportunity for Gypsy to be extended with his learning within the College and his talent recognised. Well done Gypsy, you should be extremely proud of your efforts."



Gypsy Akhyar met Member for Lara John Eren and Shadow Minister for Education James Merlino during their visit to their college.

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Gallibrand Street, Corio
1300 430 599
FREE interpreter service available 131 450

Planning for 2015

Northern Futures Work & Learning Centre delivers in partnership with The Gordon TAFE Job Ready courses that creates employment for northern suburb residents with its local Industry partners.

The courses planned for 2015 are:

- Getting Ahead Certificate I.
- Transport & Logistics Certificate II.
- Aged Care & Home and Community Care Certificate III.
- Personal Service Assistant Certificate III.
- Business Basics Certificate II.
- Construction Skill Set.

Recent Transport and Logistics Certificate II graduate Daniel Dodnar said the course played a big part in building his confidence and getting him into the workforce.



Daniel Bodnar (front row, right) and his fellow graduates in the Transport and Logistics Certificate II course.

"I dropped out of school at Year 10 and had been unemployed for a few years," he said. "Northern Futures helped me out and built my confidence up ... people are more proud of me and I'm more proud of myself. Working at Showerline gives me a reason to get up every day."

Applications for the 2015 courses open from December.

Phone Sarah on 0407 594 193 for information about the Logistics and Getting Ahead programs. Phone Tracy on 0407 911 232 for information about Aged Care, PSA and Business Basics courses.

All courses are delivered at Norlane Community Centre.

Northern Bay P-12 College

Northern Bay P-12 College



www.northernbaycollege.vic.edu.au



Leading education in 3214



Northern Bay P-12 College

Goldsworthy Road, P-12 Campus

Hendy Street, P-8 Campus

Tallis Street, P-8 Campus

Peacock Avenue P-8 Campus

Wexford Court P-8 Campus

Project milestone

The \$80 million New Norlane initiative is coming up to an important milestone.

In October 2014, 100 social homes will be complete and tenanted and 100 private homes are expected to be sold. This double century means we are on track for a busy final year of building activity in 2015 to complete 320 new social and private homes in Norlane.

A new start in Norlane

The New Norlane initiative means that more families have the chance to call Norlane home.

Myanmar-born aged care worker Chri-Moo made the move recently with her husband and two children.

After 18 years in a Thai refugee camp, Chri-Moo came to Australia with her family in 2009. They relocated to Norlane three years ago where Chri-Moo commenced English studies, later completing her Certificate 3 in Aged Care at the Geelong Work and Learning Centre.

Now working in her new career, she is thrilled to be helping some of her community's most loved members.

"Norlane has become a real home for us," Chri-Moo said. "There are lots of opportunities available to our family, everyone is so welcoming and we've made such wonderful friends.



Chri-Moo with her family Htee-Moo Saw, True-Win Son and Saw Koo are enjoying their new life in Norlane.

"My mother and two sisters, along with many friends from Thailand have made the move to this area and they all agree it is a wonderful place to call home, my children couldn't be happier and we're moments from everything we need."

To learn more about New Norlane, phone John or Peter on 5178-2012, email new.norlane@dhs.vic.gov.au or visit 61 Yooringa Avenue, Norlane. www.newnorlane.vic.gov.au

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.



Tutor Ceridwyn and volunteer Trish enjoy a break with members of the Speaking and Listening group at Cloverdale Community Centre.



Kane enjoys participating in the Community Kitchen at Cloverdale Community Centre.



Recent graduates from the Northern Futures Certificate III in Aged Care.



Participants in the Water Smart Kids program, funded by Viva Energy Australia, celebrate their end of year graduation/break-up at Waterworld.



Cloverdale Community Centre will be offering Intel® Learn Easy Steps in Term 4, which is suitable for people who've never used a computer, or are unsure about the online world.



North Shore Football Club juniors featured among the best and fairest in Geelong Junior Football competitions this year. In the Under 16 Division 3 competition, Brad Gerrard won the Ray Ettridge Medal. He is pictured (right) with Ray Ettridge and runner-up Jack Rice from Anglesea. In the Under 14 Division 5, the winner Brandon Windsor (left) and runner-up Riley Leech (above) were North Shore team mates.



BEST START FREE ACTIVITIES FOR CHILDREN'S WEEK 2014

BEST START - NORTH EARLY CHILDHOOD EXPO – Monday 20 October 10.00am to 12.00pm
Corio Shopping Centre, Bacchus Marsh Road, Corio

Chat to service providers from a range of services and receive FREE advice. Kindergartens, Playgroups, Maternal and Child Health, Barwon Health, schools, Family Day Care, community and support services will all be there for you to meet and to answer all your questions.

Shae Coatsworth 5272 4987 or scoatsworth@geelongcity.vic.gov.au

PLAY IN THE PARK – Tuesday 21 October 10.00am to 1.00pm
Geelong Botanic Gardens and Geelong Playspace, Eastern Park Circuit, Geelong

Free family fun with the Mik Maks, Krazy Koala puppet show, Cinderella Pantomime, pop up play, Drumming workshops, storytelling, music, face painting, Itty Bitty book van, Animal farm, hoola hooping, baby play area, fairy and dragon trail and lots more. Enjoy activities in both sites.

Angela Baum 5272 4816 / abaum@geelongcity.vic.gov.au or Sue Ellis 5272 4781

POP UP PLAY – Thursday 23 October 10.00am to 1.00pm
Corio Shopping Centre, Bacchus Marsh Road, Corio

Come along and join in the fun of making anything your imagination can create with natural recycled resources. You can enjoy creating with your children and take your masterpiece home to deconstruct and create all over again.

Shae Coatsworth 5272 4987 or scoatsworth@geelongcity.vic.gov.au

ITTY BITTY BOOK VAN - INDOOR POP UP INSTALLATION – Friday 24 October 10.00am to 1.00pm
Corio Shopping Centre, Bacchus Marsh Road, Corio

Come and enjoy a visually creative story time with incredible story tellers.

Shae Coatsworth 5272 4987 or scoatsworth@geelongcity.vic.gov.au



New hockey pitch at Stead Park

Corio is now home to a regional hockey centre capable of hosting state, national and international competitions. A new synthetic pitch was recently completed at Stead Park – adding to the original synthetic pitch.

Geelong Mayor Darryn Lyons joined Minister for and Sport and Recreation Damian Drum to officially open the new \$1.876 million pitch, complete with flood lighting and fencing. The City of Greater Geelong contributed just over \$1 million, the State Government provided \$625,000 and the Geelong Hockey Association raised \$250,000.

"This new facility is a game changer for local hockey," Mayor Lyons said.



"Aside from Bendigo, this is the only centre with two pitches in regional Victoria. The works have brought the facility up to a standard so that it can

host state, national, even international competitions. It's now a regional facility."

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Download THE GEELONG AUSTRALIA Free App from iTunes.

Report graffiti, vandalism, missed bins, check for local road closures, keep up-to-date with Council news and city events in your area – you can do it all with the City's mobile app.

All the most common requests for service are pre-loaded in the menu so you don't have to spend ages typing on your phone keypad, and the system will automatically record your location. Upload photos as part of your request – handy if you're reporting something like graffiti or a pothole.

Report graffiti and vandalism

If you see anyone in the act of graffiti, please phone the police on 000.

To report all graffiti, call the City of Greater Geelong's Graffiti Hotline on 5272-4319.

If you see anyone in the act of vandalism (damaging property) please phone the police immediately on 000.

To report damaged property in parks and open spaces, bus shelters, footpaths roads and public buildings: call the City of Greater Geelong on 5272-5272. Ask for a Request for Service Number; this will track the progress of your report.

The fOrT

Keep up to date with the latest activities at the fOrT, including school holiday programs and special events. Find us on facebook by searching 'The fOrT' or by typing in the URL facebook.com/fortgeelong

Located at Stead Park Corio, The fOrT is a Youth Centre for young people aged 12–25 years who are looking for a social and safe place to hang out.

The fOrT offers free guitar and drum lessons, cooking, art, gaming and sport plus heaps more.



Neighbourhood Houses
The heart of our community

Show your love for Houses

Barwon Network of Neighbourhood Centres is asking for community support in a campaign for better government funding.

The regional network is one 16 supporting more than 400 Neighbourhood Houses in Victoria who have met with a local politician or political candidate to discuss the important contribution Neighbourhood Houses make to the community.

The activities, courses and programs provided by Neighbourhood Houses are trusted and make an important contribution to their local communities.

A recent survey of Neighbourhood House participants provided evidence of improved well-being and health; the development of community connections and networks; and the take-up of valuable educational opportunities.

The Victorian-wide Neighbourhood House campaign is calling for extra funding vital for the sector to continue to meet community demands. "Neighbourhood Houses are a great investment in the community.

For every \$1 invested by the State Government Neighbourhood House fund in 2013, Neighbourhood Houses raised a further \$6.23," Christine Brooks, of the Barwon Network of Neighbourhood Centres, said.

The campaign calls for extra funding that is better aligned with community demand and need; the establishment of a 'growth' component to support emerging Neighbourhood Houses; and an investment in strengthening community governance.

The 25 Neighbourhood Houses in Barwon Region are all seeking support from the community through a

postcard campaign. This petition with signatures from voters across the state will be tabled in State Parliament prior to this year's election in November.

In Barwon Region, more than 8500 people visit or use a Neighbourhood Centre each week, 354 people volunteer each week and over the last 12 months, Barwon Neighbourhood Centres were involved in 103 community events.

Neighbourhood Centres in Barwon host gardening groups, offer public computer/internet use, offer health and wellbeing courses, supported senior citizens programs, playgroups and host arts and craft programs.

Christine Brooks said: "It is very clear from the number of postcards we are getting signed that the local community values their Neighbourhood Houses."

Help for families

CatholicCare's Northern Geelong Family Support Program offers the following to families in the 3214 postcode area:

- Children's and Family Counselling.
- Individual Counselling.
- Refugee Support.

Parent support locations are at: Northern Bay College – Peacock, Tallis, Hendy, Goldsworthy; North Geelong Secondary College in Separation Street; Rosewall Neighbourhood Centre in Sharland Rd; St Francis Xavier in Bacchus Marsh Road.

For more information phone 5221-7055.

The program is supported by Give Where You Live and Best Start.



Norlane Community Centre

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

BRACE says goodbye

In August, the SEE (Skills, Education & Employment) class said goodbye to the folk at the Norlane Community Centre.

All the students cooked something from their own countries, so marvellous food was enjoyed. This included spiced chicken wings, fried rice, hokkien noodles, papaya salad, other noodles, vegetable rolls, curry puffs with satay sauce and sushi. Everyone from NCC came, including the Gordon TAFE class, Munch 'n' Crunch, Northern Futures and New Horizons/Ostara to enjoy the fare. Some speeches were made, cards given.

Manami and her electric keyboard accompanied the singing of We are Australian, Yesterday and I Still Call Australia Home.

We will all miss the Norlane Community Centre and everyone there. The venue has been wonderful with a community garden, kitchen facilities and lots of



Norlane Community Centre's Liz Winning and BRACE teacher Jenny Dean.

support from the staff, other groups, and the volunteers.

In particular, the garden crew has been great in conducting propagation classes for plants, worm farm and compost talks, and generally talking gardening with the students. Bill (B1) also talked to my students about maintaining their cars. The Art Group welcomed us and provided materials and tuition for

drawing and painting.

This has been invaluable for the integration of the multicultural group into their local community so, goodbye Norlane, and we will welcome the new class members at our new premises at

Leisuretime.
Jenny Dean,
SEE Teacher, BRACE,

Computers at Norlane

Community use is free for one hour on Friday and \$2 per hour at other times, 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.

Call in to the centre Monday to Friday for more information.

Neighbourhood Watch

Are you interested in crime and safety in your area? Neighbourhood Watch meets on the third Wednesday of every month at 7.30pm. It is for local residents who are interested in crime and safety in the community.

Contact Rob, phone 5275-3939, for more details.

www.norlanecommunitycenter.org.au



Northern Futures Work and Learning Centre

Northern Futures is running four courses:

1. Logistical Supply Chain Course.
2. Getting Ahead Program.
3. Certificate 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.

Munch 'n' Crunch



Munch 'n' Crunch

Munch 'n' Crunch Catering (MnC) provides healthy, gourmet food to customers, while being a hospitality training venue for Encompass Community Services participants.

Munch 'n' Crunch is committed to tailoring its products and services to the needs of customers. They understand that every function is different and that

people may have special dietary needs. Visit their website to find out more on www.encompass-cs.org.au/mnc.

To place an order or to discuss your specific requirements, call one of their friendly staff members on 5274 2242, or email them on mnc@encompass-cs.org.au. Munch 'n' Crunch is open Monday to Friday from 8am until 2pm.



Mental health counselling

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.



Support in job search

New Horizons, in partnership with Ostara, and with the support of Commonwealth funding, offer job seekers extensive, specialised support to find and maintain employment, preferably in their local area.

New Horizons 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-Friday

For appointments and information call Barbara, 0418-834-364.

PROGRAMS AND GROUPS AT NORLANE

Tai Chi for all abilities

This group is for beginners and those who have had previous experience of Tai Chi.

Classes are held Tuesday 10am-11.30am
Wear comfortable clothing and flat shoes.

The group also maintains garden beds for members to grow their own vegetables, which are shared amongst the group. Contact Monika on 5275-0005 or Maureen 5275-3939 for more information.

Tuesday Art Group

Would you like to paint in a friendly, comfortable self help group? This group meets every Tuesday from 9am until 1pm. The cost is \$4.

Artist of all mediums are invited to join

or just call in for a cuppa and a chat. Members also have a garden plot for growing their 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 \$1 and the group meets every Friday from 1-3pm.

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.

Tool Pool

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

Become a member of Norlane Community Centre Tool Pool and you can 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 operates on Tuesday and Friday from 9am to noon. Inquiries 5275-8124.

You're invited to the

CAREERS FAIR

WEDNESDAY 15TH OCTOBER 10-2pm

Find out about the opportunities in your area!

At the Norlane Community Centre, Windsor Park, Rose Avenue, Norlane





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.rosewallinc.org.au Office hours: 9am-3pm Monday to Friday

Making the move

On September 3, a group of women gathered at the Rosewall Neighbourhood Centre to enjoy lunch together, hear from Barwon Health about cervical cancer and try a new fitness class. There were lots of laughs.

Kirsty Reilly (pictured) is a local who is an experienced facilitator of movement classes. She leads the LocoMotion class every Wednesday afternoon at the Rosewall Neighbourhood Centre.



Anyone who wants to get some help with reading, writing or maths can drop in to number 36, Sharland Road, Corio on Monday and Thursday from 3.30pm- 5pm.

Together we listen to children read, or read to them; do homework; fill out forms; write or read a letter; figure out a bill ... any way you want help with reading, writing or maths. The program starts on October 6 for term four.

Cooking Master Class

Rosewall Neighbourhood Centre will host a Cooking Master Class program in term four. The program is:

Espresso Coffee Making: October 24, 9.30am-3pm. Cost \$60.

Egg-citing Egg Cookery: October 31, 9.30am-3pm. Asian and Spanish omelettes, souffle and Chocolate Berry Swiss Roll. Cost \$30.

Gourmet Tarts – Sweet and Savoury: November 7, 9.30am-3pm. Cost \$30.

Handmade Pasta: November 14,

9.30am-3pm. Learn the art of handmade pasta with a variety of different sauces. Cost \$30.

Cooking with Cheese: November 21, 9.30am-3pm. Use a variety of cheeses to create mouth-watering meals. Cost \$30.

Ginger Bread House & Christmas Cooking Part 1: November 28, 9.30am-3pm. Cost \$30.

Ginger Bread House and Christmas Cooking Part 2: December 5, 9.30am-3pm. Cost \$30.

Dates to remember

October 6: Number 36 begins.

October 7: Café opens.

October 8: LocoMotion begins.

October 9: Playgroups begin.

October 21-23: Children's Week.

**Book your Christmas
Catering or Party at the
Rosewall Café
5275 7409**



See Page 27 for our list of courses

ART & DESIGN

Pottery – Handbuilding Ceramics Day class

A class for those new to pottery wanting to learn the basic skills.

When: 12.30pm–3pm Wednesdays for 8 weeks.

Starting Wednesday, October 15.

Cost: \$120, includes materials and firing.

Pottery – Handbuilding Ceramics Night class

A class for those new to pottery wanting to learn the basic skills.

When: 6pm–9pm Thursdays for 8 weeks.

Starting Thursday, October 16.

Cost: \$120, includes materials and firing

Pottery Open Studio for experienced potters

When: 9.00am–3pm, Tuesdays and Wednesdays

Starting October 7.

Cost: \$3.50 per session.

Sewing Made Easy

In this class you can learn the basics of sewing, learn how to alter clothes to fit you or remake your clothes in another style.

When: 9.30am–noon, Wednesdays.

Starting Wednesday, October 15.

Cost: \$240 or Concession \$120.

Patchwork

When: 7pm–9pm Thursdays for 10 weeks.

Starting Thursday, October 16.

Cost: \$80.

HEALTH & WELL BEING ACTIVITIES

Loco-Motion

A fun session combining yoga, pilates and your own dance moves.

When: Wednesdays 1pm–2pm.

Starting Wednesday, October 8.

Cost: \$60 for 10 weeks or \$7 per week.

Strength Training

Open class, start the day strong.

When: Tuesdays 8.30am–9.30am.

Starting Tuesday, October 7.

Cost: \$6 per week, pay as you go.

Active Adults – Fit & Balance

An exercise class for older adults.

When: Tuesdays 9.30am–10.30 am.

Starting Tuesday, October 7.

Cost: \$6 per week, pay as you go.

Art @ Rosewall

An open art program for well-being.

Phone Julian at Pathways on 5229-8295 to discuss

further details.

FAMILIES AND KIDS

Happy Hands Playgroup

Happy Hands Playgroup is an open playgroup for children 0–5 years old, facilitated by Bethany. Lots of fun, singing, games and craft and play.

When: Thursdays 9.30am–noon during the school term.

Cost: Gold coin donation and a piece of fruit to share.

Children's Pottery

Time: 4pm–5.30pm Wednesdays (5 weeks).

Starting Wednesday, October 15.

Cost: \$75, includes materials and firing.

Street Surfer Bus

The Street Surfer Bus is at Rosewall Neighborhood Centre every second Tuesday from 2pm–5pm, thanks to Barwon Youth.

GROUPS AT ROSEWALL

Over 50s: Join in the fun with activities and outings. Fridays, noon–3pm. Cost: \$2. Contact Ronnie 0418-653-309.

TOWN: Take Off Weight Naturally: 8.45–10.45am Monday, ongoing.

Contact: Geraldine 5298-2275.

Geelong Country Rock Music Group: Do you like Country Rock music? Come for a try out, join in, dance or just listen. Every Tuesday, 7pm–10.30pm. Cost \$3. Contact: Michelle and Skip, 0498-036-639.

Martial Arts: Contact Phill Zdybel, 0418-513-981.

GROUPS AT HENDY ST HALL

GKR Karate: Contact Luke, 0450-011-654.

Corio Kyokushin Karate Club: Contact Scott, 0418-335-355.

Cloverdale Calisthenics College: Contact Mandy, 0418-559-241.

Northside International Christian Church: Contact Stephen, 0405-104-610.

Geelong Buccaneers Grid Iron Club: Contact Layke, 0433-298-278.

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 at Rosewall



Learn Local Courses @ Rosewall Neighbourhood Centre and Cloverdale Community Centre



"2013 Learn Local Legends"

Join the digital world

Want to develop your computer skills to move into the digital world? Intel® Learn Easy Steps will give you the practical skills you need.

If you've never used a computer, or are unsure about the online world, the idea can be daunting. But it doesn't have to be. Intel® Learn Easy Steps is designed to give you the help you need.

In just 30 hours, you'll pick up vital skills that could change your life – no matter what age you are. And you won't believe how easy it is.

You can learn how to:

- Search the Internet.
- Create and manage a household budget.
- Connect to loved ones using email and Facebook.
- Have fun by watching videos online.
- Use Skype to make video calls to friends and family.

Or if you are looking for work, it will show you how to:

- Look for jobs on the Internet.
- Apply for jobs using email.
- Create a resume.
- Demonstrate the computer skills employers demand.

Cloverdale Community Centre will be offering Intel® Learn Easy Steps in Term 4, call us for more information on 5275-4415.

Getting ready for 2015

Are you:

- Changing careers and not sure what direction to go in?
- Returning to work after not working for a while?
- Wanting to study?
- Needing a resume?
- Wanting some help with letters of application?
- Needing some computer skills for all of these things?
- Looking for a creative hobby?
- Not sure what your next step could/should be?

Rosewall Neighbourhood Centre is offering Return to Work and Study to explore options and prepare for the next step. Beginning October 14.

Call for more information about this and other courses, 5275-7409.



Dianne Pont is a trainer at Rosewall Neighbourhood Centre.



Term 4 2014

Call to book: Rosewall 5275-4709 or Cloverdale 5275-4415

PROGRAM	Starting	Day	Time	Cost	Conc	Centre
Computers						
Communicating with Digital Devices (10 weeks)	Oct-07	Tuesday	9.30am-noon	\$270	\$110	Cloverdale
Computer Help - answers to your questions.	Oct-10	Friday	9.30am-noon	\$5/week		Rosewall
Developing Computers - the next step (10 weeks)	Oct-10	Friday	12.30pm-3pm	\$220	\$115	Cloverdale
Getting Started with Computers (8 weeks)	Oct-15	Wednesday	9.30am-noon	\$180	\$90	Cloverdale
Getting Started with Computers Using Apple Macs (8 weeks)	Oct-16	Thursday	9.30am-noon	\$210	\$90	Cloverdale
Intel Learn Easy Steps (10 weeks)	Oct-07	Tuesday	Evening	\$220	\$115	Cloverdale
Intermediate Computers (8 weeks)	Oct-14	Tuesday	12.30pm-3pm	\$120	\$70	Rosewall
Introduction to Computers (8 weeks)	Oct-14	Tuesday	9.30am-noon	\$120	\$70	Rosewall
Learning Basic Computer and Workplace English Skills (8 weeks)	Oct-13	Monday	12.30pm-3pm	\$205	\$50	Cloverdale
Employment						
Café Skills (9 weeks)	Oct-17	Friday	All day	\$200	\$140.00	Rosewall
Conversational English (10 weeks)	Oct-08	Wednesday	10-Dec	\$200	\$50.00	Rosewall
Cooking Master Classes	Oct-24	Friday	9.30am-3pm	\$210	\$100.00	Rosewall
Coffee, Food Handlers & Front of House (3 days: October 16, 17 and 24)	Oct-17	Friday	9.30am-3pm	\$200	\$140	Rosewall
English for Living (Speaking and Listening)	Oct-08	Wed/Fri	PM	\$220	\$50.00	Cloverdale
Espresso Coffee	Oct-24	Friday	9am-3pm	\$60	\$60	Rosewall
Exploring Career and Training Options (Community, Service & Health Industries)	Late Nov	3 days		\$120	\$70	Rosewall
Food Handlers - 1 day	Oct-17	Friday	9am-3pm	\$80	\$70	Rosewall
I Want to Become a Trainer(10 weeks)	Oct-13	Monday	9.00 - 2.30	\$100	\$50	Rosewall
Intro to Gardening and Horticulture (8 weeks)	Oct-13	Monday	9.30am-noon	\$205	\$110	Cloverdale
Preparing to Perform (8 weeks)	Oct-13	Monday	12.30pm-3pm	\$210	\$90	Cloverdale
Return to Work and Study	Oct-14	Tuesday	9.30-12.00	\$120	70	Rosewall
Volunteering Pathways - Working towards employment	Flexible	20 hours	Flexible	FREE	FREE	Cloverdale
Art & Design						
Introduction to Film Making (5 Tuesday evenings plus 2 Saturdays)	Oct-14	Tuesday/ Saturday	Evening	\$220	\$90	Cloverdale
Introduction to Songwriting (8 weeks)	Oct-14	Tuesday	Evening	\$195	\$80	Cloverdale
Patchwork	Oct-16	Thurs	7pm-9pm	\$70	N/A	Rosewall
Pottery - Hand Building Ceramic Skills (8 weeks)	Oct-15	Wed	12.30pm-3pm	\$120	N/A	Rosewall
Pottery - Hand Building Ceramic Skills (8 weeks)	Oct-16	Thursday	6pm-9pm	\$120	N/A	Rosewall
Textiles and Design (10 weeks)	Oct-17	Friday	12.30pm-3pm	\$290	\$110	Cloverdale
Coming 2015 - Put your name down now.						
Certificate III Aged, Home & Community Care	February	Tues - Wed	9am-3pm	*\$800	*\$516	Rosewall
Apply First Aid (Level 2) HLFTA311A	February	TBA	9am-4pm	TBA	TBA	Rosewall
Certificate III in Business Administration (2 days per week for 12 weeks)	February	2 days per week	TBA	TBA	TBA	Rosewall
Exploring Career and Training Options (3 days)	February	TBA	TBA	TBA	TBA	Rosewall
Creative Tuesdays - Exploring Arts Business	February	Tuesday	Evening	TBA	TBA	Cloverdale
Exploring Small Business Startup - Becoming a sole trader	February	TBA	TBA	TBA	TBA	Cloverdale

* Subject to meeting funding criteria



Cloverdale Community Centre

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

E-mail: info@cloverdalecommunitycentre.org.au or courses@cloverdalecommunitycentre.org.au

Web: www.cloverdalecommunitycentre.org.au Office Hours: 9am-3:30pm Monday to Friday

2013 LEARN LOCAL LEGEND

Seniors Musical Soiree

Cloverdale Community Centre will host a Musical Soiree as part of the Geelong Seniors Festival. It will be held on Thursday, October 16 from 1-3pm.

Featuring live music and high tea, what better way to celebrate the Seniors Festival than a musical soiree with a great line-up of local performers. Listen to great songs while enjoying cakes, sandwiches and freshly brewed tea.

Entry will be by gold coin donation.



The Cloverdale Ukelele group meets on Thursdays from 10am-noon. For more information, contact the centre on 5275-4415.

Open Mic

Cloverdale Community Centre's last Open Mic for 2014 will be held on Friday, November 14 from 7.30pm. The session will feature a blazing set of talent. Extremely loud and very close up, visit the cool lounge vibe of the Open Mic for an unmissable evening. Performers of all abilities are welcome to register. Gold coin donation. Call Lizzie on 5275-4415.

Creative Tuesdays

Tuesday evening at Cloverdale is the place to be, a hothouse of creativity and learning. Starting October 7, activities include:

- Guitar for Beginners.
- Community Kitchen.
- Introduction to Songwriting.
- Introduction to Film Making.
- My Garage Made Easy.

Call 5275-4415 for more information and to register.

3214 Community Record Project

Cloverdale is making a record chock full of local talent.

If you are interested in becoming a recorded artist on our community album, contact us on 5275-4415.

Follow us on:



For information about courses and programs at Cloverdale Community Centre, see the Learn Local information on pages 26 and 27.



Cloverdale Food Swap

The Cloverdale Food Swap will be held on October 18, November 15 and December 20 from 9.30am-11am. Swap vegies, fruits and plants, preserves, cakes and other produce. Reduce your food miles and join us for coffee and cake. All welcome.

CREATIVE TUESDAYS

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 the singers every Tuesday afternoon, 1-2.30pm from October 7.
Cost: \$3 per session

Guitar for Beginners

Learn guitar with Liz. Includes basic theory and practice of chord changes, scales, strumming and picking. Tuesdays, 3pm-5.30pm from October 7.
Cost: \$12 per session

Community Kitchen

Cook, share, socialise. Learn and share your knowledge of cooking, meet new people in a relaxed and friendly environment. Tuesdays 5pm-8pm, from October 7 (also Wednesdays from October 8 10am-noon)
Cost: Approximately \$7 (price may vary).

My Garage Made Easy NEW!

Learn to maintain your car with a professional mechanic. Everything from what tools you need, changing a tyre, performing an oil change, simple fixes and general performance and safety.

Tuesdays 6.30-9pm, from October 14.
Cost: \$95 for 4 weeks.

CREATIVE AND GENERAL INTEREST

Cloverdale Painters

Draw and paint in a friendly group. Exchange ideas, develop your technique and use a range of materials. Wednesdays, 1pm-3pm from October 8.
Cost: \$2 per session.

Seniors Café

Be entertained by singer/guitarist Ron Ellis performing a mix of country, pop and folk songs. Enjoy real coffee and delicious cake in the relaxing vibe of the Seniors Café. Wednesday, November 26, 10am-11.30am.
Cost: Gold coin donation.

Ukulele Players

Learn to play the cutest instrument on the planet. Practice strumming techniques, chord changes and new songs every week. Thursdays, 10am-noon from October 9.
Donation welcome.

Talking About Indigenous Plants

For people interested in the indigenous plants of Geelong and the Barwon South West. Third Thursday of the month, 7-9pm.
\$2 per session.

HEALTH AND WELLBEING

Tai Chi

Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays, 9.30am-10.30am from

October 6.
\$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. Thursdays 7-8pm from October 9 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 October 8 and 1-3pm Thursdays from October 9.
\$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. Wednesdays, 4-6pm from November 5, for 6 weeks.
Free.

COMMUNITY ARTS

Noise Scavengers at the Melbourne Festival

Performing alongside maverick composer James Hullick and professional musicians, Noise Scavengers will reframe noise art as romantic devotion in The Ballad of the Ever-Young Miss Rose. Wednesday, October 15 in the Iwaki Auditorium at Federation Square. www.melbournefestival.com



Time to think about tomatoes

Your roses should have been pruned over the last few months and will now be ready for a dose of liquid fertilizer. If you prune to remove any growth damaged during late frosts and any spent early flowering, you'll put your plants on the road to a successful summer flowering period.

Have you ever thought about planting garlic between the bushes – it helps keep the pests away without using chemicals and you have the added benefit of fresh garlic for cooking.

A few early tomatoes can be planted now, followed by the main planting about Melbourne Cup day in November. A punnet of assorted lettuce seedlings and a sowing of radishes and baby carrots would be a welcome addition to the summer garden. This will give you a head start for early salads as the weather warms up.

To have a great tomato harvest, staking should be done when the plants are very young. I put mine in when planting the seedlings – this means the roots are

not disturbed during the early growing period.

Space the seedlings at least one metre apart to prevent crowding and to allow for air circulation between mature plants. Water immediately after planting, then water regularly in the morning around the plant bases – deep watering is more effective than a light sprinkle.

A granular or liquid fertilizer should be applied regularly to plants in the garden or in pots to ensure continuous growth of foliage and fruit. Dynamic Lifter is ideal after planting, followed by a specific tomato fertilizer until the tomatoes are ripe – this will ensure that growth is directed to the fruit and not to the foliage.

Before summer arrives, it's a good idea to give extra water to your lawn and plants. This will encourage plants to send their roots deeper, which will make the plants more drought resistant during the warmer weather. While you are watering, make sure you hose the

foliage, which will wash off any pests and prevent them from infecting the leaves. If you see any pests, spray or remove them straight away.

Now is a good time to set out your floral display for the summer. Stocks, impatiens, verbena, cosmos and petunias will all look great when planted in blocks of colour. The petunias especially look great when planted in pots or hanging baskets.

Vegetable seedlings are also ready to go – just visit your local nursery or Bunnings and check out the possibilities. Don't forget to water in with a liquid fertilizer after planting. Mulch is also a 'must have' for summer – check out existing mulch as old stuff can go hard and form a waterproof barrier – either remove it or stir it up and mix in some new stuff. Check that the water is getting through to the soil.

Happy gardening,

Betty



Community Grants available

Viva Energy Australia's Geelong refinery helps not-for-profit organisations seeking funding for projects beneficial to the local community.

The Viva Energy Employee Community Grants Committee will consider grant applications with an education focus or objective (including, but not limited to, projects which encourage an interest in science and technology). It is focused on initiatives that will benefit Geelong's northern suburbs community.

The committee calls for submissions twice yearly (usually in February and September) and assesses applications according to a set of criteria and guidelines. The maximum amount an organisation can apply for is \$5000 (per round). Round two closes October 31, so get your applications in if you would like to apply.

Chairman of the grants committee, Debbie Williams, encourages



Matt Hudson, from Geelong Refinery, presents a cheque to The Smith Family partnerships co-ordinator Jacqui Blincoe and Year 11 and 12 students from Northern Bay College. The SMT Learning Club program creates opportunities for students who have demonstrated high academic achievement in the areas of Science, Maths and Technology, and was awarded a grant in May this year.

organisations that meet the criteria to ensure they send in an application. "Whether you need \$500 or \$5000 for a project, it's simple to apply," said Debbie.

Application forms, including grant

guidelines, are available at <http://www.vivaenergy.com.au/about-us> (under in the community/community grants section) or contact the Viva Employee Community Grants Committee on 5273-8481.

Water Smart Kids ready for summer

This year's Water Smart Kids participants are looking forward to putting their swimming skills into action as the month's heat up.

Water Smart Kids (WSK) is a learn-to-swim initiative sponsored by Viva Energy Australia's Geelong Refinery and managed by the City of Greater Geelong (CoGG). It provides weekly swimming lessons at Geelong's Waterworld for 240 children in grades two, three and four who live in the northern suburbs.

"Without this program we would be unable to send our son to lessons which would be a real shame as he really looks

forward to going".

One mother who has her children enrolled in the program says:

"Thank you Viva Energy for your support and the 'Learn to Swim' staff for teaching our children a very important skill in life."

The partnership between CoGG and the Geelong Refinery goes back to 2004 when they began working together to deliver learn-to-swim scholarships for disadvantaged children in Geelong's northern suburbs. It has expanded since then and offers families the opportunity

for their children to have access to and support for learning the importance of water awareness and safety.

Based on the Royal Life Saving Society of Australia's swim and survive programme, Water Smart Kids gives children an opportunity they may not otherwise have to develop their stroke technique, water confidence and survival skills with the aim of preventing drowning and increasing participation in safe aquatic activity.

During the past decade our support for WSK has helped more than 1500 children learn to swim.

We are Viva Energy Australia

As message from Scott Wyatt, CEO, Viva Energy Australia

The more things change, the more they stay the same ... or so the saying goes.

In the case of Viva Energy Australia, we have a new name and a new owner, but the people you have known at our Geelong Refinery haven't changed. They are looking forward to continuing the great relationships built with you in the past decades.

The business, formerly owned by Shell, transitioned to Viva Energy during

August and includes the Geelong refinery, 870 retail sites, bulk fuels, bitumen, chemicals and lubricants marketing businesses.

The sale will see Geelong proudly continue to manufacture transport fuels and other products for all Victorians, and will ensure that more than \$200 million continues to flow into the local community through wages and local contractors.

It also means we will continue to support local social investment programs that build capacity within the Geelong community, particularly nearby in our northern neighbourhood.

We have served customers in Australia for more than 110 years and I'm delighted to be leading this business for the next phase of its development as Viva Energy Australia.

We expect to invest \$1 billion during the next five years so we can continue to meet more than a quarter of Australia's fuel needs efficiently and safely. A significant amount of those funds will be spent on the refinery in Geelong.

We look forward to your continued support.

