

EDITION 56, TERM 2, 2018

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northerlyaspects

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OUR COVER: Steve 'Stoofa' Lewry is one of Geelong's best known personal trainers, motivators and coaches. He is part of a pilot program aimed at engaging Northern Bay College students in sport. SEE PAGE 7.

Editor's letter



Good health is important to us all and is usually something we take for granted, until we no longer have it.

Health can refer to physical, mental, social and even financial aspects of our lives. And they are all areas that need attention to keep them ticking over nicely.

To a certain extent, our physical health is something out of our control. We might be born with issues or develop conditions, aches and pains that we can't avoid. In that situation it becomes a matter of making the most of what we have.

At the same time, there's always a need for us to take the responsibility to help ourselves to better health.

There are so many things that we can do - without any cost - that will help keep us on the right track. A walk around the block or beyond not only gets us moving, it can also be a good way to clear the mind.

A huge range of apps are available for phones and devices that can guide you through a range of exercises for mind and body. They offer the chance to try new things at home and create new, healthy habits.

There are also low-cost options for exercise, including some programs at community and neighbourhood centres. They include yoga, strength and balance, tai chi and meditation.

The days will soon be getting shorter, so why not use the change of season as a time to change some habits that will improve your health? Making just a small change can sometimes bring big results. Enjoy this edition and the coming months.

Jeanette Watt,
on behalf of the Northerly Aspects Editorial Committee

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

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

Neighbour Day



Residents Rex Broughton, Grahme Parkes, Peter Jewell, Helen Smith and Graeme Ugalde prepare for Good Neighbour Day.

Norlane's Dorothy Thomson Centre will be part of national Neighbour Day celebrations in 2018.

The centre, in Wendover Avenue, will host Neighbour Day activities on Sunday, March 25.

Neighbour Day is Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood. It is celebrated on the last Sunday in March every year with the aim of fostering strong personal connections that last the

whole year round.

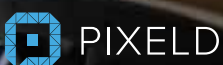
The focus of Neighbour Day 2018 is the importance of a supportive neighbourhood for children and young people.

Corio-Norlane Uniting Church minister Peter Jewell said Neighbour Day will complement other activities being held in the Norlane community, including Harmony Day.

Peter said hosting the day at Dorothy Thomson Centre is also a good way

of showing the facilities to the community. "This facility has become available and the church wants to use it to benefit the community," he said. "We are looking at ways the building can be used by the congregation and the broader community."

Neighbour Day will run from noon until 3pm on Sunday, March 25. It will follow the usual church service at 10.30am and include food, games, musical items and activities aimed at bringing the neighbours together.



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A guide to Term 2 2018 events and activities

When	What	Where	Contact
Every Monday during term 4-6pm for 12-25 year olds.	Monday Night Drop In Activities and meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Thursday during term 3.30-4.30pm	English Conversation Club	Corio Library, Cox Road, Norlane	5275-2388
Every Tuesday during term 4-6pm.	Koorie Youth Group Activities and meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Thursday during term 4-6pm, for 12-25 year olds	Thursday Night Drop In Activities and evening meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Friday during term 4-5pm, for 12-25 year olds	Friday Night Drop In Activities and evening meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Wednesday, March 28 3-4.30pm.	Free Resume Writing Workshop Presented by Proven Resume Results.	Corio Library, Cox Road, Norlane	5275-2388
Wednesday, April 18 3.30-5pm	8 Things About Dementia Conducted by Dementia Australia.	Corio Library, Cox Road, Norlane	5275-2388
Saturday, April 21 9.30am-11am	Cloverdale Food Swap	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Wednesday, May 16 3.30-4.30pm	Decluttering workshop Hints and tips for decluttering your home.	Corio Library, Cox Road, Norlane	5275-2388
Saturday, May 19 9.30am-11am	Cloverdale Food Swap	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Friday, June 29 7pm	Open Mic Family-friendly, all performers welcome. Gold coin entry.	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 with What's On in the subject line.

Do you have a legal problem? FREE LEGAL ADVICE AVAILABLE

Phone us on 1300 430 599 to make an appointment to speak with a lawyer
Free interpreters available, phone 131 450 and ask them to call 1300 430 599

*Appointments available at: Barwon Health - Corio Community Health Centre, Gellibrand Street, Corio
Norlane Child and Family Centre, 52-56 Gerbera Avenue, Norlane*



Scholarship for future leaders of the north



2017 Bisinella Activate Scholarship Recipients Mukesh Jalwal, Scott Millar and Bradley Ower.

If you live in the northern suburbs and are interested in becoming a leader of your community, you could be eligible for a scholarship in an eight-week leadership program.

Lara-based development company Bisinella Developments is offering eight scholarship places this year to participate in the Committee for Geelong's (CfG) Activate leadership program.

Confidence, courage and ability to cope with change are just some of the skills to be gained in Activate, developing you to become a leader in your home and community.

2017 Activate participant Bradley Ower said he would "thoroughly recommend the Activate course for anyone who is looking to grow as a leader, both within their business and for their local community."

The first Activate program will run from May 3 until June 21, with the second intake from July 26 to September 13.

For more information about the 2018 Activate program and the Bisinella scholarships, contact Janelle Meyes, Leadership Co-ordinator: janelle.meyes@committeeforgeelong.com.au or 5227-8073.

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Simple test saves lives

Residents are encouraged to take a simple bowel cancer screening test that might save their life.

The Rotary BOWELSCAN Program has been running in Victoria for more than 30 years. Each year in May, people are encouraged to purchase a BOWELSCAN kit.

The BOWELSCAN test kit costs \$15 and will be available at pharmacies throughout Geelong during May. The test uses the latest technology to test for tiny amounts of blood in a sample (of faeces) which may indicate colorectal disease, including polyps and cancer.

The kit is simple, non-invasive and

the test can be undertaken in the comfort of your own home. The person undertaking the kit doesn't have to restrict medications or follow a particular diet.

The person fills out the registration card with their personal details. The samples and information are posted back in the replied paid envelope, which is included in the kit. A laboratory tests the kits for the presence of blood.

Following testing, a letter is sent to the person indicating a positive or negative result and they then become a part of the database to be reminded of future testing. The local general practitioner is also notified of the result.



A positive result doesn't necessarily mean that the person has bowel cancer, but they will need to have further investigations, which can be arranged during consultation with their general practitioner.

There are 4000 people who die each year from bowel cancer; it has the second most deaths after lung cancer. If detected early, there is a 90 per cent chance of survival.

BOWELSCAN is supported by Australian Rotary Health.



A safe April school holidays to everyone
in our College Community and in the
wider 3214 community



CONTACT A CAMPUS

GOLDSWORTHY 9-12 CAMPUS	5224 9700
HENDY P-8 CAMPUS	5228 4200
PEACOCK P-8 CAMPUS	5245 3900
TALLIS P-8 CAMPUS	5275 1359
WEXFORD P-8 CAMPUS	5273 2600
EARLY LEARNING CENTRE	5224 9784

Thinking of ENROLMENT?

For Year 7 at a College Campus.

Information Evening 19 April 6pm at Goldsworthy Campus book at 5245 3500

For any year including Prep 2019

Call to make an appointment to discuss your child's learning ANYTIME. Education Week in May will have some open events to view campuses.

For Kindergarten or Child Care

Call Christine to arrange a discussion about your family needs 5224 9784

Sport focus at school

Northern Bay College students are being encouraged to engage in sport through a pilot program developed at their school.

Sports Empowerment Education Development (SEED) was developed by teacher Ben Lowery and fitness and motivation expert Steve Lewry. It is based at the college's Goldsworthy campus, where new facilities have been developed for soccer, basketball, netball, tennis, volleyball and cricket.

Ben Lowery has been teaching in the northern suburbs for 18 years, while Steve 'Stoofa' Lewry is no stranger to the Goldsworthy campus. He attended the former Corio Technical School as a teenager and is now one of Geelong's best known personal trainers, motivational speakers and coaches.

"Ben and I have experience in lots of sports," Stoofa said. "We developed this program to engage kids in sport and increase their participation at school and in the community.



"There are so many benefits of being involved in sport and we hope it will help engage kids and keep them at school. The new facilities here are first-class and this program is a natural progression to make the most of them."

SEED is being conducted for Year 9 students this year and gives them access to specialist coaching in a range of sports. The focus is on participation, engagement, teamwork and creating a sense of belonging. It will be extended to Year 10 next year.

Year 7 and 8 students are also involved in a new sporting program that gives them access to specialist coaches. The students attend Goldsworthy campus for weekly coaching in up to 15 sports of their choice.

"This program is unique to the needs of students at Northern Bay College and the goal is fitness, participation and motivation for sport and school," Stoofa said. "It's about giving them new experiences."



Chrimoo finds community connection

Chrimoo Yohellaymusaw spent almost all her childhood in a Thai refugee camp. Those years of uncertainty have made her thankful for her home in Norlane.

"Our life before was not safe, so this is really, really, good. I don't need to be worried for tomorrow," she said.

Chrimoo (pictured) was nine when her family fled Burma (now Myanmar). Separated from their father, she lived with her mother and three sisters in a camp in Thailand for 18 years, surviving on a monthly rice allocation and whatever food they could grow or forage.

"If I could describe my life growing up in two words - hard and poor."



But the jungle camp did provide schooling and Chrimoo became a camp teacher. When she arrived in Australia in 2009 with her husband and two small children, she was determined to thrive.

That's what Northern Futures has enabled Chrimoo to do. After completing a course in Individual Support, she started work as a personal carer at Barwon Health's Percy Baxter Lodge.



"I wasn't sure I would find work in Geelong, but Northern Futures supported my training and I realised, I can do something now."

Chrimoo also works as a Multicultural Education Aid at North Geelong Secondary College, helping students from diverse backgrounds find success too.

"We are part of a strong community here and I like that," she said. "We have the right to work and go where we want. We can give our children a better education and live in an amazing house. "My life is slowly, slowly changing. For me, Northern Futures is like a key that turned the lock on my life. I am very grateful."

FREE COFFEE

You are invited to enjoy a **free barista coffee** at your local Neighbourhood House.

Simply tell us*

Do you regularly receive Northerly Aspects?

Yes / No

What is the name of your street?

*Bring your completed voucher to one of the following centres:





Recruiting people who want to help

Corio SES is looking for local volunteers who are interested in helping others. The unit, based in Anakie Road, is recruiting community-minded volunteers who can respond to flood, storm and road emergencies.

South West Region Community Resilience Co-ordinator Jake Johnson said there are many roles a volunteer can perform in the Unit, including

community education, training, administration, operational response and rescue.

He said volunteers receive accredited, recognised training as part of their role, which could include general rescue, chainsaw operations, community education or media training.

"One of the things that make SES units so great is the diversity of members," Jake said. "You can have teachers working alongside electricians, the unemployed, retirees and university students. There really is a role for everyone at VICSES."

For more information about volunteering, call 1300-842-737.

Do **you** want to be a **leader** of your community?



Bisinella Developments is offering emerging leaders of the northern suburbs the opportunity to develop their leadership skills.

Through our partnership with the Committee for Geelong's leadership programs, we are offering eight fully-subsidised places in *Activate*, an eight week introductory program for emerging leaders.

Scholarships are open to residents from the northern suburbs of Geelong and Lara.

Confidence, courage and ability to cope with change are just some of the skills gained by last year's Bisinella scholarship recipients.

Scholarship applications close 17 April, 2018.

If you aspire to be a leader and are interested in applying for a Bisinella scholarship for *Activate*, please contact:

Janelle Meyes

Leadership Coordinator
Committee for Geelong
Phone: 5227 8073
Email (marked *Activate*):
janelle.meyes@committeeforgeelong.com.au



Bisinella
the key to your community

Arts walk is on again



Preparations are underway for Greater Geelong's premier arts event, Mountain to Mouth, with registrations now open for this year's event, to be held Friday and Saturday, May 4 and 5.

A new art director has been appointed for this year's event. Margie Mackay is known for the artistic use of fire, projection, dance, and puppetry, and has experience in delivering innovative and memorable large-scale artistic projects, both in Australia and internationally.

M~M 2018 is an 80-kilometre contemporary extreme arts walk that extends from the You Yangs, through the industrial heart of Geelong and the Borough of Queenscliff before arriving at the mouth of the Barwon River at Barwon Heads.

It acknowledges all ancestors who have walked this land, in particular Wadawurrung and Wathaurong traditional owners. It is dedicated to extreme art – art of any genre or cross art form, presented in outdoor locations and unexpected places.

M~M2018 is about community engagement. Walking, extreme art, and plantings of indigenous vegetation are three key, but not exclusive, means of public involvement. The theme for M~M2018 is Earth.

Registration is now open at www.mountaintomouth.com.au. In partnership with foundation partner Gen-U, 50 per cent of all registration fees will fund a planting program of trees and shrubs along the contemporary songline.

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Affordable housing community



Harry and Sue Hinsley are just two of 105 tenants who now call the recently completed 52 affordable houses home at the Baptcare Norlane Integrated Community.

The Hinsleys (pictured) decided to make the move from their previous residence in Corio due to financial reasons and

upon seeing an advertisement in the local paper for the new establishment, contacted Baptcare.

So far, their experience has been memorable.

"Both my wife and I are currently unemployed and this was the perfect

setting to be able to manage our new lifestyle. The units were easy to find out about and were completely brand new. It was an easy decision," Harry said.

Baptcare welcomes all those who have moved into these affordable homes in Norlane.

Progress of works

Work is on track for the 90-bed residential aged care facility and the Community Hub, which will include a café, playground, gym and open space, all accessible to the local community. These will be finished in the second half of 2018.

The Little Birdie Friends and Neighbours Day

The Little Birdie Pop-Up Café, located at 39 Robin Avenue, Norlane held a Friends and Neighbours Day on March 16.

Residents were invited to drop in, grab a free coffee and muffin while getting

to know the latest project developments and help the local community.

All profits from the café go to support neighbourhood initiatives within Norlane.

For more information visit <http://littlebirdie.org.au/>

Reference Group

The Baptcare 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 for more information.

Subscribe at communications@baptcare.org.au

Baptcare is a purpose driven organisation focused on delivering the best of care to people of all ages, cultures, beliefs and circumstances.

Through our social enterprise model, we deliver better outcomes for more than 13,000 people in our community, combining the best commercial practice with a social a heart.

Baptcare has more than 2000 dedicated staff across Victoria and Tasmania to deliver the best of care to people in Residential Aged Care, Retirement Living, In Home Care, Family and Children Services, Affordable Housing and Disability Services."

More Police Custody Officers

The Andrews Government has delivered more than 400 Police Custody Officers (PCOs) who are deployed at police stations across Victoria to free up police officers so they can return to the frontline and protect the community.

PCOs have delivered more than 90,000 shifts since January 2016, helping to release police officers from custody duties so they can focus on catching criminals and target their attention to keeping communities safe.

The Andrews Government has

delivered \$148.6 million in the 2015-16 State Budget with PCOs now in place in areas across Melbourne and regional Victoria including Geelong.

The Government announced a new Supervising PCO role early last year, with 56 now in place across the state, leading a team of PCOs and further freeing up police time to prioritise frontline duties.

The safety of the community is the government's highest priority with an additional 3135 new frontline police to be delivered over the coming years.



The Government is delivering a massive community safety boost through its historic \$2 billion Community Safety Statement, including tough new laws and police powers, improved mobile technology, new and upgraded police stations and training facilities.

Skills and Jobs Centre

The State Government's reforms and investment in Victoria's TAFE sector are changing the lives of every-day Victorians by providing high quality training which students and industry can trust.

The Government has invested heavily in TAFEs and reformed the TAFE and Training system. This ensures that it is better managed, aligned to industry and workforce needs, and delivers qualifications that lead to

real jobs.

\$15 million has been provided for the establishment of Skills and Jobs Centres across the state.

Geelong will be home to one of these Skills and Job Centres.

This will be the first point-of-call for students looking to start training, workers needing to re-skill, unemployed workers needing

support for retraining or work placement, and for employers.

For service and assistance in any of these areas, please visit the Skills and Job Centre at Westfield Geelong, Level 1, Shop 2254-2255 Geelong 3220; phone 5225-0700; email wdcgeelong@gordontafe.edu.au; or go to www.thegordon.edu.au/skillscentregeelong-org-au

Office open

As a way of reaching people who may not be able to contact me Monday to Friday, I will be hosting a Saturday morning open office.

When: Saturday April 21.

Where: Office of John Eren, Level 1, Corio Central, Bacchus March Rd, Corio 3214

If there are any State Government issues you may wish to raise with

me, please contact my office on 5275-3898 to make a time to see me. This will be strictly by appointment only.

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.

25 years of calisthenics

Cloverdale Calisthenics College, based at Hendy Street Community Centre, is celebrating its 25th year in 2018.

Founder and coach Mandy Mueller has been a part of the college for all those 25 years. Mandy is dedicated to helping run the college in her administrator's role she, and along with her fellow coaches helps to nurture and develop calisthenics skills in all pupils.

Calisthenics is an artistic team performing sport that combines elements of dance, simplified ballet, gymnastics, singing, acting, march and apparatus work. It involves a team learning choreographed routines to music that are performed at competitions and a concert. Team members learn commitment, dedication

and the importance of being part of a team while making friends and having lots of fun along the way.

Cloverdale is a relatively small club, but is hoping to boost membership numbers this year. New members are encouraged to go along and see what calisthenics is all about. The first two classes are free.

All coaches are fully accredited with a Level One Coaching qualification with the Victorian Calisthenics Coaches Association (VCCA), have a Working With Children Check and a current first aid certificate.

Cloverdale offers competitive classes for all ages, from Tinies to Masters and recreational classes during Term 4 each year.



In celebration of the College turning 25 years, a dinner will be held at The Waurin Ponds Hotel on Friday, May 18 and all past and present members are invited to attend a fun-filled evening.

Cloverdale always welcomes new members. For more information visit the Facebook page <https://www.facebook.com/cloverdalecalisthenics/>, email cloverdalecalisthenics@outlook.com or phone Mandy on 0418-559-241.

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



Funded from Parliament's electorate office and communications budget

Workshops and activities at Corio Library

Corio Library is continuing to present a range of information sessions and activities for residents.

The library, on the corner of Cox Road and Moa Street in Norlane, hosts English Conversation Club every Tuesday from 3.30 to 4.30pm during school terms. All ages are welcome to attend each week.

A free workshop about Resume Writing will be held on Wednesday, March 28 from 3pm to 4.30pm. It will be hosted by Proven Resume Results, an award-winning resume writing service. Participants will learn how to create the perfect resume and cover letter, discover some essential interview and key selection criteria tips and more.

On Wednesday, April 18, a special session will be presented by Dementia Australia. The session, called 8 Things About Dementia, will run from 3.30pm until 5pm and will provide information about dementia and services provided by Dementia Australia.

Decluttering will be the topic of a presentation by Marion Ivermee-Villarosa, a professional organiser from A Place of Calm. It will be held on Wednesday, May 18 from 3.30 to 4.30pm and will present information on how clutter can affect us, and hints and tips on how to go about decluttering your house.

For information about any of the activities at the library, phone 5275-2388.

Less soft drink at centres

The City of Greater Geelong has received a grant from VicHealth to support reducing the amount of soft drink promotion in City-operated leisure centres, including Norlane Waterworld.

The funding will help the City implement its Healthy Choices – Sugar Sweetened Beverages Strategy to reduce the proportion of sugary drinks on display in fridges and increase promotion of water as the drink of choice for health.

In 2018, the display of soft drinks will be reduced to less than 20 per cent of fridge space in the City's leisure centres to encourage people to opt for water.

Mayor Cr Bruce Harwood the strategy is about making sure water is displayed more prominently in our leisure centre fridges, while reducing the proportion of sugary drinks on display – encouraging people to make healthier choices.

Diversitat helps with connections



Adam and Mary (pictured) from Diversitat's Reconnect program are at Cloverdale Community Centre on Thursday nights to talk about opportunities for people looking to get into accredited training.

Reconnect provides participants with weekly to fortnightly mentoring; help to enrol and complete accredited training; motivation, confidence and self-esteem building; group training, work experience and access to other services. The program offers up to 18 months of support.

Anyone interested in finding out more information can call into Cloverdale from 5pm to talk to Adam and Mary. They can also be contacted on phone 5223-3222.

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Supporting Indigenous education



Viva Energy and the Cathy Freeman Foundation have announced a major, four-year partnership in support of Indigenous education, billed as the largest in the history of both organisations.

Cathy Freeman, Co-Founder and Director of the Cathy Freeman Foundation said: "The Cathy Freeman Foundation is very pleased to welcome Viva Energy on board as the largest corporate partner we've ever had."

The Cathy Freeman Foundation is a

major beneficiary of Viva Energy's community program, which supports a number of organisations focused on addressing issues of mental health, Indigenous participation and substance misuse.

Viva Energy's funding will be used to support education programs in four of the largest remote communities in Australia.

To celebrate the launch at the beginning of the school year, Viva Energy volunteers joined Cathy Freeman

Foundation staff on Palm Island in a significant and powerful 'Back to School' march.

This initiative aims to encourage families to return to their community in time for day one of the school year and rewards students who attend the first day.

The march included students, teachers, local police, government officials and Cathy Freeman Foundation staff and moved through the community before dropping students off to school.

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.



Rosewall Neighbourhood Centre's English Conversation Playgroup is in full swing again this year. The centre's new English teacher Geraldine is joined by new kinder teacher, Carolynn.



Art with Es continues to attract newcomers at Cloverdale Community Centre. The class caters for all levels of ability and runs each Wednesday morning during school term.





Northern Bay College's 2018 campus leaders have taken on their new roles with enthusiasm. Leaders from Tallis, Wexford, Peacock and Hendy campuses are pictured.

Work for the Dole participant Zhara (middle) helps make lunch with community members at Cloverdale Community Centre.

THE CITY OF
GREATER GEELONG

WOMEN'S SWIMMING PROGRAM



WHEN: Sunday 11 February to Sunday 29 April 2018
(9 week program)

No session 11 March, 1 April, 8 April

TIME: Sunday 7.15pm–9.15pm
(centre opens at 7.00pm, doors locked at 7.30pm, centre closes at 9.15pm)

WHERE: Waterworld, Corner Melbourne and
Cox Roads, Norlane

COST:

- \$5 per adult, per session (16+ years old)
- Free for girls 12–16 years old

**Must show proof of age (School ID)*

WHAT YOU WILL LEARN: Swimming, aqua aerobics,
use of spa and sauna.

WHAT TO BRING: Bathers, towel

PLEASE NOTE

- This program is not suitable for children under 12 years of age.
- Join the program at any stage.
- No creams, oils or body lotions are to be used.
- Women must wear suitable bathing attire.
- City of Greater Geelong Aquatic Regulations must be followed.

FURTHER INFORMATION

- **Veema Mooniapah** 5272 4840
VMooniapah@geelongcity.vic.gov.au

ALL SAFETY RULES MUST BE OBSERVED

CUSTOMER SERVICE CENTRE

Geelong
100 Brougham Street,
Geelong VIC 3220
8:00am – 5:00pm

CITY OF GREATER GEELONG

PO Box 104, Geelong VIC 3220
P: 03 5272 5272
E: contactus@geelongcity.vic.gov.au
www.geelongaustralia.com.au

LATEST NEWS:



Time to nominate for youth awards



Winners of the 2017 Geelong Youth Awards.

Nominations are now open for the 2018 Geelong Youth Awards.

The awards aim to recognise and celebrate young people who have made and/or are currently making significant contributions in the areas of leadership, community work, personal care for others, social justice, sport and the arts.

All nominees will receive a certificate

and award winners will receive a personal trophy and a \$500 contribution to support their ongoing interests and education.

The awards are open to young people aged between 12 and 25 years who live, work, learn or play in the City of Greater Geelong.

The categories for nominations are Arts

and Music, Community Citizenship, Leadership and Positive Role Model, Social Justice, Sport and Young Carer. This is your opportunity to celebrate young people in the Geelong community.

Complete your nomination form online at www.youthcan.vic.gov.au by April 29. The winners will be announced in June.



Prepare now for a beautiful spring

After the up and down summer we had this year, it's hard to believe that sometime in the not-too-distant future we will be facing the dreaded winter!

A quarter of the year is gone already and now is the time to start taking steps to deal with the cold, wet and dark days that are coming to make sure that spring makes a beautiful, vibrant entrance into your life.

If you haven't bought your spring bulbs yet, now is the time to do so. You'll need to work out the colour scheme you wish to see when they flower and also, whether you prefer flowers with fragrance.

Buy only firm, healthy-looking bulbs and pass up any that are scruffy or limp (some of the pre-packed packets often are) and you will be ready to plant by the end of May or early June. Don't forget that tulip bulbs must be refrigerated if they are not pre-chilled.

Although winter seems such a bleak time, we can still grow a wide range of vegetables. Cauliflower, cabbage, sprouts and kale grow well at this time, but be aware of bugs, particularly white butterflies whose eggs hatch into green caterpillars whose aim in life is to eat as much of your garden produce as possible. You can either spend quite a lot of time picking these wrigglers off the plants or dust with an insecticide, which will do the job for you.

Onions, leeks and garlic also do well in the cooler weather, along with peas and broad beans whose produce not only helps fill in the gaps in menu planning but also the plants themselves. They can

be dug into the garden to replenish all the nutrients taken out during the past growing season, which is a cheaper, cleaner way of revitalising your garden than commercial fertilizers.

Just one word of warning; don't dig in onions or leeks. The worms don't like them and it can affect the balance of the soil. Another idea is to grow garlic in the rose garden – a great deterrent to quite a few types of bugs, with the bonus of being edible.

Be prepared for spring by planting seeds in pots ready to plant out after the most severe weather is gone. You can do this in a sheltered place and still enjoy gardening whilst being protected from the elements.

Pansies, violas and primroses always make a lovely show after the dreary winter days have gone and having pots ready for transplanting is a cheap and efficient way of achieving a great result – much more economical to plant seeds rather than buy seedlings.

Another bargain idea is to grow new plants by dividing existing ones such as day lilies, grape hyacinths, bluebells, agapanthus just to name a few. Just dig them, shake the dirt out and divide between the root ball.

You might lose a couple, but the majority will grow really well and the whole plant will benefit by not being too choked up. You can swap your excess plants with other people to obtain a larger range of textures and colours.

Betty

Another successful festival



Rosewall Neighbourhood Centre community festival on Saturday, March 10 saw hundreds of people flocking to the centre to enjoy music, sausage sizzle, bands and activities.

They included the Corio Library's Oculus Rift and 3-D printer, instant city cardboard cubby houses and skateboard ramps. People explored the petting zoo, reptiles and small children

played on jumping castles and with play dough.

In the art studio, people had great fun making dragons from clay. Information stalls and demonstrations explained courses on offer at Rosewall to help achieve peoples hopes and dreams.

The centre is grateful to Member for Lara John Eren, Connected Communities

Geelong, the City of Greater Geelong and Corio Library, Barwon Water, Corio Lions Club and HayesWinckle for their support and sponsorship which enabled it to host another wonderful community festival.

Staff would also like to thank Rosewall's many volunteers who generously helped on the day.

CLASSES AND GROUPS AT ROSEWALL

Check out our website www.rosewallinc.org.au for details and costs. Drop in at 36 Sharland Rd, Corio or call 5275-7409.

CREATIVE ARTS

Jewellery Making

Learn the basics to create earrings, bracelets and necklace. All tools and materials included in fee.

Painting and Drawing

All experience levels. Work with your chosen medium with some assistance from our tutor.

Painting and Drawing – Advanced/Portfolio Preparation

Work closely with our tutor to develop your study/professional portfolio. Limited numbers.

Pottery – Open studio

Bring your own projects.

Pottery for Beginners

Come and learn the basics with an experienced tutor.

COMPUTERS

Want to know more about computers?

Rosewall are running a range of short computer workshops. Contact the office for more information.

Computer Café

Join us on a Thursday morning. Staff are available to answer questions. Bring your own smart phone, tablet/ iPad or laptop, or use ours.

ENGLISH LANGUAGE

Conversational English

Come and practice your conversation skills with others.

English Conversation Playgroup

Practice your conversational English while playing with your children.

HEALTH AND WELLBEING

First Aid – CPR & Level 2

Complete your first aid certificate with Australian Education & Training, T01D 21509. Units of Competency – HLTAID001 & HLTAID003.

Strength, fitness and balance

Gentle exercise each week with Dee.

HOSPITALITY



Barista Skills

Learn how to make espresso coffees on a commercial coffee machine.

Café Skills

Café Skills – includes Food Handlers Certificate, barista skills, food preparation, customer service and money handling.

Food Handling Course

Required if you want to work or volunteer in the food and beverage industry. Nationally accredited course. Unit of Competency SITXFSA001.

Learn to Cook

Rosewall will be offering a range of cooking basics workshops starting term 2. Call the centre for more information.

Responsible Service of Alcohol (RSA)

This course is essential for anyone looking for work in licensed premises. Nationally accredited course. Unit of Competency SITHFAB002.

PLAYGROUPS

English Conversation Playgroup

Practice your conversational English while playing with your children.

Contact the office at Rosewall to get details of our other 2018 playgroups.

SOCIAL GROUPS

Knit and Natter

Join our social group to meet people and knit for a cause. Some wool provided. Bring own needles.

Over 50s

Over 50s social group meets every Friday. New members welcome.

Take Off Weight Naturally (TOWN)

Call Geraldine on 5298-2275 for information.

WORK SKILLS

Our work skills programs have been designed with a further study or employment outcome in mind. All courses are practical hands-on with a bit of theory mixed in. Contact us to find out more.

Advanced Art – Portfolio Development

Are you an aspiring painter or drawer? Develop a portfolio of work to present for formal education or employment opportunities.

Beauty Therapy and Hair styling

Learn how to present yourself and others for work and social occasions by discovering the current trends in make-up, hair styles, nails, skin care and basic treatments.

Become a Tutor/Facilitator –

Do you have a talent, a skill, particular knowledge or a craft and want to share it with others? We'll help you make the transition to tutor and facilitator.

Business Administration

It doesn't matter what industry you work in business administration skills are a must. Learn how to complete usual work tasks on a computer, organise and prioritise your work day, work in a team, answer a business's telephone, make professional phone calls, use common office equipment and deal with customers.

Café Skills

Café Skills – includes Food Handlers Certificate, barista skills, food preparation, customer service and money handling.

Child Care – Introduction

Learn some hands on practical skills that all child care workers need. This course will help build your confidence to enter child care studies, gain an Australian Apprenticeship or volunteer as a babysitter.

Find it, Fix it, Flog it! – NEW COURSE

Are you interested in learning how to repurpose furniture and sell it for a profit? This course is for budding entrepreneurs looking to build a small business from home. Our tutor, who has also made a living from repurposing furniture, will show you all the tricks and tips to find, decorate and sell furniture.

Get Ready for Work

Plan the steps in building your career around your interests and strengths, develop a resume and cover letters and practice your interview skills. Gain confidence in looking for a job – know what to say, what to wear and how to present yourself. Learn the skills that employers are looking for.

Volunteer as a pathway

Want to apply for a job but the advert calls for experience? Rosewall can help you build skills, gain confidence and be job ready in the following areas: barista, kitchen hand, reception/admin, child minding, gardening, assistant tutor.

Activities and Groups at Hendy Street

Group		Contact
Bayside Active Adults	Mondays 10.45am-11.45am.	Lesia 5200-0146
Cloverdale Calisthenics College	Mondays, Tuesdays and Saturday mornings.	Mandy 0418-559-241
Corio Kyokushin Karate	Mondays and Wednesdays 6.30pm.	Scott 0418-335-355
Geelong Buccaneers Grid Iron Club	American Grid Iron Football – training and matches.	Melissa 0430-494-434
GKR Karate	Fridays 6.30-7.30pm.	Luke 0450-011-654
Impact Church Geelong	Church Service – Sunday mornings. Youth Group – Fridays 7pm.	Stephen 0405-104-610
TAEKWON – DO	Geelong Taekwon-do trains weekly. Thursdays 6.30-7.30pm.	Phil Zdybel 0418-513-981

Check out our website www.rosewallinc.org.au for details and costs.

Drop in at 36 Sharland Road, Corio or call us on 5275-7409.

New council shop in Corio

Windermere Ward councillors Anthony Aitken and Kylie Grzybek have provided the following information for 3214 residents:

"There's a lot to be excited about in the north of Geelong, and as your Windermere Ward representatives, we've been very active during our first few months on Council, advocating for the issues and projects that matter most to our region.

Over the coming issues of Northerly Aspects we'll update you on many of these projects.

Recently we dropped into the new purpose-built City of Greater Geelong customer service centre at Corio Central.

This centre opened late last year, replacing the old booth that used to operate nearby.



It's an investment in the north, offering residents face-to-face help and information on any of the 126 services provided by the City, as well as a place to make transactions.

It was great to spend some time with customer services officers Shona and Conny, both long-time employees who love their job and greet everyone with a smile.

The centre also features a meeting

room, where we're happy to meet with community members.

Please get in touch if there's an issue you'd like to discuss."

To contact Cr Aitken, email AAitken@geelongcity.vic.gov.au or phone 0434-307-044.

To contact Cr Grzybek, email KGrzybek@geelongcity.vic.gov.au or phone 0434-307-043.

Prestigious award for GROW

The G21 Region Opportunities for Work program has won a prestigious Victorian award for public sector leadership.

GROW targets entrenched, place-based disadvantage. It was named winner of the policy development category at Institute of Public Administration Australia (IPAA) Victoria awards.

The project, jointly founded by G21 and the Give Where You Live Foundation in 2016, targets local job creation. The award acknowledged its growth and measured impact.

Give Where You Live Foundation CEO and G21 chair Bill Mithen, G21 CEO Elaine Carbines and GROW director Anne O'Brien and co-ordinator Liz Everist attended the awards ceremony at Deakin Edge on Melbourne's Federation Square, along with Borough of Queenscliffe CEO Lenny Jenner and Centre for Social Impact social design fellow Ingrid Burkett.

Mr Mithen said the award was significant endorsement of GROW's progress and ongoing mission.

"We are so proud of GROW, our community's response to GROW and

particularly the difference that GROW is making," Mr Mithen said.

"This IPAA award in the policy development category acknowledges the significant partnership between G21 and the Give Where You Live Foundation and the great and visionary work of our team.

"We continue to urge local businesses and organisations to become part of meaningful regional collective impact by signing the initiative compact and starting planning to help deliver social benefit."



Norlane Community Centre

Rose Avenue, Norlane. Phone 5275-8124.

E-mail: admin@norlanecc.com.au

Office Hours: 9am-5pm Monday to Friday

Commercial kitchen for hire

The commercial kitchen at Norlane Community Centre is available for hire on a daily basis.

The centre is also seeking expressions of interest from any groups or organisations who may be interested in

hiring on a more permanent basis.

For all inquiries please contact the centre's co-ordinator Bec (pictured) on 5275-8124 or email coord@norlanecc.com.au



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.

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.

Hire is available on Tuesday and Friday mornings between 9am and 10am. Mowers must be returned the same day no later than noon.

Becoming a member can be done by visiting the centre between 9am and 5pm Monday to Friday. 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.



Book lending library

Finished reading a book and would like a new one? Drop into the centre and check out our lending library. If you see something you like you can borrow and then return it once you are done - that way others can enjoy it - or you can swap it with any unwanted books of your own.

Food Swap

Come along on the last Friday of every month between 3pm and 5.30pm and bring your own home grown fruit, vegetables, herbs and plants and any other produce to swap.

Munch 'n' Crunch

Munch 'n' Crunch is no longer operating out of the Norlane Community Centre.

All inquiries can be directed to Encompass Community Services head office - 400 Pakington Street, Geelong 3220, Phone 5222-3377.

Northern Futures courses at Norlane

Based at the Norlane Community Centre, Northern Futures has a range of courses to help jobseekers develop the skills they need to find the right job. Places are now available for courses delivered in Semester 2 by Northern Futures in partnership with The Gordon TAFE.

Getting Ahead – Certificate I

Duration: 10 weeks, commencing July.
Class days: Wednesday, Thursday and Friday.
Class times: 9am–3pm.

Business Basics – Certificate II

Duration: 15 weeks, commencing July.
Class days: Monday and Tuesday.
Class Times: 9am–3pm.

Warehousing Operations – Certificate II

Duration: 14 weeks, commencing July.
Class days: Monday, Tuesday and Wednesday.
Class times: 9am–3pm

Individual Support – Certificate III

Duration: 26 weeks, commencing March 2019.
Class days: Three days a week.
Class times: 9am–3pm.
(Includes some Monday – Friday work placement).



For further details please phone or email:

Barbara Ryan 0475-505-225 or email barb.northernfutures@gmail.com
Anna Dobrovoljni on 0427-722-020 or email anna.northernfutures@gmail.com
Bryan Moore 0407-911-232 or email bryan.northernfutures@gmail.com



Helping local jobseekers



Corio teen Hannah Black's love of wildlife has found the perfect fit in her new role with Echidna Walkabout Nature Tours.

The 19-year-old landed her dream job monitoring koala populations in the You Yangs and Serendip Sanctuary with support from Northern Futures and a Viva Energy Role Model Scholarship.

"I love this job," Hannah said. "It has already taught me so much. I realise how cool and unique our native animals are and I appreciate koalas much more." Hannah (pictured) wanted to be a zoologist when she was little, but had almost given up hope of working with animals. Her jobactive provider Matchworks referred her to Northern

Futures, where she completed the administrative skills course, Business Basics, that developed her computer skills.

By matching her new skills with her talent for communication and love of the bush, Northern Futures then helped Hannah secure a job with Echidna Walkabout Nature Tours.

The Viva Energy Role Model Scholarship provided another critical piece of support.

The scholarships program is a three-year \$120,000 partnership between Viva Energy and Northern Futures that supports Northern Futures participants experiencing economic disadvantage

and other barriers to training and employment. The program has helped more than 30 students since it began in 2016 and paid for equipment Hannah needed in her new role.

"I just want to say a massive thank you to Viva Energy for supporting an Aboriginal person from Corio. I wouldn't be here without their help," Hannah said.

Hannah has now started a course in land use management at Melbourne Polytechnic and Echidna Walkabout Nature Tours co-founder Roger Smith believes she has a bright future ahead. "I'm constantly impressed by her passion and enthusiasm; we have nothing but praise for Hannah," he said.

2013 LEARN LOCAL LEGEND

Community Big Band

Cloverdale Community Centre is proud to launch the North Geelong Community Big Band.

Growing from our Learn Local courses, Open Mic Nights and general love of all things music, we have launched an all in big band. The band is under the skilful leadership of music tutor Ian Burrowes and is open to musicians both young and old.

We are happy to include all manner of instruments from brass, woodwind, guitars, and percussion through to vocals. Our aim being to create a fun, social outlet for community, eventually working to towards playing gigs.

The band will serve as a demonstration to the broader community of the talent that lies in the north, to be a northern suburbs advocate. We are hoping to gain the support of other agencies and businesses and offer scholarships for musicians who no longer have access to instruments.

A number of participants have not played their instruments since leaving school. For Taylah it has been five years since she has played her saxophone.

"After leaving school I really had no outlet to play," she said. "Now I have a community again to express myself and I really enjoy it."

Liz, the manager at Cloverdale is back on the trumpet after a 22-year break. "I'm back having lessons and playing in a concert-style band," she said. "I never

thought I'd play the trumpet again, but it's amazing just what you remember." The band rehearses on Thursday evenings from 6.30pm.



North Geelong Community Big Band

A CLOVERDALE COMMUNITY CENTRE INITIATIVE
BRINGING COMMUNITY TOGETHER THROUGH CREATIVITY



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.

North Geelong Community Big Band: Join in with musicians of varying abilities in a dynamic band experience under band-master Ian Burrowes; from brass to strings, vocals and more. Rehearsal is Thursdays from 6.30pm.

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.

Scrapbooking: Enjoy a creative morning of scrapbooking and socialising. Suitable for beginners through to advanced scrapbookers. Mondays, 11.30am-1.30pm. \$2 amenities plus \$8 for materials.

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.

Pop-up Café & Games: Enjoy a social afternoon of cards, board-games, table tennis and conversation in our Pop-up Café. Afternoon tea and barista coffee is available at affordable prices. Wednesdays from noon.

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.

T.O.W.N Club (Take Off Weight Naturally): For more information contact the Club Secretary on 0428-517-364. Meet every Thursday, 9am-11am

CHILDREN AND PARENTS

Playgroup: Friendly playgroup for children and their parents/carers. New families welcome. Wednesdays, 9.30-11.30am. \$2 per session.

Help at hand for using myGov

Cloverdale Community Centre is helping local residents access and use myGov, by offering free monthly sessions.

MyGov is the secure way to access government services online, using one login and one password. Those services include Centrelink, Medicare, NDIS, tax and medical information.

Local residents are being helped to become more confident using myGov through friendly sessions using the centre's public use computers. Participants can also bring their own laptops or devices.

The sessions run on the first Wednesday of the month from 10am until 11.30am.



In Term 2 they will be held on April 4, May 2 and June 6.

Bookings are limited to six places per session and can be made by phoning the centre on 5275-4415 or email info@cloverdalecommunitycentre.org.au.



Term 2 2018

Call to book: Cloverdale 5275 4415

PROGRAM	Starting	Day	Time	Full Fee	Concession
Computers					
Getting Started with Computers (8 weeks)	April 16	Monday	9.30am-Noon	\$180	\$90
Developing Computers - the next step (10 weeks)	April 18	Wednesday	9.30am-Noon	\$220	\$115
Communicating with Digital Devices (10 weeks)	April 18	Wednesday	Noon-3:00pm	\$220	\$115
Vocational and Employment Skills					
Develop An Arts Practice (10 weeks) - move from art as a hobby to art as a vocation	April 18	Wednesday	1pm-3.30pm	\$220	\$115
Preparing to Perform - Using creativity to build employability (8 weeks)	April 19	Thursday	6.30pm-9pm	\$210	\$90
Introduction to Barista Skills	April 18	Wednesday	9.30am-11am	FREE	FREE
Well, Wise and Wonderful - women's personal development program (10 weeks)	April 17	Tuesday	11.30am-2.30pm	FREE	FREE
Literacy and Numeracy Programs					
Tell My Story - work with a professional journalist and publish a book about you (8 weeks)	April 16	Monday	1pm-3.30pm	\$180	\$90
Introduction to Songwriting (8 weeks)	April 19	Thursday	6.30pm-9pm	\$195	\$80

Five apprentices graduate at Geelong Refinery

Viva Energy's Geelong Refinery recently celebrated the graduation of five apprentices.

Hannah Terry, Dylan O'Toole and Josh Penny graduated with dual Electrical and Instrumentation trades and James Goodall and Ben Seaton as Mechanical apprentices.

The apprenticeships took between four and five years to complete and were a partnership between Gforce, Northern Futures and Viva Energy Geelong Refinery.

The apprentices participated in a range of class-room study, on-the-job learning and received mentoring

from the team at the refinery. This unique experience equipped them with the skills to secure work in a range of industries and hopefully build successful careers in their field.

This graduating cohort has special significance, with the very first graduation of two Northern Futures apprentices.

Mechanical Fitter Ben Seaton said: "The Northern Futures, Viva Energy partnership has been good to me by offering avenues of support throughout my apprenticeship."

Northern Futures CEO Lyn Morgan said the achievements of all the graduates

is outstanding. "It is fantastic to see young people making the most of the opportunities presented to them by our industry partners like Viva Energy," she said.

Viva Energy General Manager Refining Thys Heyns said he is proud that the business can foster skills and development through apprenticeships. "It inspires me to do everything I can to keep this refinery manufacturing in Geelong for many years to come so we can keep these opportunities going."

In 2018, Viva Energy will continue to support seven apprentices, six of whom are from Northern Futures.



From left: Northern Futures CEO Lyn Morgan, Gforce CEO Rob Birch, apprentice graduates Dylan O'Toole, Josh Penny, Hannah Terry, Ben Seaton, James Goodall, and Viva Energy General Manager Refining Thys Heyns.