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The opinions and recommendations given by contributors are their own and not attributable to the publisher - Barwon Heads Marketing.

TALKING HEADS MAGAZINE takes a light look at local lifestyle & up-coming events. If we bring you out to listen to some independent live music, enjoy a good film, attend a community event, join a group, support your local tradies and services, shop locally, encourage a budding artist or musician, cook something different or entice you to eat at a new place...our work is done!

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To everyone who contributes to Talking Heads each month.

To the advertisers, the columnists, our deliverers, our liaison Jo, our printer FRP and to you for continuing to enjoy reading about life in our seaside villages.

Our next issue is number 200!

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To err on the side of kindness is seldom an error.
Liz Armbruster

Many of us are filled with disbelief at the passing of Suzanne Brown in October.

Enjoying time up north with her partner of 30 years, Glenn Kelly, Suzanne died suddenly from complications due to cancer.

Suzanne's beautiful, ready smile and happy, positive nature touched everyone who knew her.

Recently, as president of the Barwon Heads Festival of the Sea, Suzanne brought innovation.

And as a Neuropsychologist specialising in acquired brain injuries and art therapy, enhanced the festival with her specially designed art programs.

Suzanne was many things to many people and will forever be remembered as the person in the picture below (taken about one week before she died), 'a light that shone very brightly'

Glenn would like to thank everyone who has provided practical and emotional support at a tough time.

Suzanne Marie Brown

21st Feb 1968 - 28th Oct 2018



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Our world is about to get very busy again we welcome all our new visitors and remind them that this is our home and ask them to respect our beautiful place and natural environment.

Congratulations to Lisa Neville on her recent win. Lisa is a very committed Member for the Bellarine and has shown significant interest and support for a number of community groups and projects in Barwon Heads. We look forward to the development of a community hub and to discussions relating to the planning scheme.

Volunteers are very important in Barwon Heads, and we have recently seen some changes.

- **We sadly farewellled Suzanne Brown** during November. We will miss her energy, wonderful smile and leadership of the Festival of the Sea. We wish her partner **Glenn and her family** our condolences.
- We all love the Opportunity Shop in Barwon Heads and thank all its volunteers. We congratulate **Helen** who has retired as the Manager after 25 years; **Bonnie** for her 25 years service and **Win** who has just retired after 17 years.

Congratulations to Helen Wood, Captain of the Barwon Heads CFA on a very successful year and 15 years with the CFA; Fireman of the Year and Ocean Grove Barwon Heads RSL annual award winner Barb Cummins, Viv Moulday for the Captains Award and Jye Quinney for the encouragement award.

Planning - continues to be a real challenge. State Planning Policy directed to the Bellarine Peninsula recognises that managing urban growth will be critical to retaining the Peninsula's identity and attributes and seeks to preserve the individual character, identity and role of each Bellarine township. There is a major disconnect between what we see as coastal; what politicians say and the complexities of Planning Scheme which are supported by VCAT, the Government and Planning Panels Victoria.

We are pleased that planning has been a significant focus of discussion during the recent election and remind the Member for Bellarine Lisa Neville of her commitment before the election: *"Only Labor will protect the lifestyle locals on the Bellarine Peninsula enjoy with permanent planning protection, enshrined in law this is about protecting our treasured communities and everything that is great about them."*

The Planning Panel established to review the Proposed Planning Scheme Amendment C375 the Barwon Heads Structure Plan 2017, confirmed the recommendations from CoGG for the IHDA over most of old Barwon Heads from Bridge Rd to Geelong Rd, thus enabling 11metre and three storey development.

CoGG recognises that Barwon Heads is not a growth area but must nonetheless accommodate a level of growth. The BHA does not take issue with this broad proposition. However, the strategic context of Barwon Heads and related growth policy clearly does

not support a wholesale increase in scale across the IHDA, as contemplated by C375. We repeat our request to Lisa Neville "We expect the Bellarine to be protected and consider the VC110 Planning Scheme Amendment that permits the eleven metre and three storey developments as of right a total disaster for all of us (except the developers).

Traffic and Parking - The BHA's Traffic and Parking subcommittee met in November. Matters of concern that were discussed include:

- The large number of truck movements; in particular traffic volume, air break noise, speed, and safety particularly with the school on Golf Links Road and damage to pavement. Council is committed to reviewing truck traffic restrictions within residential streets and considering planning permit construction management plan conditions for new developments.
- The growth in traffic through Barwon Heads and in particular the likely increased traffic from the proposed Queenscliffe ferry upgrades.
- The 2018-2019 summer - Regional Roads Victoria provided a detailed briefing on actions to ease congestion in Barwon Heads this summer. These actions are:
 - Traffic controllers to manage Bridge Road pedestrian crossing in peak times
 - New left-hand turn at Ewing Blythe Drive
 - Electronic (VMS) travel advisory signs

Water Quality monitoring - Following concerns we have expressed about water quality and risks to swimmers, paddlers and other recreational users of the Barwon River Estuary the Department of Environment Land Water and Planning has provided funding for the Corangamite Catchment Authority to work with local organisations and community members through a Citizen Science project. The project commenced with a well attended meeting on Friday 16 November, where information about existing community public health focused monitoring programs was exchanged. We shaped a Barwon River estuary monitoring program that will inform and involve community monitors to assist in the collection of information at storm water outfalls from now until April 2019. The program will collect data on the quality of water in the estuary in the proximity of storm water outfalls including at the Ozone Road jetty and near the bridge. All community members are welcome. If you are interested in receiving project updates subscribe here: <http://eepurl.com/dMfGVQ>

CoGG Budget - is always a difficult beast to understand and we wonder what value the residents of Barwon Heads get for our very high rate contribution. We have put in submissions to the Bellarine Councillors, Jim Mason, Stephanie Asher and Trent Sullivan for the following regional and local projects:

- Support and funding for an Integrated Transport Strategy for the Bellarine Peninsula to take into account the growth across the Bellarine and the failure to plan for this in a coordinated way so that each new initiative does not then have a negative impact further afield.
- Funding for the repair of the historic markers at each entrance to Barwon Heads
- Funding for a pedestrian connectivity and safety

plan in Barwon Heads

- Funding for a Barwon Heads Traffic and Parking Study
- Funding to the BHA to develop a Community Engagement Strategy

Who are we? - The Barwon Heads Association's objectives are:

- To advance the progress, welfare, and development of the community residing within Barwon Heads and District;
- To provide a forum for discussion of matters affecting the community;
- To represent the community in discussions with Federal, State and Municipal Governments relating to its progress, welfare and development.

Our goal is to ensure our members are informed and not caught by surprise. Speakers during 2018 were from CoGG, Vic Roads, Barwon Water, Barwon Coast Committee of Management, Barwon Heads Scouts, Barwon Heads Football & Netball Club, Barwon Heads Fire Brigade and the Barwon Heads Primary School.

We have close relationships with other community groups including the Friends of the Barwon Heads Library, the Barwon Heads Senior Citizens, the Barwon Heads Arts Council, and the Save Barwon Heads Alliance. Since the demise of the Barwon Heads Traders group we have encouraged membership from local businesses.

The Association initiated the establishment of and are members of the Combined Bellarine Community Association, which comprises 9 community groups from across the Bellarine Peninsula that work together to identify common issues and communicate together with elected representatives from the Council and State and Federal Parliament. Growth on the Bellarine, planning and traffic are key topics.

Our Committee for 2018-2019 is:

President Sandy Gatehouse

Joint Vice-President Gabrielle Nagle & John Nolan

Treasurer Geoffrey Waite

Secretary Colin Bridges

Committee Sarah Jackson, Richard Hastings, Karen Firth, Philip Bade, Brian Cook

BHA Supporters - We communicate with the

Barwon Heads community through **Talking Heads** - thank you **Trish**. We thank **Shelley Gross of Wonderful Websites** for her support during the year. www.wonderfulwebsites.com.au www.facebook.com/wonderfulwebsites

We also thank the friendly staff at **BeachHouse and Starfish** where we regularly meet.

Please renew your membership or join us if you haven't already. There are forms at the Barwon Head Post Office or on line.

www.barwonheadsassociation.com

BHA Dates for your diary

17th DECEMBER CHRISTMAS DRINKS BAREFOOT BOWLS AT THE BARWON HEADS BOWLING CLUB FROM 6:00PM

18th FEBRUARY 7:00PM AT THE SENIOR CITIZENS CENTRE CLIFFORD PDE.

Have a Happy and Safe Christmas.

Sandy Gatehouse

On behalf of the BHA Committee

**Save the Wetlands.
Save the Boundary.
Save Barwon Heads.**

CONGRATULATIONS TO THE BARWON HEADS COMMUNITY THE BOUNDARY STAYS

The Planning Panel for Amendment 375 Barwon Heads Structure Plan says a move to the boundary cannot be contemplated until significant further investigations are undertaken. This is a win for the wetlands, the boundary and Barwon Heads.

Congratulations to the wonderful Barwon Heads community who is willing to fight for this place where we live and love. After over two years of public discourse, 950 submissions from SBHA members and supporters, an additional 750 submissions to the Amendment, and two long weeks with barristers at the panel hearing, the boundary remains.

We take this opportunity to sincerely thank you all for your ongoing support both financial, in-kind and in voice.

The next steps are for Council and then the Minister of Planning to approve the Amendment. SBHA will again be a presence at the Council meeting and we hope you will join us for a celebration on the Bus.

The wetlands, the boundary and Barwon Heads are not safe until we have a permanent boundary. Save Barwon Heads Alliance will continue to advocate to Council and State Government until it is achieved. With your critical ongoing support we will:

**Save the Wetlands.
Save the Boundary.
Save Barwon Heads.**

Save Barwon Heads Alliance bank details BSB 083 825 Acc 857608939

M: P.O. Box 1108 Barwon Heads, Vic. 3227, P: 0438 866 603

W: savebarwonheadsalliance.org E: save@savebarwonheads.com

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www.wonderlandspiegeltent.com.au



This summer, Wonderland Spiegeltent will again take up residency on the beautiful foreshore of Barwon Heads, with a spectacular program of live entertainment including circus, cabaret, comedy, burlesque, music and family shows by the sea.

Now in its second year at Barwon Heads, **The Wonderland Spiegeltent** invites audiences to step back in time and recapture the magic from the Golden Age of circus and travelling entertainment.

For the families, **CIRCUS WONDERLAND** returns with an **ALL NEW ALL STAR** line up of spectacle, fun and fantasy.

This show will keep everyone on the edge of their seats as audiences will be astounded and amazed at sideshow antics performed by a mesmerizing cast of world class circus acrobats delivering hilarious and thrilling circus fun for all ages.

(26 Dec-28 Jan).

It's **Monday Movie Fun Day** with **MOVIE EVENTS** every **Monday in January**. Showing the latest family releases and classic favourites for all ages, this season includes *The Greatest Showman* and *Moana* with more to be announced soon.

INTERNATIONAL CABARET- BERNIE DIETER'S LITTLE DEATH CLUB - Opening 28 Dec and running through to 13 Jan, it's a lively summer party featuring hilarious and debauchorous cabaret, gender-bending contortion, bump n' grind burlesque, dangerously satirical comedy and a feast of feathers.

Summer fun continues as you immerse yourself in ultimate decadence with **ROUGE THE SHOW**, (18 -28 Jan), a new intoxicating blend of sensational acrobatics, operatic cabaret and tongue-in-cheek burlesque. This show is a nonstop celebration of the astonishing, the surprising and the downright sexy. Outrageously fun and breathtaking, it's an unforgettable night out not to be missed.

LIVE MUSIC - Starring the who's who of Aussie Rock royalty, **JOE CAMILLERI** takes the stage on **30 Dec**. Credited with launching the iconic rock band *The Black Sorrows* into one of the most sophisticated ensembles in the country, Camilleri's music has become embedded in Australian culture with songs such as *So Young*, *Hit And Run*, *Shape I'm In*, and *Hold On To Me*.

On 5 Jan, frontman for one of Australia's most seminal bands, the mighty *Hunters & Collectors*, **MARK SEYMOUR** performs with Mark Seymour and the Undertow. One of Australia's most gifted and respected musicians, Seymour delivered rock classics that immediately etched their way into our national consciousness including *Holy Grail*, *Throw Your Arms Around Me*, and *When The River Runs Dry*.

- HOT SUMMER ENTERTAINMENT THAT WILL KEEP EVERYONE COOL THIS SUMMER -



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Hitchcock Ave, Barwon heads
ANNUAL FETE

Saturday 12th January 2019

From 3.00pm - 5.00pm

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AFTERNOON TEA BBQ

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We need your help! Do you have unwanted items that could be

sold on the white elephant, bric-a-brac, book, or toy stalls?

With a new year just around the corner what better time to unclutter, think about what you no longer need around the house. Someone's clutter is someone else's treasure!!!

We will gladly accept goods at the church the week before the fair on

Wednesday the 9th January and Thursday 10th January from 3 to 6 pm and on Friday 11th January from 10 till 1pm.

We must however emphasise that we cannot accept electrical goods (white goods, TV, computers, computer games or DVD players)

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52541358 or Ken: 52542876 and they will arrange a time with you

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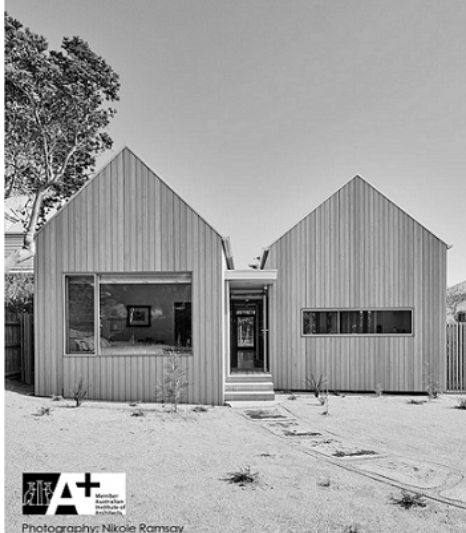
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Grass cutting crews hit the ground in south western Victoria

Regional Roads Victoria (RRV) is ramping up its annual roadside grass mowing program to improve sight distance and reduce fire risk along the arterial road network.

In south western Victoria, the grass mowing schedule is divided into a western and eastern program. In the west, crews have started slashing grass around the Glenelg and Southern Grampians regions and will work eastwards over the coming months.

In the east, crews are targeting roads in the Surf Coast and Colac Otway regions before moving onto urban arterials in and around Geelong and the Bellarine.

"Timing our grass cutting season is crucial, which is why we're getting started now to make sure we're on top of spring growth and ahead of the peak fire restriction period," RRV Regional Director (South West) Mark Koliba said.

"Safety is always our first priority and our crews are working tirelessly slashing grass and trimming trees as the weather heats up."

Mr Koliba said the slashing program differed each year, based on rainfall, seasonal growth, temperature and the time it takes for the grass to cure. RRV works closely with councils and emergency services like the CFA, with crews generally cutting up to three metres behind guideposts on major roadsides.

"We'll be slashing roadside reserves on the region's 4000-kilometre arterial road network, so we're asking drivers to be aware and slow down when they enter a works zone," Mr Koliba said.

"During these works, speed and lane restrictions may be in place to keep drivers and workers safe and we thank the community for their patience."

To find out more about RRV's maintenance-related activities visit www.regionalroads.vic.gov.au.

FRIENDS OF BARWON HEADS COMMUNITY LIBRARY



Reflecting on 2018

As we approach the end of 2018, we reflect on a wonderful year for the Barwon Heads Library; a year that shows that small communities can do great things.

We continued our work in promoting the value of the library for our community. In response to feedback that we received during the rally last year, we worked with the Geelong Libraries to arrange an expanded collection of books for adults. We made a formal request for extended opening hours, to make it easier for people to access the Library (we are awaiting a response to this request). We held a number of engaging events throughout the year including 'Meet the Author' with **Dr Bryan Keon-Cohen AM QC and Dorothy Johnston**.

We also influenced the Geelong Libraries to offer School Holiday

Programs at our library, all of which were fully booked and a great success.

A highlight of the year was receiving a grant from the Barwon Heads Community Bank to distribute Library Bags throughout the community. A limited number of bags are available for collection from the Library, so show your love for the library and pick up a bag. We look forward to seeing the 'I love Barwon Heads Library' message out and about on the streets. Our sincere thanks to the **Barwon Heads Community Bank** for the sponsorship of the Friends group and the support of the Barwon Heads Library.

What's on at the Library?

Food for Fines

From Monday 26 November until Friday 14 December the GRLC will waive library fines in exchange for donations of non-perishable food items. If you have stopped visiting the library due to overdue fines then this is a great opportunity for you to return your books and get back to the library. Visit

<https://www.grlc.vic.gov.au/news/food-fines-back> for more information.

On display now:

Penny Price is the fabulous Librarian (above) who started at the Barwon Heads Library this year. She has arranged a collection of short- and long-listed books from the Miles Franklin Award, Booker Prize, Stella Prize, PM's Literary Awards, Victorian Premier's Awards, Women's Prize, Indie Book Awards and the Children's Book of the Year. These books will be on display throughout the summer period, so get in and borrow these award-winning books for your summer reading.

Look out for Q and A with Penny in the January edition of Talking Heads.

Library Hours

Tuesday & Wednesday 2pm 5.30pm | Friday & Saturday 10am 1pm

(Library closed on Public Holidays over the Festive Season)

Pre-School Story Time

Fridays 10.30am 11.15am

School Holiday Programs 'Curious Creatures'

Friday 11 January, 10.30am 11.30am: The Gruffalo (suggested ages 5+)

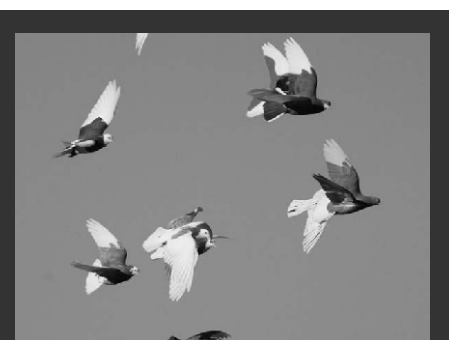
Friday 18 January, 10.30am 11.30am: Amazing Creatures (suggested ages 8+)

During the Summer Holidays, there will be plenty of games and puzzles set up for children.

To become a 'Friends' member, committee member or for details of our next Book Chat

Please email barwonheadscommunitylibrary@outlook.com

We wish you all a safe and happy Festive Season and hope to see you at the Library, to escape the summer heat (or rain!).



Birds are the most accomplished aeronauts the world has ever seen. They fly high and low, at great speed, and very slowly. And always with extraordinary precision and control.

David Attenborough

Humility

by Andy McNeilly

*"The sage puts himself last and becomes first."
Tao Te Ching.*

Young people in our communities are experiencing higher rates mental stress, anxiety and bullying. It is vital that we are connected with our children, so they feel they have someone they can come to if they experience any mental stress or bullying. Additionally, for our children to succeed in the futures they design for themselves, more and more they will need executive skills, also known as life skills. These skills are often learnt later on in life by trial and error. They help us to be adaptable or to 'read the play'. Executive skills are the people skills that enable us human beings to be able to socialise, communicate and interact with each other in harmony. They are many and may include gratitude, empathy, communication, imagination, organisation, self-awareness, resilience and so forth. By linking the teaching of executive skills at home together as a family, it is hoped that you will all connect together as a close unit, so if your child experiences stress or anxiety, they will comfortably and confidently approach you to seek help.

Humility may often be linked to modesty. Someone who is humble may understand they do not have all the answers. They may have achieved some great things; however, they rarely talk about them. When we are humble, we may have a realistic understanding of our strengths and also our weaknesses. Humility comes from the Latin word 'humilis', meaning low. It has been said that people who show humility may be able to better cope when feeling anxious. Humble leaders could be considered to be more effective as well as being liked. They may also have a lower sense of entitlement, not feeling that they are owed anything. When we show humility, we may have better

relationships with others as we are more able to accept people for who they are.

Choose one of the following ideas to try this month at home to help with humility...

- Choose someone to act as the waiter for everyone during dinner. Their job is to ensure everyone has everything that they need and even more. They need to go out of their way to make sure everyone has a great Time.
- Perform some 'Random Acts of Kindness' to others during the week. Each night over dinner, discuss what happened and how you felt.
- Do you know a famous person who has not let that fame 'go to their head'? What do you notice about them?
- Talk about the people who do jobs that are often thankless and go unnoticed. Choose one of these people and thank them for doing the job that they do.
- Play a card game or board game together. At the end, everyone including the winner, must be humble and thank each other for playing.
- Go to the local park or beach and collect Rubbish.
- Talk about people you know who are humble. What is it about them that makes them humble?
- What mistakes have you made recently? How did you feel when you made the mistake and how do you feel now? Do you think it is important to admit making a mistake when you do? Discuss.
- Next time you are out, see how many times you can hold the door open for other people. Talk about how it made you feel. Did you notice how they felt?
- Find a neighbour or friend that may be in need of some help and do some odd jobs for them, like helping in the garden, cleaning their car or taking them a meal.

Many years ago, I was fortunate enough to work in an amazing restaurant in Melbourne, called Stephanie's.

The business gained many prestigious awards every year and was regarded as one of the best restaurants in Australia. While working there, the owner, Stephanie Alexander, wrote some books about food. Eventually, she wrote 'The Cook's Companion', which became a massive seller, changing the cooking habits of many Australians. Eventually, the restaurant closed and Stephanie opened a café and cheese larder in inner city Melbourne, which became an instant success.

Not having achieved enough, Stephanie went on to change the way primary school children related to food with her Kitchen Garden Foundation. I don't see Stephanie very often, but when I do, she is always extremely humble.

*"Humility is the solid foundation of all virtues."
Confucius.*

Have fun connecting with your kids. For further information, visit the Facebook page 'Connecting with your Kids' or follow connectingwithyourkids on Instagram for some fun ideas. Even better, go to my website www.andymcneilly.com.au for lots more information and to find out more about the workshops and courses that are on offer. Here you can download a free 'Screen Free Family Time' chart that'll get you started.

Cheers,
Andy McNeilly

*be humble,
be teachable
and always
keep learning*



Christmas is Coming!

All the volunteers at the All Saints' Op Shop, behind the Anglican Church in Hitchcock Ave. have asked that I wish everyone a very happy, safe Christmas.

Everyone in Barwon Heads is aware just how very busy our little town becomes once the holiday season is with us. But since we have the absolute joy of living in this beautiful part of the world, I guess we need to share it happily with visitors.

At the Op Shop, the school holiday season is one of our busiest times. Between Christmas Day and New Year we will open for five days of the week, Tuesday till Saturday. Then we will revert to four days, Tuesday, Wednesday, Friday and Saturday, from 9 a.m. till 1 p.m., till school resumes. We are happy to have so many things which would appeal to any customers, from toys, sports gear, wonderful cheap books for holiday reading, bathers, towels, and all kinds of goods which you may need at that time, we hope to see you soon.

As I write this, most of our locals know that there has been a recent change. It was my privilege to run the shop for more than twenty-five years, but I have now handed over to **Margaret Powell**, who also became a volunteer twenty-five years ago. Since the organisation has become quite complex, Margaret will have **Jill Cooke** as her next-in-line, and two very experienced ladies, **Chris Wheal** and **Trish Clarke** will be in charge of the two "outer areas", the Sorting and Show-rooms. These two last-named wonderful people master-minded the most wonderful farewell for me on November 15th. at the Supper Room of the Hall. Of course, the afternoon tea was spectacular, the tributes very humbling, and I received so very many cards, flowers, tributes, and even Gift Vouchers etc. that I was truly gob-smacked! I've been so touched by the contributions of all kinds of people....**Hall Committee**, **Star-Fish** for bread for sandwiches, **Jeannie Lonsdale** for the framing of a special tribute, **Martin Kladders**, **Belinda**, **(newsagency)**, and **Carol and Sonya** as "kitchen helpers". However, the most amazing part of the day was to see so many of the ex-volunteers, customers, old friends and even family members of mine who'd taken time off work and school to be there.

As you can see,

I HAVE been allowed to continue to write a monthly piece for our "Talking Heads", and thankfully I will continue to do this so that I can alert all our donors and potential customers to special details such as how and what to leave as donations. Without the wonderful support this has always given, none of our work as volunteers would achieve the success of the past years. I do hope the coming weeks will be times of great relaxation and fun for you all.

On behalf of Margaret, our new leader,
God bless you all,

Helen Edwards



talking books

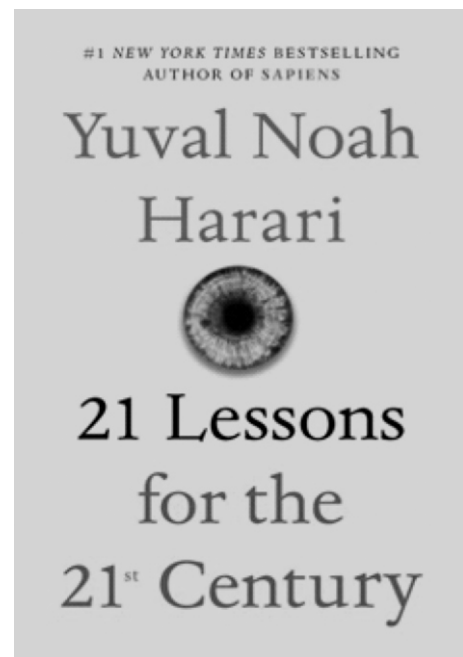
with Greg Kelly

I'm sitting on a verandah in Barwon Heads at 6AM in the morning listening to the surf in the distance as it works its way into and along RAAF's Beach. An easterly wind (@ # 3 on the Beaufort scale) carries the sound of the waves thrashing and rolling and crashing and dumping across the town. To live, for me, is to live beside the sea, to hear the wash up and down of the ocean amidst morning birdsong on a walk to the river to catch the light rise over, and seemingly from within, the Barwon River.

In this early light the river moves serpentine and silent as it slithers inland, supple, muscular and curvaceous. Snake like, eel like. A dappled pastel surface-shine gives way to a mat-black river depth that moves inland with a powerful tidal insistence. This river will push hard and unrelenting to a saltwater barrage upstream (a weir), taking with it flotsam, jetsam and an abundance of rich river life. To focus on one small part of this complex ecosystem think fish. Above the barrage are the native freshwater fish: the graylings, river blackfish, short finned eels, smelts, climbing galaxias and the southern pigmy perch amongst others. You can also find the introduced species: brown trout, goldfish, rainbow trout, roach, the noxious eastern gambusia and the noxious European carp.

Below the barrage in the saltwater find mullet, bream, elephant fish, salmon, trevally, whiting, mullet, flathead, juvenile snapper and barracouta along with a host of other critters and creatures.

And speaking of fish, the writer David Foster-Wallace told the following story to a class of graduating students:



"There are these two young fish swimming along, and they happen to meet an older fish swimming the other way, who nods at them and says, 'Morning, boys, how's the water?' And the two young fish swim on for a bit, and then eventually one of them looks over at the other and goes, 'What the hell is water?'"

The point of this fish story is apparently that the most obvious and important realities are often the ones that are hardest to see and talk about. The point is: what is our water? Another question to ask is why are these two fish "just swimming along?" Is there not a more important purpose to what we do?

Not "just swimming along" and up the Barwon River over winter and spring has been the juvenile short finned eel, known as an 'elver'. These elvers began their lives as tiny (the size of a pin prick) transparent larvae. The spawning site, at a depth of 200 metres, was east of New Guinea in the Coral Sea. They were then carried southwards by the ocean currents down the east coast of Australia. Some were swept east past Tasmania and others north to New Zealand. Along the way, they fed on microscopic organisms and developed into transparent, leaf-shaped larvae and eventually changed into extremely small and transparent 'glass eels.' At this stage, they moved closer to land instinctively seeking the outpouring of freshwater from estuaries such as the Barwon River. Some of these glass eels quickly migrated upstream while others remained in the estuary. The glass eels gradually took on the dark colouring of freshwater eels to become 'elvers'. Some elvers will remain in the estuary until they mature, but most will migrate further upstream in secondary migrations, known as 'eel fares', moving inland into rivers, creeks, lakes and swamps, where they will remain for up to 14 years, feeding on fish, worms, insects, small crustaceans, molluscs and water plants. Sexually mature eels undergo a number of changes in preparation for the spawning migration. After a period of intense feeding and significant growth, their eyes become larger and their skin takes on a silvery appearance. Internally, their gonads begin to develop and their digestive system closes down and starts to fail. Now known as silver eels, they migrate back to the sea during late summer and autumn and in total darkness swim north some 3,000 kilometres against the current to reach the Coral Sea. By the time they arrive, they have used up all their energy and body weight and are little more than a skeleton with gonads. They spawn and die and remarkably

their young commence the cycle over again.

Which brings me to a reading recommendation: "21 Lessons for the 21st Century," by historian Yuval Noah Harari. While his previous best sellers, 'Sapiens' and 'Homo Deus,' covered the past and future, this new book is all about the present, about taking responsibility for the water we swim in and what we need to be thinking about if we are not simply to drift with the tide. He writes in his introduction: "What are today's greatest challenges and most important changes? What should we pay attention to? What should we teach our kids?" These are big questions. As are the questions around work, war, nationalism, religion, immigration, education, data collection, globalization, climate change, and artificial intelligence.

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So, not everyone was thrilled about our changing household.

A new puppy is a big addition to any family. Especially one as big and as busy as ours. In a world where time is precious, our puppy soon realised he would need to earn his stripes for attention. Playing cute and being cuddly might not be enough to get lavished with love in our home. He would have to try hard for us to adore him.

When our puppy arrived, the cat stayed upstairs marking territory for two whole days. As he staked feline claim, he crapped in his litter for the first time in months. The first sound we ever heard of their meeting was the yelp that followed by trying be friendly with our cat. A lesson was learnt, the cat was the boss, and the new pup didn't go upstairs for a bit.

When our puppy arrived, my old kelpie woke up. She let her eyes be licked and her bits be smelt. Her low grumble would let the puppy know when he'd over-stepped his mark. They began daily walks together, where our puppy would try to set the pace. He pulled on his lead so hard that once he fell backwards and winded himself. A lesson was learnt, the old dog was the boss, and our

new pup learned how to move slow.

When our puppy arrived, our silkie chickens got a shock. They didn't understand this new game of chasing. They didn't know our puppy just wanted to smell their fluffy bums. So even though he was trying hard to be friendly, his enthusiasm was too much for my laying ladies. So they stopped creating their eggs. They stopped laying their new life. In fact the 2 youngest were so frightened, they stopped going outside their coop.

A lesson was learnt. My silkies closed down.

And it seemed for the first time, our new puppy was the boss.

Think hip openers, abdominal strength and udiyana bandha.

The only constant that we can rely on is change. Some change is because we direct it. With others, we seem directed by it. Regardless of how our world's move and grow: at the end of the day - shift happens.

What's interesting is when we step back from ourselves and watch what we do within the process.

Any shift in course or change in direction is inherently awkward. Even if it's a step into a healthier space or a clearer direction for you. This is because change implies going to a place that is unknown. Where the goal posts might be different so we need to learn new boundaries and new rules.

Sometimes we hang in uncertainty for a short time, until we get the idea of the new game.

But sometimes we're there for a longer time. Where we get nipped while we're trying to learn, or get a fright when someone there growls.

Or someone comes into our space to chase us in circles. So that the place where we felt safe now feels different. Where we used to be steady now seems unclear.

Change is an invitation to wobble around in the dark for a bit. To listen inwards and from this,

create outwards. But if it's all a bit too sudden or life's cards thrust change upon you, often creative being will be the first thing to go. Because it's easier to fall back to what you know.

To where you forgot how to live fully because you were trying to survive.

I watched how our new puppy was welcomed into our world. There were some in our household instantly smitten. With silky soft ears and an eagerness for belly rubs, our little lad learned to creep onto our laps and into our hearts. Our dominant cat remained the boss of upstairs. Our wise old kelpie became bum-etiquette advisor. But our little silkies found it harder to be sure. Feeling threatened and unsafe, the first thing they lost with their courage was their creativity. While they continued to eat, and to sleep and crap all over the place - they completely stopped laying their little eggs. In fact they stopped laying for 3 whole weeks, until I realised I needed to get creative with them.

Last week, I spent a morning in the backyard with my silkie chickens and the new puppy. There was a bone for him to chew and warm oats to settle my fluffy ladies. So they could feel each other's presence in the sun on the grass together. It was a loud and proud clucking that I heard this morning under the rain. A celebration of something that had been brewing and now finally been laid. My middle red found it in the nesting box. A single little egg. A lesson was learnt, the puppy is here to stay. And now even our little chickens seem used him.

X



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Barwon Heads Soccer Club



Last month the Barwon Heads soccer club held its senior presentation and AGM at the Beachouse in Barwon Heads.

It was a fantastic night with Jess Rappa taking out the Div 1 best and fairest and Pete Tullin taking the honors in the Masters division.

The night was also combined with our AGM where some long standing committee members announced their retirements.

Our president Simon Wrench is retiring after three years in the top job and two as vice president. Simon's contribution to the club has been immense; his professionalism and tireless work has secured the club's future. We cannot thank him enough and are proud that he will be staying on in the coaching coordinator's roll.

Kelvin Harris our secretary is also standing aside after a great stint in the executive role.

Kel, one of our reluctant heroes, will not be completely lost as he is staying on as a general committee member and we thank him for his time and commitment in one of the club's toughest jobs.

Lastly, our junior coordinator and club legend James Ramage is hoping to spend some more time with his family. James joined the club not long after the club's inception and has been instrumental in the success and growth of our junior program. It been James's vision and

ability to nurture our youth that has undoubtedly left the club in a much better place, but not only that, he has made a huge impression on the Barwon Heads community and for my mind there is no greater honour. James also won the leagues best and fairest this year in the Masters division so congratulations James, from all the players, supporters and sponsors we wish you the very best in your future endeavors.

The highlight of the night was the inaugural induction of the club's life members. Barwon Heads soccer club celebrated its tenth anniversary this year and with that a group of dedicated volunteers and players deserved to be acknowledged. Mark and Marlene Longley, Daniel Freestone, James Ramage, David Booth, Stewart Hayes, Sophie McIntosh and Grace Hill were all inducted on the night.

The first few years of any new club are most likely to be the hardest and this team persevered through those tough years with the help of the "Tin Shed" where the soccer club's genesis was formed. Stewy, James and Hoover (David) all gave splendid speeches and recounts of the clubs history on the night and many a story was retold into the evening.

A special big thanks to Jon Phillips for making this happen and well deserved to all those inducted.



Next year we are excited to announce a new look committee.

It was a huge honour for me personally to be voted into the top job, but more important is the team assembled around me. Murray Withington was voted in as vice president and will stay on as treasurer, (never smart to go on holidays around AGM time Muz). Alison Levey will take on the role of secretary, Skye Glover is our new junior coordinator and Annette Cotter our new communications manager. Our general committee is made up of Tom Mander, Shane Brasier and Kelvin Harris. We all look forward to any advice and feedback the community has to offer, so please come up and say hello or get in touch.

Lastly we would like to thank the continued support of our sponsors without whom the club would not exist. Our key sponsors RT Edgar, The Beachouse and the Bendigo bank are all a big part of this community club and we thank you for your continued support. We would also like to thank the Barwon Heads Kinder, The Tin Shed, The OP Shop, Oceans 24/7 health club and Planet Earthworks Aust.

Our warmest regards go out to Helen Edwards from the Op Shop who is retiring after 25 years as manager. The Op Shop has been a great supporter of the soccer club over the last eight or so years and we thank you for all your kind donations. Hope everyone has a safe Christmas break and we will see you in the new year down at the village park.

Regards
Duncan Buller aka Chillsy
President

On Thursday last week the Barwon Heads soccer Club acknowledged the retirement of Helen Edwards from 25 years as the Op shop manager .

The Op shop have been supporters of the soccer club over the last 8 years and their donations over the years have helped fund equipment for the kids. Helen has always shown her personal enthusiasm for the club and has been down to visit our junior training nights and hub days. We wished her well on her retirement this afternoon with a gift, flowers and card from all the Barwon Heads Soccer club family.



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A special opening day was held at the Barwon Heads Pharmacy on polling day and the democracy sausages were being served by our local CFA.

Seen here with pharmacy owner Joseph are Brett, Eddy and Helen who, I'm told were placing the onions safely under the sausages!

Locals also very much enjoyed meeting Joseph's family.



At right are Pam & Libby handing out CFA information while Tony munches on a perfectly cooked safe snag which he declared was delicious.



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BARWON HEADS COMMUNITY ARTS GARDEN

Growing Vertically

As gardeners, we are very often crying out for more garden space, and this is certainly true in our Community Garden. Growing plants vertically is one way we can do this, the result being ground space freed up, adjacent plants being shaded from the hot sun, and a showy display to share with others. Vertical growing will certainly mean that you will need to provide support for the plants, and that you must ensure that plants that actually need full sun are not shaded. Here are some examples:

Picture 1 This is our row of espaliered apple trees, now in their 4th year. You can see that they are heavily laden with fruit. They protect the eastern boundary from winds, but occupy only a small amount of what was waste space. An annual



prune keeps them in order.



Picture 2 This is Carmel's Sweet Pea trellis. She grows it every year. It decorates her plots, and provides shelter

from the southerly winds



Picture 3 Michael is our vertical supremo! This is his espaliered plum tree, which adorns the west end of his garden plot. Michael's other vertical structures defy belief (and gravity!)

On a sadder note, one of our Garden's original members, the old Dodge Ute, is about to depart. She was installed by original Garden members Sam Smith and Ralph Cotter, and has formed both a centre piece and a garden bed. Time and rust have taken their toll, and so she will be towed out (without too much fuss we hope) in December. This will create



some much needed garden space.

Picture 4 Vale Ute! She has produced her last crop

Despite the dry spring, most of our plots are looking great. The Garden is often open, so do drop in.
Russell Mitten, Committee Member.
Facebook ~ BarwonHeadsCommunityArtsGarden



www.barwonheadsfinemusic.org.au

Barwon Heads Fine Music Society presents

An afternoon of Chamber Music

Featuring Brigid Mantelli and Regina Thomae

performing the Martinu flute sonata and other works by CPE Bach and Debussy; and

Edmund Mantelli, Samuel Ke, Daniel Casey and Fergus Ascot performing string quartets by Piazzolla, Beethoven, Hayden, Shostakovich, Puccini and Ginastera.

Sunday 09 December

2.30pm

All Saints Anglican Church, Barwon Heads

Tickets: Members \$10 Non-members \$15

Enquiries: phone Jenny on 5254 2580

Please join us for afternoon tea following the concert

Missing this concert? Join us for Christmas Carols on Sunday 16 December in the Community Hall at 6.00pm.

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The Barwon Heads Fine Music Society & the Chorale have been very busy with rehearsals & concerts over the past month.

On Sunday 28th October, the Barwon Heads Chorale presented a very financially successful fundraiser for "Buy a Bale- Drought Relief"

Chorale Director Natale Lewington led Chorale members in a fine performance that included "Magnificat & Nunc Dimittis", "All the Things you are" and "Get Happy".

Then Natale as lead singer in the "Jonny's Hip Operation" Jazz band gave a sensational interlude with the event followed by a sumptuous afternoon tea.

On Remembrance Day, Sunday 11 November, the newly renovated Barwon Heads Community Hall was a splendid venue for the third Bellarine Choral Festival.

Four Choirs participated the Coryule Chorus, the Surfside Singers, Sing Australia & of course the Barwon Heads Chorale.

It was a very happy & successful occasion with a very diverse program, including a WW2 singalong!

The day concluded with the massed choirs singing a great favourite the Anthem "Jerusalem". Funds raised were donated to Legacy

The Annual General Meeting of the Barwon heads Fine Music will be held on **Tuesday 4 December at 7.15pm in the Anglican Church** Please come along and stay to listen to the Chorale rehearsal.

Our final Sunday concert for 2018, will be a special afternoon of Chamber Music with Brigid Mantelli on flute & Regina Thomae on piano who will perform works by Martini, Debussy & CPE Bach. Also performing will be the brilliant string quartet from Christian College performing works by Piazzolla, Beethoven, Hayden, Shostakovich, Puccini & Ginastera.

The concert will be on Sunday December 9th at 2.30pm in the Anglican Church,
Donation: Members: \$10; Visitors: \$15.

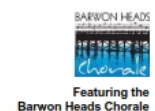
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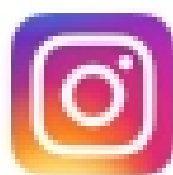
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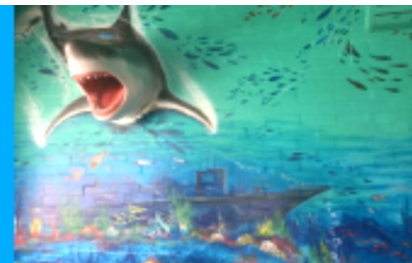
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Blue Wax Duo.

Friday 7 Dec. — 8:30pm
Jack Wright.

Saturday 8 Dec. — 5:00pm
Beachside Soul.

Saturday 8 Dec. — 8:30pm
Dear Ivy.

Sunday 9 Dec. — 4:30pm
Abe Anderson.

Friday 14 Dec. — 8:30pm
Madz Got Rich.

Saturday 15 Dec. — 8:30pm
Groove Junction.

Sunday 16 Dec. — 4:30pm
Rach Brennan.

Friday 21 Dec. — 8:30pm
Della.

Saturday 22 Dec. — 8:30pm
Dear Ivy.

Sunday 23 Dec. — 8:30pm
Craig Sayer.

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Sunday 30 Dec. — 8:30pm
Della.

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Dressing -

In a jar mix 5 tbs olive oil, 1 tsp dijon mustard, 4 tsp red wine vinegar, 1 small clove minced garlic, 1 tsp fresh thyme leaves (or ½ tsp dried), ½ tsp finely grated lemon rind (until well combined)... and mix lightly...top with crumbled feta cheese, a final grate of black pepper and serve with anything



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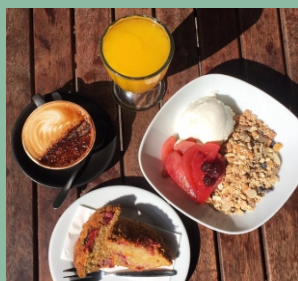
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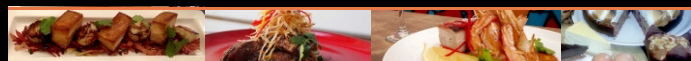
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Committee
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The most important trip you may take in life is meeting people halfway. ~Henry Boye

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"Intelligence without ambition is a bird without wings." Salvador Dali



Take A Walk On The Bright Side

It's a big jump for little minds when they make the transition from kinder to school. But...with the right support, these little minds can achieve incredible things. In 2019, a brand new 'School Readiness' program is starting right here in Barwon Heads. Katrina McCredden at Bright Side Learning is passionate about supporting children to develop their confidence and build their knowledge to help them make a great start at school. There's a lot that can be done to get children 'ready' for school and research shows that how we prepare them can have a huge impact on their long term learning abilities. Bright Side Learning builds and extends on your child's kinder program. It has activities galore to provide your child with specific support to develop a strong foundation for literacy and numeracy knowledge. Children will be given the skills to read, write, spell, count and recognise numbers as well as foster social and emotional development and fine motor skills. Sessions will run each Monday morning in the beautiful

surrounds of the Barwon Heads Community Arts Garden.

Bring the family along to Bright Side Learning's Open Morning on Tuesday 4th December 9.30am-11.00am @ Barwon Heads Community Arts Garden to explore many of the activities Bright Side Learning will have on offer. Meet Milo Monkey and Ally Alligator, join in on lots of engaging activities all about the letters of the alphabet and the sounds they make as well as numerous number games aimed at developing a strong 'number sense'. All this mixed with some pasting, threading, rolling, scooping, cutting, smelling and dancing! A great time to be had for anyone who's interested in enrolling or just looking for an awesome morning with the kids! Text 'PACK' to 0408 959 485 for an information pack.

Find us on Facebook @brightsidelearn or Instagram bright_side_learning



A 'School Readiness' program that will broaden your child's skills and help them transition from kinder to school with extra confidence and literacy and numeracy knowledge!
Mondays 9.15am - 10.45am @ Barwon Heads Community Arts Garden
Offered exclusively to children attending school in 2020.

Enrol now for 2019!

For a no obligation information pack text 'PACK' to 0408 959 485 or search @brightsidelearn on Facebook or bright_side_learning on Instagram.

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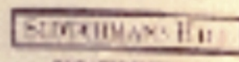
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Word about the Hood

For those readers who are new to the area, the Hooded Plover is a small, timid, endangered beach-nesting bird

which is indigenous to our local beaches. (Not to be confused with the Masked Lapwing which nests on footy ovals,

Roundabouts and backyards and tends to be noisy and swooping.)

Hooded Plovers are the masters of camouflage and are well-adapted to life on the beach – that is, on the beaches of 100 years ago.

Our once tranquil beach habitat has now been overwhelmed by people visiting the beach for recreation, bringing all sorts of things that the birds are unfamiliar with – dogs, horses, 4WDs, beach balls & toddlers! Hoodies now struggle to find a bit of undisturbed space on the beach to breed and because their nesting failure rate is as high as 90-95%, their numbers are declining, as too few young are added to the population to sustain it.

Birdlife Australia and hundreds of coastal volunteers are turning this dire situation around; by monitoring hoodies and detecting when they have eggs or chicks and putting protective management in place to relieve many of the human pressures.



Hooded Plover chick

Hooded Plovers lay their eggs directly on the sand in a simple, shallow nest scrape. The nest can be anywhere above the high-tide mark, on the beach or in the dunes. Hooded Plovers eggs are small (about the size of a 20-cent piece) and very well camouflaged; so well camouflaged that they are easily trodden on by accident.

Egg incubation takes 28 days and if completed successfully, the tiny fluffball chicks hatch out with surprisingly powerful legs. Adult hoodies don't feed their young; the chicks must fend for themselves, feeding on the sandhoppers found in decomposing seaweed. With sufficient undisturbed feeding time, growth is rapid and in just five weeks they can fly. During those five weeks before flight, however, they are at their most vulnerable. When a chick is disturbed or feels threatened it quickly runs into the sand dunes and hides. While it is running, the chick uses up valuable energy, and while it is hiding it is unable to feed. A chick that is forced to run and hide throughout the day because of human disturbance or by dogs could easily starve to death!

Currently, 6 of the 9 pairs along the Bellarine and 13th Beach Coast have nests, keep an eye out for the signage on the beach and at beach accesses.

To reduce disturbance to the birds while they're breeding, please remember to leash your dogs at this time whenever you approach or are in the Hooded Plover breeding area.

For more details, or to become involved in Hooded Plover monitoring, please contact Meg Cullen at Birdlife Australia: Meghan.Cullen@birdlife.org.au

More information: <http://www.birdlife.org.au/projects/beach-nesting-birds> or <http://mybeachbird.com.au/> or <http://www.facebook.com/hoodedplover>

Birds are the most popular group in the animal kingdom. We feed them and tame them and think we know them. And yet they inhabit a world which is really rather mysterious.

David Attenborough

Barwon Heads Senior Citizens

> We have Christmas Lunch on 3rd of December.

It is catered for and supplied by The Lions.

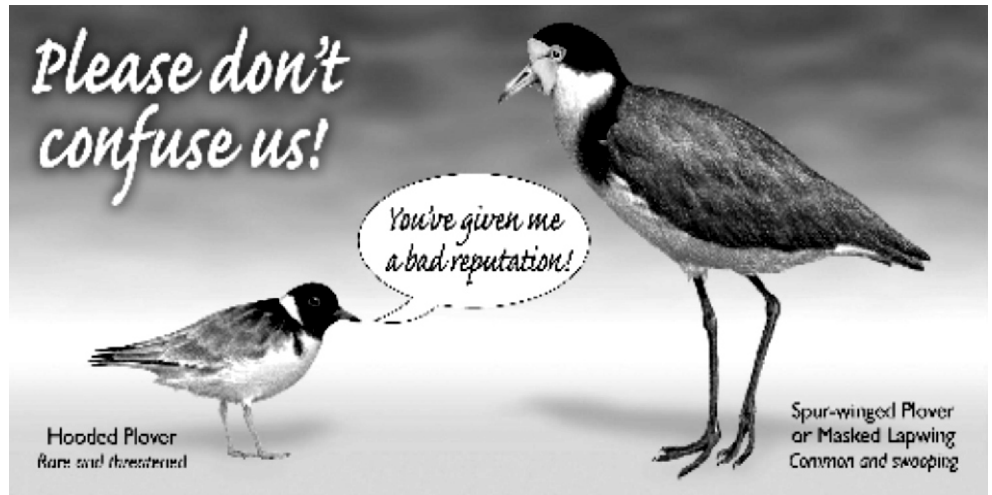
> Cards and coffee resume on Feb 4th.

> We have exciting news with Yoga for Seniors

commencing at the Centre on 1st March... This will

be free to Senior members and run for 8 weeks.

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"Local news, when it's done well, is something with the power to bring communities together," said Rebecca Smith, former editor of the Thanet Gazette and now senior editor at Kent Regional News and Media, part of Trinity Mirror. "It's something which provides a voice and a platform for people and issues which would otherwise not be heard."

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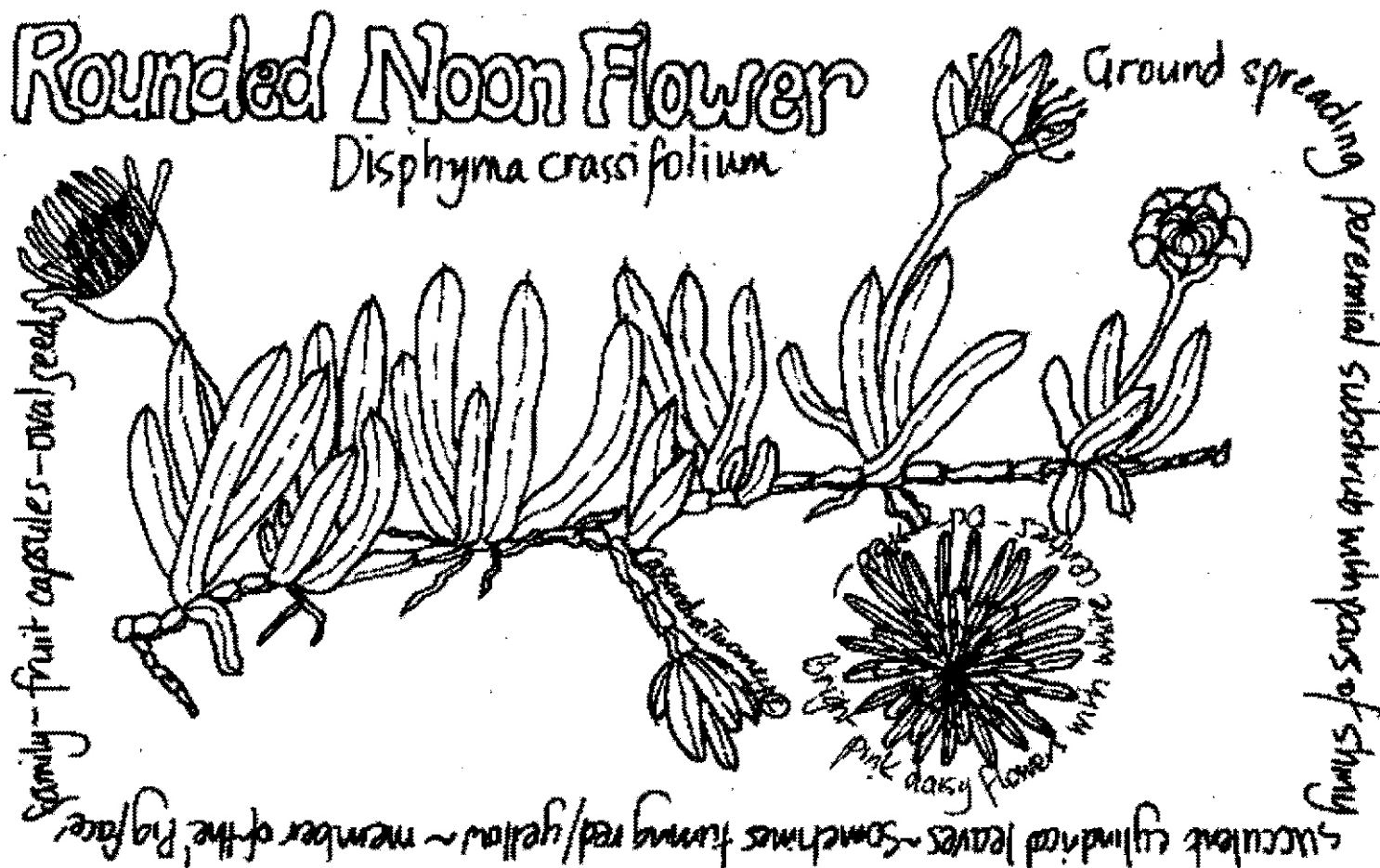
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Hand drawn By Cassy Twomey



BARWON HEADS BOWLING CLUB

Bowling back in full swing



Into December already, where did the year go and what did we all do? We all got a year older like it or not. Pennant season in full swing and our three teams are all doing OK. One in the four and the others not far away. Around the Club, championship eliminations are progressing with a couple of fancied chances already out. Community Bowls has again been run and won, thanks again to all those aspiring bowlers who competed and enjoyed the experience, despite some dodgy weather. Thanks again to Alan and Jan for putting it all together. The Schools program is continuing every Wednesday under the same guidance. An experienced bowler identified one young lass who he claimed was ready to go. This month we welcome a group of scouts from Barwon Heads and Queenscliff who are going to strut their stuff on the green. Like most of the young ones, a couple of rolls and they make it look easy. Club stalwart Dave Greenfield celebrated 90 years in November and is still bowling as well as ever, congratulations Dave.

Christmas Dinner is again being held at Clubrooms on 9th December, always a good night. Noticed several men warming up the vocal cords, I understand there is to be a serious challenge to the Choir Master. As this is last edition for the year we take this opportunity to wish everyone a Merry Christmas and a safe and happy New Year. Don't worry about being a year older, it's only a number. Until next time.....good bowling.

LOBSTER POT

No Lobsters here

The Lobster Pot is a lobster pot by name only. Regular readers will know it's another name for the Barwon Estuary Heritage Centre. It's the green building on the river front near 'At the Heads' restaurant.

This place has a colourful past. A former notorious Dance Hall, one time Primary School and then a workshop. Inside there are live fish, residents of the river, in six saltwater tanks for you to admire.

The only crustaceans are the shore crabs in these tanks. You are welcome to drop in and get face to face with them.

The opening season is The Lobster Pot is open 1.00 p.m. to 4.00 p.m. daily, Boxing Day to Australia Day. Then weekends only until Easter. Admission is by donation That leads to our invitation to people who wish to share their passion for the natural and cultural stories of our river estuary.

If you have just a little time to spare the Friends of the Lobster Pot would love to hear from you. You can contact the group through Barwon Coast. Visit the office or phone Maddie Glynn (52541118).

Lobsters are available from your closest sustainably sourced fish shop.

The Friends of the Lobster Pot wish everyone a safe and happy Christmas and we hope to see you soon.
Rob Kuebler



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BARWON HEADS URBAN FIRE BRIGADE

Staying fire safe this Summer

The decorations are up and our town is getting ready for Santa to arrive. The annual Christmas Eve Santa Lolly Run will commence at 5.00pm on Christmas Eve.

The fire truck with Santa and his helpers will appear at the following locations:

- **5pm 13th Beach Estate**
- **5.40pm Barwon Heads Caravan Park, near the football oval**
- **6pm River Parade Boat Ramp, opposite Minah Street**
- **6.20pm Barwon Heads Skate Park, Sheepwash Road**

All times are approximate; keep an eye out for signs around town on the day, which will promote what time and where he will be.

We welcome the many holiday makers who visit our little town during the Christmas holiday period.

Many of you have been coming for years and for some it may be your first time visiting the Bellarine Peninsula. The Barwon Heads CFA is here to keep our community safe across the whole year, but the summer period can be especially busy.

Whether you are a visitor or resident, or simply passing through, everyone has a responsibility to ensure they have a fire safe summer.

Here's a few tips:

- If staying in a holiday house or at the caravan park, check to see where Your exits are in the event of a fire ensure all guests know how to get out of the house, cabin or caravan and where you will meet.
- If you are on the road and you hear the sirens when the fire truck is responding to a job, ensure you safely pull over and allow it to pass.
- If firing up the BBQ for the first time, check that the gas cylinder, hose and connections are working properly.
- Understand the fire danger ratings; if it is an extremely hot day the Fire Station on Sheepwash Road will fly the Total Fire Ban flag and we will also post to our Facebook page. This means you cannot light any camp fires or solid fuel based bbq's.
- Download the Vic Emergency app, which provides information about bush fire activity in your choice of locations. Simply go to the app store on your smartphone or tablet and search Vic Emergency app.
- Like and follow our Facebook page as we will post regular updates and tips throughout the summer. Simply search for Barwon Heads CFA and 'Like' and 'Share' us with your friends.



and winter. As a result, the grass, scrub and bushland is drying out and in recognition of this the official Fire Danger Period for the Bellarine area commenced on 26 November. This means we switch into a heightened level of management and response for fires.

Rest assured as a Brigade we are trained and ready to protect our town and assist other Brigades across the state if required. However, there is much you can do to help stay safe, so please re-read our tips above.

The Barwon Heads Fire Brigade is seeking new members.

If you are interested in learning new skills, meeting new people and being part of a team that contributes to the safety of our community, please call Captain Helen Wood on 0438 507 273, or email cap.bhufb@bigpond.com.

We welcome people who wish to become firefighters and those who prefer to help in the background on non-operational activities.

There's always plenty to do!

The Barwon Heads Fire Brigade wishes everyone a happy and safe Christmas and holiday season.

Libby Burnett is an active member of the Barwon Heads Volunteer CFA

Recent weather conditions have been mild and windy off the back of a dry spring

Real generosity is doing something nice for someone who will never find out. Frank A. Clark



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BARWON HEADS CYCLING CLUB

I have been riding with the BHCC crew for a number of years now, despite living in Geelong, and not being a local.

While there are many bunches in Geelong, I've found this bunch to be one of the most enjoyable group to ride with. There's always good friendly banter, genuine friendship, inclusiveness, and no pretentiousness. Anyone and everyone is welcomed into the bunch. To top it off, we have great coffee shops and the best muffins in the region. I also had the bonus of the extra k's to ride out to meet the bunch, and then the ride back into Geelong (usually with a headwind). Secretly I think I like this torture, it makes me stronger.

Cycling has given me so much over the years. It has helped me through a dark time in my life with the loss of my partner, introduced me to a lot of good people and I've formed some great relationships through it. As a therapy, you can't get much better than cycling. On

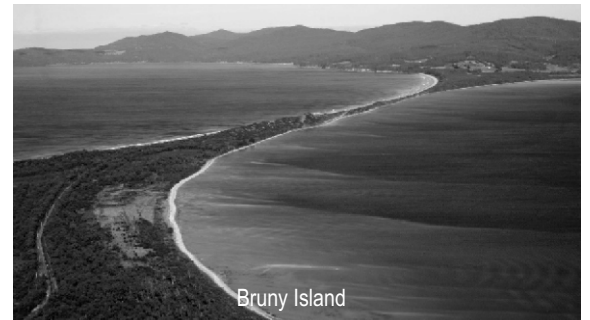
your own it clears your head and gives you thinking time, and with a mate or two you can either talk over your problems, or distract yourself from them, all while keeping fit, not to mention the endorphins you get from exercising.

For mental wellbeing, it's the best drug I know! Travel has been the other big bonus that has come out of my cycling. Over the last 6 years I've ridden in 4 World Gran Fondo finals: Italy (twice), France, and Slovenia. Being of Italian descent, I am lucky to have family living at the base of the Dolomites, so most years of late I have trained with the BHCC bunch over the winters, to build up my fitness enough not only to compete in the Gran Fondos, but also to ride some of the best mountains in the world! I have to pinch myself sometimes when I think of all the places I've ridden and the amazing scenery I've seen- Lake Como, Lago Di Garda, the Dolomites, the Stelvio, the Zoncolan, Alp D'Huez, Tuscany, the French Riviera ... the list goes on. Then there's the places you don't ride.... Florence, Venice, Carcassonne, Innsbruck, Monaco ... (although I did ride most of these places to come to think of it). While the European travel has been nothing short of

amazing, the domestic travel has also been fantastic. These days I don't go anywhere without my bike. This year I've been lucky enough to ride the Sunshine coast, Southern NSW, Adelaide (Tour Down Under another favourite cycling event), Tasmania, including Mt Wellington and Bruny Island, as well as a fair bit of Victoria.

Despite all these amazing locations, it doesn't get much better than riding with the BHCC crew towards coffee (and a muffin) along 13th Beach, watching the surf, and the sun come up over the bluff, and when you reach the Barwon Heads bridge, you know life's good and you're pretty lucky where you live!

Steve D'Andrea



BARWON HEADS CRICKET CLUB



Barwon Grove Pres. Marnie Stephens presents Best Club Person to Conan Roos and a life membership to Gillian Curry at the clubs recent awards night

We are well and truly into the season now and playing some more serious cricket.

There are some future young guns being blooded in all grades and there are some other older guns who have made huge step ups in recent years who are spreading

their wings. The cricket is serious, but not always successful, but success off the field is coming in many different forms.

Some seasons back **Bill Fallon** had a team of girls playing for the club. Back in the day women's cricket was a feature of city competitions only, but Bill had the girls playing against the boys in a junior competition. Things have definitely progressed and the girls now compete in their own competition, but the link with the past is that **Bill's son Michael** is heavily involved in the training and teaching of the current crop of **Sea Girls** representing the club. Michael is a regular contributor to the playing side of things as the opening bowler in A Grade. It's great to see Michael keeping the family tradition going. Recently, Michael dismissed gun **Barrabool** opening batsmen **Kane Pickering**, and notched up his 100th Senior wicket for the club.

Michael has played 76 club games (39 in A Grade) his 100 wickets (53 of these wickets in A Grade) include two 5 wicket hauls with a bowling average of 21 with an economy of just over 3 runs per over. Michael's best bowling performance is 8/79, which also came against Barrabool in 2017/18. These figures are the third best A Grade bowling figures in an innings since 1990/91 behind bowling heavyweights Matt Walter 8/55 (95/96) and Max Schaller 8/29 (98/99).

Congratulations Michael and we hope there's plenty more to come.

Huge congratulations and well done also goes to our own

Conan Roos who recently at **The Tin Shed - Barwon Grove Golf Club Annual dinner** received the 'best club person' award. We at the BHCC all know the amount of work Conan does for us, and also the amount of time he gives up to not only us but other community clubs. Conan received the **Barwon Heads Cricket Club's best club person award** last season and is a huge reason why our club runs as smoothly as it does. He has put in a massive amount of work over the past two seasons to ensure that everyone enjoys themselves without any issues. From all of us involved at the BHCC well deserved Conan your dedication and hard work toward our community doesn't go unnoticed. There is a strong connection between the Tin Shed and the cricket club and they recently donated \$1000 towards the BHCC Juniors. We are lucky to have such support from members of our community, both other clubs in the town and the people in them. Thank you so much Barwon Grove, and remember there's no better place to be on a Sunday arvo than the Tin Shed.

These two men both started at our club as boys and they are no proudly representing us as important senior contributors to our success. We as a club are so pleased and proud that they have stayed around the place and taken on leadership as they have. Well done to both of them.

More next month

Matt Dunell



Barwon Coast Christmas Update



We have had a busy and wonderful year on the Barwon Coast and we would like to thank our local community and visitors for their support. The Barwon Coast Committee of Management and staff wish you and your families a happy and safe holiday season and a wonderful 2019.

Local Laws Officer to help the Hooded Plovers survival

We know that our local community love to walk their dogs on the Barwon Coast and that most people do the right thing. However, we also know that some people using our beaches do not keep their dogs under effective control and put them on a leash when required. Uncontrolled dogs can not only be frightening for other beach users, but they are a huge hazard for the threatened bird species the Hooded Plover. As of the 1st December all dogs must be on a leash at all times on beaches west of Hodgson Street through to the Bluff. You will notice an increased presence of a City of Greater Geelong local laws officer on the Barwon Coast this summer who will be focussing on enforcing dog regulations. We hope this will help all users of the Barwon Coast have a safe and enjoyable summer season.

Let's Have Some Summer Fun!

- Summer on the Barwon Coast is full of fun! Please keep it safe by the water – watch your kids, swim between the flags and NO JUMPING from jetties and bridges.
- Many locals will be excited to hear that we will be welcoming back the Wonderland Spiegeltent to the Barwon Coast this summer. A wide variety of entertainment will be on offer. Bookings at www.wonderlandspiegeltent.com.au
- Barwon Coast are again providing fireworks from the Barwon Heads Bluff at the family friendly time of 10pm on New Years Eve. We thank our New Year's Eve supporting organisations – the City of Greater Geelong, local CFA brigades, Lions Club Ocean Grove and the Wave Church.
- The FREE Barwon Coast Beach Bus will be running from Boxing Day to the 28th January on a continuous route around Barwon Heads and Ocean Grove. Live bus tracker at www.barwoncoast.com.au/bus

Who we are

Barwon Coast is a Committee of Management appointed by the State Government with responsibility for the management of 13km of coastal crown land at Ocean Grove, Barwon Heads and 13th Beach.

Keep In Touch with Barwon Coast



Barwon Heads Community Bank News

"Nowhere in the world have I encountered a festival of people that has such a magnificent appeal to the whole nation. The Cup astounds me."

Mark Twain 1895

More than 120 years on, there are many of us who are astonished by the frivolity, fashions and antics of the first Tuesday in November. Astonished may not have been the reaction of some if Marwan Koukash donned the promised red G-string and paraded in the Winners circle, had Magic Circle won. Living in a large regional town with our very own Geelong Cup means that we have are blessed during the Spring Racing Carnival with more horse racing events than we could ever want. But feeling not so blessed when every sector of the education system has an independent policy on which sporting day should be a holiday- it felt like everyone in the house had a different day off in the last 2 weeks. We hope your fascinators were dusted off and put to good use. And maybe you picked a winner or 2. Hopefully, on any one of the given days off you were able to enjoy good company, good food and good fun (whether or not you believe in celebrating the horse racing or betting industries' influence on a nation). So as Spring comes to a close, and very few of us came into sudden wealth as a result of the Victorian Racing Carnival it may be a good time to look at other strategies for wealth accumulation. Which is sometimes as simple as saving. Or looking at the fees your current loans and bank accounts charge and comparing it with your local Barwon Heads Community Branch. Wander into the branch and say hello to Shelley and her team to see how they can help you. Each day more of our community have used our local branch with loans, deposits, insurance and foreign exchange. This means more funds to reinvest into our town. In just 6 years of operation, your support for the Bank has enabled the Barwon Heads Community Branch to contribute more than \$250 000 to the local community.

Barwon Heads Community Bank Annual General Meeting 2018

Annual General Meeting 2018

The AGM was held on 30th October 2018 at the Barwon Heads Football and Netball Club. The Bendigo and Adelaide Bank celebrated 20 years since their first Community Branch opened and we celebrated our 6th.

Guest speaker of the evening was **Mr David Meade, Co-Director of Community Rehabilitation and Palliative Care, Barwon Health** who was able to tell us the McKellar Centre's journey into raising funds for the worthwhile Paediatric Rehabilitation Facility which most Community Banks have supported generously.

A good report is always well received and there have been many things that made the 2018 annual report one of these. The Barwon Heads Community Bank Branch welcomed **Shelley McLean** to the role of Manager and **Damien Shaw, Damien O'Malley, Anita Phillips and Jason Hutton** to their roles as Directors of the Board.

As more of the Barwon Heads community switch to the Community Bank the 126% increase in deposits and 17% increase in loans mean we were able to deliver more sponsorship and grants- \$46,560 worth. In addition another \$42,105 was contributed to the Bendigo Bank Community Enterprise Foundation™. These funds will be put towards worthy community projects in the future.

Do you have a large community project in mind? Development of a Barwon Heads legacy project will be a focus for the Barwon Heads Community Bank in 2019.

Stay tuned for the development of the Community Forum as a process to hear about, share and apply for seed funding for large community projects.



Be part of something bigger

As you know, the Barwon Heads Community Bank is part of the broader Bendigo and Adelaide Bank network.

Recently the Bendigo Bank commenced a campaign to increase awareness that they are actually Australia's 5th largest bank and the tag line "Welcome to the better big bank"

There are four reasons to try number 5:

1. Australia's 5th biggest retail bank with over 1.6 million customers
2. Competitive products and innovative service
3. \$200 million given back to communities
4. Consistently rated highly for trust and satisfaction

So if your bank isn't doing the right thing by you, change to one you can feel better about.

Upcoming events

Our next **LEN Talk** is currently being organized with guest speakers focusing on the topic of Healthy Ideas. Positive changes to sports clubs, healthy canteens and how to help our community adopt strategies to tackle the obesity epidemic. Book Wednesday 13th February in your diaries 6.30pm to 8.00pm. Guest speakers to be announced in the next Talking Heads. Our **LEN Talks** are designed to connect and celebrate people in our community. Come along and Learn, be Entertained and grow your Network

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Keeping it real

December 2018



Photo:@barwonsteve57

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www.wonderlandspiegeltent.com.au/barwon_heads



Akoya day spa is located within the Barwon Heads Resort at 13th Beach golf links.

Senior therapist and founder Lynette Gibson, has over 20 years of experience as a Myotherapist.

Lynette specializes in Remedial Massage and is a professional member of MAA and provides HICAPS for private health fund rebates.

Lynette and her team offer a wide range of massage and pampering spa services. Massage therapies include remedial, relaxation, hot stone and pregnancy.

Our duo massages (for two) are very popular.

Indigenous Li'tya products and rituals are used in our spa services - facials, body scrubs, cocoons and massage.

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TALKING FOOD

Open a can of white beans & drain well...mix with a small thinly sliced red onion, a punnet of cherry tomatoes - halved, 1 medium can good quality tuna in oil - drained, 3 small boiled potatoes- cubed, 3 tbs chopped parsley...(opt. a handful of green beans which have been trimmed and lightly steamed)

Dressing -

In a jar, mix 6 tbs fruity olive oil, 1 tbs white vinegar, 1 tsp dijon mustard, 1 finely minced garlic clove, 1 tsp grated lemon rind, a squeeze of lemon juice, pinch castor sugar, salt & ground black pepper...shake until well combined then pour over bean salad and using your hands toss well...arrange prettily on 4 plates and serve with croutons ✨



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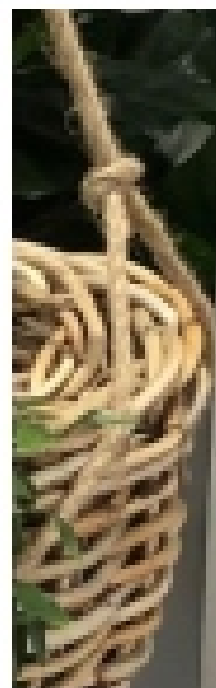
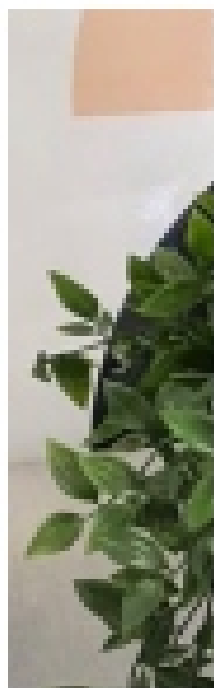


'TIS THE SEASON TO SHOP AT
HOUSE WARMING

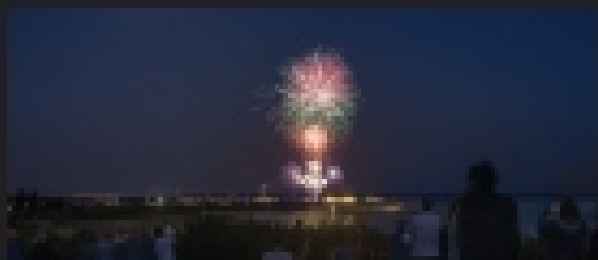
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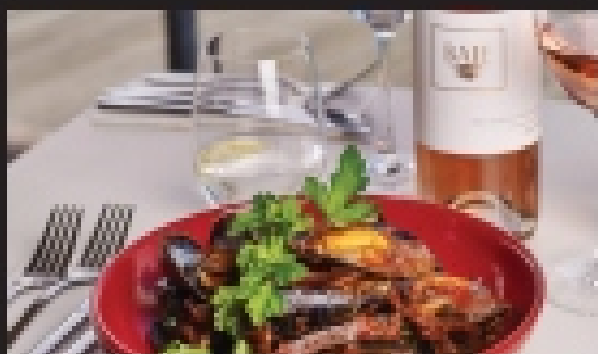
SUMMER EVENTS NOT TO BE MISSED



NEW YEAR'S EVE

Bring in 2019 with style at 360Q! Enjoy an absolutely stunning five-course dinner with five-star water views inclusive of live and rocking entertainment, beer, wine, sparkling and soft drink for \$150pp. This event will definitely sell out.

Monday 31st December, 7:00pm
www.trybooking.com/417561



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Sensational 4 course dinner of local produce inclusive of wines, beers and gin. Including: Lonsdale tomatoes & herbs, Portarlington mussels, Sages farm Lamb, Geelong fungi, ABC rhubarb, Drysdale Cheese, Alchemy woodfired Bakehouse, Bake wines, Bellarine brewing co, Teddy & the fox gin.

Friday 28th December 2018, 7:00pm
www.trybooking.com/443635



BEACHBOYZ

Summer party with Beach boys cover band, 3 course dinner & beverages including beer, wine, soft drinks.

Saturday 12th January 2019, 6:30pm
www.trybooking.com/YVIA



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BARWON HEADS PRIMARY SCHOOL

Picture Story Books



Picture story books can play a critical part in children's learning and we use them on a daily basis in our classrooms at Barwon Heads PS. They teach language in an evocative and engaging way to enrich children's language development. Picture story books help children to develop a sense of self-awareness and empathy while they place themselves in the world around them and gain an insight into the lives of others. They are engaging and thought provoking and can assist with developing comprehension skills in children. Some of these skills can include searching for clues, summarising, making inferences and predicting. At Barwon Heads PS we use picture story books to teach our students Character Strengths.

Some examples include:

The Lorax by Dr Seuss - **Courage**

Rosie Revere Engineer by Andrea Beaty - **Persistence**

Possum Magic by Mem Fox - **Friendship**

Suri's Wall by Lucy Estella - **Kindness**

Uno's Garden by Graeme Base - **Prudence**

Noah Dreary by Aaron Blabey - **Self-Control**

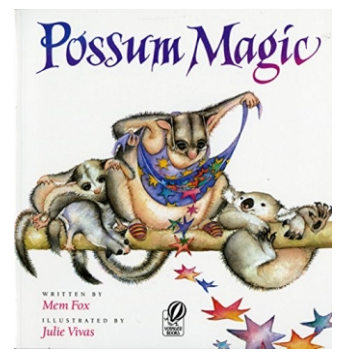
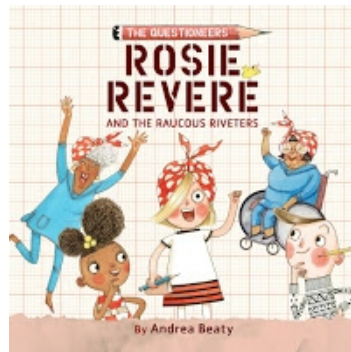
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EMMA HACK EXHIBITION 1-16 DECEMBER

Seaview Gallery has a wonderful lead up to Christmas for December. We welcome back Emma Hack with her stunning new collage work. These works feature multi-layers of personal photos from Emma's travels. The resulting artworks are layered with unique imagery and texture with models blended into the environments in which they interact with, sometimes exposed with pattern, or skin.



Suspended Enigma- Emma Hack

Also this month we introduce two new artists

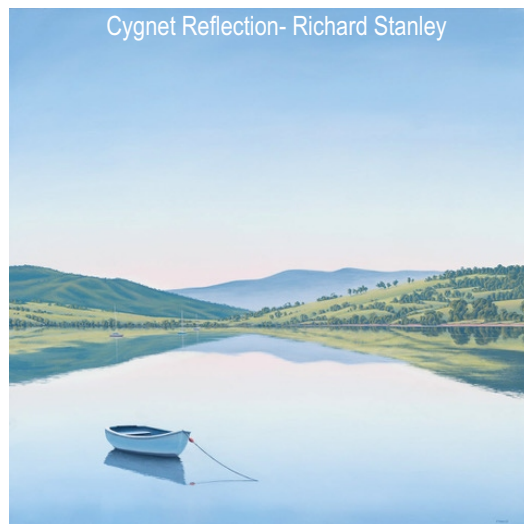
Award winning Tasmanian artist **Richard Stanley** works in oils creating striking works of the Tasmanian landscape and seascapes. He uses sublime colours of the morning and evening with a wonderful affinity with gentle tones and a beautiful stillness in his work.

Joanne Villanti uses beautiful handmade clay bowls to create her swimming fish. Her art involves a long process of painting thin layers of paint between very thin layers of resin to give the illusion of a three dimensional image of fish swimming.

Seaview has endless possibilities and unusual gifts for Christmas with prices to suit all budgets.



Joanne Villanti



Cygnet Reflection- Richard Stanley



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Take your pick and enjoy your doorstep!