



**SEE PROGRAM  
ON PAGE 6-7**

## Thank you

I would like to take this opportunity on behalf of myself and Fiona to say a fond farewell and to thank you all for the support and acknowledgement we have received, since working in this space.

Fiona and I have enjoyed our time at the Neighbourhood House, we have built some great relationships along the way and really enjoyed helping the local community. The time has now come to pass the baton over to the new appointees in which I believe, we will be leaving you in great hands.

I am happy to introduce the newly appointed staff, Nateesha Thomassen – Coordinator and Shivonne Baker – Administration Officer, I'm sure you will make them most welcome.

Wishing you all the best!

**LISA & FIONA**

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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.



## Hi Everyone!

My name is Nateesha Thomassen and I'm the new Coordinator at the Grovedale Neighbourhood House.

I have previous Neighbourhood House and Centre Management experience through positions held at Portarlington Neighbourhood House and at the Bannockburn Cultural Centre.

I live in North Geelong with my husband, daughter (16), son (19), two cats and two budgies.

I have an interest in historical artefacts and wish I had more time to refine my creative skills in particular painting with watercolour.

I would like to welcome Shivonne Baker to the Grovedale Neighbourhood House team. Shivonne will be providing valuable administrative support to GNH.

I would also like to extend a huge thank you to Lisa Sitlington and Fiona Zinn for their contribution to the Neighbourhood House in recent months and for their support during the handover period.

I am excited to be joining the team at Grovedale and look forward to meeting everyone and working with the broader Grovedale community.



*Nateesha*

### TERM4 DATES 2021

4 October to 17 December.  
Check our activity program on pages 6-7 for course start dates.

GROVEDALE NEIGHBOURHOOD HOUSE  
ACKNOWLEDGES THE SUPPORT OF:



## Kardinia Ward Update

For the past few years, councillors and City of Greater Geelong staff have been working to create a permanent home for the Mount Duneed Men's Shed (formerly the Grovedale Men's Shed).

Men's Sheds provide a great place for men to be active and social, and they make a fantastic contribution to the community through their various projects.

The Mount Duneed group have been based at multiple locations over the years, but we are excited to say the arrival of their new permanent home is getting closer.

We're fully funding and building a new community shed on Sovereign Drive, which will give the Men's Shed a home and also includes a multipurpose creative space for use by the wider community.

The detailed design is now complete and a builder has been appointed, meaning the start of construction is not far away.

BY COUNCILLOR RON NELSON,  
KARDINIA WARD



The sort of community connection a place like this will create has never been more important following the isolation and challenges of COVID-19.

There's also the potential for the inclusion of a community garden in the future.

Any community groups interested in establishing a garden at this facility are encouraged to get in touch with the City of Greater Geelong.

Gardening and food production offers another excellent opportunity to stay lively and connected— and it also contributes to sustainable living.

Council was extremely pleased to support this community shed project, which we hope will be enjoyed by Mount Duneed, Grovedale and Armstrong Creek residents for generations to come.

I'm really looking forward to seeing shovels in the ground and building underway.

## Hi everybody!



My name is Shivonne and I am your new Administration Officer at the Grovedale Neighbourhood House.

I have worked for the City of Greater Geelong for 8 years in various Administration roles, in fact you may recognise my face from visiting our Leisure Centres over the years.

I am so excited to join not only a fantastic team, but to be part of a wonderful Community at the Grovedale Neighbourhood House, and I look forward to meeting you all very soon.

*Shivonne*

## Connect with GNH



[/GrovedaleNeighbourhoodHouse](https://www.facebook.com/GrovedaleNeighbourhoodHouse)



[/grovedaleneighbourhoodhouse](https://www.instagram.com/grovedaleneighbourhoodhouse)

We're on facebook and Instagram. Like/Follow us to get the latest updates as we share real time information from the community.



## Grovedale Child and Family Centre

Hello All,

The last few weeks have been exceptionally quiet at the Grovedale Child and Family Centre since the most recent lockdown. This has been the first time since the pandemic started that regional Kindergartens have been closed. Although we have had a few children who have been in attendance due to permits (and exceptional circumstances).

We have spent our time working on the environment with the children who are here and maintaining connections with the families who are at home through our online app 'Educa.' We have had story time, nature hunt treasure hunts and dress up days.

We have some fun plans for when Kindergarten opens up, with the re-start of our Parent Representative Committee and a brand new Student Representative Committee.

We hope you are all safe and well.

From Grovedale Child and Family Centre



## Nominations are now open for the Geelong Awards for People with Disability 2021

The Geelong Awards for People with Disability celebrate people with disability in Greater Geelong who are doing outstanding work in advocacy, leadership and empowering others and in their contributions to volunteering, at work or in the community. Nominations can be made in the following categories:

- Employment Award
- Achievement Award
- Leadership and Advocacy Award
- Volunteering Award

To nominate or for more information about the awards please visit: [geelongaustralia.com.au/disabilityawards](http://geelongaustralia.com.au/disabilityawards). Nominations close 5.00pm Friday 8 October 2021.



## Job advocates can help you

The City of Greater Geelong is just one of many communities where the Victorian Government has invested \$619.4 million to provide job seekers with information, advice and support to get back to work through an expanded Jobs Victoria.

The City's Jobs Victoria Advocates will help job seekers in our community connect with employment and training services by providing free, practical and personalised support.

Our Jobs Victoria Advocates have extensive knowledge of local, state and national employment and training services. They also understand that alternative support may be required for people with special circumstances.

You will find our Jobs Victoria Advocates throughout the Greater Geelong community in places such as local libraries, community centres, neighbourhood houses and events to name a few. Alternatively, they can be reached online and by phone.

Our Advocates can help you navigate the employment and training services by:

- Refer you to a local Jobs Victoria Partner who can help you update your resume, prepare for job interviews, and connect you with local employers.
- Connect you to local skills and training opportunities through Work and Learning Centres, TAFE Skills and Jobs Centres, and apprenticeship programs.
- Inform you where there are job vacancies in your local area using the Jobs Victoria online hub.



Who can contact our Jobs Victoria Advocates?

There are no restrictions regarding who can access our Geelong Jobs Victoria Advocates.

Are you unemployed, seeking a career change or looking for training pathways?

Are you looking at getting back to work after some time off?

Do you need support with determining your skill gaps, and career options that are suited to your circumstances?

Or do you simply just need some clear information and advice?

Our Jobs Victoria Advocates are ready to help!

If this program is relevant to you or someone you know, please get in touch with our Jobs Victoria Advocates by emailing [jobsadvocates@geelongcity.vic.gov.au](mailto:jobsadvocates@geelongcity.vic.gov.au) or calling 5272 5272.

For more information, visit the [www.geelongaustralia.com.au/jobsadvocates](http://www.geelongaustralia.com.au/jobsadvocates)



### DEADLINE FOR THE NEXT ISSUE OF THE GRAPEVINE

Copy due: Monday 22 November 2021

Distribution: Monday 6 December 2021

### WANT TO RECEIVE A REMINDER TO SUBMIT YOUR ARTICLE?

Sign up at: <https://bit.ly/Grapevinereminder>



# what's on term 4 2021

## EXERCISE

### AGEING WITH CONFIDENCE

Stay active and healthy.  
Mondays 9.15am  
Wednesdays 9.15am  
\$6 per session if paid monthly or  
\$7 casual  
BOOKINGS ESSENTIAL  
Contact: 5241 5717

### BALLROOM DANCING

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

### WINGROVE CALISTHENICS

Mon: Jnrs 5.00pm,  
Seniors 7.00pm  
Tues: Sub Jnrs 4.30pm,  
Inters 6.30pm  
Thurs: Masters 7.30pm  
Sat: Tinies Class: 9.30am  
Contact: Cathy 0416 255 684

### LINE DANCING

Fridays 9:00am-12:00pm  
4th Saturday of every month  
1:00pm-5:00pm  
Email pauline@pgld.com.au for  
more information

### KAREN FELDMAN'S DANCE STUDIO

Thursdays: 4.00- 7:15pm  
Contact: Karen 0432 493 527

### FOLKWAVE - PUNJABI DANCE

Tuesdays: 6.00 – 8.00pm  
Contact: Avtar 0423 193 998

### THE JUNGLE BODY WITH KAT.B

Dance Fitness  
Thursdays - 6pm  
Contact: Katrina 0433 663 996

## WELLBEING

### TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wed 6.00pm – 7.00pm  
Contact: Heather 0417516020

### GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm  
\$2.50 p/wk  
Contact: Michael: 5264 748 4

### UPANISHAD DISCUSSION GROUP

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

### "UKES "N" MORE"

Community Ukulele Group  
Wednesday evenings 7:30pm  
JHUI Level 2 @ 5:30pm  
Beginners 6:45pm  
A fun & social group for all ages.  
Learn the basics of playing the  
ukulele. You do not need any  
prior experience.  
Contact: Ross on 0430 871 045  
for further information.

### MEDITATION

Introduction to Buddhist  
meditation course.  
Meets fortnightly  
Sunday from 9.30am  
Contact: Alex 0407 018 498

### INNER HEALTH YOGA

Slow Movement Yoga  
Commencing Friday 16th July  
10am-11am  
Contact: Lesley 0478 581 319

## U3A @GNH

### YOGA

Commencing Monday 4th Oct  
& Friday 8th Oct

### LET'S TALK ABOUT THAT

Commencing Monday 4th Oct

### OUR SOLAR SYSTEM

Commencing Tuesday 5th Oct

### SPANISH INTERMEDIATE/ ADVANCED

Commencing Wed 6th Oct

### AMERICAN CIVIL HISTORY 1860-65

Commencing Wed 6th Oct

### TRAGEDY & COMEDY IN LITERATURE

Commencing Thursday 7th Oct

### PHILOSOPHY

A study of the human subtle  
energy. Commencing Thursday  
7th Oct

### PHILOSOPHY FOR LIFE

Commencing Thursday 7th Oct

Contact U3A for Bookings  
5244 5114

## NEW TO THE HUB

### SEANELLE LARISSA FITNESS

Personal Training  
Various days & times  
Contact: Seanelle 0424 410 679

### GET GOING PT GEELONG

Personal Training &  
All Abilities Exercise Programs  
Adults & Children  
Various Days & Times  
Contact: Emilie 0415 822 979

## A MESSAGE FROM JOSE - Take The Lead Ballroom Dancing

"Looking for men wanting to  
learn ballroom dancing.  
We have had more ladies than  
men joining us recently.  
So, men, come along and learn  
to dance in a fun, no pressure  
environment."

## 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 21st October  
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: 1.30pm – 4pm  
Saturday 10.30am – 1.00pm  
\$20 per session

Contact: Jen 0408 461 559  
jenajones1253@gmail.com

### CRAFT CREATORS

Sewing & Patchwork group  
Friday 9.30am – 12 noon  
\$4.00 pw  
Phone: 5241 5717

## STAY CONNECTED

### GROVEDALE SENIOR CITIZENS

Various activities are held  
every week  
Contact: Terry 5241 4308

### 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



## GROVEDALE TOY LIBRARY GROVEDALE COMMUNITY HUB

Saturdays 9:30-11:30 members by  
appointment

Book & Browse or Click & Collect  
Click & Collect available during lockdowns

Email: info@grovedaletoylibrary.org.au  
www.grovedaletoylibrary.org.au

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

instagram: [https://www.instagram.com/grovedale\\_toy\\_library/](https://www.instagram.com/grovedale_toy_library/)



## DO YOU HAVE NEW IDEAS FOR CLASSES, CLUBS, GROUPS ETC?

We encourage new enquiries from  
new tutors, coaches, groups or clubs.  
Anyone from all walks of life is welcome  
to use our spaces. Avail of reasonable  
community costs that Grovedale  
Neighbourhood House provides. Our  
venue hours are 6am to 12 midnight.

Email info@grovedalenh.org.au  
Call 03 5241 5717



## HISTORY

## The Start of the Suburb

ARTICLE FROM GROVEDALE GRAPEVINE ISSUE 11 WINTER 2014

As residents of Grovedale, you would be aware that the origins of our suburb began with the migration of passengers from Prussia in 1849. At that time, Prussia was German kingdom, with its main language German and its capital Konigsberg, later becoming Berlin. These passengers travelled on the Emmy and arrived in Melbourne in December 1849. Included in the passenger list were ten families who were sponsored by Dr Alexander Thomson for the purposes of growing grapes to make wine.

For families to be eligible for consideration they had to fulfill the following criteria. They had to be less than 50 years of age and in good health. They had to be mentally and bodily sound and strong and "likely to be a useful member of society as vine dressers".

Thomson convinced the authorities that the ten migrant families, their skill levels and their work ethic fully met the criteria and the Scottish-born physician sponsored these families to come out to the area with a specific purpose of growing vines and other foods.

Why vine growers? Australia at that time was a developing country that imported much of its food and materials from overseas, particularly from the UK. The one thing that could not be imported was wine, as England did not grow grapes and hence the opportunity arose and the start of our story.

These ten Prussia families, accompanied by other Prussian and Silesian passengers aboard the ship "Emmy," were mainly Lutheran families fleeing religious repression. The political climate, economic hardships and lack of religious freedom seem to have been the main reasons for them leaving their homeland.

Those aboard included the Bieske, Baensch, Kerger, Winter and Boehm families.

Geelong at that time, with a population of 595, had only been officially classified as a town eleven years earlier and was still in its infancy when the Prussians arrived. They were each allocated a plot of ground between 1 and 2 acres and so their life began. As the families prospered and opportunities arose, the new settlers purchased their land, a block of about 1 acre each near the Waurin Chains of Ponds Creek. Other families followed and in 1853 more families arrived in the ship "Wilhelmsberg."

Although the families originated from Prussia, their main language was German, so this small community became known as Germantown. This was one of the first German settlements in Victoria.

The first years were very hard for these migrants. The plots of land had to be made arable, but since most of the settlers came from the countryside, they knew about agriculture. They grew vegetables which horse-or hand drawn carts brought to the market in Geelong to be sold. Water was rare and had to be fetched from the Barwon River, 5km away. They were self-sufficient, milking cows for butter and milk, keeping poultry for meat and eggs as well as being skilled arable farmers. Stories tell of them carrying their produce by wheelbarrow or cart into Geelong to sell and then with the money they would purchase flour and sugar for their home cooking.

The hilly country and volcanic soil were ideal for orchards and vineyards and the wind industry prospered. However, success did not last too long. Before 1875, the vines had become damaged with the disease phylloxera with the result that all existing vines were destroyed, these vineyards were replaced by orchards and market gardens which dominated the area for over one hundred years.

Lions Club of Grovedale/Waurin Ponds Inc.

## Raffle Draw postponed

BY DAVID RIDLEY

The recent COVID restrictions/lockdowns in place over the last few weeks have severely affected the running of the Lions Club Community Raffle. Consequently, the draw date which was to have occurred on Tuesday 7 September, did not occur as scheduled, and on advice sought from the Victorian Commission for Gaming and Liquor Regulation will now occur later in the year.

This notice is posted to advise ticket holders that the draw will now occur on Tuesday 2 November 2021 at the previously advised venue.

If you have tickets in this raffle, please ensure you hang onto them until after the new draw date.

We apologise for any inconvenience, but hope you understand that this is beyond the control of the Lions Club.



## Volunteer in the best Op Shop in Geelong!

BY ELIZABETH HOPKIN

Help Uniting Barwon raise funds to provide food and emergency relief to those in need.

Join the Emergency Relief Team. Make a difference in your local community. Do you have a few hours to spare each week? Do you need up to 15 hours volunteering per week?

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 Geelong West, Highton, East Geelong, Corio, Norlane, Point Lonsdale and Drysdale, and our welfare teams in Grovedale and Norlane.

Our current vacancies include:

- food distribution (assisting our clients) - Volunteers urgently needed for Wednesday 11-2 shift
- retail roles at our 7 Op Shops (customer service, merchandising etc.) - Volunteers urgently needed at Geelong West for Saturday 9-1 or 1-5 and for Monday to Friday 9-1 shifts

Uniting

- Christmas Program – Volunteers urgently needed to sign up and assist with various shifts in November and December
- receptionists (organising client appointments)
- pickups and deliveries (van crew member or driver)
- grounds and maintenance (mowing, weeding, cleaning etc.)
- interviewers (assisting our clients)
- sorting of donations (clothing and bric a brac etc.)

If you—or someone you know—would enjoy being part of a can-do volunteer team, even for a few hours a week, 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.*



# FOOD AND NUTRITION



## 25 TIPS AND TRICKS FOR HEALTHY EATING ON A BUDGET

**True or False? Healthy foods are more expensive than pre-packaged, processed foods.**  
**False! Fresh produce can seem more expensive at first, but these tips and tricks will help you take care of your body and your budget.**

1. Freeze leftovers and use them for lunch.
2. Freeze rice or pasta as a base for future meals.
3. Freeze healthy slices and muffins for later.
4. Frozen fruits and veggies can be just as healthy as fresh.
5. Use frozen fruit or veggies for chilled smoothies.
6. Purchase frozen onions – recipes often call for onions, so this can save you money, time and tears!
7. Make use of frozen vegetables to serve with leftovers or as sides to reach your recommended intake.
8. Make a big pot of soup and freeze it in containers for later.
9. Containers with secure lids can keep food fresh for longer. The less container air, the less freezer burn.
10. Only buy what you need and use what you already have at home before buying more food.
11. Spend most of your grocery budget on the five food groups.
12. Fruits and vegetables are cheaper when they're in season.
13. Make your own salad mix instead of buying pre-packaged and pre-washed options. By the whole lettuce or leaves by the scoop.
14. Rice is readily available in bulk quantities and stores well in the pantry.
15. Minced meat and chicken thighs are cheap bulk options.
16. Alternatively, you can buy smaller amounts of lean meat, skinless chicken and fish and extend meals by adding legumes, extra vegetables and grains.
17. Keep an eye on catalogues and deals to stock up on staples like canned beans and frozen peas when the price is down.
18. Canned foods can be just as nutritious as fresh options but may be cheaper and easier to purchase, i.e. fish, vegetables, beans, crushed tomatoes. Look for options with lower salt and sugar content.
19. Long-life alternatives can make great substitutes when regular ingredients aren't available, or you run out of fresh produce.
20. Compare the price of foods by looking at the price per kilogram. You'll be surprised at how much cheaper healthy options can be!
21. Flour, milk and egg makes a simple pancake mix.
22. Add grated vegetables to pancake mix for fritters.
23. Almost any vegetable can be cooked in stock and pureed to make a delicious winter soup. Add wholegrain bread and you have a meal!
24. Make your own sauces and dressings; olive oil, lemon and lime juice are great bases.
25. Herbs and spices make meals tastier. Spice combinations to mix up the flavours:  
**Adobo seasoning** – salt, onion, powder, garlic powder, ground black pepper, ground oregano.  
**Mediterranean** – crushed red pepper, bay leaves, oregano. Add mixed veg and a can of tomatoes for soup.  
**Mexican:** coriander, chilli powder, cumin. Add mixed veg and a can of black beans for a chilli.  
**Indian:** madras curry, turmeric, cayenne. Add mixed veg and a can of coconut milk for a vegetarian curry.

# HEALTHY AT HOME

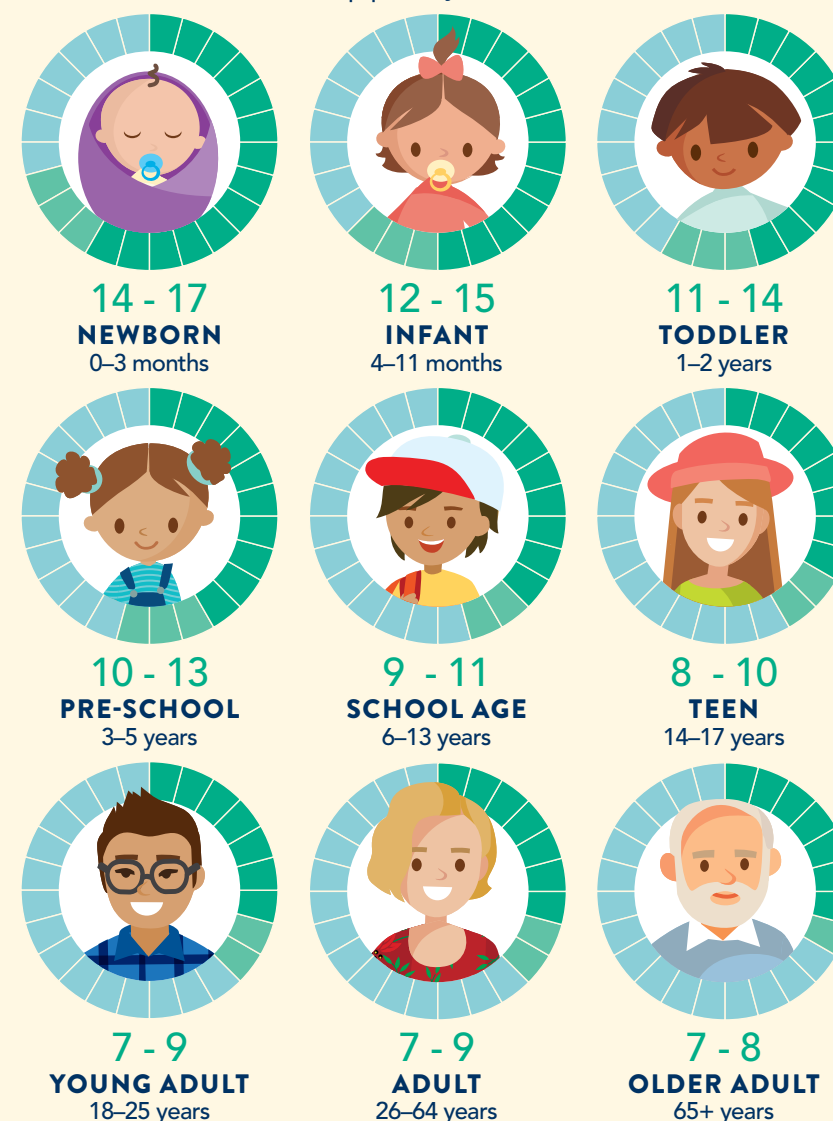


Creating a comfortable sleep environment, relaxing before bed and avoiding evening stimulants may contribute to earlier bedtimes and longer sleep times

Technology use, caffeine consumption and stress may contribute to later bedtimes and sleep difficulties

## SLEEP DURATION RECOMMENDATIONS

Recommended hours of sleep per day



## WHAT IS SLEEP HYGIENE?

VicHealth. (2018) *Sleep and mental wellbeing: exploring the links*. Carlton South, Victorian Health Promotion Foundation.

### INCLUDES

- A regular bedtime and wake time
- Exercising during the day
- Positive social interactions
- Comfortable sleep environment

### BENEFITS

- Reduces anxiety and depression
- Less trouble falling asleep
- Boosts immunity



Hirshkowitz, M. (2015) *The National Sleep Foundation's sleep time duration recommendations: methodology and results summary*. Sleep Health, 1(1), pp. 40-43.







# MENTAL HEALTH AND WELLBEING



## MINDFULNESS EXERCISES

**Mindfulness is all about being in the present moment and accepting things for what they are.**

These mindful exercises from the Black Dog Institute are a handy tool for managing stress and anxiety.<sup>1</sup>



### One-minute exercise

Sit in front of a clock or watch that you can use to time the passing of one minute. Your task is to focus your entire attention on your breathing, and nothing else, for the minute. Have a go. Try it now!

### Breathing exercise

Let your thoughts come into your mind for a few moments, then as you let them float away, redirect your full attention to your breathing. Pay attention to each breath in and out as they flow rhythmically, one after the other.

Are they shallow or deep? Long or short? Where can you feel your breath in your body? Your nose? Your chest? Your tummy?

### De-stressing exercise

Sit upright on a chair or with your legs crossed on the floor. Gently close your eyes and take a few deep breaths. Notice the weight of your body pressing down on the floor. Notice any sounds, smells or sensations going on around you.

When you're ready, ask yourself, "What is going on with me at the moment?" Observe any thoughts or feelings that arise and label them – "that's a sad thought," or, "that's a happy feeling." Sometimes just acknowledging these thoughts and feelings can help them feel less intense. Let the thoughts and feelings float away. Return your focus to your breath.

The more you practice observing your thoughts and feelings, the easier it will be to stop getting distracted by them.

### Walking exercise

Concentrate on your breath and the feeling of the ground under your feet while you walk. Observe what is around you as you walk, staying in the present. Let your other thoughts go. Just look at the sky, the view, the other walkers. Feel the wind, the temperature on your skin and enjoy the moment.

### Eating exercise

Sit at the table with your meal - no newspapers, books, TV, radio, music, or talking. Now eat your meal paying full attention to which piece of food you select to eat, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the texture and taste of the food as you chew it slowly.

You might be surprised by how different food tastes and how filling your meal can be when eaten this way. It's also very good for your digestion!

### Mindfulness apps

If you have a smartphone, there are a range of apps that can help you build mindfulness into your everyday life.

### Smiling Mind

An Australian app tailored to suit different age groups, including exercises for children and students. [Smiling Mind's Thrive Inside](#) program is designed to support mental health and wellbeing during extended periods of time at home.

### Headspace

Visit [Headspace's Weathering the Storm](#) collection for free and easy meditations, sleep and movement exercises to help cope with periods of change and uncertainty.

### Relax Melodies

Not exactly a mindfulness or meditation app, [Relax Melodies](#) provides ambient sounds for sleep and relaxation.

### References

1. Black Dog Institute. (2020) *Mindfulness in everyday life*. Sydney, Black Dog Institute.

## Muesli Slice by Nateesha

### INGREDIENTS:

200g dried apricots or dried 'fruit medley'  
3/4 cup Self Raising Flour  
3/4 cup Rolled Oats  
1 cup Oat Bran  
1/4 cup Pepita Seeds  
3/4 cup Raw Sugar  
3/4 cup Coconut  
3/4 cup Skim Milk

### PROCEDURE:

Preheat oven to 180 degrees fan forced.  
Grease and line a loaf tin with baking paper.  
Mix all ingredients together in a large mixing bowl.  
Press mixture into loaf tin firmly.  
Bake for 40 minutes.  
Refrigerate and slice as needed.



## We want your stories.



If you have anything (articles, announcements, recipes) you would like to contribute or share with the Grovedale Hub community for the upcoming issues please contact [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au). Mention this ad.



## Grovedale East Ladies Probus Club

**NEW MEMBERS ARE VERY WELCOME**

The Ladies Probus Club of Grovedale East meets of the 4th Monday of every month at 10am in the Uniting Church Hall, corner of Torquay Road and Reserve Road Grovedale.

For further information please call

Pam Nichols 0418 522 346



## Grovedale Toy Library

# Decorate your own wooden toy

Grovedale Toy Library is excited to have received a grant from City of Greater Geelong to celebrate Children's Week in October.

On 23rd and 30th October (COVID restrictions permitting), during our regular open sessions, children will be invited to decorate their own wooden small world friend to take home. Engaging in small world play is essential for children. Not only does it nurture their imagination, it also enables them to explore new materials, act out scenarios from real life, build language, practice social skills and gain an understanding of the world around them. Craft materials will incorporate both man-made and natural resources to allow children to explore their natural environment.

Parents and carers can enjoy a cuppa, and connect with other families in their local community.

In the event of COVID restrictions, participants will be able to collect their supplies from a Click & Collect session to complete at home.

Bookings essential. Contact [info@grovedaletoylibrary.org.au](mailto:info@grovedaletoylibrary.org.au) for booking link.



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