

# GROVEDALE Grapewine





The Grovedale Grapevine is compiled and published quarterly 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 and any images as separate high resolution files. New contributions welcome. Please email us.

#### LAYOUT & DESIGN

Tet Kelly / Kubo Kreative



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.



# COORDINATOR'S REPORT

BY NATEESHA THOMASSEN



I always look forward to the first signs of spring, when blossoms suddenly appear on trees and the realisation that we are slowly enjoying more daylight hours. There's something magical about spring that always lifts my spirits.

On Saturday 14 October all Australians will be asked to vote in the referendum for a change to be made to the Australian Constitution to recognise Aboriginal and Torres Strait Islander People as the First Peoples of Australia and to give them a voice on matters relating to them. I implore you to carefully consider the impact of your vote on the wellbeing of Aboriginal and Torres Strait Islander people in the future.

Included in this edition of the Grapevine is the 2017 Uluru Statement from the Heart, inviting all Australian to walk together to build a better future by establishing a First Nations Voice to Parliament. Also included is general information about the Voice referendum including a QR code (or website) to find out more information. Neighbourhood Houses as a sector are strong advocates on social justice issues to improve situations and outcomes for all people. Statements from Neighbourhood Houses Victoria and Grovedale Neighbourhood House in response to the invitation from First Nations people in the Uluru Statement from the Heart are also included.

On Monday 24 July we held our second Safe Seats Safe Kids car restraint safety check session. It's wonderful to see our community take advantage of this free service with the session booked out.

We have learnt from data collected from the Safe Seats Safe Kids program across Victoria that in 2022 of the more than 16,000

child car restraints inspected, 86% were incorrectly installed or used, including:

- 47% which required an adjustment
- 37% which required a complete refit, and;
- 2% which needed to be replaced due to issues, including being more than 10 years old, having damaged/missing parts, or being an overseas model that did not meet Australian standards.

Typical incorrect installation and usage issues identified as part of the program include:

- Top tether straps that are twisted, connected to the wrong point in the vehicle or not connected to an anchor point at all
- Twisted harness straps or harness straps that are at the incorrect height
- Seatbelts that are threaded through the incorrect path
- ISOFIX attachments which aren't secured correctly
- Children who have been graduated to the next stage of restraint before they are the right size

These are alarming statistics and we encourage anyone who has a car restraint fitted to take advantage of these free safety checks. Our next Safe Seats Safe Kids session will be held on Monday 23 October, bookings are scheduled to open 5 weeks prior to this date. See page 15 for more details.

We have another bumper edition of the Grapevine. Grab a cuppa, find a spot in the spring sunshine and enjoy reading about what's happening in our community.

## KARDINIA WARD UPDATE:

# CITY OF GREATER GEELONG SECURES \$3.33M FOR CRUCIAL SAFETY UPGRADES

BY KARDINIA WARD COUNCILLORS—BRUCE HARWOOD,  
BELINDA MOLONEY, RON NELSON

It has been a devastating year on Victorian roads, with the number of deaths rising more than 23 per cent compared to the same time in 2022.

Council is committed to reducing the incidence and severity of road crashes, so we are pleased to share some welcome news about safety upgrades in the local area.

We have secured \$1.13 million from the Federal Government to improve the Marshalltown Road and Bailey Street roundabout.

The City of Greater Geelong lobbied for the project to be included in the Black Spot Program, and we were fortunate enough to be included in the latest funding round.

This will be of great benefit to the nearby Grovedale Primary School, which has advocated strongly for this upgrade.

It will help make the precinct, which is used by people of all ages, safer for motorists, cyclists, and pedestrians.

Works include wombat crossings built on each approach to the existing roundabout; reconstruction

of the centre island and splitter islands; a new asphalt surface; road drainage; and upgraded street lighting.

Over on Barwarre Road, the City's civil construction team has recently installed a pedestrian refuge outside the Geelong Grove Retirement Village.

This links the village to the south-bound bus stop, making it easier for residents to travel around the local area.

We have also received \$2.2 million in federal funding to carry out an upgrade of Sugargum Drive and Bodega Street in Waurin Ponds.

The works, between Oakwood Crescent and Rossack Drive, will deliver road pavement rehabilitation, kerb and channel upgrades, reflective pavement markers and line marking upgrades.

The project comes in response to increasing traffic along the street, which runs along the front of Waurin Ponds Station.

It is an extensive project, with roadworks planned to begin in November and continue until June 2024.

## THANK YOU!

Grovedale Neighbourhood House has been collecting donations of hygiene products for the Lions Club of Corio Norlane to distribute to people experiencing homelessness. A big thank you to everyone that has donated goods. These items have been gratefully received by those in the Greater Geelong community who are sleeping rough.

There's still time! Donations of hygiene products can be left in the collection box in the foyer of the Grovedale Community Hub at 45 Heyers Road. We will accept donations up to the 31 October 2023.



Some of the many donations received from our community.



## NEIGHBOURHOOD HOUSES VICTORIA SUPPORTS THE VOICE TO PARLIAMENT

The Uluru Statement from the Heart invites us to walk with Aboriginal and Torres Strait Islander people on the journey to a better Australia.

Neighbourhood Houses were started by women for the economic empowerment and safety of women. We are now a sector of more than 400 organisations at the heart of their communities, including eight Aboriginal-owned community organisations.

We have assisted every new wave of migrant to integrate; supported farming community through drought; helped communities respond and rebuild from fire and flood.

We acknowledge that Aboriginal and Torres Strait Islander people are one of the oldest, ongoing, living cultures who have adapted and honoured country, and are still here today.

We believe communities thrive when they control their own destiny.

We believe every community member has the right to be heard, and that people flourish when they have the autonomy and resources to reach their full potential.

The Uluru Statement makes this urgent request: to take action through Voice, Treaty and Truth.

In response, Neighbourhood Houses will do what we always do: actively listen, learn with an open heart, organise and act, while taking the lead from First Nations people.

We heed the call of the Uluru Statement for a 'fair and truthful relationship with the people of Australia and a

hopeful future for [all] children' where Aboriginal and First Nations people are honoured and respected.

In this way healing can continue for everyone and we can all move forward together.

We support the Voice to Parliament and encourage all Neighbourhood Houses to walk with Indigenous communities on the journey to Treaty and Truth.

### GROVEDALE NEIGHBOURHOOD HOUSE SUPPORTS AN INDIGENOUS VOICE TO PARLIAMENT.

At Grovedale Neighbourhood House our work is guided by our core values of Community Inclusion, Access & Equity and Kindness.

We proudly:

- Celebrate diversity and foster a sense of belonging, unity and connection for all people.
- Promote fair, meaningful and equitable access for all people.
- Offer a caring, safe environment where everyone is treated with dignity and respect.

To ignore the Uluru Statement of the Heart and the call to action from Aboriginal and Torres Strait Islander people would be in contradiction to our values.

With kindness, respect and hope we're ready to walk with Aboriginal and Torres Strait Islander people on the journey for a better future.

We're ready to listen.



# Australia is having a conversation about the **Voice referendum** being held later this year.



It's about whether we should change the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Constitution outlines the rules by which Australia is governed, and can only be changed through a referendum.



## Why is the Voice referendum happening?

Australia has been talking about recognising First Nations peoples in the Constitution for more than a decade.

In 2017, Aboriginal and Torres Strait Islander people from across the country came together. They considered all the options for recognition. They wrote the Uluru Statement from the Heart, which called for a Voice for First Nations peoples to be added to the Constitution.

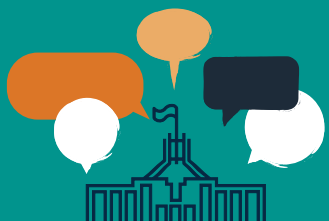
In 2022, the Australian Government agreed to have a referendum to let Australians decide whether to establish the Voice in the Constitution.



## How would the Voice work?

The Voice would be an independent and permanent advisory body.

It would give advice to the Australian Parliament and Government on matters that affect the lives of Aboriginal and Torres Strait Islander peoples.



## Do I need to vote?

Voting in the referendum is compulsory for all eligible Australian citizens aged 18 years and over.

**Get informed.**  
**Voice.gov.au**



Authorised by the Australian Government,  
Parliament House, Canberra



Australian Government

## ULURU STATEMENT FROM THE HEART

We, gathered at the 2017 National Constitutional Convention, coming from all points of the southern sky, make this statement from the heart:

Our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent islands, and possessed it under our own laws and customs. This our ancestors did, according to the reckoning of our culture, from the Creation, according to the common law from ‘time immemorial’, and according to science more than 60,000 years ago.

This sovereignty is *a spiritual notion: the ancestral tie between the land, or ‘mother nature’, and the Aboriginal and Torres Strait Islander peoples who were born therefrom, remain attached thereto, and must one day return thither to be united with our ancestors. This link is the basis of the ownership of the soil, or better, of sovereignty.* It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown.

How could it be otherwise? That peoples possessed a land for sixty millennia and this sacred link disappears from world history in merely the last two hundred years?

With substantive constitutional change and structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia’s nationhood.

Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future.

These dimensions of our crisis tell plainly the structural nature of our problem. This is *the torment of our powerlessness.*

We seek constitutional reforms to empower our people and take *a rightful place* in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country.

We call for the establishment of a First Nations Voice enshrined in the Constitution.

Makarrata is the culmination of our agenda: *the coming together after a struggle.* It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination.

We seek a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history.

In 1967 we were counted, in 2017 we seek to be heard. We leave base camp and start our trek across this vast country. We invite you to walk with us in a movement of the Australian people for a better future.

Source: <https://ulurustatement.org/the-statement/>

# GROVEDALE SENIORS CELEBRATE 40 YEARS OF VIBRANT HISTORY

BY TERRY BLAIN. HON SECRETARY. GROVEDALE SENIORS



July 13th, 2023 - Grovedale Seniors celebrated their 40<sup>th</sup> Birthday in the Dianella Hall at the Grovedale Community Hub.

In attendance were Life members Mary Marendaz, Esther Gilmore, and Joan Dixon plus 37 other members from Grovedale Seniors, and 11 visitors from Sirovilla Retirement Village in Highton and 1 visitor from Abervale Retirement Village in Grovedale.

The performance provided by singer Pat Perri was entertaining and enjoyable with music from the 50's, 60's, 70's & 80's.

Thanks to Mary Marendaz for arranging the afternoon tea purchased from Steampacket Foods and club members who assisted her on the day.

During the past 40 years the club has elected 18 Presidents, 10 Secretaries, 10 Treasurers and awarded Life Membership to 23 members.

Minutes of the first meeting as recorded in the minute book:

## Grovedale Seniors: 1st Meeting – Thursday July 14th, 1983.

A gathering of Senior Citizens of the Grovedale area was held in the Clubroom of the Grovedale Football Social Club & was attended by 52 persons, who enjoyed an excellent casserole lunch, sweets, tea, and coffee provided by volunteers & was highly satisfactory.

Some 40 persons stayed behind after the meal and played cards and chattered amongst themselves. The twelve packs of playing cards were obtained from the Mayoress Committee.

Mr. Kevin Walters (phone 435222) representing the City of South Barwon opened the meeting by suggesting a Holding Committee of 8 persons be formed to get the Club under way & nominations when asked for, the following consented to form the said Committee & get some form of programme prepared.

Mrs. Dorothy Gamble.

Mrs. Ellie Chambers.

Mrs. Pearl Grace.

Mr. Theo Zaunbrecher.

Mr. Bert Gamble (Rev).

Mrs. Janice Guthrie.

Mr. Alan Cane.

Mr. John Hall.

Mr. Walters asked for a proposal for a name of the club & some 5 names were submitted & the following name

was selected by a show of hands 'GROVEDALE SENIOR CITIZENS CENTRE'

The next meeting was proposed to be held at the same venue (if available) on Thursday Aug 11th, 1983, at 12 noon & the lunch to consist of sandwiches/cakes/tea/coffee & all are welcome.

Pamphlets were made available indicating the activities to be undertaken by members, these included.

Bus trips	-	Local
Indoor bowls	-	Church Hall?
Art Group	-	3GL building.
Singing/Music Group	-	3GL building
Poetry	-	3GL building.
Gardening	-	later date.

The Mayor & Mayoress (Mr. & Mrs. Peter Ward) of the City of South Barwon visited the group & circulated with members & showed great interest in getting the club off the ground & wished us luck & told us the Shire would be prepared to assist where possible (through Mr. Mike Long – Recreation Officer).

The meeting closed with the Holding Committee agreeing to hold a meeting at the 3GL building on Thursday 28th July 1983 at 10.30am.

Next meeting for lunch. Thursday 11 Aug at 1.0pm. Same venue.

Note: The 3GL Building mentioned in the minutes above was situated where the current Grovedale Community Hub is located.





## MACRAME KNOTS AND GELATO POTS



Anita Shaw from knotsbyanita shared her amazing macrame skills with participants at two interactive workshops at Grovedale Neighbourhood House in June. Anita discovered her passion for creating macrame 3 years ago and has since expanded her love of knots by sharing her knowledge with others. Anita guided participants through the basics of macrame knot tying in a fun, relaxed and supportive social setting. Everyone thoroughly enjoyed the experience and were thrilled to take home their unique handcrafted hanger and colourful pot.

This activity was part of the Grovedale Neighbourhood House Taster Series made possible by grant funding received from the City of Greater Geelong through its Community Investment and Support Fund.

Look out for more Taster activities coming in 2024!







Our talented participants proudly display their handcrafted pots, each a testament to their newfound knotting skills.



## SLOWING DOWN FOR WELLBEING



We were lucky to have Desma at Grovedale Neighbourhood House during Term 2 and 3 teaching those keen to try the graceful art of Tai Chi and Qigong. Sessions were held on Tuesday mornings and Thursday afternoons as part of our come and try Taster series offered at a discounted rate thanks to funding received from the City of Greater Geelong.

Tai Chi is a moving form of meditation and Qigong is a mostly stationary form of exercise. Both are great for the mind, body and soul. Gentle exercise without the huff and puff.

We have received positive feedback from the sessions and would love to have Desma return next year if we



have enough interest from the community. If you are interested in attending regular Tai Chi sessions in 2024 please contact our office on 5241 5717 or email [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au) and let us know what days and times would make it possible for you to participate.

# GROVEDALE CHILD AND FAMILY SERVICES: BUILDING STRONG COMMUNITY BONDS THROUGH EDUCATION AND FUN!

BY MERRIN WOOD

The children and teachers at Grovedale Child and Family Services centre really enjoy being connected with their local community.

Recently we celebrated Science week and had many parents came in to conduct hands on experiments with the children.

We delight in our regular visits to the community garden where local residents show us how to care for their vegetable plots. We have enjoyed using pumpkins and strawberries from the garden to make pumpkin soup and strawberry milkshakes.

Ukes and more members (Vicki and Ross) volunteered their time and gave us a wonderful time of music and movement.

We are so fortunate to have a local Grandma Diana Marshall (retired teacher) who comes in weekly to share her love of books.

During Book Week we dressed as our favorite book characters and shared our books with one another. We are grateful to Paramedic Natasha Murphy who shared her Ambulance with us and explained about her important role.

The children are immersed in a range of play based learning experiences at Kindergarten that promote the development of each child. If you are interested in our kindergarten program, please head to the City of Greater Geelong website and complete an expression of interest form. The enrolment process for 2025 will begin early next year.





# NATIONAL SCIENCE WEEK AT GROVEDALE TOY LIBRARY



The families of Grovedale Toy Library Celebrated National Science Week on Saturday August 12th with a Stay and Play Session.

Our Mini Members along with their carers dug for dinos, investigated insects, and explored engineering. One of the biggest hits of the day was our new Light Box, one of the new STEM toys we have recently added to the collection thanks to a generous grant from Ashbury Community Fund!

Our Science Technology Engineering and Mathematics (STEM) collection is becoming more and more popular as our members discover how fun learning about the world around them can be - it now includes a variety of coding toys, resin suspended insects and very popular experiment kits, suitable for kids up to 10 years of age. Non members are welcome to visit the library during opening hours to view the collection and to find out how to join.

Our library is also embarking on an exciting period of growth and we are currently recruiting for our first ever paid Toy Library Coordinator to support our volunteer committee and expand our opening hours - we hope to introduce our new Coordinator in the Summer edition of the Grapevine!

**Spring Opening Hours:** Saturdays 9.30-11.30am, and Tuesdays 9-10.30am by appointment (closed during school holidays) - check out our social media for more info!



*Stories are welcome*



Does your group or class have important updates for the community next term? If you use the Grovedale Neighbourhood House within the hub and have anything 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).





# WHAT'S ON TERM 4 2023



## GET ACTIVE

### STAYING ACTIVE

Low impact exercise  
Mondays 9.15am  
Wednesdays 9.15am  
\$8 per session  
Registration Essential  
Contact: GNH 5241 5717

### THE JUNGLE BODY WITH KAT B

Thursdays 6pm  
Contact: Katrina 0433 663 996



## DANCE

### WINGROVE CALISTHENICS

Mondays 5pm - Juniors  
Mondays 7pm - Seniors  
Tuesdays 4.30pm - Sub Juniors  
Tuesdays 6.30pm - Inters  
Thursdays 7.30pm - Masters  
Saturdays 9.30am - Tinies  
Contact: Cathy 0416 255 684

### FOLKWAVE PUNJABI DANCE

Tuesdays 6pm-8pm  
Contact: Avtar 0423 193 998

### LINE DANCING

Classes Fridays from 9am  
Events 4th Saturday of the month  
12noon-5pm  
Contact: Pauline 0409 164 701

### BALLROOM DANCING

Suitable for beginners  
Fridays 6.30pm-9pm  
Contact: Jose 0401 673 221

## MUSIC



### UKES 'N' MORE

Community  
Ukulele Group  
Wednesdays  
7.30pm  
\$2.50 per  
session  
Contact: Ross  
0430 871 045

## TECHNOLOGY

### JEZA'S COMPUTER TECH HELP

Providing support with phone,  
tablet and laptop issues  
Tuesday mornings  
Bookings Essential  
Contact: GNH 5241 5717





## GET CREATIVE

### ACRYLIC & PASTEL ART CLASSES

Mondays 1.30pm-4pm

Contact: Jen Jones

0408 461 559

### SOGETSU IKEBANA

Thursdays 6pm-8pm

Contact: Christopher 5261 3983

### CRAFT CREATORS SOCIAL GROUP

Fridays 9.30am-12noon

\$4 per week

Contact: GNH 5241 5717

## LANGUAGE & PHILOSOPHY

### SECOND COMING OF CHRIST DISCUSSION GROUP

East meets West: A Philosophical study of the great work of Paramahansa Yogananda

Wednesdays 9.30am-12noon

\$2.50 per session

Contact: GNH 5241 5717

### GITA DISCUSSION GROUP

Wednesdays 12noon-3pm

\$2.50 per session

Contact: GNH 5241 5717

### SPIRITUAL DISCUSSION GROUP

Wednesdays 7pm-9pm

\$2.50 per week

Contact: GNH 5241 5717

### ZIMBABWEAN LANGUAGE CLASS

Sundays 2pm-4.30pm

Contact: Athanas 0424 326 267

## DO YOU HAVE AN IDEA FOR A CLASS, ACTIVITY OR GROUP?

Grovedale Neighbourhood House would love to hear from you!

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

Call 03 5241 5717

## WELLBEING

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

Wednesdays 6pm

Contact: Heather 0417 516 020

### BUDDHIST MEDITATION

Sunday fortnightly from 10.30am

Contact: Alex 0407 018 498



## U3A

### FOR ALL BOOKINGS CONTACT U3A 5244 5114

### SPANISH INTERMEDIATE / ADVANCED

Wednesdays 2pm-4.15pm

### TRAGEDY AND COMEDY IN LITERATURE

Thursdays 1.30pm-3.30pm

### YOGA

Wednesdays 1.45pm-3pm

Fridays 7.45am-9am

## COMMUNITY GARDEN

### FOOD SWAP

Bring your excess produce to swap at the Grovedale Community Garden

Third Saturday of the month

9.30am-10.30am

Contact: Vic 0407 231 350

## TOY LIBRARY

### GROVEDALE TOY LIBRARY

Tuesdays 9am-10.30am

Saturdays 9.30am-11.30am

Appointments may be necessary.

For more info go to:  
[grovedaletoylibrary.org.au](http://grovedaletoylibrary.org.au)

## SENIOR CITIZENS

### GROVEDALE SENIOR CITIZENS

Offering regular activities at the Grovedale Hub.

Contact: Julie 0419 549 521

### Carpet Bowls

Mondays 1pm-3pm

### Gentle Exercise

Tuesdays 9am-10am

### Cards 'Euchre'

Tuesdays 1pm-3pm

### Bingo

Thursdays 1pm-3pm



# Greetings

from the Lions Club of Grovedale/Waurn Ponds

By the time you read this, our Lions Community Raffle will have been drawn. Best wishes to those lucky winners. We thank all those members of the community who bought tickets in support of local groups who were involved. This included local sporting groups, schools, and kindergartens as well as a local choir.

Our annual changeover dinner was held at Waurn Ponds Hotel at the beginning of July, with our new office-bearers taking on their positions for the coming year 2023-2024. We were also happy to induct a new member at that dinner who will add to our increasing number in our work in assisting the community, locally, nationally, and internationally.

Christmas is coming - and so are the Cakes!

Our Lions Christmas Cakes and Puddings sales will commence at the end of November and through December (Fridays, Saturdays, and Sundays) at Waurn Ponds Shopping Centre outside Woolworths and Coles, as well as some dates in December at Bunnings. Keep an eye out for us and come and say g'day and buy a cake.



You can also pre-order your cakes and puddings, by emailing [Grovedalewaurnponds.vic@lions.org.au](mailto:Grovedalewaurnponds.vic@lions.org.au)

## Recommended retail prices, 2023:

Lions Christmas Cake 1.5kg \$20.00

Lions Christmas Cake 1kg \$16.00

Lions Christmas Pudding 900gm \$16.00

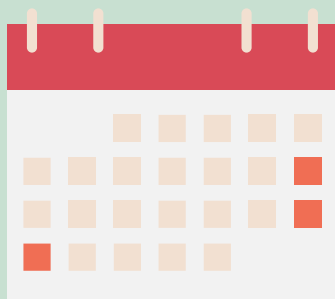
Lions Mini Cake 80gm \$2.00

What about You? If you would like to have a chat with us about what we do and think you can help out, please make contact with the following people.

Grovedale/Waurn Ponds Lions

Allan Reeve (Membership Chairman 2023-2024) –  
0418 527559

David Ridley (Club Secretary 2023-2024)– 0459 574 347



## DEADLINE FOR THE NEXT ISSUE OF THE GRAPEVINE

The last issue of the year contains the program for Term 1 2024.

CALL FOR CONTENT: Monday, 27 November 2023

COPY DUE: Monday, 4th December 2023

PUBLICATION: Monday, 18 December 2023

Want to receive a reminder to submit your article?

SIGN UP AT: <https://bit.ly/Grapevinereminder> or call us on 5241 5717





# Safe Seats Safe Kids

## IS YOUR CHILD TRAVELLING SAFELY?

GET FREE CHILDCAR RESTRAINT  
FITTINGS & SAFETY CHECKS



Grovedale Neighbourhood House invites local parents  
and carers to book in for a free child car  
restraint fitting or safety check!

### WHERE

Grovedale Neighbourhood House, 45 Heyers Road, Grovedale

### WHEN

Monday 23 October 2023 between 10.00am - 2.00pm

### HOW

Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering through:  
[www.safeseatssafekids.com.au](http://www.safeseatssafekids.com.au)

Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

### WHY

90% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe.

For more information about the program, please visit:  
[kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program](http://kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program)

THESE EVENTS ARE HOSTED BY KIDSAFEVICTORIA IN  
PARTNERSHIP WITH NEIGHBOURHOOD HOUSES VICTORIA,  
WITH SUPPORT BY THE VICTORIAN STATE GOVERNMENT.



# THE GROVEDALE MARSHALL PROBUS CLUB IS A COMBINED CLUB FOR MEN & WOMEN RETIREES



We are a mixed club of retired and semi-retired men and women with about 60 members who really know how to have fun. This club has been in existence since 2015 and we welcome enquiries from those interested in joining us.

Membership is open to any member of the community who is retired or semi-retired and is looking for Friendship, Fellowship and Fun. Our monthly meetings are held on the second Thursday of each month at 10am in the Grovedale Community Hub, 45 Heyers Road, Grovedale! Why not plan to come along!

Probuss Clubs offer a range of activities including trips and outings for members to enjoy, depending on their interests, lifestyle and location. Probuss Club members meet monthly, to enjoy the company of like-minded fellow retirees and listen to interesting guest speakers.

Members also meet most weeks at either coffee mornings or lunches, plus get together for day trips to museums, historic landmarks and sites plus enjoy holidays much further afield, such as a recent trip to Tasmania and a forthcoming trip to Canberra Floriade. Unlike Rotary, Lions and Apex Clubs, Probuss Clubs are not involved in fundraising or service to the community and have no religious or political connections.

Enjoy your retirement. Come and be a guest at one of our meetings or join us at an event to see how much fun we have. Three visits can be made before you need to decide whether to join or not. Monthly meetings are on the second Thursday of each month at 9.45am for 10am in the Grovedale Community Hub, 45 Heyers Road, Grovedale. Everyone Welcome!

Some reasons to join!

- Listen to interesting guest speakers
- Regular activities & outings
- Make some great new friends
- Lunches and coffee mornings throughout each month
- Occasional Trivia
- Mystery Bus Trip



## General Enquiries:

Anne Lane (Secretary), 48lane44@gmail.com.

## Membership Enquiries:

Viv Buchanan, 0458 288 504 or email:  
Viviennebuchanan51@gmail.com

## Mailing Address:

Grovedale Marshall Probuss Club.  
PO Box 2140, Grovedale East, VIC 3216

**Website:** <https://www.probussouthpacific.org/microsites/grovedalemarshall/welcome>



Uniting Barwon (formerly UnitingCare Geelong) provides emergency relief (ER) assistance to individuals and families in our local community who need practical support during times of financial and personal struggle.

### Emergency Relief:-

*Come to us when times are tough ....*

Our Emergency Relief program provides:

- A safe and welcoming space where you will be heard and respected
- Resources for people in hard times

We offer a free and confidential service to Barwon residents from our emergency relief centres in Grovedale and Norlane. With dedicated and compassionate staff and volunteers, we offer support such as:-

- Food and food vouchers
- Clothing and household items
- NILS (No Interest Loan Scheme)
- Education Assistance Program
- Advocacy and links to other services

*We are only a phone call away:-*

272 Torquay Road Grovedale.

Open Monday – Friday 9am – 12 noon

T: 4210 1100    E: [barwon-admin@vt.uniting.org](mailto:barwon-admin@vt.uniting.org)

### Volunteering:-

- *Interested in volunteering? Do you have a few hours to spare each week?*
- *Are you looking for 15 hours volunteering per week?*
- *Volunteers are needed to assist with our ER Programs & Op Shops!*

Our volunteer vacancies include:

- Food Distribution Team Members (assisting our clients)
- Receptionists (organising client appointments)
- Interviewers (assisting our clients)
- Christmas Program (October – December)
- Retail Team Members at our Highton, Geelong West, and Point Lonsdale Op Shops
- Grounds and Maintenance Team Members (mowing, weeding, cleaning 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 visit [Volunteering Geelong](#) or call 4210 1113 or email*

[Jan.Douglas@vt.uniting.org](mailto:Jan.Douglas@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.



## Competitions underway for Wingrove Calisthenics

Competition season has begun for Wingrove Calisthenics! We are underway into this year's competitive performances with all of our sections making their onstage debuts across Greater Geelong and Melbourne. All of our teams have had fantastic results so far, with many personal bests, first appearances and award winning performances! Our sections have worked hard in their dance items to ensure each is the best it can be, with results reflecting the hard work put in as each competition has been better than the last. Our Seniors team were able to open their season as the Aggregate Winners of their Northern District Competition!

We're so excited to be back in the freshly renovated Geelong Arts Center for our Annual Display Concert! We will be performing on Sunday 5th November, tickets and more information will be available through our social media in the coming months.

As we continue through the year we are opening up our Under 10s Class. Positions are open beginning in Term 4, please contact us via social media for more information. If dancing, ballet, marching, acrobatics, or gymnastics interest you, come check us out.

Tinies: 3-7 years. Saturday 9.15 - 10.30 am

Juniors: 8-13. Monday 5.00 - 7.00pm

Inters: 14-17 Tuesday 6.30 - 9.00pm

Seniors: 17+. Monday 7.00 - 9.30pm

Masters: 26+ Thursday 7.30 - 9.30pm







## Connect with GNH

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



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

# GEELONG AWARDS FOR PEOPLE WITH DISABILITY 2023

2022  
award  
winners



**Do you know someone with a disability in the Geelong community who does outstanding work in advocacy, leadership, or empowering others?**

## **NOMINATE THEM FOR AN AWARD!**

Nominations can be made in the following categories:

- Excellence in Employment Outcomes Award
- Achievement Award
- Leadership and Advocacy Award
- Volunteering Award

**NOMINATIONS  
NOW OPEN**

Close 5.00pm  
Monday  
25 September



**SCAN THE QR CODE TO NOMINATE, OR VISIT  
[GEELONGAUSTRALIA.COM.AU/DISABILITYAWARDS](https://geelongaustralia.com.au/disabilityawards)**





**Grovedale Uniting Church** is situated on the corner of Torquay and Reserve Roads, Grovedale. A warm, friendly, caring community, we meet each Sunday for worship at

9:30am, with the church also being open for prayer and reflection from 11am to 1pm the first Saturday of the month. The **Prayer Group** also meets in the church most **Thursday mornings at 9:40am**. Christians believe that prayer can be a powerful force for change, and can also bring comfort and healing.

For further details, or for a personal prayer over the phone, please contact **Peter** on **0419 165473**.

**UPCOMING EVENTS: 21st October 2023, at 10am.**

You and your special animal friend are invited to a Pet's Service and Blessing.

A special service to honour, celebrate and remember the animal companions in our lives.

Bring your cat! Bring your dog! Yes, you can even bring your frog!! Pets of all types and sizes welcome.

Can't bring your pet? Bring a photo and come along anyway! Prizes and Giveaways. BYO picnic blanket and chair.

**Further information, contact Peter: 0419 165 473**

**Our regular activities continue:**



**10am Tuesdays during school term.** A music and movement program for children from birth to 4 years old. Cost \$5 per family. Please ring before attending as there may be a waiting list.



**5pm on the 4th Friday of the month.** Focused on families, there is craft and games followed by an interactive worship time, concluding with a shared tea. A Donation for costs is taken.

**Please contact Dianne on 0458 726259** for details on both Messy Church and Mainly Music.

Find us on Facebook: **Grovedale UC Children and Family**

**Bible Study Growth Group: 7:30pm Tuesdays** during school term.

**Craft Group: 10am Thursday** during school term. Details call **Rhonda on 5243 6496**.



**"LET'S SING" Group** singing for fun. Meeting on

**the last Sunday in the month from 3pm -5pm**, it's a fun opportunity to gather for singing and fellowship. Everyone is

welcome. No experience is needed. \$2.00 donation. Contact **Rhonda on 5243 6496**



**Chattels and Chats Opshop and Bookshop**

Open **Wednesday, 10am-4pm. Friday, 10am-3pm.**

**10am-3pm First Saturday of the month.** Details call Contact **Wendy on 0488 435702**.

We also share our site with *Interlude* Coffee and **UNITING** Barwon. **UNITING** provide support to those who may be homeless, or who need financial or

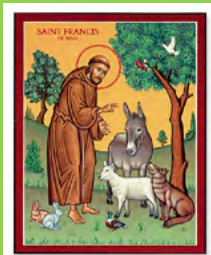
welfare assistance. Open **9:30am-12 noon Monday to Friday**, please call **4210 1100**.

If you have a question about Faith or Spirituality or would like to know more about the church, please contact **Rev Peter Jewell on 0419 165473** or Em. [psjewell@netspace.net.au](mailto:psjewell@netspace.net.au)

[grovedale.unitingchurch.org.au](http://grovedale.unitingchurch.org.au)



# PET BLESSING



You and your pet are invited to join us  
at Grovedale Uniting Church, cnr Torquay  
and Reserve rds, Grovedale, on Saturday,  
21<sup>st</sup> October 2023, at 10am.

Bring your cat! Bring your dog!

Yes, you can even bring your frog!!

Pets of all types and sizes welcome.

Can't bring your pet? Bring a photo and come along anyway!

**Prizes and Giveaways**

**BYO picnic blanket and chair.**

**Further information, contact Peter: 0419 165 473**



## BOOK YOUR ACTIVITY AT GNH

Located in Heyers Rd, Grovedale, the vibrant Grovedale Neighbourhood House offers a diverse selection of rooms and a stunning hall complete with a well-equipped commercial kitchen, available for hire to cater to your specific requirements. Whether you're planning workshops, meetings, programs or community events, our flexible spaces are designed to accommodate your needs. Reach out to us today and our friendly team will be delighted to assist you in discussing availability and providing you with details regarding the range of affordable hire costs we offer. Email [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au). Call 03 5241 5717. More information is on <https://www.grovedalenh.org.au/venue-hire/>

## ADVERTISE WITH US

We accept advertising for the online version of the Grapevine.

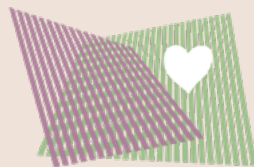
Please contact [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au) or phone us at (03) 5241 5717.

## ENJOY THE MANY WAYS TO READ THE GRAPEVINE:

**EMAIL:** Subscribe to our email list please enter your details at  
<https://mailchi.mp/23f04d167998/grapevine>

**WEBSITE:** Visit our website at [www.grovedalenh.org.au/grapevine](http://www.grovedalenh.org.au/grapevine)

**PRINT:** Pick up a copy from the Grovedale Neighbourhood House reception  
desk at 45 Heyers Road.



**GROVEDALE**  
NEIGHBOURHOOD HOUSE

45 Heyers Rd, Grovedale VIC 3216

Phone: 5241 5717

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