

# GROVEDALE



Issue #24

Spring 2017

## Our Fabulous Volunteers!



This week I was privileged to interview three of our long term volunteers who contribute hugely to the work at Grovedale Neighbourhood House.

Debbie, Michael and Jen have supported the work of Grovedale Neighbourhood House over the last 12 months. They began volunteering for different reasons; Debbie, after attending a course, saw a need in our book swap area. Since then she and Michael have organised and tidied our book swap area. This is now a well-utilised and free resource for the community to borrow and share books.

Michael also shares his IT skills and has been a real asset, assisting with internal promotions to ensure the community is aware of the activities taking place. Jen is the face of Grovedale Neighbourhood House on a Monday morning, welcomes

and assists community members and supports with administrative tasks. She saw a request for volunteers in the Grovedale Grapevine, which she helped put together in the early days, and was keen to help and to meet new people.

When asked if they felt that there were benefits to volunteering they all very much agreed. They began volunteering to give back to the community, however they realised that as a volunteer you get so much more back than you give. Their experiences at Grovedale Neighbourhood House have been very positive and they encourage everyone to try volunteering if they have a couple of hours to spare.

Michael and Debbie are moving interstate and will no longer be able to fill the roles that they are currently undertaking. They have been invaluable, and the staff and community will miss them enormously. We would like to thank them for their time with us and wish them well in their new adventures.

Grovedale Neighbourhood House is looking for volunteers, if any of the positions interest you please call Nikki on 5241 5717 to have a chat.

If our vacancies aren't for you but you're interested in volunteering go to Volunteering Geelong: [www.volunteeringgeelong.org.au](http://www.volunteeringgeelong.org.au) to see what other opportunities are available within the community.

### No English – Don't Panic! Why not come and do some English learning practice?

Tidak ada bahasa Inggris - jangan panik! Mengapa tidak datang dan melakukan beberapa latihan belajar bahasa Inggris

没有英语 - 不要惊慌！为什么  
不来英语学习呢？

नहीं अंग्रेजी - दहशत मत करो! क्यों नहीं आते हैं और कुछ अंग्रेजी सीखने का अभ्यास करते हैं

If you are from a non-English speaking background lets come together and begin to learn and practice English in a friendly atmosphere where you can develop your confidence and ability to communicate in English and make friends.

This is a free class for those who want to learn English, everyone is welcome so please feel free to join us!

### This group meets on Wednesdays 12pm-1pm.

If you, or someone you know, would like to be part of this group, please come along and join Sheila at Grovedale Neighbourhood House or call 5241 5717 for more information.



Ph:5241 5717

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

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Phone: 5241 5717  
Email: [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)

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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.

WEBSITE  
[grovedalenh.org.au](http://grovedalenh.org.au)

LAYOUT & DESIGN  
Palila Opit

NOW DELIVERED  
TO 5,156 HOMES IN  
GROVEDALE.

TERM 4 DATES 2017  
OCT. 9th-DEC. 22ND  
Check our activity program for course start dates.

Deadline  
for next issue of  
Grovedale  
Grapevine  
1st December  
2017

MANAGER'S CHIT CHAT!

Hi Grovedale Hubbers



What a great year we have had at the Grovedale Neighbourhood House! New staff, amazing volunteers, new art classes, exhibitions and the Wan – Yaari Aboriginal Boys Cultural Program. Also after 34 years we have a brand new spotted gum floor in our hall, so we are very grateful.

I would like to thank you all for supporting the Grovedale Neighbourhood House and its programs and events, we are delighted that the Hub is used by the community so well. Weekly we have approx. 900 people through the Hub. We would also like to thank all the people that keep the Hub functioning, our grass cutters, gardeners, maintenance staff, IT staff and the many others.

As this is our last edition before the end of the year we wish you a safe and enjoyable summer and we will look forward to sharing our activities for 2018 with you.

Linda.

New Program @ GNH

Are feeling stressed, finding yourself worried or anxious?

Come and try our Introduction to Meditation/Mindfulness class. This introduction will give you techniques to deal with busy modern life. You will learn why we meditate, how to meditate and develop your own individual technique to support you in everyday life.

Anne, who will facilitate the course, is qualified in Health Promotion and Education. She has used mindfulness and meditation to integrate looking after her inner world and physical health naturally as part of her daily routine. There is substantial research to show that after six weeks of regular daily practise results can begin to show.

Classes start Monday October 16th, 10am-11am. Contact GNH on 5241 5717 to book your place.

Grovedale Community Playgroup

For all children from birth - 6 years. Meet people, share experiences, support others and watch your children develop and grow through playing with others. You can contact the Child and Family Centre if you are interested or just turn up!

Playgroup meets every Monday, 10am-11am during school term in Blackwood Children's Room and Outdoor Space, Grovedale Community Centre, 45 Heyers  
Phone: 5272 6666  
E: [jsadler@geelongcity.vic.gov.au](mailto:jsadler@geelongcity.vic.gov.au) or

2018 Kindergarten enrolments are still available at the Grovedale Child & Family Centre. To submit an expression of interest for 3 year old or 4 year old kindergarten in 2018, please visit: [www.geelongaustralia.com.au/](http://www.geelongaustralia.com.au/) kindergartens or call us on 5272 6666.

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 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.

Grovedale Neighbourhood House acknowledges the support of:



## Magic is in the air!

Dazzling Dan the Magic Man is starting his own magic classes in a new magic program "Magic Connections".

Together with his wife Lisa (a qualified Performing and Visual Art teacher) they have been developing workshops and teaching magic since 2002.

'We feel we have narrowed down the basics and created a pretty unique and relevant curriculum. Dan's specialty is his impromptu magic meaning he can literally create magic from everyday objects with little warning or preparation.' Lisa said.

'This spontaneity is something we will be encouraging in the students. We encourage them to create their own spin on the tricks we teach and invite them to bring their own tricks to develop. We also intend to expose the students to a variety of magic styles and presentations.' Dan explained

Until now, to learn the art of magic with Dazzling Dan, you needed to catch him at one-off events. Over the years you might have seen his pop-up magic workshop during his regional Library Tours, on the train at the Bellarine Railway, or the sold-out workshops conducted at the Melbourne Magic Festival. One YMCA holiday program had Dan & Lisa teach magic to a gym of over a hundred students.

Dan and Lisa have tested out magic lessons, tricks and tips in a variety of structured settings too, such as Mooregrace Acting Studio, Poppy Kettle Geelong, and as part of Primary School incursions.

Tuesday nights at Grovedale Community Hub  
Magic for ages 6-16yrs, of all magical abilities.  
[www.dazzlingdan.com.au/learn-magic](http://www.dazzlingdan.com.au/learn-magic)  
Contact Dan 0417 165 408 for more information and to book



## Life Activities Club

Life Activities Club Geelong Inc. holds an Afternoon Tea Dance every Thursday 2.30-4.30pm. Belmont Park Pavilion, Barrabool Rd, Belmont, \$5 Entry. All Welcome.  
Enquiries: VAL 5251 3529

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

## Rotary Serving Humanity



Earlier in the year our club, Grovedale District 9780, together with other Rotary clubs in the Geelong region, was involved in organising "Ride the Bellarine", a recreational event open to all cyclists who wished to raise funds for the Rotary International project of eradicating polio. The event involved two courses, one of 60 km and the other 105 km.

It was held on 9th April, a day which saw the weather deteriorate and the arrival of a vigorous cold front that forced the cancellation of the 105km ride which was to start after the 60 km event. The shorter ride was held and was completed with some difficulty due to the rain and strong winds. Each cyclist paid an entry fee and was encouraged to raise sponsorship money to participate. Despite the main event being cancelled most cyclists donated their entry fees and sponsorships to Rotary, and \$48,000 was raised. The Gates Foundation has made an agreement with Rotary International to match funds for polio eradication with a 2 for 1 grant, so \$96,000 was added to the money raised by the ride, making a total of \$144,000 raised to immunise children at risk from polio. This is enough to immunise 250,000 children.

Since 1988 when Rotary International began its program to eradicate polio, the number of new cases has reduced by 99.9% and there are now only three countries that remain endemic. These countries are in turmoil from war, but Rotary is determined to eradicate the disease and with the help of United Nations, World Health Organisation and the Gates Foundation our dream is coming close to reality.

Rotary International lends support to other health issues, and is active in combating malaria, providing clean water for communities, education opportunities for people who can't read or write and micro loans which will enable people in impoverished communities to set up small businesses and support themselves.

We are now planning our annual dinner auction, to be held on 13th October. For a good night's entertainment at a reasonable price, this will be the place to be. It will be at Dromoland House, 258 Pakington Street, West Geelong and the cost is \$70/head for dinner and drinks.

Finally, if you are thinking of buying a gift for the person who has everything, have you thought about making a donation to a worthy cause in their name? Our club can provide you with a gift certificate for a donation to The Rotary Foundation, which funds projects worldwide such as polio eradication, provision of clean water and education opportunities in impoverished communities. There are over 35,000 Rotary clubs worldwide most of which would send money to the Foundation, which is one of the largest philanthropic trusts in the world. The advantage of this fund is knowing that only 10% of the donated funds are used in administration costs so that 90% of the money donated is dedicated to the project. Contact [grovedale@rotary9780.org](mailto:grovedale@rotary9780.org)



# WHAT'S ON @ GROVEDALE

## Sam Neumann's Street Art Photography Exhibition @ Grovedale Neighbourhood House

*Sam Neumann's gorgeous photography is currently on display at Grovedale Neighbourhood House and he sat down to tell us about what inspires him:*

Although a 40- year resident of Belmont, Jenny and I made the move to Grovedale in December 2016 and are enjoying the challenges of establishing ourselves here. A photographer since my early years I am enjoying the digital revolution in photography. I have a love of art in many genres and keenly follow the local Street Art scene in and around Melbourne. Abandoned buildings are a favourite theme of late and the inclusions of street art in these buildings has been a bonus.

A recent trip around the Silo Art Trail of Victoria netted a wealth of images and I have a keen interest in following the interstate silos that are popping up. Black and white images are a thing that I enjoy producing relying on the light and shadows to set the scene rather than attracting the eye with vivid colours. Landscapes, trees, vintage cars and street photography are themes of interest also.

Top quality printing by Bells Fine Art Printing in Geelong lets me bring the best out of my images. I enjoy framing them myself, often in abandoned frames to suit the image. Easy access to quality screen and fine art paper printing allows me

to produce extra-large, high-quality images for my customers.

I am a keen member of Geelong Camera Club, Kiwanis International Service Organisation and 3 grandchildren keep me active in the community. Photography is still in the part-time phase but I hope to get more involved when my full-time employment ends.

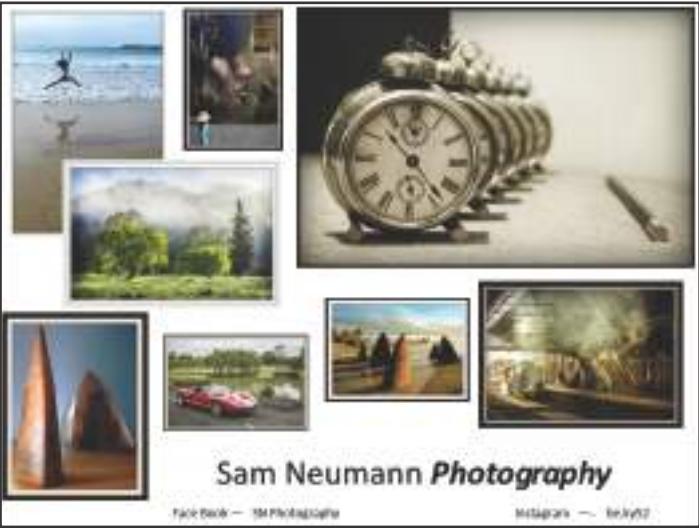
Come in to the house and see Sam's photography for while it's on display. Follow Sam on: Facebook: Sam Neumann Photography and on Instagram: Be.ky5

## Maternal & Child Health Turns 100!

This year, we're celebrating 100 years of Maternal & Child Health (MCH) services in Victoria. The service was an initiative of Local Government and today our specialist staff continue the proud history of providing free support and advice and watching the growth and development of infants and children. Over the 100 years the name has changed from Baby Health Clinics to Infant Welfare Centres and now the Maternal & Child Health service.

Last financial year the City's MCH service provided over 28,000 face to face consultations as well as many phone consultations and group sessions for first time parents. What a huge achievement. Currently there are 20 Centres in the City of Greater Geelong providing a vital service for the families. There is also a team of experienced staff providing in home support through the Outreach team.

The service has grown quickly and now there are Integrated Hubs with Maternal and Child Health Service located with other services such as kindergartens, Long Daycare and Community services such as Neighbourhood House, Toy Library and Occasional care. These locations provides families with a one stop shop and staff in the Hubs can work together to achieve better outcomes for all children and families.



## The Grovedale Grapevine is going Digital!

Over the next year the Grapevine will be going digital with a small number of paper copies available at the Hub and other community places. To begin the process we need to have an email so we can send you the Grapevine or you can read and or download it on our website. If you want to ensure that you still get all the news on the Grapevine please fill out and drop off this form at the Grovedale Neighbourhood House office or email it to [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

# NEIGHBOURHOOD HOUSE

## Pastel Art Classes with Local Artist Jen Jones



Jen has been teaching art here at Grovedale Neighbourhood House since 1st term this year and the classes are growing rapidly. It is so amazing to watch how people who begin the class feeling a little unsure are proudly showing their finished artworks by the end of term!

All levels are catered for from 'I can't even draw stick figures!' right through to more accomplished artists.

The classes are small (max 10) to enable Jen to give students the level of tutoring they need.

One student said 'I had not done any work for 25 years. In my first year I completed thirteen works; it was like a cork popping out of a bottle! Jen is a great teacher, prepared to be hands on if required, and her advice is inspirational. I'm loving every minute of it! I've also sold my first painting'.

Another student spoke about their journey through the class. 'Although ... creative most of my life I had never done drawing ... Jen started me off and I have not stopped; onto my sixth creation. Art to me is a therapeutic experience like meditation. The guidance and support from Jen takes you along to become more proficient therefore enjoying it more and more.'

Check out Jen's webpage, [studioart6.com.au](http://studioart6.com.au), to see the beautiful work that can be achieved with soft pastels.

Classes are on: Mon 1pm-3.30pm & Thurs 9.30am-12pm.

For further information about classes give Jen a call on 0408 461 559, email: [jjones53@internode.on.net](mailto:jjones53@internode.on.net) or register at the Grovedale Neighbourhood House.

## Practice English with Sheila.

*Moving to another city or state can be daunting, but imagine moving to another country, where you know no-one, can't speak the language and the culture is completely different. In our community we are privileged to have 20% of residents who were born outside of Australia. Sheila is one such resident and this is her story.*

Before moving to New Zealand and later Australia, I had only lived in a country that predominantly spoke my native language. I didn't make the choice to move to NZ, but I went to join my fiancé. I found it challenging at first but I had some great moments and also pretty low ones, but I knew that in the beginning things were always going to be the hardest. Language barriers can be frustrating, and downright inconvenient as it can be tiring not being able to communicate properly. However, moving to a new country that speaks a different language teaches us more about ourselves and how we cope with difficult situations.

In my country I had a Masters in Science and was teaching as a lecturer, so I didn't expect that I would have to learn to rely more on others to help me. At first I didn't like it, but I found out that it is ok to ask for help when you need it. I made local, english-speaking friends and I got more chances to speak and practice my English in social situations. It was a slow process, but I noticed that the more I participated the more confident I felt and that gave me an insight into parts of people's conversation that I might have missed before.

I felt very accomplished when I was finally able to handle my own matters again. **Continued on page 8**

### Are You Retired?

*Come with a friend*



### Grovedale Men's Probus Club

**Where:** Uniting Church Hall, Reserve Rd Grovedale

**When:** 2nd Tuesday of the Month, 2pm-4pm

Join us and listen to great, live speakers.

**Call Peter on 5243 6122 Or just Come Along!**

Plenty of Free Parking!

## CHRONIC PAIN?

Supplemental natural proven techniques that will not interfere with your existing medical care.

- Essential Oils – topical, inhaled, ingested
- Acu-point Natural Patches
- Anti-inflammatory diet and nutrition
- Personal coaching through pain
- NLP (Neuro-Linguistic Programming)
- Guided meditation
- Preparation for bad pain days

These treatments can be used as a complimentary adjunct to and not a replacement of your existing medical care.

Your facilitator has had chronic pain for almost four decades and is a trained chemist, has been an educator in the health industry for many years and has a background in naturopathic nutrition.

**Phone or Text 0421 545 914**

email: [jenneaton1000@dodo.com.au](mailto:jenneaton1000@dodo.com.au) for information and appointments.

# COURSES & ACTIVITIES

## What's New?

### Pilates Connect

**When:** Wed 5.30-6.30pm  
**Commencing 11th Oct.**  
**Ph Marissa:** 0402 413 933

### Meditation & Mindfulness

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

**When:** Mon 10-11am  
**Cost:** \$2.50 per week.  
**Ph Anne:** 0419 554 396  
**Commencing 16th Oct.**

### Laughter for Health

4 Week course commencing 3rd October. For further details contact Philippa: 0418 521 265

### Dazzling Dan's Magic Connections

Magic classes for Children  
**When:** Tues 4pm  
**Commencing 10th Oct.**  
**Ph Dan:** 0417 165 408 or  
[www.dazzlingdan.com.au/learn-magic](http://www.dazzlingdan.com.au/learn-magic)

### 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.  
**Ph Ross:** 0430 871 045  
**Commencing 9th Oct.**

### Wan-Yaari Aboriginal Boys Cultural Program

The Wan-Yaari Aboriginal Boys Cultural Program runs every Wednesday from 4-5:30pm at the Grovedale Community Hub with the aim of engaging Aboriginal boys and young men aged 8-18. The program aims to enhance and strengthen connection to culture, Aboriginal identity and positive wellbeing in a fun, safe and supportive environment.

**Ph Lowell:** 0473 476 728  
 or email [enquires@wan-yaari.com.au](mailto:enquires@wan-yaari.com.au)

### 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

### U3A Activities @ Grovedale Hub

**Yoga**  
 Monday 10.45am-11.45am  
**Commencing 9th Oct.**  
**Meditation with Sound**  
 Monday 12pm-1pm  
**Commencing 9th Oct.**  
**Yoga**  
 Wed & Fri 8am-9am  
**Commencing 11th & 13th Oct.**  
**Contact Brian:** 5242 8453

## Wellbeing

### New Community Kitchen Group

**When:** Tues 10am-12.30pm  
 Learn to cook a meal for \$5 or less. Friendly, welcoming group; no prior 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

### Food Swap 3rd Saturday of the month

9.30-11am. Bring your excess produce for swap or sale at Grovedale Community Hub

### TOWN(Take Off Weight Naturally)

**When:** Wed 6pm-7.30pm  
**Ph Heather:** 5243 0622

### Philosophy Discussion Group

**When:** Wed 7pm-9.30pm  
**Cost:** \$2.50 per week  
**Ph GNH:** 5241 5717  
**Commencing 11th Oct.**

**Weight Watchers**  
**Wed 6pm-8pm** Contact Steve: 0402 303 064  
**Sat. 8am-10am** Contact Jill: 0437 289 633

## Fitness

### Zumba

**When:** Wed 7-8pm  
**Cost:** Casual classes \$10  
**Ph Julie:** 0419 377 563  
[julie.lastavec@bigpond.com.au](mailto:julie.lastavec@bigpond.com.au)  
**Commencing 11th Oct.**

### Ninjutsu

**When:** Thurs 6.30-9pm  
**Rob Baard:** 0410 414 488  
**Commencing 12th Oct.**

### Yoga

**Evenings**  
 Mon 6-7.30pm  
**Contact Glenda:**  
 5241 9367  
**Commencing 9th Oct.**

# TERM 4 2017

## Active Aging Exercise

Strengthen your balance and fitness

**When:** Monday 8.30am & 9.30am, **Commencing 9th Oct.** and/or Wednesday 9.30am & 10.30am  
**Commencing 11th Oct.**  
**Cost:** \$6 per session, monthly or \$7 casual  
**Bookings essential**  
**Ph:** 5241 5717

## 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 9th Oct**

## Yogic Philosophy Study Group

Yoga is more than exercises to improve physical fitness! If you're interested in learning more about the philosophy surrounding yoga then this group could be for you!  
 Thursday 10.30am-12pm  
 \$2.50 p/wk  
 Contact Brian: 5242 8453  
**Commencing 12th Oct.**

## Craft

### Pastel Art Classes

Pastel Artist & Teacher Jen Jones will be conducting lessons for beginners through to the more advanced students  
**When:** Mon 1pm-3.30pm (10 weeks) **Commencing 9th Oct.** and Thurs 9.30am-12pm (10 weeks) **Commencing 12th Oct.**  
**Ph. Jen:** 0408 461 559

## Karen Feldman's Dance Classes

Age specific dance classes  
**Wed:** 2.30pm from 11th Oc.  
**Thursday:** 4pm from 12th Oct.  
**Ph Karen:** 0432 493 527

## 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. 19th Oct.**

## MACHINE EMBROIDERY CLUB

If you have any brand of computerised embroidery machine and would like to join ph 5241 5717 for details.  
**When:** Sat 10am-3pm,  
**Oct. 7th, Nov. 4th, Nov. 25th**  
**Cost:** \$5 p/session

## CRAFT

**Wed Group-Wed 1-3pm**  
**Commencing 11th Oct.**  
 \$2.50 p.w.  
**Craft Creators – Friday**  
 9.30am-12pm,  
**Commencing 13th Oct.**  
 \$2.50 p.w.  
**Ph:** 5241 5717

## Children

### 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  
**Ph Sarah:** 0466 113 138  
**Commencing 10th Oct.**

## MINI MAESTROS

music classes for children,  
**When:** Wed 9.15-12:30pm  
**Ph:** 0424 047 822.  
**Email:** mm.geelong@minimaestros.com.au  
**Commencing 11th Oct.**

## Computers

### Computer Photo Editing

**Beginners:** Tues 1-3pm  
**Advanced:** Tues 9am-12pm  
**Cost:** \$5 p.w.  
**Ph GNH:** 5241 5717  
**Commencing 10th Oct.**

## 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

### Acting

**Performance Studio**  
**Acting classes for Youth:**  
 Fri 4.30pm-8.30pm  
**Teens and Adults:** Fri 6.30-8.30pm  
**Web:** www.apstudio.com.au  
**Email:** info@apstudio.com.au  
**Ph:** 9078 1454  
**Commencing 13th Oct**

## YOUTH DROP IN

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



**Practice English with Sheila continued from page 5.**

It is really rewarding to become comfortable enough in speaking and listening to understand some of the little jokes that people make. I moved to Australia and I feel lucky to be settled down as an Australian and it's turning out to be one of my best decisions yet.

I understand it's definitely a challenge to move to a country where you don't speak the language but like you're finding, it is worth it in the end and makes you appreciate the little things in life. I have worked as an ESL teacher throughout Australia and NZ. As an ESL teacher I first assessed the English language abilities of learners to determine the help that they require. I worked closely with new adult migrants and refugees who have fled traumatic experiences in their countries of origin with various levels of spoken and written English as their second language. I also helped them to gain confidence and integrate into their local communities by improving their English skills.

I'm running the English Conversation program, all I ask of you is to make an effort to learn the language as this is the best place to do it. The most important thing is to NOT be afraid to speak English, no matter how good or bad you are. I understand the isolation of living in a new country and the importance of fitting successfully into the Australian way of life.

Sheila is running an English for Everyone Group at Grovedale Neighborhood House, providing the opportunity for members of our CALD (culturally and linguistically diverse)

community to practice English in a safe, supportive environment, share cultural experiences and meet new friends.

**This group meets from 12pm -1pm on Wednesdays.** If you or someone you know would like to be part of this group, please come along and join Sheila at Grovedale Neighborhood House.

*Sheila Syeda invites you  
to practice  
English with her*



**Detox for Disease Prevention**

Strengthen your Immune System with Electro-Lymphatic Draining Therapy by Sandra Lugo

Your lymphatic system is your primary defence against bacteria, viruses and fungus and offers critical support to your body's immune function. It is also an ideal anti-aging tool for a younger healthier appearance.

I use state-of-the-art technology in a safe and pain-free way to relieve lymphatic congestion and remove toxins from the body. The Lymph Drainage XP is the only Lymph Drainage machine which uses a proprietary blend of xenon, argon, and krypton. These gases are enclosed in glass when electrically excited to emit an energy field which penetrates the skin and stimulates the lymph nodes and lymph system.

For more information and appointments please contact Sandra at 0450220884



Grovedale  
GARDENS



St Albans Park  
GARDENS



Townsend  
GARDENS

**FREE events for over 55s**



**GROVEDALE GARDENS**  
Tuesdays, 1:30pm – **Games Hour & Afternoon Tea**  
First Wednesday of each month, 1:30pm –  
**Singalong with Richard**



**ST ALBANS PARK GARDENS**  
Tuesdays, 2pm – **Exercise Group**



**TOWNSEND GARDENS**  
Thursdays, 10am – **Knit 'n Natter**  
Weekdays, 10am – **Morning tea**

*Come along to our events to meet new friends and discover what renting in our community is all about.*

**Call our Village Managers to book your place, take a village tour and pick up your FREE information pack.**

David at **GROVEDALE GARDENS**  
1-3 Church Street, Grovedale Ph: **5241 3011**

Melinda at **ST ALBANS PARK GARDENS**  
142-152 Townsend Rd, St Albans Park Ph: **5248 5011**

Janet at **TOWNSEND GARDENS**  
142-152 Townsend Rd, St Albans Park Ph: **5248 8426**



**Lions: People just like you!**

The Lions Club of Grovedale/Waurn Ponds recently held its annual changeover of office bearers as well as annual disbursement of funds to various local and wider community organisations. We were pleased to be able to donate around \$23,000 in the last 12 months.

The Grovedale club is part of Lions Clubs International which celebrated 100 years of giving to the community. This year our club will work with Grovedale Neighbourhood House to install a community barbecue for the use of local Residents as our Centenary Legacy Project. As time progresses we will call on members of the community to assist with further establishment of the area around the barbecue.

We are a small band and we really need some folks to step up to help either as members or as associates who can assist on special occasions. We'd love to hear from you if you can spare a little time to join us on activities and to have some fun while helping your fellow community members. Contact our Membership Chairman, David Ridley on 0459 574 347 or our President, Jane Petniunas on 0401 057 407.



# Mini Maestros Music Class for Babies

Mini Maestros provides active and exciting music classes for children 6 months - 5 years at Grovedale Neighbourhood House.



This term we have a new baby class each Wednesday at 12pm for a special time of musical fun. Babies as young as 6 months are able to join this class.

Our baby classes are designed to develop the confidence of the primary care-giver to share a love of music with the child in their care. Songs and activities are introduced that can be integrated into the child's daily routine so that quality musical experiences are a part of their everyday life.

Babies and toddlers are exposed to a variety of musical experiences including lap plays, peek-a-boo games, playing percussion instruments, moving to music and parachute activities. Props and puppets are used to engage the children and encourage focus.

Places are available in this new class and we offer trial sessions to new families. Please contact us to find out more: mm.geelong@minimaestros.com.au or 0424 047 822

# Concert Dates Announced for Grovedale Dance Studio



Dance students at Karen Feldman's Dance Studio have been working hard this year in the lead up to the all exciting end of year concert. It's a special time of the year when the students are able to showcase the work they have been learning to friends and family. The Grovedale Toddlers who rehearse on Wednesday afternoons at the Community Hub will perform on Saturday 14th October at 10am in a one hour mini concert. The older dancers from our Thursday evening classes will perform on Thursday 14th December at 6pm. Both concerts are held at the Kardinia International College Theatre – the Katsumata Centre. I'm sure they will all sparkle on the stage!



Grovedale GARDENS | St Albans Park GARDENS | Townsend GARDENS

## Rental retirement living *limited opportunities remain.*

Grovedale Gardens, St Albans Park Gardens and Townsend Gardens provide independent seniors with an alternative to retirement living, offering great value rental units in a secure community of like-minded residents.

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- » Enjoy FREE fun activities, performances, bus trips and health talks
- » Pets welcome
- » Friendly on-site Village Manager (Mon–Fri)
- » Our **FREE Care Assist** service will connect you with the care you need to live an independent and active life

Call our Village Managers today for a **FREE information pack & village tour.**



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Melinda at **ST ALBANS PARK GARDENS**  
142–152 Townsend Rd, St Albans Park  
Ph: **5248 5011**

Janet at **TOWNSEND GARDENS**  
142–152 Townsend Rd, St Albans Park  
Ph: **5248 8426**

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

PROUDLY OWNED BY INGENIA COMMUNITIES GROUP

# Youth @ Grovedale

## GEM Group is Recruiting!

Geelong's Youth Environment group the Green Effect Movement (GEM) is looking for new members, any young person 12-25 years old who is passionate about the environment and wants to make a difference around Geelong is welcome to join the GEM group meeting fortnightly on Wednesday afternoons at the Waurin Ponds Library 4.15pm-5.15pm. This group is lots of fun, providing lots of opportunity for young people, it also looks great on resumes.

## Youth Drop In

Youth Drop In is happening every Thursday afternoon at the Grovedale Neighbourhood Hub 3.30pm-5.30pm, we would love to you pop in and check it out. All FREE activities including table tennis, x-box, Wii, foosball, sport, art, board games, guitar, music and more. Great opportunity for young people aged 12-25 years old to make social connections and be involved in your local community.

## Introducing Brett Armstrong, your local Vision Super expert

Geelong local, Brett has joined the Vision Super team to help Vision Super members and the local community boost their super and take control of their financial futures. With 25 years' experience in the financial services industry, both in Australia and overseas, and 15 years as a financial planner Brett has the expertise to help you make the most of your super.



Who are Vision Super? We're a community focused, industry super fund and we've been helping our members save for retirement for 70 years. We're focused on maximising our members' retirement outcomes with competitive returns, low fees and exceptional service. When you call us, you'll speak to a fellow Vision Super member. When you need financial advice or super education, Sean (our financial planner for the Geelong area) or Brett are here to help.

We're one of the world's leading responsible investors, ranking 19 out of 500 of the world's largest investors for our action on climate change, according to the Asset Owner's Disclosure Project's 2017 Global Climate Index.

We're open to everyone, so to talk to Brett about joining Vision Super please call him on 0438 038 306. If you'd like to request a call back from Brett, leave your name and number at [www.visionsuper.com.au/geelong-contact](http://www.visionsuper.com.au/geelong-contact).

## Diversitat Students at the Neighbourhood House

Students from Diversitat Youth Education are visiting the Grovedale Neighbourhood House at the Community Hub to assist with some general work activities around the building. They are studying the Victorian Certificate of Applied Learning (VCAL) and hope to achieve some great outcomes for their work-related skills subject.



VCAL Students Amber Hathaway, Samir, & Natalie Clarke

The Neighbourhood House Manager said: 'the students were awesome and really helped us with organisation and cleaning up the Hub so it was in line with our OH&S requirements. We really appreciated their hard work and fun!'

# 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  
FOOSBALL  
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 Karina on [kdonkers@geelongcity.vic.gov.au](mailto:kdonkers@geelongcity.vic.gov.au) or 0419 504 329



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Member for South Barwon



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Phone: 5243 5222

**andrew.katos@parliament.vic.gov.au**

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**What's the Story?**

Do you have wa 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)





**Like us on Facebook and have a chance to win a free advert in the Grapevine!**

<https://www.facebook.com/GrovedaleNeighbourhoodHouse>

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