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The Northerly Aspects Editorial Committee is grateful to its valuable sponsors, who support this important community publication.

In this edition we welcome two new sponsors – Avalon Airport and wdeaworks.

Our much-valued sponsors are:

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- WDEA Works

Support is also provided by:

- Cloverdale Community Centre
- Norlane Community Centre

For more information about sponsorship, contact info@northerlyaspects.org.au or phone 5275-4415.



Important numbers

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Victorian Poisons Information 131-126

Road Safety Hotline 5225-3297

Barwon Family Violence After Hours
1800-662-673

OUR COVER: Corio's Farzana Hussaini (centre), has been elected as Greater Geelong's second Junior Mayor. Farzana, 15, is one of three Windermere Ward youth councillors and was voted to become Junior Mayor by her fellow Youth Council members. She is pictured with City of Greater Geelong Mayor Cr Stephanie Asher and Windermere ward's Cr Kylie Grzybek. SEE Page 7. Photo supplied by the City of Greater Geelong.

Editor's letter



Welcome to our Term 2 edition of Northerly Aspects. I hope you've had a good start to the year.

Have you achieved any of the goals – big or small – that you wanted to? Have you taken even small steps towards making changes or trying something new?

If the answer yes, well done. I hope you're getting some satisfaction from your achievements, regardless of how big or small they are. They can be effective stepping stones to bigger and better things.

Sometimes we just need a little reminder that we can make changes, try new things and learn from the experience. Even creating a new routine such as getting up earlier and setting a to-do list can lead to bigger changes.

Of course, eating well, exercising a little more, even smiling more and appreciating the positives in life can also be important steps to making real change.

If your answer is no to the questions about goals, don't worry, it's never too late. Sometimes aiming for a big change or goal can be overwhelming and we just don't know where to start.

Taking little steps can be the best approach. If getting up an hour earlier is your goal, start by setting an alarm for 15 minutes earlier than usual, then increase it by another 15 minutes and so on. If regular walking or running is your goal, start by going to the end of your street then build on it.

We all have things that get in the way of achieving the changes we want to make. Good luck finding your way through any barriers; before we know it, we'll be half-way through the year.

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.

Yellow bin inspections are underway

Yellow bin inspections are underway across the City of Greater Geelong, as part of efforts to help residents understand what can be recycled.

The kerbside recycling service resumed in December after the City formed an agreement with Cleanaway. Reports back from Cleanaway indicated that around 35 per cent of what went into recycling bins still ended up in landfill.

The yellow lid bin is for clean paper, cardboard, aluminium, glass and rigid plastic.

Brochures have been delivered across the community notifying residents of the inspections. The inspection process involves officers following collection trucks and viewing what comes out of yellow lid bins as they are tipped into the truck.

Residents who have obvious contaminants in their bin will receive a sticker notification clarifying what should and shouldn't be disposed of through kerbside recycling.

Officers will work directly with residents who repeatedly put contaminants in

their bin after multiple sticker notices, to help educate and provide any additional assistance.

The biggest contaminant in recycling bins remains soft plastic packaging, including plastic bags.

Another key point for residents to remember is not to bag recycling before putting it in the yellow bin. Plastic bags are not recyclable through the kerbside collection system.

Soft plastics like plastic bags and food wrapping can be recycled through RedCycle, who have collection points at most major supermarkets.

Electrical goods, textiles, metal pots and pans, as well as plastic children's toys can all be recycled but not via the kerbside collection. Residents can find out how to recycle these items at www.geelongaustralia.com.au/recycling/guide

Some contamination items that end up in the recycling bin are a dangerous fire risk. Cleanaway has reported finding gas bottles, car batteries, car parts and even hot water systems in the recycling they receive.



Other items that cannot be recycled via the kerbside yellow bin include white polystyrene, disposable nappies and coated cardboard (tetra pak) containers. Polystyrene can be recycled at the Douro Street Resource Recovery Centre.

Black meat trays should also go in the red garbage bin, as the optical sorters at recycling plants are unable to detect black plastic against the black conveyor belts.


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Norlane is blooming

Norlane residents Lorraine Miller and Carolyn Slevin (pictured) have featured in the annual state-wide Victoria in Bloom competition.

Victoria in Bloom recognises and celebrates the gardens of public and community housing tenants. It is an opportunity for tenants to showcase their gardens, and to celebrate the work they do to create brighter neighbourhoods for all Victorian residents.

The Department of Health and Human Services, Barwon Area, had 16 entrants in the 2019-20 competition with four winners and five commendations, who were awarded their certificates at the Barwon Awards Ceremony in early March.

Lorraine Miller was highly commended in the Best Edible Garden category and Carolyn Slevin was highly commended in the Best Creative Garden.

Lorraine has been gardening at her Norlane property for 45 years, producing more than 20 varieties of fruit, vegetables and herbs to share with family and friends – she used a lot of her produce for Christmas dinner last year.



Carolyn has created an 'imagination garden' in the backyard of her Norlane unit. Her low-maintenance garden provides a space where Carolyn feels grateful and relaxed.

If you are a public or community housing tenant and interested in finding out more about Victoria in Bloom, or would like to register your interest for the 2020-21 competition, which will open in October, email geelong.housing@dhhs.vic.gov.au.

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 Gerbers Avenue, Norlane



Working for the Corio community

Northerly Aspects welcomes WDEA Works as a new sponsor in this edition.

WDEA Works is one of regional Victoria's leading providers of the Federal Government's Disability Employment Service program. This means they are among the best in the country at helping people find meaningful and sustainable employment.

The team at WDEA Works can work for you to find an employment or training opportunity that enhances your life. Staff take the time to get to know you, developing skills to get you job ready.

WDEA Works also creates solutions for businesses and employers. It provides on-the-job support and assist employees with their start-up costs. The goal of WDEA Works is to make your business better, via the people you employ.

Drop in for a coffee and meet the WDEA Works Team in Corio Central Shopping Centre and Malop Street, Geelong. Or make an appointment to visit their Belmont, Newcomb, Torquay or Drysdale offices.



30 years wdea works since 1989 

WDEA Works is one of Victoria's leading providers of Disability Employment Services.

This means we are the among the best in the region at helping people find meaningful and sustainable employment.

We have helped over 40,000 people into open employment over the past 30 years.

 Drop into **WDEA Works Corio** grab a coffee & let's chat about how **WE** can **WORK** for **YOU!**

WDEA Works Corio | (03) 5292 1640 | wdeaworks.org.au
Level 1 (above the food court) Corio Village Shopping Centre



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An opportunity for inside view

Have you ever wondered what cancer in the bowel looks like?

Your once-in-a-lifetime opportunity is coming to Corio Library in June, when Western Victoria Primary Health Network, in partnership with South West Health Care, will offer the chance to take a guided tour through a giant knitted bowel. The event is part of its Bowel Cancer Screening Project in Corio and Norlane.

Weighing over 30 kilograms and measured at 23 times the size of a normal large bowel, the giant knitted bowel is complete with polyps

and haemorrhoids. It presents an opportunity for the community to be educated on the effects of bowel cancer, the different stages of its development and what the cancer looks like.

The visit is an interactive opportunity to educate younger community members on the importance of cancer screening and preventative health strategies.

Bowel cancer is currently the second leading cause of cancer-related deaths in Australia, even though it is one of the most treatable forms of cancer if found early. As a precaution, it is

recommended that men and women between the ages of 50 and 74 take the bowel home test kit every two years.

All ages are welcome at the free event, which will be held on Friday, June 19 from 3pm-6pm; Saturday, June 20 from 10am-3pm; and Monday, June 22 from 10am-1pm.

For more information, 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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Family-Sports-Recreation

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Phone: 5275-2776



Leadership role for Farzana

Corio's Farzana Hussaini (pictured) has been elected as the City of Greater Geelong's second Junior Mayor.

Farzana, 15, is one of three Windermere Ward youth councillors and was voted to become Junior Mayor by her fellow Youth Council members. Kardinia Ward representative Ashley Delaney, 15, is serving alongside Farzana as Junior Deputy Mayor.

Farzana is a Year 9 student at Northern Bay College and this is her first experience as a youth councillor. She said the skills she brings to the Youth Council are communication, being good at listening and critical and creative thinker.

The 12 young people, aged 12-17, were inducted to the Youth Council after their selection and will serve as an official 'youth voice' for City of Greater Geelong council. The other Windermere Ward junior councillors are Carmen MacLeod and Logan Chandler.

The Youth Council meets once a month at City Hall to discuss priorities including social and community connections, mental health and wellbeing, and capability; such as skill development, education and employment.



As Junior Mayor, Farzana will appear before the Council on a quarterly basis during 2020, to present the Youth Council's findings and recommendations. Mayoral duties also include chairing all meetings, representing the Youth Council at official functions, and acting as the

group's spokesperson.

In 2019 the Junior Council successfully presented four reports to the Council, including recommendations for the City's new Civic Precinct, and improvements to the region's bike lanes and network.

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Dorothy Thomson Day Centre, 2 Wendover Ave, Norlane
Want to volunteer? - email: v.coordinator@achg.org.au

anamcara
GEELONG

Last chance to be a part of Coasthaven family

Baptcare Coasthaven Community located in Norlane (45 Robin Avenue) opened a year ago. It is a strong community where residents enjoy private rooms, light-filled shared living areas and a varied lifestyle program with activities to suit all individual interests and abilities.

The Community at Coasthaven is almost full, with a few rooms remaining. You too can join the Coasthaven Community by visiting www.baptcare.org.au/coasthaven or contacting 13-22-78.

Baptcare

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

Through our social enterprise model, we deliver better outcomes for more than 19,000 people in our community, combining the best commercial practice with a social heart.

Baptcare has more than 3,000 dedicated staff across Victoria, Tasmania and South Australia 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.

Northern Bay College 1300 348 535






Northern Bay College 1300 348 535

Open Evening 6pm - 7pm 23 April
 at the Goldsworthy Road Campus

SEED program
 Scholarships
 Specialist Centres

Welcome

Activities for fun and learning

Fun and learning are continuing in conjunction with support for young parents at the Northern Bay Family Learning Centre.

The centre is located on the Goldsworthy campus of Northern Bay College and offers a range of programs for parents and families. Some activities are conducted with support from other organisations such as Bethany, Barwon Child Youth and Family and City of Greater Geelong. Programs run Monday to Friday.

The Northern Bay Family Learning Centre is at 25 Goldsworthy Road,

Corio (access Gate 6). For a full program of activities or for more information, contact the manager Helen O'Connor, phone 5224-9791.

In 2020, the Community Hub staff - Neema and Kristy - have relocated to Northern Bay College Peacock campus and the Family Learning Centre.

Neema and Kristy are running a range of programs, including playgroup, Creative English Conversation, job support, toy library, social walking group, creative groups, drop-in and cuppa and chat sessions.

For more information contact Kristy Edmonds at NBC Peacock campus, phone 5245-3900 and Neema Wright at NBC Family Learning Centre, phone 5224-9747.



Community Grant opportunities for local groups

The City of Greater Geelong offers a variety of grant programs for activities that benefit the community.

The program aims to assist a range of initiatives like environmental and arts projects, events and upgrades to local community and sporting facilities.

Projects that enhance the community's sense of well-being and connection are also supported.

To find out what's on offer and for grant guidelines, visit geelongaustralia.com.au/grants.

You can also call the team on 5272-4736 or email communitygrants@geelongcity.vic.gov.au

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New facility is making a difference

Northern suburbs residents are turning to Barwon Health North's Urgent Care Centre for treatment for minor illnesses and injuries, as well as x-ray and medical imaging. The new facility, located on the corner of Cox Road and Princes Highway, opened in late January and is a walk-in service for people with minor illnesses and injuries.

The Urgent Care Centre is staffed by highly-skilled nurse practitioners, registered nurses, medical imaging staff and patient services assistants.

Nurse practitioners can examine, diagnose illnesses/injuries, treat wounds including sutures, plaster, prescribe medication/treatment and make referrals. Nurse practitioners have a direct video link to doctors at University Hospital Geelong's Emergency Department.

Barwon Health North's Urgent Care Centre is open seven days, 2pm to 10pm, including x-ray and medical imaging. More services including child and family, healthy at home and adult and paediatric specialist clinics will open in the coming months.

Bell Park mother Tiana Dawes used Barwon Health North's walk-in service for a quick result after their two-year-old son Ollie swallowed a coin.



Barwon Health North patient Ollie Bingham with his mother Tiarna and Barwon Health North nurse practitioner Julie Parsons (left).

Tiana called her mother in a panic after Ollie lodged a 10-cent coin in his throat, anticipating spending hours waiting at the Emergency Department as a less urgent patient.

"I was about to head into town, but Mum told me Barwon Health North was open and it was closer," she said.

"We came here and by that time he had swallowed the coin. It was two days before he was due for a tonsillectomy, so that was my main concern. The

facility is excellent and the staff were great. They made us feel welcome and took us straight through.

"The staff observed his breathing while he had a bit of a run around and play, and made sure he was OK before they sent us home with the all-clear."

For more information about Barwon Health North go to www.barwonhealthnorth.org.au or phone 4215-8000.



Northern Bay College
Family Learning Centre
Great Programs every day

Beautiful Facility
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2020!

Long Day Care and Kinder Groups 2020
Quality programs on Beautiful Grounds
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Northern Bay College
Early Learning Centre
Child Care
Kindergarten



International impact at Avalon

Northerly Aspects welcomes Avalon Airport as a new sponsor in this edition.

It's been over a year now since Avalon Airport opened its international terminal and the feedback has been terrific.

The airport believes that travel should and can be easy and relaxed, even when travelling on a budget, and the team

has worked hard to retain the ease with which a passenger can pass through the airport, including a 25 per cent off all parking promotion that is effective until March 31.

"Flying via Avalon Airport already means cheaper parking in addition to cheaper fares, but we wanted to lower our prices even further for all Victorians to remove the added concern of massive parking fees," Avalon Airport CEO Justin Giddings said.

It's the small details that help: all parking is just out the front of the terminals, trolleys are free, as is wifi, and the airport provides mobile device charging points, conveniently located in the departure lounges along with duty free shopping, cafe and other amenities, so that passengers can wait for their flights in comfort.

From Avalon Airport passengers can fly to Sydney, Adelaide, the Gold Coast and Kuala Lumpur.

Chisholm Road prison project

The Chisholm Road prison will be Victoria's largest maximum-security prison and when completed, will hold more than 1200 beds.

The project is expected to deliver economic benefits worth \$173 million to the Greater Geelong region, including more than 900 direct jobs and several hundred indirect jobs during the construction phase alone.

Once operational, the prison will provide more than 650 ongoing jobs, including prison officers, psychologists, teachers, allied health professionals, administrators and maintenance staff.

Importantly, 30,000 hours of work have been earmarked specifically for disadvantaged Victorians, and

\$8.9 million worth of activities will be awarded to Victorians with disability.

The Community Safety Building Authority has engaged John Holland as Managing Contractor to deliver the project. John Holland awarded the first works package for civil works to Civilex in February 2020, and is currently out to market for sub-contractors for a number of works packages, including electrical, fire, security, mechanical and structural steel.

Once these packages are awarded, jobs will start to flow into the market. In accordance with the project's social procurement targets, sub-contractors bidding for these work packages will be assessed on engagement with local community

and suppliers, and their provision for local jobs and procurement. Sub-contractors have been engaging with GROW21 (<https://grow.g21.com.au/>) compact signatories to enhance their supply chain at a local level.

Organisations and individuals who are interested in work on the project can register with the Industry Capability Network (ICN). Local service providers are also encouraged to register to express their interest.

Bidders for the prison will be encouraged to engage directly with the City of Geelong on economic opportunities for the local area. The project is listed on the ICN Gateway at gateway.icn.org.au under 'Chisholm Road Prison Project'.

School upgrades

I was delighted to recently attend the official opening of the brand new 'Mr Mac's Track' at Rollins Primary School, joining Principal Jenny Hassett, School Council President Erin McGill, and school captains William Bradley and Meyah Fursland, teachers, staff and families.

This track has been named in honour of the previous principal, Steve McGarrigle, who was Principal of the school for an outstanding 18 years.

I am proud that the Victorian Government kicked in \$307,000 towards this important project to keep future generations fit, healthy and happy.

I can't wait to start the next project, which is a \$3.47million redevelopment already been funded by the Victorian Government.

I also recently visited Lara Lake Primary School to officially open its new \$1.8m redevelopment. It was fantastic to tour the newly

completed works with Principal Steve Durkin and School Council President Charlene Eaton.

Special thanks to the School Captains Eliza, Callum, Sophie and Elsha who led this very informative tour and the school assembly.

This redevelopment has allowed for the modernisation of classrooms, libraries and specialist facilities and is another great win for schools in the Lara Electorate.

Hon. John Eren MP

State Member for Lara

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

A friendly, social way to learn

Keeping our brain active is important through all stages of life, but for people entering their senior years it's especially important.



In Geelong's northern suburbs, one way of doing that is to join U3A Corio Bay, which is an organisation run by volunteer administrative staff and tutors who provide learning opportunities and social opportunities for people who are no longer in full-time employment.

Courses range from the histories, sciences, languages, exercise, craft and art, literature, book groups, politics and discussion groups. U3A also has a weekly 'walk and coffee' and a monthly lunch. The groups meet for either a

year-long course - without exams, a short course of three to six months, or a lecture. There is a range of things to choose from and to attend, while only paying a yearly membership fee of \$35.

Spokesperson Diane Cray said: "I love the happy exchange of greetings each morning as people enter our building. Many of our members are living alone and U3A is a really valuable connection point with the wider community."

"But the thing that I love the most is hearing people say 'I was too scared to do science or history or Spanish or computers after school, but I am loving the challenge of this group'. This is the sound of people enjoying learning and growing as vital, happy members of our community."

U3A Corio Bay meets at 7-13 Beauford Avenue in Bell Post Hill. For more information phone 0458-636-839 or go to www.u3acoriobay.org.au.

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Funded from the Parliamentary budget

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

Cricket flavour to school visit

Former Governor General Sir Peter Cosgrove was a special guest at Northern Bay College in February.

The event celebrated the arrival of a new bowling machine donated to the college by the Lord's Taverners Geelong. The machine is a significant addition to the college's sport program.

Lord's Taverners was established in London in 1950 by a group of actors who enjoyed a pint watching the cricket from the Old Tavern pub at Lord's. In

1982, John Darling established the first Australian branch and Geelong became the 11th branch in 2017.

Lord's Taverners Australia raises funds for charities, based on its slogan: "Giving the young and disadvantaged a sporting chance".

At Northern Bay College, Sir Peter, Lady Cosgrove and chair of Cricket Australia Earl Eddings were on hand to see the first ball being bowled by the machine. They joined other guests in enjoying

an insight into the schools SEED (Sports, Empowerment, Education and Development) program, with students explaining how they are benefiting from the specialist program.

Sir Peter also took the opportunity to address the 2020 Year 12 student as they began their final year of secondary school. Morning tea followed, prepared by the college's senior VCAL students, on what was a memorable day for the college.



Sir Peter Cosgrove met Northern Bay College staff and students during his visit to celebrate the donation of a new bowling machine.



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Phone: 5275-5807 Facebook: Village Listening Lounge

CALL IN FOR COFFEE



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167-169 Purnell Road, Corio

GRANT WRITER

Jeanette Anderson

jeanetteanderson1210@gmail.com

ROOMS FOR HIRE

Cloverdale Community Centre

Inquiries: 5275-4415

NORLANE TOOL POOL



Mowers for hire
Tuesday & Friday morning
Phone 5275-8124

3214

For more information please see :



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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.



Barwon Health Board Chair Brian Cook, Minister for Health Jenny Mikakos MP and Barwon Health Chief Executive Frances Diver celebrated the official opening of Barwon Health North.



Northern Bay College held a family fun welcome at Peacock Campus.



Christmas 2019 was celebrated in the north thanks to City of Greater Geelong funding. Activities ran at the Community Centres and buses took residents into Geelong to enjoy the floating Christmas tree. At Norlane, revellers enjoy a shared meal and market before catching the bus to see the Christmas displays.



Senior leaders have taken on their roles at Northern Bay College. Pictured, from left, are Caitlin Feeley, Jack Hall, Katie Lam and Mitchell Simpson.



A visit to Northern Bay College by Sir Peter and Lady Cosgrove gave students, including Caitlin Bottomley, the chance to talk about opportunities for a career in sport.

THE CITY OF
GREATER GEELONG

WOMEN'S SWIMMING PROGRAM



WHEN: Sunday 15 March to Sunday 31 May 2020
(10 week program)

No classes on 12 April and 26 April.

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

WHERE: Waterworld, Corner Melbourne and
Cox Roads, Norlane

COST:

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

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

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

WHAT TO BRING: Bathers, towel

PLEASE NOTE

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

FURTHER INFORMATION

Call Waterworld on 5275 1909

ALL SAFETY RULES MUST BE OBSERVED

CUSTOMER SERVICE CENTRE

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

CITY OF GREATER GEELONG

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

LATEST NEWS:





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Do you work, live or socialise with older adults? Join us for a two-day accredited training that will help you support people aged 55+ who might be experiencing mental health challenges.

This training will qualify participants in Mental Health First Aid for Older Adults.

BOOKINGS ESSENTIAL

For more information, bookings or to express interest in future training opportunities contact us on CCAdmin@geelongcity.vic.gov.au or 5272 5024.





Perennials keep on giving

After an unpredictable summer, it's a pleasure to get out in the garden on a warm but not hot day, and to have Mother Nature providing the watering system. The work and planning you do now will provide the groundwork for the coming year.

Perennial plants are the gardener's friend as they provide lovely displays for years on end with little work required to keep them at their best. There are two kinds, those that lose their leaves every year and those that are evergreen.

The main thing they have in common is that they keep multiplying and getting bigger. They need attention at this time of the year and by dividing them you

get more plants for either your garden or to give to other happy gardeners. Who can resist a freebie?

By digging and dividing the plants you keep them at manageable sizes and ensure that they will keep flowering. Prune all the visible foliage to just above ground level and make sure that the soil is moist before digging them out.

Plan to dig them out either early in the morning or late in the day so they don't dry out; this reduces stress on the plant. Cut them into sections (or some can be pulled apart by hand) before replanting them in the garden. If you're not sure where they are to go, put them in pots

to plant at a later date or to give away.

Your roses need to be dead-headed, which will encourage the plants to flower more freely. Shrubs such as lavender and buddleia need to be trimmed and shaped, and new trees and shrubs are best planted during the coming months when there is less likelihood of stress to the plants.

Bulbs for your spring display should be planted over the coming months, with a staggered planting to ensure a continuous flowering period. Check your local nursery to see what seedlings are available and choose your colour scheme for the coming spring.

In the vegetable garden

Now you need to dig the vegetable garden over prior to planting the new season's crops, but there is a problem. What on earth do you do with those green tomatoes left on the plants that never seem to ripen?

One answer is to place them in a paper bag or cardboard box and store in a warm, dark spot. The trapped ethylene gas they give off will turn them red. To

speed up the process, include a ripening banana. Just don't forget to check on them every couple of days or you may get a nasty surprise instead of the lovely red tomatoes you expect.

This season is a vegetable planting bonanza with seeds for beetroot, carrots, parsnips, radishes, turnips and swede due to go in and seedlings for broccoli, Brussels sprouts, bok choi/

pak choi, cabbage, cauliflower, celery, coriander, fennel, herbs (all except basil), kale, lettuce, peas, rocket, silverbeet, spinach, spring onions and strawberries. Garlic bulbs may also be planted now – just plant them in a drier spot so they don't get them too wet and go mouldy.

Happy gardening,

Betty

Safe seats mean safe kids

Norlane Community Centre has joined a program aimed at improving safety for children in cars.

To help with the issue of incorrectly fitted child car restraints and improve safety, the Victorian State Government has committed \$4 million to deliver a new, state-wide program of free child car restraint checks.

Kidsafe Victoria recognises the Victorian Government's support to deliver this

program with Neighbourhood Houses Victoria (NHVic). The pilot events started in February and will roll out across the state until June 2023.

Norlane Community Centre helped the Safe Seats, Safe Kids program by hosting a test day in February. The program ran well, with 24 car seat safety checks made for families who had said they were interested in the early stages of developing the program.

To register your interest for future events, or to search and book into an event locally, please visit the Safe Seats, Safe Kids website <https://safeseatssafekids.com.au/>.

Note - an email address is needed to register, but if you don't have one, please contact Norlane Community Centre and we can help add your name to the list.



 **Safe Seats
Safe Kids**

**IS YOUR CHILD
TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT
FITTINGS & SAFETY CHECKS**



WHERE ARE WE?

Norlane Community Centre is at Windsor Park, off Rose Avenue, between the RSL and North Shore Football and Netball Club. We are open Monday to Friday from 9am until 5pm.



WHAT DO WE DO?

Tai Chi

Tai Chi is a Chinese martial art that is mostly practiced for its health benefits, including dealing with tension and stress. It emphasises complete relaxation and meditation in motion.

The Norlane Tai Chi Group started in 1968 at Norlane Community Centre using a Nissen hut acquired from the DW Hope Centre. After renovations, the group moved into what is now called the Tai Chi room. Our group currently has 27 members and meets every Tuesday morning.

The Tai Chi group also shares a garden bed and organises other social activities. Edwin Walpole has led the group for the last 11 years and we welcome all new members.

Classes are held every Tuesday from 10am until 11.30am for beginners and those with previous Tai Chi experience. Wear comfortable clothing and flat shoes.

For more information, contact Monika on 5281-7175 or Maureen 5275-3939. Cost is \$2.50 per session.

Art group

Would you like to paint in a friendly, comfortable self-help group? Come and join us every Tuesday from 9am until

1pm and have a cuppa. All art mediums invited. Bring your own materials. Cost is \$4.

Craft & friendship

Come and enjoy afternoon tea and a laugh with a group of talented people of all ages. The group meets every Friday from 1pm until 3pm. This is an opportunity to share your craft ideas or learn something new. Bring your own materials. Cost \$1.

Norlane Community Kitchen

A Community Kitchen is a group of people who come together on a regular basis to cook, socialise and enjoy good food.

Norlane's group meets every Friday from 10am to 1pm. They also enjoy cooking with vegies grown in the centre's community garden and are supported by Barwon Health. For further information, contact the centre on 5275-8124.

Norlane Boomerang Bags

Boomerang Bags aim to reduce the use of plastic bags by engaging local communities to make the bags using recycled materials.

The Norlane Boomerang Bags group meets every second and fourth Friday of the month from 1pm until 3pm. If

you like sewing, or want to learn and have some spare time, come along and join in.

For more information you can contact Mel by joining the group's 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.

Many of our groups also manage their own community garden to share vegies with their group participants. If you are interested in your own garden 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 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 morning from 9am to Noon. Mowers must be returned the same day, no later than noon. For inquiries phone 5275-8124.

WHAT ELSE DO WE OFFER?

Book Lending Library

Finished reading a book and would like a new one? Drop in and check out the lending library at Norlane Community Centre.

If you see something you like, you can borrow and return it or swap with any unwanted books of your own. That way, others can also enjoy reading them as well.

Computer Lab

We have 10 desktop computers and 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.

We can also photocopy, scan documents, laminate or send faxes for a small cost.

Be Connected

We've linked with Be Connected, an online site where you can take free courses on everything from 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 at your own pace.

Room hire

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

Northern Futures

Northern Futures is based at Norlane Community Centre. They work closely with job active providers, local industry, government, schools and the community to change lives by connecting and including people and enhancing their opportunities for personal growth through employment.

See the Northern Futures Facebook page or website <https://www.northernfuturesgeelong.com> or email info@northernfuturesgeelong.com

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 information, call 5222-7766 or email info@gforce.org.au.

Vinnies NILS

For many people, paying for essential goods and services is a struggle. The No Interest Loans Scheme (NILS) is a safe, fair and affordable credit alternative.

Vinnies NILS offer interest free loans for the purchase of household appliances, computers, mobile phones, car repairs, education/health expenses and other associated goods or services that will improve the quality of life for individuals and families on low incomes.

For more information or to make an appointment (Tuesday mornings at Norlane Community Centre), call 5229-8829.



A Boomerang Bags group meets at Norlane Community Centre on the second and fourth Friday of the month, from 1pm until 3pm, to make reusable bags.

Northern ARC still on the agenda

The following was provided by City of Greater Geelong Deputy Mayor Cr Kylie Grzybek and Cr Anthony Aitken, both of Windermere Ward ...

For some time now the council has been trying to get a major redevelopment of Waterworld off the ground.

Our plans for the site include not just new swimming pools, but a full scale, state-of-the-art health and wellbeing hub – complete with fitness centre, community rooms, family support services and more.

The facility is intended as stage two of a three-stage redevelopment of this site. It'll complement and collaborate with stage one, the recently opened Barwon Health North facility. And stage three would be an upgrade of the Corio Library.

The project, as you probably know, is called Northern ARC (the 'ARC' standing

for Arts, Recreation and Community).

Council has committed \$20.6 million to design and build the new facility, which will cost \$61.6 million in total.

We are still seeking \$20 million each from the state and federal governments to make up the total – an investment we believe will be returned many times over in the benefits it brings to the people of Geelong's north.

In the context of the major challenges we're facing as a result of the Coronavirus, getting this project off the ground is more important than ever given the employment and social opportunities it will deliver.

Rest assured our discussions with state and federal government representatives continue, and we won't give up!

In the meantime, we've continued to work with our architects on the detailed design of the facility.

We've now got to a point that it's 'shovel ready' – that is, all we need is the money and building can begin.

The designs are truly amazing, and we're excited to share them with you via a new video.

In the video, you can go on a virtual tour and see exactly what it will look like once built. Head to www.geelongaustralia.com.au/northernarc – it's well worth your while.

You can also help us by writing to your local state and federal representatives and telling them how badly we need this facility in the north. Together, we can make it happen.

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.



2019 LEARN LOCAL LEGEND



Artists inspiring each other

Cloverdale Community Centre's Artist Way group is a collection of artists from varied disciplines – writers, painters and musicians – who meet monthly to mentor each other on their artistic journeys.

Their aim is to unblock the artist within as they work their way through Julia Cameron's well-respected book, *The Artist's Way*.

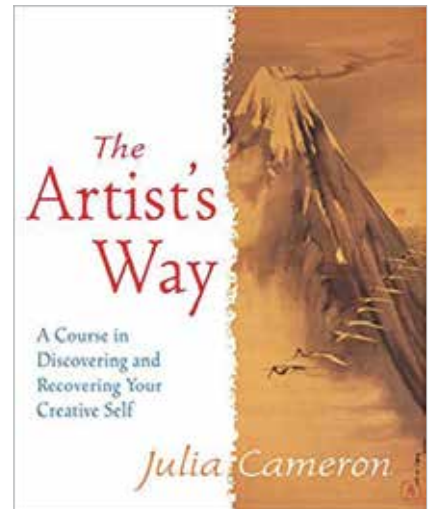
The group offers gentle encouragement and friendship to artists who might need help breaking through their artist block to become the artist they always dreamed of becoming.

As well as meeting each month, the group plans to meet at various places around Geelong, including art galleries, the Botanical Gardens and other places to enjoy as they let their inner artist grow in confidence and skill.

The group held its first meeting in March and will next meet on April 14, from 12.15pm until 3.15pm.

To join, you'll need to buy Julia Cameron's book – *The Artist's Way* (any edition) – and pay \$2 monthly when you attend the meetings.

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



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 April 15, 10am-noon. \$5 per session.

Cloverdale Singers: Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from April 14, 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 April 16, 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 April 17, 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 April 16, 6.30pm – 9pm.

Open Mic:

Cloverdale Open Mic will be held on Friday, June 26 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: 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 April 20, 11am.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays from April 20, 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 April 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 April 14, 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 April 15, 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.

Maths For Real Life



Do you need help with basic budgeting, working out your change when you're shopping or just want to feel more comfortable with maths?

Cloverdale Community Centre has a new Learn Local course – Maths For Real Life – which uses a fun approach

to helping people better understand simple maths tasks.

Experienced trainer Maree Gabriel (pictured) guides learners through a range of activities aimed at making them more comfortable with basic mathematical tasks.

The classes run on Mondays from 9.30am until noon, starting on April 20. Cost is \$180 full fee or \$90 concession. For more information, call the centre on 5275-4415.

PROGRAM	Starting	Day	Time	Full Fee	Conc.
Computers					
Getting Started with Computers (8 weeks)	April 20	Monday	12.30pm-3pm	\$180	\$90
Developing Computers - the next step (10 weeks)	April 14	Tuesday	9.30am-Noon	\$220	\$115
Vocational and Employment Skills					
Printing and Community Enterprise (PACE) using art to explore the world of enterprise	April 15	Wednesday	1pm-3pm	FREE	FREE
Getting Ahead	TBC	TBC	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					
Maths For Real Life	April 20	Monday	9.30am-Noon	\$180	\$90
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 (8 weeks)	April 13	Tuesday	9.30am-Noon	\$180	\$90
Introduction to Barista (8 weeks)	April 17	Friday	9.30am-11am	FREE	FREE

All courses are subject to sufficient enrolments.

Special events for students

It was a summer of cricket for Northern Bay College students, culminating in 50 students being invited to attend the Women's T20 World Cup Final at the MCG on 8 March 8.

Cricket and other sports were in the spotlight when former Governor General Sir Peter Cosgrove visited the school to celebrate donation of a new

bowling machine for the college.

One of the visitors to that event was so impressed by the students, especially the interest in sport by girls, that she donated a bus to go to the Women's World Cup. The College provided the tickets and a great night was had by all.

As well as the onfield highlights –

Australia defeated India in the game, in front of a crowd of more than 86,100 people – the group was entertained by Katy Perry before and after the game.

More than half of the students who attended were girls and more than half were from a non-English speaking background. It was an International Women's Day to remember.



Project update – new gas stenching system



Next month, Viva Energy is installing a new gas-stenching system at its LPG storage facility in Lara.

Gas 'stenching' or 'odourisation' involves the addition of ethyl mercaptan, a harmless but pungent-smelling agent, to LPG, which is otherwise odourless.

It is this ethyl mercaptan that you are smelling when you detect gas leaking from a barbecue, outdoor heater or oven.

Described as having the smell of rotting cabbages or smelly socks, it was found

that ethyl mercaptan can be detected by most people in extremely low concentrations; less than one part per million.

It is precisely this characteristic that makes its addition so useful in giving LPG an odour and therefore the ability to detect a leak.

The installation of the new gas-stenching system will occur in April 2020. People in the broader Lara area should be aware that in the event they smell gas during April this could be an unintended release of ethyl mercaptan and that it may not be an LPG leak.

However, please contact the Viva Energy community line on 1800-651-818 if you are concerned at any time or contact 000 if there is an emergency.

Viva Energy has notified our key agencies and regulators – being the CFA and EPA – who will be kept informed of our progress with the installation of the system.

Viva Energy is grateful for community patience during this important work.

Viva Energy Geelong operations

The Viva Energy Geelong Refinery has been part of the local landscape since 1954, and it is proud to be a key driver of the Victorian economy. The refinery supplies more than half of Victoria's fuel needs, has a workforce of around 700 people and spends more than \$250 million each year locally in wages and services.

It is one of the largest refineries remaining in Australia, occupying 235

hectares of land adjacent to Corio Bay. With more than \$300 million invested in its operations since 2014, Viva Energy is making a strong commitment to keeping local manufacturing alive in Geelong.

The Viva Energy Geelong Refinery can process up to 120,000 barrels of oil per day. More than 80 per cent of crude oil and other products arrive at the refinery via ship.

Products made at the refinery include petrol (25 per cent being higher octane grades, including 98 octane Shell V-Power), diesel, jet fuel, bitumen, automotive and commercial LPG, propylene feedstock for the co-located LyondellBasell polypropylene plant, specialty solvents, Low Aromatic Fuel (to support the Federal Government's petrol sniffing prevention program), and Avgas.



A big year at the refinery

There have been some big announcements regarding Viva Energy's Geelong refinery over the past few weeks.

Firstly, the Viva Energy board approved funding for the Cracker Turnaround, a \$110 million –\$140 million refinery maintenance program that will prolong its operating life.

This is a vote of confidence in Geelong and a major investment in the future of the refinery, contributing to the ongoing safety, reliability and efficiency of the plant.

The Cracker Turnaround will provide employment certainty to 700 refinery workers and is expected to create almost 1000 additional jobs for the duration of the two-month maintenance program.

Because the refinery operates 24-hours a day, much of the maintenance work can only be done during the shutdown once every four years.

By the time Cracker Turnaround is completed – expected before the end of 2020 – Viva Energy will have invested more than \$600 million in maintaining and expanding the refinery since purchasing it in 2014.

Another key announcement in February is that refinery boss Thys Heyns has been appointed to the role of Chief Operating Officer, with Canadian refinery manager Dale Cooper announced as his replacement. Thys has been the refinery's General Manager for five years.

Dale, who has led the Saint John refinery for Irving Oil since 2014, is due to arrive in Geelong at the end of March.