Australia Day Community Awards

On Australia Day we come together as a nation to celebrate the things that make our country great: the people, the land, our diversity, sense of a fair go, lifestyle and freedoms. We reflect on our national journey. We commit to making our country even better in the future.

The Australia Day Citizen, Young Citizen and Community Event of the Year Awards are presented annually to local citizens and groups who make an extraordinary contribution to our local community. The awards are administered by Surf Coast Shire Council on behalf of the National Australia Day Council and are issued at one of the celebratory events held across the shire on 26 January 2018.

Anyone can nominate an individual or group who demonstrates:

- excellence in their field or interest
- significant contribution to Surf Coast Shire at the local community level, and
- an inspirational role model for Surf Coast Shire citizens.

To nominate

Read the following terms and conditions, then select the Apply now button to complete the nomination form.

Check out the award categories - https://www.surfcoast.vic.gov.au/Community/Australia-Day-community-awards#Awardcategories

- All nominations must be received by Monday 12 November 2018.

- Provide as much detail as you can to help the selection panel to understand the merits of your nomination.
- A panel will assess nominations against selection criteria and recommend award recipients to Surf Coast Shire Councillors.
- Self-nominations will not be accepted.
- Sitting state and federal politicians and current Councillors are not eligible for nomination.
- Awards will not be granted posthumously.
- The decision of the assessment panel is final and no correspondence will be entered into.
- In the event that no nominations are received in any of the categories, the selection panel reserves the right to grant the award to a group, event or citizen of its choice.

Award categories

Citizen of the Year

Nominations for Citizen of the Year must be Australian citizens, over 27 years of age, who live or work in Surf Coast Shire and have made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years including:

- demonstrates commitment to improving the community

- completes their contributions on a voluntary basis or exceeding the normal requirements of the person's paid work
- accepts civic responsibility
- provides a positive role model for others
- actively addresses local issues
- is law abiding.

Young Citizen of the Year

Nominations for Young Citizen of the Year must be Australian citizens, under 27 years of age, who live or work in Surf Coast Shire and have made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years including:

- is active in youth or other activities in the local community
- leads a balanced life
- shows loyalty to family/community
- is caring, compassionate and sharing
- acts as a positive role model to peers
- shows outstanding achievement in academic, sporting, cultural, environment, civic responsibility and the like
- is law abiding.

Community Event of the Year

Community Event of the Year is bestowed upon an individual, organisation or community group that has staged a noteworthy event during 2017. Events should have:

- provided a benefit for local people, the local environment, local tourism or local culture
- demonstrated excellence in organising a safe and sustainable event
- involved local people through organising or attending
- reflected the spirit of what makes Surf Coast Shire great.

LIONS CLUB OF WINCHELSEA

In conjunction with WINCHELSEA POLICE and NEIGHBOURHOOD WATCH.

PRESENTS

"FRONT LINE CASES WITH Detective Senior Sergeant Mick ELLIOTT"

Cases of Illicit drugs in the Community.

Armed robberies and crimes of violence in our community

How you can help the Police solve crimes and protect the community.

Date: Wednesday October 3rd.

Location: Bendigo Bank Room. Eastern Reserve. (HUB)

Time: 7pm.

Entry: Gold coin donation to Blue Ribbon Foundation.

********** **Members of the public welcome** **********

NOT TO BE MISSED.

Yes it is that time of year when we should be starting to think of our Christmas shopping. Why not come along on our shopping tour and cross names off your never ending list. Spend the day shopping to support your local dance group. All funds raised will go to Geelong Dance Group.

Numbers are limited so get in quick.

Date: **Saturday 27th October, 2018**

Cost depends on numbers the more we get the cheaper it is.

There will be two pick up locations one in Moriac and one at Waurn Ponds Hotel.

For any further information please Call or Text Tiffaney on 0421725584 or email tiffaney1984@optusnet.com.au

in support of Moriac Dance Group

Surf Coast Shire Grant Opportunities

Open 1 September
Close 30 September, 2018

Surf Coast Shire Council invites applications for the following Grant Programs:

Small Grants

Secure up to $2,000 for community strengthening programs and activities.

Categories: Community Initiatives, Culture and Arts, Environment and Recreation and Leisure.

Event Grants

Secure up to $5,000 for Community Events or up to $10,000 for Major Events.

Event must be held between **1 July 2019 and 30 June 2020.**

All Applicants must speak with a Council officer prior to submitting an application.

Council are providing grant writing assistance sessions on **Wednesday 5 or Thursday 6 September.** Bookings essential.

For more information including guidelines and online application forms visit **www.surfcoast.vic.gov.au** or contact Council on 5261 0600.

CUSTOMER REQUEST CARD

Contact us to report maintenance issues, or anything requiring attention by Council and get it fixed quickly and easily

OPTION 1

Phone our friendly Customer Service staff on **5261 0600**

For emergencies phone 24 hours, 7 days a week.

OPTION 2

Email your request to **info@surfcoast.vic.gov.au**

Please quote *Customer Request* in the subject line.

ANGAIR WILDFLOWER & ART WEEKEND

22 & 23 September 2018

10am - 4pm

Anglesea Memorial Hall

McMillan Street, Anglesea

For enquiries please email
admin@angair.org.au
or call 5263 1085

www.angair.org.au Like

SCHOOL HOLIDAY PROGRAM

Monday 24 September
Central Geelong
Melbourne LGBTIQA+ book shop and Foodies tour
9.00am – 5.30pm
Bookings required

Monday 24 September
Waurn Ponds
Skate and Scoot BBQ
12.00pm – 3.00pm
Waurn Ponds Skate Park

Tuesday 25 September
Central Geelong
Get your first aid qualification for FREE
9.00am – 5.00pm
Bookings Required

Tuesday 25 September
Whittington
Skate and Scoot
12.00pm – 3.00pm
Whittington Link

Wednesday 26 September
Bellarine
Art Day
Blow Ink Canvas and Marbling
1.30pm – 4.30pm
Bookings Required

Thursday 27 September
Central Geelong
Mario Kart training day
1.00pm – 4.00pm
17 Gheringhap St

Thursday 27 September
Central Geelong
Skate YouTube Clips
Food provided. All welcome.
17 Gheringhap St

Monday 1 October
Central Geelong
Skate and Scoot BBQ
12.00pm – 3.00pm
Waurn Ponds Skate Park

Tuesday 2 October
Central Geelong
Werewolf Game Day
1pm – 4pm
Geelong CBD
Bookings Required

Tuesday 2 October
Central Geelong
Get your Food Handlers Certificate for FREE
9.00am – 1.00pm
Bookings required

Wednesday 3 October
Bellarine
Make Indian Flat Bread
3.00pm – 5.00pm
Ocean Grove Location
Bookings required

Monday 4 October
North Geelong
Make A Rainbow Mobile - Ceramics
1.30pm – 4.30pm
Norlane location
Bookings Required

Friday 5 October
Armstrong Creek
Make a Pot - Ceramics
1.30pm – 4.30pm
Warralilly Community House
Bookings required

Friday 5 October
Waurn Ponds
Skate and Scoot
12.00pm – 3.00pm
Waurn Ponds Skate Park

Saturday 6 October
South Geelong
Kardinia Park Festival of Sports
10.00am – 3.00pm
Kardinia Park

www.youthcan.vic.gov.au
Email: youthadmin@geelongcity.vic.gov.au Phone: 5272 6120
Geelongyouth @GreaterGeelong
CITY OF GREATER GEELONG

Youth Pod @ Moriac

BEHIND THE MORIAC COMMUNITY CENTRE - NEAR THE SKATEPARK

Date: Saturday August 18

Time: 11am - 3pm

Date: Saturday August 25

Time: 11am - 3pm

Date: Saturday September 8

Time: 11am - 3pm

Date: Saturday September 22

Time: 11am - 3pm

Times and Dates subject to change at any time. Follow us on **FACEBOOK** and **INSTAGRAM** for updates & more information

SURF COAST YOUTH

Family and Friends welcome at all sessions

riac

your rights, your voice

Due to the large amount of people requesting our individual support we are taking the step to run some workshops to provide self-advocacy skills that Participants & their families/carers can use to self-advocate

Understanding NDIS Reviews Workshop

Wednesday 26th September

9.30am—11.30am

For participants and/or their families and carers

Meet the RIAC Advocates and learn how you can appeal decisions from the NDIS with tips and resources.

Also learn how to understand your NDIS Plan from an experienced Support Coordinator

RSVP By Phone or Email
Phone: 03 5222 5499
E-mail: rachael@riac.org.au

RIGHTS INFORMATION & ADVOCACY CENTRE
Focus Five Building
Suite 11 (Top Floor)
23/31 Gheringhap St
GEELONG VIC 3220

BIRREGURRA LIVE MUSIC | 2018

JESS FAIRLIE
AND HER BAND

5PM SUNDAY 9TH SEPTEMBER / BIRREGURRA CHRIST CHURCH

A sultry nod to soul funk legends Stevie Wonder and Ricki Lee Jones. Sellout shows at Paris Cat and support artist for Kate Ceberano & Sex On Toast. Tickets $20

COOKIE BAKER ALBUM TOUR

FRESH FROM COLLABORATING WITH YOU AM I'S TIM ROGERS

2PM SUNDAY 30TH SEPTEMBER

INTIMATE HOUSE GIG IN BIRREGURRA TOWNSHIP

A pint-sized melodic force who's shared stages with Augie March, Kate Miller -Heidke, Ben Lee, Mick Thomas, Little Birdy, and The Audreys. Tickets $20

KERRYN FIELDS

One of Melbourne's great voices

2PM SUNDAY 10TH NOVEMBER

Birregurra Farmhouse Gig

Alt-country & roots singer songwriter

"baritone brilliance and unassuming string plucking virtuosity". Tickets $20

THANDO

Queenscliff Festival Taster

AUSTRALIA'S NEWEST FIRST LADY OF R&B

7PM SATURDAY 3RD NOVEMBER

BIRREGURRA HALL

Zimbabwean-born, Melbourne based soul R&B songstress.

Dreamgirls & The Voice ulumni with goosebump inducing power that will leave you speechless. Tickets from $25

Suitcase Royale

CHRONICLES OF A SLEEPLESS MOON

Birregurra Cricket Club Fundraiser, Tickets $25/$15

7PM SAT 1ST DEC

BIRREGURRA HALL

COMEDY THEATRE & GIG

INFO & TICKETS AT WWW.BIRREARTSGROUP.COM

WINCHELSEA MAKERS & GROWERS MARKET

SUNDAY OCT 7TH & DEC 2ND 2018
@BLUESTONE BRIDGE

LOCAL PRODUCE • PLANTS
ARTISAN FOOD • ART & CRAFT
MUSIC • COFFEE • SOAPS • CHEESE
WALNUTS • HONEY
FREE RANGE EGGS

FOR MORE INFORMATION
WINCHELSEAFARMERSMARKET

WINCHELSEA
MAKERS & GROWERS
MARKET

Winchelsea Movie Club is back!

MOVIES AT THE GLOBE - STARTS AGAIN 6TH SEPT

Spring season of the Winchelsea Movie Club is opening soon, and we are looking forward to seeing members after our winter break.

Please join us at The Globe on Thursday 6 September, 7:30pm for the James Bond box office hit SKYFALL. We love this an action packed film that keeps you on the edge of your seat.

SPRING MEMBERSHIPS AVAILABLE $40 for 5 MOVIES -

To purchase or renew your seasonal membership for spring, complete the membership form (available at IGA, butchers or email movies@growingwinchelsea.com) and email it back to us, or bring it with you to the first film. Spring membership is $40 or $35 concession - payment can be made in cash on opening night or via bank transfer. See the membership form for bank details.

We are excited to bring you another smashing line-up of films this season, including French favourite Amelie, real life drama Sully, classic Kiwi adventure The World's Fastest Indian, and wrapping up in December with Aussie gem Bran Nue Dae - program below.

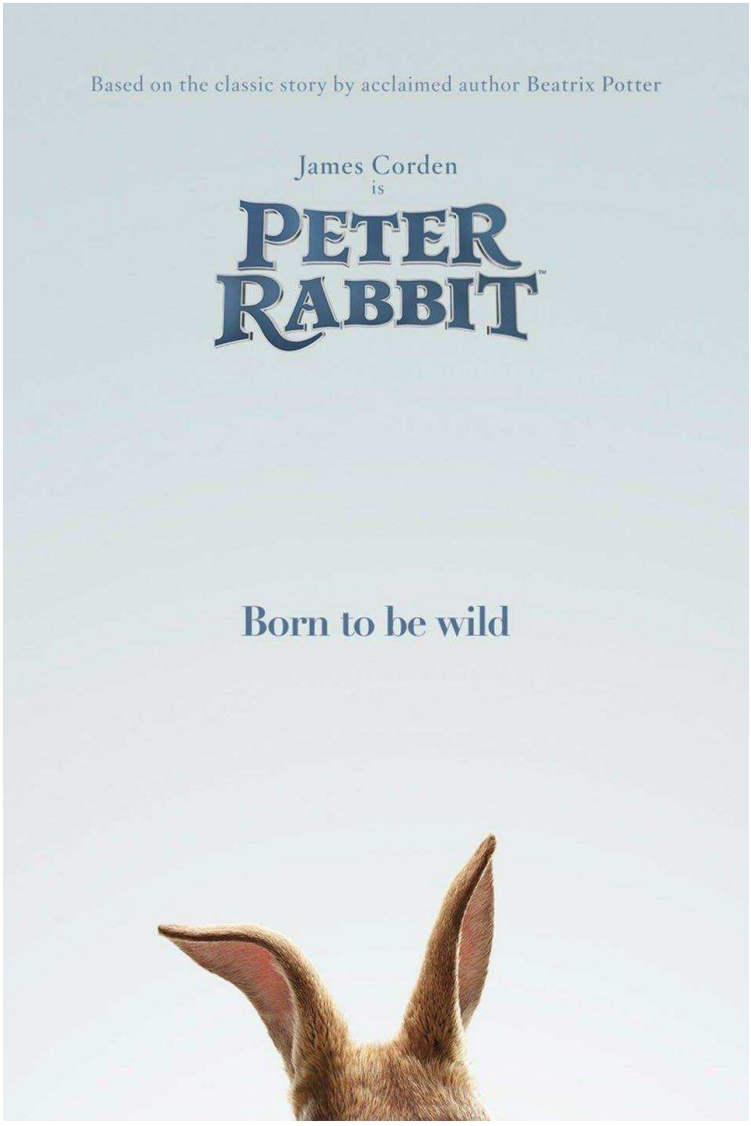
CHRISTMAS PARTY EXCITEMENT -
Also, we are starting to plan our annual Christmas party for the last film in December, and look forward to sharing details with you shortly.

All the best,
Winchelsea Movie Club Committee

Email: movies@growingwinchelsea.com

Facebook page:
https://www.facebook.com/winchelseamovies/

FAMILY MOVIE AT THE GLOBE



SAT 6TH OCT

Doors open 10am

10.30am start

$20 per family

All proceeds are going towards the completion of the Mainly Music playground on the St Thomas' premises

Free popcorn provided!

The Winchelsea Globe Theatre is located at
17 Willis St, Winchelsea

Facebook event -

https://www.facebook.com/events/1723467107750860/

CALL FOR ARTISTS

5 th - 14TH October 2018

Surf Coast Arts Space / Anglesea

Call for Artists - Free Entry

Surf Coast Arts Space, Shop 2, 103 Great Ocean Road, Anglesea

5th – 14th October 2018 – Opening night Friday 5th October

Criteria

- Impacted by Mental Illness – this may be family, friends or your own experience
- Utilise Art as a tool for expression, wellbeing and/or your recovery
- No commission taken by Art Space – Works can also be NFS
- Art piece is designed to match the theme of **"Connection"**

How to register: contact anncormack59@gmail.com

- Your name as you like it advertised
- The Piece name
- Materials/ size
- Price
- **"Connection"** a short sentence / paragraph on how this theme is expressed in your piece

Final date for registration - 17th September / following this you will receive specific details regarding drop off, pick up, labels etc.

Surf Coast Arts Inc. - Annual Exhibition

26 Oct - 11 Nov 2018

Surf Coast Art Space - Shop 2, 103 Great Ocean Road Anglesea.

1st, 2nd and 3rd People's Choice Prizes awarded

You are invited to submit artwork for the annual exhibition:

no theme/all genre

Enter: 'Artspot 2018 entry form' on www.surfcoastarts.com

ENTRIES CLOSE: Friday 19 October 2018

Surf Coast Arts inc
volunteers supporting art on the surf coast

Winchelsea Uniting Church

ART & PHOTOGRAPHY Show

2018

November 2nd – 5th

Globe Theatre, Winchelsea

Info: 5267 2488 / 0409 418 766

Melbourne Orthopaedic Group

Find us on Facebook

Winchelsea Star — Your Weekly Community Newspaper — Price $1 — Since 1977

Proudly supported by the Customers of Winchelsea & District Community Bank® Branch — Bendigo Bank

TerryWhite Chemmart Winchelsea

ENTRIES NOW OPEN

BIRREGURRA FESTIVAL WEEKEND
ART SHOW 2018

Saturday 12 OCTOBER Sunday 13 OCTOBER

The Birregurra Art Show Prize of $4000 is given to art work judged best in show

APPLICATIONS CLOSE FRIDAY 14 SEPTEMBER

Entry Forms available online from
birregurrafestival.com/art-show.html

ENQUIRIES: 0475 265 249
EMAIL : birregurraartshow@gmail.com

Winchelsea Community House

Hours: Monday – Friday, 9.00am - 2.00pm
Address: 28 Hesse Street, Winchelsea
Phone: 5267 2028
Email: reception@winchhouse.org.au

Find us on: facebook

Introduction to Computers Level 1

Expressions of Interest being taken!

When: Tuesday 16th, 23rd & 30th October; 12pm – 5pm; Wednesday 17th, 24th & 31st October; 9.30am—1.30pm ; 6 sessions
Cost: $120 per person, $110 concession

Please contact us if you want to participate so we can continue planning.

First Aid Level 2 and CPR— Accredited Training

Childcare workers, teachers, parents—Keep your First Aid Certificate up to date with this refresher course or simply get some important knowledge for everyday life.

When: 20th October 2018, 8.30am—5pm

This course has two parts starting with CPR at 8.30am—12pm for those only needing a CPR refresher and will continue until 5pm for those needing the whole course.
Cost: $160 ($65 for CPR only!)

Sign up now open for *Fermenting 101*—

CAPPED AT 10 PEOPLE SO BE FAST!

Taking payments now!

When: Sat, 27th October 2018, 10am—1pm
Where: Senior Citizens Club, 36 Harding Street, Winchelsea
Cost: $100

Please let us know if you want to be in this class as soon as possible. Spots are limited, so we'll have to work on a first in best dressed basis.

Narelle, who has worked in the food industry for over 20 years will be holding this class.

You will learn to make four simple ferments on the day and take them home to use for years to come. Create you own Sourdough and Yoghurt Mothers, make sparkling Kombucha and lacto-ferment your own pickles.

Taking Expressions of Interest to join our casual pool of childcare staff!

If you are Diploma qualified, are interested in being part of our casual staff pool and would ideally be available on Wednesdays and/or Thursdays, please contact our office on 5267 2028 to talk to our manager and make an appointment to further discuss details.

Winchelsea Community House is a proud supporter of Planet Ark's initiative of recycling used ink cartridges! Come in and get rid of your old ink cartridges by putting them in the box we've put up for you!
We have also set up a box to collect old and used batteries for recycling!

Bring them in so we can safely dispose of them. **Please don't put them in general waste!!**

Victorian Seniors Festival October 2018

Seniors Week on the Surf Coast

7 - 14 October 2018

Remembering Anglesea
Sunday 7 October, 2pm

Hear from long term residents and founding members of the Anglesea and District Historical Society, Alan Poidgnester and Dawn Hollbone about the history of Anglesea.

Cost: Free
Venue: History House, 5A McMillan St, Anglesea
Phone: Jan Morris 5263 3085

Hosted by Anglesea and District Historical Society

Star of the Sea Art Exhibition
Monday 8 - Sunday 14 October, 10am - 3.30pm. Open every day.

Enjoy Star of the Sea's Art Collectives exhibition of creative works and light refreshments.

Please book if you wish to attend as a group. Individuals no bookings required.

Cost: Exhibition free
Light refreshments $5
Venue: Star of the Sea Community Centre 1 Headland Drive, Torquay
Phone: Pauline Shinkfield 5264 3616

Hosted by Star of the Sea Art Collective

Senior's Festival High Tea
Tuesday 9 October, 10.30am

Join this relaxed social gathering to acknowledge the senior members of our community and the enormous contribution they make.

Cost: Free
Venue: Lorne Community House 16 Mountjoy Parade, Lorne
Phone: Corrina Dichiera 5289 4300

Hosted by Lorne Community Hospital

Sharing our History
Tuesday 9 October, 11am - 12.30pm session or 12.30 - 2pm session

Participate in a range of interesting and interactive activities including a workshop about sharing the history of objects, and a quiz on unusual museum objects. Includes lunch.Browse the museum anytime during the day.

Please bring along a special object and share its history.

Cost: Gold coin donation.
Venue: History House 5A McMillan St, Anglesea
Phone: Jan Morris 5263 3085

Hosed by Angelsea and District Historical Society Inc.

U3a SurfCoast Open Day
Tuesday 9 October, 2 - 4pm

See what U3A Surf Coast has to offer members and the community, and celebrate the opening of their new office.

Cost: Free
Venue: Torquay Senior Citizens 16 Price St, Torquay
Phone: Sue Crowe 0435 374 139

Hosted by U3a SurfCoast

Exercises for Gardeners
10 October, 9-10am

Join local physiotherapist Greg Walsh for a 30 minute session in the 3231 Community Garden to learn exercises beneficial to gardeners, followed by a community garden working bee.

Cost: Free
Venue: Community Garden 3231 2 Fraser Drive, Aireys Inlet
Phone: Leonie Mugavin 0439 359 309

Hosted by Community Garden 3231

Coastal Walk
Thursday 11 October, 9am - 11am

Join members of the Life Activities Club for a walk with superb views followed by coffee. Energetic and easy pace walkers welcome.

Meet at Fishermans Beach, Torquay. Walk along coast.

Cost: Free
Venue: Call to confirm attendance and for information on meeting place
Phone: Anne Georgiou 0409 162 102

Hosted by Life Activities Surf Coast Inc.

Forgotten Australians Lecture from VANISH
Thursday 11 October 10.00am

Listen to a guest speaker from VANISH talk about about finding former wards of state, de facto adoptees, and those who were placed in institutions or foster care in Victoria.

Cost: Free
Venue: History House, 5A McMillan St, Anglesea
Phone: Jan Morris 5263 3085

Hosted by Anglesea and District Historical Society

Takeaway luncheon and games
Friday 12 October, 11.30am - 3pm

Winchelsea Senior Citizens Club invites everyone to join them for a takeaway lunch followed by various games.

Cost: Cost of your choice of takeaway lunch
Venue: Winchelsea Senior Citizens Club 36 Harding St, Winchelsea
Phone: Jean Shinners 5267 2263

Hosted by Winchelsea Senior Citizens Club

Angelsea Aireys Inlet Senior Citizens Club Open Day
Saturday 13 October, 10am - 4pm

See the club, meet members and learn about all the activities and events on offer at Angelsea Aireys Inlet Senior Citizens Club.

Cost: Free
Venue: Anglesea Aireys Inlet Senior Citizens club 3 McMillan Street, Anglesea
Phone: Alex Blewer 5263 1943

Hosted by Anglesea Aireys Inlet Senior Citizens Club

Bathing Box and Marine Display Official Opening
Sunday 14 October 2pm

Join members of the Anglesea and District Historical Society to celebrate the official opening and conservation of the last remaining bathing box in Anglesea and the new Marine Display.

Cost: Free
Venue: History House, 5A McMillan St, Anglesea
Phone: Jan Morris 5263 3085

Hosted by Anglesea and District Historical Society

As a Victorian Seniors Card holder you can get out and explore metropolitan Melbourne and regional Victoria during the Festival with free travel from 7 to 14 October 2018. On regional services that don't use myki, show your Victorian Seniors Card to the conductor or bus driver

For more information about Victorian Seniors Festival please visit **www.seniorsonline.vic.gov.au/festivalsandawards** or contact **Olivia Naughtin** on **5261 0600**

VICTORIA State Government

Surf COAST SHIRE

Courses & Activities

October, November & December 2018

anglesea community house

Bookings & payments are required at least one week prior to the starting date

New

Health & Wellbeing

Computers & Technology

Lifestyle

Arts & Crafts

Entrance 4, 5 McMillan St
Anglesea, 3230
PO Box 43

HOW TO BOOK:
All courses to be booked via Anglesea Community House, (unless alternative booking details have been provided)
p: 0352 632 116
or email to
courses@anglesea.org.au

All courses & activities will be delivered at the Anglesea Community House, unless otherwise stated.

Course payments can be made in person, by mail or online via direct debit.
Direct Debit details:
Bendigo Bank
BSB: 633 000
Acc. No. 126493535
Name must be in reference

New

Your Coastal Garden, *with Peter Shaw and Carolyn Hall from Ocean Road Landscaping*

Learn Local

Would you like to know more about how to design and plant your garden for the best, most enjoyable aesthetic outcome? Then take advantage of a fabulous opportunity to join with Anglesea's very own garden professionals and industry experts, Peter Shaw and Carolyn Hall. Peter and Carolyn will share their knowledge and experience about creating gardens suited to our coastal area, including:

- For new gardens and renovations—where to start
- The best design for your site
- Most suitable plants
- Soil types
- Rainwater harvesting
- Garden maintenance and more

Part of the learning process will involve on site visits and creating a design for your garden. The last session will culminate in group garden visits and a shared meal around a cosy fire—the ideal way to fine tune your ideas and inspirations.

When | Thursdays from 1 November from 7.00—9.00 pm for 5 weeks, with the last session starting at 6.00 pm to allow time for the additional activities.

Cost | $175 or $75 concession

Places are strictly limited, so if you think this is the course for you don't delay in putting your name down.

Teenagers Guide to Babysitting, *with Caroline Price, Anglesea Childcare Team Leader*

Caring for young children is not easy. When the parents leave, the babysitter is responsible for keeping the kids safe, fed and entertained.

While babysitters aren't legally obligated to have any type of formal training or education, potential employers definitely take notice when babysitter candidates have extra skills and training under their belt, so give yourself a competitive edge by learning from an expert.

When | Wednesdays 4.30—5.30 pm for 4 sessions, beginning 14 November

Cost | $45

Health & Wellbeing

NICFIT – Don't just get fit, get NICFIT!

Tutor | Nicky Friel

Qualified & Registered Personal Trainer

Group Fitness & Circuit Classes

Improve your fitness and increase energy levels—includes cardio and resistance training, boxing, dumbbells, tabata and circuit work. Have fun while improving your mental and physical wellbeing.

Where | Anglesea Memorial Hall

When | Saturdays 8.30 am & Tuesdays 6.30 pm

Cost | 10 classes for $140 or $15 casual

Powerbar

A muscle conditioning class, working every major muscle group using barbells and free weights. Ultimate strength and fat burning workout for beginners to advanced. Bookings required as limited places available. Prices as above.

Where | Anglesea Memorial Hall

When | 9.30 am Mondays & 6.30 pm Wednesdays

Personal training also available at reasonable rates

Inquiries & bookings to Nicky
0403 779 084

Lotus Yoga

Tutor | Jannie Kemp

This very popular class will enhance your fitness through yoga poses and stretching. Learn breathing, relaxation and meditation techniques and wash those everyday stresses away.

When | Fridays 9.30—11.00 am from 12 October—14 December

Cost | $125 for 10 weeks or $15 casual

Inquiries & bookings to Jannie
52 631 536

Pilates Mat Classes

Tutor | Lina Libroaperto

The Pilates method is a balanced and safe approach to fitness conditioning. It effectively addresses both general and specific fitness goals such as strengthening core muscles, improving posture and flexibility, building lean muscle, enhancing sports performance or simply improving functional fitness for everyday activities.

Suitable for all fitness levels, these sessions will provide you with a new energy and a great routine to take you through the year.

Bookings essential. Personal and small group training is also available.

When | Wednesdays 9.30—10.30 am from to 10 October to 12 December

Cost | $15 casual or $130 for 10 sessions

Bookings essential, inquiries welcome
Lina on 0403 797 973

Yoga @ Aireys Inlet

Tutor | Shane Lewis

Beginners and general classes.

When | Mondays 6.00—7.30 pm at the Aireys Inlet Community Hall

Cost | $10 per week

Inquiries & bookings to Shane
52 896 862

NEW—Integrated Yoga, with Jo Buick

Integrated Yoga is a slow, breath-orientated practice designed to release tension and to promote ease in both body and mind.

Each class commences with calming breath-work, building into slow, guided movement. Class completes with restorative and yin yoga shapes and a guided yoga nidra.

All levels are welcome, including absolute beginners and students working with injuries.

When | Tuesdays 6.00—7.30 pm from 9 October for 6 weeks

Cost | $75 for 6 weeks or $15 drop-in/$12 concession drop-in

Inquiries & bookings to Jo on 0411 718 153
or hello@jobuick.com

Lifestyle

Wiser Driver—Free Program for Older Drivers

Join us for an informative, informal and friendly refresher course, to upgrade your knowledge and build on your experience to keep you driving safely. Topics covered include:

- How driving has changed over the years
- Our strengths as older drivers
- Overcoming the risks
- Safety tips for wiser driving
- Night time driving
- Changes to road rules

When | Thursdays 10.30 am—12.30 pm from 25 October for 4 weeks

Funded by VicRoads

BOOKINGS ESSENTIAL

Creative Listening

with Jan Cheatley

Just where and when is good listening necessary? The answer is EVERYWHERE and FREQUENTLY.

Family, neighbours, friends, workmates and clients all need to be heard. We are all guilty at times of not *really* listening. We might stay silent, not interrupt and try to look interested, but frequently we are not listening closely—instead we are busy working out what we are going to say in reply.

These sessions will explore what constitutes a good listener, ways you can improve your listening and response skills, creative listening techniques and the value of *really* hearing what is being said.

When | Wednesdays 24 & 31 October from 12.30 - 2.30 pm

Cost | $35

Living to your Potential

with Jan Cheatley

These workshops will explore ways to enrich our lives with a close look at our values, how they give our life meaning, and how they affect our daily living.

Our values = 'A basis for beliefs and behaviour'

We will look at the road blocks which hinder our acceptance of full potential and explore rational versus irrational beliefs and how these beliefs affect our subsequent behaviour.

We will also do some goal setting, and discover how to 'take control' and give ourselves the freedom of 'letting go'.

When | Tuesdays 13 & 20 November from 10.00 am - 12.00 pm

Cost | $35

Basic Cheesemaking *with Narelle from Wild Earth Mother Artisan Produce*

Everyone knows that everything tastes better with cheese, but do you know what goes into that rubbery, mass produced block that you buy from the supermarket? Learn how to make your own simple cheeses at home using pure, natural products—cottage, ricotta, labna, feta and haloumi. These soft cheeses are creamy and rich and very easy to make.

Enjoy a ploughman's lunch platter at the end of the class, including locally produced breads, smallgoods, preserves and the cheese made by your very own hands.

Narelle is an experienced chef having created her first organic restaurant in Melbourne in 2000 and several other wholefood businesses since then. Her philosophy is all about using local, spray free produce. You will have plenty to take home, including recipes and instructions.

When | Saturday 1 December from 10.00 am—2.00 pm

Where | Anglesea Memorial Hall

Cost | $130 per person

Lifestyle cont'd

Discover & Master Your Personal Power *with Jeanine Bailey from Empower World Coaching & Facilitation*

Are you ready to maximise the opportunities in your life, discover your true potential, remove what's holding you back and start making decisions to create your desired future?

In this half-day transformative, interactive and FREE workshop you will discover what inspires you, overcome the blockages stopping you and identify actions to achieve your aspirations, goals and dreams.

Jeanine is a certified coach and co-founder of Empower World and has worked with many people to create powerful, positive change.

When | Sunday 18 November from 9.30 am—1.30 pm, Gold coin donation

More information available at www.empower-world.com

BOOKINGS ARE ESSENTIAL—RSVP to fiona@empower-world.com or 0439 360 106 to secure your place.

Talking Points, *with Trevor Chappell*

These Friday afternoon chat sessions are growing in popularity each term, so why not come along and join in?

Discussing local issues as well as solving the problems of the world, these relaxed and friendly group get togethers are a pleasant way to end the week.

When | Fridays from 2.00—3.00 pm

Gold coin donation (per session)

Learn to Play the Ukelele, *Michael Collins*

These beginners workshops are always popular. You will be playing songs and having fun before you know it so come along and join in these friendly classes.

BYO instrument—$50 to $100 will get you a playable, decent-sounding instrument—happy to provide advice about the purchase process if required.

When | Thursdays 7.00—8.30 pm starting 18 October for 8 weeks

Cost | $35

Accredited Training

Responsible Service of Alcohol (RSA)

Get your staff ready for the coming busy season or get yourself ready to get that job! Enrol in a Statement of Attainment for Responsible Service of Alcohol and be qualified to work in the hospitality industry and sporting clubs.

When | Saturday 1 December (TBC) 9.00 am—1.00 pm

Cost | $80

Apply First Aid & Perform CPR Training (includes defibrillator training)

With Sudden Cardiac Arrest (SCA) every minute counts. People who collapse with SCA only have a short 10 minute window of survival. With every passing minute, the chance of survival reduces by 10%.

When | Thursday 29 November 9.00 am—4.00 pm (full course) or 9.00 am—12.00 pm for CPR Refresher only

Cost | **$170** for full program HLTAID 003 (Provide First Aid) - renewal every 3 years, or **$65** for CPR only HLTAID 001 (Provide CPR) - annual renewal

Arts & Crafts Groups

Wednesday Stitchery

Wednesdays 10.00 am—12.00 pm

If you need advice, or you are skilled with any handicraft, or just want to chat. Our ladies quilt, knit, do applique, tapestry and cross-stitch or anything else!

All welcome

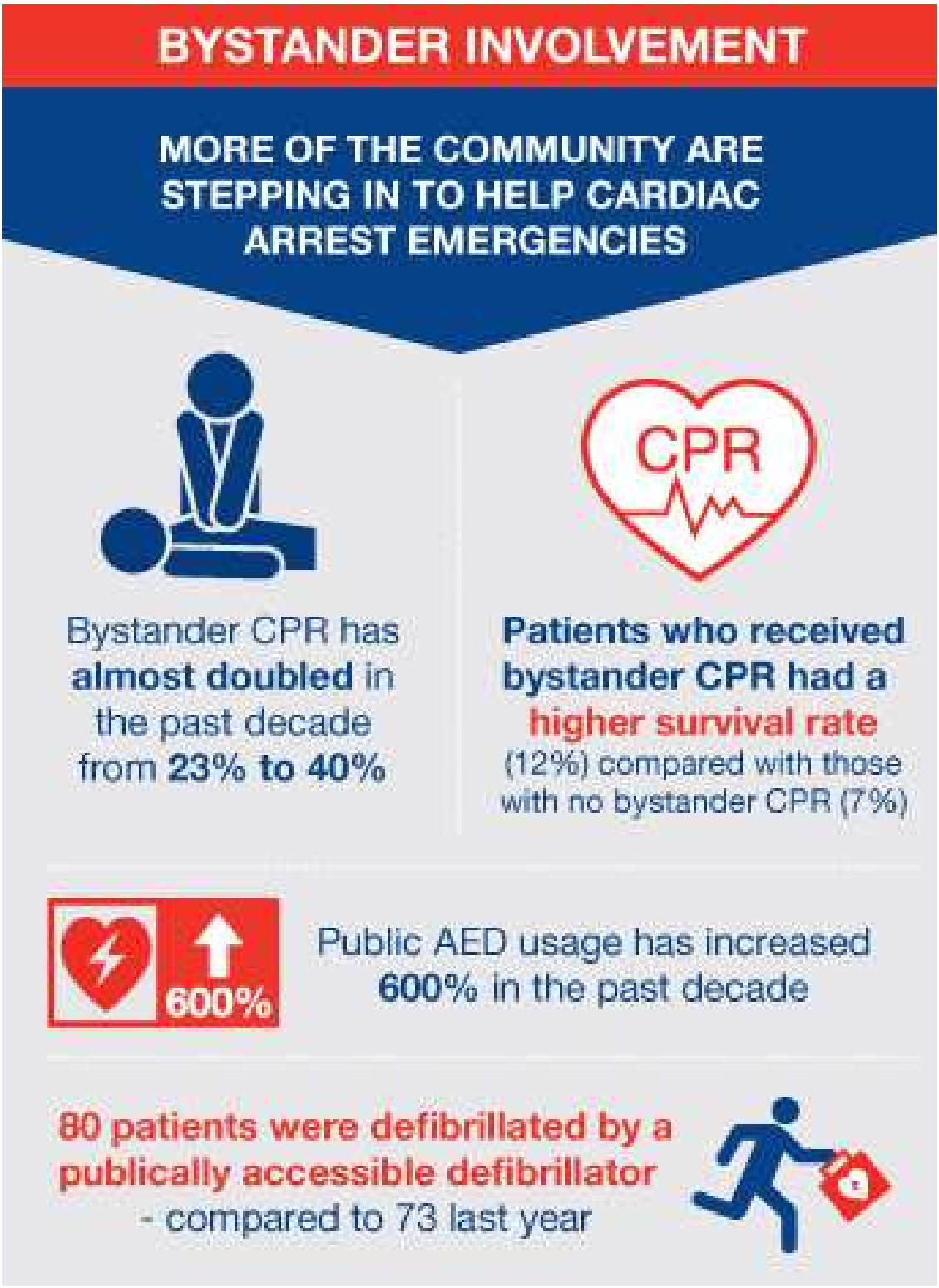
Surfcoast Probus Quilters

We meet the fourth Monday of each month, 9.30 am—4.00 pm.

All welcome

PLEASE BOOK IN EARLY!

- Courses will only proceed if sufficient enrolments are received.
- Cancellations must be advised at least 72 hours prior to starting date to receive a full refund.
- ANGLESEA COMMUNITY HOUSE is an accredited Learn Local organisation.



DEFIBRILLATOR is now installed at the front of MORIAC COMMUNITY CENTRE with 24 hour access

Inviting Surf Coast businesses to connect on SurfCoast.Localised

---

Did you know that more than 80% of local businesses want to support other local businesses - but less than half of them actually do?

And the number 1 reason why they don't? It is hard to find a local.

That is why the Surf Coast Shire and our local Trader Associations are getting together with Localised to deliver SurfCoast.Localised - a business-to-business digital network for our local business community.

SurfCoast.Localised is free for local businesses, and will help you:

1. Advertise your goods and services to the local business community and boost your SEO
2. Engage with other businesses to get local quotes
3. Discover networking and professional development events across our region

If you run a local business, get connected today https://surfcoast.localised.com.au

For further information contact: hello@localised.com.au

TORQUAY Commerce & Tourism
Business & Tourism Anglesea
LORNE

NEW MORIAC VET OPEN ...