

PARALYMPIC HOPEFUL AT GROVEDALE NEIGHBOURHOOD HOUSE



You may have been seeing some new faces at the Hub recently, playing a game that you may not be so familiar with!

Jack and Paul have been attending the Hub to train in a game called boccia. Similar to the Italian game bocce, or the French game boules, boccia is a ball game played indoors.

People have been playing Boccia for thousands of years. In fact, it could be one of the oldest games in the world. The aim of the game is to score points by throwing your ball closest to the "jack". Four rounds (or ends) a game are played, and if scores are close towards the end of the match, the excitement level is huge!

Boccia is now a Paralympic sport and it is with the Tokyo 2020 Paralympics in sights that local player Jack Tori is training 10 hours per week. "I have already won medals interstate and represented Victoria nationally", says Jack, "my ultimate dream is to win gold for Australia. Competition is fierce for a place on the Tokyo Squad, we have to train long hours, and I am so grateful to the Grovedale Hub for providing a space".

Jack is assisted by Paul Sherry, who operates the local disability access service Venture Companion. Paul shares Jack's desire to attend Tokyo. "How amazing would that be, to see one of our local players go all the way and win gold, and then to be there as it happens. Dream come true for me!".

We wish the guys all the best and are proud to support such a great initiative. If you wish to learn more about the game or get involved, please contact Paul Sherry on 0448802226.

Hi Grovedale Community Hubbers

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 are organising new signs for the car park and traffic flow arrows that will assist you, keep your eyes out for the new directions! Thank you for your consideration.

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.

45 Heyers Rd

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WEBSITE grovedalenh.org.au

LAYOUT & DESIGN

Palila Opit

NOW DELIVERED TO 5,156 HOMES IN GROVEDALE.

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MANAGER'S CHIT CHAT!

Wow here we are in Term 2. I feel like I was catapulted into the year and we are firing on all cylinders!

We have a great program and would love to see you at the Hub. Watch out for our upcoming Mandala exhibition and Mandala Writing workshop. We are continuing our lovely pastel classes this term and the Ukulele class is continuing to outgrow its room each new term.

The Grovedale Neighbourhood House participated in the Neighbourhood Houses Victoria 2016 survey last term and we will be attending the Neighbourhood Houses Victoria Conference in May. It is good to be part of the bigger picture and we have featured a story on Neighbourhood Houses this term to showcase the wonderful work of the Barwon Neighbourhood Houses.

Have a lovely term and come and say hello, enjoy our free wifi for a quiet moment or get into some exercise or yoga.

Línda.

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.

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.

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 to discuss your needs and we will let you know availability and the range of reasonable rental costs. Phone 52415717.

Ladies Probus Club of Grovdale East

The Ladies Probus Club of Grovedale East meet at 10am on the 4th Monday of each month in the Uniting Church hall, Reserve Rd 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. Enquiries Ph. 5243 3670.





What is National Reconciliation Week?



Each year from **May 27-June 3**, National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. The dates that bookend the week are significant milestones in the reconciliation journey. May 27 marks the anniversary of Australia's most successful referendum and a defining event in our nation's history. The 1967 referendum saw over 90% of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census.

3 June commemorates the High Court's landmark Mabo decision in 1992, which legally recognised Aboriginal and Torres Strait Islander peoples special relationship to the land—a relationship that existed prior to colonalisation and still

ROTARY SERVING HUMANITY

Our annual dinner auction in October raised over \$15,000. Thank you to our generous donors, most of whom are small businesses in the Grovedale, Belmont, Waurn Ponds area. Their generosity has allowed us to support worthwhile local and overseas causes. It has allowed us to donate scholarships to two Grovedale secondary colleges and continue to support worthy Geelong causes.

In December we visited several nursing homes in Grovedale, introducing Father Christmas and leaving a small gift to brighten up Christmas for them. We continue to run sausage sizzles on the third Saturday of the month at the Aldi store in Grovedale, for \$2.50 you also can have sausage on bread, onions and your favourite sauce. We have also had sausage sizzles at Bunnings Waurn Ponds and other venues that we are invited to attend.

We are proud that the Rotary Club of Grovedale Waurn Ponds, together with other Rotary clubs in the Geelong area, form part of a network of service clubs and aid agencies in Geelong that help people in need, and provide opportunities to all, especially the youngsters. You exists today. This recognition paved the way for land rights or Native Title.

In 2016 several anniversaries were celebrated-including 25 years of formal reconciliation in Australia with the establishment of the Council for Aboriginal Reconciliation. It is also 15 years since Reconciliation Australia was formed and 10 years of success in its Reconciliation Action Plan (RAP) program.

Information about Reconciliation Week or the Stolen Generations can be found at: www.reconciliation.org.au/nrw/ and stolengenerationstestimonies.com

may have seen one of the fleet of patient transport vehicles provided by the Barwon Health Foundation and Rotary.

International service is a Rotary priority. To continue our service in developing countries we now have a Facebook page: Grovedale-Waurn Ponds Rotary Hand Up Project. Please visit it to see how Rotary "does good in the world".

Of course it isn't all work, we enjoy our company at weekly meetings at Rice Village. If you are interested in joining please call our Membership coordinator at 0457 504 425.







Struggling With Addiction? The Power in You Project Can Help

The program uses a holistic approach focusing on the addictive behaviours and patterns that are impeding positive actions and relationships. Participants develop self-esteem and awareness through fitness programs, group therapeutic and peer support workshops within structured leisure activities and group counselling.

We provide a safe and friendly environment encouraging participants and support people to relax, while creating the opportunities for informal conversation, support and discussions in regard to participant options, family support and one to one sessions.

The program offers an immediate start, after initial consultation, the only requirement being that the participant is clean, sober with the aim to stay clean throughout the program. The Power in You Project program includes; physical activities including river walks, gym and pool sessions. Participants are encouraged to sign up for eight week blocks, encouraging routine and accountability. Participants can engage in Mediations with family and friends, as well as individual and group therapy sessions. On completion of the eight weeks participants are offered vocational counselling to identify the skills and knowledge they can use to gain pathways to employment or study options, or how they can contribute within community.

Participants are encouraged to continue after the initial eight weeks, continuing self-development working towards personal goals and recovery, and engaging with new participants as peer mentors. We pride ourselves on giving our participants hope in a supported environment offering a broad range of activities with opportunity for all to participate.

Through The Power in You Project we aim to renew self-belief, build self-esteem and promote re-engagement within the community. Contacts below.

Grovedale Tigers Junior Football Club

The Grovedale Junior Football Club is part of the AFL Barwon program that offers girls and boys the opportunity to play Australian Rules Football. Through the dedication of coaching and administration volunteers, our club prides itself on developing the football skills of its members in a supportive and family friendly atmosphere.

Season 2016 saw over 300 junior players represent the club with age group ranging from Under 9 to Under 16. Our club also proudly fielded Under 9 and Junior Girls teams for the first time. Our Youth Girls team continues to flourish and we are planning to enter teams in the Under 15 and Under 19 Girls competitions this season and we welcome girls aged 8 -18 that love footy, to come and join us in 2017. As we expand our junior programs to meet the needs of our community, new families are always welcome. If any junior players are looking for a game, please email us at

Ph: 0477 074 007 Email poweru@comv.org.au www.communityveracity.com.au

grovedalejuniorfootball@gmail.com



Let's kick Cancer!

The Grovedale Football Netball Club and Leopold Football Netball Club would lappreciate your support on the 29th of April 2017, for the first Let's Kick Cancer Cup game at Burdoo Reserve.

There will be a casual Luncheon held from 12.30pm in the Grovedale club rooms. Tickets cost \$20 per person and includes canapes, a drink on arrival and afternoon tea during half-time of the senior game. Guest speakers include Tim McGrath and Barwon Health representitiives.

Our idea was first formed early last year although the concept of the "Lets Kick Cancer" cup, was born late August. We wanted to create awareness about a disease that touches everybody in our community in some form and what better way than through a football game, our national pastime.

Our motivation behind this event is that we have all lost loved ones to cancer or have family going through treatment. My own motivation is this; our mum died last year to liver cancer, she dedicated her life to her family, there was nothing that she wouldn't have done for any of us regardless of the situation or timing, with no questions asked. She was primary carer for our dad for the last 30 years of his life, while still raising my two sisters and myself. We were always provided for and Mum always had a smile on her face and a positive



attitude, even though behind closed doors we knew she had her down and dark days, but that always stayed behind that door.

Mum couldn't say no to anyone who asked for help and even in her sickest times when dealing with her cancer, would answer the door with a smile. Mum was hardly ever sick her entire life, but for her last 2 and a half years we watched her go through hell, we would not wish that on anyone.

We decided to do this game because football was our mum's passion and so many other people have gone through the same as we have. If we can contribute something, however small it is, to cancer awareness, then I know our mum would be looking down on us, very proud and honoured.

We have a Facebook event page, just search Let's Kick Cancer, tickets can be bought through www.trybooking.com/261463 and we will have a donation site for people who can't make it, called Everyday Hero. For any further information, you can contact me, Tim Russell on 0400 571 584 or email us at letskickcancer1@gmail.com

All proceeds will go to the Andrew Love Cancer Centre.



Stressed?

Come and do our

Mindfulness Based Stress Reduction Program

8 weeks Term 2, 2017 Tuesdays - 6.30 to 9pm - May 2 - June 20th

At the Grovedale Community Hub

- **Increase your -** relaxation; coping skills; energy; enthusiasm; concentration; memory; decision making
- **Decrease your –** stress; anxiety; depression; negative thinking; irritability; symptoms of chronic pain.

For further information and to register:

Contact: Jenn Apps Mindfulness Facilitator on 0409 968430 or email: jennapps@relationshipcounsellinggeelong.com.au

& ACTIVITICOURSES

What's New?

Pastel Art Classes

Pastel Artist & Teacher Jen Jones will hold lessons for beginners through to the more advanced students When: Thurs 9.30am-12pm (10 weeks) Contact Jen: 0408 461 559 Commencing 27th April

Guitar for Kids

Fun and easygoing classes for primary school age children to learn the basics of playing the guitar. Prep - grade 6, \$14 p/lesson When: Tues 3.45pm-4.45pm Contact Sarah: 0466 113 138 Commencing 18th April

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.

When: Mon 7.30pm-9pm Cost: \$2.50 per week. **Contact Ross:** 0430 871 045 Commencing 24th April

Psyhic & Mediumship Development

When: Tues 10am-11am, Contact Lindie for more details on this class: 0421 148 862

U3A Activities @ Grovedale Hub

Yoga & Meditation Monday 10.30am-1pm Commencing 24th April

Wed & Fri 8am-9am Comm. 19 & 21st April **Contact Garry:** 5244 5114

Spanish Playgroup

Group of parents with young children who speak Spanish and meet weekly for friendship and playtime activities. When: Mon 9.30-11.30am **Cost:** \$2.50 p/family p/wk Ph GNH: 5241 5717

Computers

Computer Photo Editing

Beginners: Tues 1-3pm Advanced: Tues 9am-12pm **Cost:** \$5 p.w. **Ph GNH:** 5241 5717 Commencing 18th April

Intro to Computers

This Intro course covers everything you need to know to gain confidence. When: Thurs 9.30am -1.30pm 5 weeks. 27th Apr 25th May (20 hours) Cost: \$120 **Ph GNH:** 5241 5717

Fitness

Ninjutsu

When: Thurs 6.30-9pm **Rob Baard:** 0410 414 488 Commencing 20th 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 Ph Kylie: 5244 2448 Commencing 18th April

Active Aging Exercise

Strengthen your balance and fitness When: Monday 8.30am & 9.30am, Commencing 24th **April** and/or Wednesday 9.30am & 10.30am Commencing 19th April

Cost: \$6 per session, monthly or \$7 casual Bookings essential **Ph:** 5241 5717

Zumba

When: Wed 7-8pmCost: Casual classes \$10 **Ph Julie:** 0419 377 563 julie.lastavec@bigpond. com.au Commencing 19th April

Yoga

Evenings Tues 6-7.30pm Glenda: 5241 9367 Commencing 24th April

Mornings Tues 10-11am **Contact Martin:** 0410 067 040 Commencing 21st April

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Wellbeing

New Community Kitchen Group

When: Tues 10am-12.30pm Learn to cook a meal for \$5 or less. Friendly, welcoming group; no skills required. **Ph GNH**: 5241 5717

Community Kitchen

When: Wed 10am-12.30pm Learn to cook a meal for \$5 or less. Friendly, welcoming group; no skills required. **Ph GNH:** 5241 5717

TOWN(Take Off Weight Naturally)

When: Wed 6pm-7pm **Ph Heather:** 5243 0622

Weight Watchers

When: Wed 6pm-8pm **Ph Steve:** 0402 303 064

Philosophy **Discussion Group**

When: Wed 7pm-9.30pm Ph GNH: 5241 5717

Food Swap

3rd Saturday of the month 9.30-11am. Bring your excess produce for swap or sale at Grovedale Community Hub

Craft

CRAFT

Wed Group-Wed 1-3pm Commencing 18th April \$2.50 p.w.

Craft Creators - Friday 9.30am-12pm, Commencing 21st April \$2.50 p.w. **Ph**: 5241 5717

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. When: Thurs 6pm-8pm, **Cost:** \$200.00 per 8 weeks Email: Christopher, roadsideikebana@bigpond.com Commencing. 4th May

MACHINE EMBROIDERY CLUB

If you have any brand of computerised embroidery machine and would like to join, contact GNH on 5241 5717 for details. When: Sat 10am-3pm, Apr. 22nd, May 20th, Jun. 17th, Jul. 15th **Cost:** \$5 p/session

Children

MINI MAESTROS

music classes for children, When: Wed 9.15-12:30pm Ph: 0424 047 822. Email: mm.geelong@minimaestros.com.au Commencing 19th April

Karen Feldman's Dance Classes

Age specific dance classes Wednesday: 2.30pm from 19th April Thursday: 4pm from 20th April Contact Karen: 0432 493 527

Men's Shed

The Old Hangars Men's Shed (OHMS) meet every Tuesday at the former airport on Surf Coast Highway. An active and productive group. Call us for more info. Ph Nic Kuiper: 0438 789 417

Youth

ACTIVE PERFORMANCE STUDIO

Acting classes for Kids, Teens and Adults When: Fri 4.30pm-8.30pm Ph: 9078 1454 luke@ activeperformancestudio. com.au Commencing 21st April

YOUTH DROP IN NEW DAY

Regular drop in activities of X-box, foosball, table tennis, art activites, sports, Wii, free food!! All welcome When: Thur 3.30pm - 5.30pm Ages 12-25 **Ph Karina:** 0419 504 329 Commencing 20th April

Let's talk Neighbourhood Houses.



Neighbourhood Houses bring people together to connect, learn and contribute in their local community through social, educational, recreational and support activities, using a community development approach. Houses welcome people from all walks of life.

So what is the history of Neighbourhood Houses? Neighbourhood Houses were first established in Victoria in the early 1970s growing out of local community need, particularly the isolation of women, with a vision to bring people together and enhance the opportunities of people and communities.

Volunteer involvement, community-based management and community development were initial features and have remained strong themes. Today there are almost 400 Neighbourhood Houses in Victoria, 27 in the Barwon Region covering the municipalities of city of Greater Geelong, Surfcoast Shire and Colac Otway Shire.



Neighbourhood Houses acknowledge and celebrate diversity and are welcoming and inclusive environments. You can find lifelong learning programs from pre-accredited and accredited courses, to fun and fitness activities, community wellbeing, craft and music programs; you may find childcare, playgroups and children activities; seniors groups and trips; literacy; English as Second language; support to refugees and other population groups, and people engaged in social activism. In Barwon Region along over 10,300 people visit a Neighbourhood House each week.

In May 2017 all those that participate, volunteer or work in Neighbourhood Houses will celebrate Neighbourhood House Week 8 – 12th May with activities and programs that highlight our diversity and the welcome and inclusive environments of the Neighbourhood Houses in local communities. Check out the Barwon Network of Neighbourhood Centres website to find out about activities in your local community - www.bnnc. net.au

Participants at the Grovedale Neighbourhood House enjoy a variety of activities with Julie from the Ukulele group saying "We really enjoy coming to Grovedale Neighbourhood House and learning the Uke, its such fun and great to play with other people. Especially as the group has people who are young, older and from all places and walks of life.

Mini Maestros

Mini Maestros aims to create self-reliant, confident and well-rounded learners. We use music and movement to achieve this objective, starting with children from six



months of age. We facilitate nurturing spaces to develop the whole child, celebrating their social, cognitive, physical and emotional breakthroughs. We provide the highest quality lesson content, developed by early childhood music education experts and delivered by a team of thoroughly trained big-hearted professional music teachers.

As the longest running and most successful Australian business of its kind, our methods are tried and tested. We are proud to empower generations of confident and engaged learners. Our students discover new sounds, instruments and movement activities in a playful structure. They're introduced to social interaction through contact in musical game and discover and feel the beat in music through our action songs and playing instruments. Older students to take turns in games and activities, which helps with social development. Foundations are for the students to consciously understand beat and pitch.

In Term 1 we welcomed many new students as parents made the decision to share the love of music with their child. You can begin a three week trial for \$65 including a music bag and book. New participants are welcome to join at any stage and we pro rata fees accordingly. Term 2, beginning on the 18th April, is a great time to join a Mini Maestros classes in Grovedale on a Wednesday - we'd love to see you then!

The Bowel Scan Connection



Whilst local resident Max Fry drove towards Sunbury five vears ago (to address the local Rotary club about the Bowelscan Cancer Awareness Program) he received a phone call from Kimberley Rice (a theatre nurse at St John

of God Hospital) asking to become involved with the program.

I had placed posters in the hospital asking for volunteers to help with the program; it was some time later I found out why Kimberley was so keen to be involved. The catalyst to make a difference came about after her Mum was diagnosed with bowel cancer at age 47 and successfully had surgery and made a full recovery. Three years later her life would change forever when

investigations showed that her Dad had bowel cancer requiring immediate surgery, Unfortunately Kimberley's Dad's bowel cancer had metastasised and he passed away 2 weeks later – he was only 61 years old. I don't want talking about your bowels to be taboo or anyone to feel embarrassed, they are an important part of the digestive tract. 90% of bowel cancer cases can be cured if caught early. The Rotary Bowelscan Kit is simple, non-invasive and can be taken in the comfort of your home (there is no sample needed just the water above it) It is important first step to potentially detect changes in your bowel. "We all need to get behind it."

Max is the Bowelscan Program Manager & Distribution Coordinator throughout rural Victoria, the Southern border of NSW and Eastern border of South Australia; it incorporates five Rotary Districts and over one hundred Rotary clubs. In Grovedale last year Max knows of two people who were picked up with bowel cancer (using to Bowel scan kit)

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and were successfully treated, sadly he also knows of two young people (aged 29 & 34) in the Geelong area who passed away recently from this terrible disease.

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4000 people die each year from bowel cancer It has the second most deaths after lung cancer If detected early, you have a 90% chance of survival A \$15 Bowelscan kit could save your life. Available at your local pharmacy during May. 1300 779 694 EVELSCAN

Ph:5241 5717

www.grovedalenh.org.au