

EDITION 58, TERM 4, 2018

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OUR COVER: Mother and daughter Bec and Airley enjoy their own little tea party at Northern Bay College Family Centre. The centre welcomes all families to attend its programs and playgroups, or just call in for a chat with manager Helen O'Connor. SEE Page 5 for more information.



Editor's letter

Well, here we are heading into Term 4 and towards the end of another year. It's a good time to think about people, programs and projects that are making a difference in the 3214 area.

You or your children may have just completed a season of winter sport and are preparing for summer activities. It's a good time to think about the volunteers who have and will continue to make your participation possible.

Viva Energy has just wrapped up its program of recognition for sporting club volunteers, rewarding one special volunteer but also taking the time to highlight the work of many others.

There are many people who make difference, as volunteers and as employees of a wide range of organisations and programs. Helen O'Connor at the Northern Bay College Family Centre is one whose goal is to provide services and support for young families in the area.

If there were awards for resilience, Helen would surely deserve one. After many years of uncertainty due to funding issues and changes of management models, Helen is again in the role she loves and is working hard to provide all families with a place to visit – regularly or as needed – to access programs and services.

As the end of the year draws near, we could all take some time to think about who has made a difference to our lives in 2018. It's also a good time for us to think about how we can make a difference to others' lives. It's never too late.

Enjoy Term 4. We'll be back in with another edition, in your letterbox, in mid-January.

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.



Getting creative at Corio library

Sewing equipment and a 3D printer are among exciting new additions at Corio Library – and they're available for all library members to use.

The new equipment is the result of funding from Geelong Regional Library Corporation to create a Makerspace in Corio. Head librarian Subha Simpson said the space aims to help members understand the use of a range of digital devices, build community and provide a learning environment for all ages.

A pilot program has been run with students from St Francis Xavier Primary School to teach them engineering concepts using the 3D printer, making and modifying racing cars from recycled materials and building paper towers that can hold weight.

The 3D printer was installed in July and is proving popular with library staff and members. Librarian Tim Symons is available to guide members through designing and printing with the equipment. It is already being used for practical items like name tags for staff.

"You can book a session with Tim and he'll guide you through the design

software," Subha said. "You can also print your items, within reason, while you're here."

The sewing machine and overlocker are available for use during library hours. Classes are also being held fortnightly for those wanting to learn how to use the equipment.

"We've already had one member come and make new curtains for her home on the machines," Subha said. "We're expecting January will be a busy time for them too, when parents need to alter new school uniforms."

Subha said use of the equipment is for all library members, and membership is free.

"We don't want people to be shy about sewing," she said. "Come in and book a time to use the equipment or, if you want to learn, we'll put you in a class."

Corio Library is in Cox Road, corner of Moa Street. The library is open Monday to Saturday. For more information call in and speak to the library staff or phone 5275-2388.



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A guide to Term 4 2018 events and activities

When	What	Where	Contact
Every Monday during term 10-11.30am	Free Playgroup Craft activities for parents and children	Rosewall Neighbourhood Centre 36 Sharland Road, Corio.	5275-7409
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 Tuesday during term 4-6pm.	Koorie Youth Group Activities and evening 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 during term From 9.30am	Computer Café & Job Club	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, October 20 Saturday, November 17 Saturday, December 15 Saturday, January 19 9.30am-11am	Cloverdale Food Swap	Cloverdale Community Centre 167-169 Purnell Road, Corio.	5275-4415
Monday, December 10	Responsible Service of Alcohol (RSA)	Rosewall Neighbourhood Centre 36 Sharland Road, Corio.	5275-7409
Friday, November 30 7pm	Open Mic Family-friendly, all performers welcome. Gold coin entry.	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

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*



All families are welcome

Northern Bay College Family Centre started the second half of the year with a change of governance, and the centre's focus to provide support and services for young families is as strong as ever.

The Family Centre is now under the governance of Northern Bay College. Helen O'Connor is back as co-ordinator after her secondment at Barwon Child Youth and Family and is working with the College to create a place where all families feel welcome.

The centre has several local community agencies running playgroups and parenting groups, including Bethany, the City of Greater Geelong and Barwon Child Youth and Family. For the first time, it is also establishing a Playgroup Victoria Community Playgroup.

Helen said the overwhelming message for families is that everyone is welcome.

"We're continuing to look at how the centre will operate in conjunction with the College's Early Learning Centre and Kindergarten to continue to grow and provide child-friendly services for families," she said.

"We want to connect families with each other and with services, as well as connecting services with each other to create a vibrant early years precinct for all families."



Helen O'Connor (right) with Bec and Airley, who attend playgroup at the centre.

Weekly activities include:

Monday: Goldsworthy playgroup, 10.30am-noon; Bubs to Tots playgroup, 1.30-3pm.

Tuesday: Bumps 2 Bubs for young and pre-birth families, 1.30-3pm.

Wednesday: Kookaburras 'Small Talk' playgroup, 9.30-11.30am.

Thursday: Little Possums Community playgroup, 10-11.30am; Bringing Up Great Kids parenting program, 1-3pm.

Friday: Karen and Karenni Families playgroup, 10-11.30am.

A drop-in parent support service is available Tuesday 9am-noon, Wednesday 11.30am-4pm and Friday 11.30am-1.30pm.

The Northern Bay College Family Centre is at 25 Goldsworthy Road, Corio.

For more information phone Helen O'Connor, 5274-9791.

**Function room with
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Pool room

Member's bar

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The Seaview Club Inc.

Family-Sports-Recreation

335 Blue Stone Bridge Road, Lovely Banks

Phone: 0275-2770



Family Bush Dance fun



Norlane West Scout Group is inviting families to join it for a night of fun at a Bush Dance on Saturday, November 24. The night will feature music by the Billy Tea Bush Band.

The event will be held at 86 Dunloe Avenue in Norlane. Doors will open at

5.30pm for dinner, followed by the Bush Dance from 6.30pm until 8pm, then supper. Dinner will be spit roast roll for \$5 and cold drinks \$2.

Tickets for the Bush Dance are available from <https://www.trybooking.com/XTMB>. The cost is \$11 per person or \$40

per family. They can also be bought on the night - \$15 per person or \$50 per family.

For more information contact norlanewestscoutgroup@gmail.com.

Northern Bay College

Welcome to our campuses in VIC 3214



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College**

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Tours available by appointment

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Prep
Year 7
Year 9

Community experience for students

Occupational therapy students Jessica Brown and Maxine Ford have gained valuable workplace experience at Cloverdale Community Centre. The third-year Deakin University students completed a 14-day placement over seven weeks as part of their studies.

Jessica and Maxine said they gained valuable insight into what the community centre means to local residents and have played a valuable part in completing projects.

During their time at Cloverdale, occupational therapy students have completed a building audit (recommending accessibility and inclusive design in the new building plans), organised a cooking group, researched, prepared and submitted a grant application for up to \$2000 for new equipment and promoted occupational therapy in the community.

Jessica and Maxine were also able to help Cloverdale Community Centre service users better understand what an occupational therapist can offer the community.

Occupational therapy (OT) is a health professional that provides support for people who are experiencing challenges with everyday tasks. People benefiting from OT can be any age, ranging from pre-schoolers through to senior citizens.



Occupational therapy students Jessica Brown and Maxine Ford have been on placement at Cloverdale Community Centre.

Occupational therapists can help people with a range of health concerns or disabilities that may affect their mental or physical well-being. They can help by identifying a client's strengths and difficulties and creating solutions that may include teaching new techniques, changing their environment or suggesting new equipment.

If this is a service that you think may benefit you, speak to your GP about a referral, or ask about funding through the National Disability Insurance Scheme (NDIS), Medicare (GP care or management plan), TAC, Veterans Affairs and private health insurance.

New program of support



The Essential Work Skills class members at MatchWorks Corio.

MatchWorks Corio has joined forces with GenU Training to provide extra language support for its multicultural clients.

The eight-day pilot program of Essential Work Skills was conducted for job seekers registered with MatchWorks who identified language as a barrier to them finding work.

Manager Fiona McIntyre said the program grew from a need of clients who wanted extra help with workplace

English. "We're running the pilot in conjunction with GenU over four Mondays and Tuesdays to give our clients practical experience, including some small team-based projects," she said.

Among the topics covered are effective use of English in the workplace, verbal and written workplace communication, understanding instruction and health and safety practise in the workplace, networking in the community, and collaboration with colleagues.

MatchWorks is a community-based, not-for-profit employment services provider. It specialises in finding and training job seekers from all backgrounds for businesses of all sizes.

For more information, call in to the MatchWorks office at Shop 88 (upstairs) at Corio Shopping Centre, phone 5275-8212 or visit www.matchworks.com.au.

Milestone celebration for Lounge

Early September saw a celebration to mark 20 years of The Listening Lounge at Corio Central shopping centre.

The Listening Lounge operates from the upper level of the centre and is open from 11am to 3pm Monday to Thursday. It is a not-for-profit organisation dependent on volunteers from local churches and the wider community. Rev Peter Jewell is the paid co-ordinator and is regularly in attendance to offer pastoral care to visitors and volunteers when needed.

Peter said the aim of The Listening Lounge is to "offer friendship, a listening ear in the name of Christ, a cuppa and a place to relax, rest and socialise. We do not provide professional counselling, but we can give assistance in locating help if it is required".

The Listening Lounge is sponsored and supported by shopping centre management and the Uniting Church, with support from other Christian churches in the area. For more information contact Peter Jewell, phone 0419-165-473.



Co-ordinator Peter Jewell celebrates with Ricky, Matthew and volunteer Linda at The Listening Lounge.



MatchWorks

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Call Matchworks Corio today!

5275 8212

or visit matchworks.org.au

Connecting people to jobs

A time to celebrate

Children's Week will be celebrated in Geelong in October with a variety of activities.

Children's Week is an international event designated by the United Nations, and celebrated annually in the fourth week of October. It is designed to celebrate and promote the unique contributions that young children make to our community, and focus community attention on the needs and issues associated with early childhood.

This year's Children's Week will run from October 20 to 28. An event will be held at Rosewall Neighbourhood Centre on Thursday, October 25 from 10am until 1pm.

The Children's Art and High Tea Party will give parents and carers the chance to enjoy a lovely morning tea while their children make art. The event will be suitable for pre-school aged children, their parents or carers. All materials will be provided and entry is by gold coin donation.



A great place to get connected

Free, fun activities for new parents, young families and their children:

- Drop in – all welcome!
- Playgroups (0-5 years)
- Multicultural Playgroups
- Early Years Activities

Includes:

- Parent Support
- Family Wellbeing
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Ph: 5224 9791

Open: 9am-5pm, Monday-Friday

Email: northernbayfamily@bcyf.org.au

www.northernbaycollege.vic.edu.au

Coasthaven development to open early 2019

Construction at Baptistcare Coasthaven Community in Robin Avenue, Norlane is proceeding on schedule and the development will be open to the public in early 2019.

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

To receive updates and news on this new Community, as well as special offers, giveaways and information on

the Open Day to be held early next year, visit www.baptcare.org.au to register your interest.

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 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."



Helping bust your energy bill

All Victorian households will receive a \$50 bill busting bonus if they seek out a better electricity deal on Victoria's Energy Compare website, <https://compare.energy.vic.gov.au/>, potentially saving them hundreds of dollars.

The Victorian Budget 2018/19 will invest \$48 million in the Power

Saving Bonus – which is aimed directly at getting Victorian families a better deal from power companies.

Victorian Energy Compare is helping families and small businesses save money on their energy bills. Seven out of every 10 users can save money by switching retail offers – and the site has had over 700,000

users since it was launched in late 2015.

To be eligible for the \$50 bonus, households will simply have to use the website <https://compare.energy.vic.gov.au/>, between July 1 and December 31 2018. Households are not required to take up an offer or switch plans.

Funded from the Parliamentary Budget.

Help to cut your power bill

The Andrews Government is putting power back in the hands of Victorian households with the new Solar Homes program.

Right now, Victorians are able to install a solar panel system and get half of the cost back via a 50 per cent rebate.

For more information go to www.solar.vic.gov.au or call 1300 363 744.

Making TAFE free

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, 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 Labor Government is creating.

For further details go to the Free TAFE website www.freetafe.vic.gov.au or call the TAFE and Training line on 131-823.

Short term regos

From January 1, 2018 owners of cars, utes, vans, motorcycles and other light vehicles are able to make the switch to shorter term registration, or continue with an annual registration fee.

Under the new arrangements, an average three-month registration will be \$200.20, an average six month registration will cost \$400.40, compared to an average annual fee of \$800.80.

Open office in October

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, October 13.

Where: Office of John Eren, Level 1, Corio Central, Bacchus Marsh Rd, Corio.

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.

Movie afternoons for seniors

U3A Corio Bay is providing an opportunity for older members of the community to socialise and be entertained at film afternoons twice a month.

U3A is a local organisation that provides activities and programs to keep the brain and body active for people in their 'older years'. The group holds weekly classes and activities.

Course co-ordinator Diane Cray said: "We are going to show some of the good old movies of the 50s, 60s and 70s – some dramas, some musicals and all thoroughly entertaining. The movies will be followed by afternoon tea.

"We'd like to provide a program in the northern suburbs focusing on seniors in the community who may be isolated or lonely, often through no fault of their own. They may have lost a partner who was the 'social' one, they may have a medical condition that precludes them from being able to access community activities or they may just have lost the confidence to get out and meet new people."

The movie afternoons started in late August and will be held on the second and fourth Thursday of the month. Help with transport can be organised.

For more information phone 0458-636-839 or email: info@u3acoriobay.org.au.



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Funded from Parliament's electorate office and communications budget

Gold medals for Lindy Joy

North Shore's Lindy Joy Crouch is Australia's new Golden Girl of ITF Taekwon-Do, after winning two Gold medals at the International Taekwon-Do Federation's Special Needs World Championships in Argentina.

Lindy was Australia's first Down syndrome athlete to compete at the ITF World Championships, in the first fully fledged ITF Special Needs international event. She was featured with her coach Phill Zdybel and fellow competitor Joshua Zdybel in the Term 3 edition of Northerly Aspects.

Lindy Joy won Gold in the Adult individual yellow belt patterns, and also in the Mixed abilities event. She teamed up with Joshua Zdybel to perform self defence against weapon attacks and an

unarmed assailant.

Lindy Joy was featured on the International Taekwon-Do Federation website following her win. The website reported:

"She trains twice weekly at Geelong Taekwon-Do, under the guidance of 5th Degree instructor Phillip Zdybel. Mr Zdybel also acted as Head Coach of the National team, as well as competing himself.

He describes Lindy as a 'very spirited young lady who show a lot of determination along the way and put in the extra work attending regular pool sessions' in addition to regular training.

Despite her special needs, Lindy trains

in the regular class and does all the same drills and conditioning as the black belts. This was evident in her performance in Argentina.

President Master Michael Muleta said it was a fantastic result for Lindy and the Australian team. He also noted how the Taekwon-Do special needs section had grown since its inception in 2016. So much so, that the national organisation now has a Special Needs Committee to further develop the program domestically.

"Lindy now has her eyes firmly set on the 2020 ITF World Championships in Russia, where she hopes to return as a high colour belt."



Gold medallist Lindy Joy Crouch, with her coach Phill Zdybel and fellow competitor Joshua Zdybel, who were featured together in the Term 3 edition of Northerly Aspects.

Slow down in Purnell Road

Motorists in Purnell Road, Corio, should be aware of a new 40km speed zone during school times.

The City of Greater created the new zone, between Princess Road and Goulburn Avenue, in response to a request from Northern Bay College students who were concerned about safety in the area.

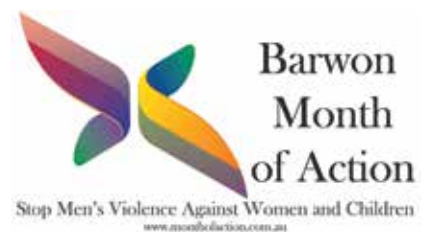
New speed limit signs were erected in the area in early September. The 40km limit applies from 8am-9.30am and 2.30pm-4pm.



Barwon Month of Action

The Barwon Month of Action is a long-running campaign that aims to raise awareness and educate the community about men's violence against women and children. The month of action runs from October 26 until November 25.

The Barwon Month of Action is made up of a group of eight organisations who come together to support this important cause. They work with individuals, groups and organisations in the Barwon Region to unite in their commitment to ending men's violence against women and children by hosting or participating in an event or activity.



You can join in the month of action by hosting your own event or join in various activities including a Reclaim the Night Walk around Seagull Paddock on October 26 at 5pm. There will be entertainment and food with women and children leading the walk.

You can stay in touch by subscribing to the website www.monthofaction.com.au

Happy snappers

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



Northern Bay College students joined thousands Australia-wide celebrating Book Week in Term 3.



Northern Bay College sports teams have reached new levels of achievement in competitive sports. The College's Sports Empowerment Education Development (SEED) program, started earlier this year, is meeting targets set by the staff for levels of participation, dedication to train with coaches and taking personal responsibility.



Work has begun on Barwon Health Northern ARC, on the site adjoining Waterworld. Health Minister Jill Hennessy joined member for Lara John Eren and other officials to turn the first sod on the project.



North Geelong Community Big Band has some new faces as the group continues to grow. Rehearsals are held every Thursday at 6.30pm at Dorothy Thomson Centre, 10 Wendover Avenue, Norlane. New members are welcome.

Children paraded through Norlane as part of the 'Kids Take Charge Festival' run recently as a part of Clare Walton's Kids Urban Dreaming project, which is based at Cloverdale Community Centre.



Children enjoy playtime with Kindergarten teacher and volunteer Carolynne during Rosewall Neighbourhood Centre's English Conversation class. The classes are held on Wednesday morning.



Keen potter Robert makes and paints amazing tiny clay houses at Rosewall Neighbourhood Centre, where he is supported by Lyn Baines (left) and centre manager Deb Humphreys.

Geelong Seniors Festival

Geelong Seniors Festival runs throughout the month of October and is a great time to find out more about your local clubs and community groups.

Perhaps try something you have always wanted to, or just relax and enjoy the entertainment. With more than 100 events on offer there is sure to be something of interest.

Below is just a taster of some of the wonderful events. For full details pick-up a program from the City's Customer Service Centres, Swim Sport & Leisure Centres, Coles supermarkets (some) and libraries or online at www.geelongaustralia.com.au/seniorsfestival

Campaign for Better Hearing

Monday, October 1 and Thursday, October 11, 10am -3pm.
Audio Clinic, Corio Central Shopping Centre.
Bookings: 1800-057-220.

Understanding the Age Pension and Money Matters for Seniors

Wednesday, October 3, 9am-noon.
Council Chambers City Hall, Gheringhap Street, Geelong.
Bookings: 136-357.

Photography Workshops

Every Thursday in October, 10am-noon.
Supper Room, Centenary Hall, Cox Road, Norlane.

Music on the Green

Friday, October 5, 1.30pm-3.30pm.
St Laurence Park, 90 Station Lake Road, Lara.
Inquiries: 5282-1405.

Free Hearing Health Checks

Friday, October 5 and Saturday, October 6, 9am-3.30pm.
Bunnings North Geelong, 5-19 Princes Hwy, Norlane.
Inquiries: 1800-880-786.

Open Day with Special Guest Speakers

Saturday, October 6, 10am-2pm.
Ingenia Lifestyle Lara, 40 Watt Street, Lara.
Bookings: 0476-839-644.

Table Tennis for Seniors

Monday, October 8, 6pm-7pm.
Geelong Table Tennis Association, 84 Church Street, North Geelong.
Bookings: 0410-943-807.

Yoga at the Healthy Living Centre

Wednesday, October 10, 11am-noon.
25-41 Arunga Avenue, Norlane.
Bookings: 5222-7275.

Multicultural Social Group Open Day

Friday, October 12, 11am-3pm.
D W Hope Centre, The Boulevard, Norlane.
Bookings: 5241-2446.

Free Come & Try Livewell Program

Friday, October 12, 11am-12.15pm – Group Circuit Class.
Waterworld, 1-15 Cox Road, Norlane.
Bookings: 5275-1909.

Country Rock Concert

Saturday, October 13, 1pm-3pm.
Norlane Senior Citizens Club, 55 Yooringa Avenue, Norlane.
Inquiries: 5275-6107.

Floral Design Workshop

Monday, October 15, 11am-1pm.
North Geelong Football/Cricket Club Rooms.
Osborne Park, Swinburne Street, North Geelong.
Bookings: 5231-5709.

Lara Tennis Club – Senior Social Tennis

Tuesday, October 16 and Wednesday, October 17, 11am-1pm.
Corner Walkers and Waverley Road, Lara.
Bookings: 0419-687-180.

Woodturning Demonstration

Saturday, October 20, 10am-2pm.
Bunnings Geelong North, 519 Princes Highway, North Geelong.
Bookings: 0418-542-937.

Geelong Radio Control Car Club Open Day

Sunday, October 21, 8am-3pm.
Bell Park Sports Club, Corner Midland Hwy and Lynnburn Road, Batesford.
Inquiries: 0419-523-680.

Geelong Trailable Yacht Club Seniors Sailing

Sunday, October 21, 1pm-4pm.
St Helens Boat Ramp, Swinburn Street, North Geelong.
Bookings: 0411-142-917.

Grubby Gumboots Mobile Farm

Tuesday, October 23, 1.30pm-3pm.
Percy Baxter Lodges, McKellar Centre, 45-95 Ballarat Road, North Geelong.
Inquiries: 0432-402-002.

An Elder's Day with a Dutch Touch

Friday, October 26, 10.30am-3pm.
Centenary Hall, Cox Road, Norlane.
Bookings: 5243-3557.

What places and spaces matter to you?



The City of Greater Geelong wants to work with residents to develop the best possible places and spaces for people to be involved in community life while helping them to connect to the place where they live.

They're committed to making sure all of its communities have access to places and spaces in which to gather, connect, learn, have fun and access services. They're also committed to fair and informed decision-making based on research, evidence and needs.

With continuing population growth and the current state of some of its existing assets, the City's challenge is to make the best use of limited resources and find clever and creative options to meet our future needs.

But they can't do this without you. They'd like to know what community places, spaces and services you need, but can't access easily at the moment? And why? How the principles should guide and inform the investment choices we make?

If you're up for the challenge – get involved, take the survey, tell them more, learn more or meet and talk with staff when they're out and about in a place or space in your area.

The community engagement is open until November 2 and they'd love to hear from you. Go to www.geelongaustralia.com.au/sip or drop into any Council Customer Service Centre for more information.

Time for a garden boost

After the inactivity of winter, the soil in your garden will need a boost.

Good compost is the best medicine as it will not burn your plants and will promote good growth. You can buy it or use your own home-made stuff, but make sure it is well broken down before mixing it in.

You may also need something stronger as most fruiting vegetables require plenty of nitrogen to produce good

plants and sustainable crops. Mixing in well-rotted manure will restore healthy levels of nitrogen and blood and bone aids strong root development; just make sure it's well mixed in before planting anything.

It's also important to keep the soil at a constant temperature. As we go into spring there can be days when we experience a cold snap which can hinder the development of plants and the germination of seeds. I suggest

keeping your garden covered in mulch; this will give you a head start on your spring garden and coverage for the coming summer heat.

Inactivity during winter is not limited to your garden. After several months of winter weather, we need to go outside and get some exercise. Gardening is the ideal method to do just that. It has been proven that working in the garden is the ideal way to get yourself fit, both physically and mentally.

Keep bugs under control

You won't be the only ones looking forward to a bountiful harvest as the weather warms up – all the bugs will also give your garden their attention.

There are many ways to keep these nuisances under control without resorting to chemicals which will also provide you with the additional benefits of some lovely useful plants.

ROSEMARY – grown in pots which you move around as required is not only useful as an herb with the Sunday roast, but also contains properties that keep fleas and ticks at bay. It is also quite effective in warding off mosquitoes whilst you are enjoying those warm evenings outside.

LAVENDER – a lovely plant with a

wonderful scent. Placed near entry points will help keep moths, flies, mosquitoes and fleas away.

PETUNIAS – great little plants with beautiful flowers for your spring garden which do double duty as they protect your garden from all sorts of nasties like aphids. Grow in garden beds, pots or hanging baskets near your vegie plots.

BAY LEAVES – if you have a problem with cockroaches then scatter these around your home. It won't kill them but it will make them very reluctant to hang around. The scent lasts for up to a year so you don't have to renew them for some time – just make a note on the calendar for next spring.

Additional assistance in bug control can be found in the kitchen cupboard.

A simple mixture of 1 tablespoon of biodegradable dishwashing liquid with 1 teaspoon of cooking oil in 1 litre of water – shake and spray will kill aphids, thrip and caterpillars.

Another easy one is to mix 1 teaspoon baking soda, 1 teaspoon cooking oil, 1 tablespoon dishwashing liquid and 1 litre of water which, when sprayed on young and affected growth, will get rid of powdery mildew and rust.

Betty



Students in the community

Northern Bay College VCAL students visited the centre recently to chat with co-ordinator Bec Smith about issues the staff and volunteers see in the community.

The students also had the chance to learn about some of the resources and programs available at the centre, such as the tool pool and community garden.

The students will be working on their own community projects this term. They are pictured with Norlane Community Centre co-ordinator, Bec Smith.



Digital expo

Norlane Community Centre will hold a Digital Expo on Wednesday October 31 from 10am to 1pm.

Come and explore the digital realm including robots, 3D printing, Virtual Reality and much more. We will also have lots of information and activities on more down-to-earth digital technology like using laptops, tablets,

phones, online forms and online services.

Local students will be staffing this event and are eager to pass on their knowledge. There'll be prizes to win and food to share.

Keep an eye out on our Facebook page for more information. All are welcome to attend.

Annual General Meeting

Our Annual General Meeting will be held on November 9 at noon – please come along.

We will be hearing from our users about what they like and what we can improve about the centre. Refreshments will be provided and new members are always welcome.

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

Community computer usage is FREE during business hours, between 9am and 5pm, 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 at Norlane

Come along on the fourth Saturday of every month from 9.30am until 11am. Bring your own home-grown fruit, vegetables, herbs and plants and any other produce to swap. All welcome.

Northern Futures Work & Learning Centre

Northern Futures is running six courses:

- Certificate II in Engineering.
- Getting Ahead Program.
- Certificate III in Individual Support Program.
- Certificate II in Business Basics Program.
- Certificate III in Health Services Assistant Program.

- Construction Skill Set Taster Program.

For further details contact 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.northernfutures@gmail.com.



Kitchen available for hire

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

We are 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 on 5275-8124 or email coord@norlanecc.com.au.

Norlane Community Kitchen

The Norlane Community Kitchen is now operating from the Norlane Community Centre every Friday from 10am to 1pm. A Community Kitchen is a group of

people who meet on a regular basis to plan, cook and share healthy, affordable meals.

For further details please contact the centre on 5275-8124.

Why we must build the Northern ARC

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

"The planned Northern ARC (Arts, Recreation and Community) Health and Wellbeing Hub on the Waterworld site is a major priority for the Council.

For many years the community in our northern suburbs has been running second to everyone else in the region when it comes to infrastructure – and that's something we're determined to change.

The Northern ARC would provide a state-of-the-art facility featuring three pools, water-play areas and waterslides, gym and program rooms, a crèche and more. Combined with Barwon Health North, it would create a one-stop shop

for health, wellbeing and leisure.

Our commitment of \$20.6 million – our largest ever infrastructure contribution – shows how important we consider the project to be. But we can't build the Northern ARC on our own.

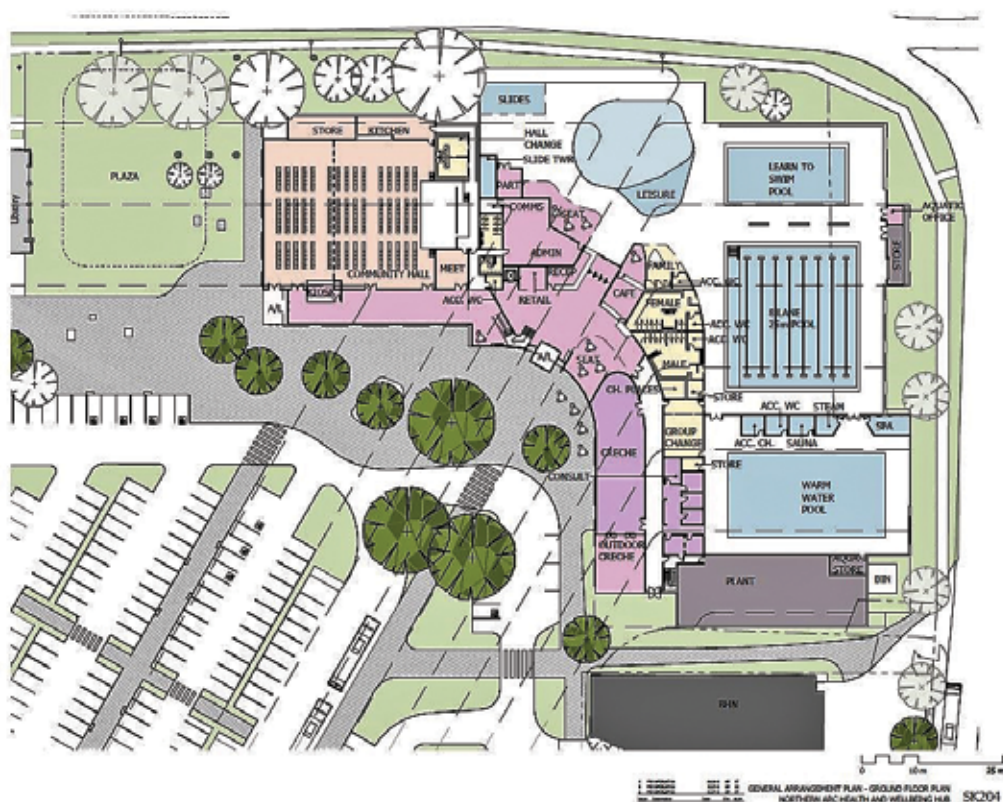
It's been costed at \$61.6 million to complete, meaning we need funding from both the state and federal governments. This is something we've been lobbying very hard for, stating our case to members of parliament at every opportunity.

At the beginning of August, Mayor Bruce Harwood wrote to both the Prime Minister and Premier on behalf of Council, respectfully urging them to fund the Northern ARC as part of Geelong's City Deal.

The letter pointed out that the project aligns with the City Deal's aim of delivering new jobs and making the region a better place to live and work, and noted that it would generate an estimated \$111 million in preventative health benefits during its first 10 years.

We have also made an application for federal money through the Regional Growth Fund, which is pending. With state and federal elections coming up, hopefully we'll receive some positive news in the near future.

In the meantime, we're progressing the project as far as we can so as not to lose momentum. We have just finished a consultation period where we asked for ideas as to what should be included. This feedback will help our designers develop the plans for the inside of the building."



2013 LEARN LOCAL LEGEND



Remembering Len through a men's SPACE

Honouring the memory of long-time community volunteer and local character Len Blacker has been something that Cloverdale Community Centre has been working on since his sudden passing in 2017.

Over many years, Len would provide a quote, sharing his life wisdom and encouragement to the community he loved in each edition of Northerly Aspects. We are happy to announce that these quotes will once again be published - immortalised on tea towels that will be screen printed by participants in the Men's SPACE (Screen Printing and Community Enterprise) program.

Tea towels will be available for sale and the money raised returned to programs and projects in the north, including

the new kitchen garden that will be established at Cloverdale. The garden will be named in honour of Len and the work he undertook with the centre and in the broader community.

The Men's SPACE program will cover:

- Introduction to screen printing and design.
- Enterprise development.
- Communication and planning skills.
- Goal setting.
- Preparation for further training and employment.

The program will run on Mondays from the Dorothy Thomson Centre in Norlane and will be facilitated by Nathan Oakes, an industrial designer with a long-standing connection to the North Geelong community.



Facilitator Nathan Oakes and mentor Ian prepare for the men's project.

Kids Urban Dreaming for Under 16s

Children and Youth will work with Melbourne artist, Clare Walton to create works in an under 16s only area. The area will feature junkyard building, arts and crafts, an urban camp fire, music and fun with the children and youth setting the rules.

When: Thursdays from 4pm-6pm.
Follow us on Facebook for details and more dates @urbancampfordreaming

Getting to Know myGov

Get a better understanding of how to use myGov with our friendly computer tutor Jeanette on the first Wednesday of each month. This free informal session will focus on a different type

device each month beginning with our public use computers.

When: Wednesday October 3, 10am-11.30am

Contact: 5275-4415 or info@cloverdalecommunitycentre.org.au

Cost: FREE

Bookings required: Limited to 6 places per session.

Access features: Wheelchair Accessible

CLOVERDALE COMMUNITY CENTRE PROGRAMS

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. \$3 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 and \$8 for materials.

FOOD AND GARDEN

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.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays, 9.30-10.30am. \$5 per session.

Yoga: Invigorate your body and soul in our multi-level class and discover the benefits of yoga. Improve your strength, flexibility and health. Mats provided. Thursdays, 7-8pm. \$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. \$5 per session.

Cloverdale Walking Group Join with a motivated group of community members for a walk and a chat every Wednesday, 10am. FREE

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

For more information contact the Club Secretary on 0428517364. Meet every Thursday, 9am-11am

www.cloverdalecommunitycentre.org.au

Community voices guide programs



It is exciting to develop new programs, especially when it is in partnership with the local community. Norlane resident and Community Services student Jenna (pictured) has been a driver of a new Learn Local initiative, Barista Babies.

"The key difference to this program is the community has directed Cloverdale on what they wanted. This community-led model is what we are about,"

centre manager Liz Bonner said. "We want to hear what the needs of this community are and tailor our funding and program design around these ideas and aspirations".

Barista Babies is a time for social connection and a learning space, where women are invited to bring children along. Participants will learn barista skills paired with baking, sharing

coffee and cake during the session. The sessions will be facilitated by professional chef, Sharna Anderson from Health n Habits Cooking Studio and run from Norlane Community Centre.

For more information, call Cloverdale Community Centre on 5275-4415

Term 4 2018

Call to book: Cloverdale 5275 4415

PROGRAM	Starting	Day	Time	Full Fee	Concession
Computers					
Getting Started with Computers (8 weeks)	October 8	Monday	9.30am-Noon	\$180	\$90
Developing Computers - the next step (10 weeks)	October 10	Wednesday	9.30am-Noon	\$220	\$115
Vocational and Employment Skills					
Develop An Arts Practice (10 weeks) - move from art as a hobby to art as a vocation	October 8	Wednesday	1pm-3.30pm	\$220	\$115
Introduction to Barista Skills	October 8	Wednesday	Noon-2pm	FREE*	FREE*
Barista Babies (Introduction to Barista Skills) - a program where mums and kids learn, play & eat	TBA	Wednesday	9.30pm-11.30pm	FREE*	FREE*
Literacy and Numeracy Programs					
Tell My Story - work with a professional journalist and publish a book about you. (8 weeks)	October 8	Monday	1pm-3.30pm	\$180	\$90

*pending numbers

Supporting female footballers



Geelong Football Club AFL Women's team members Anna Teague and Maddie Boyd.

Viva Energy Australia recently announced its new three-year premier sponsorship of the Geelong Football Club's inaugural AFL Women's team.

This new partnership aims to promote and support female participation in AFL and builds on Viva Energy's existing partnership with the Geelong Cats, which includes support for the Geelong Cats Next Generation Academy and the Viva Energy Geelong Refinery Club

Legend Awards community initiatives.

Viva Energy's CEO Scott Wyatt said "we're delighted to be partnering with such a long-standing Geelong based institution that shares our passion and commitment to the local community and in driving positive social change.

"Diversity enhances performance, both on and off the field and I am very proud of the work that Viva Energy has done

to implement policies that drive real change in workplace gender equality, and to promote diversity, across the entire organisation.

"We also recognise the significant role women play in the wider community and in sport so are thrilled to support the AFLW in raising the profile of women's sport and to inspire young women to pursue their footy dreams."

Locally-supplied jet fuel

The Geelong refinery produces 100 per cent of Avalon Airport's jet fuel.

In fact, every second flight out of Victoria takes off with Viva Energy's locally-supplied jet fuel, which accounts for about 10 per cent of all the Geelong refinery's production.

Viva Energy is Australia's largest jet fuel supplier by volume, with a presence at 52 airports and airfields.

Viva Energy is currently in the process of introducing its brand and product to airports across the country. At the launch of the aviation brand at Avalon

Airport recently, Viva Energy Australia's CEO Scott Wyatt said: "Safe and reliable fuel supply was essential for Australian airlines and regional airports, and important for Geelong's economy and local jobs".

2017 LEARN LOCAL LEGEND



Wind brings fresh change

Construction of the new and stylish Rosewall Hub, funded by the City of Greater Geelong, has commenced.

Councillor Anthony Aitken, volunteers, and staff turned the first sod in gusty conditions in July. The site has since been transformed, with extensive plumbing and sewerage works.

The new Hub offers facilities designed for the future needs of the Corio and Norlane communities. Features of the new build include a cafe, art studio, all-abilities toilets, five new community meeting and activity rooms and art studio.

There will be many opportunities for participants to get involved in a variety

of social and educational activities including the community garden, sewing, art, painting, pottery, and playgroups.

Rosewall offers training and skill development in a range of courses which are outlined on pages 30 and 31 of this edition.



Classes and Groups at Rosewall NC

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.

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.

Computers for EAL students

This class is aimed at refugee and migrant students who would like to learn how to use a computer for work and life.

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 is 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, 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 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 and practice speaking, reading and writing English with others.

Wednesday classes: 12.30pm–2.30pm

Friday classes: 9.30am–11.30am

English Conversation Playgroup.

Practice your conversational English while playing with your children.

Wednesday classes: 9.30am–11.30am

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.

Each Monday, 9.30am–2.30pm.

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.

Available online or in a face-to-face group.

Café Skills

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

Mondays & Tuesdays, 9.30am–2.30pm for five weeks, starting in October.



Do you want to work in Community Services or be a Nurse?

Are you interested in a career as a registered nurse or in the community sector (aged care worker, disability support person, community liaison officer, drug and alcohol or youth worker, etc)? Join us for an introductory workshop to find out what it's really like to work in these industries. Get a head start on next year by learning essential skills you need for study. If you haven't applied to study we will help you, and even take you on an excursion to The Gordon TAFE or Deakin University. Wednesdays, 10am–2pm for eight weeks, starting in October.

Child Care – Introduction

Learn hands-on practical skills that childcare workers and kindergarten teachers need while working in our Activities Room with pre-school aged children. This course includes an accredited Level 2 First Aid Certificate. Build your confidence to enter child care or early education studies, gain a traineeship with an employer or volunteer as a childminder. Learners

will be supported through the Working with Children Check application.

Mondays & Tuesdays, 10am–3pm for five weeks, starting in October.

Return to Work

This one-on-one workshop is aimed at people who 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. Contact the Adult Education Co-ordinator on 5275-7409 for more information.

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. Contact the Adult Education Coordinator on 5275-7409 for more information.

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 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 6.30pm–7.30pm.	Phil Zdybel 0418-513-981

2018 Club Legend Awards



2018 Viva Energy Geelong Refinery Club Legend winner David Rea, runner-up Rodney Smith and people's choice winner Scott Smith.

Viva Energy would like to say a huge thank you to Northerly Aspects readers who nominated and voted for the amazing group of 2018 Viva Energy Geelong Refinery Club Legend finalists.

The 20 finalists were celebrated at the Club Legend Awards Dinner on September 6 at GMHBA stadium.

The 2018 Club Legend winner announced at the awards was David Rea, founder and president of Barwon Soccer Club. The runner-up was Rodney Smith, all-rounder at Portarlington Demons Football and Netball Club, and the People's Choice award recipient

was Scott Smith, junior football co-ordinator at Newcomb Power Football Netball Club.

David Rea was presented with \$5000 for himself and \$5000 for his club while Rodney and Scott received \$2000 each for themselves and for each of their clubs.

This year, a new category was awarded, being the Refinery Legend award, open to Viva Energy Geelong Refinery employees. This award was created to recognise the outstanding efforts of Viva Energy employees in the wider community.

Jason Jozwik, Mechanical Fitter at the refinery, was the inaugural winner, taking home \$2000 for both his charity and himself. Jason won this award based on his remarkable efforts to create awareness for MND and fundraising over \$84,000 to Freeze MND through initiatives at the refinery, at Lara Football Club and in the wider community.

Congratulations to all who were nominated, shortlisted as finalists and of course to the winners in all categories.