



GROVEDALE
NEIGHBOURHOOD HOUSE

GROVEDALE

Grapevine

FREE
COPY

ISSUE 30 • APRIL 2019

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Celebrating our youth

NOMINATE A YOUNG PERSON

Do you know a young
person who has been
making a difference
in our community?
Nominations close
17 May 2019

GEEELONG

YOUTH

AWARDS

Nominate at:
www.youthcan.vic.gov.au

Hello Hubbers!



This edition of the Grapevine is to celebrate the young people who live in Grovedale and the young people that come to the Community Hub and the Neighbourhood House.

The Grovedale Neighbourhood House has had a long-term partnership with Grovedale Secondary College. The students have painted the flower boxes and seats in the Youth Space, worked with the Inclusion Unit at COGG and the Neighbourhood House to develop a Youth Walk map (available from our office), and the students have come to Harmony day events and participated in a range of activities.

We also have The Youth Space that runs out of the Hub every Thursday with activities and a Youth Action Group, where everyone under 25 is welcome. The Youth Space is facilitated by the youth team from the City of Greater Geelong.

We have had young people from Grovedale display their art work at the Hub and we would like to encourage more young people to exhibit at the Hub. Come and see us.

To highlight this Youth edition, we had a competition to find a photo for the front page of the Grapevine. The beautiful photo on the front page was taken at Patchewollock by the very talented Kasey Budd. Congratulations, Kasey! I am sure you have a great career ahead of you. Thank you for participating in our competition.

I would also like to thank Hadeel for submitting the beautiful photo of his niece.

Term 2 has some fabulous new activities for you. Including a Social Yarning group, knitting, crochet and macramé (yes macramé has made a resurgence so get out all those all flared macramé pants and the pot plant holders in your cupboard!) with its very own mobile yarn bus.

We also have Bollywood dancing, Karnatic music a new daytime Zumba class, and a new life activities club with belly dancing. We are also hosting the Probus Club of Grovedale/Marshall's Biggest Morning Tea on the 23 rd May.

So Hubbers come on in and join us for fun, dance, yarning and cup of tea.

Linda

GROVEDALE Grapevine

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

OFFICE

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Mon: 9.00-3.00
Tue-Thurs: 9.00-4.00pm
www.grovedalenh.org.au

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TO ADVERTISE

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

EDITORIAL POLICY

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

LAYOUT & DESIGN

Maria Theresa Kelly (tkellyart.com.au)

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



TERM 2 DATES 2019

23 April 2019 to 28 June 2019. Check our activity program for course start dates.

DEADLINE FOR NEXT ISSUE OF GROVEDALE GRAPEVINE

COPY DUE: 10TH JUNE 2019

DISTRIBUTION: 8TH JULY 2019



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

GROVEDALE NEIGHBOURHOOD HOUSE ACKNOWLEDGES THE SUPPORT OF:



Contributions welcome

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

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kardina ward update

New home planned for Grovedale Men's Shed

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



The Grovedale Men's Shed is a highly valued group in our local community, creating important health and wellbeing benefits.

It offers a place for men to participate in activities they enjoy while developing social connections, which is especially important given the growing rates of mental illness we are seeing in modern society.

The shed has 30 members, and makes a huge contribution to the community through the projects they complete.

Recently they've been doing some amazing work with the residents of Foundation 61 in Mount Duneed, passing on their skills and knowledge to people who are seeking to overcome life controlling issues.

We've been working with the men's shed for some time to find them a long-term home, and it's pleasing that we've now identified the planned Armstrong Creek West community complex as the best option.

This planned complex is on council-owned land at the corner of Unity and Sovereign Drives in Armstrong Creek.

The site was one of 15 different options analysed, and came out on top for a number of reasons.

The planned new complex is in a neighbourhood activity precinct, close to sporting facilities, schools and retail.

It will offer the chance to co-locate the men's shed with other proposed facilities, creating the potential for cleverly designed multi-use buildings.

And it will give men's shed members the opportunity to create shared spaces such as gardens with the neighbouring school and other community organisations.

We are now moving into the process of designing the Armstrong Creek West community complex, and we'll be working closely with the men's shed to make sure the facility meets their needs.

Geelong's War on Waste

We all create waste, and how we deal with it is one of the biggest challenges we're now facing as a society.

The recent recycling issues in Geelong and elsewhere have been well documented. Council is prioritising this issue and doing everything we can to find long-term solutions. This will also take action from the state and federal governments.

As a community, we can all do our bit to reduce waste. Think about selling or giving away your unwanted items rather than throwing them out, avoid plastic bags and packaging wherever you can, and drink from the tap instead of single use water bottles.

Small changes from a lot of people can make a big difference.

Social yarning at GNH

Yarning Place Geelong is an opportunity to connect with others who knit, crochet or do macramé.

Coming together can encourage you to finish a project, move forward with a tricky piece, or try something new! If you knit, crochet, or do macramé or have thought about getting back in it, this is for you.

This group is sponsored by Yarning Place, a yarn shop in South Kingsville, with on-line shopping via their web-site and the Yarning Place Bus, which is full of yarns and accessories. The Yarning Place Bus travels around regional areas and Lance is ready to listen to YOUR yarn story.

The Bus will frequently turn up at our Tuesday evening sessions at Grovedale Neighbourhood House.

We hold social groups 4 times a week (at the shop) and the groups are informal, varied, and fun.

A range of ages and skill levels attend and we find that people encourage and assist each other, and share ideas willingly.

The tips and suggestions that I have been picked up at these groups are priceless.

As a Geelong local I wanted something similar in my neighbourhood and now in term 2 at Grovedale Neighbourhood House we have one.

Yarning Place Geelong will be held at Grovedale Neighbourhood House Tuesday evenings from 6-8pm throughout term 2. \$5 per session, cake and tea supplied.



Mini Maestros

Nurturing Confident Learners

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

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

Our busy 2-3 year old students have been testing out their bodies through moving to music in various ways; loud stomping feet and quiet tippy toes, slow creeping and fast runs have been some of our favourite ways to move. The children have loved receiving their Bumblebee puppets and many of our little ones are already beginning to sing solo.



As we move up in ages, we see our 3 - 4 year olds showing greater levels of independence and ability. Children in these age groups are invited to participate independently of their carers – although we do still like to invite our big people to join in with us when we dance! Co-operation, respect for others and taking turns are skills the children are working to develop. For more information about our classes, please contact Kate on 0424 047 822 or mm.geelong@mini-maestros.com.au.

on the cover

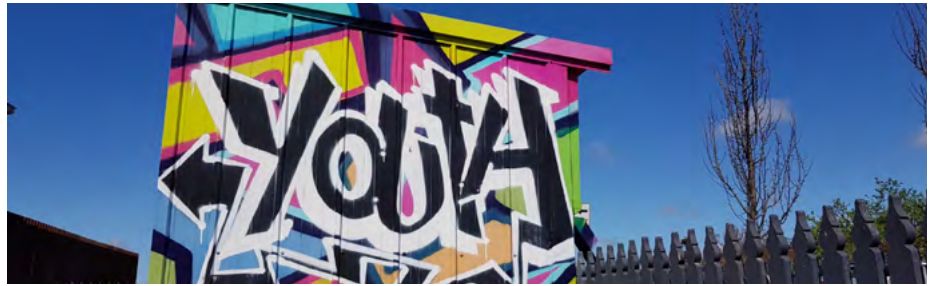
Over photo submitted by Kasey Bubb was taken in Patchewollock, a small town that is in north-west Victoria featured in the silo art trail. The photo is of an old cart positioned next to an old railway station.



Kasey, 14, is currently completing year 10 at Grovedale College. Her interests are traveling, photography and playing with her pets.

She says, "after finishing her schooling, I would love to travel around Australia and become a professional photographer."

If you'd like your photo or art to be featured next on the Grapevine cover, email us at info@grovedalenh.org.au.



Grovedale Youth Space

Grovedale Youth Space runs out of the Grovedale Community Hub every Thursday afternoon of the school term from 3:30-5:30. We offer cooking, art, music as well as a place to relax and get support from staff if needed.

In term 1 we have been doing lots of film making, playing lots of uno and cooking tasty treats, like chocolate coconut balls and honey joys.

Our young people say it's great to have a calm space away from home and school that caters for everybody, with staff who are great mentors and willing to help with anything.

Structured activities we look forward to trying in term 2 include multimedia - such as film making, art, board game competitions, and running events for the local community.

We are always looking for ideas from young people around what they might like to do with the space.

We have a youth action group that meet fortnightly during the drop in, they have an aim to run more events for young people in the Geelong region and are always welcoming new members. This is run in addition to the usual youth space.

Anyone under 25 is welcome to attend the space, everything is free, including food. If you are 12-25 come and say hello, we really look forward to seeing some new faces!

Contact Mardi 5272 5272.



early years

Celebrating Harmony Day

Harmony Day, celebrated on March 21st celebrates all of the cultures and backgrounds of our community living together as one.

To celebrate Harmony Day at Grovedale Child and Family Centre we invited the families to contribute a photo for a display of the families from all the different classes together. The children also contributed to group artwork which involved drawings of their family and pets.

Children tend to be very accepting and interested in differences between their peers. We discuss these topics by highlighting that in some ways we are all different but inside we are all the same. We all have different coloured eyes but we all use them to see. We all have different families and friends but we all just want to feel safe and loved.



Nurturing Confident Learners

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GROVEDALE
NEIGHBOURHOOD HOUSE

what's on term 2



new

ZUMBA FITNESS

Casual classes \$ 10 p/ session
Wednesdays : 10:30 - 11:30 am
Monica : 0427487467
Starting : 15th of May

MINDFULNESS

Mindfulness is the process of bringing one's full attention to the present moment/experience.
Mondays 7.00 – 7.45pm
\$5.00 per session
Commencing Monday 29th April
Contact Onkar : 0433 070 177

BHARATARATYAM BOLLYWOOD DANCE

Classes every Tuesday 5.00 – 7.00pm
Contact : Rachana 0432 161 933
www.rachanatyalaya.com
Commencing 23rd April

KARNATIC MUSIC

Classes every Tuesday 5.00 – 6.00pm
Commencing 23rd April
Contact : Subha Bharat
0411 314 440

SOCIAL YARNING

Yarning Place Geelong is an opportunity to connect with others who knit, crochet or do macramé.
Tuesday 6-8pm
\$5 per session (cakes and tea supplied)
Contact Jane 03 9399 4213
www.yarningplace.com.au

well being

COMMUNITY KITCHEN

Learn to cook a meal for \$5 or less.
Friendly, welcoming group; no prior skills required.
Mondays 10am – 12.30pm
Taking Expressions of Interest
Wednesdays 10.00am – 12.30pm - Vacancies
Comm. 24th April
Phone : 5241 5717

FOOD SWAP

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

TOWN (Take Off Weight Naturally)

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

WEIGHT WATCHERS

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

special events

BIGGEST MORNING TEA

Fundraiser for the Cancer Council

Organised by Probus Club of Grovedale / Marshall
Thursday 23rd May
10.00 - 11.00am
\$5.00 per entry
Contact Viv : 0458 288 504

MANAGING CONFLICT IN CLUBS & ASSOCIATIONS

Tuesday 28th May 6.00pm- 8.00pm
RSVP by Monday 20th May
Bookings essential:
info@grovedalenh.org.au
or Phone : 5241 5717

BALLROOM DANCING

Commencing 26th April
Suitable for beginners or as a refresher course. Bring a partner or come on your own.
Fridays 7.00 – 8.00pm
\$8.00 p/ session
Contact Jose: 0401 673 221

youth

YOUTH SPACE

Regular drop in activities of X-box, table tennis, art activities, sports, Wii, free food!!
All welcome
Thursdays 3.30pm – 5.30pm
(During school terms)
Ages 12 -25
Contact Mardi: 5272 5272
Commencing 2nd May

Advertise with the Grapevine or sponsor a page.

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

fitness

EXERCISE CLASSES

Active Ageing – Suitable for adults with competent mobility and coordination.

Mon 8.30am & Wed 8.30am

Ageing with Confidence & Ability – A gentle exercise program for adults with some limitations in mobility and stamina.

Mon 9.30am & Wed 9.30am

Commencing:

Mon. 29th April & Wed. 24th April

\$6 per session if paid 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

Contact Kylie 5244 2448

NINJUTSU

Thurs 6.30pm – 9pm

Rob Baard 0410 414 488

Continuing: 2nd May

MEDITATION in MOTION

Thursday 7.00 – 8.00pm

Contact: Sylvia: 0422 980 193

Continuing: 2nd May

PHILOSOPHY DISCUSSION GROUP

Wednesday 7.00 – 9.30pm

Commencing: 24th April

\$2.50 p/wk

Contact GNH: 5241 5717

YOGIC PHILOSOPHY STUDY GROUP

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

Thursday 10.30am – 12.00pm

\$2.50 p/wk

Contact: Brian 0459 475 876

Commence: 2nd May

LIFE activities

BELLYDANCING

Monday 10.30am – 11.30am

Commencing: 29th April

YOGA

Thursday 11.30am – 12.30pm

Commencing: 2nd May

Contact : Lacy 0427 012 177

music

"UKES "N" MORE"

Community Ukulele Group
A fun and social group for all ages.
Learn the basics of playing the ukulele.
You do not need any prior experience.

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

Mon. 7.30 – 9.00pm

[Beginners 6.45 – 7.30pm

29/4 to 20/5 only]

Commencing: 29th April

\$2.50 p/wk

Contact Ross: 0430 871 045

arts & crafts

CRAFT CREATORS

Sewing & Patchwork group

Friday 9.30am – 12 noon \$2.50 pw &

Commencing: 26th April

Ph: 5241 5717

PASTEL ART CLASSES

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

Saturday 10.30am – 1.00pm comm:
27th April (Acrylic)

Mondays: 1.00pm – 3.30pm comm:
29th April (Pastel)

(10 wks) \$180.00

Contact: Jen 0408 461 559 :jjones53@internode.on.net

SOGETSU IKEBANA

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

Thurs: 6.00 - 8.00pm (8 wks) \$200.00.

Comm: 2nd May

Contact: Christopher

Phone: 5261 3983 or

roadsideikebana@bigpond.com

MACHINE EMBROIDERY CLUB

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

Sat 10am – 3pm May 11th, June 8th, July 6th

\$5.00 p/session



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



children

MINI MAESTROS

Music classes for children,

Wed: 9.00 – 11.30

Phone: 0424 047 822.

Email: mm.geelong@minimaestros.com.au

Commencing: 24th April

KAREN FELDMANS DANCE CLASSES

Age specific dance classes

Wednesday: 9.00am

Thursday: 4.00pm

Saturday: 10.00am

For details of day and time, please contact: Karen 0432 493 527

DAZZLING DAN'S MAGIC CONNECTIONS

Magic classes for Children

Mon: 4.00pm comm. 6th May

Contact: Dan 0417 165 408 or

www.dazzlingdan.com.au-learn-magic

U3A @ GNH

Yoga : Monday 10.30am

Tuesday 7.45am

Wednesday 8.00am

Friday 8.00am

Meditation : Monday 11.45am

Contact : U3A 5244 5114

men's shed

THE GROVEDALE MEN'S SHED

meets every Tuesday at the former airport on Surf Coast Highway. An active and productive group. Call for more info.

Contact Nic Kuiper:

0438 789 417

Children and Grief

by Kathy Downes, Bereavement Care Team, Tuckers Funeral and Bereavement Service

In the same way that adults may have a wide and diverse range of experiences during grief, so too do children.



Their responses to grief can be determined by factors such as their age, family context, personality and of course, their relationship with the person who has died.

Just like adults, children who are grieving need:

- The choice to talk (or not talk) about the person who has died.
- The opportunity to be part of the family's grief and to participate in farewells.
- To find ways to express their emotions that may include sadness, confusion and anger.

However, children who are grieving have additional needs:

- Children need to have simple, short, honest answers to their questions.
- Reassurance and comfort from loved ones (a death in the family brings sudden changes to routine, relationships and the home environment).
- Information and explanations about what is happening and that the adults feel ad too.
- Special mementos of the person who has died (eg a piece of clothing or jewellery, a special object, a memory box) can be helpful.
- Time for normal activities such as playing with friends, outings and having fun.
- Understanding from adults that their emotions may emerge in behaviour rather than words and sensitive help for the child to understand their emotions and express them in appropriate ways.

Helpful websites: mygriefassist.com.au & childhoodgrief.org.au

Book your next event

Grovedale Neighbourhood House has a range of rooms, and a beautiful modern 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.



Grovedale/Waurn Ponds Rotary
be the inspiration

Commitment to young people



Today I would like to talk about Rotary International's commitment to young people.

As well as clubs for adults, Rotary also sponsors clubs for young people. Rotaract clubs may be formed by young adults aged between 18 and 24 years of age, and Interact clubs may be formed by secondary school students.

Rotary sponsors development programs for young people. Young people aged between 18 and 27 years of age are targeted to attend Rotary Youth Leadership Award camps which held over six days and are exposed to problem solving, leadership skills and responsible community ideals.

Similar camps are held for younger people aged between 15 and 18.

The sponsoring club pays the camp expenses and transports the participants to and from the camp if required.

Prospective participants must apply to a sponsoring Rotary Club, and our club will contact secondary schools in our area seeking any students who may wish to apply. They will then be asked to attend an interview at which they will be assessed, as only a limited number can attend each year.

This year's camp will be held at Kangaroo-bie which is situated at Princetown. These camps have been valuable in enhancing the confidence and leadership skills of the participants as they embark on an important phase of life.

Another program that Rotary delivers for students is the International Student Exchange program.

This program has been in operation for many years, and facilitates the exchange of students between countries. The Grovedale-Waurn Ponds Rotary Club is presently hosting a Year 11 student from Cologne and he is attending the Geelong Lutheran College - Mt Duneed campus.

In these exchanges, parents are expected to pay for travel between countries, and the sponsoring Rotary Club arranges travel in Australia, and pays educational costs, and the student is home hosted whilst here.

These student exchanges are seen as a way to develop students minds and characters, and to also foster better international relations.

Rotary International is also involved in giving aid to developing countries, usually in the form of better water supplies, provision or improvement of schools and better sanitation, all of which aids in the development of young children.

As I mentioned in the previous Grapevine, Rotary instigated the dream of eradicating Polio in the 1980s, and is now participating as a partner in the Global Polio Eradication Initiative. An impossible dream you may well say, but we have helped to immunise 2.5 billion children in 125 countries and polio cases have been reduced by 99%.

I would remind any who is interested in participating in community work or developing a network, a Rotary club is a good start. All are welcome to attend a meeting and these are held at Rice Village on Wednesday evenings at 6.15pm.

Ring our president, Paul Desbrowe-Annear on 0401 062 110 to make a reservation.

Volunteer with Uniting Barwon

Uniting

Are you looking for 15 hours volunteering per week? Uniting Barwon needs motivated, reliable NEWSTART clients to join our passionate team of volunteers. Uniting Barwon (formerly UnitingCare Geelong) is an emergency relief agency providing assistance to individuals and families in our local community who need practical support during times of financial and personal struggle.

We need more volunteers to join the retail teams based at our Op Shops in Point Lonsdale, Drysdale, East Geelong, Hamlyn Heights, Corio, Norlane and Highton, and our welfare teams in Grovedale, Norlane and Winchelsea.

Our current vacancies include:

- retail roles at our 7 Op Shops (customer service, merchandising etc.)
- receptionists (organising client appointments, phone and face to face)
- clothing and food distribution (assisting our clients)
- pickups and deliveries (van crew member or driver)
- grounds and maintenance (mowing, weeding, cleaning etc.)
- interviewers (assisting our clients)
- sorting of donations (clothes and bric a brac etc.)
- assisting with our monthly book sale (sorting and selling books)

We also have numbers of other volunteer opportunities, including admin, finance and business related roles.

If you—or someone you know—would enjoy being part of a can-do volunteer team, please contact Elizabeth Hopkin on 4210 1113 or email Elizabeth.Hopkin@vt.uniting.org

Support vulnerable people in the community and help make a difference.

*Volunteer appointments are subject to satisfactory criminal history checks, reference checks and Working with Children Check prior to commencement.



LIONS CLUB MEMBERSHIP *What's it entail?*

The Lions Club of Grovedale/Waurn Ponds needs you, to assist with community efforts in the local area; wider efforts on a national front; and to contribute in a small way internationally.

Lions Clubs International (the official title of the organisation) is the largest voluntary service organisation in the world with in excess 1.4 million men and women in approximately 46,000 clubs located in 210 countries and geographic areas.

That's why, as well as local activities, we're uniting our global service around five areas of need. These Global Causes present significant challenges to humanity, and we believe it's our turn to meet them.

These global causes are: Diabetes, Vision, Hunger, Environment and Childhood Cancer.

The organisation is not religiously based and is not politically affiliated.

Basically, Lions are people like you who enjoy getting together to improve their community by helping others and having fun together while doing so.

All that membership entails is what time and energy you feel you can put in.

We meet twice monthly; one being a dinner meeting and the other a business meeting. These are of no more than two hours each.

Beyond that, the time commitment is totally down to the individual member.

Are you interested in finding out more about being a Lions Club member? Feel free to contact us, as shown at the foot of this page, or check out our website:

Website: www.grovedalewaurnponds.vic.lions.org.au

Email: lionsgwp@gmail.com

With more members (someone like you) we could achieve more!

Please think about giving us a call. We'd love to have a chat about Lions.

Membership Chairman (2018-2019) – David Ridley – Ph. 0459 574 347



No Interest Loan Scheme

The No Interest Loan Scheme (NILS) provides individuals and families on low incomes access to safe, fair and affordable credit. It gives people the opportunity to purchase essential new household items, or a service, that improves their quality of life.

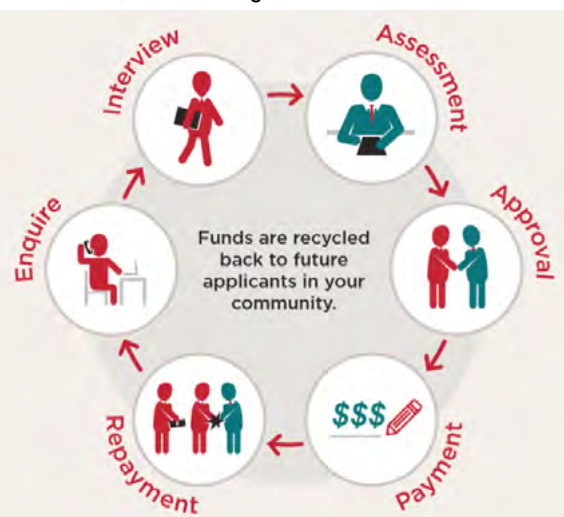
There are no fees, no interest and no charges.

Loans for amounts of up to \$1500 are available for essential goods and services. Once the application is approved, each client has an affordable repayment plan over a 12 to 18 month period and there are no credit checks. The Nils works through a process of circular community credit. When a borrower makes a repayment to NILS, funds are then available to someone else in the community.

Loan purposes include, but are not limited to, the following:

- Household items like fridges, washing machines, stoves, televisions, furniture
- Educational essentials such as computers, course fees, books
- Medical and dental services
- Car repairs, tyres and registration

Please call Uniting Barwon on 4210 1108 and speak with a microfinance worker to discuss your needs. The Nils office is open Monday, Wednesdays & Friday 9.30am – 12pm.



Why play is important



Play is vital to the healthy development of children. Through play, children learn about themselves and the world around them, and develop key skills in social, physical and communication areas.

Play is essential to brain development; by playing together your child will learn and develop in many different ways including confidence building, feeling loved, happy and safe, social skills, language and communication, empathy and caring for others and the environment, physical skills such as gross and fine motor, or different types of play.

Unstructured or free play is really important for young children. Being creative and using our imagination helps children develop language and communication skills and sets them up for learning throughout life. Ideas for free play include playing dress-ups, making a cubby house, playing outside in nature, your backyard or the local park and playground, creating art or music.

Structured play happens at a fixed time and place and usually follows a set of rules. These types of activities include music, art or swimming classes, organised sport, or family board games.

Children naturally have amazing imaginations and this creativity can be nurtured through experimenting with sound by singing or making music, playing with colours while painting and using expressions or actions to show feelings or tell a story.

The Grovedale Toy Library has many toys to meet both unstructured and structured play requirements. Visit us every Saturday morning from 9.30-11.30am or every second Tuesday evening from 8.00-9.00pm. <http://www.grovedaletoylibrary.org.au>.

References: Raising Children - <https://raisingchildren.net.au> & The Early Years Count - <https://www.earlyyearscount.earlychildhood.qld.gov.au/>



Photo submission by Hadeel

"My little niece interacting with nature is a reminder for us to respect and appreciate the mother nature. About the photographer: "My name is Hadeel, I am passionate about photography. I like to create a whole story out of one image. And I like to make moments immortal." You can find Hadeel on Facebook as hs.stories.photography

Grovedale Seniors Citizen Club

Grovedale Senior Citizens Club weekly events may include Indoor Bowls, Gentle Exercise, Cards (Euchre), Social Outings, Bingo, Entertainers, Speakers, and Line Dancing.

Held at the Grovedale Community Hub, 45 Heyers Rd. More Details: 5241 4308 / 0419 549521

CHARTER OF RIGHTS

Join the campaign

Would it come as a surprise to you that Australia is the only western democracy that does not have a national bill of rights?

The Human Rights Law Centre is asking people to stand up, speak up and get involved in making it a reality.

We need an Australian Charter of Human Rights so that everyone's rights are protected and people have the power to hold governments to account when they violate our basic human rights.

A Charter of Rights will do two vital things:

Firstly, the government will have to properly take into account our human rights when creating new laws and policies and delivering services – like aged care, Medicare, Centrelink disability services, and education funding.

Secondly, people will have the power to hold the government to account if it does cross the line and violate our rights.

The Australian Charter of Rights that the Human Rights Law Centre is currently drafting would protect in law all of the fundamental human rights set out in the United Nation's Universal Declaration of Human Rights.

Changing our Constitution would require a referendum. However, the Australian Parliament can create a legislative Charter of Human Rights at any time. A legislative Charter could be changed by the Parliament at any time without needing a referendum.

So with a Federal election due to be held in the first half of 2019, we want to be ready to build on these promising policies and put this issue firmly on the political agenda.

If you want to help make a difference, head over to charterofrights.org.au/sign-up to register your support.

(Reference: charterofrights.org.au)

Got art?

We've got space

Calling all artists! Individuals, groups, emerging, professional, young and mature artists are invited to exhibit at Grovedale Neighbourhood House for a period of four weeks. Phone 5241 5717.

probus

Hot Cross Buns, Chocolate Rabbits & Smiling Faces

Yes Easter is nearly upon us for another year. A time for families to get together and celebrate once again with beautiful food, hot cross buns and lots of chocolate.

After all that excitement you may be reflecting on the year ahead, asking yourself if you should perhaps join a group. A group of like minded people that get together to socialise, and enjoy each other's company.

If that is the case I have just the group for you.

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

During the month we have many activities which you can choose to join in. They include a walking group, morning melodies, coffee mornings, lunches, movie nights, restaurant dining, short bus trips and once a year a longer trip. This year our trip is to Philip Island, Lakes Entrance and Gippsland for 7 days-6 nights, departing Wednesday 15 May. Space is still available if you wish to join us.

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

Vivienne Buchanan, Grovedale-Marshall Probus.



The Memory Keepers

Your Pen Pals are a trio of celebrants passionate about capturing life stories

You tell it, we write it - everybody has a story

Meet Your Pen Pals...



Catherine Riedl

Basia Quail

Marlene Medley

Let us write your story. Book now at yourpenpals.com.au or contact us on mobile 0411 361 708 or yourpenpals3@gmail.com

Book us for a fun information session at your Social Club or Lifestyle Village



Tuckers

Funeral & Bereavement Service

PROUDLY PRESENTS

ANZAC TRIBUTE

FRIDAY APRIL 12TH AT 2PM

**Tuckers Chapel - Barrabool Hills Centre,
4-32 Province Boulevard, Highton**

Join us for an afternoon of celebration with songs from the War Years.

Gold coin donation to Geelong RSL ANZAC Appeal

*****BOOKINGS ESSENTIAL - CALL TUCKERS*****

Tea, coffee and ANZAC biscuits to be served after the show.



THE
PACIFIC BELLES

PIANO BAR



Geelong's
Piano Bar
Andy Pobjoy

Talking about Funerals

...everything you need to know about Funeral Care



Come and join Sue and Alyson as they discuss the following and more:

- If someone dies – what do I do?
- Funeral costs and options
- Do Pre Paid Funerals expire?
- Legal requirements
- When there is no Funeral Plan – What happens?

For more details contact Alyson or Sue at Tuckers. Please RSVP for Catering Purposes.

Ph: 5221 4788

www.tuckers.com.au

When & Where

Monday 6th May

Tuckers Chapel, Barrabool Hills Centre, Highton 2.00pm

Tuesday 7th May

Surf Coast Taxation Services, Winchelsea 10.30am

Tuckers Chapel, Grovedale 2.00pm

Wednesday 8th May

Tuckers Office, Torquay 10.30am

Tuckers Chapel, Moolap Centre 2.00pm

Thursday 9th May

Les Cole Chapel, Geelong West 10.30am

Friday 10th May

Leopold Community Hub 10.30am

Tuckers Chapel, Lara 2.00pm

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



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.

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Inspections welcome **03 5243 8522**

VETERANS LIAISON AVAILABLE

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