

EDITION 63, TERM 1, 2020

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OUR COVER: Luke Anderson is making a name for himself as an effective guest speaker and future leader. SEE Page 7 for Luke's story.

Editor's letter



Welcome to the Term 1 edition of Northerly Aspects.

The aim of this publication is to provide information about some of the good things happening in 3214 – Corio and Norlane. This includes articles about people, programs and activities.

As the new school year begins, it's a good time to look at some of the opportunities you could pursue in 2020. It might be a new course that helps with job skills; it might be starting or re-starting a hobby or musical instrument; it might just be somewhere to have a cuppa and connect with other people.

There is a lot of discussion about high levels of loneliness in Australian communities. Feeling lonely can have negative impacts, especially on emotional and physical health.

Northerly Aspects aims to show you that there are places to go for connection and company. This includes your local Neighbourhood House, or sporting clubs, social and special interest groups. It could also be a school or other education setting.

Walking into a new place can also be hard, but after taking that first step it should get easier each time, especially when you find a place where you feel welcome and connected. Enjoy the start to a new year and finding or celebrating your 'happy place'.

Jeanette Anderson,
Editor, on behalf of the Editorial Committee

Northerly Aspects is published quarterly by a voluntary editorial committee comprising community workers and representatives from Cloverdale 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 5275-4415 or email info@northerlyaspects.org.au. Northerly Aspects also has a website – you'll find us at www.northerlyaspects.org.au.

Australia Day family activities

Geelong's Australia Day family activities will again feature at Rippleside Park in North Geelong this January 26.

The Geelong Australia Day Committee and the Lions clubs of Geelong and Corio Bay will host the day, with activities from 11am until 4pm. A flag-raising ceremony and official opening will be held at 1pm featuring the National Anthem, Australia Day address, Geelong Memorial Brass Band and on-stage entertainment.

Australia Day Committee Geelong Secretary Vinko Ljubanovic said the event has a long history in Geelong and everyone is invited to join the fun.

"Free activities will include amusement rides for children, jumping castles, train rides, Dame Edna Average with giveaways for children, CREST radio display, face painting, roaming entertainers, children's aircraft, miniature animal farm, hair beading and body art tattoos.



"There will also be displays by SES, Police and CFA, a military re-enactment, Guides and Scouts, Stilt Divas, Scottish dancers, Dazzling Dan the Magician and Willow Star Entertainment.

"There is free car parking on site, and we are ready for another memorable event."

Rippleside Park is in North Geelong, Melway reference P441, K10. Australia Day is on January 26.


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Peace of mind for isolated

Do you know someone who lives alone and feels isolated? The Community Support Register can help.

First established in 2006, the Community Support Register operates from the Corio Police Station and is staffed by a dedicated group of volunteers, supported by local donations and sponsorship.

The register collects health and other personal information to be accessed if the person cannot provide it themselves due to an accident, fall or illness. Police, ambulance, hospital and fire services can quickly access the register, but only in an emergency. Information may include:

- Doctor/pharmacist details.
- Medical history and details about any disabilities.
- People to contact in an emergency.
- Pets and who is to care for them.
- How access can be gained to property in an emergency.

Participants can choose what information they wish to provide. Regular phone calls can be arranged with the volunteers to people who are feeling isolated and would benefit from social contact.



Pictured are Senior Sergeant Craig Stevens, of Corio Police Station, and Geelong Community Support Register volunteer Ros French.

The Community Support Register is open to people of all ages and abilities and is a free service – there is no cost to register.

To find out more contact: Geelong register, phone 5275-1607 or email info@geelongregister.org.au.

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



Cancer screening in the north

Western Victoria Primary Health Network (WVPHN) is leading a Bowel Cancer Screening Project in Corio and Norlane until June 2020 to increase screening participation rates among 50-74 year-olds.

The community-led project has funding from the Department of Health and Human Services and is made up of an advisory committee, comprising five community members, who advise and inform WVPHN on initiatives. The Cancer Screening Community Project Officer is also available for group presentations and sets up regular information stalls.

Bowel screening has been recognised as a priority for 50-74 year-olds. Corio and Norlane National Bowel Screening Program rates sit below the national average, according to the Australian Institute of Health and Welfare 2015-16 Cancer Screening Rates.

To help prevent bowel cancer in men and women aged 50-74, WVPHN is also running a Peer Education Project in Corio/Norlane. It is seeking Peer Educators, who will be paid \$40 an hour for approximately 8-10 hours of training, peer sessions and evaluations.



WVPHN Cancer Screening Community Project Officer Anne is pictured hosting a bowel cancer screening information stall at Bunnings in North Geelong.

To get involved or if you are interested in more information or a bowel cancer screening presentation at your organisation/community group, please contact: Anne O'Callaghan, Cancer

Screening Community Project Officer, Western Victoria Primary Health Network, phone 5222-0876 or email anne.ocallaghan@westvicphn.com.au.

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City opens more free car parks

The City of Greater Geelong is providing access to more free evening and weekend parking in central Geelong.

The City is now allowing central Geelong visitors to use the Civic Centre Car Park's 292 unreserved permit car parks after hours, under a new trial.

The new car park operating arrangement has opened up largely-unused parking spaces in the Little Malop Street arts, culture and entertainment precinct.

The initiative follows feedback from businesses and users of the precinct,

seeking further nearby parking for visitors to the busy arts, culture and dining venues.

The car park previously offered free parking after 6pm on weekdays and all day on Saturday and Sunday. However, there are unreserved permit parking zones on the top three levels of the Gheringhap Street car park that are mostly empty in the evenings.

Monitoring by the City found an average of 75 per cent of the permit car parks were vacant from 6pm on weekdays. The change will allow visitors to park in those spaces, providing

support to those businesses that experience a surge in trade during the summer period.

The unreserved permit area will be open for casual parking between 6pm and close daily.

Unreserved permit holders will retain exclusive use of the area outside of these hours.

The change will not affect reserved permit holders, who will maintain exclusive use of their reserved space.

Northern Bay College 1300 348 535

To all students and families, especially Preps, Year 7, Year 9 and Year 12

Have a great year!

Best Wishes for 2020

Scott Diamond, Executive Principal

Northern Bay College 1300 348 535

Luke's plan for helping others



Luke Anderson speaks at the official opening of the refurbished Cloverdale Community Centre.

Corio resident Luke Anderson is a young man on a mission to inspire people to set goals for themselves, and put in the hard work to achieve them.

Luke was part of the official proceedings at the opening of the renovated and extended Cloverdale Community Centre. The opening event also included a community barbecue, followed by a meeting of the City of Greater Geelong Council.

In the first of several public speaking

engagements, Luke explained how he used time he spent in prison to set out a plan for future achievements. He also spoke about what community centres like Cloverdale mean to people who don't have all the answers themselves when they want to make serious and lasting change.

"I haven't always done the right thing in my life, but I want to use my mistakes for good in the future," Luke said. "I want to use my experience to help others with motivation, overcoming

barriers and achieving goals despite societal labels."

Luke is a participant in the City of Greater Geelong leadership program. He is also working as an electrician in a business he co-owns, as well as working on another business plan that will supply approved apparel to Victorian prisoners.

"I really want to use my life experiences as a starting point for having a positive influence on others," he said.

Barwon Health North

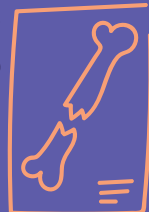
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Diamond appointment at NBC

Northern Bay College is starting the year with a new principal, Scott Diamond, who comes to the school from Surf Coast Secondary College.

"I am delighted to have been appointed as the Executive Principal of Northern Bay P-12 College and I am really looking forward to getting to know the community," Mr Diamond said.

"To me a school community is not just the students, their families and the staff within the five campuses. It is also the wider community of services, agencies, businesses and individuals providing partnerships and support to our college. I will undoubtedly take time to familiarise myself with all five campuses, but know I have a great support team in leaders, teachers and education staff."

Mr Diamond said getting to know the students is at the top of the most exciting aspects of his new role and something he is looking forward to.

"My most recent position has been as founding Principal of Surf Coast Secondary College. The school has grown from the 120 students we began with in 2012 to just under 1000 students for 2020.

"This experience, along with my other professional experiences have helped me to believe that I am in a good position to provide supportive and strong hands-on leadership to and with the Northern Bay College community.

"With this in mind, I look forward to continuing the positive work that Fred Clarke established as the founding Principal of NBC and Scott Dellar fine-tuned in the last year.

"I am looking forward to the time ahead being rewarding for everyone at Northern Bay College in 2020 and the years to come. I will certainly be trying my utmost to help that to happen."





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Highland Gathering in March



The 2020 Geelong Highland Gathering will be held in North Geelong on Sunday, March 15.

This year's event will be the 63rd in the modern era and will include the 2020 Western Victorian Pipe Bands Championships, the South Pacific Heavy Scottish Games Championships, Highland Dancing and the 42nd Highland Regiment historic re-enactment.

There will also be clan and heritage

associations, Glen Lachlan College of Arms swordplay demonstrations, whisky tasting, a vintage car display, haggis and other Scottish foods.

The Chieftain/President of the Geelong Highland Gathering Association, Dr Maurice Marshall, said a highlight of the day will be the massed pipe bands at the end of the event. It will include the Geelong RSL Pipes and Drums.

"There will also be a Scottish faire market with food, souvenir clothing

and other stalls, as well as children's activities," Dr Marshall said.

The Geelong Highland Gathering will be held at Osborne Park in Swinburne Street, North Geelong on March 15 from 9am until 5pm. Entry is adults \$15, concession \$10, child under 16 \$8, child under 5 free, family \$40.

For more information, go to www.geelonghighlandgathering.org.au or phone 0407-512-672.



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NBC Goldsworthy Campus - Gate 6

Volunteers playing an important role

Have you ever wondered about who is responsible what happens at our local Neighbourhood Houses? Volunteer community members play an important role as members of the Board or Committee of Management.

These are people with an interest or passion for their centre and a desire to contribute to their running. They are also community members who want to share their positive experiences with others.

Committee of Management or Board members set the direction of the organisation, then work closely with the centre staff to put their plans into action. Participation can be rewarding and enjoyable – it also provides good experience for other parts of life, such as work or other community service.

The current Norlane Community Centre board comprises Adam Frantantaro as the new Chair, Sandra Anderson (Secretary), Krystine Canny-Smith (Treasurer), Monique Hurley, Naomi Furlong, Stefan Manche and Bruce Warner.

Norlane co-coordinator Esther Konings-Oakes said there is room for more general members to come on board. "We are also looking for an experienced bookkeeper or accountant to take over from Krystine," she said.

At Cloverdale Community Centre the committee of management has undergone quite a change in recent years. Kellie Spark is in her first year as Chair and is supported by Steve Taylor (Deputy Chair), Mary Budd (Secretary), Peter Jewell (Treasurer), Dianne



Adam Frantantaro is chair at Norlane Community Centre.

Johnston, Samuel Johnson, Matthew Pavelis and Helen Smith.

For more information about the Board and Committee of Management

roles, call Cloverdale Community Centre, phone 5275-4415 or Norlane Community centre, phone 5275-8124.

Barwon Health North opening

As the State Member for Lara, I and the Victorian State Government are pleased to be opening the Barwon Health North facility, which represents a new chapter in caring for the community in Geelong's northern suburbs.

Late last year, the Barwon Health Annual Meeting was held in the new Barwon Health North facility, providing the community with an opportunity to have a sneak peek at what the future of healthcare looks like. This new, purpose-built facility will deliver access to key services closer to home for residents of Geelong's north.

Australian Bureau of Statistics data highlighted the Corio-Norlane area as having one of the largest populations of children aged four years and under in Greater Geelong. Barwon Health North will focus on supporting the development of children between the ages of 0-5. It will be the first time a dedicated paediatrician will work in a Barwon Health facility outside of the Geelong Hospital.

Children can have their hearing tested at an onsite audiology service and receive therapy and support through a team of speech pathologists, occupational therapists and psychologists and access child and adolescent mental health services.



Mothers-to-be, with low risk pregnancies, will be able to see a community midwife on site as well as attend ante-natal classes. The addition of an onsite imaging service means they will also be able to attend key dating scans, all within their local community.

Residents who experience increasing levels of poor health will be supported by a range of services at BHN. More than 40 per cent of Barwon Health dialysis patients reside in the northern suburbs and surrounds. The new 12-chair renal program will provide local access to dialysis for those who need it.

Dialysis can take up to eight hours per day and is delivered three days per week, so receiving care closer to home will reduce the burden of travel. Most importantly, it gives back time to each and every one of these patients to spend as they wish.

The new Healthy at Home program will design new ways to work with

patients, better understanding what care and supports they may need to keep them healthy, at home and out of hospital.

And finally, BHN's urgent care and imaging or x-ray service represents a new way to get medical assistance. Urgent care will provide extended hours of care for residents of the north who need attention for minor injuries or illness which may otherwise have taken them to the Emergency Department.

Barwon Health North is also the first after-hours radiology service between Geelong and the South Australian border. Imaging services available are: CT scanning (seven days a week); X-ray (seven days a week); Ultrasound (Monday to Friday). There is also growth space for an MRI scanner in the future.

For more information, contact my office at Shop 89, 1st Floor, Corio Central Shopping Centre, Bacchus Marsh Road, Corio 3214; phone 5275-3898.

Hon. John Eren MP

State Member for Lara

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

New pavilion for softball and baseball

Softball and baseball players from across the region are celebrating the official opening of the new \$1.342 million Stead Park pavilion in Corio.

Fully funded by the City of Greater Geelong, the upgraded facility features a large social area, two change rooms, umpire rooms, kitchen, bar, office space, storage room and an undercover viewing deck.

The pavilion was built in modular form, which significantly reduced construction time. Modules were built offsite and craned into position once the old pavilion was demolished.

The Geelong Softball Association and Corio Tigers Baseball Club will benefit

directly from the rejuvenated facilities, which will help the clubs continue to grow their membership bases.

The new pavilion also now allows the clubs to hold regional baseball and softball tournaments.

Stead Park is one the region's most significant multi-use sports reserves. As well as softball and baseball diamonds, the reserve also boasts a number of hockey fields, soccer pitches, playgrounds and public open space.

The new softball and baseball pavilion marks another step in delivering the improvements identified in the Stead Park masterplan.

Windermere Ward councillor Anthony Aitken said: "Stead Park is one of the most important facilities not only in Corio but across the region, and is a hidden jewel in our north. It is the home of softball in Geelong.

"This new facility presents the Geelong Softball Association and local Corio Tigers Baseball Club with a fantastic opportunity to grow and attract more members, as well as to host bigger and better social events.

"I'm proud that the council continues to provide upgrades such as this new pavilion to ensure Stead Park keeps meeting the needs of our community."

JOHN EREN MP

State Member for Lara

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Funded from the Parliamentary budget

The SEEDs are sprouting

The Northern Bay College SEED Program has celebrated a successful year, with achievements in a range of sports.

SEED (Sports, Empowerment, Education and Development) was highlighted in Northerly Aspects when the program was first introduced in 2017. At the end of its second full year, the college is delighted with the outcomes.

Director of Sport Steven Lewry said College interschool sport achievements have been significant on the back of increased participation in all of the SEED programs and this always gives a sense of school pride and increases interest in sport from other students.

"During 2019 Northern Bay College teams won 12 Geelong-based competitions and a Western Metropolitan competition, which is a great improvement," he said.

SEED allows students to experience quality coaching from experts across the range of sports including football, netball, softball, soccer, badminton and volleyball.

"In P-6, our school staff prepare the foundations of skills, then the Extended School Day Program has many activities with sports coaching for all age groups. All Year 7 and 8 students have the SEED 7/8 Program, then in Years 9 and 10 SEED is an elective and enables students to look at pathways in sport, not just as players but in the amazing array of ancillary jobs associated with professional sport," Mr Lewry said.

"One other noticeable influence has been in the relationships between



students. The philosophy behind good participation in SEED is as simple as ABC – A is attendance, B is behaviour and C is character. We show the students the value of these attributes in school and the influence is noticeable."

Recent student feedback indicated the

program is having a positive impact. Student Kamran said: "During recesses students spend much more time playing sport and I have seen a great increase in girls doing sport. People seem happier too. I guess we have great school pride."



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Learns

Cloverdale

Norlane

Rosewall

Barista Skills	●		●
Become Job Ready	●		●
Beginner Computers	●		●
Café Skills/Kitchen Operations	●		●
Conversational English			●
Creative Arts - visual & performing	●		
First Aid			●
Intermediate Computers	●		
Introduction to Community Services	●		
Introduction to Hair and Beauty			●
Responsible Service of Alcohol			●
Safe Food Handlers			●
Tell My Story	●		



Creates

Art	●	●	●
Craft/knitting/Sewing	●	●	●
Creative Workshops	●		●
Instrumental music lessons	●		
North Geelong Community Big Band	●		
Portfolio Development	●		●
Pottery			●
Singing	●		
Ukulele	●		



Meets

	Cloverdale	Norlane	Rosewall
Coffee and chat	●	●	●
Community Drop-in	●	●	
Over 50s social group			●
T.O.W.N. (Take Off Weight Naturally)	●		●

Plays

Youth Group 12 -18years			●
Playgroup	●		●

Moves

No Falls	●		
Strength and Training			●
Tai Chi	●	●	
Walking Groups	●	●	
Yoga	●		

Grows

Community Gardening	●	●	●
Food Swap	●		●

Eats

Community Kitchen	●	●	●
Learn to cook	●		●

Connects

Public Access Internet	●	●	●
Public Use Computers	●	●	●



The Neighbourhood houses of 3214 acknowledge the support of the Victorian Government.

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.



The refurbished and extended Cloverdale Community Centre was officially opened on the same day a City of Greater Geelong Council meeting was held at the centre. Cloverdale's Introduction to Kitchen Operations class prepared and served food at the function.



Norlane Community Centre hosted a Spring Garden Party. Staff, students, musicians and the community all combined to make it a success.



Northern Bay College students across all campuses celebrated art, technology and design with their annual exhibition at Goldsworthy Campus. Students contributed a variety of work for display.

New Stead Park skate park

The brand-new skate park at Stead Park is now open, so why not get down and check it out?

The new skate park was designed through consultation with local skateboarders and scooter riders. It is a

'park-style' skate park that works as an open bowl. Key features include a four-foot spine in the bowl section, Hubba ledges and varied height and steepness throughout the bowl section that caters for experienced riders.

The design is unique to Geelong and will be a popular addition to the region. The skate park is on the corner of St Georges and Melbourne Road in Norlane.



SKAART moves to summer

The annual free SKAART Festival has moved to summer this year and will be held on Saturday, February 22 from 11am until 2pm.

The event will be held at The f0rT at Stead Park and feature fun rides, delicious foods, workshops, entertainment and the official launch of the brand new skate park.

There are loads of activities for young people being run by the City of Greater Geelong over summer. They include some key events in the holiday program at The f0rT, a youth centre in Norlane.

The f0rT offers a free activity-based program that provides a safe space for young people to relax, socialise and interact with other young people in the community.

Young people can try new activities, develop their skills in a particular area and socialise in a welcoming and friendly environment. Activities for 12–25 year olds take place all year round and include regular weekly classes, one-off workshops and long-term projects and events.

On Thursday, January 23 there will

be an excursion to the movies, from 11.30am until 4pm. There are 20 places available and sign-up and a permission form are required.

On Friday, January 24 the centre will host an open drop-in between 4pm and 5.30pm with barbecue dinner, pool, table tennis competition and music lessons. A movie night at Corio Library will follow, from 5.30pm until 7.30pm.

For information about SKAART and activities at The f0rT, phone 5274-1602.



Summer survival for your garden

The biggest problem faced by the home gardener during the summer is water, or rather the lack of it.

Lawn is often the most affected as it struggles with the heat and a lack of water, then along comes the gardener who shears it down almost to dirt level. Nothing is more disheartening than a lawn that consists of a patch of dry, dead grass.

My suggestion is that you raise the level of the mower above normal to give the roots more shelter from the sun; it will also keep the roots wetter for longer as they are more shaded.

If your lawn has dried out and become water repellant, it would be sensible to treat it with a wetting agent. These are available in bottles that may be attached to the hose, making the application quick and easy. If your lawn area is smaller, use a watering can or a granular form of wetting agent to scatter over the top. Don't let it dry out again as it will take more than twice as much agent for the second time around.

Another casualty of summer is the garden bed which has been covered with mulch. When pine bark or wood chip mulch breaks down, it causes the loss of nitrogen from the soil, which

results in poor growth and loss of productivity. This can be prevented by mixing in a nitrogen-rich fertilizer before applying the mulch.

While on the subject of fertilizing, don't forget the vegetables. Leafy vegies like lettuce require a high nitrogen fertilizer (even if they have not been mulched) and tomatoes need a high potassium feed.

Keep an eye on your pot plants during the warmer days. If you find that the water is running out of the pot as fast as you are putting it in the top, then those pots need to be soaked in a bucket or tub so that the water is over the top of the pot until such time as the bubbles stop coming up from the bottom.

The problem is caused by the soil drying out and shrinking away from the sides of the pot. A very easy treatment is to put a small dose of soil wetter in the bucket before you place the pot in it. This water can then be tossed onto the lawn or a garden bed when you finish.

Do you have a hot place in your garden where nothing seems to grow? Have you ever thought about the common geranium or pelargonium? They grow very easily from cuttings and come in a vast range of colours and types, both

singles and doubles, and are almost impossible to kill. They can be cut back after flowering when they have become a bit leggy and can look quite effective as a low hedge.

Marigolds are also a great hot weather idea with plants ranging from 15 centimetres to about a metre high with flower diameter also varied. They help attract the bees to your vegies and repel quite a few predatory insects – they don't like the smell. Another popular plant is the clivia, which comes in shades from cream to orange and thrives in dry and shady conditions.

Order your bulbs for spring planting and make sure you buy well-rounded, solid bulbs – don't touch any that are spongy or soft – they will usually rot away before they shoot. Place tulip bulbs in the fridge for six weeks before planting unless you buy pre-chilled ones. During this time you may also plant beans, lettuce, parsley, radish, shallot, spring onion, beetroot and cabbages. A couple of tomatoes planted later than normal will give you an autumn crop, which I'm sure, will be greatly appreciated.

Happy gardening,

Betty



2019 LEARN LOCAL LEGEND



Team for wellbeing focus

Cloverdale Community Centre increased its focus on wellbeing in 2019, with formation of a team of specialists dedicated to helping people.

Clinical psychologist Ben Mahoney and experienced social worker Claire Rowe are supported by Debbie Pollitt, who has mental health support qualifications, as their administrator. They are also supported by students on placement whose areas of study are in social work, mental health, youth work and community services.

The team is kept busy providing support for a range of community members. They can help people access psychology appointments, find emergency housing, provide support in court. They can also help with community and social engagement in activities such as cooking and gardening or just be a friendly face to talk to.

A social work drop-in runs every Monday from 9am until 3.30pm, which is free to access. For more information email wellbeing@cloverdalecommunitycentre.org.au.



The Cloverdale Wellbeing Team, from left, Debbie Pollitt, Ben Mahoney and Claire Rowe.

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. Wednesdays from January 29, 10am-noon. \$5 per session.

Cloverdale Singers: Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from January 28, 10.30am-noon. \$3 per session.

Ukulele Players: A great musical gathering for those who have a grasp of the basics and want to refine their skills including; performing, strumming and chord progressions. Thursdays from January 30, 10am-noon. \$3 per session. Beginner classes are available (bookings essential). \$3 per class.

Cloverdale Craft and Knitting Group:

Bring your craft or knitting project and join with Marguerite for a relaxed craft or knitting session. Fridays from January 31, noon – 3.30pm. \$2 per session.

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 January 30, 6.30pm -9pm.

Open Mic:

Cloverdale Open Mic will be held on Friday, March 27 from 7pm until late.

This is a friendly, supportive open mic event and all talent is welcome. Come along and perform or just enjoy the entertainment. Light refreshments available. Entry is by gold coin donation. To inquire about performing, phone the centre on 5275-4415 or email manager@cloverdalecommunitycentre.org.au.

FOOD AND GARDEN

Cloverdale Food Swap:

Cloverdale Community Centre hosts a vibrant food and seed swap on the third Saturday of each month, from 9.30am until 11am.

You can bring anything homegrown to swap - vegies, fruits and plants, preserves, cakes and other produce. Reduce your food miles, enjoy coffee and cake and enjoy conversations with others interested in 3214 food sustainability.

The food swap dates in 2020 are: February 15, March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21 and December 19.

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

Cooking for Blokes:

Facilitated by the Australian Red Cross, this is a socially inclusive space for men to meet, cook and socialise. Mondays from February 3, 11am.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays from February 3, 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 from January 16, 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 from January 7, 10-11am. \$5 per session.

Cloverdale Walking Group

Join with a motivated group of community members for a walk and a chat every Wednesday from January 29, 10am. FREE.

Brazilian Jiu Jitsu

Saturday morning. Adults from 8am until 9.15am, children (6-14 years) from 9.15am until 10am. Tuesday evening, 6.30pm-9pm. Free.

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

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

HIRE OUR FACILITIES

Cloverdale has a new-look and lots of new space available for hire. Rooms of various size are available for meetings, functions and events, as well as a registered kitchen. Note, we need at least seven days' notice for a booking and we do not hire for 18th and 21st birthday parties. For more information and fees, call the centre on 5275-4415.

Cooking for Blokes



Cooking for Blokes is held in the updated kitchen at Cloverdale every Monday from 11am, starting on February 3.

The program is facilitated by the Australian Red Cross and is a socially inclusive space for men to meet, cook and socialise.

Tasty meals are prepared each week and shared with the group and other centre users. For more information call 5275-4415.

PROGRAM	Starting	Day	Time	Full Fee	Conc.
Computers					
Getting Started with Computers (8 weeks)	February 3	Monday	12.30pm-3pm	\$180	\$90
Developing Computers - the next step (10 weeks)	February 3	Monday	9.30am-Noon	\$220	\$115
Vocational and Employment Skills					
Printing and Community Enterprise (PACE) using art to explore the world of enterprise	February 5	Wednesday	1pm-3pm	FREE	FREE
Getting Ahead	January 29	Wednesday	9.30am-3pm	FREE	FREE
Introduction to Horticulture	TBC	TBC	TBC	\$180	\$90
Introduction to Community Services	TBC	TBC	TBC	\$180	\$90
Literacy and Numeracy					
Tell My Story - work with a professional journalist to publish a book about you (8 weeks)	Call for more information			\$180	\$90
Kitchen Operations and Coffee					
Introduction to Kitchen Operations/Barista(8 weeks)	February 4	Tuesday	9.30am-3pm	\$180	\$90
Introduction to Barista (8 weeks)	February 7	Friday	9.30am-11am	FREE	FREE

All courses are subject to sufficient enrolments.

Community projects funded



Councillors Anthony Aitken and Kylie Grzybek with North Shore president Dale Purcell, vice-president Shane Hase, coach Mark McDowell and players.

The following information was provided by Windermere Ward councillors, Deputy Mayor Kylie Grzybek and Cr Anthony Aitken:

As your representatives on council, we are always fighting to see as much City of Greater Geelong funding coming into the 3214 postcode as possible. We want to make sure you get full value for your rates.

The council's grants program is a great way for community clubs and groups to get funding for projects big or small.

Late in 2019, we announced our first two groups of successful applicants for our 2019-20 grants, and we're proud to say the north was well represented.

It was especially pleasing to see North Shore Football Netball Club succeed in its application for a \$350,000 grant for

a full lighting upgrade on its main oval. This will be the first such upgrade for the Seagulls since 1971 and will make training much easier during the dark of winter.

The Northside Salvation Army Community Centre received a \$16,700 grant for bathroom renovations, and the Cloverdale Community Centre \$10,000 for heating/air conditioning, plus an art display system.

The Corio Little Athletics Club received \$2000 for equipment trolleys, the Norlane Bowling Club \$1614 for new uniforms, and the Geelong Rams Rugby Club (based at Henty Street in Corio) \$3628 to improve their digital presence, including a website upgrade.

Add these to some of the great wins we've already had over the past year – the completion of the Purnell Road Child and Family Centre and new

Cloverdale and Rosewall Community Centres, the new athletics track at Goldsworthy Reserve, a new softball/baseball pavilion at Stead Park, and the introduction of the Christmas in the North program.

When we were elected as your councillors, we committed to fighting for a "fair share for the north," and these projects demonstrate we're honouring that pledge to the community.

Best wishes to everyone for the year ahead. As always, please get in touch if there's anything you'd like to discuss. To contact Cr Aitken, email AAitken@geelongcity.vic.gov.au or phone 0434-307-044.

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

All Abilities Walking Group



Congratulations to the Norlane Community Kitchen who successfully applied for a Barwon Health Mental Health grant through the Healthy Communities Unit. This grant will be used to start up an All Abilities Walking Group to promote mental health, wellbeing and social connection.

By partnering with Norlane Baptcare, the group will be organising walks with a support bus following behind for anyone with limited ability to join in.

So far, the group has had a practice walk with BaptCare residents around the block with a coffee catch-up

afterwards at the Aviary Café. They've also checked out the Mindfulness Wellbeing Walk near the Geelong Grammar School for when the weather warms up.

NORLANE PROGRAMS AND ACTIVITIES



Tai Chi

Classes are held every Tuesday 10am–11.30am for beginners and those with previous Tai Chi experience. Wear comfortable clothing and flat shoes. We also maintain garden beds to grow our own vegetables to share amongst our group. Contact Monika on 5281–7175 or Maureen 5275–3939

Tuesday Art group

Would you like to paint in a friendly, comfortable self-help group? Come and join us every Tuesday 9am–1pm and have a cuppa. All art mediums invited. Cost is \$4.

Craft & friendship

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

Norlane Community Kitchen

Norlane Community Centre hosts the Norlane Community Kitchen every Friday from 10am to 1pm. For further details please contact the centre on 5275–8124.

Norlane Boomerang Bags

Boomerang Bags aims to reduce the use of plastic bags by engaging local communities to make the bags using recycled materials. The group meets fortnightly on Friday from 1–3pm. If you like sewing, or want to learn and have some spare time, come along and join in. For more information see the groups facebook page.

Community Gardens

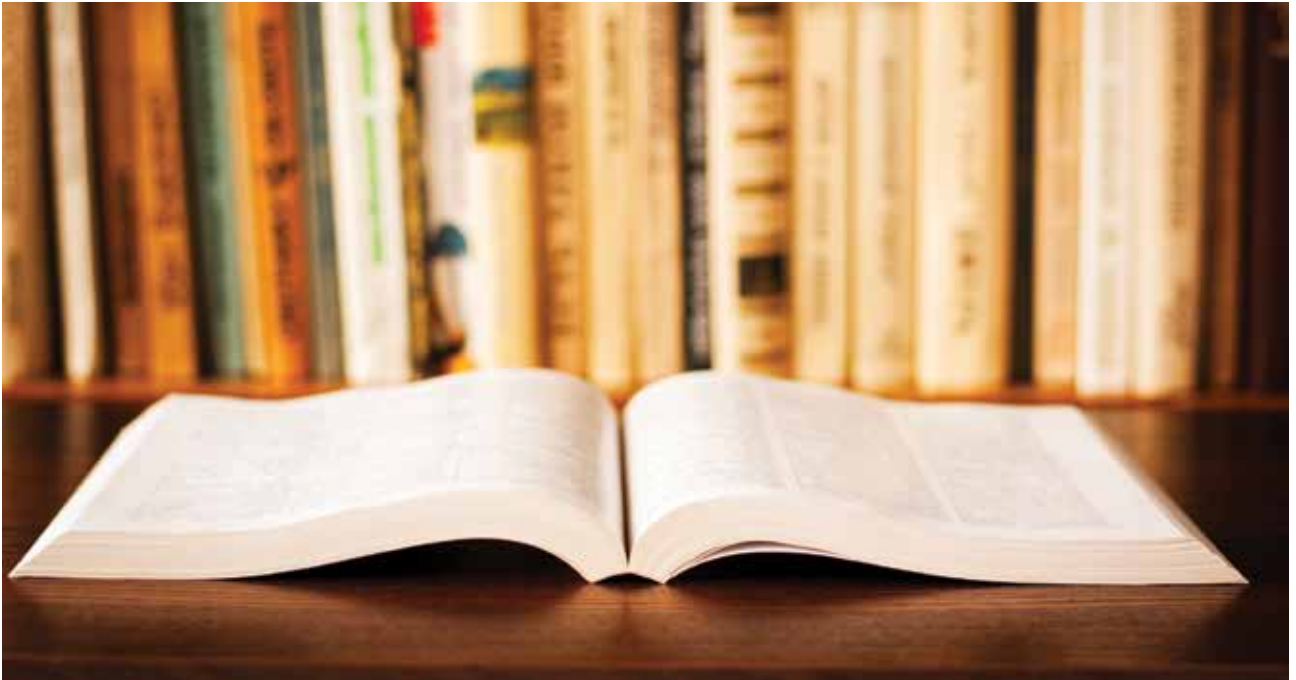
Norlane Community Fruit, Herb and Vegetable Garden is self managed by residents of all ages, cultures and abilities, to grow fresh healthy fruit and vegetables for their own use. If you are interested in your own vegie patch, contact Tabatha on 5275–8124.

Tool Pool

Need to mow the lawn but can't afford the cost of a mower or hiring someone? Become a member of NCC Tool Pool for a \$5 yearly membership and pay a \$5 mower hire fee. We also have some hand tools and wheelbarrows that are free to borrow.

Hire is available every Tuesday and Friday mornings from 9am to noon. Mowers must be returned the same day, no later than noon. Inquiries 5275–8124.

SERVICES AT NORLANE COMMUNITY CENTRE



Computer Lab

We have 10 desktop computers and two tablet devices for community use in our computer lab. These are free to local community members and are usually available from Monday to Friday unless classes are being held. Children must be accompanied by an adult. COMING SOON – Drop-In sessions with help available

Be Connected

We've linked with Be Connected, an online site where you can take free courses on everything from how to access the internet, using your device and keeping in touch with others online. Go to <https://beconnected.esafety.gov.au/> to sign up and learn online.

Photocopying, laminating & faxes

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

Book Lending Library

Finished reading a book and would like a new one? Drop in and check out our lending library. The book swap is free and a great way to share resources in our neighbourhood.

Room Hire

We have a range of room hire options available for meetings, events and other activities.

Northern Futures

Northern Futures has its offices at Norlane Community Centre. Northern Futures works closely with job service providers, local industry, government, schools and the community to connect and include people, enhance their opportunities for personal growth and ultimately, change lives. See Northern Futures facebook page.

GForce

GForce Youth Employment – Transition to Work supports young people aged 15-21 on their journey to enter employment (including apprenticeships and traineeships) or complete education. For more info call 5222-7766 or email info@gforce.org.au.



A legacy Masterpiece

Inspired by visual art studies, Year 8 students at Northern Bay College's Hendy P-8 Campus wanted to create a legacy masterpiece to commemorate their years at the campus.

School Captain Ashiq led the

completion of an astonishing piece that was inspired their study of Albrecht Durer's Rhinoceros (woodcut) The impressive painting will be on permanent display and will be a treasured memory for the 20-plus students who collaborated on the piece.

A YouTube tale exploring the original woodcut celebrating the arrival of an Indian Rhinoceros in Lisbon in the year 1515 can be found at:
<https://www.youtube.com/watch?v=IPthhO4YU28>



Refinery Operations Manager, Glenn Lyons, shares his insights with some refinery neighbours.

Being good neighbours

Viva Energy recently invited the people of Corio and Norlane to a friendly get-together and barbecue at Norlane Neighbourhood House.

It was an opportunity for people to ask questions about the refinery, and for Viva staff to meet the neighbours and learn what people think about the facility.

The Viva Energy team set up information booths manned by staff keen to answer questions about

the refining process, safety, the environment, projects and recruitment. We even had G61 – Viva Energy's awesome yellow firetruck – on hand to amaze and entertain the young (and the young-at-heart).

Attendees enjoyed a sausage off the barbecue while getting to know the Viva Energy staff.

Refinery General Manager Thys Heyns said events like this are crucial for establishing a two-way relationship

with the community and educating people about the refinery.

"We know how important it is to reach out to our local community, tell them about what we do, answer their questions and listen to their concerns," Mr Heyns said.

"We want to be good neighbours and sessions like this help connect the refinery with the community around us."



This artwork, commissioned by Viva Energy for the Reconciliation Action Plan is by Dixon Patten, Baylia Creative, Gunnai and Yorta Yorta.

Reconciliation Action Plan

As an Australian company with operations stretching right across this vast continent, Viva Energy recognises the importance of connecting to Australia's First Peoples. Viva Energy acknowledges their lands upon which it operates and learns from their rich culture and history.

In the spirit of reconciliation, in November, Viva Energy launched its Reconciliation Action Plan, a framework to realise its vision for reconciliation, overseen by Reconciliation Australia.

The company's vision for reconciliation is a nation where Indigenous people have equal and equitable opportunities to reach their destination. It envisages

a business and society that is enriched by their cultural diversity. This vision for reconciliation is strongly aligned with Viva Energy's vision, which is to help people reach their destinations.

Some of the actions and commitments of the Reconciliation Action Plan are a continuation of existing activities from Viva Energy's Indigenous Participation Plan and include:

- Support for the production and supply of Low Aromatic Fuel into Northern Australia which is helping to reduce petrol sniffing;
- Indigenous Community Partnerships with the Cathy Freeman Foundation, National

Aboriginal Sporting Chance Academy, Koorie Heritage Trust and the Council for Aboriginal Alcohol Program Services;

- Indigenous Role Model Grants – Indigenous Literacy Foundation and Shooting Stars;
- Procurement from Indigenous businesses such as Weipa Bulk Fuels; and
- Welcoming and encouraging CareerTrackers to join Viva Energy for an internship.

Through the Reconciliation Action Plan, Viva Energy hopes to achieve more Indigenous employment and improve staff engagement with reconciliation.