

 @dereelspokes

 Dereel Spokes

Dereel News

DEREEL
SPOKES

About Us

Dereel Spokes is published by the Dereel Community Hub Inc. (DCHI).

DCHI is a group of local people who work together to create local events, discuss new ideas, plan new local projects and bring local news to the Dereel community.

We are independent and we work with other local groups and members of the community for the benefit of all of us.

Curious?

If you are interested in finding out more, please come to a DCHI meeting on the third Monday of the month at 7:30pm in the Dereel Community Centre kitchen. Everyone is welcome and you don't have to be a member of DCHI.

E: dereelspokes@gmail.com

W: dereelspokes.com

Dereel In Spring

A number of our community groups are holding events over the next couple of months. Some of them are fundraising, most of them are seeking new members, and some are holding Annual General Meetings. All of this activity is to ensure the continuation of local organisations which provide essential services for our community, or enable us to apply for grants to improve facilities and events.

Please support them by getting involved.

Details of specific meetings and events are throughout this newsletter.



Contributions

Local news by local people

Dereel Spokes is published by Dereel Community Hub Inc. (DCHI). We welcome articles and photos from local people, and local groups. See submission guidelines on page 2.

Community Planning Project Updates

Community Planning Project 6

Dereel Swamp

By Lorraine Ellis

Some of the Walking Group and other members of the community have been working on this project. We are thrilled with its progress. The track is walker friendly already so try it out sometime.

We had a meeting with Parks Victoria at the end of July, and we are in the process of organising signs to denote the beginning of the track and which way to follow. This is fairly self explanatory, but will aid visitors to the district and those who aren't quite sure where to go.

There will be a board with some selected photos and information, at the start of the track also. We are hoping this will be in place before Christmas.

Parks Victoria are coming in the next week or two to run a mower over the track for us. They have also kindly sourced a new picnic table and seats to

replace the old one. These will be installed at the same time as they mow.

Thank you Parks Victoria! We are delighted with all you are doing for us and helping us with.



Photo: Greg Peters.

Parks Victoria slasher photographed in the first stage of the walking track project.

Dereel Community Hub Inc. (DCHI)

Annual General Meeting

Residents of Dereel and surrounding communities are invited to attend the Dereel Community Hub Inc. (DCHI) Annual General Meeting

Date: Monday 17th September

Time: 7:30pm

Location: Kitchen
Dereel Soldier's Memorial Hall

If you would like more information on the Dereel Community Hub Inc (DCHI) please feel free to contact one of the current office bearers:

President: Rick Olsson

Secretary: Lisa Hunter

Assistant Secretary: Lorraine Ellis

Treasurer: Mitchel Fielding

Assistant Treasurer: Carol Moyse

Information about DCHI is also available on the Dereel Spokes website.

Dereel Spokes Submission Guidelines

Dereel Spokes is published by the Dereel Community Hub Inc. (DCHI) in print, and online formats. We thank CentaCare for covering costs of the printed version for all households. DCHI pay for the website.

Our focus is on local community news. We accept photos and articles of interest to the Dereel community in the spirit of bringing the community together: announcements, local events, flora and fauna, light news from local community groups, schools, sporting clubs, agricultural organisations and other items. You must own copyright for photographs you submit. Please include signed permission to publish if your photo includes a person.

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

Lisa Hunter
Editor, Dereel Spokes.

Contact Us

Email: dereelspokes@gmail.com

Mail: P.O. Box 50, Rokewood, 3330

Facebook: Dereel Spokes

Community Group Updates

Walking and Chat Group

Our August

By Lorraine Ellis

Considering the cold weather we have had a good turn up on Tuesday mornings, during August.

Breakfast

We began the month with breakfast - first Tuesday of the month at 8am . We had approximately 20 people enjoying a cooked breakfast and a good chin wag with other local people.

If you haven't joined us before for this pleasant start to the morning, join us on Tuesday, 4th September at 8am. We've had a request for scrambled eggs, mushrooms and of course bacon! Everyone in Dereel is invited to eat with us (gold coin donation) and to see what else we have on offer.

Last month we began a roster to help with setting up, cleaning up and general help in the kitchen. If you would like to pop your name on the roster list , see Lucy and she can see what time and date suits you . Lorraine really appreciates each person's contribution!



Discussions

From time to time we have people come for chat about specific things. Carla the dietitian called in this month and chatted about water.

There was plenty to discuss - types of water, benefits of the different types of water, the amount of fluid we should try and consume in a day.

Carla is extremely good and makes each subject she talks about interesting and fun. Her next visit will be in October. Watch out for a date online or ring Lucy at the Hall for more information about the next visit. You can contact Lucy on 5346 1521.



Beeac Visit

On Tuesday 28th August, the Walking Group and some community folk, went for a trip to Beeac . Most of us carpooled and met at 10 o'clock in the Main Street. We went for a leisurely walk in the sunshine, following the Heritage Trail. There were so many beautiful old buildings, homes and gardens to admire and a well kept walking path along a small section of Lake Beeac.

At noon, we met some more of the community at the Beeac Pub for lunch. Everyone was very impressed with the meals and service, and it was good to sit and have a chat together. We would recommend Beeac to everyone, for a leisurely day outing.

Join In—You're Welcome!

We enjoy our time walking and chatting to all the different people who come on a Tuesday morning. If you don't want to walk, just turn up for a coffee some time between 8.30am and 10am. We hope to see you in September.

Art In Dereel

12 Month Arts Program

By Lisa Hunter

As the recipient of a \$5000 Community Grant from the Golden Plains Shire, Art In Dereel is beginning to discuss the development of an arts program which will run in Dereel over the next 12 months. This will include workshops and events for beginners as well as for experienced artists. We want to include as many art forms as possible, based on the interests of the Dereel and surrounding communities.

If you would like to help us to develop the program, now is the time to get in touch with us. We are holding two meetings to gather ideas and explore the possibilities. If you can make it to one of these, we would love to see you there:

Monday 3rd September, 2pm,

OR

Saturday 8th September, 2pm

Both of these meetings will be held in the meeting room at the Dereel Soldier's Memorial Hall. The same information will be discussed at both meetings to provide an opportunity for those who work during the week to be involved.

For more information, join our closed Facebook discussion group Art In Dereel or contact me via:

Email: LisaHunter@bigpond.com

Mobile: 0414 895 020



Leigh Catchment (Dereel) CERT

Annual General Meeting

Leigh Catchment (Dereel) CERT are holding their Annual General Meeting. Details are:

Date: Wednesday 3rd October

Time: 7:00 pm

Location: Dereel CERT Facility,
14 Swamp Road
Dereel

For more information, please contact Richard Emery on 0474 941 787.

All Dereel residents are welcome to attend..

Leigh Catchment (Dereel) CERT

Fund Raising Event

Join us for a Lorraine Lea Linen afternoon, where you can view and order Lorraine Lea Linen products.

As a special fundraising arrangement, Lorraine Lea Linen will pay the host benefits (based on sales) in cash to Leigh Catchment (Dereel) CERT, not-for profit organisation.

Everyone welcome:

Date: Saturday 8th September

Time: 2pm

Location: Dereel CERT Facility
14 Swamp Road
Dereel

For more information, please contact Ruth Uren on 5346 1012.:

Information for Dereel Residents

Winter Community Day

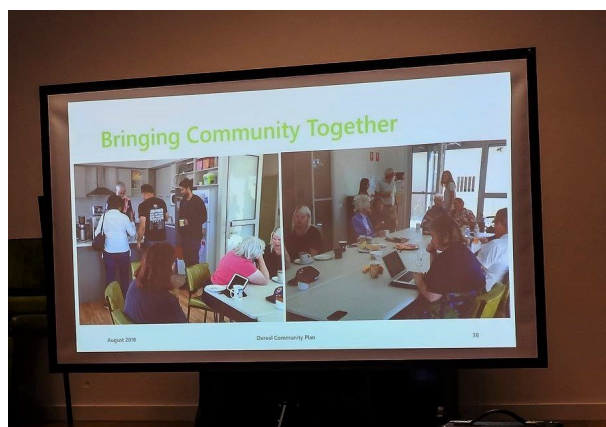
*Photographs by Carol Moyse
and Kim Stanley*

Despite the wintery weather, Dereel residents ventured out for the Winter Community Day on Saturday 18th August. The theme was 'information for new and current residents' and it was great to meet new Dereel residents. All of the local community groups were present on the day, and we used the new projector and screen to display images of the Community Planning projects.

Thank you to everyone who participated: CFA, CERT, Walking Group, Community Gardening Group, History Group, Art In Dereel, DCHI, and Lucy Osmond, Dereel Wellbeing Officer.

Thanks also to Lorraine Ellis and Sue Kirby for the delicious Devonshire tea, and to Sharon Breen who organised plants to give away to those who attended. The few remaining plants at the end of the day were added to the community garden.

Information brochures are available in the kitchen if you were unable to make it on the day.



Dereel Event

Seniors Festival Event

RACV Years Ahead Lifestyle Series

Healthy Ageing & Staying Connected Presentation

This presentation covers the importance of being healthy and active as we age, as well as how we can stay connected with family, friends, and the community. Scams that target older people and how they can be avoided are also discussed.

Date: Monday 8th October

Location: Dereel Community Centre,
14 Swamp Road, Dereel

Presentation Time: 11am – 11:45am

Please join us for morning tea from 10am

Please RSVP to Lucy Osmond, Dereel Wellbeing Officer on one of these contact points:

Email: losmond@integratedliving.org.au

Phone: 03 5346 1521



Women's Health Week

Self Care Session

This is a free one off session running during women's health week.

The session will be run by Geraldine White from Centacare's Relationships Program, and all women in Dereel and surrounds are invited to attend.

Date: Monday 3rd September

Time: 11am-1pm

Location: Dereel Community Centre.

Please bring along a lunch plate to share (such as sandwiches, slices or fruit).

The Session will focus on the below themes:

- What does 'wellness' mean?
- Food - it's not just for nutrition
- Exercise - all the benefits
- Following your passions
- Mindfulness and relaxation for stress management
- Fun and laughter
- Devoting time and energy to you!

Registrations are essential as numbers are limited. Please contact: Lucy Osmond (Dereel Wellbeing Officer) on:

Phone: 03 5346 1521

Email: losmond@integratedliving.org.au

Donations

"Thank You!" from BRICC

Simone Noelker, Wellness Centre Coordinator at the Ballarat Regional Integrated Cancer Centre has written to Lucy Osmond, Dereel Wellbeing Officer, to thank Dereel residents for donations to the Centre.

A morning tea organised by Lucy and Lorraine Ellis raised \$355.00 following a visit to BRICC by the Walking and Chat Group.

Simone writes:

"Thank you and the Dereel Community for their kind donation and for their generosity. We will put the money towards our yoga program. This amount of money enables me to pay for yoga next term so it is much appreciated.

Please pass on my thanks to the community and if you ever would like to visit again please let me know."

More information is available from Lucy and the Walking and Chat Group.

Local Flora and Fauna

Black Shouldered Kite

Photo and Text by Carol Moyse

This year has seen an increase in the number of Black Shouldered Kites in the Dereel/Corindhap/Rokewood areas.

Mostly seen in open grassland areas where they will hover, waiting for prey. Once prey is spotted the birds will plunge feet first with wings held high in a 'V'.



Carol says:

"The Black Shouldered Kites is one of this photographers favourite birds with their piercing red/orange eyes."

"I never tire of the chance to get out and photograph them."



Several species of Sundew plants grow around Dereel, but the Scented Sundew plants are easily identified by their spoon-shaped leaves covered with red sticky hairs which trap small insects.

Flowers are pure white with five petals, and will flower in late Winter through into Spring.

Scented Sundews

Photo and Text by Lisa Hunter

If you have a patch of white flowers poking through grass around your house, in your paddocks or local bushland, take a closer look.

You may find you have the insectivorous plant which is known as Scented Sundew (*Drosera aberrans*).



What's On?

This list combines information from all of the local community groups.

Regular Events

Parents and Bubs Pram Walk

Walk times vary – contact Natalie

Join other local parents for an active walk in the local area. Prams and little ones welcome.

Contact Natalie: 0419 153 253

Note: this group doesn't meet when it's raining!

Community Breakfast

Tuesday 4th September, 8am

Come and join the Dereel Walking Group for a hearty breakfast in the Dereel Community Centre kitchen, for the cost of a gold coin donation.

Walk and Cuppa

Tuesdays from 8:30am, Dereel Kitchen

Join the walking group on a Tuesday morning. Enjoy having a chat in the kitchen or going for a walk in the local area followed by a cuppa.

Hub Café

2pm to 4pm Saturdays, Community Kitchen

The Hub Café offers a friendly place to meet each Saturday. Enjoy a chat with others over real coffee, chai or hot chocolate.

Hub Café is run by DCHI and sponsored by Michelle De Groot and The Bean Barn.

Devonshire Tea

Held at Hub Café on the third Saturday of the month. A cake or slice and a vegan option will also be available to provide something for everyone. Newspapers available on this Saturday.

The Ballarat Courier, The Age and the Herald Sun newspapers are available for purchase at retail cost on the Devonshire Tea Saturdays.

Enquiries, contact Lorraine on 53420492 or Lisa on 0414 895 020.

Dereel Community Gardening Group

Saturday 15th September, 2pm to 4pm:

Help us plant and maintain the Dereel Community Garden on the third Saturday of the month.

New members welcome. We have new gardening projects planned and maintenance of the existing gardens is also needed.

Enquiries, contact Kim: 0438 461 133

Tae Kwon Do

Wednesdays 7pm to 8pm term time, Dereel Hall.

Family friendly classes run for all ages. Run by Richard Van Bassen from South East Australia Tae Kwon Do.

Contact Richard on 0484 596 137.

Note: This is on hold until October.

Annual General Meetings

Dereel Community Hub Inc. (DCHI)

**Monday 17th September, 7:30pm,
Kitchen, Dereel Soldier's Memorial Hall.**

All Dereel residents are welcome to attend the Dereel Community Hub Inc. (DCHI) Annual General Meeting.

We are all volunteers and our focus is working with the community to collaborate on interests and projects held in common. Our current projects include this newsletter (Dereel Spokes) the Hub Café, coordinating the Community Planning process and assisting interest groups such as Art In Dereel, Community Gardening Group, History Group and others to meet by assisting them to get established.

Leigh Catchment (Dereel) CERT

Wednesday 3rd October, 7:00pm, CERT Facility
Leigh Catchment (Dereel) Community Emergency Response Team Annual General Meeting

Location: Dereel CERT Facility, 14 Swamp Road, Dereel. All welcome.



Facility Management and Bookings

The Dereel Hall and Community Centre can be booked through integratedliving Australia (formerly Ballarat District Nursing and Healthcare—BDNH) who manage the Dereel Facility on behalf of the Golden Plains Shire Council.

For more information, pricing and conditions for bookings, please contact Lucy Osmond, Dereel Wellbeing Officer:

Dereel landline: 5346 1521

Mobile: 0409 247 237

Email: commhealth@integratedliving.org.au