

We have launched our new BBQ!

Yay we have launched our new BBQ donated by the fabulous Grovedale/Waurn Ponds Lions Club!

The sun shone, the ancient Welcome to Country by Traditional Wadawurrung owners Nikki MacKenzie and Norm Stanley permeated the space as the beautiful didgeridoo echoed across the Grovedale Community Hub and the new BBQ and meeting place. Speeches were given, and the delightful and talented Grovedale Ukes played their joyful, toe tapping music. The smell of the inaugural Grovedale/Waurn Ponds Lions club sausage sizzle drew us all to the new BBQ.

Our partnership with the Grovedale/Waurn Ponds Lions Club started during the 100 years of Lions community service celebrations. David Ridley approached GNH to make an application for the 100 years of Lions grant, and the rest as they say is history.

The Lions raised over \$7000 for the BBQ as they were committed to providing a space where community members could gather and where the youth drop in, the Aboriginal boys cultural program and the Senior Citizens and all the other groups at the Neighbourhood House could come together and have a feed and a chat. A perfect tool for community engagement and connection!

At the launch, Lions District V2 District Governor Trevor Hirth outlined the work of the Lions Club. David Ridley,

Centennial Project Chairman for the Grovedale /Waurn Ponds Lions Club, spoke of the clubs wish for the BBQ to be of great use to all the members of the Grovedale community.

The City of Greater Geelong Coordinator of Community Inclusion, Josh Badenoch was also in attendance to speak about the significance of the BBQ and the activities at the Grovedale Neighbourhood House.

Linda Connor, Manager Grovedale Neighbourhood House thanked the Lions for their wonderful contribution and the importance of the community service work they do.

So folks it's here, come along and throw a snag on the barbie! ■



WHAT'S INSIDE

MANAGER'S 2
CHITCHAT

KARDINIA 3
WARD UPDATE

LOCAL FOOD 4

ART 5

PROGRAM 6

ROTARY 10



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 - 3 pm
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
INGROVEDALE.**

TERM 3 DATES 2018

**MONDAY 16 JULY -
FRIDAY 21 SEPTEMBER**
CHECK OUR ACTIVITY
PROGRAM FOR COURSE
START DATES.

**DEADLINE
FOR NEXT ISSUE
OF GROVEDALE
GRAPEVINE**

3RD SEPT



GROVEDALE
NEIGHBOURHOOD HOUSE

MANAGER'S CHITCHAT



I hope you are all keeping warm and cosy as we move into our winter edition of the Grapevine.

I would like to thank everyone who signed our postcards to increase the funding to Neighbourhood Houses, because in the budget as a result of our/ your campaign the State Government committed \$21.8 million to expand the Neighbourhood House Coordination Program!

We are so delighted and very grateful to all you good people that supported the campaign and the community development work Neighbourhood Houses do.

Our website and facebook have had fabulous makeovers so please get online and see what is going on at Grovedale Neighbourhood House Term 3!

You might notice some colourful feedback boxes in the foyer outside our office. We would really like to hear from you about what you would like to see in the Hub, things you would like to tell us or things you think are good. Just drop the anonymous form in the box and be assured we will read it. I ask that this feedback is communicated in a respectful manner to the staff and other stakeholders as the Hub is for everyone in our community.

Also Hubbers keep your eyes on our facebook page for details about the Grovedale Neighbourhood House NAIDOC performance by the Wan-Yaari Aboriginal Boys Cultural Program on July 11th.

So drop in , swap a book or just borrow one to read, use the free wifi, have a cup of tea, or use the BBQ! We are always happy to see you. ■

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:



CITY OF GREATER
GEE LONG



Wins for Grovedale in Council budget

BY GREATER GEELONG COUNCILLORS BRUCE HARWOOD, RON NELSON AND PAT MURNANE

Council's 2018-19 Budget was officially adopted at our meeting on 26 June, and we're pleased to say it contained some good news for clubs and groups in the Grovedale area.

Grovedale Football and Netball Club plays an important role in the local community, and with more than 500 participants, has now outgrown its change facilities at Burdoo Reserve.

We've applied to the state government for a \$100,000 grant under the Country Football and Netball Funding Program, to be put towards a major changeroom upgrade at the reserve.

We've also set aside \$260,000 in our own budget, which we'll contribute to the project if the grant application is successful. With a rapidly growing base of female footballers, this upgrade is much needed and would bring enormous community benefit.

The Grovedale Men's Shed is another organisation to receive assistance from the budget. At the moment the group meets at Club Armstrong in Armstrong Creek, but is looking to expand and would like to find a larger facility in the Grovedale area. We've included \$50,000 to investigate and plan for a suitable site. This group is also vital for our local community.



It offers men a space to work on projects they're interested in, but more importantly, to develop new friendships and discuss their issues. In a world where mental health is an increasing concern, the value of a safe and comfortable environment such as this can't be underestimated.

Finally, we recently attended the sod turning for phase two of the Barwarre Gardens retirement village in Marshall. Developed by GenU - a not-for-profit organisation based in Geelong - the village provides a safe and inclusive community for local retirees. Our thanks to GenU for their investment in Greater Geelong. ■

Join the Marshall Probus Club

Are you looking to join a group of like-minded retired people, looking like you to enjoy some interesting, stimulating fun activities to round off your week?

Look no further. The Grovedale Marshall Probus Club will fit your needs perfectly. We are made up of all ages from 60-90+. All from different walks of life and interests.

We meet the second Thursday of the month at 10am at the Grovedale Community Centre in Heyers Road Grovedale and would make you very welcome.

Come share a cuppa with us and open a door to the new exciting world of activities you have been looking for. Contact: 0458 288 504 ■

QUALITY PRINTING GUARANTEED

**NEWSLETTERS
BROCHURES
CALENDARS
ANNUAL REPORTS
FLYERS & MORE**

CONTACT DAVID LAMBOURN
sales@reedprinting.com.au
 (03) 5249 8632



**REED
PRINTING**

your local printer

148 Marshalltown Road **Grovedale**

Community Food and Sustainability

Transition South Barwon have been successful in an application for a City of Greater Geelong Environment and Sustainability Grant.

In partnership with Grovedale Neighbourhood House, Grovedale Community Orchard, Grovedale Community Garden and Grovedale Children's Services we are very excited to be hosting "Grow it, Eat it: A Celebration of Local Community Food" from mid October until early November.

This celebration will encourage and inspire community members to get involved with growing, cooking and eating food from our gardens, nature strips and community spaces. All events will be free of cost including a preserving workshop, a cooking class, a movie night and numerous gardening workshops.



David Holmgren we are very fortunate to be able to bring him to Grovedale to share his ideas and enthusiasm around community food. Keep an eye out in future editions of the Grovedale Grapevine for more details closer to the date.

A committed group of volunteers continues to work at the Grovedale Community Orchard. You are always welcome to join us (no experience necessary), on the first Saturday of each month at 9.30am in Perrett Street. We undertake a range of seasonal tasks including planting, pruning, watering, weeding and of course harvesting fruit.



The working bee is always followed by morning tea. We have recently completed a central spiral labyrinth and some large mosaic pavers featuring water, sun, earth and wind which have given some more structure to the space. Many of our trees are deciduous and starting to lose their leaves in preparation for winter and we are looking forward to some much needed rain.

The orchard working group have also been very fortunate to receive a Community Sponsorship Grant from Geelong Connected Communities. This grant will cover our council land lease, water rates and public liability insurance for a year allowing our volunteers to focus their efforts on the orchard instead of fundraising to pay these expenses. The application process was quite simple and may be useful for other local groups to consider. You can find more information at www.geelongconnectedcommunities.com.au.

The monthly foodswap has moved to the Grovedale Community Gardens with a wider variety of local fresh produce, cups of tea and even cake! We encourage you to come along on the 3rd Saturday of the month 9.30 – 10.30 to check it out. Any amount (even small) of homegrown produce, homemade products or seeds/seedlings can be swapped. If you don't have anything you are still welcome to come along and make a small donation in exchange for some great local produce, or just come for a cuppa and a chat. It's also a lovely chance to check out the wonderful community gardens and perhaps even learn a thing or two!

Please feel free to contact Jess 0409536752 if you'd like more info about foodswaps or are interested in volunteering or helping out with our local food celebration, community orchard. ■

Uniting

Uniting Barwon Wesley Centre
218 Ryrie Street, Geelong 3220
ABN: 81 098 317 125
Phone: 5222 4101
Email: ubwc.admin@vt.uniting.org

From 1st June 2018

Counselling Services for
Clients with Health Care Card
& Mental Health Plan

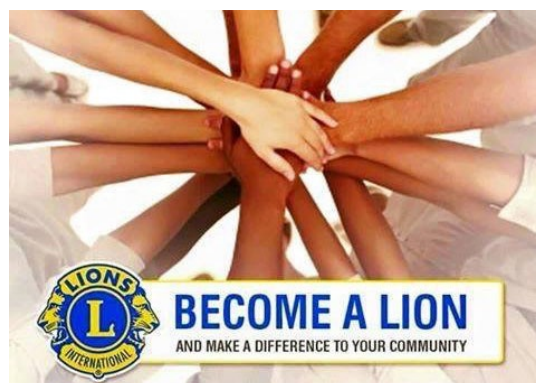
This service provides 10 sessions
with a Counsellor with no out of pocket
cost.

Discuss with your GP
to access Counselling with a
Mental Health Plan

Become a Lion

The Lions Club of Grovedale/Waurn Ponds would like to hear from Grovedale residents who might enjoy helping their community in the company of others.

Call David Ridley (0459 574 347) or Jane Petniunas (5241 3909) for a no obligation chat about the Lions Service organisation, or email us: lionsgwp@gmail.com ■



Got art?

WE'VE GOT SPACE

Calling all artists! Individuals, groups, emerging, professional, young and mature artists are invited to exhibit at Grovedale Neighbourhood House for a period of four weeks. Our popular community display space is ready and waiting for you and with up to 2,000 visitors passing through the venue per week, this is your chance to exhibit your work in a great location at no cost.

We are open to artistic works of any kind including canvas paintings, jewellery, quilting, screen printing, sculpture or dressmaking.

Are you a beginner to art? Not a problem. Some of our artworks on display have been created by some of our new students who have developed their skills in our pastel arts classes run by teacher Jen Jones.

Having studied at a local art school right here in Geelong, Ms Jones encourages all her students, even those that have never picked up a paintbrush, to try their hand at pastel arts.

The classes are aimed for people of all abilities and Jen runs an inclusive classroom that she modified to suit each and every student. With a hands on, demonstrative approach, Jen's classes are not only about learning the foundations of pastel arts, but also about having fun and being part of a friendly and socially inclusive group.

To showcase your artwork or to register for a pastel art class, contact us on 5241 5717 or email info@grovedalenh.org.au. ■



Artist's Note

Hi Everyone! I'm Jen Jones, Pastel Artist and Arts Teacher at the Grovedale Neighbourhood House, Heyers Rd Grovedale. I currently work on my own art out of my studio, **StudioArt6** at Bannockburn, but Monday afternoons 1-3.30pm and Thurs mornings from 9.30-12pm, you will find me at the Neighbourhood House running Pastel drawing and art classes.

My students and I have an Exhibition of some of our pastel works currently on display at the Neighbourhood House, call in and have a look at the beautiful work being accomplished in the pastel classes.

Great News! For those weekly workers out there who would love to join in on an Art Class I am starting up a combined Acrylic plus Pastel class Term 3 at the Grovedale Neighbourhood House - Saturday mornings 10.30am-1pm. Contact me for more info, materials list and enrolment details. **M: 0408 461 559 | E: jjones53@internode.on.net. ■**



Ladies Probus Club of Grovedale East

The Ladies Probus Club of Grovedale East meet at 10am on the 4th Monday of every 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 are welcome. Come to a couple of our meetings as a visitor to get a feel for our Club. Enquiries 0405 449 716. ■

Funeral Plans

Information, options and advice

Alyson Burchell and Sue Marshman from Tuckers Funeral and Bereavement Service are available to answer any questions you may have about funerals and planning ahead.

For obligation free information or to discuss your personal funeral plan, phone Alyson or Sue on 5221 4788 or visit tuckers.com.au.



Tuckers
Funeral & Bereavement Service

... for a life worth celebrating

5221 4788

www.tuckers.com.au



NEW FITNESS CLASSES

ACTIVE AGEING – A class encompassing cardiovascular moves, active movement in all directions, various levels of balance, core work, coordination and agility. Classes may also include floor/ chair based stretching and a level of focus and mindfulness. Suitable for adults with competent mobility and coordination to attend to their activities of daily living with independence.

🕒 Mon 8.30am & Wed 8.30am
Comm. 16th & 18th July

AGEING WITH CONFIDENCE & ABILITY – A gentle exercise program for adults with some limitations in mobility and stamina. A large component of the class is done seated. An objective of these sessions is stretching, improving mobility/balance, deep breathing drills, focus and mindfulness. Floor work is omitted from this class.

🕒 Mon 9.40am & Thurs 12.30pm
comm 16th & 19th July
💰 \$6 per session if paid monthly
or \$7 casual
📞 BOOKINGS ESSENTIAL
5241 5717

NEW

MEDITATION IN MOTION

🕒 Thursday 7.00 – 8.00pm
📞 Contact : Sylvia : 0422 980 193
Continuing : 19th July

AUSLAN CLASSES

For Parents and their children

🕒 Thursday 9.30 – 10.30am
Commence : 26th July
📞 Contact : Renee 0408 686 419

WELLBEING

COMMUNITY KITCHEN

NEW – MONDAY 10AM – 12.30PM – VACANCIES

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

🕒 Wed 10am – 12.30pm (Vacancies)
📞 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
🕒 Sat. 8am–10am
📞 Contact Kylie : 0437 289 633

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
Commencing 16th July

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



FITNESS

ZUMBA

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

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 16th July

NINJUTSU

- 🕒 Thurs 6.30-9pm
- 📞 Rob Baard: 0410 414 488
- Continuing 19th July

PHILOSOPHY DISCUSSION GROUP

- 🕒 Wed 7.00 – 9.30pm
- Commencing 18th July
- 💰 \$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 July

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
- 📞 Jarrod: 0419504329
- Commencing 19th July

CHILDREN

MINI MAESTROS

- Music classes for children
- 🕒 Wed 9.15-12.30pm
- 📞 0424 047 822
- ✉ mm.geelong@minimaestros.com.au
- Commencing 18th July

KAREN FELDMAN'S DANCE CLASSES

- Age-specific dance classes
- 🕒 Wed 2.30pm from 18th July
- 🕒 Thurs 4pm from 19th July
- 📞 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. Young Men Aged 8 – 18

- 🕒 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. 18th July
- 📞 Dan: 0417 165 408
- www.dazzlingdan.com.au

U3A ACTIVITIES

YOGA

- 🕒 Mon 10.45 – 11.45am
- Commencing 16th July

YOGA

- 🕒 Wed Fri 8.00 - 9.00am
- Commencing 18th & 20th July
- 📞 Brian : 5242 8453

MEDITATION WITH SOUND

- 🕒 Mon 12.00 – 1.00pm
- Commencing 16th July
- 📞 Brian : 5242 8453

U3A - MARITIME SCIENCE

- 🕒 Wed 10.00am
- Commencing 18th July
- 📞 Mary Paul – 5244 5114

CRAFT

CRAFT CREATORS

- 🕒 Friday 9.30am-12pm
- 💰 \$2.50 pw
- 📞 5241 5717
- Commencing 20th July

PASTEL ART CLASSES

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

NEW - SATURDAY 10.30AM - 1.00PM COMMENCING 21ST JULY

- 🕒 Mondays 1.00pm – 3.30pm
- Commencing : 16th July
- 💰 (10 weeks) \$160.00
- 🕒 Thursdays 9.30am – 12.00noon
- Commencing : 19th July
- 💰 (10 weeks) \$160.00
- 📞 Jen 0408 461 559
- ✉ Jjones53@internode.on.net

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
- ✉ roadsideikebana@bigpond.com
- 📞 Christopher: 5261 3983
- Commencing 19th July

MACHINE EMBROIDERY CLUB

If you have any brand of computer-ised embroidery machine, and would like to join, contact

- 📞 GNH office 5241 5717
- 🕒 Sat 10am – 3pm July 7th, Aug 4th Sept 1st & 29th
- 💰 \$5.00 p/session

COMPUTER

COMPUTER PHOTO EDITING:

- 🕒 Advanced Tues 9am
- 💰 \$5 pw
- Comm. 17th July
- 📞 5241 5717

You want world peace? Play the ukulele!

Ross Hobbs' passion is the ukulele. Over the last three years, he has been teaching ukulele classes at Grovedale Neighbourhood House. The groups ages range from 90 years of age to one as young as eight years old, who comes along with his mother and grandmother.

Ross Hobbs describes the ukulele as a unique instrument that anyone can learn to play. It's an easily accessible instrument that easily lends itself to group classes. He stresses the importance of music in keeping the brain alert and functioning at its optimum capacity. The classes have also helped people in the group build connections with other students and Ross encourages the importance of community interaction.

When asked the reason behind why most people sign up for the classes, Ross replies that a lot of people want the companionship of being in a group that shares a common interest.

And how did this all start, you ask? The history behind Ross' beginnings in teaching the ukulele began within his own family where he is one of nine children. The siblings banded together to form their own ukulele group not only to learn how to play the instrument, but to come together as a family.

This prompted Ross onto bigger dreams of offering the



opportunity to learn the ukulele in a group setting to those who didn't have the luxury of being part of a big family as well as to form a connection to the Grovedale community.

And what began as 15 people attending the first ukulele class 3 years ago, has now grown to 120 members in total (thankfully not all in the one class at the one time).

Ross encourages anyone interested to come and try a class. Classes are run every Monday from 6.30pm - 7.30pm (beginners) and 7.30pm - 9pm (free for all).

For more information on the classes or to enrol, please contact Ross Hobbs on 0430 871 045. ■

MENTAL HEALTH

Services at Uniting Barwon Wesley Centre

At the Uniting Barwon Wesley Centre, our qualified, professional counsellors offer confidential counselling support and assistance to couples, families, individuals, children and adolescents, in the areas of: Relationship and family issues; Parenting; Depression; Anxiety; Grief, loss and bereavement; Life changes and transitions; Personal Development; Life Balance; Anger Management; Trauma and Burnout. There are a vast range of different therapies offered and our counselling fees are based on a sliding scale according to income.

We now also offer free counselling to those with a Health Care Card and Mental Health Care Plan (from their GP).

We are a Medicare funded service, registered NDIS service provider and can provide Employee Assistance Programs.

We encourage clients to make a self-referral or call us to speak about the services, education and support programs we offer.

Please contact: 03 5222 4101 / ubwc.admin@vt.uniting.org or call in at 218 Ryrie Street, Geelong (enter via walkway located next to McDonalds). ■

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 Jarrod on youthadmin@geelongcity.vic.gov.au or 0419 504 329.

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

Seniors Toeing the Line!

24th Anniversary of Line Dancing class

The Grovedale Senior Citizens celebrated their 24th anniversary of line dancing classes on Friday 1 June.

At least 45 people attend the weekly classes and on Friday, there was one special addition to the gathering – morning tea with cake to celebrate the anniversary when the classes first began in 1994.

Line dancing attendees range between 50 years of age up to 80 years of age. Classes are open to people of all fitness levels who have an interest in music and especially love learning to line dance, which by the way takes more than a little bit of physical energy!



After 24 years of dancing together, the group has become one big family with a motto of all looking after and encouraging one another. Friendships have been made and ultimately, line dancing is about having fun and keeping active.

Interested participants are welcome to come and watch. Classes are held every Friday from 9am – 10am (beginners), 10am – 12pm (intermediate) and 12pm – 12.30pm (advanced). For more information, contact Mary from Grovedale Senior Citizens on **52436009**. ■

FAMILY

Reconciliation Week

As part of the programs at Grovedale Child and Family centre we know it is important for all children to understand and respect aboriginal culture and history.

Children's Acknowledgement to Country

We at Grovedale Child and Family Centre would like to say thank you to the Wadawurrung people of the Kulin nation for letting us share your land. We promise to look after it, the animals and people too. Hello land (all touch the land) Hello sky (arms up to sky) Hello me (hug self) Hello friends (open arms).

As part of reconciliation week the children made bush tucker.



They watched a video of children gathering food and discussing what is good to eat and what is not good to eat. They cooked and ate wattleseed damper and Rice with warrigal greens.

The children painted their hands at the easels in the colours of the aboriginal flag: Yellow for the sun, Black for the aboriginal people, Red for the red ochre used in ceremonies representing spiritual connection to the land.

Becoming aware of the symbols of aboriginal culture, children develop understanding that all have a right to belong. As a teaching team we are educating ourselves about aboriginal culture and history. We are making connections with the Wathaurong community to support us in developing our knowledge and practices with children.

This is a great link to check out if you want to learn more also. <http://www.djillong.net.au/our-stories-videos.html>. ■



ADVERTISE WITH US



CONTACT

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

ANDREW KATOS MP

Member for South Barwon



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

www.andrewkatos.com.au

1/174-178 Torquay Road GROVEDALE 3216

Phone: 5243 5222

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



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
www.grovedaletoylibrary.org.au



Grovedale/Waurn Ponds Rotary

Making a difference

Our club recently invited the Barwon Sports Academy led by CEO Cameron Loftus to attend our dinner and through a series of interviews, share the stories of the 3 young BSA athletes that Rotary have supported in 2018.

The Barwon Sports Academy aims to provide pathways for aspiring athletes to reach higher goals at State and National levels. They do this through development programs sharing information, ideas and experiences. The Academy is located at Sports House, Moorabool Street, Geelong and is a non-profit organisation that depends significantly on the support of its partners to ensure it can provide ongoing support to promising athletes in the Barwon Region.

At our last dinner meeting the Grovedale-Waurn Ponds Rotary Club was introduced to three young athletes from the Academy. Olivia Platt a 12-year-old girl involved in swimming setting her sights at competing at state and national level, 16-year-old Jack Terrill who has recently competed at the national basketball championships and has his heart set on a scholarship in America, and inspirational wheelchaired bound Mitchell Bond who has aspirations to compete in basketball at the national and international levels.

Anyone wishing to find out more about the BSA can go to their website: www.barwonsportsacademy.org.



And are you still looking for that gift for someone who has everything? Our club can give you a gift certificate made out in your friend's name for a donation to The Rotary Foundation which funds humanitarian projects worldwide such as polio eradication, fresh water to schools in impoverished communities,

and also in scholarships for young people to become peace ambassadors throughout the world. You can rest in the knowledge that at least 90% of your donation will go to on-ground work of your choice of project.

Don't forget our dinner auction which will be held on 12 October, 2018. ■

SENIORS

What happens at Grovedale Seniors

Monday:	Carpet Bowls	ph Lyn- 0439 309 456	1.00pm - 3.00pm
Tuesday:	Gentle Exercise	ph Mary- 52436009	9.00am - 10.00am
	Cards 'Euchre'	ph Hank- 52456370	1.00pm - 3.00pm
Wednesday:	Social Outings	ph Lorrie- 52444420	
Thursday:			
1st & 3rd Thursday	Bingo	ph Gwen- 0416 381 510	1.00pm - 3.00pm
2nd Thursday	Afternoon Tea & Entertainment (bring a plate to share)		1.30pm - 3.00pm
4th Thursday	Lunch & Guest Speaker (bring a plate to share)		12.30pm - 3.00pm
5th Thursday	Bingo		1.00pm - 3.00pm
Friday:	Line Dancing	ph Mary- 52436009	9.00 am - 12.45pm

Check club notice board about club activities and social outings. Grovedale Senior Citizens Club at the Grovedale Community Hub, 45 Heyers Road, Grovedale. More details. Phone 52415021.



A message from Grovedale Fire Brigade

Hi, we're your local Grovedale Fire Brigade. There are 58 of us in the Brigade, and we're all volunteers.

We respond to fires, road accidents, rescues and other emergencies in Grovedale and surrounding suburbs. At times we assist across the state. This year we were proud to be part of the huge effort getting the Peat Fires near Cobden under control.

We're recruiting for new members, especially anyone who has availability for day-time call-outs. It's a great opportunity to increase your skills, as we provide all training free of charge. To find out more please email grovedalefb@gmail.com. We'd love to hear from you.

We also work to raise awareness about fire safety...

Did you know winter is the busiest time of year for house fires?

Using heating to dry clothes is common during winter. Keep clothing a safe distance from heaters and always clean the lint filters in clothes dryers. Always turn off electrical appliances that are not being used and avoid placing weighty objects on beds with electric blankets.

If you are heading away for a break, make sure to turn off power to electrical appliances and let a neighbour know you are away.

Smoke alarms more than 10 years old should be replaced as they may become unreliable. CFA recommends photo-electric smoke alarms powered by a 10 year lithium battery. When installed and maintained correctly these smoke alarms detect smoke the quickest, alerting you earlier and giving you more time to evacuate to safety.

Also take care when cooking, as this is the single largest cause of fire in the home. ■



Grovedale Fire Brigade

We're recruiting day-time responders



Do you have weekday availability?

- Maybe you're a:
- Stay-at-home parent
 - Part-time/weekend worker
 - Retiree
 - University student

The CFA welcomes all potential volunteers including young people, women of all ages, active retirees and people from culturally diverse communities.

Do you want to increase your skills?

- You'll be provided with training, which may include:
- Basic firefighting
 - Fire safety awareness
 - Endorsed truck licence
 - First aid
 - Leadership training
 - Communications
 - Wildfire behaviour & suppression
 - Map reading
 - Radio communications

Do you want to serve your community?

- You'll benefit from valuable work and personal experience in the community. And also gain:
- New friends
 - Personal satisfaction
 - Access to member support services, including counselling and a rewards/benefits program

What's required?

- Live reasonably close to the Grovedale Brigade
- Train weekly, and attend meetings monthly
- Maintain a certain level of fitness
- Communicate your availability for responding to incidents

Contact us at:

grovedalefb@gmail.com

We'd love to hear from you!



Qigong involves gentle movements that are synchronised with the inhalations and exhalations of the breath, making it a powerful holistic practise for both the "body and mind".

After completing a Qigong sequence, classes conclude with mindfulness meditation and Reiju (Reiki energy blessing).

Please come join Sylvia for some "inner you" time in a comfortable and caring environment. Classes held on Thursday 7pm (\$10)

www.healersylvia.com for more information.



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