EDITION 57, TERM 3, 2018

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CNAV
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the voice of the community
MEMBER 2018

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OUR COVER: Joshua and Phill Zdybel and Lindy Joy Crouch are preparing for the International Taekwondo Federation World Championships in Buenos Aires in late July-early August. SEE Page 7 for the full story.

Editor's letter

Have you ever wondered how some people can push through rough patches in their life and get on with whatever it throws at them with a smile on their face?

Are they lucky or do they make a conscious decision to wake up, be positive and get on with making the most out of life?

I won't pretend to know the answer, but I think there's a lot to be said for choosing to be happy. If happiness is too hard, and at times it is, then positivity and hope are perhaps the next best options.

We all have tough times in our lives – personally, at school, work, in sport, in our community. And often we have no control over what's happening.

There are times though, when we can make a choice to make the most of what we have, instead of focussing on what we don't have.

I have a print on my kitchen wall that reminds me of this every day. It says: "Happiness is not a destination, it is a way of life."

How do we make this relevant to everyday life? It's not always easy, but the idea is around waking up each day and choosing to look for the good things about life instead of waiting for an overwhelming sense happiness, if that even exists.

The good things might include a morning walk where just saying hello to another person sets you on the path to a better day. It might be gratitude for good health, family and friends, a roof over our head, food to eat, a job to go to. It might also be hope that things will improve.

If we take small steps towards taking responsibility for our own happiness, then maybe we'll also have a positive impact on others around us.

Enjoy the journey.

Jeanette Watt
Editor, on behalf of the Editorial Committee

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

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

Focus on the future

The 3214 community and people beyond are being urged to invest in the future of education for Corio and Norlane children through the Northern Bay Challenge.

The challenge is an initiative of the Funds For The Future Board and aims to engage the entire community to support local education opportunities for young residents.

Northern Bay College Principal and Board member Fred Clarke (pictured) said one of the key aims is to engage local families to support their children and the school. In return it will promise to do what it can to guide students towards tertiary education, apprenticeships or other work.

"We want local children to go to their local school and be proud of where they live, play sport and engage with the community," he said. "We want families to value education."

Mr Clarke said the college can provide support and make promises about future opportunities for students, but it requires effort by everyone to be successful. He said school leadership and staff are being challenged to make a difference and some key agencies are already helping with sponsorship of some students.

In what it believes is an Australian first, the college is calling on the community to sponsor all of its students. The Northern Bay Challenge is registered through the Geelong Community Foundation, which allows tax free donations to be made into the Northern Bay College Scholarship Fund.

Mr Clarke said donations have already been received from all over Australia and internationally. The aim is to establish a $10 million scholarship fund so that all children can be supported to stay at school.

"This really is a call to arms," he said. "We've had quite a lot of media interest and some of the data we've quoted is quite confronting for some kids ... but it's their data. We just want people to care as a community and believe in us to deliver."

To support the Northern Bay Challenge, contact Deborah Barclay, phone 5245-3501 or email barclay.deborah.d@edumail.vic.gov.au.

A guide to Term 3 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 Monday during term for all ages.	**Pottery classes** Free for 3214 residents. Materials supplied.	Rosewall Neighbourhood Centre 36 Sharland Road, Corio.	5275-7409
Every Tuesday 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 Wednesday during term 4-5.30pm	**Activities and evening meal. Free**	fOrT Youth Centre, Stead Park, Corio	5274-9074
Every Thursday 9.30am-noon	**Job Club for the Technically Challenged** Technical help with resumes and applications.	Rosewall Neighbourhood Centre 36 Sharland Road, Corio.	5275-7409
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 4-5.30pm, for 12-25 year olds	**Friday Night Drop In** Activities and evening meal. Free.	fOrT Youth Centre, Stead Park, Corio	5274-9074
Saturday, July 21 9.30am-11am	**Cloverdale Food Swap**	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Saturday, August 18 9.30am-11am	**Cloverdale Food Swap**	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Friday, September 21 7pm	**Open Mic** Family-friendly, all performers welcome. Gold coin entry.	10 Wendover Avenue, Norlane.	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

BARWON
COMMUNITY LEGAL SERVICE

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

Grant for new big band

Cloverdale Community Centre is moving ahead with plans to grow the newly-formed North Geelong Community Big Band thanks to support from the Geelong Community Foundation.

The Centre received a grant for $10,100 to enable more people to join the band. The grant was among $932,500 allocated to 46 Geelong groups and organisations, thanks to the generosity of donors and supporters of Geelong Community Foundation.

Other grant recipients supporting programs in 3214 included Kids Thrive ($35,000), Ardoch ($15,000), Bluebird Foundation ($30,000) and Norlane Community Initiatives ($40,000).

The North Geelong Community Big Band is a newly formed group of music enthusiasts, in particular northern suburbs residents, from as young as 13. The band formalises the involvement of musicians and performers who are regular participants in Cloverdale Community Centre programs.

Cloverdale manager Liz Bonner said the band's aim is to encourage participation and performance, as well as provide opportunities for skill development for musicians.

"The band is under the leadership of our Preparing to Perform tutor Ian Burrowes (pictured) and has continued to grow since the start of this year. It has performed at other centre functions, as well as community activities including Music from the Neighbourhood.

"There is no other similar band or program in the northern suburbs, possibly Geelong, and we are delighted to have received the grant. It will be used to formalise the band, buy equipment and employ a local music director."

The band meets at 10 Wendover Avenue, Norlane every Thursday from 6.30pm-9pm. For more information phone Liz Bonner, 5275-4415.

Function room with bay views for hire
Pool room
Member's bar
Tennis courts

The Seaview Club Inc.

Family-Sports-Recreation

335 Blue Stone Bridge Road, Lovely Banks

Phone: 5275-2776

Public drinking fountains are off

The City of Greater Geelong has engaged plumbers to turn off a number of public drinking fountains due to high levels of lead.

The City's Acting Director Planning and Development Joanne Van Slageren said testing of public drinking fountains found 80 with levels of lead above the Federal Government's National Health and Medical Research Council Australian Drinking Water Guidelines.

The process of disabling fountains began in late May. Disabled public drinking fountains have been tagged as 'out of order'.

A complete list of public drinking fountains that have been found with levels of lead higher than Australian Drinking Water Guidelines is available at www.geelongaustralia.com.au/publicdrinkingfountains.

"It's important to note that water supplied by Barwon Water is completely safe to drink," Ms Van Slageren said. "This is not an issue related to the quality of water supplied by Barwon Water. This is issue with public drinking fountain infrastructure.

"We have been working closely with public health experts at Victoria's Department of Health and Human Services on this matter. People don't need to worry if they've recently used a public drinking fountain in Greater Geelong.

"We're conducting a thorough investigation into this situation, and are working with health and industry experts, including DHHS, the Department of Environment, Land, Water and Planning (DELWP), Barwon Water and the Victorian Building Authority to identify the cause of the lead found in our public drinking fountain water."

Trio off to championships

Talented Taekwondo trio Lindy Joy Crouch, Joshua and Phill Zdybel are preparing to take on the world at the International Taekwondo Federation World Championships in Buenos Aires in late July-early August.

Lindy Joy has Down syndrome and will create history as the first Australian representative in special needs ITF world competition. She will be accompanied on her trip by her mother Jayne.

Lindy Joy, 25, took up Taekwondo as a form of exercise and is now training twice a week as well as doing gym sessions and swimming. She enjoys the sport and the chance to make new friends.

Joshua Zdybel, 15, has been involved in the sport since he was four years old and is preparing for this third world championships. He won a silver medal at the last championships in Rome and this time is aiming for gold in the Under 18 Under 70kg Division.

Joshua and Lindy Joy are both coached by Phill Zdybel in Corio. Phill will also compete in Buenos Aires in the Senior 82-plus kilogram division.

Phill said all three are tracking well in their preparation for the championships, including wins in the Victorian championships in Mildura in May.

Lindy Joy Crouch will be joined by her mother Jayne on the trip.

Father and son Phill and Joshua Zdybel prepare for the world championships.

Getting Ahead changed Nicole's life

When Nicole Janetzki came to Northern Futures she hadn't worked since leaving school, but knew it was time to turn her life around.

"I love Northern Futures," Nicole said. "Everyone is so real here. There was no judgement, just lots of support and advice. The staff had more confidence in me than I had in myself."

Nicole completed Getting Ahead, a Certificate I course, delivered by The Gordon at Northern Futures, that helps students build skills and resources to find a job. Nicole says Getting Ahead changed her life.

"I finished the course feeling so positive. It just made me want to take control of my future and have a better life," she said.

Nicole then completed the Certificate II Business Basics course at Northern Futures and started working at Department of Environment, Land, Water and Planning (DELWP), as an administrative trainee. When the traineeship finished, she began a two-year cadetship at DELWP.

She is thrilled to be working in a sector that requires high level entry skills.

"Northern Futures is such a step up for people who need it. I would never be doing what I'm doing now without Northern Futures because admin jobs are hard to get without the right training. My life has changed 100 per cent."

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:

NGC

Rosewall Neighbourhood Centre

Neighbourhood Houses

Doris loves to help

Norlane local Doris Stewart has seen a lot of changes since arriving from Malta almost 50 years ago. She's been living in Norlane since 1971.

But one thing that has never changed is her desire to help other people.

In 2011, Doris decided that she wanted to return to school and improve her English, so she joined the Skills for Education and Employment (SEE) program – a free, 800-hour program run by Wyndham Community & Education Centre at Corio's Hendy Street Hall.

But Doris soon began to spend as much time helping in the classroom as she did learning.

"The teacher knew that I had lots of patience and understanding," Doris said. "And the ones who were really struggling with their English said to me, 'can you help me?' And that's how it started."

Doris' passion for helping English learners continued after finishing her SEE program, and now she's at Hendy Street for up to four days a week, volunteering as a classroom tutor.

"I don't want to be bored at home. Here it's alive, I'm interacting with other people; they need me here because they can talk to me," she said.

"Once you get the opportunity to volunteer, you never look back. You learn new things, and it's fun. I enjoy every minute I'm here."

SEE Teacher Peter Templeton and volunteer Doris Stewart.

The SEE program is available for people who want to improve their reading, writing and maths.

If you would like to join the program, or if you would like to be a volunteer classroom tutor, contact Wyndham CEC on 9742-4013. For more information, talk to your job active or Centrelink.

Fight the flu this winter

Barwon Health is encouraging residents to protect themselves and others against the flu this winter by being vaccinated.

The peak flu season is usually June to September and while the best time to be vaccinated is in April or May, it's never too late.

Protection from the flu vaccine is expected to last the whole season. The most protection is offered in the first three to four months following vaccination.

Free flu vaccinations are provided to certain individuals listed below; these can be obtained from a GP or Barwon Health Immunisation Service. They include:

- Pregnant women at any stage of their pregnancy. This not only protects the mother but the unborn baby as well.
- All adults aged 65 years and over.
- Aboriginal and Torres Strait Islanders are eligible for a free flu vaccine from over six months old to five years old, and from the age of 15 and above.
- Individuals with a range of health conditions including cardiac and renal disease, chronic respiratory and neurological conditions.
- Children aged from six months old to five years.

Barwon Health Immunisation Service provides both free and paid flu vaccines at any of its advertised sessions, which can be found on the Barwon Health website. No visit fee is charged but appointments are recommended. A workplace program is also available.

For inquiries, contact Barwon Health Immunisation Service on 4215-6963.

Norlane development officially named

Baptcare's Norlane development in Robin Avenue, Norlane has officially been named **Baptcare Coasthaven Community**.

This development will deliver a 90-bed residential aged care facility and a Community Hub, designed to serve the needs of the local community.

The Little Birdie Friends and Neighbours Day

The Little Birdie Pop-Up Café recently hosted its first 'Friends and Neighbours Day' in Norlane.

More than 100 people attended with local volunteers serving free coffees and muffins, and music was provided by local artist Hannah Reeves.

The morning was a great celebration of the neighbourhood and the wonderful pop-up community space provided by The Little Birdie at Baptcare Coasthaven Community. Residents said it provided a glimpse into the future of what the new community hub would bring.

For more information on The Little Birdie Pop-Up Café visit http://littlebirdie.org.au/

Progress report

Works are on track for the development to be finished by the second half of this year.

In the meantime, inquiries should be directed to:

Housing: Robert Glavich, rglavich@baptcare.org.au, 0437-101-457

Employment: Anne Maree Russell, arussell@baptcare.org.au, 0439-742-619

Communications: Amanda Boshier, aboshier@baptcare.org.au, 0412-224-729

About Baptcare

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 2,000 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.

Funded from the Parliaments Electorate and Communications budget

Free TAFE in Victoria

As announced in the Victorian Budget, the Andrews Government is making it easier to get a TAFE qualification in Victorian growth industries that need workers.

This means that whether you're looking to get your first job or your next job, from 2019, if you're enrolled in a priority TAFE qualification or pre-apprenticeship, you won't pay any tuition fees to learn the skills needed for the jobs the Andrews Government is creating.

The Andrews Government is working hard to rebuild TAFE and make training more accessible, particularly for young people.

This includes:

- Funding more than 30,000 new training places.
- Revamping the apprenticeship system.
- Changing the way vocational education works in schools, giving secondary school students the opportunity to learn their trade at school and get a job sooner.
- Overhauling career education in schools so students get the advice they need to make the right choices earlier on.

If you'd like to know more about this announcement and what it means for our community, please follow me on facebook.com/john.eren1 or call my office, phone 5275-3898.

State Budget highlights

The Andrews Government recently handed down the 2018/19 State budget.

Through this budget, the government is making record investments while still managing to maintain a fiscally smart, strong and responsible budget with a healthy surplus.

Highlights for our community include:

- $1.5m for Northern Bay P-12 College to upgrade facilities at the Wexford Campus.
- Local students will also get expert advice to help them make the right career choices, with career education in schools to be overhauled across the state and will now start from Year 9.
- Students at risk of dropping out of school or becoming homeless will also receive extra help to stay in school and have more opportunities in life, with $2.8 million for the Geelong Project.

To help keep our state safe, the Budget will invest $689.5 million to build a new 700 bed maximum-security men's prison at the Lara Prison Precinct. This will create hundreds of local jobs during construction and also ongoing employment opportunities once the facility is complete.

Through the Government's Local Jobs First program, we will ensure Victorian contractors and workers are given the opportunity to build this new facility.

The Budget also delivers $153.2 million for the Geelong City Deal. Local jobs, tourism and creative arts will be boosted across the region with a new Geelong Convention Centre, continuing the revitalisation of Geelong's CBD.

Funding has been allocated for health, including:

- $705 million to address mental illness and addiction.
- Geelong Hospital will be one of six dedicated crisis hubs.
- A new rehabilitation facility for the Barwon region, making sure people get the treatment they need.

Feel free to contact my office for more information about the Budget.

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.

Day program offers treatment

Intensive non-residential treatment is available in Coro for people looking for support and guidance while exploring issues related to substance abuse.

The Stepping Up Consortium offers the intensive Time for Change Day Program in a safe, respectful and non-judgmental environment. The program runs Monday to Friday and includes sessions covering relapse prevention, harm reduction, group therapy, emotional regulation, psychological/physiological impacts of substances, mindfulness, art therapy and weekly guest speakers.

Clients in the program are allocated a case manager and provided with two weeks of pre and post care. They will also be referred to other appropriate services within the community.

The program is available to anyone over 16 years of age who want help with their goal of abstinence from substance abuse. They must be willing to commit to attending the program for six weeks.

To check on eligibility and for more information, contact the Barwon Health access team, phone 1300-094-187 or Sharon Hocking, phone 0466-351-485. The next group starts on July 30.

JOHN EREN MP

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

'For all your State Government Matters'

Proudly serving the communities of Anakie, Balliang, Bell Park, Bell Post Hill, Corio, Hamlyn Heights, Lara, Lovely Banks, Moorabool, North Geelong, Norlane and North Shore.

Also covering parts of Batesford, Drumcondra, Little River and Staughton Vale.

Level 1, Corio Shopping Centre Bacchus Marsh Road, Corio 3214 Phone: (03) 5275 3898
www.facebook.com/johneren1 www.twitter.com/johnerenmp
Email: john.eren@parliament.vic.gov.au

Funded from Parliament's electorate office and communications budget

Brandon's support rewarded

Norlane's Brandon Dellow was among six outstanding young people recently honoured at the Geelong Youth Awards.

Brandon, 21, won the Community Citizenship Award for his work in mental health, cultural diversity, equal opportunities, human rights, education, the community and Type 1 diabetes.

Brandon was instrumental in growing and contributing to the 3214 Faces & Places facebook page, which aims to promote the positive aspects of the northern suburbs. He has also been working at grass roots levels at The fOrT youth centre.

The former Northern Bay P-12 College student is also a member of Humans in Geelong, a voluntary team offering a young perspective, spreading positivity and hope to all members of the community. He contributes stories in a professional and reliable manner, often highlighting Geelong's rich multicultural element.

Over the past three years Brandon has been working at Northern Bay P-12 College in education support, community engagement, and as media and reporting co-ordinator for Northern Bay Promise. He also provides education support for the college's English as an Additional Language students and worked with organisers of cultural celebrations including Harmony Day, Cultural Diversity Week, Refugee Week and NAIDOC Week.

Brandon's long-term goal is to obtain his teaching degree, teaching EAL, to eventually travel overseas to teach in classrooms for refugees.

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Leisuretime facility lights up

A new $2 million multi-purpose synthetic pitch has been officially opened at Norlane's Leisuretime Centre. The new pitch is one of just a few of its kind in Victoria and is expected to cater to a boom in soccer's popularity in the Geelong region, which has the fastest growing soccer participation in the state.

The new facility features a full-size FIFA-standard outdoor synthetic pitch and LED flood-lighting, which is expected to help soccer clubs train, play matches and support regional programs and pathways.

The project was funded jointly by the City of Greater Geelon ($1.4 million) and the Victorian Government ($600,000). City of Greater Geelong Mayor Cr Bruce Harwood said soccer participation is growing faster in Geelong's north than anywhere else in the state, so this pitch is a real win for the local community.

For more information and to book Leisuretime's new pitch, phone 5272-4993 or email leisuretime@geelongcity.vic.gov.au

Another award for Anis

Former Northern Bay College student Anis Gul Mohammad Ali is continuing her successful journey towards a career in nursing, and collecting awards along the way.

In April, Anis won the Gforce Trainee of the Year Award for her outstanding work during her school-based traineeship, after being nominated by her Gforce apprentice and trainee consultant Tracey Fulmer.

Tracy said Anis completed her Certificate III Health Service Assistant, combining class-based work and a work placement at St John of God Hospital.

"I nominated Anis for the Trainee of the Year award for the Gforce Awards, which she was shorted listed to five, who were all then interviewed," Tracey said. "She was the only school-based trainee and went on to win the award at the Gforce awards night."

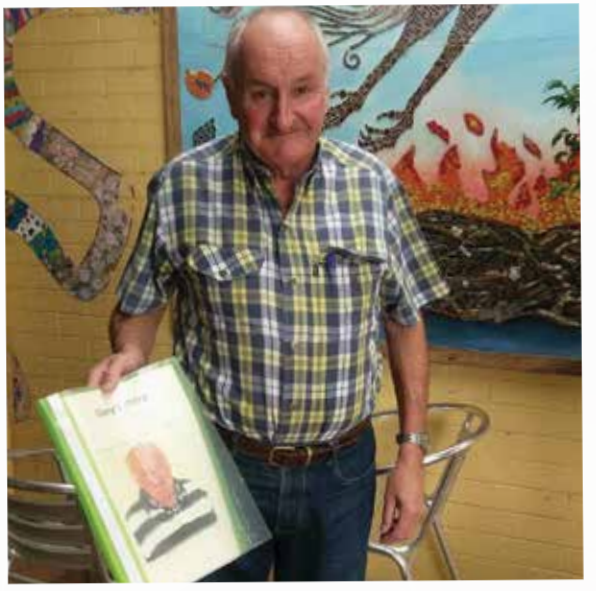
Tracey said Anis was an outstanding student and Gforce trainee. "She is someone who has overcome challenges, including English as her second language, but is always respectful and willing to go above and beyond to help others," she said.

Anis is aiming for a career in nursing at St John of God and, in addition, is studying Biomedical Science at Deakin University. In 2016 she won the prestigious Arda Duck Award for Northern Bay College's highest VCE score.

Gforce Trainee of the Year winner Anis Gul Mohammad Ali. Picture courtesy of Gforce.

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.



Gary participated in Tell My Story, a program conducted at Cloverdale Community Centre where participants are guided through writing and publishing their own life story. For information about the next course, call 5275-4415.

Viva Geelong Refinery staff participated in Good Deeds Week earlier this year, when activities included an auction of items donated by employees that raised $5000. The Geelong team also gave blood, undertook maintenance at Northern Bay Secondary College, and made mats out of plastic bags for the homeless.

Kaylene Reeves representing Norlane Community Initiatives and the Little Birdie Café, and Cloverdale Community Centre manager Liz Bonner attended the Geelong Community Foundation grant awards night. Both organisations received funding for projects in the 3214 area.

Northern Bay College students joined community members and walkers from across Victoria to participate in M-M 2018in May. The three main ceremonies, Gathering of the Elders at Big Rock; Gathering of the City as part of Geelong After Dark, and Gathering of the Elements, on the Barwon Heads foreshore, were among the many highlights of the 80 kilometre extreme arts walk covering the City of Greater Geelong and the Borough of Queenscliffe.

Several members of the newly-formed North Geelong Big Band performed at the Rosewall Neighbourhood Centre annual general meeting.

Reconciliation Week Digital Projections

The City of Greater Geelong celebrated Reconciliation Week 2018, with a theme of 'Don't keep history a mystery', featuring the Reconciliation Week Digital Projections.

The official launch included a Welcome to Country from Traditional Owners, smoking ceremony and Aboriginal youth dancers. It was well attended by Aboriginal and other Australians from the City of Greater Geelong area.

Other activities were celebrated at the Geelong Library & Heritage Centre, Geelong Gallery, Reconciliation in the Park, and Geelong Performing Arts Centre.

Aboriginal artwork celebrating the cultural strength of our Aboriginal communities projected onto City Hall and from the Barwon Water forecourt. Pictures: Ferne Millen Photography

Breathing new life into your recycling

What does a road, your shirt and a baby food jar all have in common? They can all be made using the items you recycle.

Your recycling efforts really do make a difference and the proof is in the very products you use every day. When you recycle, you not only give material a chance to become something new, you divert it from the landfill. You also save energy and natural resources by minimising the need to mine for new materials.

There are a range of products made from your recycling including:

- Paper - telephone directories, kitty litter, plaster board, egg cartons and cardboard boxes and kitty litter.
- Cardboard - paper bags, new cardboard, paperboard.
- Magazines - paperboard and newspapers.
- Plastics - wheelie bins, clothing, pallets, carpet fibre, signage, sleeping bag and jacket lining, outdoor furniture like seats, bollards and play equipment, Frisbees, plastic bottles and buckets.
- Glass - new glass bottles, fibreglass and road base.
- Aluminium - bike and car parts, appliances, new cans, door and window frames.
- Steel - steel cans, car and bike parts, appliances.

A beautiful spring show awaits

Hopefully you have all your flowering bulbs sprouting ready for a glorious spring show. If you missed out this year, you can still buy pots of well-established bulbs to can leave in the pots or tip out and plant into the garden.

I often just plant the contents of the pot into a hole in the garden and when they finish flowering I dig them up and put them out of sight while the foliage dies off. This is necessary for healthy bulbs for the next season, but don't look crash hot as a focal point, especially in the front garden.

Don't cut the strappy leaves off or tie them in a knot because the bulbs will lack nutrients and the flowers in the next season will be sparse and stringy – definitely not a good look.

Everybody loves flowering bulbs, especially slugs and snails. Take steps to ensure that they don't enjoy your flowers as their next meal.

Clean up around the garden as they love to nestle under leaves, rocks and pieces of wood. The best way to control them is to collect them each evening and drop them into a bucket of soapy water.

You can also use snail bait, but these are not always totally successful – remember that these can be harmful to pets, children and wildlife, so put them under a pot or other container raised just a little off the ground.

It's time to prune

Pruning is a necessary job to ensure that your roses and fruit trees perform to their best during the coming season.

I prefer to give my roses a light trim during late June, which means if we get a late frost I have a bit of spare wood to cut off any tender young shoots which 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.

Fruit trees are a bit harder and must be done before any new shoots appear, usually about the end of August. They are easy enough to prune if they are small, but a totally different proposition if they are large.

Trim back to solid branches and remove any dead or damaged wood. Clean out any excess or spindly timber in the centre to ensure that air and light can penetrate - this also helps if you need to spray for bugs of any sort.

It's too late to plant flower seeds for spring flowering (unless you do so in a hot house or under glass) but you can still go to a nursery or your local hardware store and pick up some 'potted colour'. This will give you the advantage of seeing what colour you are buying and for that special 'wow' factor to brighten the garden.

Betty

Cloverdale Community Centre

167-169 Purnell Road Corio, VIC 3214. Phone: 03 5275 4415
E-mail: info@cloverdalecommunitycentre.org.au or courses@cloverdalecommunitycentre.org.au
Web: www.cloverdalecommunitycentre.org.au Office Hours: 9am-3:30pm Monday to Friday

2013 LEARN LOCAL LEGEND

More space and a new look

Cloverdale Community Centre is about to enter an exciting new era with a major rebuild and extension scheduled to begin in June.

The project will almost double the size of the existing building, including an extra two large activity rooms, extended kitchen and improved access to the rear of the building.

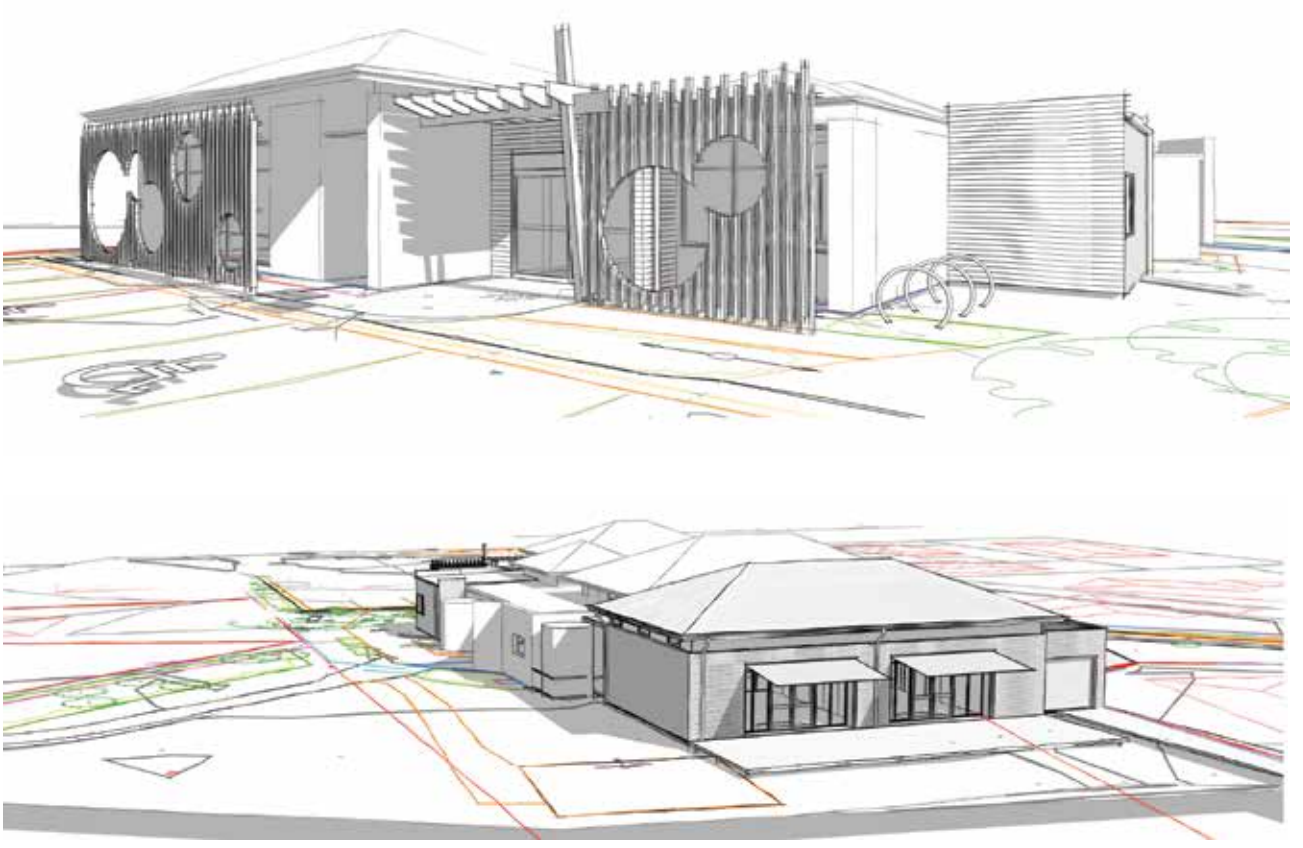
Manager Liz Bonner said it's an exciting time for the entire Cloverdale community.

"Not only will our facilities be improved, we'll have a new-look exterior that will also improve access," Liz said.

"There will be some disruption during the building process, but we're planning to operate as usual as much as possible."

Some programs will be temporarily re-located to sites including Norlane Community Centre and Dorothy Thompson Centre in Wendover Avenue.

For more information contact the centre, phone 5275-4415.



Artist's images of the new building.

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 Marti: 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.

www.cloverdalecommunitycentre.org.au

Community support available

Cloverdale Community Centre has a small team of social workers available to support community members.

Heather Tucker-WIliams and Chagai Gum Malong are at the centre on Tuesday, Wednesday and Thursday to talk to residents and refer them to other support services.

Chagai (pictured) and her family came to Australia in 2004 as refugees and settled in Geelong.

"I'm a mother of nine beautiful and healthy children, five of which are now university students," she said. "I was born in South Sudan, where the war caused so much lost, destruction, interrupted education, and we had to flee South Sudan to North Sudan.

"I continued my schooling and from young age my dream job was to become a doctor. That dream was cut short as I was pulled out of school because I was a girl and had to do house chores full time, so I only completed up to year 8.

"My family and I are lucky to have come to Australia, we are forever grateful and I am privileged to have the opportunity of education. I went to English classes, then I studied Diploma of Community Welfare Work, that led me to further study social work at Deakin University.

"I'm currently volunteering at Coverdale Community Centre and looking for part-time employment. At Cloverdale, I encourage the community to use these free resources including counselling, case work/management, referral to appropriate services according to client's needs, and encouraging community participation. I can also facilitate group, researching and developing community projects."

For more information or to arrange a time to meet with Chagai or Heather, call the centre on 5275-4415.

Term 3 2018

Call to book: Cloverdale 5275 4415

PROGRAM	Starting	Day	Time	Full Fee	Concession
Computers					
Getting Started with Computers (8 weeks)	July 23	Monday	9.30am-Noon	$180	$90
Developing Computers - the next step (10 weeks)	July 18	Wednesday	9.30am-Noon	$220	$115
Communicating with Digital Devices (10 weeks)	July 18	Wednesday	Noon-3pm	$220	$115
Vocational and Employment Skills					
Develop An Arts Practice (10 weeks) - move from art as a hobby to art as a vocation	July 18	Wednesday	1pm-3.30pm	$220	$115
Well, Wise and Wonderful - women's personal development program (10 weeks)	July 24	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)	Call for more information			$180	$90

All courses are subject to sufficient enrolments. They will be conducted offsite due to construction work at Cloverdale.

Budget support for 3214

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

Several important projects for Geelong's north have received funding in Council's proposed 2018-19 Budget.

As your Windermere Ward councillors, we've lobbied strongly for these projects on your behalf.

Happily, our efforts, and those of the community groups we've liaised with, have been rewarded.

The Goldsworthy Reserve athletics track has received $1.26 million in funding for a major upgrade. This is great news for the Corio Little Athletics Club, who do a fantastic job helping our local kids stay fit and healthy. The club's committee has been a pleasure to work with and we're pleased to be delivering a facility they both need and deserve.

Other local community sport and recreation facilities to receive funding include the Stead Park softball pavilion ($1 million) and Northern Skate Park ($500,000).

We've also allocated $2 million for detailed design of the Northern ARC (Arts, Recreation and Community) Health and Wellbeing Hub at the Waterworld site, ensuring this important project will move forward, while we continue to lobby for State and Federal government funding.

Local community centres have fared well in the proposed Council budget too – the Rosewall Neighbourhood Centre and Cloverdale Community Centre will both get major upgrades. These centres deliver important programs that improve community wellbeing, and we're investing in them so they can cater to an even wider spread of people and groups.

In addition, we're building new child and family centres at Hendy Street and Purnell Road, Corio, which will be fantastic for the many young families in the area.

Finally, an initiative we both believe is very important: we've allocated $75,000 to explore economic development opportunities in the north. This will allow us to look into how we can get the most out of employment areas such as Geelong Port, Avalon Airport, and the Geelong Ring Road Employment Precinct. Our aim is to grow these areas to create as many job opportunities as we can for the community in the northern suburbs.

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.

Cr Aitken and Cr Grzybek visit Corio Little Athletics Club.

Rosewall Neighbourhood Centre

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

2017 LEARN LOCAL LEGEND

Annual meeting serenades

The Rosewall Committee of Management would like to thank everyone for their support at Rosewall's Annual General Meeting held in March. Despite the cold weather, participants were warmly welcomed with delicious food from the Rosewall café, and swing tunes from The Little Big Band, an initiative of Cloverdale Community Centre.

Maria Zaluski, chair of the committee thanked everyone for the great work accomplished in 2017 and Dominique Camilleri presented the financial report.

During the evening guest speaker Sheridan Salmon, marketing and fundraising manager from Give Where You Live Foundation, explained the amazing contribution from the Geelong community that make grassroots projects possible into the future.

The annual general meeting report and minutes are posted on the Rosewall Neighbourhood Centre website: http://www.rosewallnc.org.au/about/publications

CLASSES AND GROUPS AT ROSEWALL

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

CREATIVE ARTS

Painting and Drawing – Open Studio
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 - For Beginners
Learn the basics from the beginning with an experienced tutor. Materials provided.

Pottery – Open studio
Bring your own projects.

Screen Printing
Come along and learn how to screen print. Screen printing can be done on lots of different items and materials, not just t-shirts!

COMPUTERS

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.

Job Club for the technically challenged!
Are your computer skills holding you back from applying for jobs advertised online? Drop in on a Thursday morning and we'll help you set up your resume to look professional and show you how to apply for jobs. This is not a class, but an opportunity to get some technical help. Bring your laptop or use ours.

Want to know more about computers?
Rosewall are running a range of short computer workshops. Contact the office or check our website to find out more.

HEALTH AND WELLBEING

First Aid – CPR & Level 2
Complete your first aid certificate with Australian Education & Training, TOID 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 and different cuisine workshops. Contact the office or check our website to find out more.

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

Monday Playgroup
Come along on a Monday and have fun playing and learning with your pre-school aged children. Activities may include craft making and simple cooking.

English Conversation Playgroup.
Practice your conversational English while playing with your children.

SOCIAL GROUPS

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

Take Off Weight Naturally (TOWN)
Call Geraldine on 5298-2275 for information.

ENGLISH LANGUAGE

Conversational English
If you know a bit of English, come along and practice your conversational skills while learning about life in Australia.

English Conversation Playgroup
Practice your conversational English while playing with your children.

WORK SKILLS

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, 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.

Community Services – Introduction
Do you want to make a move into the biggest growing employment industry? Learn broad skills before making a career change or enrolling into a Community Services qualification.

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.

Upcycling Furniture for Profit
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. We will show you all the tricks and tips to find, decorate and sell small items of furniture.

Return to Work
This course is aimed at people that have been out of the workforce for a period of time. 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 6.30pm-7.30pm	Luke 045- 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 6.30pm-7.30pm	Phil Zdybel 0418-513-981

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

Good deeds done

Viva Geelong Refinery staff participated in Good Deeds Week.

Viva Energy joined 3.5 million people from 100 countries to complete Good Deeds all around the world in April.

Good Deeds puts into practice the simple idea that every single person can do something good, be it large or small, to improve the lives of others.

2018 marked the third year that Viva Energy employees have been involved in this global initiative that supports local communities. During the week-long program, more than 850 Viva Energy employees across Australia donated over 1000 hours to participate in 1054 good deeds. In one week alone, it raised almost $10,000 for a range of community organisations.

In Geelong, the refinery auctioned a range of items donated by employees from martial arts and cycling lessons, to homemade soup and cake with all proceeds going to charity. The auction and gold coin barbecue raised more than $5000. The Geelong team also gave blood, undertook maintenance at Northern Bay Secondary College, and made mats out of plastic bags for the homeless.

Who is the unsung hero at your sports club?

The Viva Energy Geelong Refinery sports award is back for 2018.

Last year the winners, finalists and their clubs shared in $50,000 prize money. That money has made a huge difference to sporting clubs all over the Greater Geelong region.

It's meant more coaching clinics for Dolphins Basketball Club; new protective gear for Newtown City Hockey Club; reduced training and registration fees for Geelong Swimming Club and Barwon Special Olympics Club; and new uniforms for Guild All Stars Baseball Club – just to name some of the ways the prize money's been used.

Entries to nominate your sports club's unsung heroes are open from June 29 until August 3. Don't miss this chance to recognise a local legend and for their club to share in over $50,000 prize money being offered again this year. It could be anyone: player, administrator, coach or volunteer.

Visit clublegend.com.au to find out more.

Norlane Community Centre

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

Norlane kitchen is for hire

Neighbourhood Houses
The heart of our community

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 interested in hiring on a more permanent basis.

For all inquiries please contact the centre's co-ordinator Bec 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 vegie 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 Norlane Community Centre Tool Pool and hire a lawnmower for a $5 yearly Tool Pool membership and $5 mower hire fee each time you hire. 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 Saturday of every month between 9.30am and 511am and bring your own home grown fruit, vegetables, herbs and plants and any other produce to swap.

Northern Futures Work and Learning Centre

Northern Futures is running six courses:

1. Certificate II in Warehousing Operations program.
2. Getting Ahead Program.
3. Certificate III in Individual Support Program.
4. Certificate II in Business Basics Program.
5. Certificate III in Health Services Assistant Program.
6. Construction Skill Set Taster Program.

For further details phone:
Barbara Ryan 0475-505-225
barb.northernfutures@gmail.com or
Anna Dobrovoljni, 0427-722-020
anna.northernfutures@gmail.com or
Bryan Moore 0407-911-232
bryan.northerfutures@gmail.com

Norlane Community Kitchen

The Norlane Community Kitchen is now operating from the Norlane Community Centre every Friday from 10am to 1pm. For further details, please contact the centre on 5275-8124.

We currently have our commercial kitchen available for hire on a daily basis and are 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 on 5275-8124 or coord@norlanecc.com.au

CLUB LEGEND 2018

Viva Energy Geelong Refinery Sports Award

Who is the unsung hero at your sports club?

The Viva Energy Geelong Refinery Club Legend Award acknowledges role models at sports clubs within the Greater Geelong Region.

In total, there's more than $50,000 in prize money to be won, celebrating the people who freely give their time and energy to help those around them.

The winner will receive $5,000. The runner-up will get $2,000 and up to twenty finalists will each receive $1,000. The clubs of all the winners will also receive the same amounts.

Your unsung hero could be anyone: player, administrator, coach or volunteer. So visit our website and get your nominations in before 3 August 2018.

clublegend.com.au

VIVA EnergyAustralia

GEELONG REFINERY