

Humans in Geelong Online Expo 2020.

9am Welcome to Country live via Zoom presented by Corrina Eccles – link emailed to all participants and those registered for the event via Eventbrite.

9.15am All videos become available on our [Humans in Geelong YouTube](https://www.youtube.com/channel/UCFm8RuKjt_i-gzHj5IRfDmg) in a playlist 'Humans in Geelong Online Expo 2020'. They can be viewed in order or you can choose which videos you'd like to watch.

All videos will remain on our Humans in Geelong YouTube ongoing. Please share.

https://www.youtube.com/channel/UCFm8RuKjt_i-gzHj5IRfDmg

More information about each video at the end of the playlist order:

Click on (below) at the end of the name to be taken to more information about that participant. ENJOY!

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35. Mangroves Exhibition, collaboration between artists (below)
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37. I am Independent, Penny Manning (below)

38. Fenn Wilson, 'Ghost Heroin' original song (below)
39. Ocean Mind w Jack Freestone (below)
40. Atman, Mental Health support for Teenagers (below)
41. Hope Springs, With One Voice Choir (below)
42. Bound by Family, Room 64 Barwon Health (below)
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44. Sixteen on a bus, The Empowerment Challenge (below)
45. Famous Will, 'The Story' an original song (below)
46. OneCare, Geelong (below)
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50. Brunette Red Dress, 'Wait my Turn' original song (below)
51. Ray Martin interview with Rory Costelloe (below)
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53. World Environment Day 2020, Fridays for Future (below)
54. A Fresh Legacy, Kyrstie Barcak (below)
55. Sustainable House Day 2020, Geelong Sustainability (below)
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58. World Heart of Connection Day 2019, Mark Randall (below)
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60. Potato Shed Retrospective 2019 – 2020 (below)
61. A letter from Reese, genU's letter writing project (below)
62. Dilly Bag Making, Reconciliation in the Park 2020 (below)
63. Geelong Crusaders (below)
64. About Geelong Pride Film Festival (below)
65. Synchronicity, Chris Mackey, Psychologist (below)
66. Wombat's Wish, Camp (below)
67. JJ Inspirational Video, Janelle Johnston (below)
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71. Young WILD, Women in Local Democracy (below)
72. Zonta Club of Geelong (below)
73. Kaye Baillie, Children's Author (below)
74. Geelong Arts Centre, Joel McGuinness (below)
75. Jacklyn Foster Art (below)
76. Destination Happiness, Keeping Active (below)
77. Hoodie Boogie with Immy Owusu on guitar (below)
78. Study Geelong (below)
79. Sober Mates, Sam Wilson (below)
80. Blink Dance Theatre at Geelong After Dark (below)
81. Ashby Community Garden (below)
82. Fight for the Bight, Surfrider Foundation Torquay (below)
83. Lash78, 'Stay Here' original song (below)
84. Locally Grown Funnies (below)
85. Joshua Maxwell de Hoog, Artist (below)
86. Drumming at HuG Expo19, Wild Moves on the Surfcoast (below)
87. Emipeli Design, Tactile clothing (below)
88. Bree-Arne Manley, Motivational Video on MS (below)
89. Famous Will, 'Waiting' and original song (below)
90. Chloe Hayden, Princess Aspien, 10 Autism Traits to look for in girls (below)

91. Ocean Mind (below)
92. Riordan, 'Sunbreak' original song (below)
93. What do you love about the Geelong region? Produced by Humans in Geelong (below)
94. Geelong Waterfront Films (below)
95. Leisure Networks (below)
96. Trinity Jane, 'Nothing like me' original song (below)
97. Kristy Young, (Little Audrey) on weight loss (below)
98. Bird Rock, Wild Moves on the Surfcoast (below)
99. Psych Spiels & Silver Linings, Rowan & Chris Mackey, Psychologists (below)
100. Birthing Artemis, Stephanie Jane Pollock (below)
101. Something Krook, 'Alphabetti Spaghetti' original song (below)
102. The Journey, Matt (projection artist) & Liz Bonner (below)
103. Cherished Pets (below)
104. Broc the Kasbah, Amal Laala (below)
105. Mindfulness, Daniella D'Amore (below)
106. Rach Brennan and the Pines, 'Chelsea' an original song (below)
107. Live Life Laughing, Phillipa Challis (below)
108. Staying Geelong Strong, The Geelong Cats, GFC (below)
109. Stress Walters, 'Tippy Toe' an original song (below)
110. Geelong Pride Film Festival (below)
111. Culture Lives Here, Geelong Regional Library (below)
112. Personal Journey, Alicia Kennedy (below)
113. Alex Marshall, Talking Politics while fixing a door (below)
114. Tiaras, Tears and Triumphs, Sandy J (below)
115. Piano Bar (below)
116. Dear Mental Health, Poem by Brandon Dellow (below)
117. Rainbow Inc. (below)
118. The Hope Song, Janet Brown, a play for Mental Health Month (below)
119. 'This is Me' Flashmob at Humans in Geelong Expo 2018 (below)
120. Humans in Geelong Expo 2019 (below)

More information about our amazing participants:

1. Christine Couzens MP



Christine Couzens MP, Legislative Assembly, Australian Labour Party welcomes us to the fourth Humans in Geelong Expo. This year, the Expo has adapted and has become the Humans in Geelong Online Expo 2020.

Email: christine.couzens@parliament.vic.gov.au

Website: <http://christinecouzens.com>

Facebook: <http://facebook.com/ccouzensalp>

Watch: <https://youtu.be/yZVZnmYAe5s>

2. Andy Meddick MP

Andy Meddick MP

Member of the Legislative Council for Western Victoria

Animal Justice Party

Andy welcomes us and speaks on transgender, the natural environment and community

Email

Andy.Meddick@parliament.vic.gov.au

Website

<https://www.ajpvic.org.au>

Twitter

<https://twitter.com/andymeddickmp>

Facebook

<https://www.facebook.com/AndyMeddickMP/>

Elected MLC for Western Victoria November 2018 Watch: <https://youtu.be/OuUvh6pwIJU>



3. Martin Cutter CEO of the City of Greater Geelong

Martin Cutter, CEO of the City of Greater Geelong welcomes us to the Humans in Geelong Online Expo 2020. As local Council elections are being held, we are in caretaker mode, so the Mayor and Councillors are unable to comment.

<https://www.geelongaustralia.com.au/>

Read the City of Greater Geelong's Clever and Creative vision: <https://humansingeelong.com/2017/12/14/a-clever-creative-future/>

Watch: https://youtu.be/348_oeyeqdQ



4. Footage of Geelong and region from Tourism Geelong and Bellarine

Visit our beautiful region.

<https://www.tourismgeelongbellarine.com.au/>

<https://www.visitgeelongbellarine.com.au/>

Story on Brett Ince Executive Director: <https://humansingeelong.com/2020/05/15/brett-ince-supporting-our-regions-tourism/>

Watch: <https://youtu.be/qDGTU6F2ySk>



5. VC Iain Martin Deakin University

Deakin University's VC Professor Iain Martin welcomes us to the Humans in Geelong Online Expo 2020. We've held our first three Expos, yearly since 2017, at the beautiful Deakin University Waterfront Campus in Geelong. We thank Deakin University for their ongoing support and sponsorship of our voluntary project Humans in Geelong project.

<https://www.deakin.edu.au/>

You can read many inspiring stories from Deakin University on our website: <https://humansingeelong.com/>

Watch: <https://youtu.be/-qSYX0IK7yY>



6. Professor Steven Moylan of Barwon Health launches Mental Health Month for our region and presents a wellness message

Professor Steven Moylan, Clinical Director, Mental Health, Drugs and Alcohol Services at Barwon Health welcomes you to the Humans in Geelong Online Expo 2020. The uplifting start to Mental Health Month in our region.

Follow Barwon Health on all socials @BarwonHealth

Website: www.barwonhealth.org.au

You can read many inspiring stories from Barwon Health on our website: <https://humansingeelong.com/>

Watch: <https://youtu.be/ZEQ1ZkPtQr4>



7. Drone Footage of Geelong and region from Boom Jellyfish

Boom Jellyfish Productions is Geelong's latest premium video production house.

We place a strong emphasis on the art of storytelling, bringing creativity and originality to your project.

With many credits in the television and corporate arenas, Boom Jellyfish prides itself on being transparent with the client, for the experience to be an enjoyable one and for delivering excellence.

Thanks to Jake Yeaman for the fabulous drone footage.

We're passionate about story-telling, so no job is too big or too small. Call us for a chat and a quote. [0411 607 277](tel:0411607277)

Boom Jellyfish Productions <https://www.boomjellyfish.com/>
info@boomjellyfish.com

Luke Massey is all about generously giving to community, read his story here:

<https://humansingeelong.com/2020/03/12/luke-massey/>

Watch: <https://youtu.be/DkuEvJCKbsl>



8. Humans in Geelong Team Watch: <https://youtu.be/fxELu1XDtAw>

We aim to INSPIRE, CONNECT and STRENGTHEN our community!

Stories are powerful, inspiring and uplifting, they arouse feelings, open minds and stimulate positive change. All of this brought to you by a team of dedicated volunteers. To support our project, please follow and share:

Website: www.humansingeelong.com

www.facebook.com/HumansinGeelong/

www.instagram.com/humansingeelong/

www.twitter.com/HumansinGeelong

linkedin.com/in/jacqui-bennett-b33331189

www.youtube.com/channel/UCFm8RuKjt_i-gzHj5IRfDmg

HuG for short, as we are creating the HuG Movement.

We are a dynamic team of 'Not-for-Profit' volunteer changemakers who report on the 'good news' stories of our home town Geelong and district. The stories are about the everyday locals who are taking action, one way or another, and making a difference. In four years we have over 14,500 followers in 45 countries, a reach of 232k and have told over 500 diverse, inspiring stories.

On Oct 8th we held the first inspirational 'Humans in Geelong Expo 2017' that 1,500 people attended at Deakin Waterfront. Twice as many attended our 2018 and 2019 Expos. This year's Expo is going Online on our YouTube channel.

To inform the community of the project we:

- Tell 2-3 inspiring stories a week on our website and social media
- Hold the annual Humans in Geelong Expo

- attend events, fundraisers, walks/marches, community group meetings etc
- present talks/powerpoints to schools, libraries and community groups
- presented to the State Government's 'Creative State Summit 2019'.

We were recipients of the State Government Grant 'Pick My Project' to produce the Humans in Geelong Book which went free to all schools, libraries and community groups, injecting positivity and hope into our community.

Humans in Geelong aims to:

- Use the powerful medium of storytelling to create positive social change
- inspire, connect and strengthen our community
- feature locals making a difference
- showcase creativity, sustainable practices, cultural diversity, health & wellness, equity and opportunities
- be a pathway to work
- create a better world by spreading positivity and hope Watch: <https://youtu.be/fxELu1XDtAw>



9. Humans in Geelong Introduction to the Bethany Superhero Awards by Jacqui Bennett and Althea Abraham

For the Humans in Geelong Expo each year since 2017, we have run the Student Writing Competition, to encourage students to write about locals who are making a difference. Last year, Bethany ran a very similar competition so it made sense to collaborate and to join forces, and together run the Bethany Superhero Awards.

Watch: <https://youtu.be/oPZD6nth5Mg>



10. Bethany Superhero Awards Ceremony

Bethany Superhero Competition for Primary School students, awards announcement.

Primary school-aged children in the Greater Geelong Region and Warrnambool were invited to draw a picture, write a story or a poem, send photos or make a video about a local who deserves to be recognised as a Superhero.

The competition unearthed and celebrated local, unsung heroes with the following aims:

- To educate children on the importance of respectful, caring relationships and how to identify positive role models in their lives
- To celebrate positive role models for children and acknowledge people whose everyday actions enrich the lives of children and empower them to be their best



Humans in Geelong were very proud to team up with Bethany to deliver this competition.

<https://www.bethany.org.au/>

Watch: <https://youtu.be/cdMTizosRGo>

11. Baraka the Kid, Rapper

Baraka the Kid, AKA B.T.K is an upcoming Hip hop & R&B artist based in Geelong Australia. Baraka came here with his family from Africa and has been developing his music style since.

Instagram: @baraka_the_kid

Read his inspiring story here: <https://humansingeelong.com/2019/12/07/fiston-baraka/>

Watch: <https://youtu.be/rnaBuaT0nEE>



12. Friend in Me message about resilience from Superheroes to kids

Superheroes giving the kids wellness messages and strategies. Friend in Me is a not for profit organisation that promotes social inclusion and acceptance in children through sensory friendly events, workshops and online programs.

Message from their Chief of Inclusion: My name is Louise Larkin and first and foremost I am a devoted mother of two girls (with another little girl on the way) and a loving wife to Cam of six years.

I spent many years in a senior corporate role in events and sales but I knew there was something missing.

There was fire in my belly that needed to be ignited to be a change maker so Friend in Me was born.

Friend in Me is a not for profit organisation that promotes inclusion and acceptance in children. We are on a mission to make sure that no child is left behind in their communities.

Mental health is a topic very close to our heart as I lost my dad to a long battle with the illness a few years ago.

Now we are on a mission to make sure that each and every child lives in a world with no mental health concerns and empower them to live a positive life they so deserve.

T: 0403 221 443 | hello@friendinme.org.au | www.friendinme.org.au

Read their story: <https://humansingeelong.com/2020/08/04/friend-in-me-louise/>

Watch: https://youtu.be/K9D_ZEN0thI



13. Breatheablueocean

My name is Edward, my handle on Instagram is @breatheablueocean

The artwork is done under the cover of darkness, I use simple construction methods. They never take longer than 2 hours to do and they never last longer than 3 hours due to the tides.

Try not to judge people, if we judge it is harder to love. I stay anonymous because I like the idea there is always something you do not know about the person sitting next to you, the person living in your house, the person riding the bus... I mean it in a creative positive sense. Get to know people, take care.

Photography: Adam Stan and Ed

@adamstanphotography @breatheablueocean

Read Edward's story: <https://humansingeelong.com/2020/08/21/breathe-a-blue-ocean-ed/>

Read Adam's story: <https://humansingeelong.com/2020/09/26/photographer-adam-stan/>

Watch: <https://youtu.be/xXQPuUH1ryY>



14. Story Dogs

Dogs who listen to children read. They are non-judgmental, loving and kind and the children have success.

Videography: team member Phil Hines Photography

Connect: <https://www.storydogs.org.au/>

Karen, Geelong's Story Dog Coordinator: 0423 021 984

Read the story: <https://humansingeelong.com/2020/01/27/penny-the-story-dog/>

Read the update: <https://humansingeelong.com/2020/08/24/story-dogs-update/>

Watch: <https://youtu.be/tWXITt4U574>



15. Matilda Hassall, 'Have you told your mother about me?' original song

Original song produced by Matilda Hassall. Matilda helped source many of the songs for this Online Expo. Over lockdown she ran @undertherug.venue on Instagram where local artists could perform live on Friday nights. Thanks for all you are doing for the local music industry Matilda.

@hassallmusic on Instagram

Read Matilda's story here: <https://humansingeelong.com/2020/07/01/under-the-rug-matilda/>

Watch: https://youtu.be/ZK_2GABNuto



16. "Art Under Covid Skies", Youth Panel led by Kuranda Seyit consisting of Ozge Alkan, Hesh the Rapper, Aseel Tayah and Sami Shah

"Art Under Covid Skies" A youth panel discussion about art and the Coronavirus lockdown hosted by Kuranda Seyit. View the discussion with four young amazing artists from different walks of life.

They link the importance of their art to helping with a positive Mental Health outlook and talk about how their art has helped them get through these challenging times. Be entertained by this thought-provoking youth panel - Children's Book Author, multi-artist, rapper and a comedian.

Ozge Alkan - Özge Alkan was born in Turkey, grew up in America and lives in Australia. She holds an honours degree in Journalism and a Master's degree in Information Studies. She worked as the Head Librarian at Ilim College and Community Development Librarian for Boroondara Library Service. She is the co-author of children's book Hijabi Girl.

Özge is working on the sequels for *Hijabi Girl* in between running after her two young children and volunteering for the community organisation Big Group Hug. Find her on Twitter @OzgeSevindik

Hesh the Rapper- Hesh is an acclaimed hip hop artist from the Melbourne based hip hop group called the Brothahood, a conscious hip hop group which promote positivity and meaningful messages through their music for young people. Hesh is now bringing that vibe and more to a younger group of children through his alter-ego Hibble Hop. Hesh is also a qualified school teacher, counsellor and personal trainer.

Aseel Tayah - As a Palestinian artist/activist, Aseel has been instrumental in using her cultural practice to shed light on the experiences of those living in war-torn countries and conditions. Aseel is a talented art maker, drawing diverse participants into her orbit through the courage of her convictions and the power of her stories. She has created numerous new works such as *Bukjeh* and *Lullabies Under the Stars*, inviting communities into the experience of asylum seekers and refugees, through deeply personal and transformational multiart engagements.

Sami Shah - Sami Shah is a multi-talented writer, comedian, performer and broadcaster.

He co-hosted the ABC Radio Melbourne Breakfast program with Jacinta Parsons for two years from 2018. Sami has also written and performed a two-part series for BBC Radio 4 - *A Beginners Guide to Pakistan* - and appeared as a panelist on QI with Stephen Fry.

He was awarded the Best Local Act at the 2013 Perth International Comedy Festival, and Best WA Comedy at 2016 Fringe World. His autobiography, *I, Migrant*, was nominated for the NSW Premier's Literary Award (2015), the WA Premier's Literary Award (2016), and the Russell Prize for Humour Writing (2015).

Watch this enlightening panel discussion: https://youtu.be/Xxu9_xmCk0



Photos: Supplied, top left Ozge Alkan, top right Zaynab Farah (unable to participate, Hesh the Rapper instead), bottom right Aseel Tayah, bottom left Sami Shah

17. Peace of Mind Foundation, Family Retreat 2020

Peace of Mind Foundation is a not for profit organisation created to give support, courage and community to brain cancer patients, their carers, family and loved ones. It was founded 6 years ago by the amazing Bec Picone. Bec is also a Humans in Geelong team member.

<https://www.peaceofmindfoundation.org.au/>

Read Bec's story: <https://humansingeelong.com/2016/09/17/peace-of-mind-rebecca/>

Bronwyn's story: <https://humansingeelong.com/2019/04/17/peace-of-mind-foundation-volunteer-bronwyn/>

Watch: <https://youtu.be/b78-DqC2ucM>



18. Studio Tour, Caroline Hawkins, Artist

An experiment with some eucalyptus bark to create a small basket was the start of a fascination in fibre art with natural materials for Caroline Hawkins a Surfcoast artist. Some formal learning soon followed with a local basket weaver and through Basketmakers Victoria.

Caroline's practice encompasses creating sculptural fibre art, baskets and more recently ephemeral art, using plant materials from her surroundings. *"It's very satisfying in that I feel a part of my environment as I search for suitable weaving plants."*

Development opportunities have included learning from indigenous basket weavers and several overseas trips to learn basketry techniques from other cultures. Often to discover there are many similarities in methods, but using materials which relate to the local environment.

"The more I learn about the techniques of weaving, the more I feel connected to the depth of knowledge and an ancient culture in a hands-on way."

Caroline is equally at home whilst teaching and supporting others with their creative endeavours as with making her own artwork. She has a wealth of experience in working with new migrants to Australia, sometimes without English, in maintaining traditional cultural craft practices.

"Cultural crafts often form an important part of people's identity, it supports their wellbeing when they are able to create and share with others."

Caroline holds weaving workshops regularly and welcomes your enquiries for commissions and tuition

<http://www.carolinehawkins.com.au>

Acknowledgements: Joy Beeby for introducing me to basket weaving and for her tuition and encouragement along the way.

Basket Makers Victoria for their invaluable knowledge of plant materials as basketry fibres.

Fibre and wire artist Bryant Holsenbeck from California

Aboriginal artist Bronwyn Razem, for teaching how to make bush toys and indigenous basket weaving.

Affiliations:

President of Surf Coast Arts

Member of Basket Weavers of Victoria

Member of Geelong Sculptors Group

Caroline's story: <https://humansingeelong.com/2017/03/06/water-for-a-village-caroline/>

Watch: <https://youtu.be/yJ4TQdwlHHk>



19. **MACS, Multicultural Aged Care Services Geelong, Visitors Pod**

At **MACS** we want all our residents to flourish. In well-being. In health. In life. Since 1994, we have been helping our residents to flourish in their later years.

Our Vision

Culturally diverse individuals living life to the full.

The visitor's pod was designed so that residents could still connect with family, safely, during Covid-19.

<https://www.macs.org.au/>

Read their CEO Joy Leggo's story: <https://humansingeelong.com/2018/07/26/macs-joy/>

Watch: https://youtu.be/4ANMw_BxTjE



20. Free Conversations, Barcelona

Barcelona, two chairs, a sign saying 'free conversations' and a listening ear. Adria Ballester has heard some of the most amazing stories from locals and visitors to Barcelona. In this video he explains how meaningful conversations save lives. Thanks for connecting Adri, meet you in Barcelona one day.

Twitter: @adria_ballester

Instagram: @freeconversations

Read the story: <https://humansingeelong.com/2020/04/18/the-free-conversations-movement/>

Watch: <https://youtu.be/APRvyg5Y7nA>



21. Georgia Rodgers, 'Pink turns Blue' an original song

Solo artist, guitarist. 'Pink turns Blue' is an original song. Georgia Rodgers is a solo act from Geelong performing a range of infused jazz/blues tunes for all ears to enjoy.

Email: georgiaproddgers@hotmail.com

Instagram: @georgiarodgersmusic

<https://www.facebook.com/georgiaproddgers/>

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/aZVTLwVdXls>



22. Dragons Abreast Geelong, Juggernauts

Dragons Abreast Geelong Juggernauts support breast cancer survivors and their support people.

They meet 12.30 Saturday afternoons at the Geelong Canoe Club at Ballyang Sanctuary in Newtown. Paddles and lifejackets are supplied. Everyone is welcome.

You can find them on Facebook at Dragons Abreast Geelong Juggernauts or <https://www.dragonsabreast.com.au/>

Read their story: <https://humansingeelong.com/2018/05/23/juggernauts-fran/>

Watch: <https://youtu.be/Xai2PTFmBvE>



23. The Streets Barber, Nasir Sobhani

Nasir Sobhani, also known as 'The Streets' Barber,' has earned his affectionate title spending his time taking to Melbourne and Geelong's streets offering free haircuts and shaves to the homeless and less fortunate. His inspirational story of compassion and generosity has received significant attention globally.

Nasir has discovered that giving people the time of day, showing compassion and a good listening ear and conversation to be a wonderful way of being of service.

<https://thestreetsbarber.com/>

Read Nas's story: <https://humansingeelong.com/2018/07/06/the-streets-barber-nasir/>

Watch: <https://youtu.be/Slx7owhY3RE>

Photo: Humans in Geelong Expo 2018, Nasir with team members Jacqui Bennett and Brandon Dellow

24. Here I am, a Surfcoast morning by Marc Gollenia

'Here I Am' is a video about a morning at the Surfcoast in Australia. Many people are struggling to find inspiration to get up every morning due to these uncertain and challenging times that COVID brings.

I made this video to hopefully inspire some people to chase a sunrise, be active, follow their passion or whatever they crave, love and enjoy.

There is still a lot out there waiting for you even if it doesn't seem like it sometimes. Keep your eyes open!' Marc Gollenia

<https://www.youtube.com/user/mgollenia/>

@mgoll @awildwave

Watch <https://youtu.be/yeTr8G-Q47c>



25. Six steps to Joy, Amanda Gore

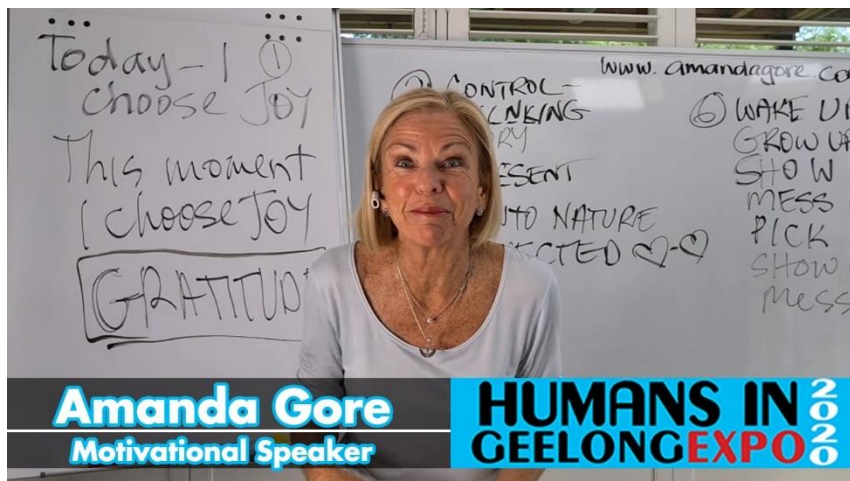
The Joy Project was founded by Amanda Gore and in this inspiring video, Amanda tells us how to find joy. 'Wake up and start living' she says.

'It has been proven time and again that facts and figures will not change people's behaviours. Nor does using fear as a 'motivational' tool! Joy, gratitude, compassion and a love of life, is the answer.'

Amanda is a motivational speaker.

Amanda's poster on the six steps to joy has been linked to the Humans in Geelong Online Expo 2020 information page on our website. www.humansingeelong.com
<https://amandagore.com/>

Watch: <https://youtu.be/zEdjhykAFgw>



26. Peter Roberts Music

Peter is a Music Thanatologist. He played music to people at the end of life, to the ill, and to premature babies. His Documentary 'From Music in to Silence' was released last year. <http://frommusicintosilence.com/>

<https://www.robertsmusic.net/>

Read Peter's Story here: <https://humansingeelong.com/2016/12/16/harpist-peter-roberts/>

Watch: <https://youtu.be/sxKXA5bH0kQ>



27. Bellarine Catchment Network

Community driven projects to protect and enhance the environmental values of the Bellarine.

<http://www.environmentbellarine.org.au/>

Read their story: <https://humansingeelong.com/2019/01/01/litter-champions/>

Watch: <https://youtu.be/VRQC66veXE0>



28. Stress Walters, 'House Wine' original song

Stress Walters are a band that will leave you feeling nurtured & human. Their music questions the crevices of Jess' mind, leaving no segment unexplored on the trains of (over)thought cycling through her head.

The release of their double debut single (House Wine / Tippy Toe) saw Stress Walters buzzing around Victoria & interstate on whacky tour shenanigans. Pace through this song with a fast heart beat as brooding melodies build to instrumental climax. House Wine themes around the need for space from a relationship with someone (or something) that's draining your soul. One of Stress Walters' more edgy tunes you'll get a taste for expressive externalisation within lyrics & the whispers of fellow space takers.

Filmed with a Super8 camera in hand, lens to the ground and feet on the move. A video clip created by band members feat. loved ones. A massive thank you to all that were involved in bringing this to life.

Directed & Edited by Jess Walters

Filmed & Assisted by Geelong & Melbourne Local Legends (they really put the leg in there)

Recorded & Mixed by Tom Attard

Mastered by Levi Anderson

Email: stresswalters@gmail.com

Facebook: www.facebook.com/stresswalters

Instagram: @stresswaltersband

Watch their other song, 'Tippy Toe': <https://youtu.be/y5W592sOLiY>

Watch 'House Wine': https://youtu.be/8_HQpidF_Ko

29. Mentoring with Bump, Raise Foundation

The Raise Foundation offered a mentoring program called 'Bump' for young mums. This is where Emily and Jacqui met in 2016. In 2016 and 2017, they met regularly and worked through Tafe Certificates 1&2. But mentoring became more than that. Jacqui attended Emily's childrens' Birthdays each year and Emily's wedding. Emily and family were the first to arrive at Jacqui's Humans in Geelong Expo 2017. The friendship and support flowed both ways. Now Emily is mentoring a young mum, is working fulltime for the Wadawurrung and has joined the Humans in Geelong team.

Connect: <https://raise.org.au/>

Read more: <https://humansingeelong.com/2016/08/20/raise-foundation/>

Emily's story: <https://humansingeelong.com/2020/02/11/mentoring-emily/>

Watch: <https://youtu.be/dITwwEcqxFs>



30. The Chook Whisperer, Elaine Janes

Elaine Janes is the Chook Lady. They are her family. She takes her chooks to Point Lonsdale every Tuesday morning and sits them up outside, on the seat or where ever. When people ask 'What's this all about?' She replies 'Mental Health'. It's good for everyone. You can find her and her family on Instagram at @elainejanes16

We are proud to say Elaine has joined the Humans in Geelong voluntary team as a writer. Read her inspirational stories on our website.

Read Elaine's story: <https://humansingeelong.com/2020/07/28/the-cook-lady-elaine/>

Watch: <https://youtu.be/LHmmtUXt7s0>



31. Helping Our Hospital Heroes Australia

Helping our Hospital Heroes Australia (HOHHA) was not about one person, it was about thousands of people all over Australia. HOHHA had nearly 2,000 members, some many sewed, many donated goods (material, elastic and thread), some cut out and some were supporters. HOHHA did not have a budget. The HOHHA project was run on donations - largely from individuals, from Rotary and from some textile companies. Our project ran on people's commitment and time, and love and respect for our hospital heroes.

Each and every person involved in our project gave so much and we wouldn't have been the success we were without each and every contribution we received. Our sew-ers were aged from 8 – 93!!! HOHHA gave people something to do during lockdown, it gave our members a sense of purpose and huge pride in that they were contributing and making a difference. It was a joy and an honour to be part of this group.

In all, in just over 3 months HOHHA made and distributed 17,000 scrub hats. We worked very closely with groups in Queensland and Western Australia and between the three groups we made and distributed approximately 40,000 scrub hats all over Australia. Our main focus was Australia but all groups sent a number of hats overseas.

Jacqui Bennett from Humans in Geelong contacted me very early on in the project and wrote a story about me. I was looking for another volunteering opportunity so asked Jacqui if I could become part of the Humans in Geelong team.

Deborah Elliott

<https://www.facebook.com/groups/247717806396383>

Read the story: <https://humansingeelong.com/2020/04/09/helping-our-hospital-heroes-australia-deb/>

Watch: https://youtu.be/B_6-FH_lvtA



32. Nathan Seeckts, 'Three Soldiers' original song

Nathan Seeckts describes himself as an 'old Yeller'. He's not only a singer but he also hosts 'Last Night in Town' on radio which plays the very best in alt-country, Americana and folk. On the Pulse, 94.7 Thursdays at 6pm.

<https://947thepulse.com/shows/last-night-in-town/>

Instagram: @nathanseeckts@lastradiointown

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/BHjyEncQiQo>



33. Wheel for MND, Chris Hall

MND – raising funds and awareness. Chris Hall has raised over \$30,000 since his friend, Jenny Simko, a nurse with Barwon Health, was diagnosed with MND. Jenny passed away in 2015.

Connect: <https://www.facebook.com/groups/Wheel4MND/>

Read Chris's story: <https://humansingeelong.com/2020/01/14/chris-hall-wheel-4-mnd/>

Watch: <https://youtu.be/jApIIeFR1y8>



34. WILD - Women in Local Democracy

WILD supports women's participation and leadership in community, civic and political life in Geelong, and offers free training opportunities for women interested in becoming candidates for election for the City of Greater Geelong Council. With a prime focus on the promotion of gender equality in elected representation on the City of Greater Geelong Council, WILD support the Victorian Government's gender equality target that aims for 50/50 Women in Local Leadership by 2025.

Y WILD (Young Women in Local Democracy) empower women aged 17-35.

Find out more about WILD <https://www.facebook.com/GeelongWILD/> or Instagram @wildgeelong

Read their story: <https://humansingeelong.com/2017/03/25/wild-women-in-local-democracy-priscilla/>

Watch Lauren Solomonson talk about WILD: <https://youtu.be/zbzy65Pbzww>

Watch Marsha Uppill talk about Y WILD: https://youtu.be/HGhHkG_mr8M



35. Mangroves Exhibition, collaboration between artists

'Mangroves from the Water' is a multimedia art exhibition. We are a group of local & international artists aiming to surround the viewer with the abundant beauty of the mangroves and wetlands of Victoria. We are aiming to run workshops and to generate discussion between our multicultural society. We hope the exhibition will influence a new way of seeing our native landscape.

www.zahidahart.com @mangrovesftw

You can read the Mangroves from the Water story here: <https://humansingeelong.com/2018/04/18/mangroves-from-the-water-zehidah/>

Videography: Enrico Santucci @photonienrico

Enrico's story: <https://humansingeelong.com/2019/03/26/photographer-enrico/>

Watch: https://youtu.be/ukQ_Wu3ugqo



36. K'Sparkle & Dads Group, Simon Hastings

Dads. Their kids. Coffee. And maybe a playground. A simple formula that provides new fathers with the connection and support they desperately need. The only qualification is that you identify as a new or expecting father or a father figure. Simon Hastings, Founder of Ksafekids and CEO of K'Sparkle Inc started up the Geelong Dads group last year and it now has 75 members. Simon tells us more.

Connect: <https://www.dadsgroup.org/dadsgroupabout>

Read the Dads Group story: <https://humansingeelong.com/2020/08/19/dads-group-geelong-simon/>

Listen: <https://open.spotify.com/episode/6gPTGt9AmZUs2QHJapylF3?si=AslgdlhGS8qktKdLDRJinA>

Watch: <https://youtu.be/hAsto-3ytEg>



37. I am Independent, Penny Manning

Penny is proud of her independence and would like to show us what she can do.

Read Penny's story: <https://humansingeelong.com/2017/04/15/pennys-doggy-treats/>

Watch: <https://youtu.be/DRY0iw0z30I>



38. Fenn Wilson, 'Ghost Heroin' original song

Singer-songwriter, Fenn Wilson Music

Instagram: @fennwilson

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/ErU1REB7zy0>



39. Ocean Mind w Jack Freestone

Ocean Mind is a charity that provides therapeutic surf programs for young people who are experiencing mental health challenges, social isolation and disabilities. Using a simple mix of Surfing, Mentoring and Fun, we create a therapeutic environment for young people to challenge themselves, learn new skills and flourish.

<https://oceanmind.org.au/>

Read their story: <https://humansingeelong.com/2018/08/25/ocean-mind-rachael/>

Watch about Ocean Mind: https://youtu.be/6-Wl_F7Y4YM

Watch Ocean Mind with surfer great, Jack Freestone: https://youtu.be/tUCiC_V0gQI



40. Atman, Mental Health support for Teenagers

Atman is a mental health brand co-founded by two 17-year olds in Geelong, Lewis Taranto and Kyle Jdali. They want to help as many people as they can, particularly teenagers. They are excited to be able to start doing motivational speaking and supporting others.

Instagram: @Atman

Facebook: Atman (@AtmanHealthAu)

Twitter @atmanhealthau

Read the story: <https://humansingeelong.com/2020/09/24/atman/>

Watch: <https://youtu.be/-WBmIOV9FUI>



41. Hope Springs, With One Voice Choir

With One Voice (WOV) Geelong, Ashburton & Altona Meadows Community Choir members perform 'Hope Springs', an original song by Carl Dickens. Carl is a local Geelong artist, and WOV Geelong choir member. Arranged and conducted by Kym Dillon, this performance showcases the WOV community; an inclusive, supportive and connected

opportunity for anyone and everyone! No need to audition, just bring along your enthusiasm and contact Creativity Australia to get involved. <http://www.creativityaustralia.org.au/choirs/geelong/>

Read Kym's story: <https://humansingeelong.com/2017/07/21/with-one-voice-choir-kym/>

Adapting to Covid: <https://humansingeelong.com/2020/03/30/with-one-voice-choir-livestreams/>

Participant: <https://humansingeelong.com/2019/08/30/with-one-voice-community-choir-rodney/>

Watch: https://youtu.be/TKEbE0jw_kM



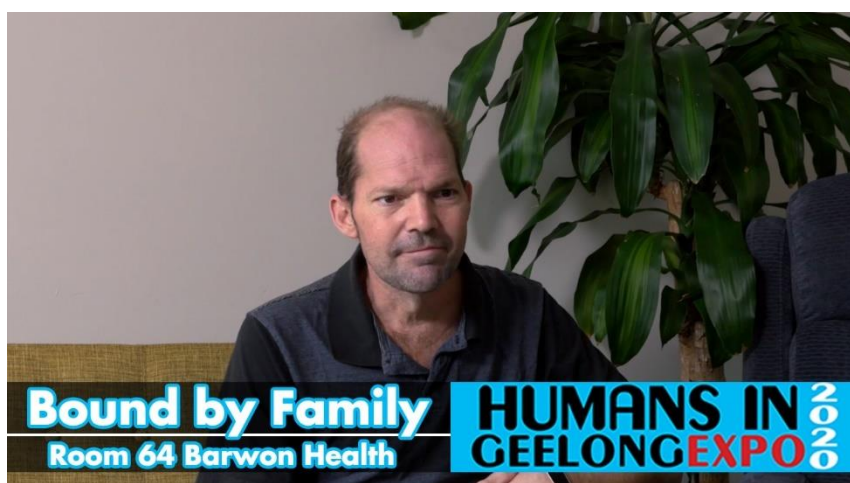
42. Bound by Family, Room 64 Barwon Health

Ian Binding and his family share their story of life, love and death with the Barwon Health Podcast Room 64. Room 64 – a podcast that shares conversations from those that have lived, worked and volunteered in palliative care.

For more Room 64 conversations go to <https://www.barwonhealth.org.au/podcasts>

Read Room 64's story: <https://humansingeelong.com/2020/05/26/room-64-josie/>

Watch: https://youtu.be/CVMIbad1k_M



43. Soroptimist International

Soroptimist International of Geelong celebrates its 60th anniversary this year and Soroptimists International celebrates its centenary in 2021. SI Geelong are planning to plant 100 trees in the Geelong area to mark these milestones in our history. We are excited to showcase a few of our members, who we are and what we do. Soroptimist is an international women's organisation, with clubs all over the world, all of which work towards the empowerment of women and girls not only locally, but nationally and internationally.

One thing that is unique about Soroptimist International is that we enjoy UN status, having representatives in every UN office. Any Soroptimist member can apply to attend the Commission on the Status of Women conferences – you can even apply to be an observer, which is something not too many people can do.

Our club gather on the 2nd Tuesday of each month for a business meeting and dinner – often with a guest speaker. Currently we are meeting on-line and we would love to welcome you as a guest at any time – either at our on-line meetings or at our face-to-face meeting in the future.

To learn more about Soroptimist International of Geelong check out our website

<https://www.soroptimist-geelong.com/> and/or Facebook page

Contact: sigeelong@siswp.org or Beverley O'Meara 0421636830

Read their story: <https://humansingeelong.com/2017/07/19/soroptimists-international-geelong/>

Watch: https://youtu.be/xw-Hpdmif_g



44. Sixteen on a bus, The Empowerment Challenge

Youth specific services for young parents and parents to be, to access supports, connections, education, health and wellbeing, building the resources necessary for families to thrive.

Empowerment Challenge member Michelle, was that young girl, 16 on a bus and pregnant. She is excited about empowering other young mums.

Connect: <https://empowermentchallenge.org.au/>

Read their story: <https://humansingeelong.com/2019/09/18/the-empowerment-challenge-michelle/>

Watch: <https://youtu.be/DdhI1pLGDMQ>



45. Famous Will, 'The Story' an original song

Will Gardiner quit his job & sold everything to record his debut album & tour with his catchy country / folk songs.

Instagram: @famouswillmusic

<https://www.facebook.com/FamousWill/>

Watch 'Waiting': https://youtu.be/_2z2DoFT_v8

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch 'The Story': <https://youtu.be/4fdzsTy7Jhk>

Watch 'Waiting': https://youtu.be/_2z2DoFT_v8



46. OneCare, Geelong

OneCare, since 2009, has trained and empowered volunteers to provide a range of services and programs that assist people in the community experiencing disadvantage and social isolation. We believe that strong relationships are the primary means of creating meaning, purpose and a sense of value. Building relationships that reflect the diversity of our city results in a stronger community as a whole.

Connect: <https://www.onecaregeelong.org.au/>

Read OneCare's stories: <https://humansingeelong.com/2017/01/27/onecare-corrie/>

Update: <https://humansingeelong.com/2020/04/22/onecare-geelong-update/>

Watch: <https://youtu.be/W2CsoSX8Mwo>



47. TradJam of the Ironbark, Kingfisher Dance

This is an original clip filmed of the Kingfisher Dance to Irish jigs

Original choreography and danced by Jacqui Dreessens.

Included is a new tune also composed by Joey Remenyi.

Band: TradJam of the Iron Bark

Jigs: Dusty Windowsills / Cliffs of Moher / Mid-Winter Jig (Joey Remenyi)

Videography: Enrico Santucci.

Watch: <https://youtu.be/NDTDeVCha8g>



48. Combined Refugee Action Group, CRAG

The Combined Refugee Action Group (CRAG) is based in Geelong, Victoria. CRAG advocates for refugee policies in Australia that are informed by the UN Refugee Convention and Protocol, and that are developed in partnership with our regional neighbours, to ensure the safety of vulnerable people seeking asylum. We consider that it is imperative that the Australian Government acts in accordance with Article 31 of the UN Refugee Convention, which states that all contracting States (including Australia), must not impose penalties on people who arrive without authorisation seeking refugee protection.

We meet on the 1st Thursday of the month, 5:30 pm at the Trades Hall, 127 Myers St, Geelong. All Welcome.

<http://www.craggeelong.com/>

Read their story: <https://humansingeelong.com/2017/12/06/crag-linda-lisa/>

Watch: <https://youtu.be/B6AYtpgb1Es>



49. Home Instead Geelong - Celebrating our CAREGivers!

Established in June 2018, Home Instead Senior Care is a specialist provider of high-quality in-home care for seniors, serving the City of Greater Geelong, Surf Coast and Bellarine Peninsula areas.

Our services include:

- assistance with personal care;

- household duties and meal preparation;
- medication reminders;
- transport to appointments, shopping and social outings;
- care management.

We are committed to making a positive difference in the lives of local seniors and their families and we take pride in every aspect of their care to ensure they have access to the best quality care services and support they need to continue living, safely, independently and happily in the comfort of their own home.

Giselle and Giovanni started the business with four CAREGivers who were keen to make a difference to the way that care is provided to seniors every day. Just over two years on and we now employ over 140 people and deliver over 6,000 hours of care each month to seniors in our community.

We believe in employing local people, training and development and supporting the local economy. We provide care 24 hours a day, seven days a week, and pride ourselves on clients receiving the care they choose, at the time and location they choose, with compatible and consistent CAREGivers regardless of their changing needs and circumstances.

Home Instead is dedicated to enhancing the lives of ageing adults and their families, with a highly responsive relationship-based approach to care services, coupled with a passion for caring & supporting seniors in our local community. This approach to care has made the difference to seniors and their families in the Geelong region since 2018.

<https://homeinstead.com.au/>

Read their story: <https://humansingeelong.com/2020/04/01/pen-pals-needed/>

Watch: <https://youtu.be/8bsdKGRLIOs>



50. Brunette Red Dress, 'Wait my Turn' original song

Alternative, Indi, Rock Trio from Geelong.

Connect Instagram: @brunettereddress

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/k-3n4FjRS4>



51. Ray Martin interview with Rory Costelloe

Ray Martin interviews Rory Costelloe of Villawood about building community. We'd like to thank Rory Costelloe and the team at Villawood for continually supporting our Humans in Geelong volunteer project.

<https://villawoodproperties.com.au/>

Read Rory's story: <https://humansingeelong.com/2019/06/07/building-new-communities-with-a-true-recipe-rory-costelloe/>

Watch: <https://youtu.be/u73MtMxqkWo>



52. Widya Luvtari Indonesian Group

Widya Luvtari is a non-profit Geelong-based Indonesian traditional dance group. The origin of Widya Luvtari comes from Sanskrit & Javanese language 'Widya' meaning knowledge and 'Luvtari' which refers to a love of dancing.

Through beautiful Indonesia traditional dances with gamelan music, body movements and traditional costumes we strive to bring Indonesia's culture to you.

The group was established by Rini Meerbeek and a group of highly committed dancers. Our aim is to nurture Indonesian culture to Indonesian - Australian youth and to the wider public through dance and performance.

A variety of dances from all over the Indonesian Archipelago are taught in the group and they have performed for private functions, festivals, multicultural, public and community events in Victoria.

<https://widyaluvtari.weebly.com/>

Watch: <https://youtu.be/aNly3Amz6BU>



53. World Environment Day 2020, Fridays for Future

Fridays for Future is a Greater Geelong Climate Action Community Organisation whose aim is a safe climate and sustainable future for all. At the moment the organisation is taking action to inform voters in the City of Greater Geelong Council Election of candidates' attitudes to the Climate Emergency.

We engage with people to create understanding and awareness through our creative arts as we have done in this year's Environment Day video. We are part of the global Fridays For Future.

<https://www.facebook.com/groups/fridaysforfutureaustraliapp/>

Our local page is Thrive For Future @fridaysforfuturegeelong

We meet every Friday from 11-12 at Geelong City Hall in Gheringhap Street. We discuss our next actions over lunch or coffee at the Court House Café. Please join us. Everyone is welcome. Everyone is needed.

Text: Caroline Danaher. Video and editing: Mik Aidt of The Sustainable Hour.

Read Caroline's story: <https://humansingeelong.com/2019/01/16/fridaysforfuture/>

Watch: <https://youtu.be/BJRAG7yhbzk>



54. A Fresh Legacy, Kyrstie Barcak

Kyrstie helps Australian families to set up a vegetable garden and learn to grow fresh food to harvest for family meals. Blogger and author of 'Grow Just One Thing.'

Connect: <https://afreshlegacy.net/>

Read Kyrstie's story: <https://humansingeelong.com/2018/04/05/a-fresh-legacy-kyrstie/>

Watch: <https://youtu.be/YX535XD2wmw>



55. Sustainable House Day 2020, Geelong Sustainability

Geelong Sustainability has embraced digital technologies for this year's Sustainable House Day. Over three weekends there will be zoominars of live virtual sustainable house presentations and Q&A sessions with homeowners and sustainability experts (October 10 & 11) and the following two Saturdays (Oct 24 & 31) log into 40 speed dates via Zoom where people can get advice from a range of subject matter experts. For more information and to register go to the [SHD website](#).

Geelong Sustainability live by Margaret Mead's quote: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Mission: Empowering people to protect and regenerate our planet.

<https://www.geelongsustainability.org.au/>

Read their story: <https://humansingeelong.com/2017/01/06/geelong-sustainability-vicki/>

Watch: <https://youtu.be/7KAEQO1IH54>



56. Local Matters, Grill'd

Stu from our local Grill'd has been very generous in donating hundreds of vouchers for every Humans in Geelong Expo.

Grill'd also offer community groups the opportunity to raise money by having a tip jar in the local stores for a month. It is also an opportunity for the community groups to raise their profile and make people aware of what they do.

Book your jar here:

<https://www.grilld.com.au/about/localmatters>

Watch: <https://youtu.be/X6V5YjUb7AQ>

57. Matt Bourke and the Delusional Drunks, 'An attempt at a love song' original song

Live original by Matt Bourke and the Delusional Drunks.

Instagram: @mattbourkedd

Linktr.ee/mattbouredd

This video was generously donated by the talented Patrick Callow Photography. Instagram: @patrickcallow.photo

Watch: <https://youtu.be/b0ybrnSyf5Q>



58. World Heart of Connection Day 2019, Mark Randall

The World Heart of Connection Day has evolved from 'Heart of Connection' podcast conversations I've had with everyday people on how they connect to themselves (pause) to others and 'All That Is.'

As our conversations flowed from Self, Others & ~ into how they experience their connection to the universe and everything ('All That Is'). There was a profound energetic shift into a deep and powerful love. So profound were some of these revelations it was beyond words, love just glowed from every essence of their being. It was as if they were wholly connected as ONE to the nature of Mother Earth, to our Oceans, to the Sun, to their Moon, or their God(s). The Spirituality of the person just poured forth from their very soul-consciousness. "I have always just wished I could video it so everybody could witness what I experienced." It is the expression of our true spirit essence of humanity & beyond.

The loving space that people shared in their conversations was SO filled with gratitude, compassion and loving-kindness. It facilitated and emulated a similar connection I and I sure all of us had on the 2004 Boxing Day Tsunami. I, like others ~ awoke to an incredible energy of global empathy. Our whole world – Mother Earth was blanketed with loving-kindness and heart-felt compassion for the victims and the communities affected by the Tsunami.

This prompted in my consciousness - the question of?

How would Mother Earth respond to a world-wide outpouring of loving compassion and connectedness? I began to ask this question in the Podcast conversations – and the energy and response to this question facilitated an opening our hearts and minds to the concept of The World Heart of Connection Day.

The power and energy of the love expressed in times of tragedy suggests that when we collectively come together from our Hearts, there is SO MUCH healing potential. Mother Earth is now in such desperate need of this loving energy from all of us and may we consciously direct these energies towards our Earth ~ our greatest resource. We hope & pray that these efforts might heal the damage we have inflicted upon her. May I ask ~ have we inflicted and projected our suffering onto her? And may I suggest ~ 'Heal thyself ~ Heal Mother Earth'.

The World Heart of Connection Day ~ September 4th is to bring people together within their communities at a synchronised time to meditate and to radiate the divine essence of our shared devotion of loving-kindness, to blanket Mother Earth ~ in our HEALING LOVE & PEACE.

The webpage is: <https://worldheartconnection.com/>

The Podcast is found on iTunes, Spotify & Stitcher or Empowered Change Website -

<https://www.empoweredchange.com.au/podcast/connecting-to-humans-in-geelong-episode-53-my-conversation-with-jacqui-bennett/>

My contact details are Mark Randall – 0419 187 475

Read Mark's story: <https://humansingeelong.com/2019/08/28/world-heart-of-connection-day-mark/>

Watch: <https://youtu.be/nfMH3IfPsC8>



59. My Mental Health Journey, Nicole Scott

Mental Health advocate Nicole Scott, 25 - After years of anxiety and depression I found the right help for me, I now know that I am loved, I do belong, and I am enough. I am now on a mission to inspire others to see their own light and to live a life that they love, this is my story.

If you would like to follow my journey or see how I can support you, my Facebook page is

<https://www.facebook.com/AspiretoInspire.ns> or Instagram <https://www.instagram.com/nicoleruthscott/?hl=en>

Watch: <https://youtu.be/H91mGspu2mQ>



60. Potato Shed Retrospective 2019 – 2020

Arts & Culture - Theatre

41 PENINSULA DRIVE. DRYSDALE VIC 3222

PO BOX 466 DRYSDALE VIC 3222

Beautiful original music by Maddie Cope

Photos from our amazing volunteer Ivan Kemp

WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED

Watch: <https://youtu.be/Lu0rHXo9auY>



61. A letter from Reese, genU's letter writing project

In 2020 genU helped connect people living in isolation through a Letter Writing Project. To brighten someone's day and bring people together, when society needed us to be apart. To date, more than 700 letters have been exchanged.

This short film, *The genU Letter Writing Project—A Letter from Reese* features two of those letters, read by the people who wrote them.

<https://www.genu.org.au/>
Supporting Community.

Read Emily's story: <https://humansingeelong.com/2018/06/26/genu-emily/>
Watch: <https://youtu.be/OS2shT84Cpc>

62. Dilly Bag Making, Reconciliation in the Park 2020

Dilly Bag Making is provided by Wadawurrung woman: Nikki McKenzie, with Norm Jarrawaa Stanley playing the background didge music. Nikki and Norm performed the Welcome to Country at the Humans in Geelong Expo 2019. *Geelong One Fire Reconciliation Group* has been acting on reconciliation for over 25 years. You can read about us & join our Group at <http://www.geelongonefire.org.au/>
For the past 10 years we have partnered with Wadwurrung Traditional Owners, and broader Aboriginal & Torres Strait Islander communities of Geelong to provide the Vic Community HART Award winning event: *Reconciliation in the Park*, during National Reconciliation Week.

You can see more videos from the May 2020 event at [REC IN THE PARK 2020 - Djillong](#)
Watch: <https://youtu.be/C1FzCu-0H58>



63. Geelong Crusaders

The Geelong Crusaders are a combat re-enactment Group based in Geelong. We strive to preserve the heritage of the crusading periods from all cultures (11th to 13th Century), and foster a creative environment for historical knowledge and combat. Our primary focus is on the safe and responsible use of martial weapons for fitness, competitive sport and stage fighting.

Members are able to build skill in a variety of weapon sets, including single-sword, sword and shield, florentine, hand and a half or two-handed sword, single-handed axe, poleaxe, spear, javelin and dagger.

We also offer instruction in a variety of medieval crafts, and actively encourage members to share and discuss information and knowledge relating to the Crusading period.

Training sessions are held every Sunday at Fyansford Common, Geelong. The Geelong Crusaders are also regulars at some of Victoria's most prominent Re-enactment events, including the annual Timeline Festival and the Victorian Goldfields Medieval Faire.

Our club emphasises inclusion, and aims to provide a fun and safe space for all members without exception.

For more information about the Geelong Crusaders, or to get in touch, please visit our Facebook page: <https://www.facebook.com/groups/GeelongCrusaders>

Watch: <https://youtu.be/Qt3tmmcwHAM>



64. About Geelong Pride Film Festival Online

23 October - 3 November 2020 Geelong Pride Film Festival will bring you a special online event. We'll have packages of films from our 2020 festival that you can watch at home. We can't wait to share these great films with our community.

Geelong Pride Film Festival is supported by Deakin University, City of Greater Geelong, Provincial Media, Victorian Government, WorkSafe Victoria, Piano Bar Geelong and Creative Geelong.

When we are able to, we will be back supporting our favourite venues The Pivotonian Cinema and Platform Arts. In the meantime, we will be bringing you fabulous content online. We hope you'll join us and spread the word.

[Tickets](#) for Geelong Pride Film Festival screenings are available here.

<http://gpff.ferve.tickets/Page/About-GPFF>

Watch the official trailer: <https://youtu.be/Fv0J7WKect4>

Watch About the GPFF: <https://youtu.be/7K6-orWha9s>



65. Synchronicity, Chris Mackey, Psychologist

Psychologist Chris Mackey, talks of his book on Synchronicity.

<https://www.chrismackey.com.au/synchronicity-science-and-spirituality/>

You can read Chris's story here: <https://humansingeelong.com/2020/05/31/synchronicity-chris-mackey/>

Watch: <https://youtu.be/BUt8RNHoAQo>

In their second video

Geelong Psychologists, Chris and son Rowan Mackey give us some pointers on how to remain positive in these challenging times.

<https://www.chrismackey.com.au/>

You can read Chris's story here: <https://humansingeelong.com/2020/05/31/synchronicity-chris-mackey/>

Watch: <https://youtu.be/GFRVbi1KBac>



66. Wombat's Wish, Camp

Wombat's Wish – Each year, approximately 100 children in the Geelong area experience the death of a parent. Currently, Wombat's Wish is the only specialist service that offers support to these children. This is an extremely difficult time for them and their family, and this can potentially result in long-term emotional health problems. We assist bereaved children to find a way to live with loss and grief, to move forward and take the next steps on their bereavement journey.

<https://wombatswish.org.au/>

Read the heart-warming story: <https://humansingeelong.com/2016/11/02/wombats-wish-jill/>

Watch: <https://youtu.be/TvBD2f8XW1A>



67. JJ Inspirational Video, Janelle Johnston

Coach, speaker and trainer, Janelle Johnson presents an inspiring talk about staying positive and being your best self.

<https://janellejohnston.com.au/>

Watch: <https://youtu.be/EVch6wzsmdk>



68. Active Geelong

Our aim is to make Geelong the most active city in Australia. Join the Movement Movement today!

<https://www.activegeelong.org.au/>

Read their story: <https://humansingeelong.com/2019/04/03/active-geelong-pat/>

Watch: <https://youtu.be/taPbxpqt4A>



69. Juztart, Justine Martin

Finding purpose through Art. Diagnosed with MS in 2011, her Doctor suggested she find a hobby. Justine found more than that.

Connect: <https://www.facebook.com/justinemartinartist/>

Read Justine's story: <https://humansingeelong.com/2019/11/05/justine-martin-finding-purpose-through-art/>

Watch: https://youtu.be/1xOX_J6Drfl



70. Linus, Lithuanian Dance Group Geelong

In the short space of a few years, Geelong's Linas group has grown to be the largest Lithuanian Dance Group in Australia, and as of this year, 2020, the first in history to perform in South America which we did in January of this year. You can find us on the Facebook page "Lithuanians in Geelong".

They have been regular participants of the Humans in Geelong Expos and delight the crowd.

<https://www.facebook.com/GeelongLithuanians>

Watch: <https://youtu.be/L7fv6hARit8>



71. Young WILD, Women in Local Democracy

Young WILD is for Geelong women aged 17 - 35 years who are interested in running for local council or supporting other young women to run for council. Y WILD provides opportunities for training, mentoring and networking to support its members to take the next steps in having their voice heard for their community.

Find out more about WILD <https://www.facebook.com/GeelongWILD/> or Instagram @wildgeelong

Read WILD's story: <https://humansingeelong.com/2020/06/12/wild-women-in-local-democracy-2020/>

Watch Marsha Uppill on Y WILD: https://youtu.be/HGhHkG_mr8M

Watch WILD: <https://youtu.be/zbzy65Pbzww>



72. Zonta Club of Geelong

The Zonta Club of Geelong is part of an International organisation that works towards empowering women and children through fundraising for projects and advocacy.

If you want to learn more about this vibrant and humanitarian group, watch our short video or join us first

Wednesday of the month, find us at www.zontaclubgeelong.org.au, Facebook-Zonta Club of Geelong, or email zontaclubgeelong@yahoo.com

Watch: <https://youtu.be/lhWSq1qnY5c>



73. Kaye Baillie, Children's Author

Kaye Baillie writes books for children and she encourages you to step inside her books to discover amazing characters and destinations.

<https://kayebaillie.weebly.com/>

Read Kaye's story: <https://humansingeelong.com/2020/09/10/kaye-baillie-childrens-author/>

Watch: <https://youtu.be/VldM7hco1q4>



74. Geelong Arts Centre, Joel McGuinness

Geelong Arts Centre, believes that the arts have the power to shape people, society and the world. We exist to foster the artists and creative communities of Geelong, and to be the window through which our city can view the world's creative talent.

<https://geelongartscentre.org.au/>

Watch: <https://youtu.be/3NJcLAmbGfk>



75. Jacklyn Foster Art

Artist, Jacklyn Foster, tells her inspiring story. Three weeks shy of completing a university course, she packed it all in to follow her dream.

Instagram: @jacklynfosterart

Read her story: <https://humansingeelong.com/2020/10/01/jacklyn-foster-artist/>

Instagram: @jacklynfosterart

Watch: <https://youtu.be/9Xid-XNg1sA>



76. Destination Happiness, Keeping Active

Destination Happiness, presented by Angie Hilton, discovers how Villawood build Active Communities. We'd like to thank Rory Costelloe and the team at Villawood for continually supporting our Humans in Geelong volunteer project.

<https://destinationhappiness.com/>

<https://villawoodproperties.com.au/>

Read Destination Happiness's story: <https://humansingeelong.com/2019/09/05/destination-happiness-angie-hilton/>

Watch: <https://youtu.be/xPwE5R5zQeE>



77. Hoodie Boogie with Immy Owusu on guitar

"Hoodie Boogie" Original song, drum and dance by Jacqui Dreessens about sharing the beach with the Hooded Plovers.

<https://www.facebook.com/wildmovesinternational/>

Watch: <https://youtu.be/eE0vTPWpsXU>

Original song by Jacqui Dreessens song "Hoodie Boogie" with Immy Owusu on guitar.

Instagram @wildmovesinternational @immy_owusu

Watch guitar version: <https://youtu.be/VkfKulykCuw>

Hoodie Boogie was launched at the Humans in Geelong Expo 2020 held at Deakin University Waterfront Campus. Here are Wild Moves on the Surfcoast drumming at Expo
Watch Drumming at the Expo 2019: <https://youtu.be/r-xoB6wOTsl>



78. Study Geelong

Around 4,000 international students enjoy living and studying in Geelong. Study Geelong supports these students.
<http://studygeelong.com.au/>
Read Study Geelong's story: <https://humansingeelong.com/2019/01/04/study-geelong/>
Read Aayushree's story <https://humansingeelong.com/2019/03/07/aayushree-study-geelong/>
Watch: <https://youtu.be/078MAQXcPOM>



79. Sober Mates, Sam Wilson

Sober Mates is about encouraging responsible drinking habits. It is a community, an educational platform and a place to go where you can explore your drinking habits.
Founder, Sam Wilson talks about how she overcame 'hangxiety'.
Follow: <https://www.facebook.com/sobermatesaust>
Connect: hello@sobermates.com.au
Watch: <https://youtu.be/vmkRhVqqtNA>



80. Blink Dance Theatre at Geelong After Dark

An independent, project-based company located in Geelong, creating both live performance and screen works, often in site specific spaces. The company values authentic, immersive, participatory, and contemporary movement and theatre practices. The award-winning local company was established in 2013 by a small team of multidisciplinary artists and is led by founding Artistic Director, Lyndel Quick and Creative Producers – Jessica Lesosky and Elise Wilkinson. The company create new performance projects with the community, as well as offering opportunities and skills-based programs for artists. Trust and integrity are the cornerstones of the company's working process and enable a rich and creative experience.

Connect: <http://blinkdancetheatre.com.au/>

Watch: <https://youtu.be/tTvy-w5g95o>



81. Ashby Community Garden

The idea for Ashby Community Garden came about as a result of our local Transitions Streets Community Group meeting on Zoom. We are a working group to establish a new community garden in the local Geelong area.

Please contact Marge on 0413731726 or

email ashbycommunitygarden@gmail.com if you are interested to be involved.

Watch: <https://youtu.be/Dqohkoewe9A>



82. Fight for the Bight, Surfrider Foundation Torquay

Surfrider Foundation Surf Coast Branch in Torquay welcomes new members who respect the beach and want to take action to protect our beautiful coastline. Contact them through Facebook for more info. This clip highlights a recent Surfrider Foundation national campaign that saw local Torquay surfer and activist, Damien Cole, shine in his role as ambassador.

Thanks to people power, the Australia-wide Fight for the Bight campaign had a win.

<https://www.surfrider.org.au/vic>

Read: <https://humansingeelong.com/2020/06/19/international-surfing-day-2020/>

<https://humansingeelong.com/2018/11/01/respect-point-impossible/>

<https://humansingeelong.com/2019/11/21/fight-for-the-bight-national-day-of-action/>

Watch: <https://youtu.be/gFdrfpgA6nA>



83. Lash78, 'Stay Here' original song

Sister Duo - LASH78 stands for Lauren and Sheridan Harvey 7 years old and 8 years old. That's how old they were when they started singing together professionally.

<https://lash78.com/>

Read their story: <https://humansingeelong.com/2019/05/07/lash78/>

Update: <https://humansingeelong.com/2019/11/25/lash78-update/>

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/IOCp5v9ZdOo>



84. Locally Grown Funnies

Locally Grown Funnies is one of the biggest names in comedy in regional Victoria and would love to come to you! We can provide everything required to put on a belter night of comedy for your organisation. The other brilliant thing about Locally Grown Funnies is we can perform comedy pretty much anywhere! To anyone! Family friendly or adults only. Put a bit of laughter in to your life.

<http://locallygrownfunnies.com.au/>

Read Luke's story: <https://humansingeelong.com/2020/03/12/luke-massey/>

Watch: <https://youtu.be/BXBaMw8crvU>



85. Joshua Maxwell de Hoog, Artist

Artist Joshua Maxwell de Hoog has a number of inspirational projects on the go. Find them on Instagram:

@joshuamaxwelldehoog
 @keepinggeelongweird
 @smielsmielsmiel
 @hueandcrycollection
 @lowercasepoetry
 @thelastjazzbandonearth

Read more: <https://humansingeelong.com/2018/07/12/artist-joshua/>

Watch: <https://youtu.be/BYZL5Ze47kQ>



86. Drumming at HuG Expo19, Wild Moves on the Surfcoast

"Hoodie Boogie" Original song, drum and dance by Jacqui Dreessens about sharing the beach with the Hooded Plovers.

<https://www.facebook.com/wildmovesinternational/>

Watch: <https://youtu.be/eE0vTPWpsXU>

Original song by Jacqui Dreessens song "Hoodie Boogie" with Immy Owusu on guitar.

Instagram @wildmovesinternational @immy_owusu

Watch guitar version: <https://youtu.be/VkfKulykCuw>

Hoodie Boogie was launched at the Humans in Geelong Expo 2020 held at Deakin University Waterfront Campus. Here are Wild Moves on the Surfcoast drumming at Expo

Watch: <https://youtu.be/r-xoB6wOTsI>



87. Emipeli Design, Tactile clothing

A lifetime battle with anxiety was really exacerbated with the onset of chronic pain, due to a series of severe back injuries 18 months ago. The only way Emily could gain control over her body was to learn how to ease her anxiety. One thing that could always calmed her down was the presence of her housemate's cats. They released an undeniable calm due to their soft touch and distraction. She wish I could take a cat with her wherever she went but because she couldn't, that's why she created a classic denim jacket with a wellness edge – fashion with an 'edgy' look but a calming effect.

Geelong designer/artist Emily Rastas tells us "My dream is to see people wearing my jackets and benefiting from them."

Connect: <https://emipelidesign.com/>

Read Emily's story: <https://humansingeelong.com/2020/08/09/denim-jackets-with-a-calming-edge-emily/>

Watch: <https://youtu.be/tlF-TnljxYw>



88. Bree-Arne Manley, Motivational Video on MS

#inyourfaceMS This hashtag is one of the favourites used by Bree-Arne Manley. Bree-Arne was diagnosed at 19 with Multiple Sclerosis (MS). Since then, this remarkable young woman from Point Lonsdale has seized the day and has not let her disability deprive her of any opportunity to live life to the fullest.

Connect: <https://www.facebook.com/breearnemanley>

You can read Bree-Arne's story here: <https://humansingeelong.com/2018/08/09/bree-arne/>

Watch: <https://youtu.be/BlIS72bkP1s>



89. Famous Will, 'Waiting' an original song

Will Gardiner quit his job & sold everything to record his debut album & tour with his catchy country / folk songs.

Instagram: @famouswillmusic

<https://www.facebook.com/FamousWill/>

Watch 'Waiting': https://youtu.be/_2z2DoFT_v8

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch his original song 'The Story': <https://youtu.be/iZEA5ocAUOI>



90. Chloe Hayden, Princess Aspien, 10 Autism Traits to look for in girls

10 Autism traits to look for in girls. Chloe Hayden, also known as Princess Aspien, advocates for young people on the Autism Spectrum. She is a blogger, actor, singer, motivational speaker and eco warrior. She describes herself as 'Fun loving. Creative. Disney freak. Goof ball. Sensitive. Unique. Aspie.'

Instagram @princessaspien

YouTube: <https://www.youtube.com/channel/UC2ZkhMUyD37tboIJgMz-MA>

Read Chloe's story: <https://humansingeelong.com/2018/09/29/princess-aspien-chloe/>

Update: <https://humansingeelong.com/2019/09/25/different-not-less-chloe/>

Watch: https://youtu.be/R_JCKoG73M0



91. Ocean Mind

Ocean Mind is a charity that provides therapeutic surf programs for young people who are experiencing mental health challenges, social isolation and disabilities. Using a simple mix of Surfing, Mentoring and Fun, we create a therapeutic environment for young people to challenge themselves, learn new skills and flourish.

<https://oceanmind.org.au/>

Read their story: <https://humansingeelong.com/2018/08/25/ocean-mind-rachael/>

Watch about Ocean Mind: https://youtu.be/6-Wl_F7Y4YM

Watch Ocean Mind with surfer great, Jack Freestone: https://youtu.be/tUCiC_V0gQI



92. Riordan, 'Sunbreak' original song

Sunbreak is an original song, written and performed live by Riordan.

Instagram: @riordansmusic

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/cADbYdZEc88>





93. What do you love about the Geelong region? Produced by Humans in Geelong

Kim Cooper took to the waterfront to find out what people love about our region. Produced by Humans in Geelong. Filmed by team member Hadeel Al-badran of @hs.stories.photography

F www.facebook.com/HumansinGeelong/

W www.humansingeelong.com

Y www.youtube.com/channel/UCFm8RuKjt_i-gzHj5IRfDmg

I www.instagram.com/humansingeelong/

T www.twitter.com/HumansinGeelong

L www.linkedin.com/in/jacqui-bennett-b33331189/

Watch: <https://youtu.be/O7wyInbFCVE>

94. Geelong Waterfront Film Foundation

Geelong Waterfront Film. The vision is three mutually supportive activities:

- Staging of a Geelong Waterfront Film Festival to put the Geelong region on the map
- A local film making competition to showcase up and coming talent
- Establishment of the Waterfront Film Foundation offering financial assistance in the form of a grant or investment to those filming in the region.

Connect: <https://www.facebook.com/Geelongwaterfrontfilm/>

Instagram @geelongwaterfrontfilm

Read their story: <https://humansingeelong.com/2020/07/12/geelong-waterfront-film/>

Watch: https://youtu.be/Po_YqslNZ8o



95. Leisure Networks

Connecting to community, supporting people with disabilities, supporting active living and supporting community sport. For three decades, Leisure Networks has pursued a vision of capable, healthy people and inclusive communities. We believe in a world that fosters inclusion, and where all people belong. Our guiding mission – connecting people with community – concentrates our efforts in all we do, every day.

Connect: <https://www.leisurenetworks.org/>

Read their story; <https://humansingeelong.com/2017/01/10/leisure-networks-libby/>

Watch: <https://youtu.be/Mv26wwzZ81E>



96. Trinity Jane, 'Nothing like me' original song

Trinity Jayne is a Torquay based singer-songwriter with poetic, indie/folk-rock tunes. Inspired by the coast, her earthy tone combines a heart-on-sleeve honesty with dreamy noir-pop melodies. Her debut EP “Tree Roots” is available via all streaming platforms.

Instagram: <https://www.instagram.com/trinityjaynemusic>

Facebook: <https://www.facebook.com/trinityjaynemusic/>

Bandcamp: <https://trinityjaynemusic.bandcamp.com/releases>

Watch: <https://youtu.be/LHTKqPEm08w>



97. Kristy Young, (Little Audrey) on weight loss

I want people to know that it's never too late. There's a lot of stigma around weight loss surgery, that it's the easy way out. For a long-time I believed that too. But at 167kgs there really is no easy way out. I was in my 20s and everyday life was hard. Harder than it should be at that age. My medical conditions were mounting – pre-diabetes, high blood pressure, aching joints. I hated the frequent visits to my doctor. Every time my GP would tell me I needed to lose weight, that I just wasn't healthy. I hated hearing it. I knew it. And I'd tried. I think a lot of people assume that you aren't trying or that you don't know you're overweight. I knew it. Anyone who is morbidly obese knows it.

Instagram: @littleAudrey

Read Kirsty's story: <https://humansingeelong.com/2020/07/03/little-audrey-kirsty/>

Watch: <https://youtu.be/4pTKHx8ffiQ>



98. Bird Rock, Wild Moves on the Surfcoast

"Hoodie Boogie" Original song, drum and dance by Jacqui Dreessens about sharing the beach, at Bird Rock in Torquay, with the Hooded Plovers.

<https://www.facebook.com/wildmovesinternational/>

Watch: <https://youtu.be/eE0vTPWpsXU>

Original song by Jacqui Dreessens song "Hoodie Boogie" with Immy Owusu on guitar.
Instagram @wildmovesinternational @immy_owusu

Watch guitar version: <https://youtu.be/VkfKulykCuw>

Hoodie Boogie was launched at the Humans in Geelong Expo 2020 held at Deakin University Waterfront Campus. Here are Wild Moves on the Surfcoast drumming at Expo

Watch: <https://youtu.be/r-xoB6wOTsI>

99. Psych Spiels & Silver Linings, Rowan & Chris Mackey, Psychologists

Geelong Psychologists, Chris and son Rowan Mackey give us some pointers on how to remain positive in these challenging times.

<https://www.chrismackey.com.au/>

You can read Chris's story here: <https://humansingeelong.com/2020/05/31/synchronicity-chris-mackey/>

Watch: <https://youtu.be/GFRVbi1KBac>

Psychologist Chris Mackey, talks of his book on Synchronicity.

<https://www.chrismackey.com.au/synchronicity-science-and-spirituality/>

You can read Chris's story here: <https://humansingeelong.com/2020/05/31/synchronicity-chris-mackey/>

Watch: <https://youtu.be/BUt8RNHoAQo>



100. Birthing Artemis Teas, Stephanie Jane Pollock

'Birthing Artemis Teas are a Collection of Handcrafted Artisan Herbal Blends, woven around the Ayurvedic Herb, Tulsi.

This range has been created to nourish pelvic tissue health for both women and men, to nurture early pregnancy, support one's creative and expansive womb along with nurturing & loving the new mother & babe. All with the subtle & powerful energies of Mother Earth.

There are 8 teas in the current collection:

'Hormonal Alchemy'

'Healthy Womb'

'Teste Tea'

'Nurture & Love'

'Creative Womb'

'Abundant Pregnancy'

'Mother Love'

'3 Blend Tulsi'

Coming in the Summer, 3 teas for the 3 stages of menopause.

Email - birthingartemis@iinet.net.au

Instagram: @birthingartemistea

Watch: <https://youtu.be/r5gPir3247Q>



101. Something Krook, 'Alphabetti Spaghetti' original song

Four-piece grunge/rock outfit based in Geelong. Hailing influences from The Smashing Pumpkins, Pearl Jam and The Pixies.

Instagram: @somethingkrook

Linktr.ee/somethingkrook

This video was generously donated by the talented Patrick Callow Photography.

Instagram: @patrickcallophoto

Watch: <https://youtu.be/unle2xp8HqE>



102.The Journey, Matt (projection artist) & Liz Bonner

A short film by Matt and Liz Bonner that shares their experience of living a creative life, with the hope of inspiring others. The Journey is also an original song written by Liz and composed by Matt in 2013, it was reflection on life after the loss of Matt's mum and the reality that life is full of ups and downs but we can choose to journey together.

Friday's Muse

Facebook.com/fridaysmuse

www.fridaysmuse.com.au

info@fridaysmuse.com.au

Projection Art Links

Instagram.com/projectionartist

Facebook.com/projectionartau

YouTube.com/projectionartau

projectionartist@gmail.com

Bonart Multimedia

Facebook.com/bonartmultimedia

www.bonartmultimedia.com.au

bonartm@gmail.com

#projectionart #projectionartist #fridaysmuse #bonartmultimedia



Read Matt's story: <https://humansingeelong.com/2020/06/30/matt-bonner-projection-artist/>

Read Liz's story: <https://humansingeelong.com/2020/10/07/liz-bonner-cloverdale-community-centre/>

Watch: https://youtu.be/Ilc9x9_lhe8

103.Cherished Pets

Cherished Pets, is a social veterinary enterprise that specifically supports pets of elderly and disabled people living alone in our community.

<https://www.cherishedpetcare.com.au/>

Read Alicia's story: <https://humansingeelong.com/2017/02/17/cherished-pets-alicia/>

Watch: <https://youtu.be/C9g3HDemJHk>



104.Broc the Kasbah, Amal Laala

BROC THE KASBAH is a cooperative that embodies sustainable fashion and a social arm. Fabrics and jewellery are sustainably sourced from Morocco. The cooperative started in France and the group are proud to have a store in Geelong, to bring bright colourful, patterned, sustainable fashions to our beautiful region.

109 Moorabool St Geelong

<https://www.facebook.com/brocthekasbah/>

brocthekasbah@gmail.com

Watch: <https://youtu.be/uphEGCgzgno>



105. Mindfulness, Daniella D'Amore

Daniella has 40 years of experience in Spirituality & Meditation. She is a Teacher, Speaker, LifeCoach, Mentor, Meditation facilitator, Healer, Medium/Psychic, Angel Therapist, Spiritual Counsellor & friend. Teaching internationally for the last 20 year.

<https://www.facebook.com/DaniellaDAmoreSpiritualTeacher/>

Daniella was part of last year's Expo: <https://humansingeelong.com/humans-in-geelong-expo-2019/>

Watch: <https://youtu.be/-4l3h7s7qXo>



106. Rach Brennan and the Pines, 'Chelsea' an original song

Rach Brennan and the Pines were born into this world kicking and screaming. Here, Rach performs an original of her song 'Chelsea'.

<https://rachbrennanandthepines.bandcamp.com/>

<https://www.facebook.com/rachbrennantp/>

Read Rach's story: <https://humansingeelong.com/2017/08/30/singer-rach-brennan/>

Update: <https://humansingeelong.com/2019/03/28/rach-brennan-the-pines-update/>

Watch: <https://youtu.be/0Eyd4DLV9DE>



107.Live Life Laughing, Phillipa Challis

The Laughter Club in Geelong was founded by Phillipa Challis and has been running the since 2002. It takes place in front of the wading pool at Eastern Beach at 9am on Saturdays. It's free and everyone is welcome! In this video Phillipa talks of the many health benefits of laughter and demonstrates some laughs.

www.facebook.com/Laughter-Club-Geelong-1514509078863429

<http://www.phillipachallis.com/>

Read Phillipa's story: <https://humansingeelong.com/2017/05/04/laughter-club-geelong-phillipa/>

Watch: <https://youtu.be/TLGrtIaJdRo>



108.Staying Geelong Strong, The Geelong Cats, GFC

Tom Hawkins talks about how the Geelong Cats Football Club support and connect with community through many inspirational programs.

To keep up to date with what the Cats are up to in the community, head to @geelongcatscommunity on Instagram!

<https://www.geelongcats.com.au/>

Watch: https://youtu.be/jTUUUcV_Q_k



109.Stress Walters, 'Tippy Toe' an original song

Stress Walters are a band that will leave you feeling nurtured & human. Their music questions the crevices of Jess' mind, leaving no segment unexplored on the trains of (over)thought cycling through her head.

The release of their double debut single (House Wine / Tippy Toe) saw Stress Walters buzzing around Victoria & interstate on whacky tour shenanigans. Tippy Toe, with its bouncy bass & gleeful glockenspiel will start in your ears & get caught in your head days later while you're breezing through the afternoon.

Filmed with friends (and plenty of giggles) this clip had long been awaiting actualisation. Forever drawn to vintage film mediums, Jess couldn't imagine this video in any other way, dreaming about it since it was first written in high

school. Captured on Super8 footage and filmed frame by frame to create this quirky stop motion music video, this cutesie, wootsie number will lift you up & take you on a toe-tally innocent adventure.

Directed & Edited by Jess Walters

Filmed & Assisted by Liam Brennan, Abbie Faulkner, Conor Walkedon & Sophie Hedger

Recorded & Mixed by Tom Attard

Mastered by Levi Anderson

Artwork from @Undertherug.venue on instagram

Email: stresswalters@gmail.com

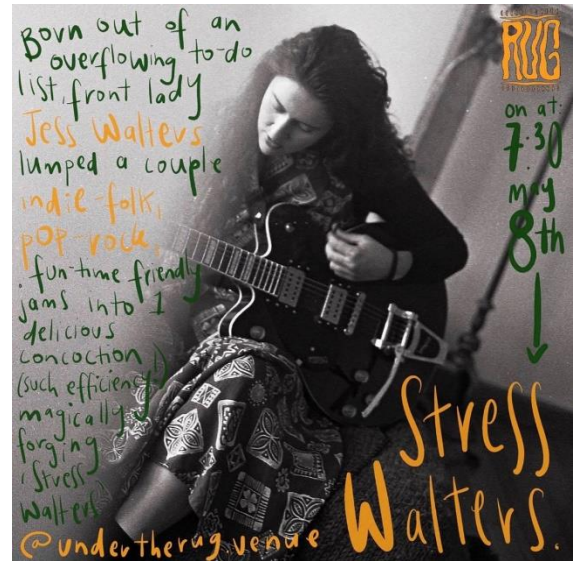
Facebook: www.facebook.com/stresswalters

Instagram: @stresswaltersband

Watch 'Tippy Toe': <https://youtu.be/y5W592sOLiY>

Watch their other song 'House Wine':

https://youtu.be/8_HQpjdF_Ko



110. Geelong Pride Film Festival

23 October - 3 November 2020 Geelong Pride Film Festival will bring you a special online event. We'll have packages of films from our 2020 festival that you can watch at home. We can't wait to share these great films with our community.

Geelong Pride Film Festival is supported by Deakin University, City of Greater Geelong, Provincial Media, Victorian Government, WorkSafe Victoria, Piano Bar Geelong and Creative Geelong.

When we are able to, we will be back supporting our favourite venues The Pivotonian Cinema and Platform Arts. In the meantime, we will be bringing you fabulous content online. We hope you'll join us and spread the word.

[Tickets](#) for Geelong Pride Film Festival screenings are available here.

<http://gpff.ferve.tickets/Page/About-GPFF>

Watch the official trailer: <https://youtu.be/Fv0J7WKect4>

Watch About the GPFF: <https://youtu.be/7K6-orWha9s>



111. Culture Lives Here, Geelong Regional Library

We are very proud of our new Geelong Library & Heritage Centre. It contributed to Geelong becoming an UNESCO City of Design. Humans in Geelong donated our books to every branch of the GRLC in our region.

<https://www.grlc.vic.gov.au/>

Watch: <https://youtu.be/AkkDJ6mkO3M>



112. My Personal Journey to the chimps in Tanzania, Alicia Kennedy

Alicia Kennedy takes us on her personal journey to Tanzania where she followed in the footsteps of Dr Jane Goodall to visit the chimps. So inspired by Dr Goodall, Alicia was one of the founders of the Jane Goodall Institute of Australia. She had always wanted to visit where Jane's research took place in Gombe and to experience first-hand the invaluable messages supplied by Jane to the world, especially that of hope.

<https://www.janegoodall.org.au/> The Chimp Lady.

Read Alicia's story of Cherished Pets:

<https://humansingeelong.com/2017/02/17/cherished-pets-alicia/>

Watch: <https://youtu.be/Fv3uKFYdkac>



113. Alex Marshall, Talking Politics while fixing a door

Environmental Activist, Commerce Student and Disability Support Worker. In this video Alex challenges us to go out of our comfort zone and talk politics to make a positive difference.

Instagram; @alexmarshall

Facebook: <https://www.facebook.com/alex.marshall.393950>

Read Alex's story: <https://humansingeelong.com/2018/11/27/cace-community-action-in-the-climate-emergency-alex/>

Watch: <https://youtu.be/2AaZhBeaq2U>

114. Tiaras, Tears and Triumphs, Sandy J

This video is a short introduction to the Tiaras, Tears and Triumphs Podcast and who Sandy created it for. Knowing that as many as 1 in 3 women, go through some form of abuse in a relationship is what motivated Sandy, a survivor of an abusive relationship, to create this Podcast.

She wants women to feel seen, safe, heard and valued and she does not want any woman to suffer alone in silence. If you have experienced some form of abuse within a relationship, please tune into the Tiaras, Tears and Triumphs Podcast on your favorite Podcast App.

Please reach out for support if your safety is at risk. Your safety is the most important thing to consider. Sandy also offers coaching services to help women rise to their true value and become empowered and ultimately regain control over their lives.

When you don't know where to turn, Sandy, with lived experience, can help you get connected with the right support to help you through your challenges.

To find out more please visit: www.sandyj.com.au

You can find links to the Podcast on this website, plus links to connect with Sandy.

Sandy offers a free 30 minute coaching call, to help you feel at ease before starting formal coaching work. Please contact Sandy if you would like to Sponsor the Podcast, or partner with her. Sandy is also available for speaking engagements.

Watch: https://youtu.be/y-oLmP_ZOxw

115. Piano Bar

Piano, by request. It's as uncomplicated as that. Grab a request slip from the bar, write down that song you've been yearning for and make sure you've got your dancing shoes on. Art Simone, Drag Queen, shows us some dance moves.

Since opening our doors in 2015 we have delivered our own unforgettable medley of atmosphere, entertainment and service. From weddings to after-work-drinks to Hen's Days to birthdays, it comes as no surprise that we have become the soundtrack to countless significant events, including the Humans in Geelong Expos 2018 and 2019.

With nightly entertainment from Australia's premier musicians, vocalists and drag queens our stage is jam packed with talent to get you up out of your seat and shaking your groove thing.

Established right here in Geelong, by Geelong locals, we are committed to providing the quality entertainment and hospitality that we know our customers deserve, and having a great time while we do it.

See you at the bar!

Team Piano Bar

<https://www.pianobar.com.au/>

Read Aaron's story: <https://humansingeelong.com/2019/01/10/aaron-skinner-piano-bar/>

Read Joss's story: <https://humansingeelong.com/2018/10/28/pianist-joss-russell/>

Read Andy's story: <https://humansingeelong.com/2020/03/26/piano-bar-andy/>

Watch: <https://youtu.be/DlxxKEaFQyo>



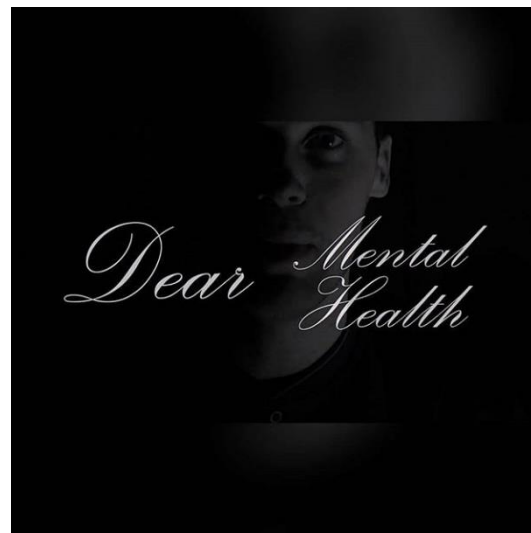
Photo: Humans in Geelong Expo 2019
Aaron Skinner, Malibu Stacey and Colt Dunn

116. Dear Mental Health, Poem, Brandon Dellow

Poem/Spoken Word written and produced in November 2018 by team member Brandon Dellow to raise awareness about Mental Health. We are honoured to be sharing it among the Humans in Geelong Online Expo 2020 playlist. The Online Expo is the uplifting start to Mental Health Month 2020 in our region.

Instagram: @brandondellow

Watch: https://youtu.be/G_Szi7tKEkk



117. Parade Day, Geelong Rainbow Inc

Geelong Rainbow Inc. is a fully volunteer run umbrella organisation for the Queer community (people who identify as LGBTIQA+, their partners & allies) within Geelong and the Barwon/G21 region. Their purpose is; to empower the Queer community through the provision of events, activities, social connection and support.

Their values are: Creating Awareness, Facilitating Support and Enabling Connections.

<https://www.geelongrainbow.org.au/>

Watch: <https://youtu.be/Gf0Rz3bEOho>

118. The Hope Song, Janet Brown, a play for Mental Health Month

Digital version of The Hope Song, a verbatim project about people with mental health experiences. Just launched Saturday 10th Oct, World Mental Health Day. Directed by Socratis Otto, it stars some of Australia's finest acting talent including Di Smith and Luke Carroll.

The play began with Jules Haddock's Arts of The Mind festival on the Surfcoast in 2017, with the Anglesea Performing Arts theatre company. A sold-out season at La Mama Courthouse followed in 2018, and then later that year in Geelong Courthouse, both of those seasons supported by Sane Australia. The script is published by Australian Plays. Last year Socratis Otto directed the play for Crying Chair Theatre at the Sydney Fringe Festival. The people whose stories it is based on are all connected with the Geelong region.

<https://www.facebook.com/watch/?v=786433168815577>

Janet Brown: <https://janetbrownwriter.blogspot.com/p/about.html>

Watch on the Humans in Geelong Online Expo 2020 YouTube playlist: <https://youtu.be/iGJK-KuJaKY>

119. Humans in Geelong Flashmob Expo 2018

To showcase diversity, Humans in Geelong, created a flashmob to 'This is me' sung by Kim Cooper and Jack Treacy at the second 'Humans in Geelong Expo' held on Sunday 7th Oct 2018, at Deakin Waterfront, Geelong. The Humans in Geelong Expos showcase cultural diversity, sustainability, health & wellness, creativity, equity and opportunities within our amazing region. They are the uplifting start to Mental Health Month and a celebrations of all things good Geelong and beyond. We look forward to taking the Humans in Geelong Expo back to Deakin University next year in October 2021.

Choreography: Brandon Dellow

Videography: David Treacy

Follow:

<https://humansingeelong.com/>

<https://www.instagram.com/humansingeelong/>

<https://www.facebook.com/HumansinGeelong>

<https://twitter.com/HumansinGeelong>

Watch: <https://youtu.be/Vo4ntkOi-cM>



120. Humans in Geelong Expo 2019

Since 2017, the annual free Humans in Geelong Expo has been held at the beautiful Deakin University Waterfront Campus in Geelong. Held early in October, it is our region's uplifting start to Mental Health Month. There are over 50 inspiring exhibitors, 12 thought-provoking speakers, 12 culturally diverse performances and fun in the courtyard for the kids. It is a celebration of diversity, creatives, changemakers and community groups.

We look forward to returning to Deakin Waterfront in 2021.

Videography: Felix Wilkins

Humans in Geelong are a team of volunteers who tell diverse, positive stories of locals; to inspire, connect and strengthen community. Follow us:

<https://humansingeelong.com/>

<https://www.instagram.com/humansingeelong/>

<https://www.facebook.com/HumansinGeelong>

<https://twitter.com/HumansinGeelong>

Watch: <https://youtu.be/yfSLh72YBBc>

We hope you have enjoyed the inaugural Humans in Geelong Online Expo 2020. Please share it with family and friends. We see this as a wonderful ongoing, informative, inspiring resource for our region, schools and community.

We'd like to thank our incredible team of Humans in Geelong volunteers who have gone above and beyond to create this online expo. Thank you to all participants; the amazing artists, creatives, musicians, changemakers and community groups of our region.

This could not have been made possible without our sponsors:

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