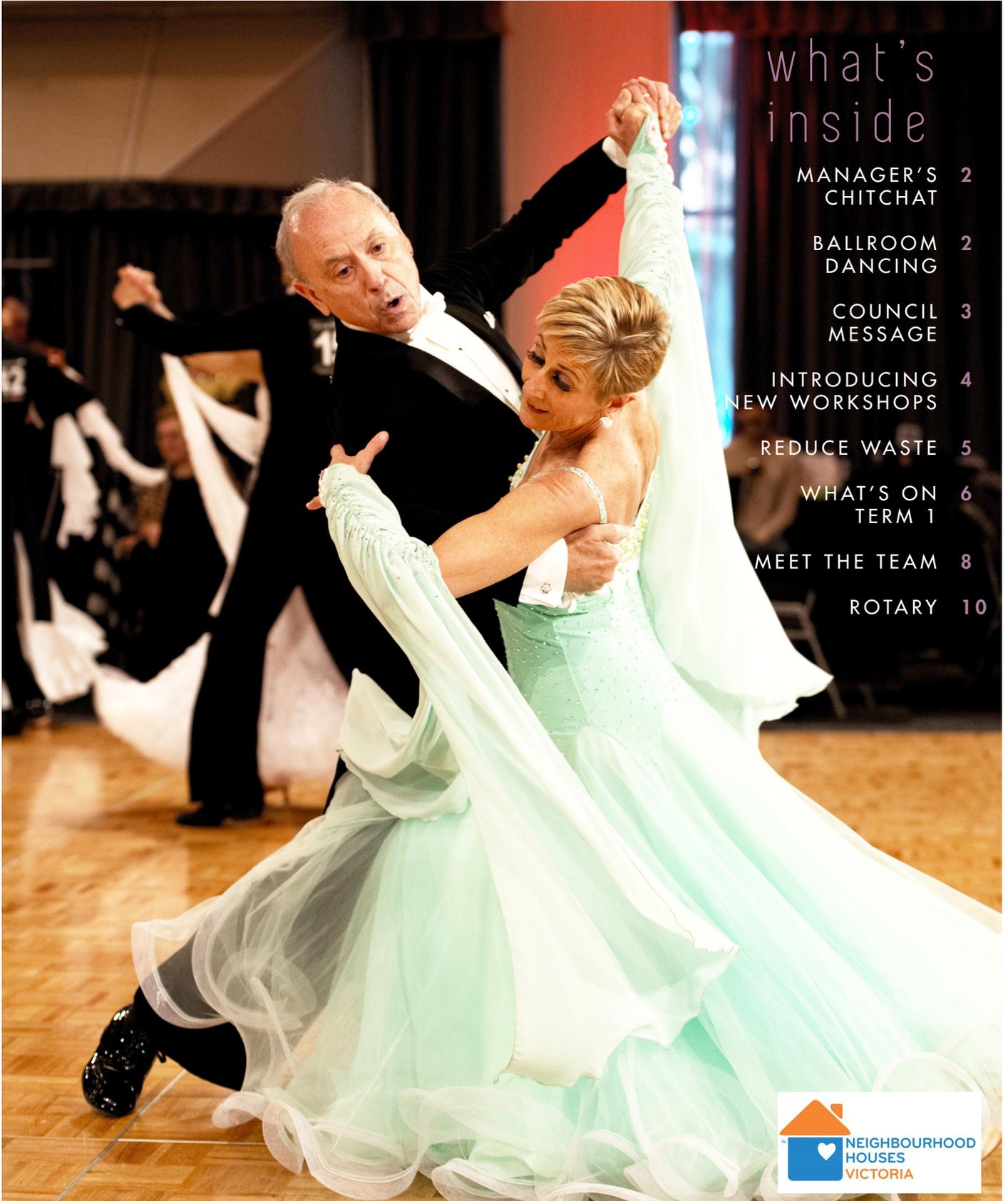


GROVEDALE  
NEIGHBOURHOOD HOUSE

# GROVEDALE *Grapevine*



ISSUE 29 • JANUARY 2019



## what's inside

MANAGER'S  
CHITCHAT 2

BALLROOM  
DANCING 2

COUNCIL  
MESSAGE 3

INTRODUCING  
NEW WORKSHOPS 4

REDUCE WASTE 5

WHAT'S ON  
TERM 1 6

MEET THE TEAM 8

ROTARY 10



# GROVEDALE *Grapevine*

The Grovedale Grapevine is compiled and published by Grovedale Neighbourhood House.

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## TO ADVERTISE

Phone: 5241 5717  
Email: info@grovedalenh.org.au

## EDITORIAL POLICY

Contributors should note that the right to modify submitted articles is retained by the Grovedale Grapevine. All contributors are asked to provide their articles electronically on Microsoft Word format. New contributions welcome. Please email us.

## LAYOUT & DESIGN

Maria Theresa Kelly

**NOW DELIVERED  
TO 5,156 HOMES  
IN GROVEDALE.**



## TERM 1 DATES 2019

29 January 2019 to 5 April 2019.  
Check our activity program for course start dates.

## DEADLINE FOR NEXT ISSUE OF GROVEDALE GRAPEVINE

25th March 2019  
Distribution: 15/16th April 2019



Grovedale Neighbourhood House acknowledges Wadawurrung Traditional Owners of this land and all Aboriginal and Torres Strait Islander People who are part of the Greater Geelong community today.

## GROVEDALE NEIGHBOURHOOD HOUSE ACKNOWLEDGES THE SUPPORT OF:



## manager's chitchat

# Welcome to 2019 Hubbers!

We are delighted to be back at GNH, ready to ballroom dance, laugh while doing yoga and learn to cook, draw and how to write grants! We have a great program for you all this term please see inside for information.

We are conducting an engagement project at the moment to deepen our understanding of how we create a space at GNH that is representative of our values both in our written Plan 2016 – 2019 and in the daily actions of all the staff at GNH.

Mary Quinsacara is the engagement consultant and Mary will be talking with lots of the stakeholders at GNH over the Term including facilitating some focus groups. We are very excited about this project.

As not only will it tell us about those that use the GNH but also those who don't and how we can engage to see if we need to do things differently.

Speaking of staff we have new staff and so we have invited them to write a little about themselves for the Grapevine. So enjoy your read of our latest Grapevine. Thank you to Tet for the fabulous production of the Grapevine each term.



Linda

## on the cover:

Jose Garrido-Palacios and Karen Coombs, competition dancers. Photo by: Kerrie Rolls Bourke Photography

## new class

# BALL ROOM DANCING IS COMING TO OUR HOUSE!

Have you always thought of learning Ball Room dancing but never got around to it or felt uncomfortable joining a dance studio? Do you often wonder what to do on a Friday night to unwind?

Well, think no more! We are excited to say that Jose Garrido-Palacios and Karen Coombs, competition dancers with years of experience, are partnering with us to hold Ballroom Dance classes right here at Grovedale Neighbourhood House on Friday nights starting on 1st February 2019.

The sessions are for beginners or those who want to improve their skills and will cover most popular dances in the New Vogue style, including Waltz, Quickstep, Slow Foxtrot, Tango. Latin American - Rumba, Cha Cha, Jive and Samba.

You can come with your partner, a friend or come on your own! Adults of all ages and genders are welcome! See our program for details.



# Got art?

## WE'VE GOT SPACE

Calling all artists! Individuals, groups, emerging, professional, young and mature artists are invited to exhibit at Grovedale Neighbourhood House for a period of four weeks. Phone 52415717.

## CONTRIBUTIONS WELCOME

If you have anything you would like to contribute or share with the Grovedale community for the upcoming issues please contact info@grovedalenh.org.au.

## kardina ward update

## COUNCIL GRANTS SUPPORT LOCAL COMMUNITY

By Kardinia Ward councillors Bruce Harwood (Mayor), Pat Murnane and Ron Nelson



One of the key goals of Council's 30-year 'clever and creative' vision is for Greater Geelong to be a place that cares for its people.

There are many ways we aim to do this, and one is to support the groups, organisations and clubs who do great work in the community.

Late last year we announced almost \$1.12 million in grants, to be shared between 123 different community groups across a wide range of fields.

This is part of our Community Investment and Support Fund, which we included in this year's budget.

The grants range in size from under \$1000 to more than \$200,000, and whether large or small, each is for a specific purpose that will bring real benefit to the group who has received it.

We're pleased to say that one of the successful applicants was the Barwon Soccer Club, based on Reserve Road in Grovedale. They've been awarded a \$6000 grant to create a business plan, which will help the club deal with its recent rapid and exciting growth.

Nearby, the Armstrong Creek Community Group has received \$3000 to help fund the Warralily Christmas Spectacular – a fun new annual event on our calendar.

The Mount Duneed Pony Club gets \$2000 for new kitchen equipment and \$6000 to revegetate the Russells Road Reserve.

And the Mount Duneed Adult Riding Club has been awarded \$2000 to buy a public address system.

These are just some of the funds being sent all around the Greater Geelong region, to

help sporting clubs, environment groups, heritage projects, events, festivals and much more.

And the good news is that there is some more money left in the Fund, so we have opened it up for a second round of applications.

If your community group or club has a project that needs funding, this is an excellent opportunity to get it.

Visit [www.geelongaustralia.com.au/grants](http://www.geelongaustralia.com.au/grants) to see if your project is eligible and apply.

Applications are open until 18 February and will then be assessed by an independent panel. Good luck!

Regards,

Bruce, Pat and Ron

## Small Business support comes to Grovedale

Grovedale Neighbourhood House in partnership with the City of Greater Geelong will be offering free sessions to support our community members who have a business idea!

**Starting a Business For new migrants, asylum seekers people from Culturally and Linguistically diverse backgrounds - 5th March**

Are you an asylum seeker, refugee or migrant and want to start a small business?

This workshop will take the participants through practical steps to think about feasibility of a business idea, good business planning and the power of networking with other people new to business in the area.

There are no guarantees of success in business, but making the right moves at this early stage will increase the chances of a good start. This half day workshop will also introduce a range of great resources and templates to start a business.

## Book your next event

Grovedale Neighbourhood House has a range of rooms, and a beautiful old hall with a commercial kitchen that you can rent for workshops, meetings, events and activities. Give us a call now to discuss your needs and we will let you know availability and the range of reasonable rental costs. Phone 52415717.

**Business Clinic – Free Mentoring session 20th March 2019**

Small Business Clinics provide general one on one business advice supported by the Small Business Mentoring Service. It can assist you in the initial steps you need to take to overcome an issue or information gap.

The Clinics provide an experienced business mentor to answer business questions, provide clarity, advice and direction on a range of business matters and explore options and opportunities.

Booking required. Please see our program for details.

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## Grant writing workshops: Unlock the mystery world of grants

Grovedale Neighbourhood House will be offering Grant Writing Workshops to community groups and not for profit organisations this term. The workshops are Facilitated by Pirooz, our own community development officer with over 15 years' experience in the community and government sector with a sound understanding of what funding bodies look for when they assess community grant applications.

So, is your community group, club or organisation planning to run a project and apply for funding in 2019?

Has your application been knocked back by funding bodies in the past and you want to understand why?

Do you want to put your best foot forward and present a convincing grant application?

If you said yes to any or all of these questions, then we invite you to register in our Grant Writing Workshops! There are 4 dates and time slots to choose from!

The 3 hour intensive workshop will take the participants through the step by step process of writing a convincing application and will cover: 1. Developing your project idea; 2. Pitching a project idea to the funding body; 3. Budget and project planning; 4. Partnership Development; 5. Evaluation; 6. Acquit-tal

Booking required. Please see our program for details.

## GROVEDALE PRAYER GROUP, PRAYING FOR WORLD PEACE

Grovedale Prayer Group is made up of members of different denominations to pray for the community. It has been meeting for approximately 18 years. At first it was meeting in homes, and then each other's churches, and sometimes in a home.

Three years ago we decided to start meeting at The Hub, believing it was more central and good to be in the heart of the community.

The aim of the Grovedale Prayer Group is to pray for the churches in Grovedale and Geelong, the schools, community activity groups and whatever needs are perceived in the community as well as personal needs. We have seen amazing answers to prayer.

We meet from February to November at the Hub in the Correo Room at 10am and finishing at 11.30. We start with a cuppa and chat then moving into a short devotion and prayer time.

If you have a heart for prayer and would like to bless and pray for our community in Grovedale and beyond, we would love to welcome you along. For more information please telephone Maureen on 0414 259 665 or Diane on 5241 5801

## Get Sizzling!

Did you know that the Lions donated a BBQ last year? We'd love if some groups could use it so come and enjoy a sausage with your friends and family. If you need anything, let us know.

## Join the Lions Club



The Lions Club of Grovedale/Waurn Ponds invites you to become a member of the largest voluntary service organisation in the World.

Did you know:

Lions Clubs International (the official title) has over 1.4 million members world-wide.

Lions Clubs International has been around for over 100 years.

There are over 1200 Lions Clubs in Australia and Papua New Guinea.

Lions Clubs donate over \$900,000 to Childhood Cancer Research each year.

Visit the Lions Australia website to learn more about us. <https://lionsclubs.org.au/> Give us a call. We'd love to have a chat and meet you.

Membership enquiries to David Ridley – Ph. 0459 574 347

## Grovedale Senior Citizens Centre Inc.

Grovedale Senior Citizens Club will commence the following activities during January and February 2019.

Various activities are held every week during the year at the Grovedale Community Hub, 45 Heyers Road, Grovedale.

Day	Date (2019)	Activity	Time	Contact
Tuesday	29 <sup>th</sup> January	Cards (Euchre)	1.00 to 3.00 pm.	52 456370
Monday	4 <sup>th</sup> February	Carpet Bowls	1.00 to 3.30 pm.	0439 309456
Tuesday	5 <sup>th</sup> February	Gentle Exercise	9.00 to 10.00 am.	52 436009
Thursday	7 <sup>th</sup> February	Bingo	1.00 to 3.00 pm.	52456370
Friday	8 <sup>th</sup> February	Line Dancing	9.00 to 12.30 pm	52 436009
Thursday	14 <sup>th</sup> February	Entertainment & afternoon tea	1.30 to 3.00 pm.	0498 646282
Thursday	28 <sup>th</sup> February	Lunch & Guest Speaker	12.30 to 3.00 pm.	0498 646282

Further details, ring the club on 52 415021 or 0419 549521. More details on the club's notice board at the Community Hub.

# Be in the know

## Info Sessions on Disputes, Clubs, & Consumer Issues

In partnership with Consumer Affairs Victoria and The Dispute Settlement Centre of Victoria, Grovedale Neighbourhood House will hold free sessions that will look at some common neighbourhood & consumer based disputes as well as a session specifically tailored to cover areas relevant to clubs and associations. These free sessions will provide you with strategies and tips on what to do and who to turn to when you need some extra support.

Booking required. Please see our program for details.

### Neighbourhood & Consumer Disputes Information Session

Disputes can arise in many areas of life, whether it's a disagreement with a neighbour over trees or the fence, parking, noisy animals, machinery or cars, a problem with a product or service you've paid for or an issue with your landlord or tenant.

- Your consumer rights and responsibilities
- Scams and how to avoid them
- Neighbourhood rights and responsibilities
- How to manage conflict positively and prevent it escalating

### Clubs and Incorporated Associations Information Session

A well-functioning committee can be productive and achieve great things with people working together, efficiently, towards a common goal. Being on a committee can also be a most challenging experience, eating up countless hours, especially when things go wrong. Join us as we discuss some common pitfalls and how to manage them.

- Role of the Committee
- Good Governance
- How to deal with difficult situations
- Dealing with grievance and disputes

### Consumer Affairs Victoria

CAV are Victoria's consumer affairs regulator. CAV's purpose is to help Victorians be responsible and informed businesses and consumers. CAV advise and educate consumers, tenants, businesses and landlords on their rights, responsibilities and changes to the law.

The Dispute Settlement Centre of Victoria provide a free dispute resolution service to all Victorians to assist in resolving community based conflicts and disputes.



## Reduce Waste Compost Your Food Scraps at Our Community Orchard

Want to reduce waste in your red or green bins but don't have a compost bin at home? Now you can contribute your green waste and kitchen scraps to our community compost and worm towers at the orchard. It's easy, just collect your waste and follow the simple guidelines below to add it to the worm towers or compost bins at a time that suits you!

Large Compost Bays	
✓ Yes	✗ No
Garden waste – prunings, lawn clippings, leaves, twigs	Large branches Food Scraps
Plastic Compost Bins	
✓ Yes	✗ No
Raw Fruit and Vegetable Scraps Garden waste Citrus Onion	Cooked food
In Ground Worm Bins	
✓ Yes	✗ No
Raw Fruit and Vegetable Scraps Vegetarian Cooked Food Scraps	Garden Waste Citrus Onion Garlic Tomato

**PLEASE DO NOT ADD MEAT OR DAIRY TO ANY BINS OR BAYS**

## We need volunteers!

Help make our neighbourhood house a welcoming space for our community! If you are community minded, motivated and willing to roll up your sleeves, then you're what we're looking for. Volunteers from all walks of life are encouraged to apply. Tasks include general office support including customer service, filing, photocopying and other light duties as required. Volunteers will be matched to the roles based on their interest and skills and will be mentored and supported to ensure that



their needs are met. Benefits include training in appropriate areas of general office duties, working with other volunteers, community engagement, and community development.

Times required: Mon-Thurs between 9.00am-4.00pm.

Register online: <https://goo.gl/WXn7yB> or contact by email or phone for more information.

### Mini Maestros: Nurturing Confident Learners

Mini Maestros offer FREE come and try classes each school holidays providing families the opportunity to trial the program.

Further details: Mini Maestros – Geelong and Bellarine. Call 0424 047 822. Email: [mm.geelong@minimaestros.com.au](mailto:mm.geelong@minimaestros.com.au).

## Geelong Landscapes

Cody 0429 687 553 (free quotes)

instagram - @Geelonglandscapes  
facebook - Geelong Landscapes

decks/pergolas  
fences  
concreting  
garden transformations

These are just a few of our services so be sure to give me a call on 0429 687 553 for any enquiries

**new**

**MINDFULNESS**

Commencing 15<sup>th</sup> Jan  
Mindfulness is the process of bringing one's full attention to the present moment/experience.  
Tuesdays 7.00 – 7.45pm  
\$5.00 p/ session  
**Contact Onkar:** 0433 070 177

**LAUGHTER YOGA**

Commencing 15<sup>th</sup> Jan  
Laughter Yoga is a unique concept where anyone can laugh for no reason, relying on light humour. Laughter Yoga combines laughter exercise with Yogic breathing.  
Tuesdays \$5.00 per adult p/ session  
Parents & Children 9.30 – 10.15am  
Seniors 11.00 – 11.45am  
**Contact Onkar:** 0433 070 177

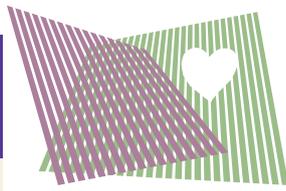
**BALLROOM DANCING**

Commencing 1<sup>st</sup> Feb  
Suitable for beginners or as a refresher course. Bring a partner or come on your own.  
Fridays 7.00 – 8.00pm  
\$8.00 p/ session  
**Contact Jose:** 0401 673 221



**ABOUT ONKAR SACHDEVA**

Onkar is a fully qualified educator who customises simple support strategies that assist families and learning specialists. The strategies that she provides have assisted children with learning difficulties to understand their gifts and how to harness them. She also works with underperforming children to find their genius and use it to improve performance in all areas. Onkar also builds confidence in the adults and children that she works with.  
Contact Onkar to find out more and ask questions about ways that she can support you and your child today.  
She will be running the Laughter Yoga and Mindfulness classes commencing 15<sup>th</sup> Jan.  
Email: [info@onkarsachdeva.com](mailto:info@onkarsachdeva.com)  
Mob: 0433 070 177



**GROVEDALE**  
NEIGHBOURHOOD HOUSE

what's on  
TERM 1

**workshops**

**GRANT WRITING WORKSHOP**

18<sup>th</sup> or 25<sup>th</sup> Feb 9.00am-12.00pm or  
5<sup>th</sup> or 19<sup>th</sup> March 5.30 – 8.30pm.  
\$30 p/ session  
Bookings essential:  
[info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)

**BUSINESS WORKSHOPS FOR CALD/  
ASYLUM SEEKERS & REFUGEES**

5<sup>th</sup> March 9.30am – 1.00pm  
Bookings essential :  
[bit.ly/bizcald](http://bit.ly/bizcald)

**BUSINESS MENTORING CLINIC**

45-minute sessions between  
10.00-3.00pm, 20<sup>th</sup> March  
Bookings essential:  
[bit.ly/ggsmbclinic](http://bit.ly/ggsmbclinic)

**well being**

**COMMUNITY KITCHEN**

Learn to cook a meal for \$5 or less.  
Friendly, welcoming group; no prior skills required.  
Mon 10am – 12.30pm - Vacancies  
Wed 10.00am – 12.30pm - Vacancies  
Comm. 4<sup>th</sup> & 6<sup>th</sup> February  
Ph 5241 5717

**FOOD SWAP**

Third Saturday of the month  
9.30 – 10.30am. Bring your excess produce for swap or sale at Grovedale Community Garden.  
Contact Jess: 0409 536 752

**TOWN (Take Off Weight Naturally)**

Weight Loss Support Group  
Wed 6.00pm – 7.30pm  
Contact Heather 5243 0622

**WEIGHT WATCHERS**

Wed 6.00pm – 8.00pm  
Sat. 8.00 – 10.00am  
Contact Kylie : 0437 289 633

**info sessions**

For all sessions below,  
bookings essential:

[info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)

**NEIGHBOURHOOD & CONSUMER  
DISPUTES INFORMATION SESSION**

12<sup>th</sup> February 10.00am- 12.00pm  
12<sup>th</sup> March 6.00 – 8.00pm

**CLUBS & INCORPORATED  
ASSOCIATIONS INFORMATION  
SESSION**

26<sup>th</sup> February 6.00 – 8.00pm

**LEGAL Q&A**

General information session on  
consumer laws, family law, traffic  
offences, Centrelink etc.  
Wed 30<sup>th</sup> January 10.00am-12.00pm

**WILLS & POWER OF ATTORNEY**

Mon 4<sup>th</sup> February 10.00am-12.00pm

**FINES & INFRINGEMENTS**

Tuesday 19<sup>th</sup> February 6.00pm-8.00pm

**FAMILY LAW, CHILD  
SUPPORT, FAMILY TAX BENEFIT**

Wednesday 6<sup>th</sup> March 10.00-12.00

**youth**

**YOUTH SPACE**

Regular drop in activities of X-box, table tennis, art activities, sports, Wii, free food!!  
All welcome  
Thursdays 3.30pm – 5.30pm (During school terms)  
Ages 12 -25  
Contact Jarrod: 0419 504 329  
Commencing 7<sup>th</sup> February

## fitness

**EXERCISE CLASSES****Active Ageing**

Suitable for adults with competent mobility and coordination .

Mon 8.30am & Wed 8.30am

**Ageing with Confidence & Ability**

A gentle exercise program for adults with some limitations in mobility and stamina.

Mon 9.30am & Wed 9.30am

Comm 4th & 6th February

\$6 p/ session if paid monthly

or \$7 casual

Bookings essential

Ph 5241 5717

**ZUMBA**

Casual classes \$10 p/ session

Wed 7.00-8.00pm

Julie 0419377563

Continuing 13th February

**WINGROVE CALISTHENICS**

Mon: Tinies 4.15, Jnrs 5.30pm

Seniors 7.30pm

Tues: Sub jnrs 4.30pm, Inters 6.30pm

Thurs: Masters 7.30pm

Contact Rachael 0408 899 894

**NINJUTSU**

Thurs 6.30pm – 9pm

Rob Baard 0410 414 488

Continuing 31st January

**MEDITATION in MOTION**

Thursday 7.00 – 8.00pm

Contact : Sylvia 0422 980 193

Continuing : 7th February

**PHILOSOPHY DISCUSSION GROUP**

Wednesday 7.00 – 9.30pm

Commencing 30th January

\$2.50 p/wk

Contact GNH: 5241 5717

**YOGIC PHILOSOPHY STUDY GROUP**

Yoga is so much more than doing exercises to improve physical fitness!

Thursday 10.30am – 12.00pm

\$2.50 p/wk

Contact: Brian 5242 8453

Commence: 31st January

## children

**MINI MAESTROS**

Music classes for children,

Wed: 9.00 – 11:30

Ph: 0424 047 822

mm.geelong@minimaestros.com.au

Commencing 6th February

**KAREN FELDMAN'S DANCE CLASSES**

Age specific dance classes

For details of Day and Time please contact Contact: Karen 0432 493 527

**AUSLAN CLASSES**

For Parents and their children

For details of Day and Time

please contact: Renee 0408 686 419

**DAZZLING DAN'S MAGIC CONNECTIONS**

Magic classes for Children

Mon: 4.00pm

Commencing. 11th February

Contact: Dan 0417 165 408

www.dazzlingdan.com.au-learn-magic

## men's shed

**THE GROVEDALE MEN'S SHED**

meets every Tuesday at the former airport on Surf Coast Highway.

An active and productive group.

Call for more info.

Contact Nic Kuiper: 0438 789 417

## computer

**COMPUTER PHOTO EDITING**

Tues: 9.15am \$5.00 p/wk

Comm. 5th February

Contact: GNH 5241 5717

**Book Swap**

If you love reading and like a variety of topics, then our book swap library is for you. So bring in the books you would like to swap, and take a new lot home with you!

## music

**"UKES "N" MORE"**

Community Ukulele Group

A fun and social group for all ages. Learn the basics of playing the ukulele.

You do not need any prior experience.

Bring along your own ukulele (or use ours) and a sense of fun.

Mon. 7.30 – 9.00pm

Beginners - 6.30-7.30pm

Commencing 4th Feb

\$2.50 p/wk

Contact Ross: 0430 871 045

## arts &amp; crafts

**CRAFT****CRAFT CREATORS**

Sewing & Patchwork Group

Friday 9.30am – 12 noon \$2.50 p/wk

Commencing 8th February

Ph: 5241 5717

**PASTEL ART CLASSES**

Teacher Jen Jones will be conducting lessons for beginners through to the more advanced students

Saturday 10.30am – 1.00pm

2nd Feb (Acrylic)

Mondays: 1.00pm – 3.30pm

comm 4th Feb. (Pastel)

(10 wks) \$180.00

Contact: Jen 0408 461 559

Jjones53@internode.on.net

**SOGETSU IKEBANA**

Ikebana is the unique Japanese form of floral art. With understanding and practice, beautiful works may be created with even quite humble materials.

Thurs: 6.00 - 8.00pm (8 weeks)

\$200.00

Contact: Christopher

Phone: 5261 3983 or email

roadsideikebana@bigpond.com

Commencing: 7th February

**MACHINE EMBROIDERY CLUB**

If you have any brand of computerised embroidery machine, and would like to join, contact GNH office 5241 5717 for details

Sat 10am – 3pm Jan 19th, Feb 16th ,

Mar 16th & Apr 13th

\$5.00 p/session

**The Geelong Perambulator Day**

Would you like to see a bit of history in the House? The Geelong Pram Day, a not for profit event, will feature vintage prams collected by veteran collectors in the area. Public viewing is on Saturday 23rd March between 10am and 4pm with a gold coin donation to cover costs. Contact Lloyd 0403316 567 for more information.



Find and like/follow the **Grovedale Neighbourhood House** Facebook page and Instagram to get updates about our events and programs.

# LINDA



Hi I'm Linda the Manager of Grovedale Neighbourhood House. I have had a varied career and I have lived both in urban Melbourne and over the last 18 years on the Surfcoast, although I lived and worked in the UK for two of those years.

My background is in population health and community development, and I have worked in the areas of women's health, harm reduction, welfare rights, prevention of violence against

women, awareness raising and training in the areas of hepatitis C, HIV/Aids and Tuberculosis. I taught community development for 9 years and once in a precious moment of time I produced a small documentary.

I have worked with Neighbourhood Houses since 1986 and I love the connection to community that they offer.

I came to Australia with my family from Scotland when I was 6 as a 'ten pound migrant' and two generations later I have a big extended family with family members from Thailand, Greece, Ireland, England, New Zealand, Poland and Malaysia. While still a proud Scot with a big clan in Edinburgh, I definitely call Australia home.

I lived in Greece for two years when I was in my twenties, I experienced a military coup, living in a country I couldn't speak the language and delighted in the way family, community, culture, food and dancing can bring joy and connection even when there is difficulty.

The things I most love to do are spend time with family, walk on the beach, read and fit in time to advocate for and with population groups that experience structural disadvantage and inequity in our society.

What else to say - I think Grovedale Neighbourhood House rocks!

# TET



Hi I'm Tet Kelly. Serendipity and choice both played a role in my association with Grovedale Neighbourhood House. In one of my first visits to the hub in 2017 an advertisement in the Grapevine piqued my interest so I enquired whether they needed a volunteer who can assist in designing the newsletter or improving their website. Fortunately for me, the response was positive and that positivity continues to this day as I have now been entrusted with other marketing projects as a contractor, including keeping our digital footprints on Facebook and Instagram a little more visible.

My career has undergone a few reinventions over the years, and by extension my personal circumstances. Prior to coming to Australia, I was a lecturer at a university in the Philippines for

10 years. When I got married in 2012, I moved to Australia to start a new life with my husband. We now have two beautiful boys who keep us busy and happy. Freelancing as a graphic designer was an occupation for a few years in between nappy changes and naps. Aside from my family here and overseas, my happy place is in my art room/home office where I get to connect with my artistic self and weave stories through art and technology. A couple of pieces I made were included in the Art from the Neighbourhood Exhibit at Shearer's Arms Gallery and I try to update my own Instagram Feed when I can. My favourite aspect about working with GNH is the welcoming and relaxed collaboration with staff and community members as well as the solid support and trust that I have from my manager and team members.

Let me know if you have any thoughts about our newsletter, website, or social media! Email me at [marketing@grovedalenh.org.au](mailto:marketing@grovedalenh.org.au).

# PIROOZ



My name is Pirooz and I started at Grovedale Neighbourhood House on Monday 22nd October as the new community development officer.

I am responsible for recruiting and supporting volunteers, exploring and implementing new programs and work with local artists to have their work displayed at our House.

I migrated from Iran over 20 years ago planning to undertake a post graduate degree in Creative Arts but took a year off and after much pondering, I decided to study Law instead! After being admitted in the Supreme Court of NSW, I practiced law for a number of years in various community legal centres.

I moved to Victoria about 12 years ago with my two cats, Milo & Hugo. Milo left us a few years ago to play with other kitties over the rainbow but Sabzi the rescue cattle dog has become our new family member, whom Hugo does not appreciate nor gets along with.

Am I a cat person or a dog person, you ask? Well, I love all animals but I think deep deep down, I am a cat person! So if you have a cat, come and say hi. I am always up for a chat!

I am very interested in discovering new ideas that the community put forward and invite people to drop in for a yarn and tell us what they like to see happening here.

# MARY



Hello there! My name is Mary Quinsacara and I am doing some research and evaluation as part of an Engagement Project for the Grovedale Neighbourhood House around how it has and is currently engaging with the Grovedale community. I have been here since October and I have met some of you which has been great to get a sense of the House and the local community from your perspectives. I will be conducting some focus groups, interviews and putting out surveys from now until February and I am really interested in talking with people who also do not yet access the House.

If by chance you do not hear directly from me please feel free to contact me directly on [querator@gmail.com](mailto:querator@gmail.com), in addition there will be opportunities to contribute to this review at Reception and via the FB page! This review will result in an Engagement Action Plan helping to guide the House to deepen its engagement and live the values identified in the GNH Plan.

Since being a teenager I have been struck by the multidimensional power of hip-hop culture and the ways in which hip-hop is a great lens to unpack the world around us especially in collaboration with community. I get a lot of joy from reflective and artistic exchanges with groups of people.

I am from the Latinx diaspora born in what is now known as Chile and now living and loving in Narm (Melbourne). I really enjoy music, reading, gardening and being active. Currently I am learning how to make a podcast!

## PAM



After moving to Geelong in 2005, taking a volunteer role on the Committee of Management at Sth Barwon Community Centre led to me assisting in the creation of Grovedale Neighbourhood House where I continue to work today.

The centre has changed dramatically over the years, including the refurbishment and addition of space resulting in the Grovedale Community Hub being a much utilized, welcoming space.

As a strong believer in Social Justice, working in the Neighbourhood House seemed a natural choice. Since participating in the 2014 Barwon Community Leadership Program I have worked with community groups with a greater confidence and an awareness of local issues.

I am the Office Administrator at the Grovedale Neighbourhood House and enjoy my role managing the venue hire for the various bookings as well as greeting the many visitors to the Grovedale Community Hub and assisting with their enquiries. There are many administration tasks involved with the reception and other office requirements, creating a busy atmosphere.

I'm the second of six children growing up on wheat and sheep farms in the Northern Mallee, where community and sport were part of family life.

**"As a strong believer in Social Justice, working in the Neighbourhood House seemed a natural choice."**

I moved to Melbourne after school and worked in various administration, customer service and volunteer roles, often connected with my children. I have been a volunteer blood/plasma donor for 38 years, recently clocking up 200 donations.

Exercise is still a part of my life with participation in Aqua Aerobic classes and tennis regular activities although a little less energetically as age takes its toll. I'm hoping to again participate playing tennis in the South Australian State Masters games in April 2019 which will be held in Port Pirie.

Previous participation has resulted in some medals although the main aim is to be healthy, enjoy the company and renew friendships. I have always been interested in going to the theatre, special events and exhibitions, but also love to holiday exploring new places and also camping with family; nature and the environment is very important to me.

Starting my veggie garden, composting, water conservation and installing solar panels were priorities when settling into our new home last year.

In recent years my interest in craft has been reactivated and I've enjoyed making greeting cards, some jewellery and making enlarged prints from my photos which are sometimes displayed and sold at local markets.

I'm married to Danny and we have lived locally with our cocker spaniel Junior and rescue cat Hermes since moving to Geelong. I have 3 adult children and 5 grandchildren. Family, extended family and friends are a very important part of my life.

Each day at the Grovedale Neighbourhood House provides a variety of experiences and interactions with our Community. I hope I have provided a positive influence in my position.



# Come and Try Calisthenics at Wingrove

**Classes @ Grovedale Neighbourhood House**

**Monday 4th Feb 2019**  
 3-7years - 4.15pm  
 11-13years - 5.30pm  
 18+ - 7.30pm

**Tuesday 5th Feb 2019**  
 8-10years - 4.30pm  
 14-17years - 6.30pm

Contact Rachael for more information: 0408 899 894



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## THE GHAN EXPEDITION 20 August 2019



### INCLUDES

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- Coach to and from central point Geelong.
- Transfers in Darwin and Adelaide
- 4 day 3 night Ghan expedition Gold Class/Cabin
- Meals as specified. 7 breakfasts, 3 lunches and 2 dinners
- 1/2 day tour Darwin
- \$4995 per person. Twin share Gold Cabin private facilities
- Single price on application. Gold Cabin shared facilities
- Platinum cabin category available on request



from **\$4,995\*** per person  
(last seats)

## GLOBUS TOUR THE HOLY LAND 20 October 2019



### INCLUDES

- JAFFA Walking tour of the ancient port
- CAESAREA Visit the Roman amphitheatre and the Crusader fortress
- MUHRAQA Panoramic view of the Jezreel Valley
- NAZARETH Visit the Church of the Annunciation and St. Joseph's Church
- SEA OF GALILEE Enjoy a cruise
- MOUNT OF BEATITUDES Visit the site where Jesus delivered his sermon
- TABGHA Visit the Church of the Multiplication of Loaves and Fishes and the Church of St. Peter's Primacy
- EIN KAREM Visit the Church of St. John the Baptist and the Church of Visitation
- JERUSALEM Visit the Garden Tomb
- JORDAN EXTENSION

**GLOBUS** from **\$6,995\*** per person

## CHIMU ANTARCTICA - THE FINAL FRONTIER February 2020



### INCLUDES

*This once in a lifetime 18 day fully escorted trip ex Waurn Ponds in Feb 2020 will visit Buenos Aires, Iguassu Falls, Tierra Del Fuego National Park before embarking on an expedition like no other to Antarctica on board the Ocean Atlantic on board the newly refurbished Ocean Atlantic with our very special guest, Olympic Paralympian Kurt Fearnley.*

- 8 nights Superior Accommodation
- All transfers and breakfast
- Buenos Aires 1/2 day city tour
- Buenos Aires Tango Show
- Full day tour Iguassu Falls (Argentinean Side)
- 1/2 Day Iguassu Tour (Brazilian Side)
- Full day Tierra Del Fuego day tour
- 9 nights on board the newly refurbished Ocean Atlantic (all meals and excursions included)

\*International Airfares Additional

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\*Conditions apply. See in store for details.



## Grovedale/Waurn Ponds Rotary

# BE THE INSPIRATION

Another year has come to a close and a new one has begun. Our members hope everyone had a Merry Christmas and a happy new year.

The Grovedale Waurn Ponds Rotary Club will once again be presenting prizes at the Grovedale College and Geelong Lutheran College this year.

During the year we have assisted in holding mock job interviews at both schools, and we assisted financially in a working trip to Vanuatu by a group of Lutheran College students where they gave support to a school and community.

This was the second year that the college has been employed in this project and hopes to continue it next year. It gives students the experience of travelling overseas and participate in some voluntary work that assists another community.

Rotary International is still pursuing its project of eliminating polio in the world. We have been working on this project for more than 30 years and as a founding partner of the Global Polio Eradication Initiative we've reduced cases by 99.9 per cent.

We have helped immunise 2.5 billion children in 125 countries and have contributed

more than \$1.8 billion toward eradicating the disease worldwide. Today, polio remains endemic only in three countries – Afghanistan, Nigeria and Pakistan.

It is crucial to continue working to keep other countries polio-free as if all eradication efforts stopped today, within 10 years, polio could paralyse as many as 200,000 children each year.

And you can help. For someone you love and who has everything, you can make a donation in that person's name knowing that almost every cent of that donation will be spent on the ground.

Not only polio, but Rotary International funds humanitarian projects worldwide, including provision of clean water and educational facilities in impoverished communities, and assistance in recovering from natural disasters.

Our club meets at Rice Village on Wednesday nights and all are welcome to attend.

You should ring President Greg Cooke on 0437 443 603 to make a reservation. Email: sec.grovedalerotary@gmail.com.

Visit: [www.gwprotary.org](http://www.gwprotary.org).



## Clean Up, Australia!

Clean Up Australia Day & Friends of Waurn Ponds Creek invite you to join us to help clean up the surrounds of Waurn Ponds Creek on Sunday, March 3 from 9.00am till noon at the Baseball car park near the junction of Pioneer Rd & Meadowvale Drive, Grovedale.

Just turn up and register on the day. Bring water, hat, gloves, solid footwear & any pickup tools you may have. Email: [fowpc@y7mail.com](mailto:fowpc@y7mail.com). Web Site: <http://www.friendsofwaurnpondscreek.org.au/> or [www.cleanupaustaliaday.org.au](http://www.cleanupaustaliaday.org.au)

### Want a digital copy of the Grovedale Grapevine?

**SIGN UP NOW** to get a digital copy of the Grovedale Grapevine right in your inbox. Email us at [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au) or let staff know at the Grovedale Neighbourhood House Office at 45 Heyers Rd, Grovedale VIC 3216. Phone: 5241 5717. Website: [www.grovedalenh.org.au](http://www.grovedalenh.org.au).



## LATEST NEWS & UPDATE Grovedale Volunteer Fire Brigade

### Fire Restrictions now in force

The Fire Danger Period has been declared for Greater Geelong, and will remain in force until 1 May 2019. This means you cannot light a fire in the open air (nor do certain other activities) unless you have a permit or comply with certain requirements.

If you don't obtain a permit, you could be breaking the law and may be prosecuted. So make sure you visit the CFA website for all the information: [www.cfa.vic.gov.au/can](http://www.cfa.vic.gov.au/can).

### Supporting Queensland

Grovedale Brigade has sent two of its most experienced members to assist local fire services with the out of control fires covering large areas of Queensland.

Our members will be helping Queensland's dedicated fire brigades and 34,000 volunteers. We are grateful to our members who willingly volunteer to leave their homes and families to protect those of others.

### New Tanker for Grovedale

Our new Scania medium pumper is now online and ready to respond in and around Grovedale. Great work by our driver/operators in gaining the increment required to operate this state-of-the-art appliance

### Grovedale Volunteer on TV

Grovedale Brigade's 1st Lieutenant, James Mullins, recently exhibited Flaim Trainer on the Today Show. Flaim trainer is a virtual reality firefighting training simulator that James and his team at Deakin University developed. James gave visitors to our recent Open Day the opportunity to try this exciting new training simulator.

### Thanks to those who came to our Open Day

We enjoyed meeting all of you who came to our Open Day on November 18. Hope to see you again next year!

Please follow us on Facebook: 'Grovedale CFA'

## NEW YEAR BLUES

The excitement, joy and bustle of Christmas is over once again for another 12 months. Now you ask what's on the agenda for the New Year?

Have you thought about joining a club?

If the answer is perhaps, maybe we have a club that may interest you.

We are a group of around 60 active retirees, some semi-retired who get together the second Thursday of each month. We meet at the Grovedale Community Centre at 0930 for a 1000 start. Following a short meeting advising our members of the month's activities we break for morning tea where we have the chance to catch up with each other before we have an invited speaker that entertains us for roughly an hour before we head off to have lunch together.

During the month we have many activities which you can choose to join in. They include a walking group, morning melodies, coffee mornings, lunches, movie nights, restaurant dining, short bus trips and once a year a longer trip.

If this sounds like just what you have been looking for you are welcome to just come along and experience it for yourself. If you prefer you could contact myself on 0458 288504 and I will be pleased to chat with you.

Looking forward to you joining us.

Vivienne Buchanan, President, Grovedale-Marshall Probuss.



### Advertise with the Grapevine.

Contact GNH Phone: 5241 5717.

Email: [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)



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