

## HOW BOWELSCAN TESTING SAVED A LIFE

**T**ORQUAY Graham Gill didn't necessarily join Rotary to become a life saver- it just worked that way. And with luck would have it, the life he helped save was his daughter's.

Because of her dad, Leanne Paull, 45, knew all about Rotary's Bowelscan cancer awareness program. May is Bowelscan month when Rotary rolls out its bowel cancer test kits across the state. The Waurin Ponds mum had been taking the test for years because her father encouraged all of his family to take the simple test to screen for bowel cancer.

Last year her Bowelscan test came back positive. Even though there was no family history of the disease she had none of the risk factors and was aged under fifty, she got her second test through her GP. It also came back positive.

It was the subsequent colonoscopy that then discovered the tumor which was in its relatively early stages and was able to surgically removed without the need for chemotherapy or radiation treatment.

"If dad hadn't said anything I would never have done anything" she said. "Sometimes you don't know what's going on in your bodies." This year is the 31st year of the program running in Victoria.

Today Belmont Rotarian Max Fry oversees a program that covers regional Victoria, southern NSW and eastern South Australia. Locally, every chemist in Geelong will be stocking the Bowelscan kit in May.

The message that Mr Fry is keen to get out is that a Bowelscan test should not be seen as a one-off thing, and that it should be taken regularly. Ms Paull certainly knows the wisdom of that. ■



### WHAT'S INSIDE

**MANAGER'S CHITCHAT** 2

**KARDINIA WARD UPDATE** 3

**LOCAL FOOD** 4

**TRANSITION STREETS** 8

**PROGRAM** 8

**WOMEN** 14



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

#### OFFICE

45 Heyers Rd, Grovedale VIC 3216  
Phone: 5241 5717  
Mon 9am - 12pm,  
Tues-Thurs 9am - 3pm  
www.grovedalenh.org.au

#### ADVERTISING & EDITORIAL

Disclaimer | The inclusion of inserts, editorials or advertising in The Grovedale Grapevine does not necessarily constitute or imply any endorsement or recommendations concerning the products, services, opinions or information found in the contents.

#### 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.

#### LAYOUT & DESIGN

Maria Theresa Kelly

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

**TERM 2 DATES 2018  
APRIL 16<sup>TH</sup> - JUNE 29<sup>TH</sup>**

**CHECK OUR ACTIVITY PROGRAM  
FOR COURSE START DATES.**

**DEADLINE  
FOR NEXT  
ISSUE OF  
GROVEDALE  
GRAPEVINE  
8TH JUNE**

## MANAGER'S CHITCHAT



Grovedale Neighbourhood House now has a beautiful electric BBQ donated by the Lions Club of Grovedale/Waurn Ponds. We are truly grateful and delighted. We encourage members of the community to come and use the BBQ.

This term due to the RACV Community Foundation grant we received, we are going to create a lovely shady place with picnic table close to the BBQ.

Following on the food theme, this term we have a big focus on food sustainability. We are raising awareness about the local Grovedale food swap, Grovedale community orchard and the Grovedale Food Co-operative. Email Jess on jessboccia@gmail.com to volunteer, join the co-op or come to the food swap.

Also we are running workshops on Transition streets, were people living in the same street work together to share skills and knowledge about saving energy, be sustainable and protecting their environment. See inside the grapevine for the dates and times of the workshops.

Check into our facebook page and keep up with what's happening at Grovedale Neighbourhood House. ■

Cheers

*Linda*

## RENT A ROOM

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.**

## BOOK SWAP

If you love reading and like a variety of topics, then our book swap library is for you. We have murder mysteries to enchantment and history. Craft to cooking and of course travel the world books. So bring in the books you would like to swap, and take a new lot home with you! Our fabulous volunteers keep this book area beautifully neat and functioning.

## YOU HAVE THE POWER!

Grovedale Neighbourhood House can now offer points to recharge your battery on your scooter or wheelchair. You can have a cuppa while you wait or use our free wifi.



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:





# Here's how Kardinia Ward is moving forward

By Kardinia Ward Councillors  
Bruce Harwood  
Pat Murnane  
and Ron Nelson



In the six months since our election to Council last November, we've made good progress on a number of big issues.

Our strong focus has been on listening to the community's views on both local Kardinia Ward matters, and bigger picture plans and projects that will shape the future of Geelong.

The 'building better bike connections' project has created a lot of discussion, particularly the southern link, which will make it safer and easier for Grovedale and Waurin Ponds residents to cycle from home to High Street, Belmont, and to central Geelong and back.

A recent survey found around 71 per cent of people support the southern link.

As a Council, we think it's essential the community have access to bike connections that give everyone the confidence to ride safely.

We're aware of concerns from traders on High Street about parking in Belmont, and we're consulting closely with them on the design of the bike connections between Oslyn Road and Mount Pleasant Road.

As well as the survey, City officers have also run three community drop-in sessions, plus a workshop with traders to gather feedback.

That feedback will help shape the final design of the route along High Street.

Our goal is to find a solution that works for everyone.

The benefits to the community once the bike connections are completed will be considerable.

There are many community groups in the area that contribute to the neighbourhood by providing social connectedness, healthy activities, education and support.

One we've met with recently is the Grovedale Community Orchard Working Group.

We're working with them on the long term security of their orchard in Grovedale.

They make good use of Council land to produce fruit and vegetables available for exchange with the community. ■



## Ladies Probus Club of Grovedale East

The Ladies Probus club of Grovedale East meet at 10am on the 4th Monday of each month in the Uniting church hall, Reserve road, Grovedale. We have interesting speakers, outings, a walking group, movie days, a craft group and more. New members welcome. Come to a couple of meetings as a visitor to get a feel for our club. Phone the Secretary/ Mobile 0405 449 716. ■



**Tuckers**  
Funeral & Bereavement Service  
...for a life worth celebrating

Our Funeral Arrangers are available  
when you need support and guidance.

Phone: 5221 4788  
[www.tuckers.com.au](http://www.tuckers.com.au)

Available 24 hours, 7 days

# THE SMART WAY TO GETTING ORGANIC PRODUCE

We are a small group of people who pool our resources to buy organic vegetables and fruit in bulk, mostly direct from the farmer. Participants will receive a weekly box of seasonal local organic produce at prices well below retail. In order to receive their box those involved contribute money and take part in a packing roster.

The system is local and small scale. It relies on goodwill, honesty and trust of those involved.

## IS THIS GROUP FOR ME?



*stockphoto not actual box from the coop*

This may be a group for you if

You want to eat locally sourced organic produce  
You would like produce that is good value.

You are happy to receive a selection of vegetables based on what is seasonal and available at a good price

You wish to live more sustainably and reduce your food miles.

You are happy to contribute a small amount of time towards packing boxes  
You are willing to pay for four weeks of produce at once.

## THIS GROUP IS NOT FOR YOU IF:

You want to pick the produce you get;  
You want your produce to be perfect in terms of appearance (shape, size etc);  
You don't want to be involved with packing or pick up.

## HOW MUCH DOES IT COST?

We currently have 2 box sizes single or double. Single boxes cost \$15 per week and are suitable for 1-2 people

All money is spent directly on produce, there are no overheads involved. Boxes must be paid for in advance. We work in 4 week cycles so participants pay \$60 single or \$120 double each time in advance. Garlic ginger and turmeric are also available (once each in the month) for an extra \$10 per month.

Payment is every 4 weeks in advance.  
. Single box \$60 or \$70 with garlic ginger turmeric. Double box \$120 or 130 ggt.

## MAKING YOUR PAYMENT

Please make your payment into this account: Bsb 633000 Acct 152202586 JM and JM Butler.

Please text Jess 0409536752 when you have paid and how much. Also please ensure you put your name in the payment reference. You will also need to pay a one off \$5 contribution towards reusable bags, please give this to Jess in cash.

## WHAT'S IN THE BOX?

Produce will vary based on what's in season and available. Each person will receive the same box, but quantity and content will vary each week. It will always be chemical free and generally contain a good proportion of local produce (subject to availability). Our two current suppliers are organic certified, however we are open to purchasing from small scale producers who are chemical free but not in a position to be certified.

Produce is organic and based on what's available with a preference for local, seasonal produce. Price is also taken into account so for instance we get juicing carrots instead of full price carrots. As with all organic food, you will notice things can be different sizes/shapes and may sometimes have marks or blemishes, produce will not look the way it does in a supermarket...

## PACKING/ PICK UP TASKS

Joh organises a packing and pick up roster and will contact you to work out your shift. Each person does one shift per month (occasionally an extra may be required). Pick ups are from Lovely Banks 3.15pm on Tuesdays. Packing is at 4pm in Grovedale, 2 people pack together. If these times are not possible please talk to Jess before joining up to see if there is

another job you can do. The system relies on everyone's input therefore it is extremely important that you attend your shift.

If you are unable to complete your allocated shift you can text the group for a swap or replacement (in advance). Otherwise please ask a family member or friend to fill your place.

## GETTING YOUR BOX

Box pick is Tuesdays from 5pm. You will also receive a text when boxes are ready. Pick up address will be text after first payment is received. Boxes are around the back of the house in the packing area. Please pick up your box on the day it is packed.

If you are unable to get your box (i.e. you are going away) please either arrange for someone else to collect it or let Jess know (so that it can either be distributed amongst other members or donated to a food relief organisation).

## COMMUNICATION

We have a Facebook group managed by one of our members which you will be added to unless you don't want this. Most of our communication occurs through text. Please feel free to ask questions if you want to know more about suppliers, ordering process or how things work.

Opportunities for feedback will be provided through online surveys every couple of months. This is the place to make any comments around quantity, quality, variety etc. In looking at survey feedback we go with the majority opinion. Due to the number of people in the group and voluntary nature of it please wait until the survey to provide feedback, requests etc. ■

## SAMPLE BOX

### Autumn (\$15 / \$30 box)

Broccoli 500g/1kg  
Cauliflower ½ / 1  
Beetroot ½ bunch/1 bunch  
Silverbeet ½ bunch /1 bunch  
Capsicum 333g/ 666g  
Sweet potato 500g/ 1 kg  
Carrots 500g/ 1 kg  
Pumpkin 1kg/ 2kg  
Bananas 600g/ 1.2kg  
Pears 500g/ 1kg



## The Orchard needs your support

**T**he Grovedale Community Orchard is an open community space designed to provide free fruit, recreation and education to the public. It is managed and maintained by a small group of volunteers. In order for it to continue to grow into a vibrant productive community space we need your support!

You can join the Orchard Working Group. We meet once a month (after working bees) to discuss issues related to the orchard including planning, workshops, working bees and fundraising.

Help out at our monthly working bees (End of Perrett St Grovedale).

Come along on the 1<sup>st</sup> Saturday of each month 9.30am to help out with maintenance, socialise with others and share morning tea.

You may also donate or fundraise. The orchard has no ongoing source of funding and relies on small grants and donations. We are grateful for donations of any kind.

**FOR MORE INFO** or to let us know how you can help contact Jess at Phone: 0409536752 or email [jessboccia@gmail.com](mailto:jessboccia@gmail.com). **Facebook:** Grovedale-Community-Orchard-1532382570337567

## Don't let good food go to waste! Swap it!



**B**ring your locally grown food, excess garden produce, or unused fruit from overladen trees. Our monthly Food Swaps are at Grovedale Community Garden, every third Saturday and at Vitality Cafe, Highton every fourth Saturday. Belmont is currently on standby and if you'd like to help run it every second Saturday, please contact Transition South Barwon. Our new times are at 9:30-10:30 am.

We operate on a simple honesty system. Place your produce on the table and swap for an equally or approximately valued portion.

Bring your family and friends and home-made, home-grown produce and be part of a positive social experience.

Don't have produce to swap? You could bake something, bring preserves, jars, seeds, egg cartons or get creative. After swapping is mostly over (about 10am) produce will be available to anyone for a small donation. Funds go directly to running of the foodswaps.

**FOR MORE INFO, Phone Jess 0409536752 (Grovedale) or 52416601 (Highton). Email [transitionsouthbarwon@gmail.com](mailto:transitionsouthbarwon@gmail.com)**



**REED PRINTING**

# 500 BUSINESS CARDS FREE

WITH YOUR FIRST PRINT ORDER

**(03) 5249 8632**  
[sales@reedprinting.com.au](mailto:sales@reedprinting.com.au)

\*Digital printed, 350gsm double sided \*\*orders must be over \$50



## NOMINATE NOW

### GEELONG YOUTH AWARDS

The Geelong Youth Awards are coming up in June and nominations for the Awards are now open! This is your opportunity to celebrate Young People in the Geelong Community. Complete your nomination form online at [www.youthcan.vic.gov.au](http://www.youthcan.vic.gov.au) by 29 April 2018.



**VICTORIAN  
YOUTH  
WEEK**



### GEAR UP FOR YOUTH WEEK



*This event is supported  
by the Victorian  
Government.*

Youth Week 2018 runs from Friday 13th April to Sunday 22nd April. This year we plan to run an all-inclusive YDU event bringing our teams and young people together.

**Date of event:** Friday 13th April 2018

**Venue:** Little Malop Central

**Event time:** 1.00pm to 4.00pm

To stay updated on this awesome event please follow us on Facebook Geelong Youth or [www.geelongaustralia.com.au/youth](http://www.geelongaustralia.com.au/youth) for more information.

# YOUTH DROP-IN

THE SHACK  
GROVEDALE NEIGHBOURHOOD HUB  
45 HEYERS RD. GROVEDALE

FREE 3.30PM - 5.30PM

EVERY THURSDAY AFTERNOON OF SCHOOL TERM

TABLE TENNIS  
X-BOX  
FOOTBALL  
WII  
FREE FOOD  
ART  
SPORTS  
AND MORE!

**Want to hear more about youth activities and opportunities for 12-25 year olds in your area?**

Get involved in school holiday programs, youth events, youth environment opportunities, programs, community volunteering and more!

Whether you are a young person, parent or carer, we'd love to hear from you!

Contact Youth Admin on [youthadmin@geelongcity.vic.gov.au](mailto:youthadmin@geelongcity.vic.gov.au) or 0419 504 329

Like or follow us on Facebook  
TAG (Teen Activities Geelong)  
Geelong South Youth Activities

CITY OF GREATER  
**GEEELONG**

## GREAT VALUE rental community for independent seniors

**Ingenia Gardens provides an alternative to retirement living, offering affordable rental units in a secure community of like-minded residents.**

- ✓ Purpose-built ground level units with large ensuite and private courtyard
- ✓ Secure gated seniors community with onsite parking
- ✓ Simple weekly rent - no big upfront fees
- ✓ Caring Village Manager onsite Monday to Friday
- ✓ Home-style meals prepared by our catering team onsite or self-catered options available
- ✓ Free social activities, performances and bus trips
- ✓ Free access to Ingenia Care advocacy service



**To book a private tour call our Village Managers**

**Ingenia Gardens Geelong 5248 8426** 142 Townsend Road, St Albans Park

**Ingenia Gardens Grovedale 5241 3011** 1 Church Street, Grovedale

[www.ingeniagardens.com.au](http://www.ingeniagardens.com.au)

  
**Ingenia Gardens**  
AN INGENIA COMMUNITY

# Transition Streets

## CHANGING THE WORLD NEIGHBOUR BY NEIGHBOUR!

**M**ost Australians live a life that if everyone in the world lived that way, would use up the resources of 5 planets which of course we don't have.

We have already passed the ecological limits of the one we have resulting in climate change, resource depletion, mass species extinction, ecosystem breakdown, pollution of

land and sea and all the associated individual, social and community issues that go with that.

Transition Streets are all about empowerment and connection...with ourselves and what we care about, with our family's, our communities and the ecosystems we love and depend on as biological creatures. They are a way of bringing many people on board who are thinking

globally and acting locally. A lot of people doing a lot of small steps adds up to big action. As well it's creative and fun.

Just get a group of approximately 10 households within easy walking distance together perhaps monthly and read up on a chapter and take on a challenge.

They are supplied with the amazing and free 180 page Transition Streets resource book that supplies information, challenges that both adults and children can take on, links to videos and other useful tips and

structures. It assists neighbours to look at their use of Water, Energy, Food, Transport and Waste & Consumption together and to take on challenges to reduce our ecological footprint in all these areas. It is for renters, home owners, young and old, single person households and families. The challenges range from free things that will save you money to actions that cost. There is something for everyone.

We have 6 groups in Geelong and have been awarded a grant by City of Greater Geelong. MP for Geelong Christine Couzens and MP for Lara John Eren are supporting the program in Geelong with the printing of books free to all participants.

We have a Facebook page Transition Streets Geelong that people are welcome to join. Also we're compiling an email list of interested people so if you're not on Facebook, send us your email

**CONTACT:** Monica Winston, Transition Streets Geelong Coordinator | Transition Streets Geelong (Facebook page) email: [transitionstreetsgeelong@gmail.com](mailto:transitionstreetsgeelong@gmail.com) | Phone: 0414789613



## COME TO GROVEDALE NEIGHBOURHOOD HOUSE AND HEAR ALL ABOUT TRANSITION STREETS!

### WHEN:

Monday 16th April: 7.30pm – 8.30pm. RSVP by 11th April to Monica 0414789613  
Thursday 19th April 10.00 – 11.30am. RSVP by 17th April to Monica 0414789613

**WHERE:** Banksia Room, Grovedale Community Hub, 45 Heyers Road, Grovedale.

Pooches, Pampering & Playtime!

**BB's GROOMING**

**CONTACT MATT FOR BOOKINGS:**  
0468-632-012

10% OFF FIRST APPOINTMENT!

   
@bbs.grooming

**GROVEDALE**  
Monday - Friday  
8am - 6pm  
Saturday  
10am - 4pm







## TAKING EXPRESSIONS OF INTEREST :

### MEDITATION & MINDFULNESS

**Beginners.** Are you feeling stressed, finding yourself worried or anxious. This introduction will give you techniques to deal with modern day life.

🕒 Mon. 10.30 - 11.30am

**Advanced** - Pre-requisite 5 week beginners course. This is an ongoing group with weekly themes to progress you in your meditation practice.

🕒 Mon 9.30 - 10.30am

💰 \$2.50 per week

☎ 524 15717

## NEW

### TRANSITION STREETS

Changing the world street by street! Come to Grovedale Neighbourhood House and hear all about it! Interested in setting up your own edible garden, swapping worm juice, sharing food from your garden - then this is for you. Transition Streets is about thinking globally and acting locally. Local people doing a lot of small steps adds up to big action.

🕒 **Monday** 16th April: 7.30pm -

8.30pm. RSVP by 11th April

🕒 **Thursday** 19th April 10.00 -

11.30am. RSVP by 17th April

☎ **Monica** 0414789613

### COMMUNITY KITCHEN

Learn to cook a meal for \$5 or less. Friendly, welcoming group; no prior skills required.

🕒 **Monday** 10.00am - 12.30pm

☎ **5241 5717** to book in

💰 \$5 pw

## FYI



## ELECTRIC SCOOTER RECHARGE POINT

## WELLBEING

### COMMUNITY KITCHEN

Learn to cook a meal for \$5 or less. Friendly, welcoming group; no skills required.

🕒 **Wed** 10am - 12.30pm

☎ **CNH:** 5241 5717

### FOOD SWAP

Bring your excess produce for swap or sale at Grovedale Community Garden.

🕒 **Third Saturday** of the month  
9.30 - 10.30am.

☎ **Jess:** 0409 536 752

### TOWN (Take Off Weight Naturally) Weight Loss Support Group

🕒 **Wed** 6pm - 7.30pm

☎ **Heather:** 5243 0622

### WEIGHT WATCHERS

🕒 **Wed** 6pm - 8pm

☎ **Steve:** 0402 303 064

🕒 **Sat.** 8am - 10am

☎ **Jill:** 0437 289 633

## U3A ACTIVITIES

### YOGA

🕒 **Mon** 10.45 - 11.45am

Commencing 16<sup>th</sup> April

### YOGA

🕒 **Wed Fri** 8.00 - 9.00am

Commencing 18<sup>th</sup> & 20<sup>th</sup> April

### MEDITATION WITH SOUND

🕒 **Mon** 12.00 - 1.00pm

Commencing 16<sup>th</sup> April

☎ **Brian:** 5242 8453

### U3A - MARITIME SCIENCE

🕒 **Wed** 10.00am

Commencing 18<sup>th</sup> April

☎ **Mary Paul** - 5244 5114

## MUSIC

### COMMUNITY UKULELE

A fun and social group for all ages where you will learn the basics of playing the ukulele and learn some easy songs along the way. You do not need any prior experience, but you will need to bring along your own ukulele and a sense of fun.

🕒 **Mon** 7.30pm - 9pm

💰 \$2.50 per week

☎ **Ross:** 0430 871 045

**Beginners** 6.30 - 7.30 pm

Comencing 16<sup>th</sup> April



## FITNESS

**ACTIVE AGEING EXERCISE**

Strengthen your balance and fitness

- 🕒 Mon 8.30am & 9.30 am commencing Mon. 16<sup>th</sup> April.
- Wed 9.30 am & 10.30am commencing Wed 18<sup>th</sup> April.
- 💰 \$6 per session if paid monthly or \$7 casual

Bookings essential

📞 5241 5717

**ZUMBA**

- 🕒 Wed 7.00-8.00pm
- 💰 Casual classes \$10 per session
- 📞 Julie: 0419 377 563
- ✉ julie.lastavec@bigpond.com.au
- Continuing 18<sup>th</sup> April

**WINGROVE CALISTHENICS**

- 🕒 Mon: Tinies 4.15, Jnrs 5.30pm Seniors 7.30pm
- Tues: Sub jnrs 4.30pm, Inters 6.30pm
- Thurs: Masters 7.30pm
- 📞 Kylie 5244 2448
- Commencing 16<sup>th</sup> April

**PILATES CONNECT**

- 🕒 Wed 5.30-6.30pm
- 📞 Marissa: 0402 413 933
- Continuing 18<sup>th</sup> April

**NINJUTSU**

- 🕒 Thurs 6.30-9pm
- 📞 Rob Baard: 0410 414 488
- Continuing 19<sup>th</sup> April

**PHILOSOPHY DISCUSSION GROUP**

- 🕒 Wednesday 7.00 – 9.30pm
- Commencing 18<sup>th</sup> April.
- 💰 \$2.50 p/wk
- 📞 GNH: 5241 5717

**YOGIC PHILOSOPHY STUDY GROUP**

Yoga is so much more than doing exercises to improve physical fitness! If you are interested in learning more about the philosophy surrounding yoga then this group could be for you!

- 🕒 Thursday 10.30am – 12.00pm
- 💰 \$2.50 p/wk
- 📞 Brian 5242 8453
- Commence : 19th April

## CRAFT

**CRAFT**

- 🕒 Wed Group 1-3pm
- 💰 \$2.50 pw
- 🕒 Craft Creators Friday 9.30am-12pm,
- 💰 \$2.50 pw
- 📞 5241 5717

**PASTEL ART CLASSES**

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

- 🕒 Mondays 1.00pm – 3.30pm
- Commencing : 16<sup>th</sup> April
- 💰 (10 weeks) \$160.00
- 🕒 Thursdays 9.30am – 12.00noon
- Commencing : 19<sup>th</sup> April
- 💰 (10 weeks) \$160.00
- 📞 Jen 0408 461 559

**SOGETSU IKEBANA**

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

- 🕒 Thurs 6.00pm to 8.00pm
- 💰 \$200.00 per 8 wks
- ✉ roadsidesikebana@bigpond.com
- 📞 Christopher: 5261 3983
- Commencing 19<sup>th</sup> April

**MACHINE EMBROIDERY CLUB**

If you have any brand of computerised embroidery machine, and would like to join, contact

- 📞 GNH office 5241 5717
- 🕒 Sat 10am – 3pm Apr 14<sup>th</sup>, May 12<sup>th</sup>, June 9<sup>th</sup> & July 7<sup>th</sup>
- 💰 \$5 p/session

## COMPUTER

**COMPUTER PHOTO EDITING:**

- 🕒 Beginners Tues 1pm
- 💰 \$5 pw -booking essential
- 🕒 Advanced Tues 9am
- 💰 \$5 pw
- Comm. 16th April
- 📞 5241 5717

## CHILDREN

**MINI MAESTROS**

Music classes for children

- 🕒 Wed 9.15-12.30pm
- 📞 0424 047 822
- ✉ mm.geelong@minimaestros.com.au
- Commencing 18<sup>th</sup> April

**KAREN FELDMAN'S DANCE CLASSES**

Age-specific dance classes

- 🕒 Wed 2.30pm from 18<sup>th</sup> April
- 🕒 Thurs 4pm from 19<sup>th</sup> April
- 📞 Karen: 0432 493 527

**WAN-YAARI ABORIGINAL BOYS CULTURAL PROGRAM**

The program aims to enhance and strengthen connection to culture, Aboriginal identity and positive well-being in a fun, safe and supportive environment.

- 🕒 Wed : 4.00-5.30pm
- 📞 Lowell: 0473 476 728
- ✉ enquires@wanyaari.com.au

**DAZZLING DAN'S MAGIC CONNECTIONS**

Magic classes for Children

- 🕒 Wed: 4.00pm comm. 18<sup>th</sup> April
- 📞 Dan: 0417 165 408
- www.dazzlingdan.com.au

## 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.

- 📞 Nic Kuiper: 0438 789 417

## YOUTH

**YOUTH DROP IN**

Regular drop in activities of X-box, table tennis, art activities, sports, Wii, free food!! All welcome

Ages 12 -25

- 🕒 Thursday 3.30pm – 5.30pm
- 📞 Emma: 0408 922 207
- Commencing 19<sup>th</sup> April

## CHILDREN



Nurturing Confident Learners

## Mini Maestros

Our Grovedale Mini Maestros classes have begun the year on a high. The children and their carers come to class each week excited to find out what their session will offer. Will there be new instruments to play or a new puppet to meet? What type of dancing will they do today and will the parachute be used to end the class?

This term, the children in our 1-2 year old classes have been enjoying playing peekaboo through a range of new peekaboo songs, have practised their focusing skills by meeting special friends such as Fuzzy the Clown and have explored a wide range of percussion instruments including drums, tambourines, bells, maracas and claves.

Our busy 2-3 year old students have been testing out their bodies through moving to the music in various ways; loud stomping feet and quiet tippy toes, slow creeping and fast runs have been some of our favourite ways to move.



The children have loved receiving their Bumblebee puppets and many of our little ones are already having a try at solo singing.

As we move up in ages, we see our 3 and 4 year olds showing greater levels of independence and ability. Children in these age groups are participating in the class independently of their carers – although we do still like to invite our big people to join in with us when we dance! Co-operation, respect for the ideas of others and taking turns are skills this age group learn to develop in our classes. Playing together as a group on the gathering drum or working with a partner for a simple hand patting dance are ways that our groups are learning to work together.

If you would like more information about our Wednesday Mini Maestros classes, please contact Kate on 0424 047 822 or [mm.geelong@minimaestros.com.au](mailto:mm.geelong@minimaestros.com.au)

## HEAR THE ROAR

100 years



**D**id You Know? The Lions Club of Grovedale/Waurn Ponds recently celebrated 100 years of Lions community service here and around the world with the donation to the Grovedale Neighbourhood House and the wider Grovedale community of a new in-ground electric barbecue. It is hoped that various groups who access the Community Centre will make good use of this added facility for fun, fellowship and fine food!

Yes, Lions have been around for 100 years that being seventy years in Australia.

Your local Lions club, the Lions Club of Grovedale/ Waurn Ponds, was chartered in 1985.

Worldwide Lions Clubs International (its official title) has a current membership in the vicinity of 1.5 million men and women just like you, who want to help their neighbours.

If you want to know more about becoming a Lion, we'd love to hear from you. Give our Membership Chairman or our President a call. We'd be happy to have a chat; no strings attached. **Membership - David Ridley 0459 574 347. President - Jane Petniunas 5241 3909**

### ANDREW KATOS MP

Member for South Barwon



Please contact my office if you wish to discuss any State Government matters

[www.andrewkatos.com.au](http://www.andrewkatos.com.au)

1/174-178 Torquay Road GROVEDALE 3216

Phone: 5243 5222

[andrew.katos@parliament.vic.gov.au](mailto:andrew.katos@parliament.vic.gov.au)

Authorised by A Katos 1/174-178 Torquay Road GROVEDALE 3216  
Funded from Parliament's Electorate Office and Communications Budget

### Geelong Wheelchairs



Large range of  
Mobility Scooters  
available for trial

**FREE RACV  
Roadside  
Assist**

**We service what we sell**

**Call us for a FREE  
in-home trial today**

**Phone: 52440844**

106 Bailey Street Grovedale



Opening Hours

**Saturday 9:30 - 11:30 am**

Enjoy over 1000 toys suitable for babies to 6 years for less than \$2 per week.

Inside & Outside Toys

Ride-on Toys

Sports Equipment

Building & Construction sets

Puzzles & Games

Imaginative play props

Party & Travel Packs

Grovedale Community Hub

45 Heyers Rd, Grovedale 3216

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

[www.grovedaletoylibrary.org.au](http://www.grovedaletoylibrary.org.au)



# The Lions Club of Grovedale/Waurn Ponds and the BBQ

**N**early two years ago David Ridley from the Lions Club of Grovedale/Waurn Ponds came to the GNH and asked if we would like to submit for the 100 years of the Lions grant which was a \$1000. We put in for an outside area so the community members who came to the hub could use a BBQ and sit down and have a chat.

The GNH Manager and the Lions developed a working relationship and the Lions decided to fund raise for the BBQ and they were particularly interested in our Youth Drop In and the Aboriginal Boys Cultural program. The Lions club organised the sausage sizzle for the Aboriginal Boys Cultural program performance for 2017 NAIDOC week at Grovedale Community Hub.

The Lions Club of Grovedale/Waurn Ponds have raised over \$7000 for our BBQ and their support has been invaluable. We cannot thank them enough and look forward to the formal launch of the BBQ on Saturday 28th April between 10.30am and 12 noon at the Grovedale community hub.



Hi

## Grovedale Community Hubbers!



### NO SMOKING.

Just a reminder that Government regulations state that there is to be no smoking within 6 metres of a door or window near a child care centre or community hub. What this means at our Hub, is that smokers need to cross the car park and go onto the parkland to smoke, making sure butts are disposed of appropriately. Thank you for your compliance with this important government regulation, and in consideration to our children and others in the Hub.



### ONE WAY!

Don't forget our car park is one way. This is for the safety of children and all the community member's that use the Hub. Also a gentle speed when entering and the leaving the car park is much appreciated. We have arrows painted on the ground now so it makes it easy to follow, and a 20kmph sign so please go with the flow!



### FREE WIFI

Grovedale Neighbourhood House has free wifi, so come on out of the cold, have a cup of tea and catch up on your emails, Skype your friends and family or finish that last essay. Just ask us for the password.

Ingenia Gardens

**Free events**  
for over 55s

### GEELONG (FRONT)

Weekdays 10am Morning Tea  
Wednesdays 1pm Card Making

### GEELONG (BACK)

Monday 10am Morning Tea  
Thursday 1.30pm Bingo  
Thursday 2.30pm Carpet Bowls

### GROVEDALE

Tuesday 1.30pm Word puzzles  
Friday 2.30pm Bingo

For more information call our Village Managers

INGENIA GARDENS GEELONG

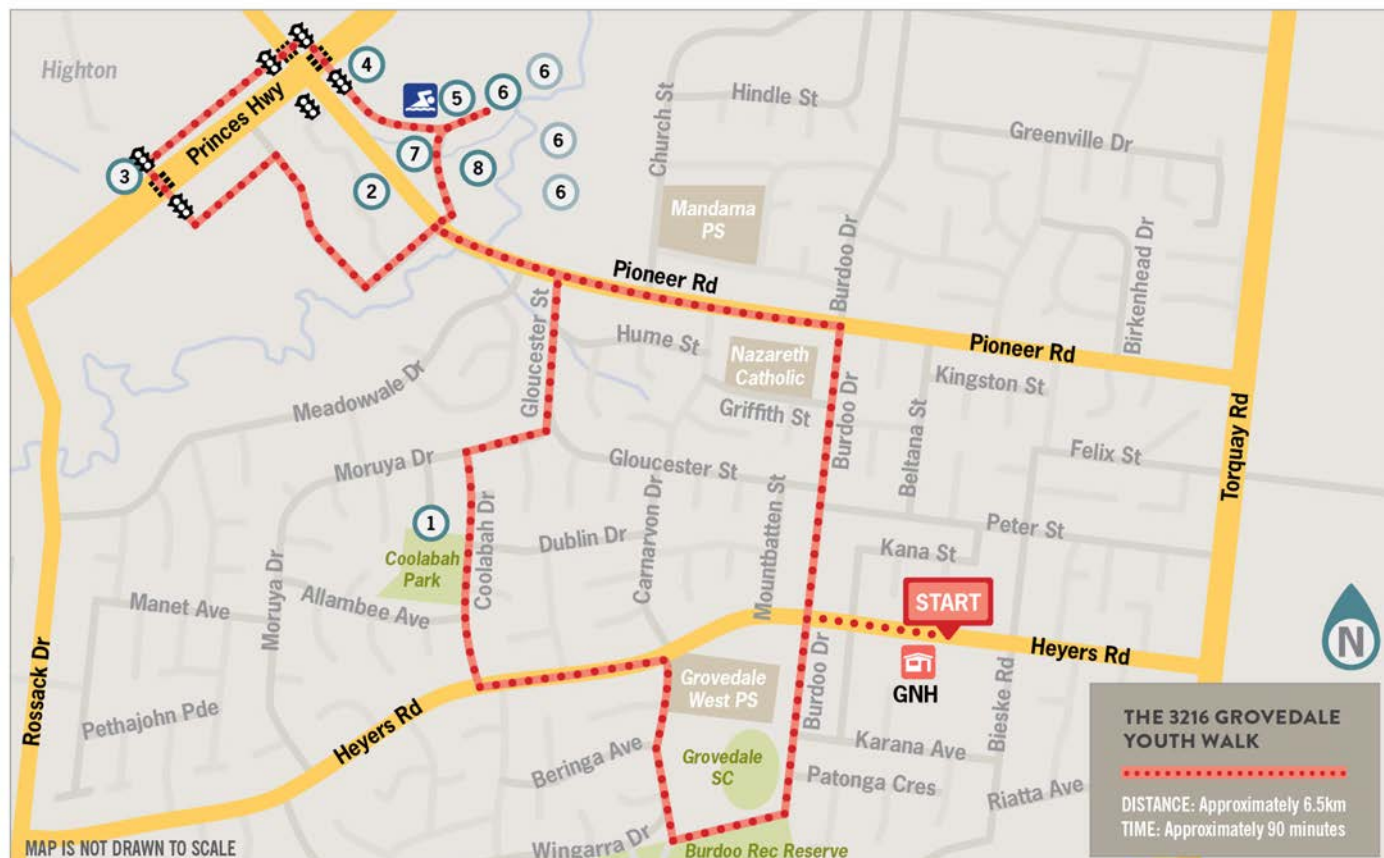
p 5248 8426 142 Townsend Road, St Albans Park

INGENIA GARDENS GROVEDALE

p 5241 3011 1 Church Street, Grovedale

[www.ingeniagardens.com.au](http://www.ingeniagardens.com.au)

# WATCH OUT FOR: 'KNOWING YOUR PLACE 3216: GROVEDALE YOUTH WALK" IN MAY



MAP DEVELOPED BY YEAR 10 STUDENTS FROM GROVEDALE COLLEGE  
WITH SUPPORT FROM A PROJECT WORKER FROM COGG.

## HEY LISTEN, WE WANT YOUR STORY.

Do you have a story from your club or organisation that could be shared? Did you have an important cultural event? Celebrate a special occasion? Know someone special you would like to acknowledge? Tell it through the Grovedale Grapevine! Contact us on 5241 5717 or [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au).



## WANT A DIGITAL COPY OF GROVEDALE GRAPEVINE?

**SIGN UP NOW** to get a digital copy of the Grovedale Grapevine right in your inbox. **Email** us your name and email at [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au) or drop off this form 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).

NAME

EMAIL





# ROTARY: *Making a difference*

**Y**ou may be interested in learning about one of the projects with which the Rotary Club of Grovedale-Waurn Ponds is currently involved. Below is an extract from our club bulletin outlining an address from a guest speaker at one of our recent weekly meetings.

## Victoria Police Leaders Mentoring Program (VPLMP) – A Three Way Partnership.

Victoria Police, Rotary and the Victorian business community in association with Rotary International and the Victorian business community have established a successful partnership to deliver the VPLMP for police members who are considered to be leaders within their field and have potential for more senior roles in the future.

The VPLMP is a structured 12 month development opportunity that partners a police member with either a business or a Rotary mentor. The key focus is to develop the longer-term career potential of Police members while providing benefit to Victoria Police through an increased understanding of strategic leadership and community engagement approaches.

Recently the Rotary Club of Grovedale Waurn Ponds guest speaker was Detective Senior Sergeant, Mark Guthrie, of the Geelong CIU. Mark informed the members that he is part of the VPLMP. His mentor is Rotarian Peter Codd, from our Club.

Mark provided the Club with some background about himself, having grown up in Lara.

He attended what was then known as Corio Technical School, in Corio. He went into the Police force as a twenty-year old person and started his career at Werribee after his initial training.

He had a number of postings across the western suburbs of Melbourne, and was stationed at Melton prior to his appointment to the Geelong station which is part of the Western Region Division 1.

Mark provided an honest and open assessment of his career to date, providing examples of some of the difficulties of the job on police, individuals, community, and the impact of the crimes on the people who are affected.

**CONTACT:** grovedale@rotary9780.org

**The Grovedale Neighbourhood House** is inviting all local artists to send their application to exhibit their work at the hub. The exhibitions change monthly.

**Fee:** \$25

*For more information or to get the application form:*  
**email** [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)  
**phone** 03 5241 5717

## ADVERTISE WITH US



### CONTACT

45 Heyers Rd, Grovedale VIC 3216  
 Phone: 5241 5717  
 Mon 9am - 12pm,  
 Tues-Thurs 9am - 3 pm  
[www.grovedalenh.org.au](http://www.grovedalenh.org.au)



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

## WE WANT YOUR THOUGHTS!

We would love to hear your stories, thoughts and feedback. If you or someone you know has stories to share especially in relation to the Grovedale Neighbourhood House or the classes we have, let us know and we might just include you in our next issue. **EMAIL** us at [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au) with the subject line: **GRAPEVINE SUBMISSIONS**

# Jean Hailes

## a visionary and leader in women's health



**D**r Dorothy Jean Hailes AM was a Melbourne general practitioner (GP) who worked tirelessly to inspire and encourage change in women's health. In 1971 she set up the first-ever women's health clinic in Australia, which was dedicated to midlife and menopause.

For more than 25 years, the not-for-profit organisation established in her honour, Jean Hailes for Women's Health, has been continuing her passion and dedication to improve women's health knowledge – and in turn their health – across the lifespan.

Jean was determined that women understand their right to know the facts about their health, to seek answers, know their choices, and to ask for a second opinion if necessary. She had a no-nonsense attitude and sensibility to supporting women, with her easy words of wisdom that ring as true today as they did 30 years ago.

**Know the facts** – how does a health conditions affect your body and emotions and what can be done

**Keep yourself fit** – in order to have a happy and productive life

**Find a good doctor to talk to** – if his or her attitude doesn't suit you, find one who does

**Ask for a second opinion** – it's your body and your life.

Jean was often remembered for her one liners, often said with a laugh or smile, but with huge meaning. One phrase she would often use with women was "you have to look after yourself" – a simple request, but in reality, it's not always easy to put into practice, so it's always important to be reminded.

Jean understood that you need both physical and emotional health in order to stay well and to prevent ill health.

Her simple but passionate reminders to take care of ourselves underpin the work that Jean Hailes for Women's Health continues today in clinical care, innovative research and practical education programs.

### FREE Jean Hailes event in May

On 16 May Jean Hailes for Women's Health is running an evening event for women in the Geelong region, answering the most frequently asked questions on menopause and women's health. It will be a night of entertainment alongside presentations from leading health experts, a mini health expo, giveaways and plenty of laughter.

To find out more about this event and women's health, visit [jeanhailes.org.au/events](http://jeanhailes.org.au/events).



**If a woman is in good health, her family, community and the society around her also benefit.**

**Dr Jean Hailes AM**



### Women's Stuff

Join us for a **FREE** night of fun, facts and the latest in women's health

**When:** Wednesday 16 May 2018, 6pm – 9pm

**Where:** GMHBA Stadium Presidents Lounge, Gate 14, Level 2  
370 Moorabool Street South Geelong

**Dr Sonia Davison**, Endocrinologist • **Sandra Villella**, Naturopath  
**Dr Kerry Rye**, Specialist Women's Health GP • **Nelly Thomas**, Comedian

Seats limited. Bookings essential.

Health information resource packs, mini health expo, prizes and refreshments provided. For more information or to book online:  
[jeanhailes.org.au/events](http://jeanhailes.org.au/events) or call toll free 1800 JEAN HAILES (532 642)

Partners include: Barwon Health, Women's Health and Wellbeing Barwon South West, City of Greater Geelong, and GMHBA







# Celebrate aged care, home style.

Find all the familiar comforts of home in permanent and respite care at Homestyle Belmont Grange. Enjoy the benefits of a surf coast way of life in this home away from home, while being close to all of the services Geelong has to offer. Family and friends are always welcome.

**PERMANENT AND RESPITE PLACES AVAILABLE NOW**  
Inspections welcome

**03 5243 8522**

**VETERANS LIAISON AVAILABLE**

**HOMESTYLE**  
AGED CARE

**HOMESTYLE BELMONT GRANGE**  
34-36 Church Street, Grovedale  
[www.homestyleagedcare.com.au](http://www.homestyleagedcare.com.au)



# 80

**AUSTRALIANS DIE  
FROM BOWEL CANCER EVERY WEEK**



**BOWEL CANCER IS THE SECOND MOST COMMON  
CANCER KILLER AFTER LUNG CANCER  
IF DETECTED EARLY YOU HAVE A 90%  
CHANCE OF SURVIVAL**

**\$15 at Your Pharmacy during May**

Website sales at: [www.rotarybowelscan.com.au](http://www.rotarybowelscan.com.au)