



Photo: @barwonsteve57

H. Hutchins



Wellbeing Literacy

"Educating the mind without educating the heart is no education at all" (Aristotle)
In schools we value teaching students mainstream curriculum subjects which include Reading, Writing, Maths and ICT (Information Computer Technology), to name a few. We teach children these subjects to enable them to be "literate" in a range of subject matters. More recently, many schools, including Barwon Heads Primary School teach wellbeing literacy explicitly during Positive Education sessions. Wellbeing literacy is the language that we use around wellbeing. It encompasses words and how we communicate wellbeing as individuals and within organisations. *Cont. Page 6*

s
t
r
u
m
p
e
t



Ocean Grove - Geelong - Barwon Heads - Torquay - Sorrento

- Binny
- Scotch & Soda
- American Vintage
- Desigual
- Ruby Ya Ya
- Honeysuckle Beach
- Seafolly
- Jets
- Mesop
- Stevie May

TALKING HEADS MAGAZINE is grass roots, community focused, locally owned & operated and is delivered to barwon heads free each month since 2002.

Also available in ocean grove, pt.lonsdale, queenscliff, lots of places in between and by subscription.

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!

The advertising supports your community news and we encourage you to support and shop with those who advertise within.

Post Office Box 1054 Barwon Heads 3227.

ADVERTISING WELCOME

(Subject to alignment with community values)

0416 119240

www.facebook.com/TalkingHeadsMAG

www.talkingheadsmag.com

email - talkingbarwonheads@bigpond.com



Printed on FSC approved paper using soy based ink

Copywrite-Barwon Heads Marketing 2018



Control today.
Create tomorrow.



Legal Services for Barwon Heads and Ocean Grove

- > Corporate & Commercial
- > Litigation & Dispute Resolution
- > Workplace Relations
- > Property & Development
- > Family Law
- > Wills, Estates & Succession Planning

Shop 4, 50 Hitchcock Avenue, Barwon Heads
Open Wednesdays & Thursdays or by appointment

03 5254 1877
coulterroache.com.au



All Bookkeeping & Admin Services.
Remote or on site.
Qualified BAS Agent.
Customize service to specific business needs.
FREE Initial consultation 0413 026 101
caroline@cjwaccounts.com.au
www.cjwaccounts.com.au

I don't want to earn my living; I want to live.
-Oscar Wilde



JUSTINTIME
PERSONAL TRAINING

www.justintimept.com

Our team of Tertiary degree qualified trainers provide the very highest level of education and passion to deliver in a holistic manner the results you are looking for and so much more!
We are 100% mobile and service Barwon Heads/Ocean Grove, Geelong and Melbourne!

We are the only Personal Training company in Victoria that employs 100% University degree fully qualified trainers!

Contact Justin Moran on 0411 798 934
or email justin@justintimept.com



Empathy - noun:
The ability to understand and share the feelings of another.

FRITH

BARWON HEADS



Time to freshen up your home naturally with cinnamon oil and quills

Online Store & Wedding Registry available
OPEN 7 DAYS

58 Hitchcock Ave Barwon Heads
T 03 5254 1811 www.frith.com.au

Brendon Brice Electrical Pty Ltd

- * All electrical Work
 - * Free Quotes
 - * Split System Air Conditioning
 - * Domestic & Commercial
 - * Phone & Internet Points
 - * TV Points
 - * Safety Switches
 - * Stove & Hot Water Repairs
 - * Installation & Maintenance
 - * Computer Network Cabling
- All Work Covered by a Certificate of Safety
Mobile: 0416 165 855



K2 ROOF PLUMBING

New, Re-Roof and Repair Specialists

Kerry: 0402 071 093
www.k2roofplumbing.com.au

Life is short. Live passionately.

just Building Surveying solutions



Building Permits, Building Inspections, Planning Compliance, Planning Permits, ResCode, Owner Builder Reports

GRAHAM NEALE

REGISTERED BUILDING PRACTITIONER
BUILDING SURVEYOR 1515
51b Hitchcock Ave. Barwon Heads (upstairs entry in Clifford Pde.)
ph 5254 3216 mob 0417 377 113



Specialising in Mens & Boys Cuts

Closed Tuesday

PH: 52541933
84b Hitchcock Ave. Barwon Heads

MELISSA CONNOLEY

HAIRDRESSING
MAKE-UP
BEAUTY
SPRAY TANS

BARWON HEADS
0432 187 767



BHA

REG.NO.A0030244U
P.O.BARWON HEADS 3227

BARWONHEADSASSOCIATIONINC.



Welcome to Barwon Heads.

During September our beautiful crisp mornings have been ruined by the hundreds of large noisy B Double earth moving trucks travelling both directions through our pretty village on a daily basis. Our houses are shaking, our air is contaminated by dark smoke and our peace and quiet tainted by the rumbling of hundreds of trucks and the air brakes driving past the school or down Hitckcock Ave, through the village and over the Bridge through the beautiful spit.

Governments and local councils have a duty of care to protect the health of citizens against known and preventable health impacts, such as excessive diesel exhaust. We identified this as a significant risk during the debate over the location of the Barwon Heads Bridge; we were not listened to. The Government needs to get trucks off our residential streets and away from our schools; this will be one of the main issues we will bring to the forums leading up to the state election.

We all have to be more vocal in our protests to the heavy vehicles going through our town. Call 133778 Vic Roads and protest.

Our September Meeting - Fire Prevention

Fire season is approaching and we are all aware of a number of house fires in Ocean Grove and Geelong recently. Our Barwon Heads CFA Captain Helen Wood addressed our September meeting. We all know now that this is likely to be a very hot and fire prone summer, but more importantly we all have fire safety responsibilities.

Helen spoke of the recent traumatic Ocean Grove house fires tragedies. There was no evidence of smoke alarms in the houses, nor in the recent East Geelong fire tragedy. Helen stressed the importance of smoke alarms and changing the batteries. When the clocks change on October 7th please also change the batteries in your smoke alarms.

You need to know where your exits are, have a fire plan, and get out and stay out. Teach your kids how to dial triple zero. ABC774 give emergency warnings and terrific information. A long hot dry summer is expected. Information booklets will be available in the community information stand at the library. The DVD "When the fire comes" is available for loan. If you're interested in volunteering in an operational or non-operational role please contact Helen at the Fire Brigade.

Protecting our Coastal Village CoGG Planning Amendment C 375 the Barwon Heads Structure Plan 2017 Panel Hearing.

We have been copied in on correspondence between CoGG and the Panel which we find quite disturbing. CoGG have provided the following statistics:

"At the Panel Hearing on Amendment C375 (Barwon Heads Structure Plan), the Panel asked Council to provide a high level housing capacity analysis of the residential zone changes proposed by Amendment C375.

There are few lots large enough for more than 4 units. For the sake of this analysis, only a scenario of 8 units was used as setting scenarios for 5, 6 and 7 units as well would make very little difference to final totals.

Comparing these scenarios, the capacity for additional dwellings in the existing IHDA area, under the current zoning, is 812. Under the zonings proposed by Amendment C375, this would fall to 515, a net loss of 297. Comparison of the two maps shows this reduction in capacity is mostly south of Bridge Road."

This is our response:

We are surprised by this discussion, and consider that if it had been included in the documentation and conversation over the past 2 years we would be in a much better position to make intelligent comments and analysis now. What is the basis for these calculations? It appears that CoGG is pulling numbers out of the air. It is not consistent with what we have requested which is the removal of the IHDA and its replacement with the Neighbourhood Residential Zone. These numbers confirm our concerns that we have already expressed in our submission to C375.

This request appears to be seeking information on which zone will allow the maximum density both as housing, (units) and the number of people one can squeeze into a small area. Such thoughts should not be front and centre of any decision which involves the protection of coastal character, a feeling of place and community, the importance of the natural environment, small town feeling with relatively low congestion and urbanisation and a sense of freedom and opportunities for recreation and lifestyle. Zonings and the attached DDO's, heritage overlays, height limits and other guidelines should all reflect the need to maintain growth at a level which reflects the community desire to maintain the above characteristics, not just population density.

This town has fought hard for its heritage and its coastal character and this is part of its appeal to visitors and residents. How can it sustain a small coastal village character when it becomes a multi-unit suburb like everywhere else. Barwon Heads is distinctive because of its low scale river based character. The facilities and the community cannot sustain this excessive development and the Council has done nothing to say how it can protect us. This was indicative in their recent lack of energy at the 1 Flinders Parade VCAT matter.

Will the protections for development proposed in the IHDA totally destroy our neighbourhoods and our neighbourliness.

Summer is coming

We note in the Geelong Advertiser Saturday 22nd, that the Barwon Heads Hotel is promoting a Dancing Heads Music Festival for Boxing Day 2018. We look forward to having further discussions with them about

protecting the amenity of the town on this important family holiday.

BHA Membership

We warmly thank our members, for the very generous support and donations. Please renew your membership or join us if you haven't already. We welcome new members and any help you can give. Help can take many forms, including set up and making tea after our monthly meetings, reading CoGG Council papers, attending meetings with other community groups, working on our website, and in particular sharing your ideas and giving some time. There are forms at the Barwon Head Post office or online www.barwonheadsassociation.com

BHA Dates for your diary (we meet at 7:00pm at the Senior Citizens)

22ND OCTOBER BHA ANNUAL GENERAL MEETING
WE HAVE INVITED OUR COGG COUNCILLORS and GARY MCPIKE CEO BARWON COAST AS OUR GUESTS

14TH NOVEMBER WE ARE CO-HOSTING WITH OCEAN GROVE A FORUM FOR CANDIDATES FOR THE STATE ELECTION. 7:00PM AT THE OCEAN GROVE BOWLING CLUB.

Sandy Gatehouse On behalf of the BHA Committee

The Barwon Heads Association Inc
in partnership with the
Ocean Grove Community Association Inc
Is facilitating a State Government Bellarine
District Candidates Community Forum
7.00pm Wednesday 14 November 2018
Ocean Grove Bowling Club
18 The Terrace, Ocean Grove
Please join us to
Hear what our local Candidates have to say?
**Ask any questions of or raise any issues with
our local Candidates?**
**Have a say in the direction of the Bellarine in
the next term of State Government?**

Contact

Sandy Gatehouse - Barwon Heads Association
bha3227@gmail.com

Phil Edwards - Ocean Grove Community
Association ogcommunityassn@gmail.com
This Community Forum is an initiative of the
Combined Bellarine Community Associations
who have organised other Candidate
Community Forum dates across the Bellarine.

SAVE BARWON HEADS

www.savebarwonheads.org.au

Barwon Heads Structure Plan 2018. Amendment C-375.

The Panels Victoria hearing is over.

We had 6 days of very intense submissions, expert witness statements and very 'vigorous' cross examinations.

The team from the City of Greater Geelong were amazing and their right of reply by Mr Terry Montebello from Maddocks Lawyers, was masterful and inspiring.

After all the days of 'assertive' rhetoric and overblown 'evidence' from the developer's experts and legal team. Mr. Montebello nailed it in 50 minutes.

His closing remarks for CoGG is on our website.

It is a beautiful bit of work.

We will know the panel's recommendation to CoGG by now .

Thank you to SBHA legal team and experts.

Thank you to the 2400 supporters, you were noted by the panel and the 900 + submissions had the impact we needed.

Save the Wetlands
Save the Boundary
Save Barwon Heads

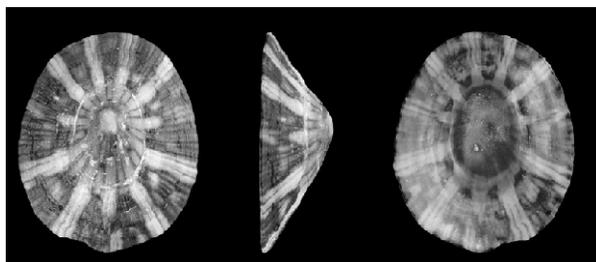
 Savebarwonheads

 @Savebarwonheads



**FEROCIOUS OFF LEASH
DOGS MAUL CUTE
LITTLE CELLANA**

Lobster Pot



You may have seen hundreds of variegated limpets (*Cellana tramoserica*) stuck to the rocks at low tide or washed up on the beach around The Bluff. But did you know that these peaceful little shells which just quietly mind their own business are often attacked by the dog whelk (*Dicathais orbita*)?

The Dog Whelk is an active predator snail, which feeds on other snails, barnacles, mussels and limpets by drilling a hole in the shell of its prey and extracting the soft body!

There are samples of these shells as well as information and displays on hundreds of other local critters down at the Lobster Pot. The Barwon Estuary Heritage Centre (to use its official title) is the sleepy looking green shed in the At The Heads Restaurant carpark,

So why not come along to learn something new? You can also meet some new local friends and give us a hand over the summer open days to inspire and welcome some of the hundreds of visitors to our beautiful town.

To connect with the adventures of The Lobster Pot drop into the Barwon Coast office or call Maddie Glynne (5254 1118).

Paul Saunders (Rob Kuebler is on holidays).



Wellbeing Literacy cont...

By understanding the language of wellbeing we are enabled to interpret our own wellbeing and the wellbeing of others. To intentionally improve our wellbeing, it helps to have a level of wellbeing literacy. Knowing what words such as empathy, resilience, kindness, mindfulness, persistence and growth mindset mean gives us the ability to identify these states in ourselves and understand them in others.

Many schools encourage students to set goals in the main areas of the curriculum and to set these, it is necessary to have a level of literacy or understanding of those subject areas. At Barwon Heads Primary School, our set of positive statements are a tool from which students select their own, personalised, wellbeing goals to stand alongside their reading, writing and maths goals.

For more information please visit mrskebbell@global2.vic.edu.au

*The boat is safest when it is in port,
But that is not what boats were built for.
The Diary of a Magus - Paulo Coelho*



PFG Financial Services Pty Ltd ABN 23 052 977 189 and PFG Global Pty Ltd ACN 161 691 103 trading as PFG Financial Services (Global) are Corporate Authorised Representatives and Credit Representatives of AMP Financial Planning Pty Limited ABN 89 051 208 327 Australian Financial Services Licence 232706 and Australian Credit Licence 232706

Core Financial Planning has merged with PFG Financial Services. Our firm continues to deliver strategic financial planning advice and with an extended team, we can assist you in achieving your financial goals.
OFFICE HOURS
 Monday to Thursday 9am to 5pm Friday 9am to 4pm
 Shop 4, 50 Hitchcock Ave, Barwon Heads 3227
 For more information visit our website www.pfg.com.au or contact us on
Ph: 5255 9555
 or email office@pfg.com.au



John Davidson Romeril July 1928 16 August 2018



Association, but mainly as a just a caring, friendly man who loved a chat

John Davidson Romeril was born in Melbourne on 4 July 1928, to Josephine & Robert one of 5 children. He attended Collingwood Technical school then took up an apprenticeship with the railways as a fitter & turner - then moved onto CIG in Preston where he held the position of Regional Manager for many years. His family of four girls began in a house that John built himself in Greensborough, whilst they lived in a Nissan hut! John was of that generation who didn't replace things he FIXED them and he continued this work as a handyman at the Surfside Primary School - whilst teaching the children to fix things as well as a leader in environmental sustainability !!

John met Fran Pomeranska in England in 1974 in Boreham, near Pinewood studios when he was at a training course for his work. They got on very well intellectually as well as sharing a love of the opera, the ballet & great discussions on many topics. Fran described John as her "life's partner" they worked together & shared a love of places, family and many friends. Fran & John eventually moved to Ocean Grove & then fell in love with Barwon Heads where they shared a wonderful life together until Fran's passing in August 2017

His granddaughter Elanor sums up John & what he meant to family & all his friends!

*"My grandpa loved a chat. He shared everything with anyone who would listen. It didn't matter if you were a friend, neighbour or bank teller.
 In the time it took me to order us coffees in the main street of Barwon Heads, he had accosted two families, learnt their names and what they were doing for the day.
 This was the norm in Barwon Heads; everyone there knew Grandpa and were always happy to stop and have a chat.
 With his death, I've learnt that he really did teach as many things to as many people in his life as he always claimed. He was silly and funny and a pest who loved a hug. We miss you and we love you."*

We too will miss John and his daily village walking saying hallo to all he met along the way.
 Rest in Peace John Romeril

On August 28, family & many friends gathered to say farewell and to celebrate the life of John Romeril a very well-known & loved identity in our village

You may have known John as the kind, thoughtful neighbour, the man who had his early morning coffee with a crossword at the Barwon Orange café: or as the handyman at Surfside Primary School, a wonderful mentor to many children, the supporter to the Barwon Heads

BELLARINE MOWER SERVICE

MDW PARTS OFFICIAL STOCKIST
 SOLO
 SANLI
 ROYAL

SALES & REPAIRS TO ALL POPULAR MODELS

48 GRUBB RD. OCEAN GROVE
 Ph. 5255 2432 Mob. 0407 045652
 Fax 5255 2399 Email hornak1@bigpond.com

JH Jardine Homes
 Design and Construct

will@jardinehomes.com.au
 www.jardinehomes.com.au
 DB-U29460

Will Gordon
 mobile 0414 354 079

REGISTERED Building Practitioner

IRONS McDUFF ARCHITECTURE
 www.ironsmduff.com.au

Photography: Nikole Ramsay

BIZZY BARKERS

CLEANING SERVICE
 "Domestic & Commercial"

Trish Temple

Mobile: 0414 583 708

LASTYS Automotive

Darren Last
 Independant Mercedes Benz Specialist
 M. 0409 955 768 P. 5222 3010
 Unit 2, Rear of 168-170 Fyans St. Sth Geelong
 E. darren@lastys.com.au

Pick up and delivery of motor vehicle for service or repair from Barwon Heads can be arranged

ARC AU No: Au36554

coastal planning

- Planning applications • Panel submissions
- VCAT representations
- Strategic & general planning queries

Shelly Fanning
 Planning Consultant
 LL.M/LL.B(Hons)BEnvPlan MPIA
 mobile: 0408 734 169
shelly@coastalplanning.com.au
www.coastalplanning.com.au



Barwon Estuary Project

The much anticipated arrival of Spring has brought many seasonal changes along the estuary, and is the perfect time to discover our local plants. Plant and animal life are responding to the warmer weather, with perhaps the most noticeable being the flowering Tea trees. Wattles and clematis are also flowering beautifully and the tiny yellow sweet smelling mangroves buds are emerging. The interesting Twin Leaf, which scrambles under the Moonahs, with its four petalled, yellow star flower, is easy to find at the moment, as the yellow flower helps it stand out amongst the other ground covers.

To keep us up to date on the plants, **Cassy Twomey** is leading another one of her very informative River Rambles. This will be on Sunday 7th October at 10 a.m. Meet at the carpark at the end of Sheepwash. To register email Cassy at twomey3036@gmail.com

Fragile Beauty - The Barwon Estuary Exhibition is part of this year's Bellarine Arts Trail. Planning is in full swing, with a diverse range of artworks being entered. Entries close in early October, so don't delay. For more information go to barwonexhibition1@yahoo.com or go to the website barwonestuaryproject.wordpress.com

Debra Read



The Ocean Grove Barwon Heads RSL Sub-branch has commenced a research program to provide an accurate data base of veterans of WW1, WW2, Korea, Malaysia-Borneo, Vietnam and other conflicts involving Australian Troops.

It is to involve those veterans born and/ or gave the location of residence on their enlistment as, Ocean Grove, Barwon Heads or Connewarre and those who returned and resided in those districts at the end of their service for a minimum of 2 years. At the completion of the research, the veterans' names will be placed on Honour Rolls on the Memorials entrusted to the upkeep of the Sub-branch.

The Sub-branch would welcome the assistance of relatives, family members and friends of veterans. We seek details of Full Names, DOB, place of enlistment (if known), regimental numbers and final resting place (again, if known). **If persons wish to be involved please make contact with the Sub-branch Secretary, David Gilroy (0417-366-191), Public Relations Officer, John Dickinson (0409-432-331) or our Historical Researcher Martin Klabbers (0400 148007), or email to the Sub-branch : rsi@oceangrovebowls.com.au**

Community Announcement

Thanks to a substantial donation from the All Saints' Op Shop, and the excellent efforts of Chris Wheal, one of the volunteers, we are proud to tell you that an A.E.D., (Automated External Defibrillator) is now available centrally in the town. It is kept in the doorway of the All Saints' Church, which is open from 8 a.m. till 5 p.m. daily. Together with the A.E.D. is extra equipment, which it was suggested may be needed to help in the event of an emergency. A sign near the doorway on the south side of the church points to where the A.E.D. is kept. Since the defibrillator kept at the Community Hall relies on the Hall being open, and the other two are at Apco, or the Cricket Club, anyone within the main shopping centre would find the A.E.D. mentioned above far easier to access.

The other matter of general interest may be for town organisations which would like to access a grant from the All Saints Op Shop at the next Committee Meeting, at which such donations are decided upon. A form has been devised so that an organisation may state for what purpose the money will be used, and other important matters, such as details to enable bank transfers to be made. The meeting will be held on Monday, November 12th, and this message is primarily targeted at groups which may not have received donations in the past. If you would like to apply, please call at the Op Shop on any of our opening days to be given the necessary form.

Helen Edwards, Hon. Shop Supervisor.

St Francis' Day Celebration

All Saints' Anglican Church Sunday 14th October 11am.

bring your pets to the church (on a leash or in a cage) & join us for this special occasion.

The service will be followed by refreshments; (provided for cats, dogs, & humans, other species please BYO).

Queries to 0410167720



KIDS OFF NAURU

Members of Bellarine for Refugees are deeply concerned about the damage being done to the 109 children held on Nauru for up to 5 years. The suffering they are enduring is totally unacceptable. Several children on Nauru are in a critical condition – one 14-year-old boy has not left his bed for more than four months. His mental health has deteriorated so badly that he no longer feeds, cleans, toilets or cares for himself. His condition is known as Resignation Syndrome – or Traumatic Withdrawal Syndrome, a rare condition which can be life-threatening. How have people become so desperate? Since 2013, people seeking asylum arriving by sea have been taken to Nauru for processing under Australia's mandatory offshore processing and detention policy. Officially, our government says most are now free to move around. However, they all remain effectively imprisoned on the island. Many still live in marquee-style tents divided by tarpaulins, which create rooms in which families live. There are around 8 families per tent. Tents have mould health

risks and temperatures inside can reach above 50 degrees Celsius.

There are many health issues, and medical services are poor. Doctors are forbidden to report on these conditions, and are unable to ensure that sick patients receive adequate care. The Australian government blocks medical requests for transfer, and Court Orders have been needed to fly seriously ill detention centre detainees to Australia for treatment. Entire families struggle with severe mental health challenges caused by prolonged and uncertain detainment, compounded by untreated past trauma from being displaced peoples and exposure to abuse, violence and distress.

Some of the children have experienced sexual abuse, while most have witnessed violence and/or self-harm in the regional processing centre. Their distress has led to suicide attempts, hallucinations, social withdrawal, repeated expressions of hopelessness, panic attacks, inability to speak and the appearance of

cognitive/developmental impairment.

Australia's offshore processing policy has traumatised and permanently hurt the health of 100s of families and children on Nauru. The medical evidence is clear: children are suffering from trauma and Doctors are warning that they fear a child will die.

New Zealand has offered to accept 150 asylum seekers, but Australia will not release them from the intolerable conditions on Nauru.

The Australian Offshore Detention system has been strongly criticised by the UNHCR, UN Committee Against Torture, Amnesty International and other International Human Rights Organisations. Protests are now being made by World Vision, the Australian Human Rights Commission, the Refugee Council, the Asylum Seekers' Resource Centre, Rural Australians for Refugees, Doctors 4Refugees and many concerned individuals. Bellarine for Refugees adds its voice to the protest. If you're interested in finding out more about Bellarine for Refugees, including membership and when our meetings are held, contact us at bellarine4r@gmail.com

Compassion by Andy McNeilly

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Dalai Lama.

Young people in our communities are experiencing higher rates of 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.

Compassionate people may see the suffering of others and want to help them in some way. The word comes from the Latin 'compassio', which means to suffer together. The Dalai Lama eluded that compassion is the key to happiness. Other benefits of showing compassion may include a boost to our health and longevity as well as uplifting others around us. Some believe being compassionate can even make us more attractive!

Choose one of the following ideas to try this month at home to help build compassion...

- Phone a relative or friend that you haven't talked to in a while.

- One person acts a mood that they may not normally like such as sadness, being tired, upset or lonely. Someone else notices their mood and helps them to feel better.
- Find some clothes that you don't want anymore and donate them to a charity or give them to an op shop.
- Role play some of the following situations: a friend looks lonely, one of the family feels unwell, someone is tired at the end of the day, you notice a stranger fall over and hurt themselves. How do you show compassion in these situations?
- Think about someone you have noticed who hasn't been as happy as they usually are. Do something kind for them to cheer them up.
- Consider sponsoring a child from an underprivileged country.
- Think about someone that lives near you, who might need some help. Cook them a meal or help them in the garden for an hour or so.
- Next time you are at work or school, talk to someone you normally don't talk to.
- Pick some flowers from your garden and give them to a stranger.
- Cook a meal or a sweet treat and give it to someone else.

While teaching Year One students, we were researching toys and the impact they have on children. As a group, the kids talked about how much they loved them as any group of six and seven-year-old children would. The discussion progressed to the number of toys that each of them had. We all couldn't believe how many toys each kid had in the group. From here, an idea was born. We decided to create a project called 'The Toy Op Shop'. Tasks were listed and jobs delegated amongst the children. Posters were created and stuck up around the school. A note went into the school newsletter. Over the following few weeks, many kids from across the school brought in unwanted toys. One lunchtime, all the kids in the junior school brought in a gold coin and purchased a

new toy that had been donated. They raised quite a bit of money and were so proud of their efforts. The money was donated to a local man who recently started a project that was giving portable beds to homeless people. And the left-over toys were taken to the local op shop. The students felt so proud of their efforts and their contribution to others.

"Love and compassion are necessities, not luxuries. Without them humanity cannot survive." Dalai Lama.

2018 Free Workshop:

Tuesday 6 November at Ocean Grove Primary School Resilience.

To book a place, please go to the workshops tab at www.andymcneilly.com.au

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



Recycling

The All Saints' Op Shop exists to raise money for church and community, but to all of the volunteers, one of our main objectives is to recycle anything which has been donated. We are so grateful for the support we get from this community. We also realise that we do many people a service by enabling them to get rid of things for which they no longer have any use. It is more obvious lately that people have heeded the message About over-indulgence in impulse buying, although we do still receive many items of clothing which still have labels attached to show they are brand-new. It is of great help to us when someone will arrive to ask can we take something such as a complete set of encyclopaedia.

Sadly, the answer to that, and queries about larger items of furniture, is that we cannot take them.

We are also most grateful to a well-wisher who takes huge quantities of goods from us to other Op Shops in areas such as Corio or Moolap, where their communities are far less able to donate than ours is. These things include electrical goods, which some people still leave despite our many notices, and reminders that we are not legally allowed to sell them.

Other things are many of the ornaments, pictures and similar items which have been on display for more than two months. We colour-code them to indicate how long they have been on shelves.

These are MUCH appreciated.

We also send huge quantities off to "Geelong Mums".

However, it breaks my heart, as such a committed book-lover, to see the number of books which are donated to us which simply go into our recycling bin, or worse into a skip for land-fill if the bins can't hold them. Any of our customers can tell you that the quantity and quality of books we put on the shelves in our book-room is exceptional. So any books that are older, slightly less clean or even dog-eared, go straight out! If you are about to donate books, it would be of enormous help to us if you could do your own quality check, and remove any to put in your own recycle bin. This also applies particularly to magazines which were current in 2016 or before. The exceptions would be specialist ones such as Caravan, special sports or gardening.

Having written about all of that, once again, we are so grateful to our donors, especially the ones who consider how easy it will be for us to store goods till we sort and price them...ie. not too heavy etc.

By the time you read this, the first week of school holidays will have passed. In most previous school holiday periods we would open for five days of the week. Not only did I find it most difficult to find volunteers who could work on Thursday, but during the last period, so few customers arrived on that day, we decided that in future, except for the period between Christmas and New Year, we would only open Tuesday, Wednesday, then Friday and Saturday. We will have to change various notice-boards to reflect this, but I do hope it will not inconvenience too many faithful customers. It certainly has been great that the weather is mostly wonderful, with spring sunshine, and the gardens blooming. I do hope that everybody has a chance to enjoy these great days in our beautiful town. God bless you all,

Helen Edwards - Shop Supervisor

talking books

with Greg Kelly

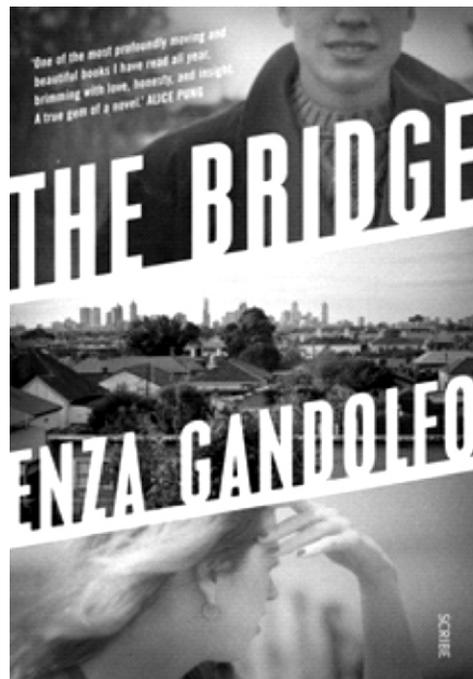
The spicy perfume from a garden plant, Carlesii Viburnum, tells me that Spring has now fully emerged from deep within the earth.

The plant has green mint like leaves and clusters of white flowers tinged with a pale pink. The fragrance from Carlesii hangs rich and heavy in the morning air over this veranda in Barwon Heads. I could cut it with a butter knife. There are 150 species of Viburnum in the world, both deciduous and evergreen. From what I'm told, the thing that defines this plant is the way the tiny flowers are tightly clustered together in what is known as an inflorescence, or a corymb.

I use the perfume from this plant, and that of the Coast Tee-tree, as the true markers that declare the arrival of Spring. The calendar, the conventional tool, is far from accurate and can miss the mark by weeks. Daffodils are unpredictable, often arriving early, and orchards simply anarchic in their timing. For me, the Greek and Roman myth of Persephone explains this seasonal change and also points to something broader. Persephone rises from the underworld, Hades, her Hell, for six months of the year, bringing renewed life and growth after a long and harsh winter.

Who is to quibble with different beliefs about Spring; believe what you will and do no harm to others.

Vietnamese Tet, Sumerian Akitum, Chinese New Year, Irish St Brigid's Day, Egyptian Sham-el-Nessim, Indian Holi, all celebrating Spring and the changing orientation of the Earth's axis to the Sun. This seasonal cycle, along with various gyres, spirals, and orbits are what we build our lives around, and which form the background to the unravelling of the events that make up all our days.



On a Spring day in 1970, on a construction site for the Westgate Bridge, a 112-metre span of cement and metal collapsed and fell 50 metres to the ground and water below.

Thirty-five construction workers were killed and 18 injured, making it Australia's worst industrial accident. The impact of this tragedy, as seen through the prism of Enza Gandolfo's novel 'The Bridge', reverberates through the lives of those who survived and those touched by the event. The novel shows that even the most harrowing of situations can give way to forgiveness and redemption, to growth and rejuvenation, and from darkness to light.

In the myth, Persephone must return to the underworld after the harvest months of Spring and Summer and the Earth once again returns to mourning during these dark and challenging times.

Spring tune - up

Today was balmy with that smell, you know the one; of warmth in the air...mmm feelings of optimism engulf us. Hooray! Time to shed the cardies and coats. We look in the wardrobe for that b'tween thing to wear and horrors, what worked last year looks so...very not this year. It's time to frock up without the covering of arms, legs and yes...necks. And oh no! I just popped on something I looked so fab and flash in last year and it looks drack at the best...searching, searching...and came up with just about the best idea...i.e. up the exercise (and let's face it the weather hasn't been inducive to getting your kit off) and just move around a bit more. Upon reflection I've also accumulated a fair bit of dead wood in my life so, I've been doing a little pruning and tweaking there as well. And the big one, after many horror years, I feel ok again...I'm no longer so needy, so eager to please, so available to everyone, and that's making a big difference in my relationships with people. Those who've viewed me as someone 'useful' aren't all that friendly when I'm not. Haha! Here are my Spring tune-up tips for mind and body health.

1. Pull the weeds in the garden for 1/2 hour = hammy & back stretches and if you do a little warm-up first it's worth 20 mins in the gym.
2. Peg the washing on the clothesline (remember them?) It'll smell fresh & sunny.
3. Walk to the shops. Don't you already?
4. Walk the kids to school and...back again.
5. Don't look at pubescent girl models with envy...just don't.
6. Thin is not necessarily beautiful. Some of the most self-obsessed and narcissistic women I know are thin...think healthy, glowing and happy...now that's beautiful. Beauty is as beauty does.
7. Turn the page on articles from the said narcissists who think that if they've cut their toenails, had a wax or have a pet name for their pubic hair, it's big news and they share...because they're fascinated with themselves and think you are too!
8. Hang out with people who like you and who you trust and give those who don't fall in these categories a wide berth...covert hostility is not healthy for anyone to be around.
9. Be grateful, every minute of every day for all of your blessings.
10. Forgive, forget and move on with a smile.

beauty
begins the
moment
you decide
to be
yourself

Coco Chanel

BARWON FOOT CARE



Rebecca Kennedy-Dalton Your local Podiatrist
Foot care for the whole family!

- Orthotic Therapy
- Children's feet
- General Foot Care
- Medicare EPC Bulk Billed
- Foot and leg pain
- Nail care including surgery
- DVA Welcome

“Happy feet Happy Life”

For appointment call **0407 688 967**

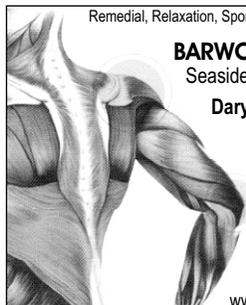


Jenny Fitzgerald
Bowen Therapy
0430283603

Ocean Grove & Torquay

- ✓ Neck stiffness & upper back pain
- ✓ Lower back pain
- ✓ Digestive problems
- ✓ Headaches and Migraines
- ✓ Menstrual & hormonal issues
- ✓ Symptoms of CFS & Fibromyalgia

Remedial, Relaxation, Sport, DeepTissue & Trigger Point Therapy



BARWON HEADS MASSAGE
Seaside Serenity

Daryl Wilkie Ct.M Dip.R.M Dip.H

First in Barwon Heads
Since 1985
Over 16 Years Massage
Experience
AAMT Member - Extras

0403 956 900

www.barwonheadsmassage.com.au

Bowen Therapy

Andrea Neale
Member BAA



- Back, neck and shoulder pain
- Sports and workplace injuries
- Headaches or migraines
- Pregnancy aches and pains

0407 794 087

By appointment



Barwon Heads Community Arts Garden



It's always fun to wander through our Community Garden and to see what others are growing. Here are some examples:

1) Crazy Ugly Betty? Serious Stan? What is this? These are just a few of the interesting names applied to varieties of Garlic that our Community Garden Members are currently growing. Each has subtly different flavours and characteristics. And here I thought garlic was garlic! Take a look at the varieties currently on display.

2) A carrot and a.....carrot? The purple one is a Heritage variety. Peel off the outer skin, and it is pretty much like every other carrot. A mixture of the two makes for an interesting salad, and my grandkids think they are great! The Diggers Club produce a wide range of Heirloom varieties of all kinds of veg. Check out their catalogue.

3) Yellow silverbeet? Sounds like a contradiction in terms, but again, this is one of the several variations that you can buy. You can buy "mixed seeds" so you will be surprised by what comes up. The various varieties may have subtly different flavours.

4) Yep, it's Broad Bean time, and BB's are one of my favourites. Easy to grow, hardy, prolific. But some folks don't like 'em. There was a time when I didn't either. My dad used to wait till the pods were huge and bulgy before picking them. The result was a hard, starchy and pretty much inedible beast. No, the trick is to pick them when young and soft. They pod easily, and a momentary blanch is all that they need before eating. Some people like to "double pod", ie remove the inner skin from each seed. In my book, this is a waste of effort and nutrients. When picked young they are as tender as can be. The flowers in this picture will be pods, ready to eat in a month or so.

5) Kaffir lime: I see that many of these on our prolific tree went to waste this year. What can one use them for? The aromatic leaves add a fragrance to Asian dishes, as does the rind, but be careful to avoid the rather bitter pith. The flesh can also be incorporated into marmalades, probably alongside other citrus. And the naked fruit look great in table arrangements. There you are! No need for them to go to waste at all.

Although our Garden remains locked for security reasons, members are often there, and you are most welcome to have a stroll around



Russell Mitten
Committee Member



- 🌀 Lawn Mowing & Hedging
- 🌀 Gardening & Planting Advice
- 🌀 Pre-sale Makeovers
- 🌀 Turfing & Paving
- 🌀 Decking & Retaining Walls
- 🌀 Irrigation Installation

Mobile: 0405 696 042

email: nathan@tigerlandscaping.com.au

www.tigerlandscaping.com.au

**ALL
ADVERTISING
ENQUIRIES
FOR
NOVEMBER, DECEMBER, JANUARY
talking heads mag
Joanna 0438 286 448
e: talkingheadsmag@outlook.com**



EASTERLY TORQUAY FURNITURE STORE

OUTDOOR FURNITURE | RUGS | DINING
HOMEWARES | FURNITURE



OPEN 7 DAYS

2 WINKI WAY | 1300 22 3228 | SALES@EASTERLY.COM.AU

www.easterly.com.au/ @easterlyliving @easterlyliving



Our focus is you

Professional Eyecare and Fashion Eyewear

87 THE PARADE, OCEAN GROVE
PHONE: 5256 1295



ROTARY CLUB OF OCEAN GROVE Inc
ABN 13501173192 Consumer Affairs No A0013584X

8th ANNUAL ART SHOW

Friday 2nd November, Saturday 3rd November,
Sunday 4th November (2018)

Exhibition and Sale of Various Art Pieces
in the following categories:

1. Painting
2. Drawing & Printmaking
3. Australian Flora & Fauna
4. Contemporary

(Entries in category 3 or 4 must be a Painting, a Print or a Drawing.)

Pt. Lonsdale Primary School Function Centre

Bowen Road, Point Lonsdale, VIC 3225

Official Opening

Friday 2nd November – Commencing at 7:30
(for 8.00pm Opening)

Entries Close

Monday 1st October at 5.00pm

Entries Received for the show

between 9.00 am and 4.15 pm on Thursday 1st November

10 prizes; 4 encouragement awards
total prize pool - \$10,000

For further details or to download an entry form visit:

www.rotarycluboceangrove.org.au and follow the links.

BARWON HEADS FILM SOCIETY PRESENTS

Clint Eastwood A Fistful of Films



BARWON HEADS COMMUNITY HALL

FRI 19 OCT

Play Misty for Me - 7.30pm

SAT 20 OCT

Unforgiven - 11am

Piano Blues - 3pm

Gran Torino - 7.30pm

www.barwonheadsfilmsociety.com.au

www.trybooking.com/WTFZ or Contact Anne 5254 2948

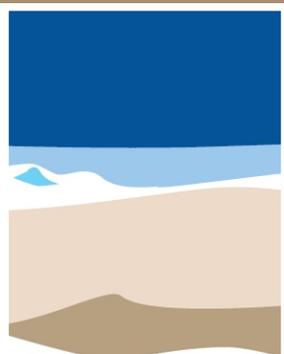
ocean eyes OPTOMETRISTS



Kate Jac Majella O'Connor Pam Natalie
Optometrist

"Love Your Glasses!"

2 Park Lane, 99 Presidents Ave.
Ocean Grove
ph: 5255 5655
for an appointment



BARWON HEADS PHARMACY

Mon - Fri 9am to 5.30pm
Sat 9am to 1pm

FREE MEDICAL DELIVERIES
(Mon. to Fri.)

NEW SERVICES

- NDSS
- Sleep Apnoea
- SMS Reminders

Your Independent Local Pharmacy
55A Hitchcock Ave Barwon Heads ph: 52542312



Ocean breeze
dental

3/73 The Terrace Ocean Grove
info@OceanBreezeDental.com.au
www.OceanBreezeDental.com.au

A REASON TO SMILE!

High quality dental care, service and results. We are transparent about our treatment processes and the affiliated expenses, and will never proceed to treatment unless you are fully informed of all aspects.

We accept all health funds and we can claim on the spot with Hicaps. We also accept VET affairs, VEDS (Victorian Emergency Dental Services) and VGDS (Victorian General Dental Services) forms.

health
@ the heads

For all your expert **Dietary advice, Musculoskeletal injury treatment and prevention, Foot Care and Medical Skin Care** needs.

physio
@ the heads

podiatry
@ the heads

dietitian
@ the heads

medispa
@ the heads

2/76 Hitchcock Ave, Barwon Heads
PH: 03 5254 1100

medispa
@ the heads

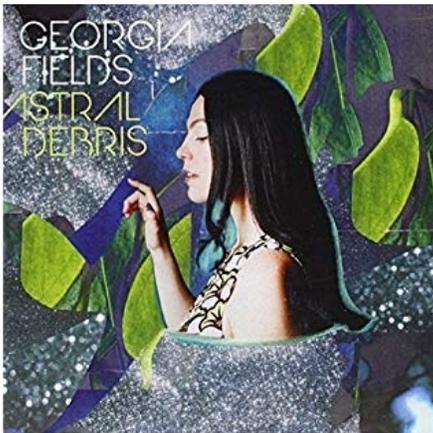
Karen Clarke

- Cosmetic injectables
- Dermal (skin) therapies
- PRP (Vampire facial)
- New for 2018: Cosmetic surgical procedures
- Proudly stocking THE SKINCARE COMPANY

facebook.com/medispaattheheads
instagram.com/medispaattheheads

health
@ the heads

2/76 Hitchcock Ave, Barwon Heads
PH: 03 5254 1100



I first heard Georgia Fields at the Rozny Barn in Tassie during the Festival of Voices this year. She was singing, playing and talking through her Astral Debris album and we laughed, cried and marvelled at her skill with the piano, guitar & 'looping' which is featured on the track Hood and the Hunter.

Engaging, warm and indie-pop, Georgia's music is beautifully crafted bespoke music which you'll truly enjoy in a quiet and reflective moment.

Perfect for café space.

<https://georgiafields.bandcamp.com/album/astral-debris>

Fiona Bainbridge
massage therapy
barwon heads

- Remedial • Relaxation
- Deep tissue • Sports

Fiona Bainbridge
Cert.Rem.Mass. S.S.N.T. Member A.A.M.T.
Ph: **0409 584 221**

Life shrinks or expands in proportion to one's courage.

Anais Nin



Women's Health Week Information Evening held at Beach House by 13th Beach Health Services




13TH BEACH HEALTH SERVICES

OSTEOPATHY | PHYSIOTHERAPY | PODIATRY
CLINICAL PILATES | REMEDIAL MASSAGE

BOOK ONLINE NOW
www.13thbeachhealthservices.com.au

03 5254 2668





- * Local Wines
- * Over 45 Burgers, Beer, Souvlakis and Ciders.
- * Banana & Pineapple Fritters
- * Enough sea food to sink a ship *Fresh soup daily
- *Soft shell Crab *Loaded Potatoes,
- *New winter menu *Winter warmers,



Heated toddlers play area

**Cnr. Hitchcock Avenue & Bridge Road
Barwon Heads
03 5254 2468**



HANOI KITCHEN

Vietnamese Cuisine



Daily specials

Locally blended Tea

Locally roasted specialty coffee

Tuesday - Saturday 11 am - 10pm

Happy Hour 4pm - 6pm

(03) 420 205 25

Licensed ~ Cnr BridgeRd/HitchcockAve Barwon Heads

wine store.

BARWON HEADS

Open 7 days

03 5254 2741

www.barwonheadswinestore.com.au

2/86 Hitchcock Ave Barwon Heads

Right - Peter (Scotchman's Hill)
at Winestore Friday tasting



**"I enjoy cooking
with wine.
Sometimes I even
put it in the food..."
Julia Child**



STARFISH BAKERY

Gorgeous sandwiches
salads
daily specials
and soups
Bread, cakes, biscuits
& really good coffee



Breakfast of champions

Closed Tuesdays

78 Hitchcock Ave Barwon Heads Telephone: 5254 2772



Ph: 5254 1090

60 Hitchcock Ave
Barwon Heads



★ Wednesday Curry Night ★ Thursday Seafood Night

All day brekkie, lunch & dinner
Open 7 days and 7 nights
Fully licenced
Take away options

soup
dips
seafood
steak
curries
gourmet wood oven pizza
veg & gluten free options

private functions welcome www.barwonorange.com.au

Picnic spot for lunch surrounded by coastal ti tree



Working from home means that I have access to food all day with no regulated lunch break...on the up side, when the weather's good, I can walk down and have lunch by our beautiful river. A favourite spot for lunch (above) is quite breathtaking at the moment with the coastal ti tree in flower, it's also sheltered from the southerly winds we're getting this spring. It's easy to get a glass jar and fill with leftovers or make some up in advance with (above right), chick peas, black beans, roast beetroot, sliced mushrooms, tuna and topped with coriander pesto. With a small thermos of miso soup and a piece of fruit, a delightful half hour follows. You can also pick something up from our beaut cafes on your way.

The pic at right shows more of my glass jar for food obsession as I re-make some bircher muesli pots with chopped & pureed strawberries, some chia seeds, more chopped fruit, flaked coconut and filled with coconut water or soy milk. Into the fridge overnight and there's three healthy breakfasts right there...same with home made soups...each pot is a single serve & can be heated in a pan of boiling water or the microwave (just don't forget to remove lid and cover with a saucer).

TALKING FOOD



Once the old Fire Station, BeachHouse Barwon Heads showcases some of the Bellarine Peninsula's fine produce, wine, cider & beer



CONTACT

BeachHouse Barwon Heads
48 Hitchcock Avenue, Barwon Heads

03 5254 3376
info@beachhousebarwonheads.com.au
www.beachhousebarwonheads.com.au

NEW SPRING MENU

Wednesday Locals Night

\$25 Selected main meals

Thursday Night Feast for 2

shared main meal & a bottle of wine (selected) \$89

*Conditions apply ~ Bookings Essential ~ 5254 3376



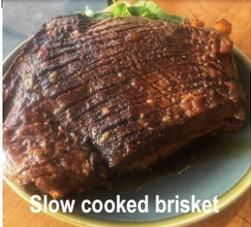
***FREE PICK UP & DROP OFF with any dinner reservation**

Opening hours are
Monday to Friday 9am - late Saturday and Sunday 8am - late
HAPPY 3 HOURS FRIDAY 5PM - 8PM





Lamb & feta burger



Slow cooked brisket

- Specialists in slow cooked meats
- Healthy and delicious salads & veg
- Designed by parents, for parents
- Feed your family fantastic wholesome meals
- Full range of kids meals
- Fresh juices, coffees, smoothies
- Festive season catering - from small to large grazing tables, call us to discuss
- Dine in or take away

OPEN ALL DAY
ORDER ONLINE FOR PICK UP OR DELIVERY



DELIVERY TO BARWON HEADS

www.pepperedgoat.com.au/menu

ph: 03 5264 1949

shop 17, 3-33 central boulevard warralily village



TALKING FOOD

I'm writing this on grand final day and the place is heaving with breakfasters...

then the town went quiet. Unless you peep behind the new blinds on the **Beachhouse** deck & it's on! They also have a new spring menu which looks pretty good to me. My friend and I had a (rare these days) knees up there last Friday night and we tried a couple of the new spring choices, along with the friendly & fun staff and server Bailey's espresso martinis...oo la la!

Welcome to The Peppered Goat (left). New Zealander Kate & chef - Aussie slow cooking expert husband Simon, want Barwon Heads to know they deliver here and have some delicious options as you'll see on their website. They met while working on luxury yachts and fell in love. A mutual love of food brought them to Warralily where they opened their café/takeaway and with a blended family, including a toddler, they certainly know how to cater to families (and did I mention they make a beautiful smooth coffee?). Welcome to our Talking Heads mag folks.

Barwon Orange continue their Wednesday night curries and Thursday night seafood choices. Their lunch specials are always tempting.

Mangroves are still giving us a choice of 45 burgers and my next visit will be for some soft shell crab. If I have my nephews kids with me, they'll love the outdoor play area!

Hanoi Kitchen is a favourite and we rarely go past the value 'Tasting Plate'. Add a couple of glasses of Mr. Mick rose and it's a perfect evening/lunch for two. An authentic Bahn mi for only \$9 is a good choice to take down to the river for a lunch munch and brings back memories of from my first breakfast in Saigon at 7am..

Starfish Bakery. What can you say? Pumps all the time...my nearest, great young staff, consistent menu.

Barwon Heads Hotel are revamping, renewing, renovating & reviving! Interesting pizza menu too, watch this space.



Revived, renewed,
reinvigorated —
the re-birth of the
Barwon Heads Hotel
is well underway.

We are now taking
bookings for Christmas
functions and events —
get in before it's too late!

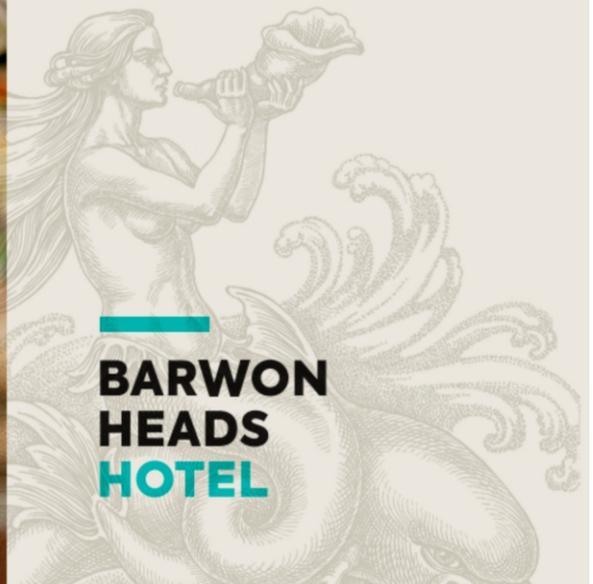
PHONE. (03) 5254 2201

ADDRESS. 1 Bridge Rd, Barwon Heads

WEBSITE. barwonheadshotel.com.au

SOCIAL. barwonheadshotel

BARWON
HEADS
HOTEL



BARWON HEADS FINE MUSIC SOCIETY

We were most fortunate to have two concert since the previous Talking Heads! The first Sunday afternoon was on 26/8 and presented **Moritz Ernst**, a very fine young German pianist, harpsichordist and chamber musician, visiting Melbourne for two weeks, so we were lucky to have him introduced to us! He chose a lovely program of Handel, Brahms and three Debussy Preludes. For the second half of the program, he accompanied a young Mezzo-Soprano, Erin Towns, who performed Schubert Lieder, Grieg, Brahms and R. Strauss. He kindly made it a fund-raising occasion for which we are most appreciative!

Our second concert was **"THE JAZZ CONNECTION"** with Barrie Edwards, double bass/vocal, Brian Davies, guitar/vocal and Doug McKenzie on piano (always a delight with his great jazz harmonies!) They performed, and sang, jazz favourites, mainly from the 50s era like "Autumn Leaves", "Stardust Melody", and Gershwin's "Night and Day". Doug's piano solo was "Love Walked in", Brian's guitar solo was "But Not for Me", and Barrie's double bass solo was "How High the Moon"! Duke Ellington's "Take the A-Train" was followed by a request for "Misty" (very popular!) It was a lovely relaxing old-time jazz afternoon thoroughly enjoyed by many old friends!

Our second major event is next! The KIAZMA PIANO DUO is performing in THE BARWON HEADS COMMUNITY HALL at 7pm on SATURDAY EVENING, 6th OCTOBER! Two International pianists will present a fantastic program of four hands on one Grand Piano keyboard which will be a BRILLIANT and EXCITING occasion!

BOOKING INFORMATION www.trybooking.com/WZLX

Our next concert will be the Barwon Heads Chorale Concert at 2.30pm on Sunday 28 October at Barwon Heads Community Hall on Hitchcock Avenue

Booking information
7pm Saturday 06 October 2018
Barwon Heads Community Hall
Cnr Ozone Road and Hitchcock Avenue

Members: \$25
Non-members: \$30

Bookings essential at: www.trybooking.com/WZLX
or call 0439 061 475

KIAZMA ARTISTS

Kiazma Piano Duo

International concert pianists Aura Go and Tomoe Kawabata will present an unmissable performance showcasing the unique subtlety and intimacy as well as the gripping dynamism and power of four-hand playing. The program pays tribute to Debussy in the 100th year after his death and culminates in Stravinsky's electrifying Rite of Spring.

Missing this event? Our next concert will be the Barwon Heads Chorale Concert at 2.30pm on Sunday 28 October at Barwon Heads Community Hall on Hitchcock Avenue
Proudly sponsored by: **GEELONG**

TALKING LIFE

So, it seemed like such a well hatched plan.

There would be a movie. There would be lunch. In between the two, maybe half an hour to look at a shop. It seemed easy enough, and reasonable enough. After all, it's what so many kids on school holidays do. Because your peers become shinier than your blood line when you're just shy of 13. So you start to grow up and begin to move out.

You practice holding your own shapes within your spaces.

You begin to shape and create your world.

As the plan began to unfold, it seemed to work for my eldest wise one. There was a designated parenting driver to bring everyone home. There was an appropriately classified movie. I offered our family car as the Uber to the local suburban theatre. Only to be told via last minute parental text messaging that the tweens were planning to catch a bus. Not the bus to the local suburban theatre, but one into the city. And being a small coastal town with second to crap public transport, a bus that only left every two hours.

Giving a large shape for my eldest wise one to hold in the streets of Geelong. In a space that I felt pretty uncomfortable with.

So even though all her peeps were going on the bus. And even though all of her friend's parents said yes.

I said no.

Which made my eldest daughter cry.

Think standing poses, thoracic twists and handstand. It can be so hard to go against the grain. It can feel like social suicide not conform to the whole. Especially

when you're at the age where your peers' ideas of yourself can so strongly influence what your own perception of yourself is.

When your mind is starting to question - "am I normal?"

By the age of six, our brains are about 95% adult size. They are incredibly plastic - meaning based on our experiences, we can learn as a whole lot of stuff. As we hit our teens, our brains need to start re-modelling. They self-prune to become more efficient. Our brains begin to keep what we use and let go of what we don't. This shifting and shaping begins in the back part of our brain where life concepts are more primitive.

A space associated with impulse reactions and emotions.

A place often actively seeking adventure.

My eldest wise one's is a month shy of 13. Like Spring, her world is beginning to blossom and open. With the longer days comes new friends and more parties. With the building light comes bigger places to go and solo spaces to be. And it seems everyone else is allowed to go there.

So my eldest wants to go there too.

I lay with her quietly last night. Through her tears, I shared with her where I was coming from. How I could feel her moving away from our place on the coast into her own place in the world. I shared about the shapes of our independence and the space of our power.

About how only when our choices are made with conscious awareness, we can create a life that is true.

My lover drove my eldest wise one to the city today. Even though they caught the bus, the friends agreed to meet our daughter in the middle of the city. It was a shape that we created in her bedroom last night. A space that we agreed we were both ready for. It was the middle of our conflicting ideas.

With Rachael Hely www.barwonheadsyoga.com.au
0430 515 424

www.barwonheadsyoga.com.au

BARWON HEADS YOGA
in the  studio

Nestled in the idyllic coastal town of Barwon Heads, this mindful movement practice embraces the natural elements that supports us as well as those that are inherently within us. Physiotherapy led practices by Rachel Hely offer yoga teachings that are therapeutic in nature. Class sizes are limited to create a calm and quiet space where we are invited to slow down and look inwards while strengthening and opening inwards. We remember how to
MOVE & SMILE FROM THE INSIDE!

CHECK ONLINE FOR TIMETABLE



FRIENDS OF BARWON HEADS COMMUNITY LIBRARY

Our new librarian, Penny, is keeping us up to date with the world around us by ordering in books for displays relating to current events e.g. the well awaited arrival of Spring, the passing of Mirk Mora - a French-born Australian visual artist and cultural figure who contributed significantly to the development of contemporary art in Australia and the 200th anniversary of the birth of Emily Brontë, one of the world's most enigmatic authors. Keep an eye out for her displays.

Book Chat

Next Book Chat will be held on Thursday 18th October 7pm at the library. Join us for a cup of tea or a glass of wine and nibbles to discuss a book your reading. At the September Book Chat we discussed The Choke by Sophie Laguna.

School Holiday Activities

The school holidays are upon us, Classic Tales has been enjoyed and Classic Craft is filling fast! Book in person or online at www.grlc.gov.au. Classic Craft Friday 5 October 10.30 - 11.30am age 8+

Meet the Author Event

Keep an eye out in Term 4 for details of our next Meet the Author event.

AGM

The Friends of the Barwon Heads Community Library AGM will be held on October 8th at 7.30 at the library. All members of the community are welcome to attend. For membership details or enquires please email barwonheadscommunitylibrary@outlook.com

Preschool Story time

Help your child discover the magic of stories and develop a lifelong love of reading. Fridays 10.30 - 11.15am

Library Hours are: Tuesday & Wednesday 2pm-5.30pm and Friday & Saturday 10am-1pm



I'm a godmother.

That's a great thing to be- a godmother.

She calls me god for short. That's cute! I taught her that.

Ellen DeGeneres

HOW GOOD IS THIS? After seeing Geoff's van around Barwon Heads, and loving the convenience of a qualified person coming over to fix my bikes (yes, I have three!) I asked him about himself...

"We are originally from the UK and have lived in Australia since October 2013. Originally based in Darwin, NT we relocated to Barwon Heads December 2017 to be closer to family. I'm married to Jude and have 3 daughters, Jess 18, Freya 15 and Niamh 12.

I spent almost 30 years working in aviation maintenance, originally in the Royal Navy then with the ADF and Airbus in Darwin. I trained as a bike mechanic in London and saw the opportunity to set up in the local area to service and repair bikes along the Surf Coast and in the Geelong area. The van has a fully equipped workshop enabling me to conduct all work at any location. This means I can come to homes and businesses causing minimal disruption to the customers." Geoff Wilson - bikefix



We come to you
geelong
bellarine
surf coast
Geoff 0432 022 007 bikefixmobile.com.au



GIVEAWAY



Beautiful Hadaki lunch bag Styled in New Orleans

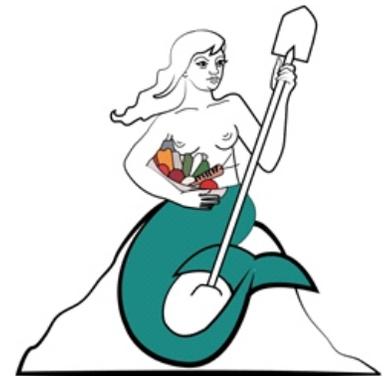
Coated cotton & magnetised seal keeps food cold/warm for a picnic, work, footy.

Valued at \$35

Go to www.talkingheadsmag.com & click on

'OCTOBER GIVEAWAYS'

* Magazine, Kombutcha & lunch not included



Barwon Heads Community Arts Garden

The Garden will be open!

Everyone is welcome to our
Community Morning on
Sunday 28th October starting at 9:30am.

Enjoy the peace and beauty of Barwon Heads' own special garden space
See what is growing in the garden
Try some of our organic produce
Share your love of gardening with garden members
Enjoy morning tea on us
Be inspired to improve your own garden

Delta dogs

Hello,

I was glad to read about Delta Dogs in the latest edition of Talking Heads. Thank you. It needs the promotion, such a great organisation.

My golden retriever Woody is also a Delta Dog and we've been visiting Rice Village every week for the last couple of years. I met Melinda and Takara at Deakin Uni recently for the Paws the Pressure day which Woody does a couple of times a year. As well as schools, hospitals, disability services and mental health units, Delta is also available to workplaces of any size and shape that might benefit from a visit for an hour or two. There are a number of companies in Melbourne that do this once or twice a year, particularly at stressful times of year for workers, like EOFY or Christmas.

Maybe you could make mention of this in your next edition or down the track, just in case any local businesses feel they and their employees might benefit from a Delta visit.

There's a new program starting up where Delta Dogs will also visit prisons, though this is just in its conceptual stages at the moment.
Thanks again

Louise Callan
(Thirteenth Beach)



Louise and Woody

Hoodie News



A POEM FOR THE HOODIES

There's something about these tiny courageous creatures,
Some imperative of instinct, some inescapable miracle of persistence.
Year after year they come to the beach.
They scrape, they lay, they sit
At the mercy of the tides (which are incapable of humanity).
In the flailing fists of storms and the beating of the summer sun they
sit bravely
Between the trampling feet of tourists and locals alike
and
the thundering paws of all those dogs who "never chase birds".
They hatch, defend, almost inevitably mourn
The tiny souls whose lives they cannot protect.

They can be forgiven for following their bird nature,
The pull of place
each season, however hopeless it turns out to be.

And we?
We who are capable of change and choice,
who choose to ignore the signs,
Who choose not to leash our dogs,
Who choose not to walk somewhere else for a brief, life-giving time -
We who pat ourselves on our highly-evolved backs,
full of civilised self-regard -
We will never have half the courage and sweetness of these plucky little birds
Who struggle in the teeth of adversity.

We cannot be forgiven.

Sue Hines, Volunteer, East Gippsland.
(On learning of the deaths of MK's chicks at Betka Beach, Mallacoota earlier this year.)

Word about the Hood:

The Start of Season meeting was held recently at the 13th Beach SLSC rooms, with Meg Cullen from BirdLife Australia; representatives from the local land managers and members of the Bellarine, Breamlea & SurfCoast Friends of the Hooded Plover also attended.

We looked at some of the outcomes of the analysis of 10 years of Hoodie monitoring through the area, the highlights include:

* Within a decade of intensive recovery effort, the breeding population has doubled from 9 to 18 breeding pairs.

* Through banding of the birds, we have confirmed that four fledglings produced locally were recruited to the breeding population; a number of these settled on historically occupied territories or established new sites that have not previously been occupied.

* Over ten breeding seasons, the Bellarine/Surf Coast region has produced an average of 5.8 fledglings per season (Bellarine: 3.5, Surf Coast: 2.3), which equates to 0.50 fledglings per breeding pair.

* In a Victorian context, the Bellarine/Surf Coast region's Hooded Plover pairs have contributed an average of 11.2% of fledglings to the population each season

We spent most of the meeting looking at how we (as a regional team) met the aims of the recovery program and where we need to focus our future efforts.

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>

Homes by Chapman
HIA MULTI AWARD WINNING BUILDER





REGISTERED
Building Practitioner

0414 752 159

BUILDING HOMES WITH QUALITY AND STYLE FOR EVERY BUDGET

'Your Desire'
www.homesbychapman.com.au

The Directory

0416 119240 talkingbarwonheads@bigpond.com

EMERGENCY: POLICE - FIRE - AMBULANCE 000

Animal Rescue (Jirrahlinga) 5254 2484
 Police 5256 2698
 Barwon Heads Fire Brigade Secretary/Admin. Enquiries 0401 231 753
 Ocean Grove Fire Brigade 5255 1746
 Barwon Water 5226 2500

CLUBS & ORGANISATIONS

1st Barwon Heads Scout Group 5251 2210
 13th Beach Golf Academy & Public Driving range 5254 2622
 Barwon Grove Golf Club (The Tin Shed) 5254 2826
 Barwon Heads Association Pres. Sandy Gatehouse 5254 1654
 Barwon Heads Bowling Club 18 Geelong Road. 5254 3124
 Barwon Heads Community Hall FOR HIRE
 bhhallbookings@gmail.com
 Barwon Heads Community Arts Garden Judy 5254 1034
 Barwon Heads Film Society Alex 5254 1139
 Barwon Heads Fine Music Society Inc. Jenny Wallace Smith 5254 2580
 Barwon Heads Chorale Jo 5254 2670
 Barwon Heads Football & Netball Club 5254 2675
 Barwon Heads Heritage Group (Part of BHA) Richard Hastings 5254 2621
 Barwon Heads Red Cross 5254 1128
 Barwon Heads Senior Citizens Club Norm Buckley 5254 3079
 Barwon Heads Tennis Club 5256 1527
 Barwon Heads 13th Beach Surf Life Saving Club www.13thbeachslsc.asn.au 5254 2469
 Bellarine for Refugees Group Margaret 0419 323 166
 Ocean Grove Bridge Club Marcus Hill 5256 2550

ACCOMMODATION

Barwon Heads Caravan Park Ewing Blythe Drive Barwon Heads 5254 1115
 Barwon Grove Holiday Rentals www.bgholidayrentals.com.au 0412 102 145 / 5255 4676
 Ocean Grove Holiday Rentals enquiries@oceangrovestays.com.au 0403 515 605
 Laura's Beach Houses Jetty Rd Barwon Heads 5254 1115
 SeahavenVillage.com.au 1-7 Geelong Rd Barwon Heads 5254 1066

ACCOUNTING & FINANCIAL SERVICES

PFG Financial Services – 4/50 Hitchcock Ave Barwon Heads 5255 9555

AIR CONDITIONING

B & C Air conditioning, Installations, Breakdown & Service 0418 827 642

ANTENNAS

Kendall Antenna Service 0404 019 781
 Point Lonsdale Television 0411 490 430, (03)5258 2068

ARCHITECTS

Irons McDuff Architecture www.ironsmcduff.com.au 5254 1337/ 0404 041 337
 Roös & Smith Architects + Planners info@roosandsmith.com 5254 2789 / 0427 012196
 Victoria Hamer Architects www.victoriahamer.com 0408 990 929

ART

ArtsKool @ Kazworks Adults & Kids Art Classes info@artskool.com.au 0437 582772
 Seaview Gallery ~ Queenscliff ~ Contemporary & Traditional Art & Glass 5258 3645

ATTRACTIONS

Jirrahlinga Wildlife Centre Tait's Rd Barwon Heads 5254 2484

BANK

Barwon Heads Community Bank 70 Hitchcock Avenue 03 5254 1700

BEAUTY THERAPY

Atico skin. beauty. Body 1st Floor 51 Hitchcock Ave. 0409 539 317

BOOKKEEPING

Cath Latimer 0403 601 470
 CJW Accounts 0413 026 101

BUILDING, EXTENSIONS & RENOVATIONS

Homes by Chapman. HIA AWARD Winning Builders. www.homesbychapman.com.au 0414752159
 Jardine Homes Design & Construct Will Gordon 0414 354 079
 Jason O'Neill Builder Spec. in Environ. Sustainable Homes www.jasononeillbuilder.com.au 0419 393 173
 ReKooporations Building Services- renovations, bathrooms & more 0418 357092
 Trickey Builders New Homes, renovations and design 0419 389 932

CAFES/ RESTAURANTS

Barwon Orange 60 Hitchcock Ave Barwon Heads 5254 1090
 Beachhouse Barwon Heads 48 Hitchcock Ave. 5254 3376
 Hanoi Kitchen Cnr. Bridge/Hitchcock (03) 420 205 25
 Mangroves cnr. Hitchcock Ave/Bridge Rd Barwon Heads 5254 2468
 Starfish Bakery 78 Hitchcock Ave. Barwon Heads 5254 2772

CAREER COACH

Karen Lomas enquire@karenyourcareercoach.com 0419 390 854

CARPENTRY & HOME MAINTENANCE

Damien Mason Carpenter 0417 891 122
 Dangerfield Construction & Home Maintenance 0424 389 176
 David Cole 5254 1657 / 0427 702 214
 Reliable Carpenter. Loves small jobs. Call Mick 0405 484 344

CARPET & TILE CLEANING

Barwon Carpet Cleaning All areas 7 days 0428 502 670
 F & G Stanley Steamer Carpet Cleaning Geoff Stanley 0428 520 525/5250 1845

CHIROPRACTOR

Bellarine Chiropractic 14 Tuckfield Street Ocean Grove 5255 2200/0439 559173

COMPUTER REPAIRS & TUITION

Leigh – No fix, no fee. I will come to you. 50+ a speciality. 0439024870

COOLROOM HIRE (MOBILE)

B & C Coolroom Hire 5254 2051

DENTAL CLINIC

Ocean Breeze - Trak Arcade 73 The Terrace Ocean Grove 5255 2584

DENTURE CLINIC

Coastal Dentures Andrew Irving 79 The Parade OG 5255 4700

DIETITIAN

Claire Dagley Dietician @ The Heads 2/76 Hitchcock Ave. 5254 1100

DOG GROOMING & ACCESSORIES

Surfcoast Dog Grooming Ocean Grove 5255 1336

DRIVING SCHOOL

Chris Walters Dashcam Driving School 0430 219 119

DRY CLEANING

Brown Gouge Dry cleaning & Shoe repairs 1/85 The Parade OG 5256 2122

EDUCATION: TUTORING

Foundation-Year 6 40 years primary experience: RF Tutoring 0488 769 835

ELECTRICIANS / ELECTRICAL SUPPLIES

Brendon Brice Electrical Phones/Data 0416 165 855
 Green Lead Electrical Martin 0467 097 101

FENCING

AGM Fencing 0425 715 373

FITNESS HEALTH HEALING MASSAGE

Bowen Therapy Andrea Neale 0407 794 087
 Ocean Grove Chinese Medicine and Acupuncture 5255 2905 / 0432 961 910
 Barwon Heads Massage, Seaside Serenity, Daryl Wilkie 0403956900

FLY SCREENS

FLY Screening Solutions - Insect screens & doors; Security doors 0408 699 690

"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."

**LOCAL ADVERTISING
 WORKING LOCALLY
 FOR
 OVER 16 YEARS**



talkingbarwonheads@bigpond.com
 0416 119240

FLOORING & CARPET SALES

Bellarine Flooring 9 Sykes Place O.Grove dahna@bellarineflooring.com.au 5255 2044

GIFTS & HOMEWARES

Frith 58 Hitchcock Ave. Barwon Heads 5254 1811

HAIRDRESSERS - LADIES, MENS & CHILDREN

Hair Dudes- Mens 84b Hitchcock Ave. B.Heads 5254 1933

Melissa Connoley Hairdressing, Make Up, Beauty 0432 187 767

INTERIOR DESIGN

Pip Interiors- Interior Design, Colour Consulting & Custom Made Blinds 0425 710 784

IRONING

Green Steam Ironing & Laundry facilities 7 Smithton Grove OG 0424 051735

GARDEN CARE & LANDSCAPING

Bellarine Black Diamond Garden Service 0429 990 850

Golightly Landscapes - All soft landscaping and garden maintenance 0405 696 042

KR Garden Care - Mowing, pruning, mulching & rubbish removal. 0457 265 852

KINESIOLOGY

Barwon Heads-Fiona Walsh 0410 687 826

LEGAL SERVICES

Coulter Roache 4/50 Hitchcock Ave Barwon Heads 5254 1877

Jeannette Ernst/Licensed Conveyancer 0407 726 260

Whyte Just & Moore 1/50 Hitchcock Ave. Barwon Heads (03) 5222 2077

MOTOR MECHANIC

Lasty's Mobile Mechanic Unit 2/168-170 Fyans st South Geelong Darren 0409 955768

MUSIC

Piano/keyboard lessons with Deb Podbury in Barwon Heads 0432 544 079

OPTOMETRY

Greg Sly Optometrist 87 The Parade Ocean Grove 5256 1295

Ocean Eyes Optometrists 2 Park Lane, 99 Presidents Ave. O/Grove 5255 5655

OSTEOPATHY

13th Beach Osteopathy & Health Services 1/86 Hitchcock Ave. B/Heads 5254 2668

PAINTER & DECORATOR

Colourman Painting James Long colourmanpainting@gmail.com 0407 415 541

P.P.KINGS Painting & Home Maintenance Services Call Phill 0419 185 450

Steve & Cathy Flynn Painter & Decorator 5255 5667 / 0411 126 291

PET BOARDING

Jirrahlinga Tait's Road Barwon Heads 5254 2484

PERSONAL TRAINING

Just in Time Personal Training - Workplace Health Justin Moran 0411 798 934

PHYSIOTHERAPY

Physio @ The Heads Wayne Clarke 2/76 Hitchcock Ave. Barwon Heads 5254 1100

PLUMBERS

BMC Plumbing Blair McGregor 0418 376 014

Davis Plumbing P/L 0419 504 085 / 0421 814 669

K2 Plumbing New, re-roof & repair specialists Kerry 0402 071 093

PODIATRY

myPod Podiatry 27Guthridge Street Ocean Grove Kim Nankivell 5256 3642

Podiatry @ The Heads Lizzy Ryan 2/76 Hitchcock Ave 5254 1100

POST OFFICE

Barwon Heads Next to the Community Bank 5254 2319

PSYCHOLOGY

Concept Psychology Services. Suzanne Brown, Clinical Neuropsychologist. 0488 992 721

RUBBISH REMOVAL

Prompt same day clearance Mobile Ph. 0476 277 423

SECURITY

Sylont Watching Service 0419 529 623

SELF DEFENCE

Jikishin Ju-Jitsu Bellarine www.facebook.com/jikishinjujitsuocangrove 0416 074 227

Karate Shinkyokushinkai Bellarine www.bellarinemartialarts.com.au 0404 800 640/0400 218 827

TRAVEL

Ocean Grove Travel 63a The Terrace Ocean Grove 5255 4422

Travel With a Difference Tremont Court B H. 5254 1279

WINDOW FURNISHINGS

Ocean Grove Blinds and Awnings 67 Madeley St. Ocean Grove 5256 3668

WINDOW CLEANING

Peter Macmillan 5258 4248 / 0415 493 302

WINESTORE

Barwon Heads Winestore Wine, beer, cider, spirits & more 2/86 Hitchcock Ave. 5254 2741

YOGA

Kyo Yoga Garden Studio or Kyo Hub kyoyoga.com.au 0438 562 723

Rachael Hely Yoga www.barwonheadsyoga.com.au 0430 515 424

BARWON ESTUARY COLOURING IN

Drop your colouring into the Post Office for a gift.

Hand drawn By Cassy Twc

PERENNIAL HERB ~ GROUND SPREADING OR CLIMBING ~ PAIRS OF SUCULENT 'Y' SHAPED LEAVES 2CM LONG

Coastal twin leaf

SEED CAPSULE

Yellow 4-petalled cup-shaped flower in leaf joins - 15mm long

BOTANICAL NAME ~ Zygophyllum billardierei

~ FLOWERS JUNE-DEC ~ COMMON ALONG RIVER FDE WALK ~

BARWON HEADS BOWLING CLUB



Bowling : A new Season.

Well all the nomads are back in town, so pennant season and warmer weather must be about to kick off. Whilst a lot of kilometers were covered by those nomads, the odd one picked up a speeding fine heading back to the cold weather, naturally the explanation was, the cameras must be wrong. Enough about those lucky enough to go north for the winter.

Pennant will this year be made up of 3 Saturday teams and one Tuesday team. Saturday teams are divisions 5,9, and 11 whilst Tuesdays team because of shortage of ladies is in Division 6 As mentioned previously the Club is pleased to have appointed Alan Walter as playing coach for the coming season. Alan has a wealth of experience from his many years involvement in the game.



He has endeavoured to instigate a vigorous training program but given the ages of participants has had to tread softly softly.

The Club welcomes back Jan Walter for Saturday pennant, and Craig Polworth who has joined the Club from Torquay. Around the Club, Pesident Tom Henderson is on the job, Robert Wilson is still running a very efficient Bar, Ken Allen doing a great job on the Green, Sandra and Pat looking after the kitchen. Selectors Alan, Ray, Alan, Joan and Pauline will be doing their job, but as we all know selectors never get it right, bowls is no different to any other sport. Season starts 2nd October and we wish everyone a good year of bowls. Until next time, good bowling.

BARWON HEADS SENIOR CITIZENS



The Ocean Grove/Barwon Heads Lions Club are hosting a Cheese and Wine Tasting on Friday 19th Oct @ 7pm to 9.30pm at the Barwon Heads Senior Citizens Club. Entry \$10 per head. On Monday 1st, 8th, 22nd, and 29th of October we have Morning Tea and Cards @ 10 am to noon. All welcome. Gold coin donation entry Monday 15th October is LUNCH at the Seniors. This is a 2 course meal supplied by the Ocean Grove/ Barwon Heads Lions Club. The cost is \$6 per head if paid by Wednesday the 10th. Any enquirers are welcome Phone Norm Buckley on 52543079



*Here for you
— on the beautiful Bellarine Peninsula.*

bellarine memories®
together with Kings Funerals

PHONE. 5255 5500
WEB. memories.net.au
ADDRESS. Cnr of Grubb Rd & Sinclair St, Ocean Grove

"The people who are crazy enough to think they can change the world are the ones who do."
Walter Isaacson



How the locals like it.

**IGA Proudly Supporting
your local
CFA Volunteer
Firefighters**

**BARWON HEADS
5254 2525**

8am to 8pm 7 days a week

Free Home Delivery



BARWON HEADS URBAN FIRE BRIGADE

Spring into summer

With the smell of jasmine in the air and a few teaser days of 20C, we know spring has well and truly sprung. The good news is winter is behind us and summer is just around the corner as is the fire season.

And that means it's time to start tidying up around the home. Trimming trees, mowing grass and cutting back bushes and shrubs will help ensure you are reducing the amount of fuel around your home. Cleaning gutters and clearing out sheds of unwanted clutter also helps reduce the fuel load and your home will look all the better for it.

Based on climate data and input from Australia's fire services, the 2018 Southern Australia Seasonal Outlook predicts above normal bushfire potential over the coming months and an early start to the fire season.*

Nationally, we have had warmer and drier than average weather over recent months and here on the Bellarine it has been quite mild with frosty nights and not much precipitation. Strong winds have been a key feature which have dried much of the moisture from the ground and vegetation.

The Outlook will be reviewed towards the end of spring to take into account the impacts of actual temperatures and rainfall in the lead up to summer. We'll provide local insights to the upcoming fire season specific to the Bellarine Peninsula in future editions of Talking Heads.

As a Brigade we are well on our way with pre-summer preparedness. Our members are refreshing their skills and knowledge in a number of areas, including how to manage and identify heat stress and heat exhaustion, map reading and understanding firefighting techniques. We also refresh practical skills, such as drafting water, hose handling and other tanker training.

Our ability to operate as a Brigade with the right equipment would not be possible if it weren't for the support we receive from local businesses and community organisations. While CFA provides us with our appliances and much of the firefighting equipment, we need to supplement that with items to enhance our efforts, such as a defibrillator unit, lights for night time operations and our Forward Command Vehicle. We recently popped into the Barwon Heads Bendigo Community Bank to present a Certificate of Appreciation in recognition of their recent donation to the Brigade. We are very grateful for their support. (Photo above).

Jump onto our Barwon Heads CFA Facebook page to see what the Brigade members get up to. We post important fire safety information and share photos and stories of past events. Please like, follow and share our page.

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 message us on our Facebook page.

*Source: *Southern Australia Seasonal Bushfire Outlook 2018* - <https://www.bnhcrc.com.au/hazardnotes/51>

Libby Burnett





SEAHAVEN
village

Studio/1br/2br/3br/4br
4.5 AAA Rated (Green Star)
Holiday Accommodation
Ph: 03 5254 1066 / 0417 543336
www.seahavenvillage.com.au

BARWON GROVE HOLIDAY RENTALS

★★★
Book the Bellarine
Andrew, Meryll & Rachel Smith

Barwon Grove Holiday Rentals team offer an experienced and personal approach to Holiday Rentals Property Management. Our team is fully qualified and experienced in Holiday Rentals Property Management, Tourism and Hospitality. Call us today to discuss our range of services and tap into our regular guest base.

1/25 Wallington Road, Ocean Grove...3226
03 5255 4676 – mobile 0412 102 145
www.bgholidayrentals.com.au relaxing@bgholidayrentals.com.au

Great Ocean Stays

Proud Winner 2016 & 2017 Best Accessible Business at the Geelong Business Excellence Awards.
Holiday | Corporate | Relocation & Wheelchair Accessible. 0403 515605
www.greatoceanstays.com.au

BIG WIN FOR SEAGULLS BASKETBALL CLUB



1 Congratulations to Seagull Rainbow on their 1st season of Basketball ever!!



Under 16 girls won their grand final in the geelong league! Seagulls 1st ever Grand Final win in the Geelong League!!

It's been a very successful and rewarding winter season.

The club has enjoyed watching 2 brand new rookie teams compete in the under 10's. It is quite incredible to watch the progress of these youngsters. None of them have played competitive basketball, with a lot of them playing for the first time!

In our girls teams we had Seagulls Rose win their Grand final and our under 16 girls team won our very 1st grand final in the Geelong League!! It was an amazing game to watch with Try Boy's players being fouled off by one until the game had to be called to completion due to only having 1 remaining player left on the court!! The Seagull Girls won comprehensively and it was sensational to watch.

Our Under 14 Boys (Cobalt) also pulled off a fantastic Grand final win over the Lonny Wizards. Cobalt are back to back champions!! Go Boys!

By
Viva Partos
Vice President



BARWON HEADS CRICKET CLUB

Where did the winter go?

It's a funny thing that while you're going through it, it seems that it's never ending. Even the weekends spent at the footy seem to have long gaps between them and the long cold nights seem to drag on forever. But then the skies clear and the weather warms up and all of a sudden we find ourselves at cricket training and then, BANG! We're playing the first game of the season and feeling like it's not so very long ago we were playing the last game of the season before.

Be that as it may, the winter gave the town it's deepest entry into a footy finals series in 25 years with the footy club contending the Grand Final. Unfortunately they were not successful and the club picked up its very first runners up in the BFL. It seems that picking the last

game of the season to have an off day is something that they share with the cricket club who suffered the same fate at our last attempt in a grand final, so we have great sympathy for the way that they were feeling in the days following the match. Still it was a wonderful ride and as I said last month we congratulate them on their success.

As for cricket, we're off and racing.

The first few matches are one day game and that means there will be a result, and of course that means that there is a good reason to come along and have a look. The players have been coming under new coach Jonathan Gill and training has been of a high quality and a lot of fun. While you're there watching the game, we have a bar and the bar sells cold cold drinks. We also sell memberships, which everyone in town is invited to purchase. Some of our memberships also give the owner a very nice discount on the aforementioned cold drinks.

On the subject of drinks, at the end of last season, the club was very lucky to open the new shade structure on front of the rooms, and over the winter we have been able to make an application for an extension of the area in

breaking any laws. There'll be a lot more space for socialising and you are all welcome to come and share the extra space.

This space will also be a great gathering point for parents watching juniors play. We have a number of junior teams this season with the normal Community Cricket programs for the little ones, then Under 11s for the ones ready for game time as well as Under 13s. Under 15s and Under 17s are still a bit of an issue for numbers, so if you are in those age groups and interested in the game then come on down to the club. So we're set to go. The players are ready, the club is ready, the rooms are ready and now we just need you. See you there soon.

More next month.
Matt Dunell

I hate losing and cricket being my first love, once I enter the ground it's a different zone altogether and that hunger for winning is always there.

Sachin Tendulkar



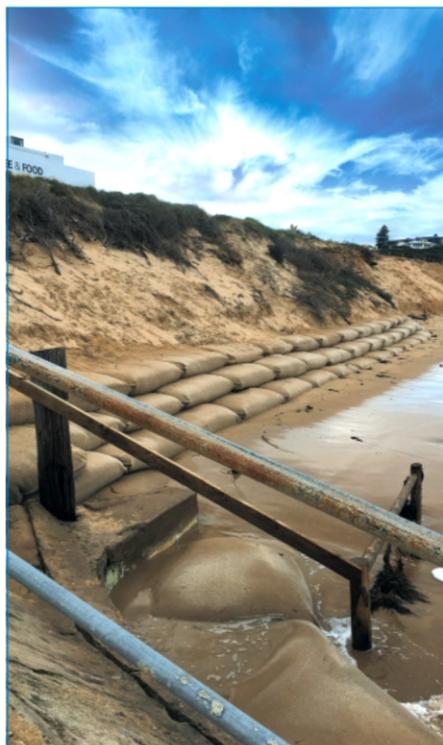
Barwon Coast Update

October 2018

Upcoming Community Events

We will be holding 'Community Open Houses' on the work we are undertaking to tackle coastal erosion at Ocean Grove Main Beach. These are on Thu 11/10 4-7pm and Sat 13/10 10am - 1pm at City of Greater Geelong Customer Service Centre, cnr Presidents Ave & The Avenue Ocean Grove. All welcome. www.barwoncoast.com.au/15w-ramp

Two free community forums "Beach Harmony: Interactions with people, dogs and wildlife." will be held at the Ocean Grove Neighbourhood Centre John Dory Drive on Sat 6/10 and Sat 24/11 2pm - 4:15pm. To book: www.trybooking.com/book/event?eid=424349& or call 5254 1118.



Barwon Coast Coastal Management and Beach Use Report Publicly Released

The final report of the Federation University study into community views and experiences in relation to various management issues within the Barwon Coast coastal reserve is now available for public viewing. It can be downloaded from www.barwoncoast.com.au/beach-use-report, copies can also be viewed at our office or at the City of Greater Geelong customer centre in Ocean Grove. Issues of dog management and dog access to beach areas was the most significant issue identified in the report. We will be commencing a review of the current dog regulations in force on our coastal reserves in November 2018. The report findings on this issue will be considered as part of that review and further community engagement will be undertaken.

If you would like to be informed of community engagement on this issue, please register your interest:

1. Email office@barwoncoast.com.au
2. Write in the email subject line: Dog Regulations Review
3. In the Email body please write: Your name and postcode

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

P: 03 5254 1115 E: office@barwoncoast.com.au



BarwonCoastVIC



@BarwonCoast

www.barwoncoast.com.au

Be selective about your battles, sometimes peace is better than being right

Jason O'Neill
Specialising in Environmentally Sustainable Homes

Building is my passion, quality is my signature

NEW HOMES • EXTENSIONS • RENOVATIONS

www.customhomebuildergeelong.com.au
E: info@jasononeillbuilder.com.au M: 0419393173

www.blindsawningshutters.com.au

OCEAN GROVE
blinds + awnings

free
measure & quote

- blinds • curtains
- shutters • awnings

Luxaflex
LUXAFLEX CURTAINS

Now Servicing all areas of Geelong
Showroom: 67 Madeley Street, Ocean Grove 5256 3668

VDB Homes

vdbhomes.com.au
0411 426 606 ash@vdbhomes.com.au

QUALITY REGISTERED Building Practitioner



41 Geelong Rd
Barwon Heads
52543313



Barwon Heads Community Bank News



Okay, now we are getting to the rock stars of the Barwon Heads Community Bank Board.....

Marg Austin! Marg joined the Board in 2014 and is currently Chair of our Grants and Sponsorship Committee.

This month we proudly put Marg in the spotlight:

Tell us a little about yourself

I am married to John with 3 grown up daughters and 5 grandchildren. My favourite sport to play is golf with my favourite sports to watch being golf and Australian Rules Football Go Pies!

How long have you been on the Board and why did you join?

I joined the board in 2014 with my primary reason being community involvement.

What do you do when not on the Board, what's the AFL team that you support and favourite holiday destination?

Did I mention golf & Collingwood? When I'm not on the Bank Board, I play golf. I'm also on the Committee at Barwon Heads Golf Club. I also love playing with my grandchildren. My favourite holiday destination is cruise ship travel Greek Islands And my AFL team is Collingwood.

Best financial advice you have been given?

Live within your means

Best financial advice you have been given, then ignored to your financial detriment?

Don't go into business with friends without very strict guidelines

"Go to" activity / place around Barwon Heads that you always do when a new visitor arrives?

The "Bluff", river and BHGC and the main street restaurants

LEARNING EXCHANGE NETWORK (LEN) TALK - brought to you by Barwon Heads Community Bank



TOPIC
TECHNOLOGY,
INNOVATION &
START-UPS

WHAT ARE LEN TALKS?

LEN Talks have been created to show-case and celebrate the talents and capabilities that exist within our fantastic community.

We love talking with our customers as they share into the branch and learning about what they do across a wide range of areas, so we thought you might like to Learn, Exchange & Network as well - hence LEN Talks.

Each LEN Talk is based around a theme with 2 x 10-minute presentations, a short break for refreshments, then a facilitated 15 minute Q&A.

WHEN: Wednesday 10th October

WHERE: Barwon Heads Hotel

COMMENCING: 6.30pm for a 7pm start

CONCLUDING: 8.30pm

COST: Free

INCLUDES: Finger Food (beverages available for purchase)

To secure your spot - please book on-line at:

www.bendigobank.com/420214

Please let us know if you are attending for catering purposes.

The Presenters



Peter Dostis

CEO Runway-Geelong Peter is passionate about innovation and the commercialisation of products and services to gain competitive advantage for Australia globally. He is currently CEO and co-founder of the Runway Geelong incubator program focused on creating a start-up ecosystem in Geelong that will help launch start-ups as well as develop Geelong into a start-up city. Peter has started up 2 of his own businesses and worked in over 30 organisations either directly or through his own businesses.



Simon Quirk

Simon Quirk is captivated by the huge impact that new business models can have in shaping industries and society. Simon is co-founder and CEO of University Q video learning and assessment platform and has co-founded strategy Fusion (a software platform for strategic business planning), ConQ (digitising property conveyancing) and Fourth Line (a cloud-based compliance platform for financial advisers). He also advises start-ups and corporate strategy and innovation and is an Industry Fellow at Southern University and Director of Geelong Legal Futures Lab and a Board Member of Runway-Geelong.



Fi Mercer

Fi Mercer is an entrepreneur, disruptive innovator, governance specialist and founder of Governance Evaluator. Established in 2013, Governance Evaluator is Australia's premier cloud-based platform for governance evaluation and capability building. Governance Evaluator is changing the way boards and councils develop themselves for success. Governance Evaluator also won the industry section of the \$50,000 IT Invention Test, 2013.



Barwon Heads Community Bank is proud to present the Barwon Heads Learning Exchange Network (LEN) Talk.



BARWON HEADS COMMUNITY GROUPS

Funding applications are now open

The bank has delivered over

\$220,000

To the local community since opening.

**Barwon Heads Community Bank
Notice of Annual General Meeting
6.00pm Tuesday 30th October 2018
Barwon Heads Football & Netball Club Clubrooms**

www.facebook.com/BarwonHeadsCommunityBankBranch

Proudly supporting our community



www.bendigobank.com.au/barwonheads

talking HEADS bellarine®

Keeping it real

October 2018



Ocean Grove main beach - Photo: Kathy Turner

ALL ADVERTISING ENQUIRIES FOR
NOVEMBER, DECEMBER, JANUARY

talking bellarine

Joanna 0438 286 448
e: talkingheadsmag@outlook.com



TIMELESS
SKIN LASER & BEAUTY SPA

WHERE TIME STANDS STILL

- Skin Rejuvenation Facials
- WORLD FIRST! Ginger & Me Mindfulness Signature Treatment
- Microdermabrasion, Hydrabrasion
- Relaxation Massage
- Manicures, Pedicures, Shellac Nails
- Waxing
- Ear Candling
- Spray Tanning
- Teeth Whitening

Ocean Grove Marketplace Shell Rd. Ocean Grove
T: 5255 3007 or book online
www.timelessskin.com.au



/timeless.skinlaserbeauty



OLIVE-GREEN
PLANT AND PROP



Boutique nursery featuring our range of air purifying indoor plants, Mr Kitty pots, Angus and Celeste, Capra Designs, On The Side. We Pot up your plants in the nursery.

www.olive-green.net
[@olivegreenplantandprop](https://www.instagram.com/olivegreenplantandprop)



15 Lelean Street Ocean Grove

Sunday 18th November



RunForGeelong'sKidsisourbrand'snewestcommunityfunrun proudlysupportingthedevelopmentofBarwonHealth'snewkids rehabilitationcentre.

Thefacilityhasbeendesignedpurelyforourlittlestheroeswhodesperatelyneeda newfacilitythatsupportstheirdevelopmentandasaproudpillarofthecommunity we'rethrilledtobeabletosupportthisimportantcause.

RFGKisafamily-friendly,communityeventthatchaterstoallfitnesslevelswitha 10kmrun,5kmrun,5kmfamilywalkand1kmkidsrun.

Participantswillbeabletorunortrollthroughourtownsmosticonicstreetsand landmarkswithlotsoffamily-funalongtheway,beforeenjoyingthefestivitiesatthe eventfinishingline.

Formoreinformationandtoregisterheadtowww.runforgeelong.com.au

Coastal Ceramics



HAND MADE FUNCTIONAL POTTERY

Shop 2/83 The Parade Ocean Grove
(Inside Coastal Cuts)
5255 3360 / 0425 714 595
Insta #coastal_ceramics

THE BOOKSHOP AT QUEENSCLIFF IS MOVING

WE WILL CLOSE AT
30 HESSE STREET ON
SUNDAY 14 OCTOBER

WE WILL OPEN AT
84 HESSE STREET ON
SUNDAY 18 NOVEMBER

WE LOOK FORWARD TO
WELCOMING YOU TO
OUR NEW STORE

FOR MORE
INFORMATION
CONTACT US
ON 52584496



International Headquarters at Queenscliff Harbour

We can make your fishing dreams a reality



Fishing Remote & Exotic Parts of Australia & the World

Contact Us Today

(03) 5221 7108

www.anglingadventures.com.au

SEAVIEW GALLERY

queenscliff

CIRCLE OF CALM

A Beautiful
Exhibition

By

Anita Barrett

6-28 October

Open 10-30 5.00 daily

Closed Wednesday

Ph. 03 5258 3645

86 Hesse St Queenscliff 3225

Www.seaviewgallery.com.au

Email:seaviewgallery@efitel.net.au



BELLARINE ARTS TRAIL 2018

ARTS COUNCIL BARWON HEADS

NOVEMBER
SAT 3
SUN 4
10am-4pm

BARWON HEADS
OCEAN GROVE
POINT LONSDALE
QUEENSCLIFF

Discover the art
meet the artists
in their studios &
creative venues.



- HOT SUMMER ENTERTAINMENT
THAT WILL KEEP EVERYONE COOL THIS
SUMMER IN BARWON HEADS -

Ticket give-aways coming up in November

Talking Heads/Talking (Heads) Bellarine



Birchwood panel
by Anita Barrett

Circle of Calm

Anita Barrett Exhibition 6-28 October

Drinks with artist Saturday 6 October 3pm.

This month Seaview features local artist Anita Barrett.

Living in Geelong gives Anita excellent access to Victoria's surf coast and the Bellarine region where she gets a lot of her inspiration. Paintings and sketches by Anita are a personal record and visual journal of scenes that have attracted her attention.

As an artist, she is always looking for a glimpse or moment in nature, and constantly noticing designs and shapes, colour and texture, when she sees it. She describes her artwork as impressionism with an abstract format. Anita predominantly works with acrylic and charcoal on round wood panels and canvas, building her paintings with layers of paint, scratching and rubbing back in areas to reveal underlying colours. Leaving charcoal marks features a lot in her works creating soft texture.

Also this month after a very successful show two new pieces from Kate Smith and other new works from Sarah Clark and Vida Pearson.

Upcoming for November. Sara Paxton Exhibition "Inspirational Colour" 3-26 November

Seaview Gallery is a participating Gallery in the **Bellarine Arts Trail November 3 and 4.**

Ring gallery for more information.

In the
meantime,

check the program,
Pre-book or buy Xmas
present tix at
www.wonderlandspiegelent.com.au

★

⋮

BROWN
GOUGE

DRY-CLEANING
AND
SHOE REPAIRS

THE DRY CLEANING EXPERTS
1/85 The Parade Ocean Grove
Ph: 5256 2122



SHOP 6
OCEAN GROVE MARKETPLACE
OCEAN GROVE



SPECIAL



Selection of
Fully Imported
500ml Beers from
around the world
**Mix and match
6 for only \$20**

**Catering for any function needs with beer,
local wines, massive wine selection,
spirits & ready to drink options a plenty.**

"If ya not shopping at Premix King..."

Ya getting ripped off!"



JACK RABBIT
THE BELLARINE



Laugh in the back. Dance in the sun. Walk don't run.

- o ICONIC BELLARINE WINERY
- o UNRIVALLED PANORAMIC VIEWS
- o CONTEMPORARY A LA CARTE CUISINE
- o SOPHISTICATED COOL CLIMATE WINES
- o LUNCH AND GUIDED TASTINGS
- o DINNER FRIDAY & SATURDAY NIGHTS



OPEN 7 DAYS 10.30AM – 5.00PM. DINNER FRIDAY & SATURDAY NIGHTS
85 MCADAMS LANE BELLARINE VIC 03 5251 2223
www.jackrabbitvineyard.com.au



HALLIDAY WINE COMPANION 2017

Want to enjoy sensational wine in a funky rustic chic setting?

- AWARD WINNING WINES
- GUIDED TASTINGS
- STUNNING PIZZAS & PLATTERS
- LIVE MUSIC SUNDAYS 60's, 70's, 80's

Open Thurs - Sun 10.00am - 5.00pm
lunch, guided tasting, coffee & cellar door sales



1400 PORTARLINGTON RD CURLEWIS VIC 03 5253 3180
E: functions@leuraparkestate.com.au
www.leuraparkestate.com.au



Want to go somewhere FUNKY, FUN and FABULOUS on the Bellarine?

Open 7 days for lunch, guided tastings & coffee
Open for dinner Friday & Saturday nights
Live Roots music every Friday night



Once every wrapping up boutique bottles
FLYING BRICK CIDER HOUSE
FUNKY | FABULOUS | FUN

1251-1269 BELLARINE HIGHWAY, WALLINGTON VIC
P: 03 5250 6577 E: info@flyingbrickciderco.com.au

flyingbrickciderco.com.au [flyingbrickciderco](https://www.facebook.com/flyingbrickciderco) [flying_cider](https://www.instagram.com/flying_cider) [flyingbrickciderco](https://www.youtube.com/channel/UC...)



est. 2012
and
reborn
THE BELLARINE
NATURALLY CRAFTED

Big Bang Bellarine!

On our doorstep are three of the best venues around, each unique.

Jack Rabbit continues to blow people away with amazing vistas, food and wine.

Local favourite, Leura Park Estate offers a relaxed, rustic chic ambience, premium wines, lovely casual fare and live music Sundays.

Flying Brick is the go for cider tasting, local wines, beer and an innovative menu designed to inspire, indulge and share.

Take your pick and enjoy your doorstep!