

DEREEL SPOKES

Edition 13: February 2017

DEREEL NEWS

Brought to you by Dereel
Community Hub Inc. (DCHI)

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Community Garden Working Bee

Thank you to everyone who helped with the first Dereel Community Garden Working Bee in November 2016.

From this...



To this...

Approximately 20 people helped out on 26th November, 2016 to do a huge amount of weeding, and plant the first garden bed—a flower garden in front of the entrance to the Dereel Soldiers Memorial Hall.

Cuttings were taken from the lavender bush, for replanting, and clumping plants divided.

The next meeting will be at 2pm on Saturday 18th February in the Dereel Community Centre . Everyone welcome.





Dereel People

Clio Ellis-Perez

1. How long have you lived in the area and what brought you here?

Since 3 months before the 2013 fire. Now over four years. I came back to Australia to spend time with my parents after spending many years abroad. And I came to Dereel after they died to live in the bush and be more self-sufficient.

2. What's great about living here?

The community - it was a surprise. I didn't expect to find that here, but have found a stronger sense of community here than any place I have lived before. I love the country, gardening and my chickens.

3. What do you feel passionate about?

Self-empowerment - it is one of my key values. I worked as a polarity practitioner to help people uncover their passion and how to get it going. I think it is the missing step to wellness. When we know what it is we want in life we are more able to access the energy to make it happen. And energy is the key to health. I have been involved in alternative health for some time - approaches that enable us to more easily take care of our own health and that of our children.

4. What do you find joy in doing?

I enjoy gardening and working with people as a practitioner and just generally. It's very important that we do what we love.

5. What is your current pet project?

Sorting out my property, figuring out how to make it more self-sufficient in terms of vegetables and fruits and continue to make it conducive to folk wandering around and enjoying the garden. At some point I would like to hold retreats here, perhaps around energy healing, meditation, polarity yoga, maybe arts projects too.

6. What community groups are you involved in and why?

I join different groups to meet my fellow Dereelians, to help support their growth, my growth, to learn and develop friendships.

The Walking Group – for fitness

Dereel Men's Shed – to learn how to work with tools

Community Gardening group – to learn how to create beauty and food!

DCHI – to help the community grow and strengthen

CERT – I've been in the health profession for some time and want to make a contribution

Meditation - increase depth of connection in all directions and inner peace

7. Tell us about your best community experience. In Dereel

The fact that there is a community and I feel connected to it. I feel connection to place, some of my ancestors worked in the gold fields. After the fires there was a lot of spirit generated.

8. How could you see more of this happening in Dereel?

By getting people more involved in the different activities that Dereel does offer at present. The work that DCHI is doing is important in getting more things going. It would be good to see more classes offered here and a shop would be lovely.

9. Describe a future vision of Dereel that you would like to see.

I would like to see the centre more active and the gardens up and blooming and more access and use of the lagoon area.

10. What would we do as a first step to realise that dream?

Continue to create activity and interest, to create opportunities to meet and interact, support, serve and receive. Everyone brings something of interest and the more we can share with each other, even if it is only our time, the richer we become as a community.

Tech, Tea and Tales

Generations working together

News from the Golden Plains Shire

Golden Plains will be the first Shire in Australia to introduce an exciting new program for youth and seniors called 'Tech, Tea and Tales'.

The program will employ young local jobseekers to provide one-on-one technology help to seniors in the Shire, and to record their life stories and experiences on film. The 6-week program aims to build meaningful connections across generations, by providing a unique opportunity for young and older people to come together and share skills, knowledge and experience.

Applications are now open for jobseekers aged 16-25 who live in the Shire and who would like to be

employed as a Tech and Story Helper in the program. Older people across the Shire are also invited to participate in the free program, which will be offered at Bannockburn library, Haddon Community House, Meredith Community House and for residents at Estia Health.

The program has been designed by Lively and Humankind Enterprises in collaboration with local youth and the Golden Plains Shire Council. Lively and Humankind Enterprises first launched *Tech, Tea and Tales* in Melbourne during the 2016 Victorian Seniors Festival, and received overwhelming positive responses from the young and older people who participated.

"We want to provide meaningful, paid employment to young people, as well as give them access to role models in the community who have rich experiences and wisdom to share. Younger and older people have so much to offer each other and this program really celebrates that", said Sophie Weldon from Humankind Enterprises.

The program kicks off on 28th Feb and concludes during National Youth Week. If you would like to apply to be one of the young Tech and Story Helpers, or if you are an older resident looking to get your technology questions answered and to connect with some inspiring local young people, get in touch with Anna Donaldson on 0430 661 405 or at anna@lively.org.au. Applications close for young people on 10th February: www.goo.gl/hyxgrA No prior experience necessary.

Real Food Festival

Planning Meeting

**7:30pm Monday 20th February,
Kitchen, Dereel Community Centre**

DCHI will be meeting to discuss how Dereel can be involved in the Real Food Festival in March.

Among the ideas to be discussed are a local Food Is Free program; an expanded Hub Café with coffee roasting, brewing and tasting information; a recipe book exchange; cooking demonstrations in the kitchen at the community centre. If you want to be involved or have other ideas, please come to the meeting. Everyone welcome

Acknowledgements

The Dereel Community Hub Inc. would like to thank CentaCare for paying our Public Liability Insurance and covering the cost of printing the Dereel Spokes newsletter.

Learning Games

Games to help develop number sense and aid basic computation

By Erin Gallagher

Tuesday 21st February 5.15pm.

Would you like to help your child to have success in mathematics?

Would you like to help your child be confident in basic computations at school? Research suggests that parent/carer attitude towards mathematics can be critical in the success of the student. So let's start the year off well by putting a positive spin on mathematics by playing some simple games that have great mathematical benefits.

This session is for parents or carers of students and will show you a handful of quick and simple games that you can play with your student to help them develop or consolidate number sense and basic arithmetic and calculation - without needing a calculator! Students of any age can be accommodated for, even if you have very young children, I have some very simple games for early learners.

It's time to break down the barriers and show that everyone is able to access mathematics. Even just 10 minutes a day has been shown to dramatically improve a child's confidence in basic computation and understanding of number, variations can also be made to make games that can challenge and extend even the most proficient student. Play at the breakfast table, or in the afternoon after school, you can even play at the Dereel Hub Cafe on a Saturday afternoon!

This session will take just 45 mins and you will take away some simple ideas, games and strategies, free tea and coffee and afternoon snack provided.

2017 Spring Festival

It's time to start planning the Dereel and Surrounds Spring Festival again. Do you have ideas on how it could be developed?

Over the next month DCHI will be putting together a Spring Festival Planning Team. We are looking for people who have administrative skills, community engagement skills, planning skills and people with ideas on how to make it a fun filled festival for all members of the community.

If you would like to be involved, please contact us: dereelspokes@gmail.com. Also, keep an eye on our website. DereelSpokes.com

Community Planning

Throughout January, a kick-off meeting has been held for each of the six remaining community plan projects. The kick-off meeting for the Community Garden project was held in 2016 and followed up with a working bee, as shown on our cover.

Each meeting was open to all local residents and the aim was to explore ideas raised when each project was voted on in 2016. Key points are listed below.

Dereel Community Spaces

Ideas discussed in the kick-off meeting included:

- Lockable storage for community groups
- Community mural paintings
- Information display stand for the kitchen

Many larger ideas were discussed, but these would require larger grants to achieve.

Pop-Up Shops

Ideas discussed in the kick-off meeting included:

- Establishing a Food Is Free program
- Running a grocery pick-up service
- Investigate viability for a Dereel market

All agreed that a local shop would be great, but that the resources for this were not available.

Art Spaces

Ideas discussed in the kick-off meeting included:

- Leveraging money against larger grants
- Installing professional gallery hanging tracks
- Buying art display stands
- Running workshops in art skills

Involvement from local arts and crafts community is needed before this discussion can progress.

Knowledge Sharing

Ideas discussed in the kick-off meeting included:

- Establishing a local skills library
- Continuing the Intro/Info sessions
- Mentoring and tuition services
- Investigating if children's services are needed

Agreement that the ideas are sound but more help is needed to implement them.

Develop the Swamp/Lagoon Area

Ideas discussed in the kick-off meeting included:

- Renewing the track around the swamp
- Building bird hides
- Installing a picnic table near the boardwalk

Agreement to approach DELWP to enquire about permits required.

Maps, Signage, Publications

Ideas discussed in the kick-off meeting included:

- Display detailed map of Dereel
- Reinstalling an external notice board
- Creating a Dereel brochure showing history, geology and ecology
- Buying blank, re-usable signs for local events

Discussions are commencing with Golden Plains Shire regarding a detailed map of Dereel showing reserves, streets, and historical landmarks.

Further meetings will be held before any decisions are made. Help is needed to form project teams to advance each project.

CALL OUT: Local Artists and Crafters

As part of the community planning process, we would like to have an informal chat with local artists and crafters to:

- Work out interests we have in common
- Develop a list of ideas to develop art and craft in Dereel
- Consider ways of spending the \$1000 grant money from the community planning project to benefit as many local artists as possible
- Discuss the possibility of having a regular get-together for artists and crafters
- Any other ideas about art and craft you would like to suggest

This invitation is open to everyone in Dereel and surrounds who enjoys practising art and craft at all skill levels.

Details:

When: 2pm, Saturday 25th February

Where: Dereel Community Centre

Things to think about:

- Would you like workshops in Dereel?
- If so, what would you like to learn?
- Would you like local art exhibitions?
- Would you like to paint a community mural?
- Would you like to develop garden art for the community garden?
- Would you like equipment to enable artwork to be hung around the community buildings?

Do you have other ideas related to art and craft? We'd love to hear them, so bring them on the 25th.

Free Community Tutoring

By Mitchel Fielding

5pm to 6pm Tuesdays

Community Centre (During school term)

The school year is starting up again, so it's time for the community to pull together to help Dereel students achieve their best in 2017.

Every Tuesday from 5pm to 6pm there will be Free Community Tutoring sessions running in the Dereel Community Centre. Students at all levels are supported; primary school, high school and even some university subjects. Our local volunteer tutors have academic and industry experience in a wide range of subject areas. Students are encouraged to come along whether for help with particular studies, or just to make some time to focus on homework.

The range of subjects we support is wide; including Maths, Health Sciences, Technology and Business. If there is a specific subject area you are interested in, contact us to explore the options. Community members who are keen to support local learning and have a good understanding of school subjects are very welcome to be involved. The lead tutors each hold current Working With Children Checks. Light healthy snacks will be available to students. Gold coin donations are invited to cover venue hire costs.

We will also be holding sessions on topics that help students and parents/carers to learn more effectively. The first of these will be held on 21 February as Games to Help Develop Number Sense and Aid Basic Computation, facilitated by our Maths teacher, Erin. Parents and students alike are invited to this fun and informative workshop.

Whatever you can do to help local students will be appreciated. Spread the word so that no-one misses out on this valuable opportunity. Bring your kids, tell other parents, and come along to participate. Let's build a community with a passion for learning.

This Month in Dereel

Walk and Cuppa

Tuesdays from 8:30am, Dereel Kitchen

Come and join the Walking Group on a Tuesday morning. Enjoy having a chat in the kitchen or going for a short or long walk in the local area followed by a cuppa.

Community Breakfast

8am, first Tuesday of the month Dereel Kitchen -

On the first Tuesday of the month the Walking Group holds a breakfast before the walk. Come and

join us for a hearty breakfast to start your day for a gold coin donation.

Hub Café

2pm to 4pm Saturdays, Community Kitchen

Do you want to catch up with other local people for a chat over real coffee, hot chocolate or chai? The Hub Café offers a friendly place to meet up each Saturday.

We invite you to donate \$3.50 for drinks, or what you can afford, to cover room hire costs and go toward DCHI community projects.

Health Checks

Third Monday of the Month 2-4pm, Community Centre

Book into a 15 minute session to have your blood pressure checked by the Community Wellbeing Officer or come along on the day. Dereel service providers will also be present for you to speak with, including Ritchie from Centrelink, Melissa from Uniting Care and Louise from Centacare.

Mobile Library

Thursdays 2.15-3.00pm, Dereel Hall Car Park

The mobile library is provided through Geelong Regional Library and visits weekly, except the last Thursday of month.

Tai Chi

Thursdays 7-8pm, Dereel Community Centre

During school term time Sandra Pearce of Lilac Moon Tai Chi runs classes for a small fee. Come on the night or contact Sandra on: 0409 662 106

Meditation

Wednesdays 7-8pm, Meeting Room, Dereel Hall

Led by Clio Ellis-Perez. Join local community members for an hour of quiet reflection. Run by local volunteers for a gold coin donation to cover room hire costs.

Dereel Men's Shed

Wednesdays and Saturdays from 11am- 3pm

New members are welcomed.

Hospice Information Session

Tuesday Feb 28th 9:30am, Dereel Kitchen

Ballarat Hospice will visit Dereel to provide an information session on end of life, palliative care in the community. This is a free session open to everyone in the community.

Dereel Event Calendar

Dereel Spokes is trialling a local event calendar on our website. The intention is that all local groups and organisations can email through events and we can add them to the calendar.

If you would like an event added to the calendar, please send it to: dereelspokes@gmail.com

The link to the calendar is
<https://dereelspokes.com/dereel-events-calendar/>

Click on an event listed in the calendar to add it to your personal Google Calendar or Outlook calendar.

Dereel Spokes Archive

If you are new to Dereel, check out our website! We have an archive of the print editions of *Dereel Spokes* going back to our first issue. You will also find all of the community planning information in more detail, along with news from BDNH and local community groups.



© Carol Moyse

Carol's

Bird of the Month

If you are connected to Facebook, you may have seen photographs of local birds posted daily by Carol Moyse. Carol has kindly granted *Dereel Spokes* permission to publish some of her birds.

Each month we will bring you a new bird photograph and use them to build a list of local bird species on our website.

This month we bring you the New Holland Honeyeater

Thanks Carol.

Submission Guidelines

Dereel Spokes is the communication arm of the Dereel Community Hub Inc. Along with news of events, we would like to publish items of interest to the Dereel community. You don't need to be a member of the Dereel Community Hub to submit an item to our newsletter.

We accept photographs and articles related to community announcements, local events, light news items, local flora and fauna, local community groups, schools, sporting clubs, agricultural organisations and any other items in the spirit of bringing the community together.

You must own copyright for any photograph you submit. Please include signed permission to publish if your photo includes a person.

Note:

We will not publish jokes, political comments or advertising. We reserve the right not to publish items we consider are offensive to the community.

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Dereel Spokes.

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