



Semester 2, 2017

Community Info, Volunteering -
Work Skills - Literary Arts -
Healthy Living - Children's
programs – Humanitarian action



**Solar Project
(Page 3)**

Term 3

(July 17th - Sept 22nd)

Semester 2

**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



Program Contents

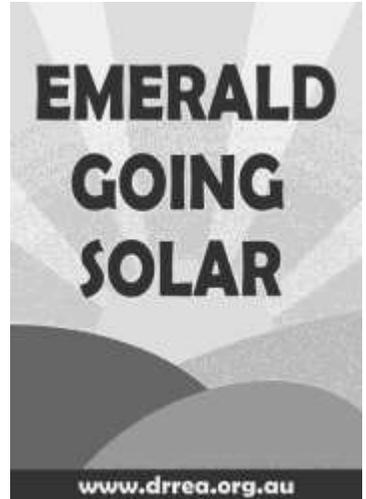
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Our Vision is to be a place where connections are made and opportunities are realised.

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

Power to the People

ECH launched the ‘Emerald Community House Going Solar Rooftop Appeal’ campaign in 2014, inspired by the projects of Dandenong Ranges Renewable Energy Association (DRREA). The goal matched our own unique Centre of Resilience (CoR) strategy that underpins every ECH project with a commitment to environmental, built, social and economic resilience. Our plan was to install an off-grid solar array with battery backup and generator to support the power needs of the hall, reducing our carbon footprint and also utility expense.



To kick off the project, initial community donations came in from Emerald Village Committee, Emerald For Sustainability (EmFSuS) members and DRREA. We received many enthusiastic letters including support from the Emerald Medical Centre and Cardinia’s Environment & Engineering Department. Then the Commonwealth government through MP Jason Wood’s office contributed \$15k toward the project early this year. ECH was successful with their Cardinia Capital Works application gaining a further \$15k. ECH is now matching the government sources in a 3 way even split with the local and federal government, totalling up to \$45,000. Government, NGOs, businesses, community and individual contributions ensure that a state of the art system will be installed to support “community continuity” as our version of business continuity.

This project will allow our community not for profit business to keep going, supporting the community, running the childcare programs, community dining, adult education, providing a recharge facility, internet access and resources to community. Climate change is certainly a catalyst to the intensity of environmental threats, raising the impact on our everyday lives and dependence on power, especially for emergency information. We hope that our efforts help to ride out climate calamities locally and that more community buildings are kitted out to be their own Centres of Resilience in their high risk communities.

Course Enrolment Details & Conditions

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 eligible courses offered at ECH. This subsidy is available (with conditions) and 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



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 Microsoft Windows operating system and Microsoft Office Suite (including Word, PowerPoint, Excel) and more.

Date: Wednesday Jul 26th - Sep 13th (8 weeks)
Time & Venue: 12.30pm - 3pm, ECH
Course Fee: \$70 (including material & amenities fees)
* Cardinia Volunteer Subsidy may apply

Are you unsure how to use some features on your SmartPhone, manage your photo library or control the complexity of today's digital world?

Get in touch with ECH if you are Interested in a course to help improve your knowledge of 'Digital devices', use social media platforms and e-safety tips.



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 Jul 17th - Sep 18th (10 weeks)
Time & Venue: 9.30am - 11.30am, ECH Hall
Course Fee: \$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 Jul 17th - Sep 18th (10 weeks)
Time & Venue: 12.30pm - 2.30pm, ECH Hall and Kitchen

Date: Tuesday Jul 18th - Sep 19th (9 weeks)
Time & Venue: 1pm - 3pm ECH Hall and Kitchen

Course Fee: \$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 Jul 27 th - Sep 21 st (9 weeks)
Time & Venue:	7pm - 8.30pm, ECH Hall
Course Fee:	\$135

Tax Help

Tax Help volunteers help people with simple tax matters and tell clients whether they need to lodge a tax return. Tax Help is a free and confidential service provided by local ATO-trained and accredited volunteers.

Low income earners who earn around \$50,000 or less per year and have straightforward tax affairs are eligible to use this service.

The free service is available by appointment until 31st October 2017.

Please call Emerald Community House to book your appointment on 5968 3881

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 Jul 18th - Sep 19th (10 weeks)
Time & Venue: 9.30am - 11.30am, Emerald RSL
Free

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



Employment Skills

Hospitality Work Ready Training *

Course Code HT

The Hospitality Work Ready Training is an accredited Work Skills program aimed at providing participants the skills to be Work Ready to gain employment in the hospitality industry.

This basic training is conducted over several weekends and covers the following accredited units:

SITHCCC001	Use food preparation equipment
SITHCCC005	Prepare dishes using basic methods of cookery
SITXKOP001	Clean kitchen premises and equipment
SITXFSA001	Use hygienic practices for food safety
SITXFSA002	Participate in safe food handling practices
SITHFAB002	Responsible service of alcohol
BSBCMM201	Communicate in the workplace
SITHFAB007	Serve Food and Beverage

Dates:	Saturday July 1 st & July 8 th
Time & Venue:	9am to 3pm
Course Fee:	\$75

Upon completion participants will have achieved Food Handlers Level 1, Food Safety Supervisor Level 2 and Responsible Service of Alcohol Certificates providing a pathway to undertake a Certificate III in Hospitality or Certificate III in Commercial Cookery

* Please note:
Individuals cannot be enrolled if they are currently studying as secondary students due to extra conditions for eligibility of participants for the Hospitality Training course. Please discuss any queries with the ECH Coordinator to confirm.



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. Run by community volunteers under the House Manager, 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>



Food & Wine

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 Aug 6th (1 session)
Time & Venue: 9am - 4pm, Telopea Mountain Permaculture,
134 Invermay Road, Monbulk
Course Fee: \$110

Health & Wellbeing

Meditation

Course Code MED

With Sharon Brockman

Discover the benefits of meditation at the physical, emotional, intellectual and spiritual levels; enjoy inner peace and personal transformation through out your daily life, a wonderful modality to assist with stress and anxiety. Join me for guided meditation on a journey you will find calming and insightful. Please wear comfortable clothing and bring a water bottle, you may also like to bring a journal, pen and a blanket for warmth.

Dates: Thurs Aug 31st - Sept 21st (4 weeks)
Time & Venue: 2pm – 3pm, ECH Hall
Course Fee: \$80

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/>

Event: 25th July in ECH Hall
Time: 6.30 – 7.30pm
Cost: Gold Coin donation

Anna Millers Speaks About *Disease, Eating & Exercise*

Anna Millers gives

An educational, informative and highly engaging presentation on the current attitudes and approaches we have towards the way we eat and exercise.

Diagnosed with a disease in 2007, she began to research how she could be an active contributor and participant in providing a positive impact on her health.

This led down a path of education, trial and exploration to finding a new, exciting and empowering approach to her eating and exercise habits.

She talks warts and all about her own experience and through this assists others in finding their own path to improvement and empowerment.

This presentation is for those who never want to feel that they **should** diet or exercise again!!!

Winter vs Summer Pruning

Course Code WSP

With Peter Allen

Tips and tricks to reduce workload, reduce disease entry and create fruit or rejuvenate old trees. Focus on the advantage of pruning at the correct time to control disease, fruit and tree size. We also look at how to get the right tree first so reducing the workload for the next 50 years of fruiting. Bring lunch to share.

Dates: Sunday Aug 20th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture
134 Invermay Road, Monbulk
Course Fee: \$95

Critical Care of Fruiting Trees

Course Code CFT

With Peter Allen

Why this month is the most critical for watering, what to do to prepare for good fruit and bud set this season and the next. The importance of swales and natural pest management for fruit trees. Bring lunch to share.

Dates: Sunday Sep 17th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture
134 Invermay Road, Monbulk
Course Fee: \$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 watering for trees, tools and materials or services needed for the task and future management. Organic control methods and products for pests, disease and weeds.

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

Dates: Sat July 8th, Sun July 9th, Sat July 15th with final session including the practical part on Sun July 16th

Venue: Teloepa Mountain Permaculture,
134 Invermay Road, Monbulk
www.petethepermie.com.au

Course Fee: \$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

Life Skills

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 Jul 18 th - Sep 19 th (10 weeks)
Time and Venue:	10am - 12noon. ECH Hall Kitchen
Course Fee:	\$80 (including materials and amenities fees)

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. Small children practice the fine art of getting along with others & 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 Jul 20 th - Sep 21 st (10 weeks)
Time & Venue:	9.30am - 11.30am, ECH Child Care
Course Fee:	\$65

Tutor Opportunities

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

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

Suggestions — Seeking Expressions of Interest

Are you interested in other courses, activities, events, services or projects being run in future ?

Topics like;

Craft, Crochet, Photography, Social Media, Using Digital Technology, Equipment Repairs, Sewing Alterations, Bread Making, Programing & Electronics etc

Complete this online form at www.tinyurl.com/echsuggestions or send an email to emhouse@iinet.net.au or phone 5968 3881

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 Jul 28th - Sep 15th (8 weeks)
Time & Venue: 12.30pm - 3pm, ECH Hall
Course Fee: \$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.

Date: July 20th, Aug 3rd, Aug 17th, Aug 31st (4 weeks)
Time and Venue: 7pm - 9pm, ECH
Course Fees: \$80 (including materials & 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.

Date: TBC
Time: 7 - 9.30pm
Venue: Emerald Community House
Course Fee: \$120

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



Visual Arts

Young Artists Studio

Course Code YAS

With Andrea Hawes

Lets Create — A class for children (aged 9-12) who love to draw and paint. Have fun learning to use your imagination whilst being guided by an experienced art tutor. Pick your favourite subject to create a work of art for your wall at home. You will learn how to use colour and shape to make your painting look great.

Date: Tuesday July 25th - Sept 12th (8 weeks)
Time: 4 - 6pm
Venue: Emerald Community House Hall
Course Fee: \$100

Drawing Super Heroes

Course Code DSH

With Tony Midson

Week One: The Face. Grid The Eyes. The nose.
Week Two: The Mouth The Ears. The Head in Profile.
Week Three: The Figure. Male and female Superhero proportions & torso shapes. Hair. 1 Point Perspective Drawing.
Week Four: 2 Point Perspective Drawing. Hands.
Week Five: 3 Dimensional Heads. 3 Dimensional Figures. Feet.
Week Six: Figure Movement. Shading. Costumes & Accessories.
Week Seven: Superhero from scratch.

The only materials the participants require are:

Pencil (HB), eraser, sharpener (if not using mechanical pencils), ruler, and an A4-A3 sized sketch book.

Date: Saturday July 22nd - Sept 9th (8 weeks)
Time: 1 - 3pm
Venue: Emerald Community House Hall
Course Fee: \$180

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.

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BUILDERS

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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
Marloi Thai	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, Tuesday July 18 th
'Gentle Yoga'	10 - 11.30am, Friday July 21 st
'Men only'	1.30 - 3pm, Saturday July 22 nd
'Dynamic Flow'	10 - 11.30am, Wednesday Jul 19 th
'Stretch and Relax'	4.30 - 5.30pm, Friday Jul 21 st

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!

Book Directly

bec@becsbeehive.com.au to make an enquiry

Sacred abundance—Abundance and Life Purpose

With Angela - Quantum Divine Energies Healing

Divine Healing

Monthly Group Healing continuing in Term 3 and ongoing every 4th Saturday for 2017

My name is Angela; I am a prosperity, abundance and life purpose spiritual teacher and healer, I am also a crystal and flower therapist, energy medicine practitioner, reiki master, angel card reader, angel energy healer and spiritual channeler.

Please note: This is a process, we will go through each month; it's not a magic wand but be patient with the process and with yourself. We will be working together on all aspect of your life, activating your spiritual gifts, your unique talents/gifts that guide your soul and life purpose and brings true bliss and abundance. This group healing is also to heal your relationship with yourself, inner child, which opens up to the universal abundance. You will also understand the process to heal and how to have a close relationship with the energy of money.

There will be energy healing, muscle testing, belief busting, breathing techniques and much more...

Limited space for six students per group.

Direct bookings with Angela are essential each month

Dates: Saturday July 29th, Aug 26th, Sept 23rd
Time & Venue: 11am - 12:15pm, ECH Hall

Bookings: Angela Corner 0425 748 702
Website: ntpages.com.au/sacredabundance

Skills Swap

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.



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.



First Aid

CPR Refresher Training Only

Course Code HLTAID001

Renew your CPR qualification.

Dates: Saturday Sept 16th
Time & Venue: 9.30am - 11.30am, ECH Hall
Course Fee: \$65 per person
Cardinia Volunteer Subsidy may apply
(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 Sept 16th
Time & Venue: 9.30am -1.30pm, ECH Hall
Course Fee: \$130 per person. Includes CPR Refresher
Cardinia Volunteer Subsidy may apply
(All prices include ECH admin fees)



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

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 Childcare Provider operating a community based program. Our qualified staff provide affordable childcare to the community. Occasional childcare is available on Monday, Wednesday and Friday.

Day sessions (Mon, Wed, Fri)	9.30am - 2.30pm	\$35
Kidzplay (Tues)	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 post or email to emhouse@iinet.net.au Enrolment and membership forms can be obtained at the ECH office or downloaded at:

www.emeraldcommunityhouse.org.au/forms

Payment

We accept cash, cheque, EFTPOS, MasterCard, Visa & direct deposits. Our banking details are **BSB 063-842 Acct No 1009 3095**. **Please include your child's full name when making direct deposits.**

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

Emerald Community House is a registered licensed childcare provider operating OOSH each weekday. Morning sessions for primary school children 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. Note: OOSH does not run on days when the school is closed.

Afternoon sessions 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.

New & extended operating times are being trialled in Term 3 & Term 4

Morning - **6:30am** - 9am

Afternoon - 3:30 - **6:30pm**

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 post or email to emhouse@iinet.net.au. Enrolment & membership forms can be obtained at ECH or online: www.emeraldcommunityhouse.org.au/forms

Payment

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.**

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 & Wayne
- 5pm BRING DOWN THE BIRDS with the Invisible Man & Dr Watson
- 7pm THE CLUB SHOW with Jay & Shazzy
- 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 Mark
- 12am 3MDR AUSTRALIAN MUSIC OVERNIGHT

WEDNESDAY

- 6am 3MDR AUSTRALIAN MUSIC OVERNIGHT
- 9am 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 & Pierre
- 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 Frannie & Sam
- 9pm ALMOST BLUE with Michael H
- 12am 3MDR AUSTRALIAN MUSIC OVERNIGHT



97.1fm 3mdr

Mountain District Radio
Voice of the Dandenongs



FRIDAY

- 6am 3MDR Australian Music Overnight
- 9am PAY IT FORWARD
- 10am WHITE LINE FEVER
- 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 INDEPENDENT COUNTRY with Wal
- 11am 3MDR AUSTRALIAN MUSIC OVERNIGHT

SATURDAY

- 6am SAT MORNING COUNTRY with Smiley
- 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 Reverend 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
- 5pm HINDI SHOW with Deo & Zubina
- 7pm WAKING THE NEIGHBOURS with Dap
- 9pm NOT QUITE MIDNIGHT with Mitch
- 1am 3MDR AUSTRALIAN MUSIC OVERNIGHT



Note: Program current as at 23 June, 2017

Check online for updates at www.3mdr.com

Palliative Care Program

Monthly Group Meeting Sessions - All Welcome

July 26th, Aug 23rd, Sept 27th at 7pm—9pm in the 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

ECH Facility Hire - Booking enquiries

Emerald Community House has facilities for hire suitable for parties, weddings, workshops, meetings, performance and other events.

Hall

Restored church, white interior with polished timber floor, air-conditioning and heating. Comfortably seats 36, (6 trestle tables each seating 6). Seats 50 maximum without tables.

Hall Kitchen

The Hall kitchen was completely renovated in 2012. Our commercial grade kitchen is fully equipped to cater for 36 people with crockery, cutlery and glassware. The kitchen comprises a movable work bench with special needs station, fridge/freezer, upright oven, microwave, dishwasher, washing machine and dryer, double sink, hand sink and laundry sink. A good range of cooking equipment is available for use.

Children's Playground & Courtyard

Large covered sandpit, swings, basketball hoop, climbing equipment, raised gardens, grassed area and secure fencing.



Customer Testimonial

I just wanted to pass on my gratitude for providing us with such a lovely venue to celebrate and remember my mum, and the personable and relaxed way that our booking was managed. As well as being spoilt geographically, the good folk of Emerald are incredibly fortunate to have such a beautiful facility in our town. You and the team at ECH do us proud with your efforts.

- Clive (Emerald)



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:

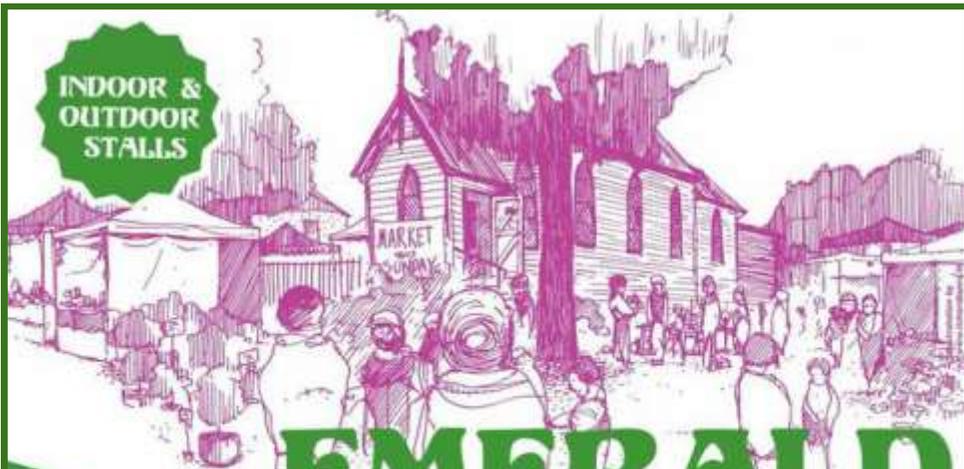
- sustainable economic, environmental and social benefits
- enhancement of community governance and leadership skills through proactive processes
- an increase in community participation in education, volunteering, living and employment skills
- safer and happier communities

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

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www.emeraldcommunityhouse.org.au



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