

EDITION 53, TERM 3, 2017

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OUR COVER: Corio is home to talented artist Nina Smart, whose work has been shown at the National Gallery of Victoria. Read about Nina on PAGE 5.



## Editor's letter

Welcome to the Term 3 edition of Northerly Aspects ... and welcome to winter.

The days may be shorter and colder, but there are still plenty of ways to stay warm and engaged during Term 3. In this edition, we highlight a broad range of activities, events and news relevant to residents of the 3214 area.

We also pay tribute to local resident, Len Blacker, who died suddenly in May. Len was a long-time volunteer at Cloverdale Community Centre and in other community groups. He was never short of a wise word or a joke and shared his thoughts in Northerly Aspects over many years with Len's Quote. Sometimes they were well known sayings, sometimes they were adaptations of popular quotes, and sometimes they came straight from Len's experiences in life. There are many people in our community who will miss Len.

Term 3 is a great time to get to know the community centre or neighbourhood house closest to you. You'll find a voucher for a free coffee at either Cloverdale Community Centre, Norlane Community Centre or Rosewall Neighbourhood Centre in this edition. To claim your free coffee, take the voucher to one of the centres during normal opening hours.

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](mailto:info@northerlyaspects.org.au). Northerly Aspects also has a website – you'll find us at [www.northerlyaspects.org.au](http://www.northerlyaspects.org.au).

# Reflecting on young lives

An art program based at The fOrT Youth Centre in Norlane, and supported by the Bluebird Foundation, took place at Courthouse Youth Arts in Geelong in late June.

'Here & There' was a visual arts exhibition showcasing the work of Karen and Karenni youth in a celebration of Refugee Week 2017. Each of the young artists shared their journey from 'there' to 'here' through self-portraits, landscapes and stories.

Hserkutha Ra explained: "On the left side of my self-portrait, the leaves represent the jungle around the refugee camp. On the right side are buildings which represent Australia to me. It was strange to see buildings and places so different to the jungle when I came here. And I couldn't believe how many cars there were and how busy it was."

The Karen and Karenni people originate from the eastern border region of Myanmar (formerly Burma). They are members of ethnic groups that have been suffering discrimination by the Myanmar government since 1949. A resettlement program commenced in 2005 and there are now more than 200 Karen and Karenni living in the Geelong region.

This exhibition was the result of a long-term project called 'Drawn Together' that brings young people from Geelong's Karen and Karenni communities together with Barwon Heads artist, Liz McGrath.

Through after-school art classes and workshops held weekly at The fOrT, the young artists explored a wide range of artistic styles, techniques and art materials. With the support of Bluebird Foundation, Liz provided support, materials and expert art tuition to the group, who live in the northern suburbs of Geelong.

The young people who exhibited in 'Here & There' are aged between 14 and 22 years. All have spent time living in refugee camps in Thailand. While living in camps, and despite access to only basic materials, many of them developed a passion for drawing and art, but are often unable to pursue this passion into the senior grades in our school system.

Bluebird Foundation is a Geelong based not-for-profit dedicated to providing quality arts programs that make a difference. They collaborated with The fOrT and Courthouse Youth Arts to support the young artists to showcase their work during Refugee Week.



Htoo KoLo Ra works on his piece for the exhibition.

"The self portraits and landscapes capture just a little of the stories these remarkable young people have to share," said Bluebird Foundation's Bron Lawson. "To understand their lives helps connect our community and make it a richer place to live."



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# A guide to Term 2 events and activities

When	What	Where	Contact
Every Monday during term 4-6pm for 12-25 year olds.	<b>Monday Night Drop In</b> Pool, Xbox, art and meal. Free	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Wednesday during term 4-6pm for 12-25 year olds.	<b>Wednesday Night Girls Drop In</b> Activities and evening meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Thursday during term 4-6pm, for 12-25 year olds.	<b>Thursday Night Drop In</b> Xbox, art, music, evening meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Thursday during term 11am-Noon.	<b>Bookworms Playgroup</b>	Urban Seed, 4-8 Spruhan Ave, Norlane	0417-574-115 or 0452-116-709
Every Friday during term 4-6pm, for 12-25 year olds.	<b>Friday Night Drop In</b> Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Saturday, July 15 9.30am- 11am	<b>Cloverdale Food Swap</b>	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Saturday, August 19 9.30am-11am	<b>Cloverdale Food Swap</b>	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Saturday, September 16 9.30am-11am	<b>Cloverdale Food Swap</b>	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Friday, September 1 7pm	<b>Open mic</b> Family-friendly, all performers welcome.	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415

To have your community event listed in future editions, email the information to [info@northerlyaspects.org.au](mailto:info@northerlyaspects.org.au) with What's On in the subject line.



## THE LAW PLACE

# corio



## FREE legal help

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Gellibrand Street, Corio  
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# Talented artist is right at home

Artist Nina Smart has made her home in Corio as her reputation for outstanding work continues to grow.

Nina was born in Melbourne and raised in a creative family. She has always painted and exhibited her first artwork at age 13.

Nina and her partner moved to Geelong about 10 years ago, mainly due to housing affordability. "We decided buying in Geelong would be both a lot more affordable and close enough to Melbourne to travel to regularly," she said. "Since making the sea change we have found that the local area has a lot more to offer than we expected in terms of shopping, entertainment and local parks and gardens."

Nina was effectively self-taught until she commenced a Bachelor of Fine Arts - Drawing, at Victorian College of the Arts in 1995. Her work has been shown at the National Gallery of Victoria on a number of occasions in different exhibitions.

"At the moment, I'm working on painting close-ups of lips and eyes to bring focus to what we are taught is fundamental in successful communication, our faces and facial expression," she said.

"Today's culture has us far removed from face-to-face contact, as we prefer to text, twitter and snap chat our daily interactions with other people. I want to create full bodied, visceral paintings of facial features to reignite our interest in communicating directly with one another."

Nina was recently involved in a photo shoot with some of her work for an upcoming feature on Bluethumb online gallery, which is a great supporter and promoter of Australian art and artists.

You can see the feature at [www.bluethumb.com.au/nina-smart](http://www.bluethumb.com.au/nina-smart). Her art can also be seen on her website: [www.ninasmart.com](http://www.ninasmart.com).



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## Len left his mark on community



Staff, volunteers and regular visitors to Cloverdale Community Centre are mourning the death of Len Blacker in early May.

Len was a long-time volunteer at the centre, as well as in other community-based programs in Corio and Norlane. He was a contributor to *Northerly Aspects* for many years, sharing his wisdom with Len's Quote.

Cloverdale Community Centre manager Liz Bonner said Len remained a regular visitor to the centre after his volunteer role ended.

"Len will be remembered for his no-nonsense approach to life and he was only too happy to share his wisdom with others," Liz said. "He had a great sense of humour and a cheeky grin too. We are already missing him."

Among some of the quotes Len shared with *Northerly Aspects* readers were: 'Don't count the days; make the days count.'

'Decisions equal consequences.'

'Life might be a game, but there are still rules to play by.'

'If you think you can't, you won't.'

'Accept or reject the challenges a new year presents.'

'Life is for living.'



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## Support group for families

Is someone you care about using drugs? Do you have someone in your life with drug and alcohol problems? Salvo Connect Barwon offers drug and alcohol support for families through a friendly group that meets twice a month.

Geelong Family Support Group is there to help families dealing with lives that are going around in circles, with the same thing happening over and over. It is also to support families

who constantly feel at the mercy of something they can't control.

The group meets on the first and third Tuesday of each month, from 6pm until 7.45pm at 35 Myers Street in Geelong.

At the support group, participants focus on the well-being of the family, learn about addiction and addictive behaviour and provide strategies to best cope with addictive behaviours. Families are invited to share their stories and

learn from each other to gain insight, hope and ideas.

Program facilitator Kate said everyone is warmly welcomed to the meetings, treated with respect and listened to without judgment. She said there are lots of benefits from mutual support.

For more information call the Family Drug Help on 9573-1784 or the Helpline for confidential support on 1300-660-068.

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## Fresh cafe focus for 2 & 5

Visitors to Labuan Square may have noticed a change to the format of the 2 & 5 shop, which until recently operated as a café and outlet for fresh fruit and vegetables.

2 & 5 is a social enterprise set up to address food insecurity by improving access to affordable, sustainable, fresh and healthy food. The shop is now operating as a café, offering delicious food and quality coffee five days a week.

Manager Chantelle Chauvet-Allen said the decision to drop fruit and vegetable sales was based on lack of demand, because customers were already buying their fresh produce elsewhere.

"We initially thought the Norlane community had limited access to fresh fruit and vegetables, but discovered that people were buying them with their supermarket shopping and taking advantage of their specials," she said.

"Customers told us they were using us as a convenience shop, for the things they missed or forgot at the supermarket. We couldn't compete with that, so made the decision to focus on the café side."

2 & 5 is supplied by its own farm and market garden. Excess produce is available free in the café to customers, along with bread supplied by Geelong Food Relief.

The 2 & 5 café and shop is open in Labuan Square every Monday to Friday from 9am-4pm. It serves all day breakfast, lunch, tea and coffee, and snacks. The new menu launched in early June includes a soup of the day and daily specials that feature fresh, healthy ingredients.



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**If you need support, talk to a friend, or go to [vic.gov.au/familyviolencesupport](http://vic.gov.au/familyviolencesupport) or call Safe Steps on 1800 015 188.**

**VICTORIA**  
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# Viva Energy helps jobseekers

Tanya Marriot has learnt a thing or two about tackling barriers to employment. The former lab technician and mother-of-two spent a year looking for work before realising she needed help.

"After 10 years out of the workforce, it was a struggle to find work," Tanya said. "I wanted a family-friendly job, but I didn't think my skills were transferable. My confidence really suffered."

Tanya and her husband Chris moved to Corio to be close to family and when Chris lost his job in Melbourne, he completed the employment pathways course, Getting Ahead, delivered by The Gordon at Northern Futures.

Chris quickly found full-time work locally and encouraged Tanya to do the course, but she didn't qualify for funding assistance.

Fortunately, Northern Futures covered Tanya's course fees with the help of a Viva Energy Role Model Scholarship. The scholarship scheme supports jobseekers in Norlane and Corio and was a game-changer for Tanya.

"I'm so grateful to Viva Energy for the opportunity to complete Getting Ahead," she said. "The course helped me identify what I wanted, the skills I offer and how to present those skills."

Now working part-time in the deli at Highton's Vallis IGA X-press supermarket, Tanya is amazed how well her skills have transferred to the new role.

"I'm enjoying this job immensely. I've got my confidence back and that is a wonderful feeling."



## Help for Nathan too

Nathan Greulich faced similar frustrations finding the right job. After three years studying information technology at The Gordon, he endured countless knockbacks due to lack of work experience.

When MatchWorks referred him to Northern Futures, Nathan discovered his prior studies disqualified him from further government training assistance. To help him over that hurdle, a Viva Energy Role Model Scholarship and Niall Family Scholarship jointly covered his course fees for Business Basics.

After graduating, Nathan had help from Gforce to begin a 12-month traineeship in Information, Digital Media and Technology at Barwon Child Youth and Family (BCYF).

"If it wasn't for Northern Futures, I'd still be looking for a job," Nathan said. "This is the perfect position. I'm learning heaps and everyone at BCYF is friendly and supportive. Help from Viva Energy and the Niall Family made all the difference."



# New group for parents

Northern Bay Family Centre is hosting a new group for parents and parents-to-be.

The group runs every Wednesday afternoon in partnership with VALiD and Family Inclusion Network Vic offering support, friendship, information, afternoon tea and a chat.

Family Centre manager Helen O'Connor said the pilot program ran in Term 2 to offer ante natal support that is relevant to the needs of parents-to-be. "It's about helping to prepare them for parenthood and offer support after the

birth of their child," Helen said.

"We had a growing response to the group, with quite a few new families dropping in after hearing about the program. They've had the chance to find out more about what we do here."

The group meets every Wednesday afternoon from 1pm until 2.30pm at the Northern Bay Family Centre, 25 Goldsworthy Road. Children are also welcome to attend the group.

For inquiries and bookings for Term 3, call Helen at the Family Centre on

5224-9791 or Kylie at VALID on 0439-011-003.

The Family Centre offers a free, fun activities for new parents, young families and their children, including playgroups and early years activities. It also provides parent support, pre and post natal and family wellbeing information.

A new playground was recently added to the centre's facilities, courtesy of a grant from the Bank of Melbourne in partnership with Ardoch Youth Foundation.



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# Residents move into new housing

It is exciting to see that many of the affordable rental units in Eagle Parade, Norlane, are now complete and people have moved in.

By late July, 19 of the 52 units will be finished. By the end of the year all of them will be built and have people living in them. Baptcare will hold an event at the site in July to celebrate this.

There has been a great response to these units, with a large number of

applications received from people wishing to become part of this new community. Due to this high demand, the wait list for these units is now closed.

To deal with current applications, tenancy and management of these units, Baptcare has hired a Housing Officer, Kala Smith. We welcome her and are delighted with the extensive social housing sector experience she brings to the role.



## Coffee Cart

The coffee cart will be open soon. Run by locals, it will be a place to buy a good local coffee and enjoy a muffin or a sausage from the sausage sizzle, all while accessing information about this development as it takes shape in the neighbourhood.



## Works starting soon

The development site will soon become busier with works expected to start shortly on the Community Hub which will include a café, playground, gym and open space, all accessible to the local community, and the 90-bed Residential Aged Care Facility. We can't wait to share progress updates with you.

## Reference Group

The Community Reference Group continues to meet and is open to anyone who wishes to get involved with contributing to the project. Contact [simon.reeves@urbanseed.org](mailto:simon.reeves@urbanseed.org) for more information.

## Newsletter

Residents can sign up to receive a copy of the project newsletter by emailing [communications@baptcare.org.au](mailto:communications@baptcare.org.au). The newsletter is an effective way of keeping up-to-date with the project. Updates will also be published in Northerly Aspects.

## About Baptcare

Baptcare is a faith centred and purpose driven organisation working across Victoria and Tasmania, providing residential and community care for older people and support to children, families, and people with disability, financially disadvantaged people and people seeking asylum.



## Sporting Club Grants

The State Government's Sporting Club Grants Program is removing barriers and supporting more people of all ages and abilities to participate in grassroots sports and realise their sporting dreams.

Clubs receive grants for new modern uniforms and equipment, which is especially important for the record number of women and girls signing up to play sport.

In addition, grants are provided to expand the skills of coaches and officials and for initiatives that strengthen the operations and sustainability of sporting clubs.

Congratulations to the successful clubs from my electorate:

- Lara United Football Club –

\$4200 for training.

- Elcho Park Cardinals – \$2000 for skill development.
- Lara Sporting Club Junior Football – \$1760 for skill development.
- Geelong West Football Club – \$1930 for skill development.
- North Geelong Warriors – \$2000 for skill development.
- Lara Sporting Club, Baseball Section – \$1000 for equipment.
- Lara Swimming Club – \$1000 for equipment.
- Geelong Buccaneers American Football Club – \$1000 for equipment.
- Geelong Rangers Soccer and Sports Club – \$1000 for equipment.
- Geelong Soccer and Sports Club – \$1000 for equipment.

- Hockey Geelong – \$1000 for equipment.
- Geelong City Bowls – \$1000 for equipment.

The Sporting Club Grants Program is part of our commitment to make sport more accessible and inclusive, increase local participation and stimulate local economies. They also build sustainable sport, recreation and volunteer opportunities. We are also delivering on the \$100 million Community Sports Infrastructure Fund that is upgrading tired grounds and ageing pavilions, and building female-friendly change rooms.

The next round of grants for the Sporting Club Grants Program opened on June 19. For more information visit [www.sport.vic.gov.au](http://www.sport.vic.gov.au).

## Funding for Corio SES

Another winner in this year's budget was the Corio SES.

Many may know that the Corio SES has grown substantially over the years and is bursting at the seams in its current location in North Geelong. The organisation will receive \$1.6 million that will go towards finding a new home that fits its current needs.



## 2017-18 State Budget

At the heart of the Victorian Budget 2017/18 is an unprecedented investment to end family violence, with \$1.9 billion to keep victims and their children safe, and to hold perpetrators to account.

This includes \$448.1 million to establish Support and Safety Hubs, with regional launch sites in the Geelong region, Inner Gippsland and the Mallee providing a safe place for victim survivors and their children to begin their recovery.

### Hon. John Eren MP

State Member for Lara, Minister for Tourism & Major Events, Minister for Sport, Minister for Veterans.

Level 1, Corio Shopping Centre, Bacchus Marsh Road, Corio 3214. Phone: 5275-3898.

# Health facility planning

Planning for a major health and wellbeing centre in Norlane is continuing, with the City of Greater Geelong completing work on a business case for the precinct.

The Northern ARC Health and Wellbeing Hub Masterplan was adopted by the City of Greater Geelong Council in 2015. The health facility is the first stage of a 10 to 15 year vision to develop an integrated health and wellbeing hub incorporating meeting places, arts, recreational, community and health services, known as Northern ARC. It will be built on the Waterworld site in Cox Road and include a new Waterworld, Centenary Hall and Corio Library.

City of Greater Geelong Director Community Life Linda Quinn said the City has been working with Deloitte consultants to assess options for the development, including a business case for the project.

"The business case will go to Council in July and, once endorsed, will help inform the next step forward in the project – completing detailed designs," Ms Quinn said.

"The business case will include details on costs and construction staging options and look at the best ways to provide health and wellbeing services in Geelong's north.

"The City has committed \$1 million in the 2017–18 budget to develop detailed concept designs and aims to start work on these by late 2017. It's a tremendously exciting project which we are hopeful will result in the development of an iconic destination for leisure, recreation, cultural and community wellbeing activities in the northern suburbs of Geelong.

"This is a long-term project which will require wide community support and tens of millions of dollars in funding from all levels of government in order to be realised."

## JOHN EREN MP

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Funded from Parliament's electorate office and communications budget

# Secondary development at Tallis Street

Northern Bay College's Tallis Street campus is growing and improving, with a state-of-the-art secondary centre being built on the site.

Campus principal Jess Kelly said the campus uses its status as the college's smallest to create a family feel and works with families and community members to provide quality opportunities for its 192 students.

"I was recently appointed Principal and the last eight months have been dedicated to improving our campus presentation," Ms Kelly said.

"After winning an Outstanding School Advancement Award at the 2016 Education Excellence Awards we decided to use this positive momentum to build a campus that all students,



families and communities members were proud of."

The new buildings will include a maker space centre, robotic technology equipment and virtual reality capabilities. The development will enhance opportunities for students and bring student-centred learning to life.

In addition to the new secondary facility, the campus community will welcome Kardinia Church Ground-Force on August 26, when its members will work alongside the Tallis Street

Community to design all new playground spaces and plant new gardens, including a vegetable garden.

"What excites us is the commitment to our campus and the belief that together we can achieve some incredible things,"

Ms Kelly said. "We are also excited about the construction of a brand new synthetic sports with soccer pitch, cricket oval and running track around the outside. What an amazing facility to be able to provide our community.

"Our students are terrific, our families are committed and our staff are passionate – that's what has been the driving motivator behind our #ProjectTallis story. By the end of 2017 our campus will be completely transformed."

# FREE COFFEE

Answer these questions and present this voucher to get a free barista coffee from your local Neighbourhood House.



Do you receive Northerly Aspects each term? Y / N

What is the name of your street \_\_\_\_\_





# Colourful changes to shelters



Regular bus travellers along Melbourne Road between St Georges Road and North Shore Road are noticing some colourful changes to the bus shelters along their route.

Eight of the bus shelters – formerly regular targets for graffiti – were removed by the City of Greater Geelong's Graffiti Team and have undergone a stunning transformation, reappearing in their former positions in a blaze of colour.

City of Greater Geelong Director City Services, William Tieppo, said the project was made possible by a \$21,000 grant from the Department of Justice and Regulation.

He said that as part of the project, the City's Graffiti team worked with members of all the multicultural groups in the Corio-North Geelong area to produce a range of outstanding public artwork, using the bus shelters as their canvas.

Mr Tieppo said the artwork now adorning the shelters had been carried out in four special workshops, where the cultural groups identified four major themes for the work: Welcome, Hope, Journey and Peace.

Mr Tieppo said those involved had included representatives of the First Nation, Liberian, South Sudanese, Nepalese, Indian, Mauritian, Karenni

and Iranian communities. He said the project involved a wide range of outstanding culturally and linguistically diverse young people who had brought enormous energy and excitement to the project.

The multicultural groups also worked with professional artists in the final phase of the artworks. The project and the unique nature of the artwork aim to enhance community connectedness and harmony in Corio and North Geelong.

# Happy snappers

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



Northern Bay College students participated in their annual NBC's Got Talent. Students produced some memorable performances for their parents, classmates and the wider community.



Cloverdale Community Centre hosted its annual Autumn Festival in April. A range of activities entertained people of all ages.



Chair Yoga is an effective solution for people wanting to enjoy the benefits of yoga for mind and body, but are unable to exercise on the floor. Pauline, from Inner Cor Yoga, runs a Chair Yoga class at Rosewall Neighbourhood Centre every Wednesday at 9.30am. Pauline is a certified yoga teacher with decades of experience teaching to suit the needs of everyone and every body.





Students at Northern Bay College campuses enjoyed a range of activities during and after school during Term 2. They included bike education, producing a variety of art work, regular reading with their buddies and basketball with members of Corio Bay Stingrays.



Thursday Community Meals are popular at Cloverdale Community Centre. Volunteers prepare a different meal each week to be shared. The cost of the meal is \$5. Thursdays are also popular for the art and music programs on offer. Call in any Thursday to be part of the programs.



# Recycling survey results

Did you know plastic toys and empty aerosol cans go in your recycling bin? Or that you don't need to rinse food cans or jars before putting them in your recycling bin?

If you weren't aware, you're not alone.

A recent survey of almost 800 Geelong residents has helped identify gaps in people's recycling knowledge.

Some of the key findings were:

Items that can go in your recycling bin:

- Plastic toys: 52 per cent of respondents didn't know that plastic toys go in your recycling bin (just take out the batteries first).
- Aerosol cans: 54 per cent of respondents didn't know that empty aerosol cans go in your recycling bin.

- Plastic plant pots: 37 per cent of respondents didn't know that plastic plant pots go in your recycling bin.
- Plastic meat trays: 50 per cent of respondents didn't know that plastic meat trays go in your recycling bin.

Items that cannot go in your recycling bin:

- Drinking glasses: 53 per cent of respondents didn't know that drinking glasses can't be recycled; they go in your rubbish bin. They can't be part of the recycling stream because they heat at a different temperature than other glass.
- Polystyrene meat trays: 24 per cent of respondents didn't know that polystyrene meat trays can't be recycled; they go in your rubbish bin.

Other findings:

- Rinsing plastic containers: 60 per cent of respondents didn't know that you don't need to rinse food cans or jars before placing them in your recycling bin. They just need to be scraped clean.

To see which items go in which bins, go to: [www.geelongaustralia.com.au/bins](http://www.geelongaustralia.com.au/bins)



## New approach to community grants

The City of Greater Geelong will develop a more streamlined and accessible grants funding model for the allocation of \$5.6 million of funding programs as part of the new Community Investment & Support Fund in the next financial year.

The fund will also include an allocation of \$1 million for a new Community Facility Infrastructure Fund to support capital works projects in sporting and community facilities.

City Administrator Laurinda Gardner said the new model would improve administration and delivery of the City's community grants program, bringing together more than 18 programs and

other grant funding based allocations into one collective investment model.

"The review last year of the current management and delivery of grants identified improvement opportunities relating to policy, governance, grant management allocation models, system support and community interface with grant programs," she said.

The new model will make the grants process easier to understand and more accessible to the community by improving consistency around guidelines, clarity and transparency around application and assessment process.

Ms Gardner said the new integrated grants program titled the Community Investment and Support Fund will provide one central entry point for the community to access grant funding and one portal for submitting grant applications and reports.

"Allocation of funds will be based on themes aligned with City Plan and indicators of successful communities identified in the Our Future project," she said

Ms Gardner said applications will be assessed according to agreed and transparent criteria with assessment panels comprising at least one independent expert member.

# Clever and Creative Vision for Geelong

The Our Future Assembly in early May endorsed a vision to transform Greater Geelong into an internationally renowned Clever and Creative City-region.

The community-led vision was the culmination of nine-months of ongoing conversations with more than 15,000 people to describe a 30-year vision and ensure a thriving, inclusive and sustainable future for Greater Geelong.

The Assembly displayed a high level of community consensus and passion about Greater Geelong's future direction.

Community feedback emphasised that, as we transform Greater Geelong to a Clever and Creative City-region, we must also develop infrastructure that will allow us to trade and interact globally; ensure everyone has access to the opportunities that will be created regardless of where they live, and plan things well so that we improve our regional lifestyle and protect our environment.

Based on the community views presented at the Assembly, and after delving back into the detail of the engagements over the last nine months, the City is currently preparing the overriding strategy to transform Greater Geelong into Clever and Creative City-region.

The Our Future Vision will be uploaded to [www.geelongaustralia.com.au](http://www.geelongaustralia.com.au) on July 14, prior to being considered by City Administrators at the July 25 Council meeting.



# Good time to tidy and prune

Winter is a great time to run amok with secateurs, with so many plants needing to be tidied up and pruned for future growth. Those pots of chrysanthemums that were given as presents on Mother's Day will be finished flowering and can now be cut back and planted into the garden, where they will flower for many more years.

Fruit trees may be pruned after the leaves drop, ensuring a good crop next season. Spraying with white oil will prevent scale and spraying with a copper oxychloride product (from your nursery) will prevent leaf curl on peaches and nectarines. Citrus trees need feeding at this time with either a specialist citrus food or dynamic lifter – just be careful not to go too close to the trunk.

## Roses on the list

Roses are also on the list for this season. It is an ideal time to buy bare-rooted plants as they require much less effort to plant and are lighter and easier to handle. They need plenty of sun and soil that drains well. Please do not plant new ones in the same place as an old one – this slows growth and increases the risk of disease.

I prefer to give my roses a light trim at the end of June, which means if we get a late frost I have a bit of spare wood to cut off any tender young shoots that have been burnt by the frost. Make sure that you clean out the centre of the bush so that light and air can penetrate through the foliage – a cluttered bush makes an ideal home for parasites to breed and can also cause die-back of some stems.

Check the balance and shape of any standard roses to ensure that they present a pleasing picture – nothing looks worse than a lop-sided standard plant. Go back over them at the end of July or early August to make sure you picked up any problems missed on the first pruning.

Even though it is a bit nippy outside, it's still a good time to plant seedling of beetroot, broccoli, carrot, lettuce, parsley and peas. Potatoes can also be planted, but make sure you cover any tender young shoots if a frost is expected. A bit of mulch or some newspaper can be put over the top and then dropped into the compost bin when no longer required – the worms will love you!

## Bulbs for spring

Your spring bulbs should be planted out by now, but have you ever thought about some for summer? Day lilies come in many different colour and shapes, both single and doubles, they are very hardy, do not need a lot of water and withstand summer heat very well.

As they grow they can be divided to provide more plants – a very cheap way to increase your floral display for summer. Sprekelia (Jacobean Lily), vallota lily and tiger lily are also great blooms to have – the first two are bright red and the tiger is orange with brown spots – quite spectacular.

Last, but not at all least, is liquid fertilizer, starting with those spring bulbs which should be appearing all over the place, followed by any vegetable and seedlings you have planted. Finish up with a light dose for the rest of your shrubs and trees in the garden giving them a bit of energy top up before the really cold weather.

*Betty*







# Norlane Community Centre

Rose Avenue, Norlane. Phone 5275-8124.

E-mail: [admin@norlanecc.com.au](mailto:admin@norlanecc.com.au)

Office Hours: 9am-5pm Monday to Friday



## Farewell from Lou Brazier

Lou Brazier has been a familiar face around the Norlane Community Centre for the past decade.

As manager of the centre, Lou has helped the Norlane Community Centre become a busy and welcoming community hub, delivering services relevant to the northern suburbs.

As Executive Officer of Northern Futures, she has developed an internationally-recognised training and

employment model that has re-shaped the way support is provided to under-resourced job seekers.

Now after two decades calling Geelong home, Lou is retiring and returning home to the United States state of New York to be closer to her two sons and their families.

"I have absolutely loved my time living in Geelong," Lou said.

"I would especially like to thank the Norlane Community Centre board of management, all the staff and volunteers and the Northern Futures team and board of management.

"This is a strong community that achieves great things when people work together towards a shared vision. Keep up the good work."



Lou Brazier is retiring from her roles at Norlane Community Centre and Northern Futures.

[www.norlanecommunitycenter.com.au](http://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 the group 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.

### Photocopying, laminating and faxes

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

### 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 Tabatha 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. No whipper snippers or brush cutters available for hire, but there are some hand tools and wheelbarrows that are free to borrow.



### 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.



## Northern Futures Work and Learning Centre

Northern Futures is running four courses:

1. Certificate II in Warehousing Operations program.
2. Getting Ahead Program.
3. Certificate III in Individual Support Program.
4. Certificate II in Skills for Work and Vocational Pathways (Business Basics).

We are currently taking enrolments for Semester Two programs including Warehousing, Getting Ahead and Business Basics.

For further details contact:

- Barbara Ryan, phone 0475-505-225, email [barb.northernfutures@gmail.com](mailto:barb.northernfutures@gmail.com)
- Anna Dobrovoljni, phone 0427-722-020, email [anna.northernfutures@gmail.com](mailto:anna.northernfutures@gmail.com)
- Bryan Moore, phone 0407 911 232, email [bryan.northernfutures@gmail.com](mailto:bryan.northernfutures@gmail.com)
- Alisha Britten, 0407-594-193, email [alisha.northernfutures@gmail.com](mailto:alisha.northernfutures@gmail.com)



## Munch 'n Crunch

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

Munch 'n' Crunch is committed to tailoring products and services to the needs of customers. Call us on 5274-2242 to discuss catering for your next meeting, gathering or function.

Munch 'n' Crunch also has a home delivery meal service and is NDIS approved. It is open Monday to Friday, 8am-2pm. The Café is open Monday to Friday, 10am -2pm.

Phone: 5274-2242

Email: [mnc@encompass-cs.org.au](mailto:mnc@encompass-cs.org.au)

Website: [www.encompass-cs.org.au/mnc](http://www.encompass-cs.org.au/mnc)

Check us out on Facebook and Instagram.



Munch 'n' Crunch



## New centre for Corio

Parents and families in Corio are one step closer to a new Integrated Children's Centre following the City of Greater Geelong Council's approval to commence detailed planning and design of the centre.

Council Administrator Chair Dr Kathy Alexander said the new centre, planned for Purnell Road, was highlighted as a priority in the Council's City Plan 2013–2017.

"The Purnell Road Integrated Children's Centre will provide significant community benefit, being located in

an area with a high number of families with young children," she said.

Corio and Norlane have the largest population of children below five years of age of any single suburb within the City of Greater Geelong (currently 1512 children).

New services at the centre will include a 90-place child care centre, 66-place kindergarten and maternal child health consulting rooms. Additional services and facilities will include flexible consulting rooms, a multi-purpose room for group-based programs, play-

therapy room, staff and public facilities including a meeting room, parent lounge/drop-in area and a toy library.

Dr Alexander said the integration of the new children's centre with the adjacent Wexford Court campus of Northern Bay College was also intended to be a feature of the design and operation of the new facility.

"This will provide one of the most innovative and comprehensive service environments for young children and families within Greater Geelong," she said.

## Extra soccer pitch on its way

A multi-purpose synthetic soccer pitch will be developed at the Leisuretime Centre in Corio. The \$2 million facility will cater for the high growth in the popularity of soccer through Geelong's northern suburbs.

City of Greater Geelong Administrator Chair Dr Kathy Alexander said participation in soccer in the north is increasing at such a fast rate that local clubs are at capacity and the current facilities are overused.

Dr Alexander said the City has committed \$1.4 million to the project and the remaining \$600,000 has been sourced through a Victorian Government grant.

The pitch will serve northern-based soccer clubs for training and overflow competition when required, support regional programs and pathways, and increase local participation opportunities for emerging sports and activities.

The pitch will be floodlit and primarily designed for soccer, but will also be able to host other sports such as touch football, ultimate Frisbee and AFL 9's.

Dr Alexander said the project will work in harmony with the surrounding parkland and improve the quality of the open space.





## Dee's back with a new program

Cloverdale Community Centre has welcomed trainer Dee Martin back to the centre.

Dee was a popular tutor at the centre for many years and will return in Term 3 to lead the No Falls Program.

No Falls is a gentle introduction to exercise which focuses on preventing or reducing the risk of falls. It is achieved through improving muscle strength, balance and increasing mobility.

Cloverdale manager Liz Bonner said it was exciting to have Dee involved with the centre again. "Dee's program fits perfectly with our focus on health and wellbeing and we hope the community will make the most of the opportunity," she said.

Dee will lead the group every Tuesday in Term 3, from 10.15am until 11am. The cost is \$8 per session. Call the centre on 5275-4415 for more information, or call in to enrol.



### MUSIC, ART AND CRAFT

**Art@Cloverdale:** Drop in and explore a range of media and techniques in a fun, relaxed and social environment with a professional artist, Esther Konings-Oakes. Wednesdays, 10am-noon. \$5 per session.

**Cloverdale Singers:** Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays, 10.30am-noon. \$3 per session.

**Ukulele Players:** A great musical gathering for those that have a grasp of the basics and want to refine their skills including; performing, strumming and chord progressions. Thursdays, 10am-noon. \$5 per session.

#### **Cloverdale Craft and Knitting Group:**

Bring your craft or knitting project and join with Marguerite for a relaxed craft or knitting session. Fridays from noon. \$2 per session.



#### **Thursday Arts/Music Drop In:**

Work on your art project while enjoying live music. Stay for a meal and enjoy the creative atmosphere. Thursdays, 5pm-9pm. \$2 per session, plus \$5 for a meal.

### **Guitar for Beginners:**

Learn guitar with our community instructor. Includes basic theory and practice of chord changes, scales, strumming and picking. Thursdays, 3-5.30pm by appointment. \$15 per session.

### FOOD AND GARDEN

**Community Kitchen:** Learn and share your knowledge of cooking, meet new people in a relaxed and friendly environment. Wednesdays 11am. \$5 (price may vary).

**Cloverdale Food Swap:** Swap vegies, fruits and plants, preserves, cakes and other produce. Reduce your food miles and join us for coffee and cake. Third Saturday of every month from 9.30-11am. Free.

**Cloverdale Garden:** Come along for some gardening fun. Help grow our community garden, share tips, learn new skills and meet new friends. Call 5275-4415 to find out more.



### HEALTH AND WELLBEING

**Tai Chi:** Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays, 9.30-10.30am. \$3 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. \$50 for 5 weeks or \$12 per session.

**No Falls with Dee Martin:** A gentle introduction to exercise with a focus on preventing or reducing the risk of falls, achieved through exercises to improve muscle strength, balance and increased mobility. Tuesdays, 10.15-11am. \$8 per session.

**Chair Yoga:** Are you injured or have limited mobility and want to enjoy safe exercise in a supported environment? An experienced instructor will help you exercise safely from the comfort and support of a chair. Medical clearance required prior to start. Taking expressions of interest. \$50 for 5 weeks or \$12 per session.

#### **T.O.W.N Club (Take Off Weight Naturally)**

For more information contact the Club Secretary on 0428-517-364. Meets every Thursday, 9am-11am.

### CHILDREN AND PARENTS

**Playgroups:** Friendly playgroups for children and their parents/carers. New families welcome. Wednesdays, 9.30-11.30am and Fridays, 10am-noon. \$2 per session.



# Well, Wise and Wonderful

Women are invited to join a new Learn Local course starting at Cloverdale in Term 3.

Well, Wise and Wonderful is a personal development course for women and is designed as a first step into learning for women seeking change, wanting to re-enter the workplace, early school leavers, or those in a transition phase of life. It is lead by experienced life coach and counsellor Fiona Jettner (pictured).

Topics covered include:

- Health at every size.
- Mindfulness.
- Moving your body in ways you enjoy.
- Creating a vision for action.
- Setting and achieving goals.
- Overcoming resistance.
- Learning pathways planning.

Well, Wise and Wonderful is being offered for FREE and starts Friday, July 21, from 10am until noon for 10 weeks. Call 5275-4415 for more information about enrolment.



## Term 3 2017

Call to book: Cloverdale 5275 4415

PROGRAM	Starting	Day	Time	Full Fee	Concession
<b>Computers</b>					
Getting Started with Computers (8 weeks)	July 24	Monday	9.30am-noon	\$180	\$90
Developing Computers - the next step (10 weeks)	July 21	Friday	9.30am-noon	\$220	\$115
Communicating with Digital Devices (10 weeks)				\$220	\$115
<b>Vocational and Employment Skills</b>					
Safe Food Handling	Pending Numbers	TBA	TBA	\$100	NA
Develop An Arts Practice (10 weeks) - move from art as a hobby to art as a vocation	July 19	Wednesday	1pm-3.30pm	\$220	\$115
Preparing to Perform - Using creativity to build employability (8 weeks)	July 20	Thursday	6.30pm-9pm	\$210	\$90
Well, Wise and Wonderful - women's personal development program (10 weeks)	July 21	Friday	10am-noon	FREE	FREE
<b>Literacy and Numeracy Programs</b>					
Tell My Story - work with a professional journalist and publish a book about you. (8 weeks)	July 26	Wednesday	12.30pm-3pm	\$180	\$90
Introduction to Songwriting (8 weeks)	July 20	Thursday	6.30pm-9pm	\$195	\$80

\* Subject to meeting funding criteria



# Good Deeds Week

More than 500 Viva Energy Geelong Refinery team members have embraced the simple idea that everyone can do something good to improve the lives of others.

Viva Energy's Good Deeds Week is part of globally acclaimed Good Deeds Day that unites people from almost 100 countries to do good deeds for others and the planet.

Viva Energy was the first Australian of thousands of corporate organisations to get involved in this worthwhile cause.

Viva Energy's employees identified community projects and programs close to their hearts and donated their time to deliver on these undertakings. This included 32 Geelong employees donating 32 pints of blood and collecting donations at Geelong Westfield Shopping Centre for Red Cross Australia.

The refinery's leadership team cooked 1500 sausages for a gold coin barbecue donation with the proceeds of \$2380 given to three of Viva Energy's community partners - The Council for Aboriginal Alcohol Program Services, Red Cross and UNICEF.

Meanwhile, the refinery's Women's

Network collected more than 100 items as part of the Period Project to support women experiencing homelessness by providing sanitary products, help and support.

Night shift operators packed more than 400 envelopes in three hours for the local Geelong charity organisation Give Where You Live.

Viva Energy continuous improvement coach Matt Hudson said Good Deeds Week provided an opportunity for people to learn more about the valuable services organisations provide in the community.

"I am proud to work for a company that allows its employees to take time to assist those in need particularly in our local community," Matt said.

Across Australia, Viva Energy employees completed 1100 good deeds and raised more than \$17,000 for charity. Good Deeds is an initiative of Viva Energy's Community Program Jigsaw. Over three years Viva Energy will provide about \$3 million to support a range of initiatives, particularly focused on mental health and substance abuse. Refinery environment lead, Dawn Conway said Good Deeds Week gives her a chance to give back.

"There is a range of choice so I can make sure that what I am contributing to is meaningful to me," she said.

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# Rosewall Neighbourhood Centre

36 Sharland Road (PO Box 120), Corio, VIC 3214. Phone 03 5275 7409  
 E-mail: [admin@rosewallinc.org.au](mailto:admin@rosewallinc.org.au) and [training@rosewallinc.org.au](mailto:training@rosewallinc.org.au)  
 Web: [www.rosewallinc.org.au](http://www.rosewallinc.org.au) Office hours: 8.30-4pm Monday to Friday

## A new face at Rosewall NC

Leisa Kelly has joined the team at Rosewall Neighbourhood Centre as Adult Education Co-ordinator, replacing Michael, who has returned to RMIT.

Leisa is a local, and has many years of experience working for Registered Training Organisations and community organisations, where she has been planning courses and activities for adults.

"I used to go past Rosewall Neighbourhood Centre on my way home from ALDI and think what's happening in there; there are always people going in and out. So, this is my dream job, to work near home and right in the heart of the community."

The Rosewall NC community is pleased to have Leisa on board, with her warm smile and wealth of experience.



## Hand painted tableware for café

Do you admire those beautiful hand painted plates in markets and craft shops?

Rosewall has a project where locals learn to paint plates and tableware sets for the Rosewall Café. With the support of City of Greater Geelong, we commissioned the 'greenware' sets from professional potter Ana Jensen.

Participants then learnt to paint a set using the specialised glazes and colours. Lastly, the sets were fired ready to use.

The finished products are featured on our Facebook page and are in use at Rosewall Café. We still have sets available, so contact the centre if you and your friends would like to have a go.



## Hendy Street Activities and Groups

<b>TAEKWON – DO</b> Geelong Taekwon-do trains weekly, 6.30pm–7.30pm Thursday.	Phil Zdybel 0418-513-981	<b>GKR Karate</b> 6.30pm–7.30pm Friday.	Luke 0450-011-654
<b>Bayside Active Adult</b> Exercises with a qualified personal trainer. 10.45am–11.45am Monday.	Lesia 5200-0146	<b>Northside Christian Church</b> Church Service – Sunday morning. Youth Group – 7pm Friday. Playgroup – every second Friday from 9.30am.	Stephen 0405-104-610
<b>Corio Kyokushin Karate</b> 6.30pm Monday and Wednesday.	Scott 0418-335-355	<b>Geelong Buccaneers Grid Iron Club</b> American Grid Iron Football – training and matches.	Chris 0487-172-424
<b>Cloverdale Calisthenics College</b> 4pm–8pm Monday and Tuesday, and Saturday morning during school term.	Mandy 0418-559-241		

# Classes and Groups at Rosewall

Check our website, drop in or call us to find out more about what we do at Rosewall Neighbourhood Centre.

## COMPUTERS

### Computers, smartphones

It seems like everything is going onto computers and 'online'. If you don't go to school how can YOU learn how to use them? How can you find out what they do?

We have **open computer workshops** on Tuesday mornings for beginners and Thursdays mornings for those who know a bit already.

**Tuesdays 9.30am–noon, starting July 18.**

We'll show you how to do things like.

- Start – switch on, what things are, opening stuff
- How to save things and find them again
- What's on 'the computer' and what's on 'the internet'?
- How to send messages, photos, documents by email
- Using the internet to find the information you want
- Typing letters and making invitations etc.

We will also show you how to do all the things you want to do and know about,

**Thursdays 9.30am–noon, starting July 20.**

You've taught yourself, or done a computer course but you want to know more ... like how do I sell stuff on Gumtree? How do I transfer photos from my phone to my computer? How do sign up for Uber? How do I create a poster? Whatever it is you want to know we'll help you work out how to do it. This class is not structured, you can use our laptops and devices or you can bring your own.

\$6 per week concession for 10 workshops.

\$12 per week no concession.

### Introduction to Computers Course

This beginners course will cover topics such as.

- Computer hardware
- Windows and applications
- Saving and storing information
- The basics of Microsoft Word – word processing
- The basics of Microsoft Excel – spreadsheets
- The basics of Microsoft PowerPoint – presentations
- The Internet and social media
- Email and communicating online

**Mondays 6.30–9pm, starting July 24 for 8 weeks** (no class on August 7).

Concession. \$55.

Full Fee. \$125.

## HOSPITALITY

### Café Skills

Kick start your hospitality career. Learn new skills and gain hands-on work experience in our community café. This course includes the coffee making course and your Food Handler's Certificate.

Mondays and Wednesdays 9.30am–2.30pm.

**Starting Monday, August 14 for 4 weeks.**

Concession. \$85 (payment plan available).

Full Fee. \$180 (payment plan available).

### Coffee Making – Barista Skills

Learn how to operate a commercial coffee machine and make coffee to order in this one day course.

**Saturday, August 26, 9.30am–4pm.**

Concession. \$50

Full Fee. \$100

### Food Safety – Food Handler's Certificate

If you work in a kitchen, café or bar or other food preparation area, you are required to have this certificate. Call or drop in to find out more.

**Wednesday, August 16 and Monday, August 21, 9.30am–2pm both days.**

Full Fee. \$145.

## CREATIVE ART

### Geelong Potters – Open Studio

For the potters with some experience – bring your own projects and ideas to this casual group.

**Tuesdays and Wednesdays 9am–3pm during school term, starting July 18 and 18.**

Fee. \$5 per session.

### Learn to draw or paint

For beginners. Work with our experienced artist to learn techniques, styles and methods with the medium of your choice.

**Thursdays 10am–noon, starting July 20.**

Full Fee. \$130.

Concession. \$5 per session (students may need to buy materials from the tutor).

### Painting and drawing – continuing

For those who have been coming to our art classes for a while, or have some experience with painting or drawing.

**Thursdays 1pm–3pm, starting July 20.**

Full Fee. \$130.

Concession. \$5 per session (students may need to buy materials from the tutor).



### Painting and drawing – advanced course

This course is for those students who can commit to a 10-week course and want to prepare a folio of work or develop their skills further in a structured, project-oriented environment.

**Mondays, 10am–noon, starting July 17.**

Full Fee. \$130

Concession. \$50 (students may pay per session and may need to buy materials from the tutor).

### Learn Pottery

Mel from Claymart runs a variety of pottery courses at Rosewall. For inquiries, dates and fees contact Mel at [mel@claymart.com.au](mailto:mel@claymart.com.au)

- Adult afternoon or evening classes – six-week course over August/September.
- Geelong Home Schooling classes during the day.
- Children's after school Clay classes – 4pm to 5.30pm. Afternoon tea and all materials provided in cost.

## ENGLISH COURSES

### Conversational English – Beginners

Come along and practice understanding, speaking and writing in English and having conversations with others.

**Wednesdays during school term, 9.30am–noon, starting July 19.**

Concession. Gold coin each session.

Full Fee. \$80 (\$8 may be paid per session).

### Conversational English – Continuing

This course is for people who feel confident in having conversations, reading and writing in English but want to continue learning English pronunciation and sentence structure for work or community engagement.

**Wednesdays during school term, 12.30pm–2pm, starting July 19.**

Concession. Gold coin each session.

Full Fee. \$80 (\$8 may be paid per session).

### English Learners Job Club

This course is designed to support people who are learning English to look for and apply for jobs or training courses. Practice English speaking and listening skills for work purposes, read a range of texts and improve comprehension and writing skills.

**Wednesdays during school term, 12.30pm–2pm, starting July 19.**

Free.

## HEALTH AND WELLBEING

### Chair Yoga

Gentle yoga while you sit in a chair with professional teacher.

**Wednesdays 9.30am–10.30am.**

\$10 per week.

### First Aid

Rosewall Neighbourhood Centre will be offering First Aid (Level 1 CPR and Level 2) during a weekday and weekend. Please contact us on 5275-7409 or [training@rosewallinc.org.au](mailto:training@rosewallinc.org.au) for more information.

### Meditation

Come and spend an hour relaxing through a guided meditation.

**Wednesdays 6.30pm–7.30pm, starting August 16 for 6 weeks.**

\$10 per session.

### Strength, fitness and balance

Start the day strong. Qualified personal trainer.

**Tuesdays 9am–10am.**

\$7 per week.

## PLAYGROUPS

Bethany facilitated playgroup for 0–5 years.

Thursdays during school term, 9.30am–11am. Free.

### English Language Playgroup

Singing, storytelling and activities to learn English while playing with your children.

**Wednesdays during school term, 9.30am–11am. Free.**

## GROUPS

### Take Off Weight Naturally (TOWN)

Get together and meet new friends each Friday 11.30am – 3pm. New members welcome. Help each other to lose those extra kilos. Mondays 8.45–10.45am.

Call Geraldine on 5298-2275 for more information.

### Over 50s

Get together and meet new friends each Friday, 11.30a – 3pm. New members welcome.



**“I’m proud to work  
for a company  
that saves 1.5  
billion litres of  
water each year.”**

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*David, Viva Energy Geelong Refinery Employee*

Viva Energy, the company that owns and operates the Geelong Refinery, is committed to preserving our resources. Through a new, state-of-the-art water plant we recycle and dramatically reduce the amount of drinking water the refinery uses.

Geelong can be proud of its refinery. Viva Energy is proud to be part of Geelong.

Visit [vivaenergy.com.au/geelong](https://vivaenergy.com.au/geelong)

**VIVA**  
EnergyAustralia