



Semester 1, 2017
Community Information,
Volunteering-Work Skills-Literary
Arts-Healthy Living-Children's
programs -Humanitarian action



Term 2

(April 18 - June 30, 2017)

Semester 1

Short course programs, local events,
activities & much more...

Emerald Community House

356 - 358 Belgrave-Gembrook Road, Emerald VIC 3782
Telephone: 03 5968 3881 Email: emhouse@iinet.net.au
www.emeraldcommunityhouse.org.au



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*Our Vision is to be a place where connections are made
and opportunities are realized.*

*Our Mission is to consistently meet the needs of the community
by providing quality community development activities,
programs and services.*

Emerald Community House would like to thank all the volunteers, sponsors, artists, contributors and participants of the Emerald FunFest and PAVE festivals.

When we set out to create a community development activity 12 years ago, we had one goal in mind: to make the community stronger: through bringing diverse people and groups together, by boosting the local economy, by learning new skills and building new relationships. The arts was just a vehicle to do this and FunFest landed on us, quite by accident but we saw the opportunity to integrate it into the PAVE Festival program.

Each year these activities do make our community a little stronger but this year there were so many examples of diverse personalities, beliefs and interests all working together to put on a wonderful event for others to enjoy. Some worked all year, others worked all day or for just a few hours but every single contribution was so valuable to bring the end result to our community. Thank you to all involved.

The Committee and Staff of Emerald Community House



Join us in 2018 — April 8-15

Course Enrolment Details

Membership Enrolment

A membership of \$10 for individuals & \$15 for families applies to all users accessing any of the services at Emerald Community House (ECH). The membership fee is an annual fee from January to December and goes towards House facilities and maintenance, free community wifi, community grant support, insurance and other house expenses.

Course Enrolment

To secure your place, payment must be made at the time of enrolment. Enrolment can be made in person, over the phone, via mail, fax or email to emhouse@iinet.net.au even when we are closed! Enrolment and membership forms can be obtained from the House or downloaded at www.emeraldcommunityhouse.org.au. We accept cash, cheque, EFTPOS, MasterCard, Visa and direct deposits. Our banking details are BSB 063-842 Acct No 1009 3095. You must include your name and course code when making direct deposits.

Cancellations

ECH may cancel courses if minimum class numbers aren't achieved. The House will contact participants in advance and fees will be refunded in the case of cancellation. However, if students cancel a class, a **10% administration fee** will be charged. Late cancellations by students (7 calendar days or less prior to course start date) **will not be eligible for any refund.**

Learn Local

Emerald Community House is a member of Learn Local - a network of over 300 not-for-profit organisations across Victoria offering quality adult community education and training to people from all walks of life.

Cardinia Shire Volunteer Subsidy

Cardinia Shire offers a 50% subsidy on some courses offered at ECH. This subsidy is available only to Cardinia Shire volunteers undertaking courses that assist with marketing and recruitment, committees of management, grant writing and fundraising, effective communication, working with special needs, food handling, first aid, basic bookkeeping, IT and business planning.

Information Technology

*Get
connected*



Computers - Day

Course Code CD



Learn all about the ins and outs of your computer in a supportive environment. Work at your own pace, guided by the tutor to help you learn what you need to know and are interested in such as simple documents, email and communicating through the internet. As your confidence grows learn about spreadsheets, inserting pictures or creating data bases. Participants can choose from Word, Windows, PowerPoint, Excel and more.

Date Wednesday Apr 26 - Jun 14, 8 weeks
Time & Venue 12.30pm - 3pm, ECH
Cost \$70 including material & amenities fees.
Cardinia Volunteer Subsidy applies

Computers - Night

Course Code CN
With Julia Foster



This course will expand your skills with Microsoft Office. Programs include Word, PowerPoint, Excel, Publisher, Internet and Email.

Dates Monday Apr 24 - Jun 19, 8 weeks (no class Jun 12)
Time & Venue 7pm - 9.30pm, ECH Computer Room
Cost \$70 including material & amenities fees
Cardinia Volunteer Subsidy applies

Core Humanitarian Standards

ECH invites other community groups engaged in community development activities to adopt appropriate standards such as the Core Humanitarian Standards (CHS) which are recognized throughout the international humanitarian sector. These standards should now be embraced by governments, councils and community groups who are involved supporting people in crisis or in high risk disaster areas.

“The Core Humanitarian Standard on Quality and Accountability (CHS) sets out Nine Commitments that organisations and individuals involved in humanitarian response can use to improve the quality and effectiveness of the assistance they provide. This single core standard has been devised to clarify the responsibilities of aid workers, make the implementation of humanitarian standards simpler and easier, and contribute to better humanitarian responses. A coherent and easy-to-use standard is more likely to be put into practice and make a difference in the lives of crisis-affected communities.”

1. Communities and people affected by crisis receive assistance appropriate and relevant to their needs.
2. Communities and people affected by crisis have access to the humanitarian assistance they need at the right time.
3. Communities and people affected by crisis are not negatively affected and are more prepared, resilient and less at-risk as a result of humanitarian action.
4. Communities and people affected by crisis know their rights and entitlements, have access to information and participate in decisions that affect them.
5. Communities and people affected by crisis have access to safe and responsive mechanisms to handle complaints.
6. Communities and people affected by crisis receive coordinated, complementary assistance.
7. Communities and people affected by crisis can expect delivery of improved assistance as organisations learn from experience and reflection.
8. Communities and people affected by crisis receive the assistance they require from competent and well-managed staff and volunteers.
9. Communities and people affected by crisis can expect that *the organisations assisting them are managing resources effectively, efficiently and ethically.*

Core Humanitarian Standards



For more info:

<https://corehumanitarianstandard.org/files/files/Core%20Humanitarian%20Standard%20-%20English.pdf>

The Sphere Project - Humanitarian Charter and Minimum Standards in Humanitarian Response <http://www.sphereproject.org/>

Literacy & Numeracy

Literacy for Adults with a Disability

Course Code ALFA



This course is geared for those who will benefit from basic numeracy and literacy skills in a small friendly group environment. Using fun and interactive methods, students will also increase their confidence and abilities to work in a group. Book for the entire year and save 10%.

Date Monday Apr 24 - Jun 26, 9 weeks (no class Jun 12)
Time & Venue 9.30am - 11.30am, ECH Hall
Cost \$80

Everyday Literacy through Cooking

Course Code ALTC

With Sharyn Thomas



Participants will learn literacy, numeracy and food handling skills through practical cooking demonstrations and preparing their own recipes, incorporating the 5 food groups. Ideal for those with special needs, participants will learn the fundamentals of food safety and handling including use and sanitising of equipment, preparation and storage of ingredients and storage of food types including dairy, dry goods, fruit and vegetables, meat, seafood and poultry.

Hygiene procedures, identifying and preventing high risks and handling of waste items will be covered to provide safe practices and increase work place skills. Participants will also make up their own recipe book, using their literacy and numeracy skills while they learn how to prepare and cook a meal to take home and share.

Dates Monday Apr 24 - Jun 26, 9 weeks (no class Jun 12)
Time & Venue 12.30pm - 2.30pm, ECH Hall and Kitchen

Date Tuesday Apr 18 - Jun 27, 10 weeks
Time & Venue 1pm - 3pm ECH Hall and Kitchen

Cost \$60 each term, including materials & amenities fees
Materials Special dietary needs - add \$20

Health & Wellbeing

QiGong for Health & Healing

Course Code QG

With Maxine Gardner

QIGONG, (chi gong), from which Tai Chi originated, uses the same principles of combining breath-work, movement and stillness to improve the quality of life on all levels.

The purpose of these ancient exercises is to seek stillness (relaxation) in movement (chaos). Bringing these aspects into balance will help to provide participants with practical tools for coping with the daily stresses of everyday life.

Qigong can improve flexibility, balance, and coordination. It can be beneficial for arthritis, for those recovering from surgery or illness. Or it can simply help those who wish to enjoy the practice of a beautiful and gentle way of being, contributing to their health at the same time. First class is free for new participants as a trial. Please bring water and a blanket.

Dates	Thursday Apr 27 - Jun 29, 10 weeks
Time & Venue	7pm - 8.30pm, ECH Hall
Cost	\$150

Herbs for Health Workshop

Course Code HH

With Jennifer

We grow herbs for cooking & taste, but herbs contain vitamins, minerals, and medicinal qualities to heal, strengthen and nourish our whole physical body, so we can overcome illnesses such as colds, flu, exhaustion, anxiety, skin problems, digestive and liver problems and more. Learn the traditional uses of herbs, and how to combine different herbs using herb teas to improve the health & wellbeing of the whole family. Free workbook and handouts.

Dates	Thursday 8th June
Time & Venue	10am - 2pm, ECH Hall
Cost	\$40

Wellbeing Program

This popular innovative wellbeing program provides a diverse and fun environment for people to engage in various physical and intellectual activities that can improve quality of health and wellbeing. The program takes place in an environment that includes carers to develop friendships, receive support from the group and develops a network with a variety of people and age groups.

We offer a range of structured fun activities to improve general wellbeing directed at people over 50. There is a focus on providing people with an opportunity to get together for social gatherings, informal discussions as well as providing valuable information. Carers who support loved ones, must attend together and are welcome.

Dates	Tuesday Apr 18 - Jun 27, 10 weeks (no class Apr 25)
Time & Venue	9.30am - 11.30am, Emerald RSL
Cost	Free

This program is currently funded and is delivered by ECH volunteers who make it all possible.



Employment Skills

Hospitality Training

Course Code HT

Learn the skills relevant to Hospitality today. Over 25 years dedicated to hospitality. The trainers will share their practical knowledge and experience and let you know what employers are really looking for. The units covered are nationally accredited and recognised:

SITXFSA201	Participate in safe food handling practices.
SITHCCC101	Use food preparation equipment.
SITHFAB201	Provide responsible service of alcohol.
SITXFSA101	Use hygienic practices for food safety.

Dates	Saturday Jul 1 and Jul 8, 2 sessions
Time & Venue	9am to 3pm
Cost	\$75

Expressions of Interest

Are you interested in other courses being offered in Semester 2?

Topics like;

Crochet

Photography

Social Media

Send an email to emhouse@iinet.net.au or phone 5968 3881

Dig In Community Cafe

The Dig In Community Café is an ECH initiative to promote community volunteering, job skills and connections. ECH practices community dining as an exercise in preparedness and community engagement. Managed by community volunteers under the House Coordinator, The Dig In Café provides a range of volunteer opportunities including menu planning, food preparation, cooking, venue setting, set-up, pack up and dishwashing. Donations are kindly accepted to keep the café going.

Volunteers and diners all enjoy a fun night and it's a great outlet to make new friends and eat together around the community table. This takes place on the last Friday of every month, unless otherwise posted. Other community groups are encouraged to get involved and run a Dig In Community dining event of their own.

Volunteers and food donations always welcome!

Email: emhouse@iinet.net.au for more information.



Thank you to all of our Dig In Community Cafe sponsors and volunteers!

Date Last Friday of the month
Time 6pm - 8pm, ECH Hall

The Dig in Community Café is one of a 16 programs recognised by Monash/EMV resilience projects in Victoria
<https://www.monash.edu/muarc/research/research-areas/home-and-community/disaster-resilience/view-the-compendium>



Camembert, Gourmet Feta, Sour Cream & Ricotta

Course Code CFSR

With Peter Allen

Enjoy the satisfaction of making and eating your own cheese. Over the course of the day you will make camembert, gourmet feta & sour cream to take home and also make ricotta to eat on the day. Cheeses can be made using cow, goat or sheep's milk. If you wish to bring your own milk, this will need to be pasteurized on the day, otherwise all materials are supplied. Participants to bring a lunch to share.

Dates	Sunday Apr 30, 1 session
Time & Venue	9am - 4pm, Telopea Mountain Permaculture, 134 Invermay Road, Monbulk
Cost	\$110

Cider, Perry & Fruit Wine Making

Course Code CPFW

With Peter Allen

We will look at different methods of making apple cider, the very popular Perry-Pear cider and apple cider vinegar. Learn about the cider varieties of apple or pear and how you can use fruit from your trees. We will also look at ways to turn any kind of excess fruit into a dessert wine. This day will include tasting cider & home made wines and is strictly for over 18 years old. Includes a light lunch.

Dates	Sunday May 28, 1 session
Time & Venue	10am - 4pm, Telopea Mountain Permaculture, 134 Invermay Road, Monbulk
Cost	\$125

Heritage Fruit Trees

Course Code HFT

With Peter Allen

This class covers the basics all about the species, variety selection, grafting, rootstock selection for your conditions. Grafting techniques for new trees or add more to your existing ones. The tour of 1000 + varieties onsite. Free book & bring lunch to share.

Dates	Sunday Apr 16, 1 session and Sunday Jul 2, 1 session
Time & Venue	10am - 4pm, Telopea Mountain Permaculture 134 Invermay Road, Monbulk
Cost	\$95

Prepare For The Bare Root Fruit Tree Season

Course Code BRF

With Peter Allen

Prepare soils, design and implement swales. This class is about how to get your trees off to a great start and reduce the need for watering. Bring lunch to share.

Dates	Saturday May 6, 1 session
Time & Venue	10am - 4pm, Telopea Mountain Permaculture 134 Invermay Road, Monbulk
Cost	\$95

Fruit Tree Preparation & Layout

Course Code FTP

With Peter Allen

Design from a backyard, to an orchard, to a food forest. Decide what trees goes where and why. Design how you would best fill your own netted enclosure in the backyard or farm. Bring lunch to share.

Dates	Monday Jun 12, 1 session
Time & Venue	10am - 4pm, Telopea Mountain Permaculture 134 Invermay Road, Monbulk
Cost	\$95

Growing Subtropicals, Citrus & Berries In Cool Climates

Course Code GSCB

With Peter Allen

Learn how we can grow 13 avocado, 8 macas, 8 sapotes, guavas, banana and many more in Olinda without a glass house. How to grow berries & vines. Learn about placement and the essentials for citrus growing. Bring lunch to share.

Dates	Sunday Jun 18, 1 session
Time & Venue	10am - 4pm, Telopea Mountain Permaculture 134 Invermay Road, Monbulk
Cost	\$95

How to renovate an existing orchard back to productivity Advanced Permaculture Design class (level 4)

With Peter Allen



This class will cover how to assess an existing orchard and evaluate what is needed to make it productive.

Determine if it's possible and what would be required to make this orchard Certified Organic or Biodynamic and how you might go about this.

Students will develop and present plans to renovate the orchard, then in a practical session all will implement the changes necessary on an existing orchard example.

The learning and plans developed will include pruning, pest and disease issues—present and future management, variety selection, adding or changing if necessary, feeding and water for trees, tools and materials or services needed for the task and future management. Organic control methods and products for pests, disease and weeds.

Suitable for anyone to complete this class (while no pre-requisite is necessary, a PDC could be an advantage), those with PDC will be issued with an Advanced PDC certificate.

Dates	Saturday July 8, Sunday July 9, Saturday July 15 with final session including the practical part on Sun July 16
Venue	Teloepa Mountain Permaculture, 134 Invermay Road, Monbulk www.petethepermie.com.au
Cost	\$249 (includes all equipment and materials on site)

**Celebrating 40 years of community
development services in Emerald**

**Childcare - Short Courses - Projects
Support Services - Volunteering**

**A place where connections are made
and opportunities are realised**



40
YEARS
1977 - 2017

EMERALD COMMUNITY HOUSE
356-358 BELGRAVE-GEMBROOK RD, EMERALD
03 5968 3881 EMHOUSE@IINET.NET.AU
WWW.EMERALDCOMMUNITYHOUSE.ORG.AU

Developing your Skills for the Workplace

Course Code DYSW

With Sharyn Thomas



Ideal for those with special needs, participants will learn a variety of natural and environmental crafts that interest them such as making soaps, recycled paper and cards and how to present them for sale. Students will run their own market stall once a term at the Emerald Market to sell their creative works and gain confidence within a community environment. The money raised goes back into the group and community by funding a karaoke night for special needs.

We have two groups running.

Dates	Tuesday Apr 18 - Jun 27, 10 weeks
Time and Venue	10am - 12noon. ECH Hall Kitchen
Cost	\$80 including materials and amenities fees



Tutor Opportunities

Do you have an idea about a course that you would like to take?

What kind of creative courses would you like to attend?

Have you got a skill or experience in a particular subject?

Emerald Community House is always looking for local tutors who have a skill or experience which could translate into an adult education course or workshop. We are also capable of searching for tutors and teachers who can deliver a course on a specific subject.

Whether it is photography, foreign language, gardening, social media, creative arts or introductory courses that lead to further study, ECH is capable of getting the course going to serve the local community and save on your travel time and expenses. Send an email to emhouse @iinet.net.au or call 5968 3881

Children's Programs

Playgroup

Course Code PG

ECH's Playgroup is run by an experienced facilitator with a full program of activities, materials and resources. This playgroup is the perfect introduction to our suite of childcare programs at ECH. Small children practice the fine art of getting along with others and trying new ways to play.

A regular playgroup can be great for mums, dads, grandparents and caregivers too, especially if they are new to the community and want to meet other parents with children. Your young child will get to sing, dance, try new art and craft activities, share experiences and mix with other young children while you look on with pride and enjoy a chat with other parents. Secure a place and start having fun with your little ones as they explore the world.

Dates	Thursday Apr 20 - Jun 29, 11 weeks
Time & Venue	9.30am - 11.30am, ECH Child Care
Cost	\$71.50

Literary Arts

Writing Skills

Course Code GP



Here is your chance to upgrade your writing skills for the workplace, academic writing and general literacy improvement. This course is ideal for people with English as a second language, in high school, college or new immigrants.

Students who attend this course can go on into Develop Your Writing Skills or the Book Writers Workshop.

Please contact ECH to express your interest - 5968 3881.

Advocacy

The La Trobe Chapter of the Grandmothers against Detention of Refugee Children is a proud sub committee of the Emerald Community House. Please contact the House to find out when their next meeting or activity is planned. All welcome, even if you aren't a grandmother! emhouse@iinet.net.au or 5968 3881



Developing your Writing Skills

Course Code DYWS

With Maria Millers



Would you like to develop your writing skills further, become an author, a literary critic or write moving editorials? In this course, while exploring different literary works and sharing your creative writing, you will be introduced to a range of creative writing techniques that will help to develop your own personal writing skills. This is a supportive atmosphere headed by a skilled teacher with some students already published or going on to be successful authors. You can too, starting with this course.

Dates	Friday Apr 28 - Jun 16, 8 weeks
Time & Venue	12.30pm - 3pm, ECH Hall
Cost	\$50 including material & amenities fees

Book Writers' Workshop

Course Code WW



Ever wanted to write that book? Make a start? This course will take you through the steps of writing a book, promoting it, getting it published and finding out about attending literary festivals and events around the world. Of special interest is the memoir - a historical account or biography written from personal knowledge.

Heather Ellis , author of the acclaimed memoir, “Ubuntu”, will take you down your memory lane and help you to collect your thoughts and get them organised. This course will run for two semesters to allow enough time to finish your book hopefully by the end of the year!

Dates	Thursdays 27 April, 25 May, 22 June
Time and Venue	7pm - 9pm, ECH
Cost	\$80 including materials and amenities fees

Community Development

Intro to Community Development Practices

Course Code ICDP



This semester long course provides learners with an introduction to the practical principles of community development and capacity building in communities, especially those facing adversity or challenges.

It will include approaches to support project planning, communication, understanding grant writing, team management and development. Initiatives and programs that build community strength, resilience, inclusion and engagement in working with culturally and linguistically diverse communities will be a special feature.

This course will also cover Volunteering as a Pathway to Employment and Event Management.

We are looking at starting this course in Term 3;

Date	Tuesday 18th July onwards
Time	7 - 9.30pm
Venue	Emerald Community House
Cost	\$120

Please contact Emerald Community House on 5968 3881 if you are interested and ask for the schedule.



Jewels from Lily's Sewing Basket



An exhibition of fine needlework by Linda McKay and friends from the Dandenong Ranges featuring embroidery, patchwork, tapestry, crochet, knitting, soft toys and more.



We acknowledge that we meet on the traditional lands of the Wurundjeri nation and that sovereignty was never ceded. We pay respect to elders past and present

Admission \$5

All proceeds to the Wilderness Society to protect the Kimberley, NW Australia.

Emerald Community House Hall

356-358 Belgrave-Emerald Road,
Emerald

**Saturday 6 May &
Sunday 7 May**

10am to 4pm

Contact Linda McKay on 0415 960 749 or via email at lilymack7@hotmail.com for further information.

Fernlea
House Inc.
...caring, flexible respite

All money raised supports
Fernlea's work in the community



SATURDAY 29TH JULY 2017

Doors open 6:30pm
for 7pm start

Sherbrooke Family and Children's Centre
1443 Burwood Hwy, Upwey

Book now at fernlea.com.au or **03 5968 3895**

Tickets \$20

DOOR PRIZES • RAFFLES • GAMES • SILENT AUCTIONS • LIVE AUCTION

BYO food, nibbles and drinks. Tea, coffee and dessert provided.

Thanks to our sponsors



Energy Power
Systems



Emerald Small Business Network

Aaheli Oceania	0415 158 598
Australian Green Growers	0417 637 375
Barry Callister Photography	0427 641 269
Dragon Light Candles	0425 799 153
Elite Oriental Rugs	0424 231 555
Emerald Lake Travel	0400 990 026
Emerald Leadlight	0400 277 398
Fernlea House Inc	03 5968 3895
Fidgets Wardrobe	0400 457 476
Forever Young Natural Products	0477 452 287
Global Gems & Fine Jewellery	0439 792 100
Helleren Hill Gourmet Products	0438 288 808
Little Gem Nursery	0417 113 772
Heritage Seeds Victoria	0410 646 519
Karas Accessories	0422 378 709
Kathleen Lang	03 5995 9307
Purely Goats Milk Handmade Soap	0400 395 608
Sawadee Thai Food	0400 338 119
Sacred Abundance	0425 748 702
Shiba Jewellery	0407 826 407
Sisely Estate	0438 519 541
Studio 150 Photography	0412 021 333

Book Direct Courses

Yoga (evening & day classes)

With Lisa Baker

With a focus on body awareness we delve into the subtler levels of how we store our emotions and thoughts in our body. Through asana (postures), pranayama (breath awareness) and meditation we aim to release the tensions in our bodies, so our emotions and thoughts can flow freely and clearly, allowing us to move with more freedom.

Note: Now operating in a new venue, please contact Lisa for details.

'Yoga for Back Care'	7 - 8.30pm, Tues 18th April – 27th June
'Gentle Yoga'	10 - 11.30am, Friday 21st April – 30th June
'Men only'	1.30 - 3pm, starting Sat 6th May
'Dynamic Flow'	10 - 11.30am, starting Wednesday 3rd May
'Stretch and Relax'	4.30 - 5.30pm, 8 wk course starting 12th May

Book Directly Phone Lisa on 0438 097 475 to make a booking

Beekeeping for Beginners—Create a Buzz in your Backyard

With Bec McBride from Bec's BeeHive - Local Beekeeping Supplier & Trainer

Are you interested in having a beehive in your backyard? My Beginner Beekeeping Program teaches you to care for your colonies throughout the seasons with the health of the honeybee as No.1 priority. You will learn how to begin, the legalities, pests & diseases and most importantly how to properly nurture your bees from a nuc to a complete working beehive. It's not a taster but a demonstration of beekeeping husbandry and step one of my program.

I've been running these workshops for over 6 years and have trained 100's of people in hobby beekeeping during this time. It's my business, my passion and my life and I wouldn't have it any other way!

Date	Saturday June 24
Time & Venue	10am - 3.30pm, ECH Hall
Book Directly	bec@becsbeehive.com.au to make a booking

Sacred abundance, connecting to universal abundance

With Angela - Quantum Divine Energies Healing

Prosperity & Abundance

Monthly Group Healing beginning in Term 2 and ongoing every 4th Saturday for 2017

Direct bookings with Angela are essential each month

Angela is your prosperity and abundance spiritual teacher and healer.

Limited space for six students per group.

Don't miss out on this opportunity to work with the universe and see through the matrix.

Please note:

This is a process, we will be going through each month, it's not a magic wand, we will be working together on all aspects of your life. The healing is only half of what I charge on a private session, I am guided by spirit to get a group together, the few who souls are ready to receive higher consciousness and these codes and frequencies to be installed into their being, shining the light of consciousness on their relationship with themselves, family, humanity, the planet, their business, health and having a love relation with the entry of money and much more...

Dates Saturday April 29, May 27, June 24
Time & Venue 11am - 12:15pm, ECH Hall

Contact: Angela Corner 0425 748 702

Website: ntpages.com.au/sacredabundance

Trading with Ladies



ECH understands that childcare fees can be tough and we have kept ours below the state average for that reason. We are interested in supporting parents who want to get into or return to the workplace by providing as many childcare spaces as possible to support working families. That is why we have nearly doubled our licensed Out Of School Hours (OOSH) spaces to support more childcare. This also means that we have increased our staff to meet the regulated ratios.

ECH has a 40 year history of supporting the development and employment of women in particular. One way we can increase our support of working women is to trade volunteering for childcare fees. To support women who want to return to the workplace or need to get their confidence or skills up, we will provide free childcare to eligible women interested in volunteering at ECH in one of our many programs, services or administrative functions. There are **limited spaces** so please enquire after April 18, 2017 if you are interested in term two placements.

Trading with Tradies

For those who specialise in trades such as electrical, building, carpentry, roofing, plumbing and gardening, you can take advantage of providing services in trade for childcare.



We have many projects that require contributions from specific groups and we would be happy to draw up an agreement where we trade services for an equivalent dollar value. There are specific, **limited opportunities** so please enquire after April 18, 2017 if you are interested in term two Tradies childcare placements.

Email emhouse@iinet.net.au to express interest.



NEW FOR 2017!



Introduction to Virtual & Augmented Reality



EXPRESSIONS OF INTEREST

➔ *Have you got a young person at home who dreams of a job in technology but doesn't know where to start?*

➔ *Are you interested in knowing more about VR and AR?*

Whether you work in entertainment, tourism, business, the arts or education, our short course will introduce you to the uses of VR and AR and provide a pathway toward further university study.

Please contact ECH on emhouse@inet.net.au and express your interest in the 2017 course.



CPR Refresher Training Only

Course Code HLTAID001

Renew your CPR qualification.

Dates	Saturday Jun 17, 1 session
Time & Venue	9.30am - 11.30am, ECH Hall
Cost	\$65 per person Cardinia Volunteer Subsidy applies (All prices include ECH admin fees)

First Aid (Level 2) Includes CPR

Course Code HLTAID003

The ability to deliver first aid can often mean the difference between life and death. Level 2 practical competencies include all theory and assessments which are to be completed at home. This is your opportunity to gain a qualification by completing this accredited courses. Participants will not be deemed competent until they have passed the assessment for the theory component.

Dates	Saturday Jun 17, 1 session
Time & Venue	9.30am -1.30pm, ECH Hall
Cost	\$130 per person. Includes CPR Refresher Cardinia Volunteer Subsidy applies (All prices include ECH admin fees)



Technical Skills

Introduction to Wood Working Power Tools

It's tool time! Ever wanted to gain some skills working with wood? Have a project at home that you would just like to get done or get started? What kind of sander is appropriate? How do you use a jigsaw? What is the difference between power saws? What is the best battery operated drill and how much power do I need? What is the right drill bit? Time for you to get acquainted with what is in the tool shed.

Expressions of Interest — Call now to secure your place

Technical Skills

Introduction to Home Repairs

It's time to fix some of these nagging problems around the house. Dripping taps, sticking, draughty, squeaky doors, leaks, jammed windows, wall patching, torn flyscreens, leaky toilet bowls. How about furniture stripping? Someone could start a small business sorting out any one of these items. Some people in our homes already know what to do but never have time. Come join our group of can-doers and get on top of those pesky tasks.

Expressions of Interest — Call now to secure your place



Occasional Child Care

Emerald Community House is a registered licensed Care Provider, Emerald Community House Childcare is a community based childcare program. Our qualified staff provide affordable childcare to the community. Occasional childcare is available on Monday, Wednesday and Friday.

All Day sessions	9.30am - 2.30pm	\$35
Kidzplay (Tuesdays)	9.30am - 2.30pm	\$40

We offer an under 3 and over 3 program for children approx 12 months old to 5 years (children must be walking confidently). Our play & learning program offers lots of fun, love and social activities. Special experiences are provided each day, taking into account the children's natural interests, and designed to promote their social, physical, intellectual, language and emotional development.

It is recommended to check availability with the Emerald Community House Child Care Coordinator. If a placement is not immediately available you may wish to go on the waiting list. **Parents or guardians must attend a CFA Bushfire Planning Workshop which is part of the safety policy of ECH Emergency Management Plan and enrolment policy**

Enrolment can be made in person, over the phone, via mail, fax or email to emhouse@iinet.net.au Enrolment and membership forms can be obtained from the House or downloaded at:

www.emeraldcommunityhouse.org.au/forms

For payment of fees we accept cash, cheque, EFTPOS, MasterCard, Visa and direct deposits.

Our banking details are **BSB 063-842 Acct No 1009 3095.**

Please include your child's full name when making direct deposits.

Payment

Casual bookings must be paid for on the day. Permanent bookings are paid in advance. Term invoices will be issued for parents to pay outright or payments may be arranged throughout the term. Accounts must be completely paid in full by the end of each term. Cancellations of permanent positions require two weeks notice.

Out of School Hours (OOSH) Care

ECH is a registered licensed childcare provider. Morning sessions for primary schoolchildren are from 7am to 9am Monday through Friday and cost \$15 per child. Children are to be dropped off at Emerald Community House and are walked over to Emerald Primary School at 8.45am each morning. Childcare/OOSH does not run on days when the school is closed.

Afternoon sessions are from 3.30pm - 6.00pm and cost \$17 per child. Children meet outside the school office and are walked over to Emerald Community House. Children are then to be collected from Emerald Community House by 6pm.

A substantial and nutritious breakfast and afternoon tea is provided within the cost of the program. Fun activities include arts & crafts, books, board games, outdoor activities, games and lots more. Computer and internet are also available for use.

It is recommended that you check availability with the Emerald Community House Before & After School Care Coordinator. **Parents or guardians must attend a CFA Bushfire Planning Workshop which is part of the enrolment and ECH Emergency Management Plan.**

Enrolment can be made in person, over the phone, via mail, fax or email to emhouse@iinet.net.au. Enrolment and membership forms can be obtained from the House or downloaded at:

www.emeraldcommunityhouse.org.au/forms

For payment of fees, we accept cash, cheque, EFTPOS, MasterCard and direct deposits.

Our banking details are **BSB 063-842 Acct No 1009 3095.**

Please include your child's full name when making direct deposits.

Payment

Casual bookings must be paid for on the day. Permanent bookings for any days of the week are invoiced fortnightly and must be paid for in full by the end of each month. 24 hours notice is required for children not attending any session. Otherwise the full fee will be charged.



97.1fm 3mdr

Mountain District Radio
Voice of the Dandenongs



MONDAY

- 7am The 80/20 RULE with Chris
- 9am SUSTAINABILITY SHOW
- 10am THE KORNIEST SHOW – Music, Comedy with JB
- 1pm GOLDEN AGE OF ROCK'N'ROLL with the Ghost Rider
- 3pm THE GOOD LIFE with Anne
- 5pm BRING DOWN THE BIRDS with the Invisible Man & Dr Watson
- 7pm THE CLUB SHOW with Jay & Shazza
- 9pm THE SHENNIGANS with Dazmo, Kat, Gordon & Bourke
- 11pm 3MDR AUSTRALIAN MUSIC OVERNIGHT

TUESDAY

- 7am THE WIND UP with Dougie & Wayne
- 9am 3MDR AUSTRALIAN MUSIC with Larry Lyrebird
- 10am DIGGIN' IT with Janette
- 11am ALPHABET SOUP with Michael D
- 1pm ROCKABILLY DRIVE-BY with Dale and Janette
- 3pm FRESH AIR with Mitch
- 4pm PRIMARY PERSPECTIVES
- 5pm THE MUSIC GARDEN with The Gooneybird
- 7pm THE ROMANIAN SHOW with Cornelius
- 9pm THE CROATION SHOW with Vlado
- 12am 3MDR AUSTRALIAN MUSIC OVERNIGHT

WEDNESDAY

- 6am EARTH SPIN with Meg
- 8am THE PRODUCER'S TAKE with David
- 11am UNCUT & UNSIGNED with Tony
- 12pm TALKING ON THE MOON with Scott & friends
- 1pm 3MDR AUSTRALIAN MUSIC with Larry Lyrebird
- 3pm NOW & THEN with Neesy
- 5pm HARMONICA RIFF RAFF with Old Shep
- 7pm FOLK ON THE FRINGE with Phil
- 9pm THE DOTTED LINE with Dave
- 11pm 3MDR AUSTRALIAN MUSIC OVERNIGHT

THURSDAY

- 6am SONGS FROM UNDER THE FLOORBOARDS with Brett
- 9am JUDY-ANNE & CO with Judy-Ann & Paul
- 11am UPBEAT SOUL with Peter Kessels
- 1pm BASICALLY COUNTRY with Keith
- 3pm THE ITALIAN SHOW with Angelo
- 4pm ROUNDABOUT with Bealy
- 7pm PILOT THE DUNE with Coz, Francis the Man-Child
- 9pm ALMOST BLUE with Michael & Michelle
- 12am 3MDR AUSTRALIAN MUSIC OVERNIGHT



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FRIDAY

- 6am PEPPERED UP with Blossom
- 9am PAY IT FORWARD
- 11pm BANGERS & MASH with Paula
- 1pm THE SOUNDS FROM IN-BETWEEN with Norman Weakly
- 3pm RED TO BLUE with The Webstar & Tony
- 5pm CHICK HABIT with Sally & Michelle
- 7pm COUNTRY BONANZA with Denver
- 10pm FULL ON COUNTRY with Big Pete
- 11pm INDEPENDENT COUNTRY with Wal

SATURDAY

- 4am 3MDR AUSTRALIAN MUSIC with Larry Lyrebird
- 6am SAT MORNING COUNTRY with Smiley Grahame
- 9am CLASSICALLY SATURDAY with Jules
- 11pm AN ACOUSTIC COMPANION with Ron
- 1pm COMMUNITY OUTLOOK
- 2pm THE GREEN ROOM with Bronwyn
- 3pm GORILLA RODEO with Ben
- 5pm COSMIK DEBRIS with Sebastian
- 8pm OUT ON THE EDGE with Rollo
- 11pm 3MDR AUSTRALIAN MUSIC OVERNIGHT

SUNDAY

- 6am GOSPEL with Stew
- 8am TAMIL SHOW with Senthil & Wicki
- 10am SRI LANKIN SHOW Boya, Charitha & Friends
- 12pm GREEK SHOW with George
- 2pm SAMOAN SHOW with Sam
- 4pm THE BUDDHIST HOUR with Simon
- 5pm HINDI with Deo
- 7pm WAKING THE NEIGHBOURS with Dap
- 9pm NOT QUITE MIDNIGHT with Mitch
- 1am 3MDR AUSTRALIAN MUSIC OVERNIGHT



Note: Program current as at 19 April 2017

Check online for updates at www.3mdr.com

Healthy End of Life Program

Information Session

Tuesday 27th June, 7pm—9pm—ECH Hall



End of life care has many dimensions not restricted to the person facing their own mortality, but also family members and carers and their extended family and friends.

A terminal diagnosis due to an incurable disease which might be short or long, brings with it many questions including “where do I want to die and how will my care be managed”.

Then there is the person diagnosed with a neurological degenerative disease such as dementia, that might be slow to progress and often requiring full time nursing care, until death. Once again many questions are raised with family members and carers about how will care be managed and can it be within the familiar home setting.

HELP is a practical guide for communities to support local people who wish to receive end-of-life care in their home, or community setting.

The goal of HELP is to create a sustainable collaborative local culture that attends to end-of-life needs for local residents.

Emerald Community House

Healthy End of Life Program (HELP)

Offering, asking for, and accepting help

Creating an End of Life Collaborative Community Culture in Emerald

Emerald Community House aims to build end of life community capacity and resilience in two ways:

By generating, in partnership with other community forums, public conversation, community discussion and skill sharing on the role of community at end of life.

By creating a community network of people with capacity to support other community members who wish to receive end of life care at home.

HELP invites community members to offer of themselves to be called upon to offer practical support for the person, enabling as best as possible, continuation of life with elements that previously gave purpose and meaning to the person's life. There are no limits to practical support, be it mowing the lawns, changing a light globe or providing company.

The 'other side of the coin' is care and support for the person's carer, often their partner, who is present 'around the clock' and who might appreciate an occasional break from what is often an enormously stressful and tiring situation.

The first Healthy End of Life Program (HELP); offering, asking for and accepting help was held and organised by the Emerald Community House in February 2017.

The gathering was attended by eight (8) local community members together with representatives from La Trobe University Palliative Care Unit and Eastern Metropolitan Region Palliative Care Consortium.

Subsequent and expanded gatherings have convened each month and envisaged ongoing meetings continue throughout the year, as there is real interest and enthusiasm for community members 'stepping up' to enable those wishing to die at home, to realise their last wishes.

Contact: Chris Phillips

Mobile: 0407 060 069

PAGING



Poets

~ 2017 ~

Woorilla Poetry Prize

* Junior Section ~ \$ 200

* Open Section ~ \$ 1,000



**Monday
June 29th**

*** Awards Presentation ~ Sunday July 30th *
2pm at the Gem Theatre - Kilvington Dr, Emerald**

*The Woorilla Poetry Prize is organized
by Maria Millers & presented in partnership
with the Annual PAVE Festival in Emerald.*



Email :

woorilla@pave.org.au

Website:

www.pave.org.au





The Centre of Resilience (COR) is a community development model piloted at Emerald Community House committing to resilience building ideas and initiatives that stimulate community strength and social durability. This includes activities that invest

in job skills for a stronger economy, sustainability action, social justice, resourcefulness and community asset protection.

The goal of **COR** is to contribute to "community continuity" by encouraging the efficient and effective use of existing social, natural, economic and built community based assets in a sustainable way.

A community continuity strategy, contributes directly to:

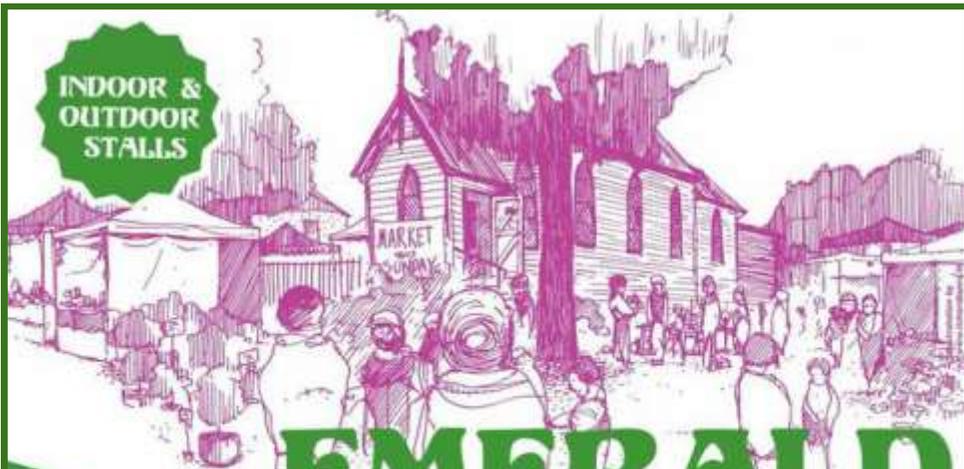
- sustainable economic, environmental and social benefits
- enhancement of community governance and leadership skills through proactive processes
- an increase in community participation in education, volunteering, living and employment skills
- safer and happier communities

COR has been acknowledged in the "Strategies for Supporting Community Resilience" prepared by the Multinational Resilience Policy Group: "ECH's vision reflects and embraces many of the central themes that have motivated similar communities across the nation to focus on building community strengths through establishing and strengthening trust and mutual benefit in each area of everyday local activities (Emerald Community House, 2014)." Monash University and Emergency Management Australia have also recognised COR as a valued community development model in their Resilience Compendium of community based resilience activities.

<https://www.monash.edu/muarc/research/research-areas/home-and-community/disaster-resilience/view-the-compedium>

We are grateful to be honoured with recognition by Resilient Australia 2016, a Commonwealth program through the Attorney General's office with a **"Highly Commended" Community Award** .

INDOOR &
OUTDOOR
STALLS



EMERALD MARKET

3RD
SUNDAY
EACH MONTH

KILVINGTON
DRIVE

9AM - 3PM

5968 3881

 Find us on
Facebook

echmarket@iinet.net.au

www.emeraldcommunityhouse.org.au

