

EDITION 47, TERM 1, 2016

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northerlyaspects

CELEBRATING GEELONG'S NORTHERN SUBURBS

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Our cover:

Ready to start the 2016 school year at Northern Bay College Hendy campus are Thomas, Jessie, Alizah, Kiera and Mitchell. SEE Page 7.



Editor's letter

Happy new year and welcome to the Term 1 edition of Northerly Aspects.

This edition is being delivered as many families are enjoying school holidays and a break from the usual routine. As usual, it contains all the information you need to know about what's on offer at local community and neighbourhood centres, as well as what other community groups have planned for the start of 2016.

Northerly Aspects is also about celebrating the achievements of people and groups in the 3214 area and you'll find recognition of several in this edition. They include the success of the SKAART festival and the Northern Bay College Koorie Education team's award-winning program.

There are opportunities galore and new things to try across the northern suburbs. I hope you enjoy reading about them and are inspired to give something new a try this year.

Look out for your next edition of Northerly Aspects, covering Term 2, in mid-March.

In the meantime, I hope you enjoy a happy, healthy start to 2016.

Jeanette Watt

Editor, on behalf of the 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.

College's winning formula



The Koorie Education Program at Northern Bay College has won a Victorian Education Excellence Award for its success in engaging aboriginal children to learn and focus on their future.

The award, announced in late 2015, includes a \$25,000 grant for professional development for staff. Aboriginal and Torres Strait Island Education Co-ordinator Carrie Tinning said the award was proof that Northern Bay College is a leader in indigenous education.

"We have 124 students across our campuses who are identified as aboriginal, which represents 5.5 per cent of our school population," Carrie said. She said the award justifies the school's decision to create a program aimed at improving attendance and outcomes for students.

The Koorie Education Program focuses on identity, culture and aspirations. Senior (Years 9-12) tutorial worker Audra Czyzewski and Early Years (Prep-Year 3) literacy and numeracy support teacher Karen Uebergang work with Carrie to ensure students stay engaged

in learning and focussed on their future.

It includes forums, camps, leadership and career pathway programs to strengthen personal development, cultural pride and achievements for its indigenous students.

Carrie said the professional development grant will be used to research programs that are working well in Australia and in other indigenous education settings around the world.

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Viva team cycles

Around the Bay – Ride for a Child in Need is the one day of the year when Victoria unites to celebrate cycling.

Now in its 23 year, Around the Bay is Australia's largest bike ride and caters for all levels and styles of riding with options ranging from 20 kilometres to the iconic 250km loop of the Bay.

In late 2015, 57 Viva Energy cyclists participated in the event. This was no easy feat. In the lead-up to the event, thousands of kilometres were clocked up in training by the Viva Energy team.

The core Viva Energy team worked together, completing the 210 km journey around the bay together. This

distance is equivalent to a Tour de France stage.

The Viva Energy team raised more than \$18,000 for The Smith Family's ride for a Child in Need.



Courses for retirees

U3A Corio Bay will start the new year with an enrolment day on Tuesday, February 2 between 11am and 2pm.

U3A is an education and interest group for retirees. It is based at Centenary Hall in Cox Road and meets every Tuesday and Thursday between 10am and 3pm.

U3A's courses range from German

language, Australian Women in History, Art (painting and drawing), Story writing, Computers for beginners, through to Current Affairs discussion group and Brain Games - Bridge, Cryptic Crosswords and Crazy Whist.

The concept of U3A is assist retirees to keep their brain active while also having fun and meeting new people.

To encourage participation, annual membership is just \$25 and members can do as many courses as they like.

Call in to the enrolment day to meet other members and look at all the programs on offer for 2016. If you have access to a computer, visit u3acoriobay.org.au for more information.

**Function room with
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Success for Corio group

Pole walking, golf, dancing and park games were among the range of activities enjoyed by the Outdoor Adults Corio group in 2015.

Based out of Cloverdale Community House in Purnell Road every Monday, the group experienced a wide range of activities, visited numerous locations and met some enthusiastic deliverers.

Come rain or shine, the Outdoor Adults Group meet for a one-hour activity

session. It's not your huff and puff type of activity, more of a get together with some like-minded people looking to improve their fitness levels.

Leisure Networks is keen to adapt the program to suit every participant's personal needs. Group leader Anna Brown said: "Don't think that you are not fit enough or that you don't have the right gear – just come along and have some fun."

Anna thanked the team at Cloverdale for its continuing support of the Outdoor Adults program and said the participants had made her job "so much fun".

To be part of the fun and activity in Term 1, register with Anna Brown on 5224-9138 as soon as possible to reserve your place.



Special pieces on display

Young women from the northern suburbs collaborated with staff from the fOrT to create an art piece for the external wall of the Corio Library.

The mural, titled 'Journeys', illustrates the diversity, resilience, strength and inspirational spirit of many local women. Each portrait expresses the words the young women live by on their personal journey.

The young women who participated in this project were Chloe Gladman, Jayde Gladman, Moo K'Phru Say, Sweeta Jamshidi, Mu Thein Chri, Irene Bakulikira and Dah Dah Poe.

Students from Karingal Create Alternative Education Centre have also



produced a visually stunning work that can also be seen on the Corio Library.

The work illustrates the importance of written and oral narrative. It

has positive themes of community inclusion, valuing the wisdom of elders and the transfer of knowledge through intergenerational links.

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Weight loss, naturally

A cheerful group meets weekly at Cloverdale Community Centre to support each other through losing weight, naturally.

The Cloverdale TOWN (Take Of Weight Naturally) Club has been meeting at the centre for the past 13 years. Leader Betty Afribo said the TOWN Clubs of Victorian can be joined by simply by getting a doctor's letter advising you of the amount of weight you need to lose to maintain or return to good health.

There is an initial joining cost and a small weekly fee, which covers the group's yearly renewals and expenses.

"We are a cheerful group and have weekly therapy sessions to help people to understand the value of food and exercise," Betty said. "Our main source of encouragement is each other; individuals are able to help others by optimistic discussions, sharing good recipes and enjoying successes."

For more information about the Cloverdale TOWN Club, contact the centre, phone 5275-4415.

Welcome to school



Northern Bay College Prep teacher Michelle Gawronski welcomes Kiara, Thomas and Alizah.

School returns for 2016 in late January and for many young students this will be their first year in the classroom.

Among those ready to start school for the first time are Northern Bay College Hendy campus Prep students Thomas, Kiara and Alizah.

All three are the first in their family to start school and are looking forward to the year with teacher Michelle Gawronski.

The Hendy campus is expecting more than 30 Preps to start their primary school education this year. Overall, Northern Bay College will welcome more than 160 Preps.

Toward the end of the 2015 school year, the College reported an improvement in NAPLAN achievements in years 3, 5, 7 and 9.

NAPLAN measures the percentage of students achieving above and below the National Mean Score (NMS) as a way of comparing students to others across the country.

Across Northern Bay College, the 2015 results showed improvement in Numeracy, Reading, Writing, Spelling and Grammar and Punctuation.

College principal Fred Clarke said the results confirm that the school is on the right track and well on the way to

Northern Bay achieving strong results into the future.

The College is delighted to have funding to ensure its 3214 students have additional resources. There is now the opportunity to have targeted staff for groups such as Koorie students and EAL students.

Professional expertise to better support trauma is planned and a significant improvement has been seen in numeracy as a result of having maths support staff.

Cake decorating in Corio



Cake decorating classes for beginners are coming to Corio. Classes will run at Cloverdale Community Centre from February 8 until March 21.

Participants will learn the tips and techniques to decorate cakes to a professional standard using buttercream and fondant. They will complete projects including:

- Round buttercream piped rosette cake.
- Square buttercream piped cake with edible image.
- Buttercream piped cupcakes.
- Round fondant covered cake.
- Vintage-inspired fondant covered cupcakes.
- Square fondant-covered cake with bow.

The course cost is \$115 and the course supplies kit is \$175, a total cost of \$290. Students are required to provide undecorated cakes to each class. The supplies kit includes boards, shortening, gel colours, piping tips, piping bags, decorations and fondant.

For bookings, go to www.cakesbydesignandmore.com.au.

Northern Bay P-12 College

Northern Bay College



Northern Bay P-12
College

Leading education in 3214

www.northernbaycollege.vic.edu.au



Welcome all students, teachers and families to an exciting 2016

Northern Bay P-12 College

Peacock P-8 Campus

Wexford P-8 Campus

Goldsworthy 9-12 Campus

Hendy P-8 Campus

Tallis P-8 Campus

Hannah's happy to help

Budding young musicians have the opportunity to join a series of workshops to help them improve.

Norlane resident Hannah Reeves, herself a young singer/songwriter, will share her knowledge with musicians in Years 7 to 10, who want to improve their skills as singer/songwriters.

The workshops will look at what makes a great song, how to write a great song, and what makes a great performance. They will build towards Rosewall's Going Potty Festival, where the young musicians will have the opportunity to perform the songs they have been working on.

Hannah said the original group of musicians is half way through the workshop program, and will continue in Term 1. There is room for new participants to join.

"So far it's been a great time for participants to reflect on things going on in their lives through artistically expressing in writing, which has probably been one of the biggest aims," Hannah said.

"It's also been a good opportunity for participants to receive close mentoring in the songwriting process, explore new ideas, and gain confidence in their music. Songs that participants have been writing so far have been in many different genres, from hip-hop through to heavy rock."

Hannah has lived in Norlane for about



Hannah Reeves is working with young musicians at Rosewall Neighbourhood Centre.

three years. She is a musician and community worker who is passionate about seeing flourishing, healthy and positive community living in the northern suburbs. She recently finished a Bachelor of Music at Melbourne University.

For more information about the workshops, contact Rosewall Neighbourhood Centre, phone 5275-7409.



New Futsal league

A new Futsal league is now up and running at the Leisuretime Centre.

The Multicultural League comprises six teams of young men aged between 16 years and 28 years, who are from Burma, Thailand, Afghanistan, Pakistan and Iran.

The league was made possible through sponsorship from the Rotary Club of Corio Bay and a partnership between the fOrT Youth Centre, Leisuretime Centre and Football Federation Victoria.

The Rotary members attend each Monday night to support the guys, watching some very competitive games. The focus is developing young leaders into club managers, holding committee meetings, qualified referees and supporting them to expand the league



into incorporating volleyball teams, girls-only soccer teams and junior teams.

Each club has their own captain, whose job it is to reinforce good sportsmanship, competition rules and encourage family participation. The team members will hold Family Fun Days over the school holidays and monthly barbecues after matches for all

members.

This positive initiative included a number of lead-in workshops that all team members participated in. They covered developing competition guidelines and rules, positive mental health and looking after your mates, health and wellbeing and bonding sessions.

John Eren MP

- Minister for Tourism & Major Events
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Drop in to the fOrT

The fOrT's drop in program will commence on Monday, February 1 and will run every week night of Term 1 from 4pm until 7pm.

The fOrT is located on the corner of Melbourne and St Georges roads in Norlane. It is open to any young person between the ages of 12 – 25 years and is free to attend.

Drop in offers young people a safe and supportive environment to socialise after school, to learn new skills and generally have a good time.

The fOrT offers a range of activities at drop in from art, cooking, guitar and drum lessons to dance class and skipping teams. There is something for every young person including table tennis comps, pool tournaments, Xboxing, wifi and delicious evening meals.

For more information, contact the fOrT on 5274-9074 or email jruge@geelongcity.vic.gov.au.



New equipment to start the year

North Shore footballers and netballers are starting 2016 with new equipment and facilities, courtesy of successful grant applications.

The club's netball courts have gained permanent shelters for scorers and umpires thanks to a City of Greater Geelong Community Grant. The club's football also received funding in the VicHealth Active Club Grants program

for new goalpost padding and first aid kits.

Pre-season is in full swing for both sections, while the juniors will also begin when school resumes.

The club fields senior football and senior and junior netball teams in the Geelong Football League, as well as junior football teams in the Geelong

Junior Football competitions.

Training for all sections is held at Windsor Park in Rose Avenue, Norlane.

For information about senior football, phone Dale on 0488-994-600; for netball inquiries phone Jeanette on 0408-559-049; for information about junior football, contact Chrystal, phone 0412-254-041.

Celebration at Waterworld

More than 1000 local community members and current and past staff members celebrated the 50th birthday of Waterworld at a community day in December.

As part of the celebrations, kids enjoyed a swim skills and technique session with young swimming star Mack Horton, who is a junior world record holder in 400m, 800m and 1500m freestyle and is now in training for the 2016 Olympic Games. The day also included fitness demonstrations, kids fitness classes and activities and a free community barbecue.

Corio ward councillor Kylie Fisher said she was thrilled to celebrate such a significant milestone with the local community.

"Waterworld has been an icon of the north for a long time and such a prominent landmark for people coming into Geelong," she said.

"Waterworld continues to grow in popularity with people of all ages and that's largely due to the fantastic staff - both past and present - who provide such a great service to the members and visitors.

"Our local community has embraced Waterworld, as shown by the more than 1.5 million visits to the centre in the past six years."

Cr Fisher said she is looking forward to an even brighter future at Waterworld as the Northern ARC precinct takes shape over the coming years.

Waterworld offers a range of exercise and fitness programs including Learn to Swim classes, aqua aerobics, pilates, yoga, personal training, indoor cycling, LiveWell program for older adults, creche and occasional care.



Waterworld staff, pictured with Speedo Ambassador Mack Horton, Malcolm Kuhn, Ben McCawley, Mary Schroeder, Mark McDowell, Dean Mortimer, Elizabeth Buyel, Jenny Scarlett, Trish Richert, Jack McAllister



City of Greater Geelong Leisure Services Manager Malcolm Kuhn, Corio Ward Councillor Kylie Fisher and Waterworld manager Mark McDowell.

Festival fun at Rosewall

The annual Rosewall Family Festival is on again - Going Potty will be held in early March.

Going Potty is Rosewall Neighbourhood Centre's free family day and will include stage performances and open mic, free theatre, music, stories, pottery and art workshops.

Festival goers will also be able to visit and handle the Roaming Reptiles and go wild on the jumping castles and skate ramps.

This day is about getting together, having fun with your neighbours and having a go at something new.

Going Potty will be held at Rosewall Neighbourhood Centre on Saturday, March 5, from 11am until 3pm. For more information, call the centre on 5275-7409.



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National award winner

Northern Futures has received national recognition for its work in creating employment opportunities for young job seekers in Geelong's northern suburbs.

The Norlane-based organisation was honoured with the Youth Employment Award in the 2015 National Employment Awards.

Northern Futures was established in 2007 and operates under the auspices of the Norlane Community Centre. It is guided by a steering committee representing Geelong's government, industry, education and community sectors.

The Northern Futures mission is to create employment and training opportunities for the 60 per cent of people in the 3214 community most at risk of becoming or remaining jobless.

By linking the needs of people and employers in a collaborative way, it aims to strengthen the local economy and build a sustainable community. Northern Futures Executive Officer Lou Brazier said the award recognised the success of the Northern Futures model.

"At Northern Futures we have developed an innovative approach to job training and employment placement that draws on the resources of the whole community in a truly collaborative way," Ms Brazier said.

"We help young people access appropriate skills training and support and mentor them while they settle into their new job.

"It's a highly intensive process, but our figures show it's a process that works. We are helping young people turn their

lives around. Once they realise they can get a job and keep it, it changes their whole idea of what is possible."

Northern Futures is the only Australian provider of the Alcoa Foundation's Global Internships for Unemployment Youth. The program gives young jobseekers the opportunity to complete a six-week paid work placement in local industry. Results are showing that by using its unique approach, Northern Futures is setting international benchmarks in the delivery of the program.

"This award recognises the tremendous efforts of the Northern Futures team who work extremely hard to ensure the participants of our programs get the best chance to succeed at life," Ms Brazier said.



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(Business Basics)

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Contact: Sarah Cunningham
Northern Futures
Let's Get to Work!

Email: Sarah.northernfutures@gmail.com
Phone: 0407-594-193
www.northernfuturesgeelong.net.au
PO Box 1067, Corio Victoria 3214

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.



SKAART celebrated its 10th anniversary late in 2015, with another successful festival at the f0Rt Youth Centre in Stead Park. The 10th Anniversary was celebrated with a giant birthday cake and the entire outdoor was decorated with colourful silk koi fish, dreams catchers and patterned bunting, all hand made by young people who attend the f0Rt. An event committee of nine young people spent three months planning and developing the event, which was attended by around 1200 community members. Highlights included the silent disco, bucking bull, skate, scooter and BMX competitions, stalls and food. The SKAART stage also provided great entertainment, with youth performances, a magic show and an eating challenge.

SKAART provides the opportunity for all community members to come together for a free and fun day out for the whole family. It also gives the young people involved in the planning, implementing and volunteering a real sense of achievement and pride in themselves and their suburb.





Cloverdale TOWN Club member Shirley shows some of the amazing knitted bees she has created.



Rosewall Neighbourhood Centre held a successful Twilight Market night. Among the visitors were Catherine and her children, pictured enjoying snacks; Hannah, looking for bargains among the vintage clothing; and the Geelong Potters, who were kept busy selling their creations.



Cloverdale Community Centre celebrated winning a training provider award from Salvation Army Northside in late 2015. Cloverdale's Adult Education Co-ordinator Liz is pictured with the award.



A multicultural Futsal league has been formed at the Leisuretime Centre, with games played every Monday. Participants are also being mentored to take on leadership roles in their clubs.

Geelong Active Travel maps

While many of us know that physical activity is great for our overall health and wellbeing, the challenge is often finding the time to do it.

This is where active travel can really help as it increases physical activity

but, unlike joining a gym or taking up a new sport, does not require you to add another activity to your day.

There are three maps in the City of Greater Geelong active travel map series.

These are:

1. North/Central Geelong and Lara.
2. South/Central Geelong and Leopold.
3. Bellarine Peninsula.



The maps include the following information:

- Off road shared pathways.
- On road bike lanes.
- Bus routes and railway stations.
- Local places such as schools, shopping centres and libraries.
- Public toilets.

- Playgrounds and reserves.
- City of Greater Geelong customer service centres.
- 'Off leash – supervised areas' for dogs.

The Greater Geelong Active Travel Maps were developed by Healthy Together

Geelong, City of Greater Geelong and jointly funded by the Victorian Government and VicHealth.

For further information please contact: Healthy Together Geelong, phone 5272-5272 or email healthycommunities@geelongcity.vic.gov.au.

Cowies Creek Environmental Walk

The Knowing your Place Neighbourhood Walks are about connecting with your neighbourhood in an active way and gaining a sense of pride and belonging to the space in which you live.

The walks acknowledge the traditional owners of the land with the following words: We must always remember that this land is, was and will always be the Wadawurrung Peoples traditional land.

The Cowies Creek Environmental Loop has been developed in partnership with Covenant College VCAL students and the City of Greater Geelong.

This loop also forms part of the larger walk/cycle loop: Karndoor-kapa track (Wadawurrung, meaning follow the Norlane Corio track); that provides 18 kilometres of cycle/walking trails that surround the two suburbs.

Future neighbourhood walk/cycles are being developed for the 3214 area. Each walk is unique in its own way, but pays tribute to the natural and social richness that exists in Norlane and Corio's past, present and future.



Projects for young people

Corio North residents may be aware that skate pads and BMX jumps in the open space at the east end of Connections Park will need to be removed.

Council understands the need for recreational facilities for young people in the area and is working hard to improve a number of facilities in the area, with the following projects underway:

- Rosewall Neighbourhood House – detailed designs approved 2015/2016. Total project cost is \$3.1 million.
- Hendy Street Children's Hub – tender for detailed designs will be approved mid-2016. Total project cost \$5.4 million.
- Hendy Street Reserve development (Council-owned land adjacent to the former Flinders Peak Secondary College site) – planning

to commence on new multi-use playing fields and associated works. Project cost \$1.2 million.

For more information, visit www.geelongaustralia.com.au or follow the City on Facebook.

Are you 12 to 25 years of age?

The City of Greater Geelong's Youth Development Unit hosts a number of activities for all young people in this age category living in postcode 3214.

The fOrT is found on Melbourne Road, Corio (the former Tourist Bureau in Stead Park) and welcomes young people between 12 and 25 years old to participate in a range of fun, free activities. Follow the fOrT on facebook / FORTGEELONG to find out what's on. How to get to The fOrT

Bus it via these options:

- Catch the Route 23 bus in Rosewall – buses go both ways. This bus travels to Corio Shopping Centre and then continues on to The fOrT. (Note: From Corio Shopping Centre Route 23 continues as Route 20 to Geelong Station and then continues on into town as Route 25).
- Catch the Route 23 bus in Rosewall. This bus travels along Station Street and stops at the

corner of St Georges Rd. The fOrT is then in walking distance from this bus stop. Alternatively, catch the Route 1 bus along St Georges Rd to The fOrT.

Ride/walk/skate:

Follow the Melbourne Road to the walk bridge where you can cross over to the Macca's side of the highway.

Skate action group

Are you aged 12-21 and live in the northern suburbs of Geelong?

Do you have an interest in skate, scoot or BMX? If yes, you're invited to join the North Skate Action Group.

Contact Dylan on 5272-4639 to register your interest in joining.





Norlane Community Centre

Rose Avenue, Norlane. Phone 5275-8124.

E-mail: admin@norlanecc.com.au

Office Hours: 9am-5pm Monday to Friday

Compost program trial

Norlane Community Centre is participating in the first Australian CLOéy food waste compost unit trials. The trial is part of the City of Greater Geelong's attempt to transform Geelong into a more sustainable city for the future.

CLOéy units convert food waste into nutrient rich soil conditioner in 24 hours. The soil conditioner can be mixed with garden soil and added to our community garden.

Norlane Community Centre can now compost basically anything that you can eat, cooked or raw including:

- Liquid foods, such as soups and stews.
- Meat and fish.
- Small bones such as fish and chicken bones.
- Fruit and vegetables.
- Egg shells and most seafood shells, such as mussel and lobster shells.



The food waste compost unit is having a positive impact at Norlane Community Centre.

- Bread, crackers, grain foods.
- Fast foods.
- Dairy foods.

The centre is now composting all of its food wastage, along with green waste composting, which is saving its

carbon emissions by around 46 per cent. In this way centre is saving on the cost of buying fertiliser for the garden beds, while also helping the community garden to become more environmentally friendly.

Interesting guest speaker

At the recent Annual General Meeting of the Norlane Community Centre, the guest speaker was Bill Mithen, who is the CEO of Give Where You Live. Bill spoke to the Board, members and guests about GROW (G21 Region Opportunities for Work) and collective impact.

Bill captivated his audience with

his informative insight on the aims of GROW in the Geelong and Colac regions. In addition, he spoke about collective impact and how it links all sectors and advocates for a coordinated and initiative approach.

Bill's talk was very effective in driving home some sobering points.



www.norlanecommunitycenter.com.au

PROGRAMS AND GROUPS AT NORLANE

Tai Chi for all abilities

Classes are held every Tuesday from 10am-11.30am for beginners and those who have had previous experience of Tai Chi. Wear comfortable clothing and flat shoes. The group also maintains garden beds to grow its own vegetables, which are shared amongst the group. Contact Monika on 5281-7175 or Maureen 5275-3939.

Tuesday art group

Would you like to paint in a friendly, comfortable self-help group? Come and join us every Tuesday from 9am until 1pm and have a cuppa. All art mediums are invited and the cost is \$4. The art group members also have a garden plot for growing their own vegetables.

Craft and friendship

Come and enjoy afternoon tea and a laugh with a group of talented people of all ages, every Friday from 1pm-3pm. This is an opportunity to share your craft ideas or learn something new. Bring your own materials. Cost \$1.

Norlane Community Fruit, Herb & 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 veggie 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 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 operates on Tuesday and Friday from 9am to noon. Inquiries 5275-8124.

Computers

Computers are available for community use at Norlane Community Centre. 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



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 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 its 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, please 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.

Health program

Barwon medicare local has had a name change and is now Western Victoria Primary Health.

The Western Victoria Primary Health 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 Western Victoria Primary Health on 5229-1922.



Garden project taking shape

A group of jobseeker volunteers has been very busy over the past few months redeveloping the garden area at Norlane Community Centre. They have taken their design and applied it to the area to be landscaped.

The jobseeker volunteers have worked hard in removing soil and unwanted synthetic turf to make way for the new

garden plots and recreational area. They have marked out the garden beds and cut and constructed the raised garden them. These beds have been filled with soil and compost ready for planting.

The garden area has been shaped and prepared ready for planting and the construction of a kidney-shaped outdoor table is well underway.

The plants are due to arrive soon and when planted will give the whole area a complete new look.

With the gravel and mulch added, the centre will have a great looking recreational area and the jobseeker volunteers can be proud of their achievement.



The original outdoor area.



The start of change to the area.



The project nears completion.

Different types of gardens

What makes you feel great when you spend time and money in the garden? It's when you look at the beautiful flowers on show or when you harvest the vegies and serve them up for dinner. Some easily grown stuff is squash, silverbeet, lettuce, radish and spring onions. These are great things to start off with – I don't think you could kill these even if you tried.

Not much space for a garden? Why not plant a vertical type garden? Cucumbers, zucchini, climbing beans and tomatoes can be trained on an upright wire frame. These frames can be placed between flowers and shrubs and do not need a dedicated vegie garden.

Another option is to make a moveable garden bed using an old pallet. Cover one side of the base and the ends with shade cloth, turn it over and fill the spaces between the timbers with potting mix, mixed up with several handfuls of water crystals.

Plant with seedlings that don't have big roots – radishes, spring onions and lettuce are great. Add a few violas along the sides for colour and water

frequently with a little soluble fertilizer. The only downside is that because they are only about six inches deep, they'll dry out quicker than a garden bed.

Watering, is of course, of prime importance during the warmer months. Check that the sprays on your watering system are all working and do not need cleaning or replacing. Regular deep watering is better than frequent sprinkles as the water will penetrate to the roots where it is needed. It will also carry any fertilizer down where it is required.

Watering in the cool of the evening or early morning is more efficient, there is less evaporation and water stays where it's needed. Watering at these times gives the plants longer to absorb the moisture before the heat strikes. Aim the water low on the plants so the soil is wet, not the leaves. Damp leaves can result in mould at night and burn off in the heat.

Hopefully you've prepared your garden for summer with mulch – it is estimated that an organic mulch will reduce watering by 60 per cent. It saves time,

water and money at the same time, and it also prevents weeds. Sugar cane mulch breaks down into fertilizer, which is an added bonus just, make sure your garden is watered before applying the mulch.

Pot plants need a little special care – droughtproof them by pushing vertical holes into the soil, stick a straw in and fill it with water crystals down to the bottom of the hole, pull the straw out before watering with a mixture of water and liquid fertilizer. These pots will also benefit from a little mulch on top.

Raise your mower blades to prevent burnt lawns, which have been cut too low. Remember that the first impression given by your house is the lawn and gardens in the front yard, so how about some small statues or ornaments? Placed between the plants and shrubs, they look great, make your house more welcoming and colourful.

Enjoy your garden and getting outdoors,

Betty



2013 LEARN LOCAL LEGEND

2016 National Year of Digital Inclusion

Digital inclusion is about affordable access to information technology, increasing individuals' digital literacy skills, the creation of relevant content and the inspiration of local communities to lifelong learning.

This year, Cloverdale will be hosting a range of events and activities to build digital inclusion in the community. From classes to pop up events, all activities will have a digital focus. The Thursday Learning Space is an opportunity to use digital technologies such as iPads, sound recorders, digital cameras and laptops.



Khudai has trained as an Intel Learn Easy Steps tutor.

iPad for beginners in our Learning Space

This program will run on Thursdays from January 28, from 1 to 3pm for three weeks.

The cost is \$10 per session.
Refreshments provided

Women as One

Celebrating International Women's Day, this multicultural dinner for women from all our communities will be held on Friday, March 11.

Open MIC Nite

Open MIC is an outrageous night of fun, music, performance and spoken word and will be held on Friday, March 18 from 7.30pm until 10pm.

If you would like to be on the bill, give the centre a call on 5275-4415. Refreshments provided. All welcome. Gold coin donation.

Food Swap

The Cloverdale Food Swap is held on the third Saturday of the month from 9.30-11.30am.

Food Swaps are local gatherings where people "swap" excess homegrown produce and gardening extras. Fruit, vegetables, herbs, eggs, seeds, seedlings and gardening tips are swapped. It is also an occasion to share skills, stories and seasonal recipes.

Cloverdale Book Swap

Reading is important because words – spoken and written – are the building blocks of life.

Recent research in cognitive science, psychology and neuroscience has demonstrated that deep reading – slow, immersive, rich in sensory detail and emotional and moral complexity – is a distinctive experience, different in kind from the mere decoding of words.

Although deep reading does not require a conventional book, the built-in limits of the printed page are uniquely conducive to the deep reading experience.

So enjoy some deep reading by finding some great reading in the Cloverdale book swap.

(This article is from the Brilliant Report, a weekly newsletter written by Murphy Pau).

GENERAL INTEREST

Cloverdale Singers

An acapella group meeting weekly, with a varied repertoire of folk, gospel, rounds, ballads and part songs. Beginner and experienced singers welcome.
Tuesdays from February 2, 12-1.30pm.
Cost is \$3 per session.

Guitar for Beginners

Learn guitar with Liz and Daniel. Includes basic theory and practice of chord changes, scales, strumming and picking.
Tuesdays from February 2, 3-5.30pm.
Cost is \$15 per session.

Drums for Beginners

Ever wanted to be a drummer? Explore rhythm, rudiments and basic theory with Erin.
Tuesdays, 3pm-5.30pm from February 2, by appointment.
\$15 per session

Plus Introduction to Songwriting (see Learn Local page)

Cloverdale Food Swap

Swap your excess garden produce including vegies, fruits and plants, eggs and preserves. Reduce your food miles and join us for coffee and cake. All welcome.
Third Saturday of every month, 9.30-11am.
Donations welcome.

Cloverdale Painters

Draw and paint in a friendly group. Exchange ideas, develop your techniques and use a range of materials.
Wednesdays, 1-3pm, from January 27.

Cost is \$2 per session.

Ukulele Players

Play the cutest instrument on the planet with a friendly group. Strumming techniques, chord changes and new songs every week.
Thursdays, 10am-noon, from January 28.
Cost is \$5 per session.

Cloverdale Garden Group

Come along for some gardening fun. Help grow our community garden, share tips, learn new skills and meet new friends.
When: Flexible volunteering.

HEALTH AND WELLBEING

Tai Chi

Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence.
Mondays, 9.30-10.30am, from February 1.
Cost is \$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 January 28.
Cost is \$50 for 5 weeks or \$12 per session.

Chair Yoga

Are you injured or have limited mobility and want to enjoy safe exercise in a supported environment? Our experienced instructor from Inner Cor will help you exercise safely from the comfort and support of a chair. Medical clearance required prior to participation.

When: TBA

\$50 for 5 weeks or \$12 per session.

Walking with Andy

Join our friendly walking group for a weekly walk around the local area.
Tuesdays, 11am, from February 2.

CHILDREN AND PARENTS

Playgroup

Join our friendly playgroup for children and their parents/carers. New parents always welcome.
Wednesdays, 9.30-11.30am, from January 27.

COMMUNITY ARTS

Open Mic Night

A spectacular evening of ferocious talent with comedy, singer/songwriters and bands plus really cool people to hang out with.
Call 5275-4415 if you would like to be on the line-up.
Friday March 18 from 7.30pm.
Gold coin entry.

Art with Emma

Drop into the artspace and explore a range of media and techniques in a fun, relaxed and social environment.
Wednesdays, 10am-noon from January 27.
\$5 per session.

Opportunities for learning

The saying 'the bigger the better' is not always true. In a learning space, bigger often means people get lost with less time available to each individual.

Learning spaces like Cloverdale Community Centre and other local

community centres understand that not all experiences of education are positive or that opportunities for education are open to all people.

Cloverdale offers people opportunities to begin learning again in an

environment where there are no right or wrong answers and the reasons for participation are many and varied.

Call Cloverdale Community Centre on 5275-4415 to discuss the opportunities available.

PROGRAM	Starting	Day	Time	Full Fee	Concession
Computers					
Communicating with Digital Devices	February 2	Tuesday	9.30am-12pm	\$270	\$110
Developing Computers - the next step (10 weeks)	January 29	Friday	12.30pm-3pm	\$220	\$115
Getting Started with Computers (8 weeks)	January 29	Friday	9.30am-12pm	\$180	\$90
Intel Learn Easy Steps - Computers (10 weeks)	February 2	Tuesday	12.30pm-3pm	\$220	\$115
Employment					
Safe Food Handling (RTO AGB Training)	Pending numbers	TBA	TBA	\$100	NA
Become a Barista - 3 accredited units including Safe Food Handling (RTO AGB Training)	Pending numbers	Monday	TBA	\$450	NA
Certificate III in Hospitality (RTO AGB Training)	Pending numbers	Monday	All Day	\$2,000	From \$100*
English for Living (Speaking and Listening)	February 2	Tuesday	2pm-4pm	\$220	\$50
English for Living (Speaking and Listening)	February 3	Wednesday	2.30pm-4.30pm	\$220	\$50
Tell My Story - work with a professional journalist and publish a book about you!	February 1	Monday	12.30pm-3pm	\$180	\$90
Preparing to Perform - Using creativity to build employability (8 weeks)	January 27	Wednesday	12.30am-3pm	\$210	\$90
Volunteering Pathways - Working towards employment through volunteering	Flexible	20 hours	Flexible	FREE	FREE
Art & Design					
Introduction to Songwriting (8 weeks)	February 2	Tuesday	6.30pm-9pm	\$195	\$80

* Subject to meeting funding criteria

Nationally Recognised Training from Certificate I to Advanced Diploma

Automotive
Business
Civil and Hydraulic Design
Community Services
Correctional Services
Food Processing
Health Support Services

Hospitality
Retail Services
Spoken and Written English*
Training and Assessment
Transport and Logistics
Work Health and Safety
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GOVERNMENT FUNDING AVAILABLE
Conditions Apply

PH: 1300 123 242
+ Fees and Government Funding subject to change. Conditions Apply.

Email: training@agb.edu.au

RTO 31812 CRICOS 03561C
All training is delivered with Victorian and Commonwealth Government funding. Conditions Apply.
AGB encourages people with a disability to access government funded subsidised training.

*These Courses are Not Government Funded. Check out our website for more information.

www.agb.edu.au

Karingal partnership extended

Viva Energy and Karingal are pleased to announce the signing of a three-year contract. This contract renews the gardening and catering services Karingal has supplied to the Geelong Refinery for over five years.

The contract provides essential services for the Geelong Refinery, including selling on average 200 lunches each day and maintaining 30 hectares of land surrounding the refinery.

Karingal is an Australian Disability Enterprise that provides employment opportunities for people with a disability or mental illness or those experiencing disadvantage.

The contract at the Geelong Refinery provides work for five staff and nine supported employees.

They Heyns, General Manager – Refining said: "Viva Energy is delighted to continue our partnership with Karingal. Over the last five years Karingal have become an integral part of our operations and consistently



delivered at a high standard."

"The real stand out has to be the positive social outcomes that the partnership generates as the people who are given opportunities really shine."

For many of the team members, working at the refinery is more than a job. It offers them an opportunity that they would not have received elsewhere.

Viva Energy has provided two of Karingal's supported workers with an opportunity to further their careers. Supported employee Aimee Hovey completed her chef's apprenticeship at Viva Energy and is now working onsite

as a fully qualified chef, while colleague Sarah Foley has started her chef's apprenticeship at Viva Energy.

Karingal Kommercial Manager Lisa Couper was delighted to see employees thriving at Viva Energy.

"Our crew has taken ownership of their roles at Viva Energy and have a real sense of pride about the work they carry out," she said.

"It's fantastic to see that we have achieved inclusion and become an important part of the operations at Viva Energy."

"Viva Energy's exceptional support highlights how a leading company and a social enterprise can work together to produce life changing outcomes for people."

The partnership is also significant for the local economy, with both businesses being based in Geelong.

Further Information



Website: www.vivaenergy.com.au/operations/geelong



Email: geelongrefinery-au@vivaenergy.com.au



Postal: External Communications
Geelong Refinery
90 Refinery Road
Corio Vic 3214



Operational Issues (24-hour line):
1800 651 818



Emergencies: 000



WHAT'S THAT SOUND?



The Geelong Refinery alarm is tested every Tuesday at 9.00am.

This alarm is a part of the Refinery's safety system and it is intended for on-site personnel only.

There is no need to take action if the alarm is sounded. In the unlikely event that an incident occurs and action needs to be taken, the CFA will direct the community.

If you have a concern regarding our day to day operations, please call **1800 651 818** immediately so that concerns can be investigated and appropriate action taken (if required).



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

New English Language Playgroup

Rosewall Neighbourhood Centre has started a new English Language Playgroup for parents and carers who would like to practice their English.

The idea behind the playgroup is for parents and their children to learn English together while playing, singing, reading and doing fun activities.

If you are interested, please join the group on Wednesday mornings from February 3 between 9.30am and 11am, at 36 Sharland Road, Corio.

If you know someone who the playgroup would be ideal for, encourage them to come along, or feel free to bring them along their first time.



Women's DIY

Rosewall Neighbourhood Centre is offering a Do-It-Yourself home maintenance and woodwork program for women.

Learn how to do maintenance jobs

around the home and make small woodwork items.

Call the centre if you are interested in day or night classes. Phone 5275-7409.



Free health talks

Rosewall Neighbourhood Centre will host a series of free talks about nutrition, budgeting for good food and women's health, from February 10 to March 23.

The speakers will be from Barwon Health and Corio Community Health. Details about the weekly topics are on

the Rosewall Neighbourhood Centre website www.rosewallinc.org.au or phone the centre on 5275-7409.

The talks are open to everyone, but you are encouraged to book if you can, so that organisers have an idea of numbers.



Care | Education | Research




Course Cost	Description	When	
Introduction to Office Work NEW	Learn Office procedures, operation of office equipment, computer skills, filing, cash handling. Hands on experience included.	Monday 9.30 – 12.30 for 3 weeks plus 1 day work experience plus 1 computer course. From: Feb 15	\$125 Full \$95 Concession
Computer Classes			
Introduction to Computers	Understanding your computer. Word Processing Internet and email 	Tuesday or Thursday for 8 weeks 9.30am -12.00pm From: Feb 2 or Feb 4	\$125 Full \$95 Concession
Intermediate Computers (Intel Easy Steps 2)	Word Processing - more Spreadsheets Inserting media	Tuesday for 8 weeks 12.30pm-3pm From: Feb 2	\$125 Full \$95 Concession
Computers for EAL Learners (For English Learners)	Understanding your computer. Word Processing Internet and email	Ask us Phone: 5275 7409	\$125 Full \$55 Concession
Computer Help	Answers to your questions/computer problems	Friday 9.30am – 12pm From: Feb 5	Free
Reading, Writing, Maths, English			
Conversational English Class for Karen & Kareni	Practicing pronunciation, learning new words and practicing conversations	Every Wednesday 9.30am – 12pm Phone: 5275 7409 During the school term	Gold Coin
Reading, Writing Maths Classes	Tell us what you want to learn and we will find a way to help you. Call 5275 7409	Ask us Phone: 5275 7409	
English Language Playgroup New	Learn English while playing with your children. Singing, stories and activities.	Every Wednesday 9.30am – 11.00am During the school term	Free
Rosewall Café TRAINING			
Café Work Skills 	Learn hospitality skills: including Safe Food Handling Certificate (SITXOHS002), Cash Register training, Coffee Making, Food Preparation and Hands on experience in a commercial kitchen/café.	Monday 6 Weeks 9.30 am – 3.00pm Plus 1 day per week in the café for work experience Begins: Feb 15	\$160 Full \$110 Concession
Coffee Making	Learn how to operate a commercial coffee machine and	Monday 9.30 – 3.00	\$60
Certificate Courses			
Certificate 3 Aged, Home & Community Care (CHC30212 & CHC30312)	This dual qualification addresses work primarily in residential facilities or work in client's homes and other community settings RTO: Ocean Grove Neighbourhood Centre	Tuesday & Thursday 18 weeks From February 16	\$800 Funded \$516 Concession
Apply First Aid (HLTAID003)	Apply First Aid. This course includes CPR.	Wednesday 9.00am-5.00pm Feb 24	\$145

Voucher Offer –Term 1 2016

Present this voucher for a \$5 discount on Learn Local and Creative Arts courses at

Creative Arts

Pottery Open Studio	For those who have some pottery experience. Bring your own project.	Tuesday & Wednesday 9am-3pm During School Terms	\$5 per day
Drawing & Painting	Do you want to draw or paint? Julian will work with each participant individually on what you want to learn.	Thursday 10am-12pm From Feb 4 During School Terms	\$5 per session
Mel's Pottery Class 1 	Beginning with a wheel, hand building, artist journal (keeping a record of design ideas and results). Bookings essential call Mel: 0409 334 891	Wednesday 6.30pm-9pm 5 weeks From Feb 17	\$160 Includes materials & firing
Mel's Pottery Class 2	Wheel throwing, and hand building using different clays and a variety of surface design techniques. Bookings essential call Mel: 0409 334 891	Thursday 6.30pm-9pm 5 weeks From Feb 18	\$160 Includes materials & firing
Daytime Pottery NEW introductory Class	Learn the basics of pottery to enable you to join open studio sessions. Bookings essential call Mel: 0409 334 891	Thursday 1.30pm-3pm 5 weeks From Feb 18	\$120 includes materials & firing
Kids Pottery NEW	Includes fruit and water on arrival, materials and firing Bookings essential call Mel: 0409 334 891	Wednesday 4.00pm - 5.30pm Begins Feb 17 For 5 Weeks	\$120 Includes materials & firing
Patchwork group	Get together, learn new skills, work on your own project. Suitable for beginners through to advanced.	Thursday 7pm-9pm From Feb 4 8 weeks	\$85 + \$20 Sewing machine hire or BYO machine.

Activities & Groups

Group	Description	Venue	Contact
Geelong Potters	Geelong Potters meet on a Tuesday & Wednesdays During school terms. New Members welcome.	Rosewall Neighbourhood Centre	5275 7409
Play Group 	Facilitated playgroup for 0-5 years. 9.30am-11pm Thursdays October 8	Rosewall Neighbourhood Centre	5275 7409
Street Surfer Bus <i>Barwon Youth</i>	Games and educational support for youth. 2.00-5.00 every second Tuesday Free Sausage Sizzle	Rosewall Neighbourhood Centre	5275 7409
Over 50's	Get together with friends. Meet new friends! Activities and outings. New members welcome.	Rosewall Neighbourhood Centre	Ronnie 0418 653 309
TOWN	Take Off Weight Naturally. Help each other to lose those extra Kgs 8.45 -10.45 Mondays	Rosewall Neighbourhood Centre	Geraldine 5298 2275
TAEKWON – DO	Geelong Taekwon-do trains weekly 6.30 – 7.30 Wednesdays	Rosewall Neighbourhood Centre	Phil Zdybel 0418 513 981
Strength ,fit & balance	Open class, start the day strong! Qualified personal trainer \$7 per week, pay as you go Tuesdays, 9am-10am Starting Feb 2	Rosewall Neighbourhood Centre	5275 7409
Bayside Active Adults	Exercises: Qualified personal trainer 10.45am – 11.45am Mondays	Hendy St Hall	Lesia 5200 0146
Corio Kyokushin Karate Club	6.30pm Mondays & Wednesdays	Hendy St Hall	Scott 0418 335 355
Cloverdale Calisthenics College	4pm – 8pm Mondays & Tuesdays During School term	Hendy St Hall	Mandy 0418 559 241
GKR Karate	6.30-7.30 Fridays	Hendy St Hall	Luke 0450 011 654
Northside International Christian Church	Church Service – Sunday morning Youth Group – 7pm Fridays	Hendy St Hall	Stephen 0405 104 610
Geelong Buccaneers Grid Iron Club	American Grid Iron Football – training & matches	Hendy St Hall	Layke 0433 298 278

Safety focus helps kids

Viva Energy with its partners UGL, Contract Resources, McElligotts, Brockman Engineering, RCR Energy, Eastside Cranes, Sulzer, Applus, Alliance, USI, MSS Security, Tubetech, Gordon McKay, Veolia, Ruffin Hydraulics, Mobile Communications Systems, Furmanite, Coates Hire, DImac Construction, Worley Parsons have raised more than \$60,000 for the Women's and Children's Services at University Hospital Geelong.

During September 2015, Viva Energy with its contractors successfully completed a turnaround. A turnaround is a detailed service across major sections of the refinery and involves

various maintenance and upgrades of machinery and fittings.

Turnarounds are no small feat, involving 18 months of planning and an additional 400 contractors on site to complete the work with the refinery employees. Viva Energy is completing two turnarounds in 2015/2016 and collectively they are valued at \$150 million.

With so much activity occurring at the refinery, the team is even more vigilant about safety performance during these times.

To reinforce the importance of safety and how it impacts our loved ones, a safety incentive was established by all companies working on the turnaround.

The team earned more than \$1600 for each safe day of work they achieved. The funds raised will purchase an infant ventilator for the Special Care Nursery valued at \$48,000 and a defibrillator for the Emergency Department paediatric bays for \$12,000.

The refinery has been raising money for the hospital for each Turnaround since 2009. Over this period an incredible total of \$225,000 has been raised.

