

EDITION 76, TERM 1 2023

FREE COPY

northerlyaspects

CELEBRATING GEELONG'S NORTHERN SUBURBS

CORIO | CLOVERDALE | NORLANE | NORTH SHORE | ROSEWALL



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Proudly supported by

Geelong
HEAD TO HEALTH



Our sponsors

Northerly Aspects relies on the support of valued sponsors, who see the value of using our newsletter as part of their community engagement strategy.

In this edition we welcome Canny Plan Management as a new Gold level sponsor.

We are also grateful to the businesses and organisations who support Northerly Aspects through regular advertising and contributions.

Our current sponsors are:

- Viva Energy
- Geelong Head to Health
- Department of Families, Fairness and Housing
- Canny Plan Management
- WDEA Works
- Cultura
- Access Your Supports (AYS)

We are also supported by:

- Cloverdale Community Centre
- Norlane Community Centre
- Rosewall Community Centre

For information about sponsorship and advertising, contact info@northerlyaspects.org.au or phone 5575-4415.

Important numbers

Emergency (police, fire, ambulance) 000

Police Assistance Line (for non-emergency)
131-444

Lifeline 131-114

Kids Helpline 1800-551-800

Victorian Poisons Information 131-126

Barwon Health 24/7 Mental Health Triage
1300-094-187

Orange Door 1800-312-820

Coronavirus hotline 1800-675-398

OUR COVER: Kylie Skew is co-ordinator of Killara Indigenous Women's Hub, which has opened in Corio. SEE Page 5 for the full story.

Editor's note



Welcome to the Term 1 2023 edition of Northerly Aspects. I hope you've had a positive start to the new year.

While there are so many things to look forward to when a new year begins, there is no doubt that many in our community are facing the same big challenges of last year.

If you or someone you know needs a helping hand, perhaps now is the time to ask for help. Some of the organisations and opportunities for more supports are featured in this edition.

2023/2024 will see some major northern suburbs projects become available to residents. This includes the new Geelong Head to Health facility in Station Street, Norlane; and the Northern Aquatic and Community Hub (NACH) on the corner of Cox Road and Melbourne Road.

Your Neighbourhood Houses will begin the year keen to welcome new and old faces to access courses, activities and services. Take a look at the programs for Cloverdale, Norlane and Rosewall community centres in this edition and see if there's something you'd like to try.

I hope you enjoy the next few months of summer and autumn. And look out for our Term 2 edition in late March.

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, Rosewall and Norlane neighbourhood houses, who employ a part-time editor. Each issue is dependent on income from advertising and sponsorship.

If you would like input into Northerly Aspects, call 5275-4415 or email info@northerlyaspects.org.au. Northerly Aspects also has a website – you'll find us at www.northerlyaspects.org.au



Simple health message

Ambulance Victoria would like to introduce local paramedic Levi to the 3214 community.

Levi decided to become a paramedic when, at the age of 16, he was the first to discover his father had experienced a debilitating stroke overnight.

Not being familiar with first aid at the time, the traumatic event led Levi down the pathway to studying and graduating as a paramedic.

As a local Barwon paramedic, Levi has since become passionate about community engagement, and is a vocal champion of Ambulance Victoria's GoodSAM responder program and stroke awareness.

Stroke is one of Australia's biggest killers and leading causes of permanent or temporary brain damage and disability. It kills more women than breast cancer and more men than prostate cancer.

A stroke happens when the blood supply to the brain is blocked by a clot or a bleed. When the blood to the brain stops, the brain does not receive oxygen and the brain cells in the area die.

The good news is that stroke is preventable and treatable.

Things to do:

Know your blood pressure: The lower your blood pressure the lower your risk of stroke. Get it checked by a GP or Pharmacist.

Healthy eating: Enjoy a variety of foods, especially plant-based foods including fresh fruit and vegetables, wholegrain breads and cereals.

Get active: Try to engage in at least 30 minutes of moderate physical activity on most days of the week.

Drop the salt: The more fresh food you eat, the less salt you'll get. Don't add salt when you cook or when you eat. Check the salt content in all processed foods and aim for 400mg/100g of sodium or less.

Avoid alcohol: Your doctor can talk to you about alcohol and your stroke risk.
Be smoke-free: Quit smoking. Call Quitline on 137-848.



A Real Deal for Geelong

Community centres, faith groups, unions and environment groups across Geelong are working together to create a Real Deal for Geelong, so that the community has a say in its future.

Groups are working to find steps to make practical change in the face of economic instability and climate threats by developing policy, while at the same time building relationships.

Community organiser Sally Fisher said: "We are holding small kitchen-style conversations within Community Centres in the northern suburbs over Term 1.

"Together, community members are sharing stories about the economic and social transitions that have happened in the past, identifying pressures they are facing now, and hopes and dreams for the future so we can create a future which addresses our needs.



"Our community members are experts in navigating change, and we can teach others from across Australia how to transition better. We are a diverse group working together for the common good and action and policy which leaves no-one behind."

For more information see www.arealdeal.org/Geelong or email Sally Fisher, Community Organiser, Real Deal Geelong sally.fisher@sydney.edu.au.

Cultura. New name, New brand, New us.

Cultura emerged as the vibrant new organisation from the merger of Diversitat and Multicultural Aged Care Services (MACS).

By joining forces, we combine over 70 years of knowledge and experience.

WE ARE CULTURA.

We have an ambitious intent to connect, inspire and embrace culturally diverse individuals throughout their life journey. We provide a support network and a unified voice for multicultural communities in Greater Geelong.

We still offer the same quality services in settlement services, youth and community programs, arts programs and cultural events, community services and aged care.

cultura.org.au
ph: 03 4210 0000



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

IT'S YOUR CHOICE

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

In the past 12 months we helped over
3,800
people into open employment

Not-for-profit organisation
SUPPORTING OUR COMMUNITY
for over 30 years



wdeaworks





New service for women

A new support service has been established for indigenous women in Corio. It provides culturally safe access to employment services, career counselling, monthly yarning groups, further education, life skills and links to other relevant services.

The Killara Foundation project was funded by the National Indigenous Australia Agency and opened its doors upstairs at Corio Village shopping centre in August. Co-ordinator Kylie Skew (pictured) said the location was chosen because it's where the need was identified.

"We are the only service of its kind in Geelong and are welcoming women from all

over Geelong, so far ranging in age from 15 to late 30s," Kylie said.

"We're here to help indigenous women overcome barriers, especially post-COVID. We help women with internet access, getting key documents they'll need to find and start work, outfits for interviews and skills for interviews."

Kylie said she is also able to support women with basic toiletries and pantry needs. There is also a play area for children, nappy change facilities and tea and coffee.

As well as supporting participants through work and education pathways, the hub

hosts culture-themed workshops, including traditional basket weaving.

"Our core group of participants is growing as more women work through the barriers and towards employment," Kylie said. "We've also been able to secure places for women doing courses and needing student placement hours."

The Killara Geelong Indigenous Women's Hub is open Monday to Friday, 9am until 5pm, upstairs in Suite 1007A at Corio Village shopping centre. There are times when Kylie is out on community outreach visits. To confirm she's available, call 0499-286-221.

Corio Village rewarded



The Corio Village shopping centre team celebrates the award win.

Corio Village shopping centre has been recognised for its work to improve customer experience and people's perception of the centre. The centre was a finalist in three categories of the 2022 Geelong Business Excellence Awards and won the Safe and Healthy Business category.

Centre manager Curtis Gillett said Corio Village was proud to be a finalist in the Sustainable Business, Corporate Social Responsibility and Safe and Healthy business categories.

"Our team has worked hard to improve our customer experience and the perception of the centre," he said. "We have changed all

internal, external and car park lighting to LEDs, which are both sustainable and much brighter for people leaving the car park and in darker areas.

"We have improved other elements in regard to safety and health with things like seniors parking, increased CCTV, our security staff wearing body cameras and hi-vis so they are easily identifiable, and we've introduced the Coffee with a Cop program."

Another initiative of the centre is a Respect, Protect, Connect (RPC) campaign, which is about ensuring all centre retailers and staff feel safe and are treated respectfully in their day-to-day work environment.

"We have also introduced emergency marker beacons to four sections of the centre to enable a faster response from emergency services in responding to health or other emergencies that occur at shopping centres," Curtis said.

"We see ourselves as a beacon for the greater northern Geelong community and want our customers to see a noticeable difference and improvement to the centre every time they come back, whether that's through improved retail offer or simply feeling welcomed and having a positive shopping experience. We will continue to work hard to provide a quality retail environment for all of our shoppers."



On Goldsworthy Road

Family Learning Centre

Northern Bay College

3 and 4 year old Kindergarten

Child Care - Long Day
7.30am to 5.30pm

0-5 Playgroups
Community Hubs Australia
Family Support

Northern Bay College
Early Learning Centre

5224 9784 Mandy Minhas



5224 9791 Helen O'Connor



Concession Eligibility Calculator

Do you have a concession card but are not sure about the available services?

Concessions are available to low-income Victorians experiencing difficulty in paying their council rates, water, gas and electricity bills. Discounts are available on essential services to ease the financial burden for low-income Victorians.

Eligibility applies to each type of concession.

Concessions programs are designed to ensure eligible cardholders have access to essential services.

You can go the website below and check the full list of available concessions and services for your concession card.

<https://services.dffh.vic.gov.au/concessions-eligibility-calculator>



Victorian Sick Pay Guarantee

Victoria is the first state to provide sick and carer's pay to casual and contract workers. The two-year pilot program is fully funded by the Victorian Government.

The Victorian Sick Pay Guarantee provides eligible casual and contract workers with a guarantee they will receive sick pay when they can't go to work. Because no worker should have to choose between a day's pay and their health – or the health of a loved one.

Eligibility requirements:

- 15 years or older.
- Physically work in Victoria.
- Have the right to work in Australia.
- Work an average of 7.6 hours per week or more in an eligible job.
- Do not have access to sick and carer's leave entitlements at any job.

For more information, eligible jobs and information in other languages, please visit www.vic.gov.au/sick-pay-guarantee



Cultural Diversity Week: March 11–21, 2023

Every year in March, Victorian Multicultural Commission brings Victorians together to celebrate our state's diverse and powerful multicultural communities. This is Victoria's largest multicultural celebration.

Multiculturalism is a core part of the Victorian identity, our character and way of life. Our state is home to people who speak 290 languages and have 314 different ancestries. It's also a place where anyone can contribute and belong.

Cultural Diversity Week is a time to celebrate the power, influence, and stories of Victoria's rich multicultural communities, and all Victorians are invited to participate through a variety of in-person events and activities.

In 2023, Cultural Diversity Week will take place across the state from March 11 to 21. This year's theme is Our Past. Our Future: Celebrating and Reflecting on the contributions of Victoria's multicultural communities.



To get involved and have more information, please visit www.multiculturalcommission.vic.gov.au/cultural-diversity-week-victorian-multicultural-commission

Jobs in the community services sector

Jobs Victoria has launched a new initiative that offers jobs right now to support families fleeing violence, people with disability, those experiencing homelessness, and children and

families who need care and support.

These are jobs where you can make a difference; where you can bring your talents

and expertise to a job that truly matters. To browse and apply for jobs, please visit: www.jobs.vic.gov.au/help-for-jobseekers/recruitment-programs/jobs-that-matter

Join the club for fun and friendship

Norlane Senior Citizens Club is looking for new members. The club, based in Yooringa Avenue, has a long history as a welcoming social group for seniors.

Club spokesperson Jennifer Forte said the club has existed since 1959. In the past it has had hundreds of members, but in recent years numbers have decreased.

"We want more people to come and join us for social activities, trips and just to meet other people," she said.

The club has a strong leadership group that organises and conducts activities. It is open every Tuesday from 9.30am until 3pm. Tea, coffee and biscuits are available on arrival, followed by bring-your-own lunch, then Bingo from 1pm until 3pm. Bingo books are \$3 each. The club also has a pool table, library, carpet bowls and areas to sit and chat.

The club hosts monthly socials, with lunch and entertainment for \$10, followed by a different band each month. The monthly socials are from 11am until 3pm and are open to members of other clubs and the public.

Bus trips are also held monthly, to places like Werribee Zoo, Dandenong Market and Werribee Plaza. The members also fundraise for charities including the Cancer Council and Cottage by the Sea.

Jennifer Forte is the third generation of her family to be a member of Norlane Senior Citizens. She encouraged anyone interested in a new social outlet to come along.

"People are always welcome," she said. "We have a great facility and we want people to use it."

The club also has all-abilities access and is also available for hire. Membership is \$15, plus \$2 to attend Tuesday social functions. For more information contact Jennifer, phone 0419-137-751, or Barbara, phone 5275-2184.



Norlane Senior Citizens Club members Jennifer Forte, Marjorie Scott, Alex Dando, Roni Van den Nouwland, Silvia Close and Claudio Stalio want to welcome newcomers to the club.



**Access
Your
Supports**



Our life's purpose is to empower yours.

- Are you an NDIS participant?
- Are you finishing school?
- Need help to prepare for work and find a job?
- Are you requiring one-on-one support to reach your employment goals?
- We can help!

Read Pat's story here:



 **03 4222 7479**

 **intake@ays.com.au**

Dedicated NDIS service

Canny Plan Management's team are real people from real walks of life.

"We care about you and helping you achieve your goals and aspirations," a representative said. "Our team has experience and expertise in the disability sector and is an independent NDIS Plan Management team, offering only Plan Management services to our clients.

"Trust, expertise, and understanding are what you want to be looking for when it comes to working with a registered NDIS Plan Management team

"Canny Plan Management offers a personal NDIS Plan Manager, dedicated to helping you understand and manage your NDIS Plan. We

assist you in having the flexibility of choice and control in who you choose to provide and deliver your support services.

"Canny Group has been assisting the community for over 60 years to manage their finances and helping them achieve their goals. Our NDIS Plan Management team has been specifically formed for the purpose of alleviating the stress and strain of managing your own or your loved one's NDIS Plans.

"Our aim is to help you be empowered to make the most of the supports that best suit your needs. Let us help to free up your time to enable you to live your life to the fullest."



CANNY PLAN MANAGEMENT

Like a trusted friend, we are here to help you navigate + maximise your NDIS plan.



+ CANNY PLAN MANAGEMENT

Gate C, E3 Federal Mills Park
33 – 35 Mackey Street
NORTH GEELONG, VIC 3215

+03 5278 9500

pm@cannysgroup.com.au

www.cannysgroup.com.au

Canny Plan Management is a Registered NDIS Provider





If you are a carer
there is support
for you too.

Pako Festa is heading 'home'

Northern suburbs residents will be excited to know that Pako Festa is returning to Pakington Street in 2023, after two years of adapting the major cultural event due to COVID-19.

Cultura CEO Joy Leggo said Cultura is thrilled to be taking the 2023 Pako Festa back home to Pakington Street.

"The team, led by Luisa LaFornara, is planning the 2023 event to be staged on Saturday, February 25 along Pakington Street, between Gordon Ave and Waterloo Street," Ms Leggo said.

"The theme for 2023 will be 'Sharing and

Connecting Cultures: the Reunion'. This is about human reconnection, not only within the diverse communities, but with the broader Geelong community as well."

Pako Festa has been one of the highlights on the Geelong Events Calendar for more than 40 years. Ms Leggo said the event attracts crowds of over 100,000 people and fulfils its purpose, which is to celebrate local diversity.

"The event brings diverse community groups together and offers a safe environment in which to share their culture with the broader community while fostering a spectacular cultural experience full of music, colour, food, costumes, dance and movement."



The community can play a part in taking the spectacular community event back to Pakington Street. Local performers, food trucks or people interested in volunteering can visit the website at www.pakofesta.com.au to express their interest.

Wightons Lawyers

We'll be there.

With over a century of service to the community our team are dedicated to building and maintaining long lasting relationships which span over multiple generations – we always have been there and we always will be there.

Wightons Lawyers are your local experts for Family Law, Intervention Orders, Wills & Estates, Property Law, Conveyancing and Litigation.

With offices in Geelong, Corio, Ocean Grove & Winchelsea our experienced team has a commitment to delivering services in a prompt, honest and professional manner.

Corio Shopping Centre (upstairs), Bacchus Marsh Road, Corio
P. (03) 5275 3092 | E. legal@wightons.com.au | W. www.wightons.com.au



Alumni program connects

Alumni networks work best when you have engaged alumni who give their time and knowledge back into the school community. Northern Bay College had a successful year connecting past students to current students in 2022 and is looking forward to doing the same for 2023.

In the second half of last year, the college welcomed back many alumni who gave their time to speak to students about how they found their first job, and insights into the career they are now in.

Program co-ordinator Alison Meredith said: "Not everyone knows when they are a student what they want to be, and now days a young person entering the workforce can be expected to change careers many times. That's why it's so insightful and

instructive to hear all about the workforce from relatable, aspirational role models, such as our alumni who have taken part in our program."

Are you an alumni?

"New alumni, old alumni, we love connecting with past students from Corio Tech, Corio North High, Norlane High, Corio Community College, Corio Senior College, Flinders Peak SC, and Northern Bay College," Alison said.

"Through Ourschool, our not-for-profit service, partner, we have lots of opportunities for alumni in upcoming events with the school and we are always looking for alumni who have interesting or inspirational post-school pathways."

You can keep in touch with the program via:

LinkedIn Page: <https://www.linkedin.com/company/northern-bay-college>

Facebook: <https://www.facebook.com/Northern-Bay-College-and-Schools-Alumni-108962595081117> or email alumni@nbc.vic.edu.au.



NBC alumni Steph Whale (left) and Joshua Barling visited to talk to students at the Northern Bay College Wexford campus.

Northern Bay College 1300 348 535

Wishing 2023 be a rewarding and successful one for our students, staff and families.

Growth

We welcome all new students to share our values in 2023

Collaboration

Persistence

Kindness

Northern Bay College 1300 348 535

NORTHERN AQUATIC AND COMMUNITY HUB

A world class facility for Geelong's north



- Lap swimming, warm water and learn to swim pools
- Water play area and waterslide
- Spa, sauna and steam room
- Gym
- Large community hall
- Occasional care and health consulting rooms

**OPENING
2024**



Corner Cox Road and Princes Highway, Norlane
For more information visit www.geelongaustralia.com.au/northernhub



New faces, new challenges, new format

On or around February 1, hundreds of little feet will be walking through the front door of a school to start their Prep year. Many might come home that first day and think – well that's me – I have done school, what's next?

Mums, dads and carers who on the same day will go through their own range of emotions

will gently remind the children that school is a long and exciting journey and can be the best years of their lives.

In an effort to make school days valuable, educators will tell parents lots of things that can help: do a lot of reading at home or go to libraries, put down phones and communicate and find 'learning' in most of

the daily activities' how much – how heavy – how far – what causes that are easy to do.

One family at Northern Bay College has a busy year ahead with twins Faisal and Faizaan joining their triplet sisters Amina, Muna and Zainab and older sister Ipsi at school. The five-year-old boys will start Prep at the Tallis Campus.

Changes to VCAL

Victorian senior secondary education is changing this year, when the number of students in VCE will increase as a result of Vocational Major, a two-year program that sits within the VCE. Up until now this was the VCAL pathway for students Victorian Certificate of Applied Learning.

The Vocational Major is a two-year applied learning program within the VCE that has the purpose to have students undertake academic and work-related skills, growing knowledge and building confidence. It aims to prepare young people better for work and further education and training.

Another possible change for young people is the Victorian Pathways Certificate which has a fair degree of flexibility. It is designed for a small number of students in Years 11 and 12 who, for various reasons, are not able or



Students Yousif and Rakulan demonstrate the changes to VCAL.

ready to undertake the VCE or the Vocational Major.

It will prepare them for work and further education and training, including the VCE

and discussions with the school can help decide if the Victorian Pathways Certificate is a good option.

New Member of Parliament

At the Victorian State Election in November, Ella George was elected as the new Member for Lara, replacing long-term member John Eren, who has retired.

Ms George will serve the electorate for the next three years. The area she represents includes Corio, Norlane, North Shore, Lovely Banks, areas of North Geelong, Little River, Balliang, Moorabool, Batesford, Anakie and Staughton Vale.

During the election campaign, Ms George said she is passionate about providing every Victorian with a great education – whether that involves a first-class local primary school, or opportunities for further training at a Victoria TAFE.

For the past few years, she has worked in family violence reform, seeing first-hand the power of a government committed to addressing a serious problem. She said, as

a local MP, she will fight hard for Geelong's north to make sure this community has access to the education, healthcare, public transport and community facilities it deserves.

Ms George's office is on level one (Shop 89) at Corio Village shopping centre.



Families are enjoying a broad range of activities at Our Place Northern Bay.

Collaborations, connections and partnerships

The Our Place Northern Bay site capped off a successful 2022 with activities, events and community and partner engagement.

The final Engagement Blitz for the year involved setting up at the entrance of the Korayn Birralee Family Centre to meet and greet families as they arrive for school/early years drop off. This is an opportunity to chat, introduce programs and meet service providers in the community.

The following organisations were onsite to chat to families: Cloverdale Community Centre, Corio Library, Bethany Community Support, The Gordon Skills and Jobs Centre, Early Help Family Support (Bethany and Barwon Child, Youth & Family) and City of Greater Geelong.

Our Place staff continued to welcome families to Supported Playgroups on Tuesday and Thursday morning and Story Time every Thursday morning. They also hosted several information sessions from the Corio library, including sessions on online scams and useful apps.

Our Place is resuming activities and services in 2023, including:

Monday: Early Help Family Support.

Tuesday: Supported Playgroup; Early Help Family Support; NDIS - Early Connections drop-in service.

Wednesday: My time Peer Support; Baby College.

Thursday: Supported Playgroup; Early Help Family Support.

To find out more about what is happening at Our Place Northern Bay, click on the QR code on this page to access the Facebook page for regular updates. You can also contact Bec, Tanya or Karen at Our Place either onsite, based at Korayn Birralee Family Centre, 146 Purnell Road, Corio or by email northernbay@ourplace.org.au.

Our Place Northern Bay is on Facebook

To 'like' this page simply scan the QR Code below or enter the link below



Northern Network

"One network, many opportunities"



Learns

	Cloverdale	Norlane	Rosewall	Geelong West	Lara	Vines Rd
Barista Skills	●	●	●			
Become Job Ready	●	●	●			
Beginner Computers	●	●	●		●	●
Buying & Selling Online		●				
Café Skills/Kitchen Operations			●			
Conversational English	●		●			
Creative Arts - visual & performing	●	●	●			
Early Childhood			●			●
Event Planning			●			
Financial Wellbeing		●	●			
First Aid			●		●	
Intermediate Computers	●	●			●	●
Introduction to Community Services	●					
Introduction to Hair and Beauty			●			
Introduction to Mental Health Sector			●			
Responsible Service of Alcohol			●		●	
Safe Food Handlers	●		●		●	
Staying Safe on the Internet		●				
Tell My Story	●	●			●	



Creates

Art	●	●	●	●	●	●
Community Singing				●		
Craft/knitting/Sewing	●	●	●	●	●	●
Creative Workshops	●	●	●	●	●	●
Instrumental music lessons	●				●	
Life Drawing		●			●	
Mosaics		●	●			
Community Band/Orchestra	●					●
Portfolio Development	●		●			
Pottery			●			
Screen Printing / Printmaking	●		●			
Singing & Songwriting	●	●				
Theatre Group		●				●
Ukulele	●				●	



All programs are subject to COVID-19 protocols



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Ph 0427 703 218



Ph 5282 2725



Ph 5277 9027

Meets

Cloverdale

Norlane

Rosewall

Geelong
West

Lara

Vines Rd

Chess Club

Coffee & Chat

Community Drop-in

Over 50s / Senior Citizens

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



Plays

Occasional Care

School Holiday Program

Playgroup

Youth Group 12-18 years



Moves

Dancing (for children & adults)

Line Dancing

Meditation

Pilates

Strength and Training

Tai Chi / Qigong

Walking Group

Yoga



Grows

Community Garden

Food Swap



Eats

Community Kitchen

Learn to Cook



Connects

Public Access Internet / Computers

Tax Help



These Neighbourhood Houses 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 children at Korayn Birralee really loved having a visit from local Community Policeman, Robbie. They learnt about what the Police do and how they can help us. The children even got to turn on the lights and siren.



Rosewall Community Centre hosted an art exhibition featuring work from a range of northern suburbs artists, including Marie Hanley. Also visiting the exhibition was Cr Anthony Aitken, who caught up with Rosewall manager Jodie Flood.



Our Place hosts monthly Storytime sessions for families at its Korayn Birralee home. Among the guest story book presenters in 2022 was Northerly Aspects editor Jeanette Anderson.



Norlane Community Centre was a popular spot with families marking Halloween. A range of activities were organised to bring families together to celebrate.

The alumni program at Northern Bay College is creating lots of opportunities for former students to visit and talk to students about their work and what they've done since leaving school. Louise Goodwin, Kristie Robertson and Bec Koeleman visited Peacock Campus, while Steph Whale and Joshua Barling spoke to students at Wexford Campus.

CITYNEWS

NORTHERN AQUATIC AND COMMUNITY HUB - A WORLD CLASS FACILITY FOR GEELONG'S NORTH

With state-of-the-art facilities, the Northern Aquatic and Community Hub is set to open in 2024 will be a vibrant space for leisure and recreation activities, cultural and health programs, and community events.

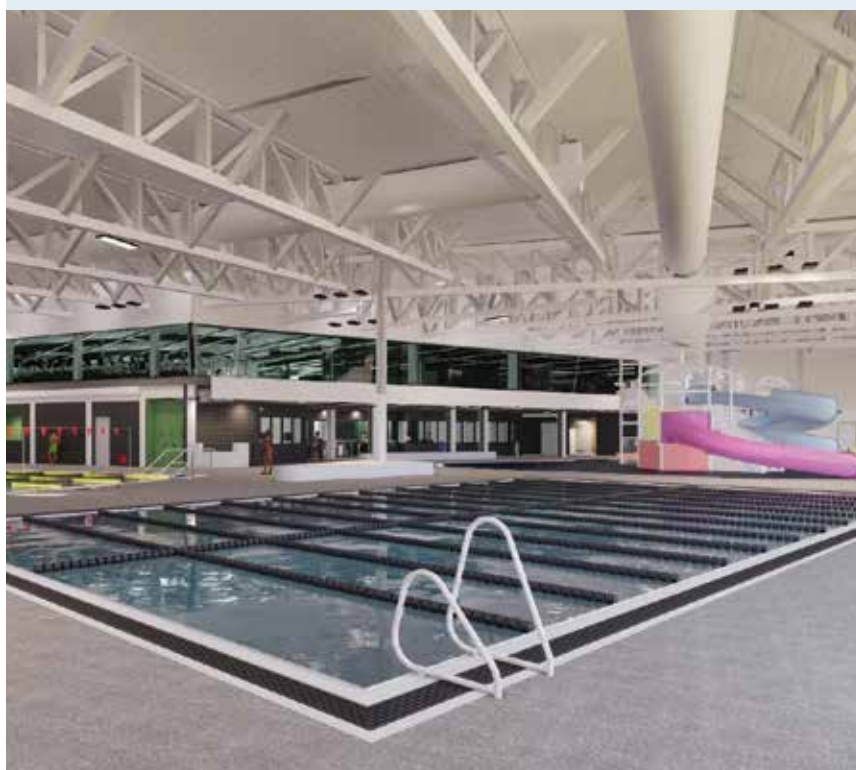
The hub will support positive health and wellbeing outcomes for our growing communities in the north Geelong growth corridor, Corner Cox Road and Princes Highway in Norlane.

It will be co-located with Barwon Health North

in Norlane, providing opportunities for complementary health services.

The project will feature lap swimming, warm water and learn to swim pools, water play area and waterslide, spa, sauna and steam room, gym, large community hall and occasional care and health consulting rooms.

To read more scan the QR code or visit geelongaustralia.com.au/northernhub



3D modelling of Northern Aquatic and Community Hub



Australian International Airshow

Adrenalin charged events are back!

The 2023 Australian International Airshow is back and returning with a bang!

Showcasing the latest in aviation, aerospace, defence and space technologies, the Australian International Airshow returns to up Avalon Airport from **Friday 3 to Sunday 5 March**.

The weekend begins with the famous Night Aight, featuring live music, night-time aerobatics and the spectacular Wall of Fire.

All weekend you are guaranteed to see the most potent assets in our air defence arsenal strut their awesome stuff at Australia's world famous aviation spectacular.

From an impressive Airshow fireworks display, free entry for children aged 15 and under, there will be plenty to see and do on the ground as well as in the air.

Airshow 2023 is a weekend not to be missed.

Scan the QR for more information or to book your tickets.



There's no show like the Airshow!



View our statutory notices at
geelongaustralia.com.au/citynews

STAY SAFE THIS SUMMER

With summer here and our region bustling with locals and holidaymakers alike, it's important to remember some key safety messages:

In and around water

- › Always swim between the red and yellow flags when visiting the beach
- › Before entering the water, check the depth, enter the water slowly, feet first, and never dive in
- › Avoid swimming near boat ramps or in boating areas
- › Always keep young children within arm's reach
- › Watch your children around water, not your mobile phone
- › Never swim alone
- › To read more on water safety in

Victoria scan the QR code or visit **vic.gov.au/water-safety**



Dogs in public places

Our region has one of the largest animal populations of any Victorian municipality, with almost 38,000 dogs and cats registered in 2021.

Find out where you can exercise your dog on and off-leash and how you can protect and keep your pets safe, by scanning the QR code, or visit **geelongaustralia.com.au/pets**



Be fire ready

- › Make sure barbecue and open flames are put out properly
- › Clean leaves from gutters
- › Move woodpiles away from the house
- › Keep grass maintained to a maximum height of 10cms
- › Scan the QR code to check total fire ban and ratings information or visit **cfa.vic.gov.au**



Care for others

Heatwaves can cause dehydration and heat exhaustion, so remember to:

- › Keep cool, stay hydrated, avoid strenuous activities and wear appropriate sun protection
- › Check on elderly neighbours and family members during hot weather
- › Keep your pets in the shade (preferably indoors)
- › Scan the QR code to read our heatwave guide.



Showcase our region

We regularly post photos of Greater Geelong from our community. Share yours with us by tagging us or adding **#mygeelong** to your posts.



You Yang Ranges by Annette Kelly Photography @akelly62_photography



The Spirit of Tasmania departing Corio Bay by Cheryl @cheryl_melb

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Growing in pots and small areas

For many city gardeners and renters, the only gardening they can do is in pots.

While they may not know the pleasure of harvesting large quantities of fruit and vegetables, they can derive a feeling of achievement with the produce from their pots. One elderly lady told me this produce is smaller, sweeter and a great source of satisfaction because of the smaller growing field.

Growing in pots brings its own complications. Potting mix creates excellent drainage, which also results in pots prone to drying out. It is a lesson in responsibility and discipline because the pots will need more attention than the average garden bed.

It is very important to water them each morning and, on warmer days, also in the evening. The amount of care is related to the size of the pot – smaller pots dry out much more quickly and need more frequent watering, they run out of nutrients more quickly and need more, regular fertilizing.

The larger the pot, the less maintenance is usually required and, to top it off, you may grow more in it, for example a tomato plant surrounded by small lettuce plants and a row of radishes compared to just a small tomato plant in a smaller pot.

Plastic pots are the cheapest for general use with the added benefit that they don't smash when dropped or knocked over, but you may have to pick up the plants if they get spilled out. They are also lighter to move in case of inclement weather. If there are severe winds, you might need to place a brick on top of the soil to stop it blowing over, but that is usually the limit of what is required.

Terracotta pots make a nice picture on the patio BUT they dry out much quicker because they are not watertight. They need layering with glaze to make them watertight, which can be quite expensive, they are much heavier and they are breakable if dropped or knocked over.

If you want something different, what about a wooden box? You could find one somewhere which is the size you prefer and the decorating look that you want.

These boxes weren't made to have plants and soil in them, so you'll need an inner lining, and the very best is polystyrene. Polystyrene is a perfect insulation and will not degrade much over its lifetime.

Most greengrocers will give you one for nothing and you will also have the satisfaction of saving such a box from

landfill. Choose one that will fit in your wooden box, is watertight and use a pencil to knock out drainage holes in the base. If there are already large holes in the bottom, I would advise a layer of shade cloth across the base to stop potting mix falling through.

Of course, moisture will still drain out of the insert onto the wooden box, but damp soil won't be in continuous contact with the timber and this dramatically increase the box's lifetime.

There is quite an assortment of vegetables that can be planted during the early part of the year including beans, broccoli, brussels sprout, cabbage, cauliflower, cress, kohlrabi, leek, lettuce, parsley, peas, radish, rhubarb, shallot, silverbeet, spinach and spring onions.

There is also a varied selection of flowering plants to be considered including ageratum, alyssum, cineraria, cleome, crocus, gypsophila, hollyhock, iceland poppy, pansy, primula, verbena and wallflower.

Enjoy your gardening,

Betty



An artist's impression of the new Head To Health building which will open soon in Station Street, Norlane.

Free mental health support

Geelong Head to Health is a free and confidential service for adults who are experiencing distress, feeling overwhelmed or are worried about themselves.

Whether you're trying to improve your sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, Geelong Head to Health is here for you.

The service also offers support for carers, families and friends of people experiencing distress.

Head to Health can connect you with a range of mental health professionals, including clinicians and those with lived experience of mental health challenges.

The multidisciplinary team also includes a LGBTQIA+ worker, family worker, an Alcohol and other Drug (AOD) clinician, and General Practitioner (GP).

Geelong Head to Health's brand-new, purpose-built facility will open soon at Ground Floor, 8 Station Street, Norlane. The centre will be open between noon and 9pm Monday to Friday and 1pm to 6pm on weekends and public holidays.

If you need support now, you can call Head to Health on 1800-595-212 or scan the QR code for more information about the service. Geelong Head to Health is a Neami National service, delivered in partnership with Drummond Street and supported by Western Victoria PHN.

If you or someone you care about needs immediate emergency assistance, call 000. For 24-hour mental health support call Lifeline on 13-11-14 or the Mental Health Triage on 1300-094-187.





Cloverdale Community Centre

167-169 Purnell Road Corio, VIC 3214. Phone: 03 5275 4415

E-mail: info@cloverdalecommunitycentre.org.au or courses@cloverdalecommunitycentre.org.au

Web: www.cloverdalecommunitycentre.org.au

Office Hours: 9am-3:30pm Monday to Friday



Come and try Cloverdale

Cloverdale Community Centre hosts a range of general interest and hobby classes during each school term.

You're invited to come and try a session and be part of our vibrant community centre. Bookings can be made through the website: www.cloverdalecommunitycentre.org.au or call 5275-4415. Ask about a free come-and-try voucher for your first class.

Programs on offer in Term 1 are:

Introduction to Art: Our friendly trainer, Gale Jarmyn, will introduce you to the basics of art, including drawing, painting and colour mixing. Classes are held on Tuesdays, 11am until 1pm over eight weeks, starting on February 7. The cost is \$5 and materials are supplied.

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 February 8, 10am-noon. \$5 per session.

The Artist's Way: 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 meets on the second Tuesday of each month from 1.45pm until 2.45pm.

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.

Wednesday Open Studio: Bring your own art project to work on while sharing the space with other artists. Wednesdays, 1pm-3pm. Cost: Gold coin donation.

Cloverdale Singers: Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from, 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 10am-noon. \$3 per session. Beginner classes are also available (bookings essential). \$3 per class.

Cloverdale Craft and Knitting Group: Bring your craft or knitting project for a relaxed craft or knitting session. Fridays February 10 1pm-3pm. \$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 6.30pm-9pm. Gold coin donation.

COOKING

Cooking for Blokes: Facilitated by Support Pathways, this is a socially inclusive space for men to meet, cook and socialise. Mondays at 11am. \$5 per session.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays during school term, 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. Bring your own mat. Tuesdays from 5-6pm. \$5 per session.

Fit and Balanced with Dee Martin: A gentle introduction to exercise to improve muscle strength, balance and increased mobility. Tuesdays from 9.30am-10.30am. \$5 per session.

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

Brazilian Jiu Jitsu: Wednesday evening, Juniors 5.45-6.30pm, Open 6.30-8pm. Free. A community where 'anyone and everyone' can feel comfortable, connected, loved and supported while learning the transformational art of Brazilian Jiu Jitsu.



T.O.W.N Club (Take Off Weight Naturally): TOWN Club meets at Cloverdale Community Centre every Thursday from 9am-11am. For more information, contact 0438-517-215.

Skills for study, work and life

Cloverdale Community Centre is a Learn Local organisation, which means we offer pre-accredited training and programs across a range of interest areas. They are carefully designed to help you learn new or update existing skills for study, work and life.

Learn Local programs require a commitment to attend classes over 8-10 weeks. Some courses are free, others are \$50 to \$90 for the term (depending on eligibility).

Cloverdale's program staff can help design a learning schedule across one or more terms. We encourage you to make an appointment to create a plan for learning.

Courses will start in the week beginning February 6 – subject to numbers – so bookings are essential. Phone 5275-4415 or email courses@cloverdalecommunitycentre.org.au.

COMPUTERS

Getting Started With Computers

This is the place to start your computer education. Our gentle introduction starts with knowing where to turn the computer on through using Microsoft Word, setting up and using email. Classes run over eight weeks during term, on Mondays, 9.30am-noon.

Developing Computers

The next step (1 and 2) follows our introductory course and covers Excel, PowerPoint, creating charts and tables, the internet and computer maintenance. Classes run over nine weeks, Mondays 12.30pm-3pm.



PACE (Printing and Community Enterprise):

Using art to explore the world of enterprise and business. A gentle but practical approach to learning how to use your artistic interests and creations to earn an income. A course run over two terms, on Wednesday afternoons, 1pm-3pm at our North Geelong site.

Introduction to Community Services

This program might be a taster course for Community Services at an RTO or just to give participants an understanding of what community services means in a Neighbourhood House. It is a 40-hour course and runs on Wednesdays, 9.30am-12.30pm, by blended delivery.

Maths for Real Life

Maths for Real Life is a fun class to help you learn or improve your mathematics skills for use in everyday life. Our friendly tutor will guide you through basic maths for budgeting, percentages, fractions, shopping, calculators, interest rates, tables, probability, odds, decimals and more. Classes run over eight weeks, Tuesdays from 9.30am until noon.

Getting Ahead

Getting Ahead is aimed at creating awareness about making changes for a better life. Participants work with a facilitator to look at their own life, why others think and work the way they do, language, motivation and resources for building a better future. Call to discuss your suitability.

Tell My Story

Everyone has a story to tell, whether they've been on this earth for 18 years or 80. Tell My Story is an eight-week program where you will be guided through the process of writing the story of your life so far. The result will be an edited, published version of your life. Classes are held weekly, on Wednesdays 1.30pm-2.30pm, and you'll do the writing in your own time.

Introduction to Barista

A 24-hour course designed to help pathway our learners into hospitality work or further study. Weekly sessions include a range of coffee-making experiences at Cloverdale. An opportunity to expand employability skills and gain a taste of the industry, including pathway options to kitchen operations. Call to register your interest.

Introduction to Horticulture

A hands-on introduction to horticulture for general interest or as a pathway to work and further study. Using theory and practical projects at Cloverdale to learn and develop knowledge and skills. Call to register your interest.

Introduction to Small Motors

Hands-on experience with small motors and outdoor equipment, including onsite work experience at our trade training centre. Pathways include automotive industries. Call to register your interest.

Introduction to Electrical Skills

Learn the basics of electrical work, including safety, equipment and tools. Hands-on learning at our trade training centre. Pathways include electrical industries. Call to register your interest.

Introduction to Metalwork

Learn the basics of metalwork, including work safety and tools. Hands-on learning at our trade training centre. Pathways include welding, fitting and turning, panel beating, metal fabrication. Call to register your interest.

Introduction to Woodwork

Learn the basics of woodwork, including work safety and tools. Hands-on learning at our trade training centre. Pathways include carpentry, cabinet-making and general maintenance. Call to register your interest.

All courses are subject to sufficient numbers – call the centre on 5275-4415 or email courses@cloverdalecommunitycentre.org.au to register your interest.

www.cloverdalecommunitycentre.org.au

Welcome to 2023 at Norlane Community Centre

We hope you all had a wonderful holiday break.

Some of you may have seen the new artwork located in our board room. This is kindly on loan to us from Uncle Alfie and other collaborators from the Wathaurong Aboriginal Co-op. It is a meaningful piece that symbolises a waterway and reminds us of the origin of the land that our Centre stands on, and to consider the people and

community who have inhabited these spaces. Feel free to come along and view it and to read the description and meaning of the symbols that we have posted underneath.

Our Ballroom Dancing group is beginning to find its feet at the Centre. Tony and his class meet every Thursday afternoon to move in time to music and learn the basic dances and figures. We would love to see

more people joining in – all skill levels are welcome.

The Norlane Tin Can Orchestra will begin at the end of January. All skill levels are welcome to come along to make and play their own instruments, while meeting new people and hopefully making new friends. We are very excited to see how this group progresses.

Food share table

Our food share table is refreshed every Thursday at 1pm by Geelong Food Relief Centre and is sponsored by atWork Australia. The fruit, vegetables, bread and pantry items are available to anyone who needs them.

We also provide photocopying and

laminating services, access to computers, a book and clothing swap, as well as tea and coffee. And of course, our friendly staff and volunteers are always available to answer any questions you might have or give you a tour of the centre. We look forward to seeing you soon.



Expressions of Interest

We are taking expressions of interest for the following groups. Please contact the Centre to register your interest:

- Dog obedience.
- Family tree building.
- Waking group.
- Financial Wellbeing for Women.
- Beginner's computers.
- Staying safe on the internet.
- Supercharge your digital job skills.
- How to sell and buy on the internet.
- Tell My Story – a guided process to help you write your own life story.



Term 1 activities and programs at Norlane

CREATIVE

Art with Isabel

Learn the basics of how to draw and paint.
Mondays, 10am-noon. Cost is \$2.

Mosaics

All are welcome and no experience is necessary. Basic materials are included.
Mondays, 1pm-3pm. Cost is \$10 and bookings are essential.



Art group

Would you like to paint in a friendly and comfortable self-help group? Come and join us, all art mediums are invited. Bring your own materials.
Tuesdays, 9am- 1pm. Cost is \$4.

Norlane Tin Can Orchestra

Come along and make your own instruments, then learn to play them. All skill levels are welcome.
Tuesdays, 4pm-6pm.

Craft group

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

Boomerang Bags

Boomerang Bags aims to reduce the use of plastic bags by engaging local communities to make bags from recycled materials. The Norlane group meets every second and fourth Friday from 1-3pm. If you like sewing or want to learn and have some spare time, come along and join in.

FITNESS

Tai Chi for all Abilities

Learn the art of tai chi. All ability levels are welcome, whether you are a beginner or have had some previous experience. Wear comfortable clothing and flat shoes.
Tuesdays, 10am-11.30am. Cost is \$ 2.50.

Ballroom Dancing

Learn the fundamentals of Ballroom Dancing in a relaxed environment.
Thursdays, 12pm-1.30pm. Cost is \$5.



SOCIAL

Community kitchen

*Please note our Community Kitchen is on hold temporarily. We hope to have the group up and running again soon.
Norlane Community Kitchen meets at the centre to socialise, cook and share a meal together. They often cook using food grown in the centre's community garden.
Fridays, 10am-1pm. Cost is \$5.

Gardening group

Have you got any gardening questions or ideas? Would you like to start a home garden but don't know where to begin? Join our resident volunteer gardener at Norlane to ask questions or just share knowledge.
Tuesdays, 10am-noon.

DIGITAL

Digital drop-in

Digital drop-in is a space where you can learn about computers in a safe and supported environment. Our volunteers have a wide range of knowledge about various devices, programs and technological questions.
Fridays, 10am-noon, gold coin donation. Bookings are recommended.

OTHER

Tool Pool

Need to mow the lawn but can't afford a mower or to hire someone to do it? Join our tool pool and you can hire a lawn mower or other manual gardening tools. Fuel is even included.
Tool Pool membership is \$5 for the year, and mowers are \$5 per hire.





Rosewall Community Centre

36 Sharland Rd, Corio VIC 3214. Phone (03) 5275 7409.

E-mail: admin@rosewallinc.org.au

Office Hours: 9am to 4pm, Monday to Thursday; 9am to 3pm, Friday

New at Rosewall in Term 1

Let's Talk Money

Over four-weeks, get support to build a better relationship with money. You'll set financial goals, share tips to stretch your finances further, and learn about practical money matters. Join this free course in a supportive, small group environment. Thursday, February 9, for 4-weeks, 10am to 11.30am.

Make a Meal, Take a Meal – Healthy Cooking on a Budget

We all notice our supermarket bills rising – learn how to cook healthy, low-cost, and in-season meals. In this free, five-week course we'll show you how to make the food budget stretch further while keeping even the fussiest family members happy. This is a hands-on course and you will get to take home recipes and ingredients to try out your skills at home.

Commencing in February – contact Rosewall on 5275-7409 to secure your spot.

Mindfulness Group program

Beginning in February. STEPMI Geelong Otway is taking referrals for a new eight-week program to support people who have diagnosed enduring and persistent anxiety or depression. For more information, contact STEPMI Geelong Otway on 1300-050-093 or email STEPMI@neaminational.org.au.

Thursdays for eight weeks, 1pm to 3pm.

Register your interest

We are taking expressions of interest for the following activities – contact us for more information:

- Hospitality training workshops for 16-to-24-year olds.
- Accredited Safe Food Handling training.
- Introduction to Event Planning.

Looking to contribute to your local community more in 2023?

Community Centres like Rosewall are powered by the time, skills and passion of local volunteers. Volunteering helps you meet new friends, learn new skills and provides a sense of purpose and community. In 2023, we are particularly keen to hear from people who can contribute their skills as:

- Committee of Management member.
- Sewing tutor.
- Technology coach.
- Events planner/assistant.
- Gardening guru.

Contact Rosewall on 5275-7409 to chat about volunteering.

Develop your work skills at Rosewall

Café Skills

Mondays and Tuesdays, 9.30am to 2.30pm. Learn to work in a real-life café environment. Skills gained include coffee making, food preparation, customer service and cash handling. The course includes an accredited safe food handling qualification. \$185 per term or \$70 without safe food handling qualification.

Hair and Beauty

Wednesdays, 9.30am to 2.30pm. Learn how to present yourself and others for work, social and special occasions by discovering the current trends in make-up, hair styles, nails, skin care and basic treatments. \$60 for an eight-week course.

Certificate III in Individual Support – Starting in Term 1

This accredited training is being offered to you by Bellarine Training and Community Hub. (TOID 20459) An Information session is being held at Rosewall Community Centre on Thursday, February 9. Call 5255-4294 or email julie@btach.com.au for more information.

Sewing – FREE

Wednesdays, 9.30am to 11.30am. Beginner-friendly sewing group. Learn to sew and make items for yourself, family or friends. All equipment and material supplied.

Barista Training

Tuesdays, 6pm to 8pm. Coffee 101. From Lattes to Chais, Cappuccinos to Mochas. You will learn all the basics in making a superb cup of gold. Participate in this course to gain hands-on experience in the hospitality industry or learn the basics to grow your skills for your machine at home. \$50 for a four-week course.



What's on at Rosewall in Term 1

CREATIVE

Pottery for the Passionate

Mondays, 1pm to 4pm or Thursdays, 6pm to 8.30pm.

Learn to make beautiful ceramic creations with an experienced tutor. Some materials included. Learners are responsible for extra supplies and firing. All abilities welcome.

\$220 (\$190 concession) for an eight-week course.



Screen Printing

Tuesdays, 9.30am to noon.

Learn the basics in screen printing, including how to make design stencils, and print onto fabric, clothing or paper.

\$70 for a six-week course.

Creative Open Studio

Tuesdays, 12.30pm to 3.30pm or Fridays, 9am to 3pm.

Looking for more space and time to work on your art practice? Artists across all mediums are welcome to join these self-directed sessions.

\$5 for half-day, \$10 for full day.

Pottery Fundamentals

Mondays, 10am to noon for six weeks.

Whether you are new to pottery or need a refresher on the basics, this class will focus on a different hand building technique each week. Some materials included.

\$180 (\$160 concession) for a six-week course.

Making Mosaics

Wednesdays, 9.30am to 12.30pm.

Make magic from your broken crockery. Learn the art of recycling and re-using your broken crockery by turning it into creative stand-out centre pieces. Materials supplied.

\$70 for a six-week course.

Pottery Wheel Throwing

Thursdays for six weeks, 1pm to 3pm (beginning February 16).

Take your pottery skills to the next level.

Designed for beginners as well as those who want a little more help throwing. Materials supplied.

\$180 (\$160 concession) for a six-week course.

Painting and Drawing – portfolio development

Thursdays, 9am to noon.

Work closely with our tutor to develop your painting or drawing skills. All abilities welcome. Some materials supplied.

\$70 per term.



Crafty Creatures

Mondays, 10am to noon.

BYO craft project or come along to learn new skills like scrapbooking, knitting, crocheting and more. Scrapbooking materials provided.

BYO other materials.

\$5 per session

LITERACY AND COMPUTERS

English Conversation

Wednesdays, noon to 1.30pm.

Practice your English skills in a fun, relaxed environment – all experience levels are welcome in this supportive group. Free.

Tea and Tech

Thursdays, 9.30am to 11.30am

Drop-in for one-on-one assistance or come along every week with your basic device and technology questions. Our supportive coaches can help with common questions. Free.

SOCIAL AND WELLBEING

Family Yoga

Tuesdays, 9.30am to 10.30am.

Join our beginner friendly yoga classes where your little ones are welcome too.

Enjoy gentle movements and some time to connect with yourself and your little one(s). Suitable for parents/carers with children aged 0-5. BYO mat.

\$5 per class.

Garden Group – FREE

Tuesdays, 10am to noon.

Get your hands dirty as you plant and pick your own fresh vegetables and herbs and learn new skills in this supportive group.



Youth Group – FREE

Wednesdays, 4pm to 6pm.

A youth-led group with crafting, cooking, games and more. 12–18 year olds welcome. Snacks supplied.

Community Kitchen

Fridays, 10am to 12.30pm.

Get together once a week to plan, shop, cook and eat a meal together. All abilities and experience levels welcome.

\$5 per session

Over 50s Social Group

Fridays, 1pm to 3pm.

A chat, cuppa, and new friends – what more could you want on a Friday afternoon? Tea and coffee provided. For more information call Sue on 0410-008-013 or Ronnie on 0418-653-309.

\$3 per session.



Successful year for the north

The following was provided by City of Greater Geelong Windermere Ward councillors, Anthony Aitken and Kylie Grzybek ...

What a successful year 2022 has been for the north! We are seeing unprecedented spending in the area as the northern Geelong growth corridor rapidly expands. Construction on our landmark community facility – the Northern Aquatic and Community Hub (NACH) is now well underway.

If you have driven past recently, you will have noticed pool structures have now been poured, and much of the structural steel framing is now in place. There are also 'portholes' in the hoarding around the site for community members to look through and see construction progressing.

More than 300 workers have been inducted to the site so far, with half coming from the G21 region. Further, 65 per cent of the subcontracted works have been awarded to G21 businesses.

Once completed, NACH will be a first-class facility with facilities including a 25-metre pool, Learn to Swim pool, spa, sauna and steam room; café; gymnasium, program rooms, and occasional care facilities.

The project will also deliver 1000 square metres of multi-purpose community space.

Construction of this state-of-the-art facility is anticipated to be completed in the first quarter of 2024. The project is projected to result in \$111 million of preventative health benefits during its first 10 years of operation.

The Council felt so strongly about this project that we provided the majority of funding (\$44.84 million) to get this off the ground, supported by funding from the Victorian and Australian governments.

As proud Councillors for the north, we are delighted by the many exciting projects in our region, and we look forward to continuing our work in 2023.

For more information about the Northern Aquatic and Community Hub, visit www.geelongaustralia.com.au/northernhub.

Recognising Community Legends

The Viva Energy Community Legends Awards proudly recognised the tireless efforts of some of Geelong's most dedicated community volunteers.

The president of Cancer After Care, Libby Bate, was named 2022 Viva Energy Community Legend of the Year for the endless support she has shown the organisation.

One of 10 finalists acknowledged for their outstanding community contributions, Ms Bate was presented with her award by Viva Energy Chief Executive Officer and Managing Director Scott Wyatt at an awards ceremony at GMHBA Stadium.

Jess Johns of the South Barwon Football & Netball Club won the Rising Star Award (ages 16-25) for the dedication and support she has shown to women in sport.

Damian McKeegan, from Geelong Youth Engagement, won the People's Choice Award, recognising his work in helping 'at risk' young people work through challenges as diverse as drug abuse, self-harming and homelessness.

Viva Energy's Executive General Manager of the Geelong Refinery, Dale Cooper, said the awards ceremony was a fitting platform to celebrate the commitment the finalists have shown to their respective organisations and the Geelong community.

"Viva Energy is immensely proud to acknowledge the deserving winners of each category, as well as all of the finalists and nominated volunteers." Dale said.

In addition to the major award winners, the Community Legend finalists were: Margaret Markovic, Road Trauma Families Victoria; Kerry Irwin, Christ Church Community Meals Program; Geoff Thompstone, Jan Juc Surf Lifesaving Club; Bobby Hayes, Geelong Soccer Club; Susan Eyton, Lion Clubs of Lara; Karen Knuckey, Story Dogs; and Damon Veitch, EdConnect Australia.



Community Legend of the Year winner Libby Bate celebrates receiving her award from Viva Energy Chief Executive Officer Scott Wyatt.



Geelong Soccer Club stalwart Bobby Hayes was one of the 10 finalists for the Community Legends Award.



Energy Hub projects take shape

Viva Energy's vision to diversify the site of the Geelong refinery into a future-focused energy hub for Victoria is moving into an exciting development phase.

In addition to producing the traditional fuels needed for the country's energy security, the Geelong Energy Hub could become a base for renewable and alternative fuels that will help Viva Energy and its customers transition to a lower-carbon future.

The Geelong Energy Hub is set to be a hive of construction activity through 2023 as key projects including construction of a hydrogen refuelling service station, ultra-

low sulphur gasoline plant and strategic tank storage take shape.

In an Australian first, Viva Energy is partnering with major companies, ARENA and the State Government to pioneer the use of renewable hydrogen to power electric trucks, buses and other heavy vehicles. The benefits of this project to Geelong include the fact that participating vehicles will produce zero tailpipe emissions.

The Ultra-Low Sulphur Gasoline Project will support the improvement in Australia's fuel quality, enabling the introduction of new engine technology. Construction is expected

to start in 2023 with the aim of the unit being operational by late 2024.

In the northern corner of the Geelong Energy Hub, work has started on building three new tanks that will improve the country's fuel security by collectively storing 90 million litres of diesel. The tanks will be fully operational by mid-2024.

Following an extensive EES process for our proposed Gas Import Terminal, the project is being considered by the State Government. It is anticipated that these projects will generate hundreds of construction jobs and up to 100 ongoing roles.



The Geelong Energy Hub projects will create hundreds of construction jobs and up to 100 ongoing roles.