



**GROVEDALE**  
NEIGHBOURHOOD HOUSE

# GROVEDALE

# *Grapevine*

DECEMBER  
2020

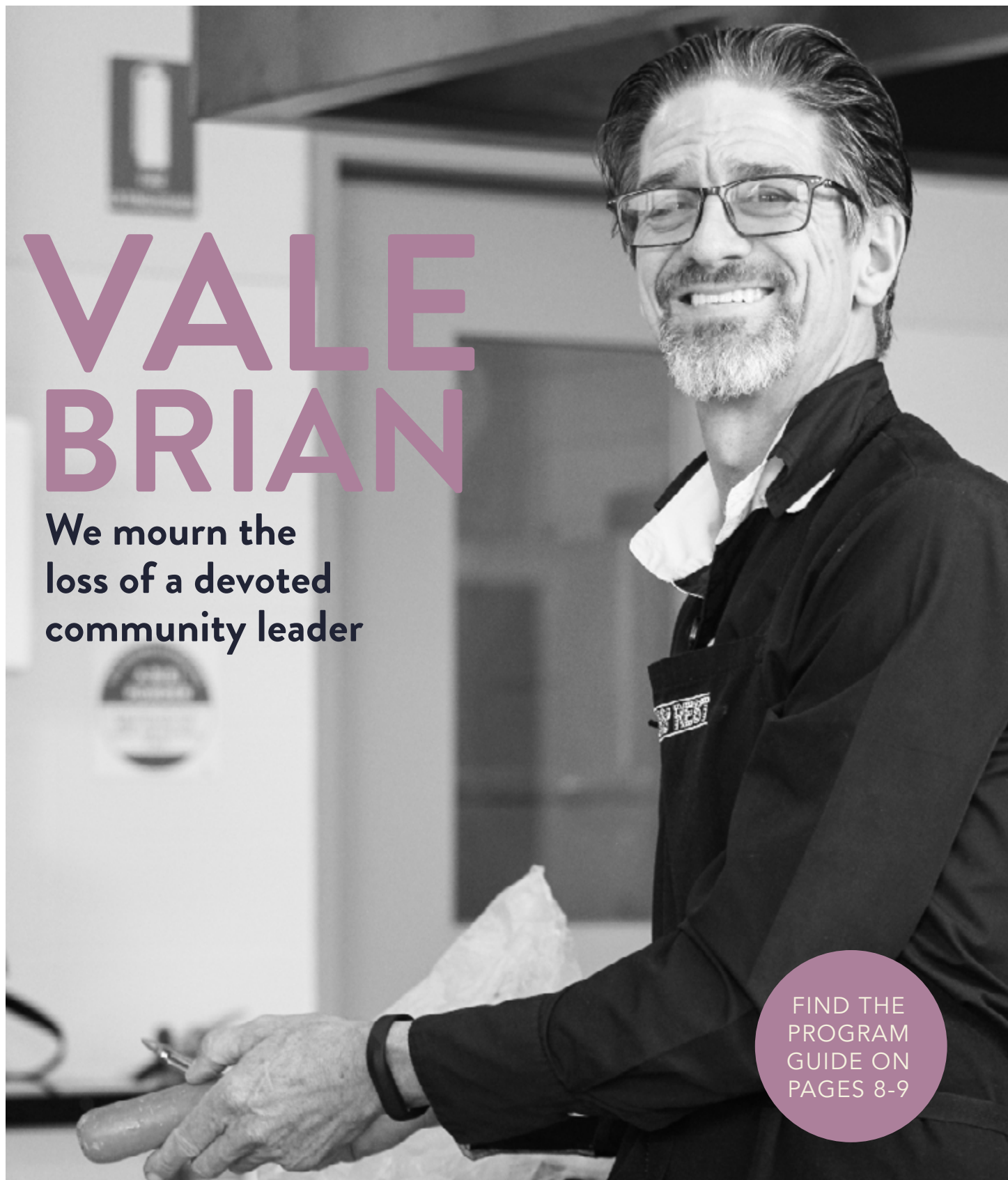
ISSUE # 36

DIGITAL

# VALE BRIAN

We mourn the  
loss of a devoted  
community leader

FIND THE  
PROGRAM  
GUIDE ON  
PAGES 8-9



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

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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. New contributions welcome. Please email us.

LAYOUT & DESIGN  
Tet Kelly



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.



# manager's chitchat

## Hi Hubbers

Welcome to the final Grapevine for 2020. While 2020 has been an interesting year all of us at the GNH will be glad to quietly toast in 2021!

We are now re-opening and we can't wait to have you all back at the Neighbourhood House with all your fun and diverse activities. Don't hesitate to call us and we can assist you in your bookings and the COVID safe inductions.

A staff member will be at the office on:

Monday 8.30am – 4.00pm

Wednesday 8.30am – 4.00pm

Thursday 8.30am – 4.00pm

Otherwise leave a message and we will get back to you.

The GNH office will close at lunchtime on the 24 th December and re-open on Monday 11 th January.

We are slowly reactivating the Hub and GNH so the program for 2021 will continue to change before we begin classes/activities in 2021. Over the next few weeks we will be continuing to put the developing program on our website and Facebook, we can email you a copy or you can get a hard copy from the office. So keep in touch Hubbers!

We wish you all a safe and enjoyable holiday season and a peaceful and joyous Christmas.

### Manager GNH

GROVEDALE NEIGHBOURHOOD HOUSE  
ACKNOWLEDGES THE SUPPORT OF:



## Kardina Ward update

By Kardinia Ward Councillors  
Ron Nelson, Belinda Moloney  
and Bruce Harwood

As proud representatives of the Kardinia Ward, we're excited to introduce ourselves now that the local government elections are over and done with.

Councillors Bruce Harwood and Ron Nelson have been returned to the Council, while Councillor Belinda Moloney is a new and welcome addition to the council group. Hailing from Belmont, Cr Moloney is a senior lecturer at Deakin University and has worked hard to get up to speed.

We appreciate the support we've received during the election period and promise to advocate strongly on the behalf of the Kardinia Ward.

Great news for the Grovedale Neighbourhood House, with the further easing of restrictions meaning the hub has re-opened for venue hire. There are limits on how many people can be accommodated in each community space, but it's a great start that community members can re-connect safely.

We're working hard behind the scenes to get the Heyers Road hub back fully open.

There's been interest over the years about the Grovedale Men's Shed, whose members have been looking for a new home for some time. Consultation has just wrapped on the new concept and design plans for an Armstrong Creek Community Shed at the Sovereign Drive Sporting Reserve, where the men's shed members will be permanently based. The community feedback will help inform the detailed design development, which will get underway in early 2021.

It's also worth noting that the Waurin Ponds skate park is currently undergoing a revamp. Council has allocated \$600,000 over two financial years to build a new playground and basketball court there, as well as enhanced skate elements.

This follows light and CCTV improvements and landscaping this year, which was funded through a grant from the Victorian Government. There's lots happening in and around Grovedale and we look forward to updating you again next year!



# VALE BRIAN JOHANSSON

by Linda Connor

It is with enormous sadness that we heard of Brian's passing on the 19th September 2020. Over the last six years Brian has been the volunteer co-ordinator of the community kitchen at the Grovedale Neighbourhood House.

Brian was passionate about the community kitchen and created a safe and enjoyable environment for all the participants. He created tasty, healthy low-cost meals every week. In the process of teaching participants how to cook Brian developed a connection with each participant, encouraging them and developing their confidence.

Brian created a fun place to be greatly with the participants and during Melbourne Cup it was not unusual to see

quirky hats and bow ties in the community kitchen, or Santa hats at Christmas and off course the crazy Easter bonnet. Brian was committed to community and was concerned for the environment and eating home grown produce. He was involved in the community garden and the community food swap. Brian also had a creative passion in the form of ballroom dancing. He was suave and elegant as well as being our much cared for community kitchen facilitator in an apron and up to his elbows in flour.

Brian was kind and gentle and was instrumental in reducing social isolation and creating connection and engagement for many participants over the years at Grovedale

Neighbourhood House. Brian was a private person devoted to his family and to the community. Brian will be missed but his quiet leadership and work will be remembered and cherished by the participants at the community kitchen and all of us at Grovedale Neighbourhood House and the Grovedale Community Hub.

Brian's family as per Brian's wishes did not have a funeral service however, they will hold a celebration of his life in the new year and we will inform you of the details.

Thank you, Brian, for all the wonderful meals and for the amazing community kitchen you provided at Grovedale Neighbourhood House.



**Brian will be missed but his quiet leadership and work will be remembered and cherished**



## WOO-HOO! We're back!

StudioArt6 - Jen Jones, Resident Artist @ Grovedale Neighbourhood House Heyers is back for Term 1 - 2021. Registration is now open for the following classes. All classes cater for the beginner right through to the more accomplished artist. Current Covid-19 restrictions and safety requirements adhered to.

### **SATURDAY - Acrylic and Pastel Art Class.**

10 week - \$180  
Start date: Sat 23rd Jan - 27th March  
Times: 10.30am - 1pm

### **MONDAY - Soft Pastel/Acrylic Art Class.**

10 week - \$180  
Start date: Mon 25th Jan - 29th March  
Times: 1.30pm - 4pm

Any queries regarding payment or registration can be directed to Jen:  
Mob: 0408 461 559  
E: jjones53@internode.on.net  
W: studioart6.com.au

### **Cancellations:**

- Cancellations will forfeit fee paid as classes are reliant on numbers to proceed.
- Make up classes can be booked for an alternate session during the current working block, classes may not be booked for the following term.
- To book in to a class, full payment prior to commencement, via PayPal / Direct Bank Transfer, is required.
- Students must supply their own art materials.
- Refreshments supplied.



I conduct classes & Workshops throughout the year at the Meredith Community House. Throughout the year I work side by side with an environmental & educational organisation, 'Bug Blitz', and the Geelong Field & Game, as the Artist teaching young school students at the Lake Connewarre Wetlands.

As a professional artist, my portrait work has been predominantly in soft pastels and my works are now hanging as far afield as the UK, Denmark, New Zealand and other States of Australia.

## Cha cha your way back to the Hub!

Hi we are Jose Garrido-Palacios and Karen Coombs, competition dancers with years of experience and our dance classes are back at the Grovedale Neighbourhood House on Friday nights.

We are competition trained A grade ballroom dancers. We teach Ballroom Standard, Latin American and New Vogue dances.

We cover the most popular dances in each of these styles including Waltz, Quickstep, Slow Foxtrot, Tango, Viennese Waltz, Cha Cha, Rumba, Jive and Samba.

In the New Vogue Style, we have a list of over 100 popular dances that we teach.

The Friday night classes and dances cater mainly to beginners and those seeking to improve their skills.

You can come with your partner, friend or on your own. Adults of all ages and genders are welcome.

Please contact Jose on 0401673221 for further details. Cost \$10/person. Class runs from 7.00-8.30pm.

Jose Garrido-Palacios and Karen Coombs, competition dancers.

Photo by: Kerrie Rolls Bourke Photography



## Introduction to Buddhist Meditation Course

The ancient method of Dzogchen meditation allows the mind, body and energy to rest all at once. Scientific research shows that meditation will not only change our mind but also our brain to bring about lasting well-being.

Attendees will be taken through guided mindfulness and shamatha meditation practices to help focus and calm the mind. Attendees are also welcome to participate in our ongoing study course where we will listen to and discuss recorded teachings on meditation and Dzogchen given by revered Tibetan lama, His Eminence Dzogchen Rinpoche.

**When:** Fortnightly on Sundays between 10am and 11am  
**Where:** Grovedale Neighbourhood House,  
 45 Heyers Rd, Grovedale VIC 3216  
**Fees:** \$10 per session

Please let us know in advance if you will be attending.

0407 018 498

vic@shenpenaustralia.org  
 www.shenpenaustralia.org





# what's on term 1 2021

## EXERCISE

### AGEING WITH CONFIDENCE

Stay active and healthy.  
Commencing: Monday 25th  
Jan 9.00am  
Wednesday 27th Jan 9.00am  
\$6 per session if paid monthly  
or \$7 casual  
BOOKINGS ESSENTIAL  
Phone: 5241 5717

### BALLROOM DANCING

Suitable for beginners or as a  
refresher course.  
Friday 7.00 – 8.30pm  
\$10.00 per session  
Commences 29th January  
Jose: 0401 673 221

### WINGROVE CALISTHENICS

Mon: Tinies 4.15, Jnrs 5.30pm  
Seniors 7.30pm  
Tues: Sub Jnrs 4.30pm,  
Inters 6.30pm  
Thurs: Masters 7.30pm  
Sat Class: 9.30  
Contact: Rachael  
0408 899 894

### LINE DANCING

Saturday 24th April  
1pm – 5.00pm  
Email pauline@pgld.com.au  
for more information

### INNER HEALTH YOGA

New to the Hub  
Slow Movement Yoga  
Commencing Friday  
5th Feb @ 10am  
Contact: Lesley 0478 581 319

## WELLBEING

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

Wed 6.00pm – 7.00pm  
Commences 6th January  
Contact Heather 0417516020

### GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm  
Commencing 27th January  
\$2.50 p/wk  
Contact Michael: 5264 7484

### UPANISHAD DISCUSSION GROUP

Wednesday 10.00 – 12.00pm  
Commencing 27th January  
\$2.50 p/wk  
Contact Michael: 5264 7484

### UKES 'N MORE

Community Ukulele Group  
Wednesday evening 7pm  
Beginners time TBC  
A fun and social group for all  
ages.  
Learn the basics of playing the  
ukulele. You do not need any  
prior experience.  
Contact Ross: 0430 871 045 for  
further information.

### MEDITATION

Introduction to Buddhist  
meditation course.  
Meets fortnightly  
Sunday from 9.30am  
Commencing 14th February  
Contact: 0407 018 498 or email  
vic@shenpenaustralia.org  
www.shenpenaustralia.org

## NEW TO THE HUB!

### THE JUNGLE BODY WITH KAT B

Dance Fitness  
Commencing Thursday  
4th Mar @ 6pm  
Contact: Katrina  
0433 663 996

## U3A @GNH

### YOGA

Commencing Monday  
15th February  
& Friday 19th February

### VICTORIANS INTO MODERN

Commencing 15th February

### OUR SOLAR SYSTEM

Commencing 16th February

### AMERICAN CIVIL HISTORY 1860-65

Commencing 17th February

### TRAGEDY & COMEDY IN LITERATURE

Commencing 18th February

### PHILOSOPHY

Commencing 18th February

For course and  
commencement updates,  
contact U3A on  
5244 5114

## ARTS & CRAFTS

### 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  
Commencing 11th February  
Contact: Christopher  
Phone: 5261 3983 or  
roadsideikebana@bigpond.  
com

### ART CLASSES

Teacher Jen Jones will be  
conducting lessons for  
beginners through to the  
more advanced students  
Monday: 1.00pm – 3.30pm  
Commencing 25th January  
Saturday 10.30am – 1.00pm  
Commencing 23rd January  
(10 wks.) \$180.00  
Contact: Jen 0408 461 559  
Jjones53@internode.on.net

### CRAFT CREATORS

Sewing & Patchwork group  
Friday 9.30am – 12 noon  
\$2.50 pw  
Commencing 5th February  
Phone: 5241 5717

## BACK IN TERM 1

### GROVEDALE SENIOR CITIZENS

Various activities are held  
every week  
Contact: Terry 5241 4308  
Commencing From 8th  
February

### MEN'S SHED

An active and productive  
group.  
Call for more info.  
Contact Merv Poyner: 0417  
037 942

### FOOD SWAP

Third Saturday of the month  
9.30 – 10.30am. Bring your  
excess produce for swap  
at Grovedale Community  
Garden.  
Contact Vic: 0407 231 350

### GEELONG AREA FRIENDS (GAF)

Meets Monthly  
Thursday 9.00am – 12.00pm  
Phone: 5241 5717

## MISC

### JEREMY'S COMPUTER HELP

Need assistance with your  
technology?  
Come and see Jeremy.  
Commencing Tuesday 2nd  
February  
Bookings Only:  
5241 5717

### ZIMBABWEAN LANGUAGE CLASS

Commencing Sunday  
31st January  
Contact: Athanas  
0424 326 267

WE'RE BACK  
AND LOOKING  
FORWARD TO  
SEEING YOU  
ALL!

Do you have new  
ideas for classes,  
clubs, groups etc?

We encourage new enquiries from  
new tutors, coaches, groups, clubs  
etc. Anyone from all walks of life is  
welcome to use our spaces. Avail  
of reasonable community costs  
that Grovedale Neighbourhood  
House provides.

### EMAIL:

info@grovedalenh.org.au

CALL 03 5241 5717

www.grovedalenh.org.au

https://www.facebook.com/

GrovedaleNeighbourhoodHouse/





## ASD Parenting Together Support Group 2021

Are you a parent or carer of a child with Autism Spectrum Disorder?

The ASD Parenting Together Support Group will be meeting Wednesdays from 1:00pm-2:00pm using Zoom Video Conferencing. This group aims to improve social connections for parents and carers of children with Autism Spectrum Disorder by providing a space to meet other parents and carers with shared experiences in the Greater Geelong region. Participants will have the opportunity to discuss their challenges and concerns relating to raising a neurodiverse child in a non-judgmental, supportive and friendly environment. This group will also act as peer support network

where parents and carers can share their unique strengths and knowledge to learn from each other and foster confidence.

Guest facilitators will join the group from time to time to share their expert knowledge in relation to parenting, Autism Spectrum Disorder, useful tools and resources, and navigating NDIS and other support services. Previous facilitators have included professionals from the Association for Children with a Disability, Barwon Health, AMAZE, and Geelong Mediation Centre.

To register or for more information, please email [CCAdmin@geelongcity.vic.gov.au](mailto:CCAdmin@geelongcity.vic.gov.au) or phone 5272 5024.

## Sheba Drivers Wanted

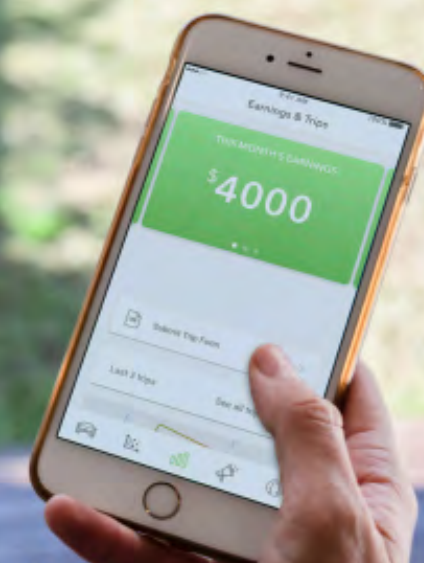
Join the All Women Rideshare Movement and Safely Transport Women and Kids Every Day. Flexibility, Financial Empowerment & Feel 100% Safe - in the Comfort of Your Own Vehicle. Sign up today at [Shebah.com.au/drive](https://shebah.com.au/drive) or email [driveforus@shebah.com.au](mailto:driveforus@shebah.com.au) We can't wait to have you onboard and a part of our community of driven women across Australia. Love Shebah

### Apply now to start earning.

VICTORIA DRIVER APPLICATION REQUIREMENTS:

- Driver Accreditation
- Australian Business Number (ABN)
- Roadworthy Certificate
- Working With Children Check
- Vehicle Registration
- Insurance
- Commercial Passenger Vehicle License.

APPLY AT  
[SHEBAH.COM.AU/DRIVE](https://shebah.com.au/drive)



shebah  
ALL WOMEN RIDESHARE

## ASD PARENTING TOGETHER SUPPORT GROUP

COMMENCING 3 FEBRUARY 2021

Wednesdays 1.00pm – 2.00pm

Are you the parent or carer of a child with Autism Spectrum Disorder?

Join us each week via Zoom Video Conferencing to meet other parents and carers in the Greater Geelong community with shared experiences. This group provides an opportunity to discuss challenges and concerns, share your unique knowledge, and learn from group members and guest facilitators about topics such as navigating NDIS, self-care, and useful resources.

### BOOKINGS

To register please contact 5272 5024 or [CCAdmin@geelongcity.vic.gov.au](mailto:CCAdmin@geelongcity.vic.gov.au)

FREE  
ONLINE  
SUPPORT  
GROUP

CITY OF GEELONG  
GEELONG

## A note from Lesley of Inner Health Yoga



INNER HEALTH YOGA  
slow – movement – yoga

“My name is Lesley and I'm very much looking forward to bringing my Inner Health Yoga class to the Grovedale Neighbourhood House in 2021! I have been practicing Yoga for 12 years now and teaching for 5.

I'm trained in traditional Hatha Yoga (Advanced Dip of Yoga) and specialise in Slow-Movement-Yoga, especially suited to people suffering from a chronic disease, anxiety, insomnia, lower back pain, osteoarthritis & osteoporosis etc, but also for those beginning or more experienced in Yoga.

I focus on increasing: strength, balance, flexibility & agility - leading to greatly improved health and general wellbeing.

My class will run for an hour and you will need: a yoga mat, cushion & maybe a blanket.

Please come and join me and start your own Yoga journey in 2021!

Namaste ... Lesley





## Uniting Barwon Emergency Relief

Our team provides services to individuals and families who are struggling to make ends meet. Emergency Relief addresses the gap in resources including food, clothing and material aid.

WE ARE OPEN

WE OFFER SUPPORT SUCH AS -

- Food and food vouchers
- Clothing – Adult & Children
- Nursery Items
- Furniture and Household Goods
- NILS (No Interest Loan Scheme)
- Family Bill Assist Program
- Homelessness and Housing
- Education Assistance Program
- Advocacy and links to other services

PLEASE GIVE US A CALL:

- GROVEDALE - 4210 1100
- NORLANE - 5278 8492
- WINCHELSEA - 0419 535 490



**Uniting**

...to inspire people, enliven communities  
and confront injustice.

### Love Op Shops? Enjoy customer service? Ready to help your local community? Uniting Barwon needs you!

Make friends for life and join the team at our brand new Op Shop - opening soon. Be part of an exciting adventure with the opening of Uniting Barwon's newest Geelong Op Shop. Join the team. Set the bar. Make your mark. Demonstrate your excellent customer service and communication skills. Showcase your attention to detail. Enjoy working with a can do team - in a bright new store. Training and support provided.

Newstart Participants encouraged to apply. Contact Elizabeth Hopkin on 4210 1113 or email [elizabeth.hopkin@vt.uniting.org](mailto:elizabeth.hopkin@vt.uniting.org)

[unitingvictas.org.au](http://unitingvictas.org.au)



## OLDER PERSON MENTAL HEALTH FIRST AID

**FREE  
ACCREDITED  
TRAINING**

**OPTION 1: MONDAY 8 FEBRUARY & TUESDAY 9 FEBRUARY 2021, 9:00AM–5:00PM  
GROVEDALE NEIGHBOURHOOD HOUSE, BANKSIA LEARNING CENTRE**

**OPTION 2: MONDAY 22 FEBRUARY & TUESDAY 23 FEBRUARY 2021, 9:00AM–5:00PM  
NEWCOMB HALL, MAIN HALL**

**BOOKINGS ESSENTIAL**  
This training qualifies participants in Older Person Mental Health First Aid. For more information, bookings or to express interest in future training opportunities, please contact Community Inclusion Unit on [CCAdmin@geelongcity.vic.gov.au](mailto:CCAdmin@geelongcity.vic.gov.au) or 5272 5024

CITY OF GEELONG  
**GEELONG**



# Homestyle Aged Care, the way it should be!



For a personal tour, please call  
Jodie Slater on (08) 5243 8522

**Belmont Campus**  
24-28 Church Street  
Belmont VIC 3185  
Ph (03) 4842-8888

**Wellness  
Seeking**

**Homestyle**  
AGED CARE

**Homestyle Aged Care**