

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



# Term 4

(Oct 9<sup>th</sup> - Dec 22<sup>nd</sup> 2017)

## Semester 2

Short course programs, local  
events, venue hire, activities  
& community projects

*All Welcome  
please come in  
& say hello*

Office open  
Monday - Friday  
9am - 4pm

### **Emerald Community House**

356 - 358 Belgrave-Gembrook Road, Emerald VIC 3782  
Telephone: 03 5968 3881 Email: [emhouse@iinet.net.au](mailto:emhouse@iinet.net.au)  
[www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)



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**Introduction to  
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**'Our Power'  
Documentary**

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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.***

# Spring into Summer

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Get ready for 2018! It's not too soon. People are planning and planting their gardens, spring has sprung and summer will be here in no time. Take advantage of our community development courses, especially if you are a member of another local group, a job changer or work at any level of local or state government. In its second year, **Introduction to Community Development Practices** provides solid skills and work experiences in asset based community development, working in challenging environments, community event management, community enterprise development and collaboration. And if you find working under pressure with a variety of personalities a real challenge, then you won't want to miss the **TetraMap** sessions which form part of this course. This will be invaluable to anyone who works in high demand environments or with the broader community at large. Early birds discount applies. Starts **Saturday Sept 30<sup>th</sup>**.

**WeatherSmarts** is a brand new ECH approach using our Centre of Resilience strategy to gear up for climate calamities such as bushfires, extreme storms, high winds as well as asthma thunderstorms which can create an emergency for you very quickly. Just how ready are you? This program is required for our childcare parents to attend if they want a permanent position in our affordable licensed childcare programs. Others are welcome to join us as we listen to the speakers from CFA, SES and Cardinia Shire and then query the advisory panel.

*Who are your emergency contacts and what is their plan? What if the power goes out or networks go down? How long could you be isolated? What does loss of power or services mean for your family, pets and jobs? How long could they be on your own? Do you know all of the entrances and exits to the hills area & how road closures will affect you? What happens when your situation changes (personal health, disability, transport, caring for children)?*

Test your perception about your readiness by attending this informative inaugural forum where you get to ask some questions of your own.

**Friday Oct 27<sup>th</sup>, 7-9pm** ECH Hall following Dig In Community Café.

Our **Social Media** course is just what you need to take control of your accounts, profiles and pages. How can you make social media work for you without being a slave or an addict to it? Who should you be sharing with and how do you maintain all of the notifications? What kind of security settings should you be using to protect your information? How do you even get started? This has been a popular class so online registration is available during the school holidays and you can book early to avoid disappointment. Starts **Tues October 3<sup>rd</sup>** so be quick!

# Membership, Course Enrolment Details & Conditions

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## Membership

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, community grant support, insurance, free community wifi 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](mailto: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](http://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.

## Course 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.**

## 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.

## 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.



[www.learnlocal.org.au](http://www.learnlocal.org.au)

# Dig In Community Cafe

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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 Community 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](mailto:emhouse@iinet.net.au) for more information.



Thank you to all of our Dig In Community Cafe regular sponsors (Emerald Woolworths, Emerald Bakery & Bakers Delight) and our wonderful team of volunteers!

Dates: Friday Oct 27<sup>th</sup> at ECH Hall (*WeatherSmarts* Panel at 7pm)  
Friday Nov 24<sup>th</sup> at ECH Hall  
Christmas event - Friday Dec 22<sup>nd</sup> at St Mark's Hall  
Time: 6pm - 8pm



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>

**Watch our short video about Dig In on the ECH website**

## 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 October 10<sup>th</sup> - December 19<sup>th</sup> (10 weeks\*)  
(Excluding Melbourne Cup, Nov 7<sup>th</sup>)

**Time & Venue:** 9:30am - 11:30am, Emerald RSL  
Free to join

**Next speakers:** Oct 24<sup>th</sup> - Mecwacare: Services and Programs

Past speakers have included;  
Alzheimers Australia (Vic), Information about NBN rollout

This program is coordinated by our volunteers & currently funded by ECH.



## 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 & a blanket.

Dates:	Thursday October 12 <sup>th</sup> - December 21 <sup>st</sup> (10 weeks)
Time & Venue:	7pm - 8:30pm, ECH Hall
Course Fee:	\$150

### 'Food is Free'

This project is part of a worldwide movement that believes food should be freely available to everyone. Emerald Community House has now set up a Food is Free pantry cupboard to offer food freely to the whole community.

Everyone is welcome to take food from the pantry and anyone can contribute food to the pantry. We only ask that you try to keep your donated foods reasonably healthy and within their use by dates, and that any fresh food donated can be stored in a sealed container to keep the possums out. Please feel free to leave a comment or suggestion in the book. This will help us to better provide for the needs of our community.



We hope that we can keep this food pantry well stocked through the generosity of our wonderful community. Please remember this pantry is for everyone's use. Food sustains us, food connects us. Food is life!

# 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%.

Dates: Monday Oct 9<sup>th</sup> - Dec 11<sup>th</sup> (10 weeks)  
Time & Venue: 9:30am - 11:30am, ECH Hall  
Course Fee: \$80

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## 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 Oct 9<sup>th</sup> - Dec 11<sup>th</sup> (10 weeks)  
Time & Venue: 12:30pm - 2:30pm, ECH Hall and Kitchen

Dates: Tuesday Oct 10<sup>th</sup> - Dec 12<sup>th</sup> (9 weeks)  
(Excluding Melbourne Cup Nov 7<sup>th</sup>)  
Time & Venue: 1pm - 3pm, ECH Hall and Kitchen

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

## 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 two weekends and covers the following accredited units:

This is a hands on hospitality course where participants will prepare a 3 course meal. Learn the fundamental skills to build your knowledge of the industry. Experience an insight into the professional operation of a commercial kitchen. Develop the skills required to work in the ever expanding hospitality sector.

#### Skills covered in practical training & completion of workbook

Use hygienic practices for food safety; Participate in safe food handling practices; Responsible service of alcohol; Use food preparation equipment; Prepare dishes using basic methods of cookery; and Serve Food and Beverage.

Dates: Saturday November 25<sup>th</sup> & December 2<sup>nd</sup>  
Time & Venue: 9am - 3pm, ECH Hall  
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

\* 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.



## Culinary Interests

### **Camembert & Gourmet Feta, Sour Cream and 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: Saturday December 2<sup>nd</sup> (1 session)  
Time & Venue: 9am - 4pm, Telopea Mountain Permaculture  
134 Invermay Road, Monbulk  
Course Fee: \$110

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### **Feta, Mascarpone & Greek Style Yoghurt**

Course Code FMGY

*With Peter Allen*

Enjoy the satisfaction of making and eating your own cheese. Over the course of the day you will make Feta, Mascarpone and Greek style yoghurt to take home. 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 December 10<sup>th</sup> (1 session)  
Time & Venue: 9am - 4pm, Telopea Mountain Permaculture  
134 Invermay Road, Monbulk  
Course Fee: \$110

## Culinary Interests

### **Cider, Perry & Fruit Wine Making Workshop**

Course Code CPF

*With Peter Allen*

We will look at and use different methods of pressing & making apple cider plus the very popular perry-pear cider also apple cider vinegar.

What are the cider varieties of apple or pear and how can you use what you have on your trees. We will also look at ways to turn any kind of excess fruit into a dessert wine & make a batch. This will also include a light lunch, tasting ciders and home made wines and is strictly for over 18 year olds.

**Date:** 10am - 4:30pm, Sunday November 26<sup>th</sup> (1 session)  
**Time & Venue:** Teloepa Mountain Permaculture,  
134 Invermay Road, Monbulk  
**Course Fee:** \$125 (includes light lunch)

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### **Design a Cidery Fruit Class**

Course Code DCF

*With Peter Allen*

Cider varieties and other fruit. What varieties & rootstocks to use and how to maintain these, how to layout the Cidery for an effective operation.

**Dates:** Sunday December 3<sup>rd</sup> (1 session)  
**Time & Venue:** 10am - 4pm, Teloepa Mountain Permaculture,  
134 Invermay Road, Monbulk  
**Course Fee:** \$95

## Life Skills

### Developing your Skills for the Workplace

Course Code DYSW

With Sharyn Thomas



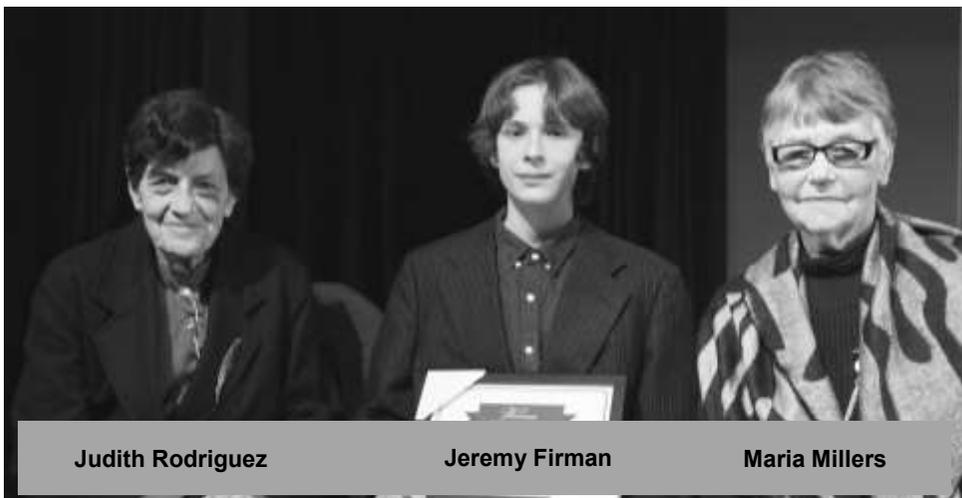
Ideal for those with special needs, participants will learn a variety of natural and environmental crafts that interest them such as making soaps, recycled paper and cards and how to present them for sale. Students will run their own market stall once a term at the Emerald Market to sell their creative 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 October 10 <sup>th</sup> - December 12 <sup>th</sup> (9 weeks - Excluding Melbourne Cup Nov 7 <sup>th</sup> )
Time & Venue:	10am - 12pm, ECH Hall Kitchen
Course Fee:	\$80 (including materials and amenities fees)

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### Youth winner at the 2017 Woorilla Poetry Prize Awards



Judith Rodriguez

Jeremy Firman

Maria Millers

Keep up-to-date via [www.woorilla.org.au](http://www.woorilla.org.au) to find out about the 2018 competition details and entry dates.

## Literary Arts

### 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 October 20<sup>th</sup> - December 8<sup>th</sup> (8 weeks)  
Time & Venue: 12:30pm - 3pm, ECH Hall  
Course Fee: \$50 (including material & amenities fees)

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### 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: Thurs Oct 19<sup>th</sup>, Nov 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> & Dec 7<sup>th</sup>  
(5 weeks)  
Time & Venue: 6.30 pm - 8.30pm, ECH  
Course Fees: \$80 (including materials & amenities fees)

# Community Development

## Intro to Community Development Practices

Course Code ICDP



Get ready for 2018 this term by expanding your understanding about how the community works. This course provides learners with an introduction to the practical principles of community development and capacity building in communities, especially those facing adversity or challenges. Ideal for NFP group members, community enterprises, volunteers, local government employees, politicians and government staff.

This course will include approaches to support project planning, communication, understanding grant writing, team management and development. Exploring initiatives & programs that build community strength, resilience, inclusion & engagement in working with diverse communities.

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

Dates & Times: 10am - 3pm, Saturday, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
9am - 3pm, Saturday Nov 11<sup>th</sup> & 18<sup>th</sup>

Venue: Emerald Community House

Course Fee: \$160 (Including printed resources)

Please contact Emerald Community House on 5968 3881 and book early as spaces are limited.



# Information Technology

## Computers (Day session)

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.

Dates: Wed October 18<sup>th</sup> - December 6<sup>th</sup> (8 weeks)  
Time & Venue: 12:30pm - 3pm, ECH  
Course Fee: \$70 (including material & amenities fees)  
\* Cardinia Volunteer Subsidy may apply

## Social Media

Course Code SMDD

*With Michelle Dunscombe*



Is social media driving you crazy? This course is ideal for people who want to get a handle on social media for personal use or to increase marketing skills for small business. Course includes creating and maintaining social media profiles and pages, promotional use, understanding settings, managing social media accounts, understanding security risks and cross referencing with other social media accounts. Multiple platforms covered.

Dates: Tues Oct 10 & 17  
Wed Nov 8 & 22  
Time & Venue: 7pm - 9:00pm, ECH  
Course Fee: \$80



# Children's Programs

## Occasional Childcare

Emerald Community House is a registered licensed childcare provider operating an affordable community based program. Occasional childcare is available on Monday, Tuesday (3 yr old +), Wednesday and Friday.

Sessions for 12mths - 5 year olds (Mon, Wed, Fri)

9:30am - 2:30pm      \$35 per child

3 year old & over 'Kidzplay' - includes Spanish session (Tues)

9:30am - 2:30pm      \$40 per child

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.

*"When asked why I like ECH childcare so much, after looking at so many. I couldn't go past the attention to detail in their care, safety and effort of fun. Little people just need basic things. But when those little moments tie into a whole day and they come out happy. You know the staff are always making an effort, always watching and teaching them about making friends. But most of all I observed the patience and kindness that every member of staff had for all the children. My son wouldn't let go of me normally, but he sensed something too and happily goes off to play. They deserve to be acknowledged for being one of the best childcare centres in the Hills". Raquel (Emerald)*

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## Playgroup

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. Call to secure a place in Term 4 and join in having fun with your little ones as they explore the world and chat with other parents.

Dates:                      Thursday October 12<sup>th</sup> - December 21<sup>st</sup> (11 wks)  
Time & Venue:          9:30am - 11:30am, ECH Child Care  
Term Fee:                 \$71.50

## Children's Programs

### Out-of-School Hours (OOSH) care

Emerald Community House is a registered licensed childcare provider operating OOSH program for each weekday and supervises travel between Emerald Primary School.

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. Laptop computer and internet access are also available to use for homework.

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

Morning - <b>6:30am</b> - 9am	\$15 per child
Afternoon - 3:30 - <b>6:30pm</b>	\$17 per child



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### Important Information for all parents of our children's programs

Parents or guardians must attend a 'WeatherSmarts' program which is a requirement of childcare enrolment & ECH Emergency Mgt Plan. Info pg3

Next session is an event with advisory panel from **7pm, Friday Oct 27<sup>th</sup>** in Emerald Community House Hall following Dig In Community Café.

Enrolment & membership forms can be obtained at ECH or online: [www.emeraldcommunityhouse.org.au/forms](http://www.emeraldcommunityhouse.org.au/forms)

Note:

OOSH doesn't operate on days when Emerald Primary School is closed.

## Book Direct

### **Yoga (day & evening 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.

'Yoga for Back Care' Tuesday Oct 10<sup>th</sup> – Nov 28<sup>th</sup> (x8 wks)  
(Excluding Melbourne Cup Nov 7<sup>th</sup>)  
7 - 8:30pm

'Gentle Yoga' Friday Oct 13<sup>th</sup> - Dec 1<sup>st</sup> (x8 wks)  
10 - 11:30am

**Book Directly** Phone Lisa on 0438 097 475

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

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### **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: Sunday October 22<sup>nd</sup>  
Time & Venue: 10am - 3:30pm, ECH Hall

**Book Directly** [bec@becsbeehive.com.au](mailto:bec@becsbeehive.com.au)

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## Book Direct

### **Sacred abundance - Abundance and Life Purpose**

*With Angela Corner*

Divine Healing

Group Healing combined with workshop continuing in Term 4 and ongoing February 2018

Abundance and life purpose spiritual teacher and healer, also a crystal and flower therapist, energy medicine practitioner, reiki master, angel card reader, angel energy healer and spiritual channeler.

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

**Dates:** Saturday October 28<sup>th</sup>, November 25<sup>th</sup>  
**Time & Venue:** 11am - 12:15pm, ECH (Entry via rear courtyard)

**Book Directly** Angela 0425 748 702  
Email: [sacredabundance9@gmail.com](mailto:sacredabundance9@gmail.com)

## 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.

**Appointments** Emerald Community House 5968 3881  
(Available until **31<sup>st</sup> October 2017**)

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Need help with Financial Budgets? Enquire for services & courses in 2018

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# Palliative Care Program

Monthly Group Meeting Sessions - All Welcome

**Dates:** Sept 27<sup>th</sup>, Oct 25<sup>th</sup>, Nov 22<sup>nd</sup>

**Time & Venue:** 7pm - 9pm, Emerald Community House 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



## Opportunities to become a tutor

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

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

We are always looking for local people who have a skill or experience which could translate into an adult education course or workshop.

Whether it is photography, foreign languages, gardening, creative arts or introductory courses that lead to further study, ECH is capable of getting the course going to meet local community needs and save on your travel time and expenses.

**Enquiries:** emhouse@iinet.net.au or 5968 3881

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## Suggestions — Seeking Expressions of Interest

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**What kind of courses or projects would you like to join?**

Are you interested in other activities, events or services run in future?  
Topics like;

**Craft, Crochet, Photography, Using Digital Technology, Equipment Repairs, Sewing Alterations, Bread Making, Drone Flying, Badminton, Volleyball, Programming & Electronics.**

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

We are capable of searching for tutors and teachers who can deliver a course on a specific subject which could help you to access job opportunities, networking or kick start new enterprises.

# Emerald Small Business Network

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Membership is \$20 to join (Free to Market Stall holders) - Call to register.

## Business

Aaheli Oceania

Australian Green Growers

Barry Callister Photography

Emerald Lake Travel

Fernlea House Inc

Helleren Hill Gourmet Products

Heritage Seeds Victoria

Karas Accessories

Little Gem Nursery

Shiba Jewellery

## Contact

0415 158 598

0417 637 375

0427 641 269

0400 990 026

03 5968 3895

0438 288 808

0410 646 519

0422 378 709

0417 113 772

0407 826 407

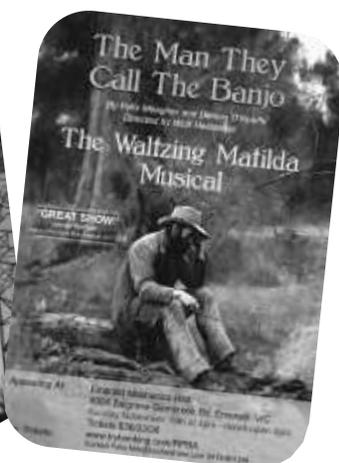
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## Upcoming Community Events

- Oliver! @ Gemco  
Oct 6<sup>th</sup> - 21<sup>st</sup>
- 3MDR 'Big Gig'  
Sunday Oct 29<sup>th</sup>
- Emerald Art Society  
Fair on Cup Weekend  
November 4<sup>th</sup> - 7<sup>th</sup>
- Emerald Primary School  
Fair - Nov 11<sup>th</sup>
- ECH Dig In - Christmas  
Dinner at St Mark's Hall  
December 22<sup>nd</sup>



Sunday Oct 22<sup>nd</sup>  
at Gemco



Sunday Nov 19<sup>th</sup>  
at Emerald Hall

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# Advocacy

The La Trobe Chapter of the 'Grandmothers against Detention of Refugee Children' (GADRC) is a proud sub committee of the Emerald Community House.

Please contact the House to find out when their next meeting or activity is. emhouse@inet.net.au or 5968 3881.



All welcome, even if you aren't a grandmother!



## Venue & Facility Hire - Bookings 5968 3881

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

### **Hall**

Our church hall was fully restored in 2012, has a white interior with polished timber floor, air-conditioning and heating. Comfortably seats 36, (6 trestle tables each seating 6). Seats 50 maximum without tables.

### **Kitchen**

Our fully equipped kitchen caters for 36 people with crockery, cutlery and glassware. The kitchen comprises a work bench with special needs station, fridge/freezer, upright oven, microwave, dishwasher, double sink, hand sink and laundry sink. A good range of cooking equipment is available for use.

### **Children's Playground, Courtyard & Car parking**

Large covered sandpit, swings, basketball hoop, climbing equipment, raised gardens, grassed area and secure fencing. Including nearby parking areas available for hall hirers.

**Application forms - [www.emeraldcommunityhouse.org.au/forms](http://www.emeraldcommunityhouse.org.au/forms)**



### **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

**[www.monash.edu/muarc/research/research-areas/home-and-community/disaster-resilience/view-the-compendium](http://www.monash.edu/muarc/research/research-areas/home-and-community/disaster-resilience/view-the-compendium)**

**[www.emv.vic.gov.au/how-we-help/community/community-resilience-framework-for-emergency-management](http://www.emv.vic.gov.au/how-we-help/community/community-resilience-framework-for-emergency-management)**

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***.

***In June 2017, ECH awarded Morwell Neighbourhood House as a Centre of Resilience in recognition of their work.***

**[www.cor.org.au](http://www.cor.org.au)**

## Publications with our Community Development work

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ECH has been referenced or illustrated in case studies in a variety of national and international publications and is looking forward to an evaluation of our Centre of Resilience strategy (CoR) by Monash University this year. We continue to work with a variety of Masters and PhD candidates who are studying resilience in communities.

***How do we measure and build resilience against disaster in communities and households?*** - (2015) *Input Paper, Global Assessment Report on Disaster Risk Reduction, United Nations Office for Disaster Risk Reduction, Torrens Resilience Institute, Adelaide, Australia*

***Strategies for Supporting Community Resilience*** - (2015) *Multinational Resilience Policy Group, (R. Bach, Ed.), CRISMART, The Swedish Defence University. Stockholm, Sweden*

***Disasters and Public Health: Planning and Response*** - (2016) Clements, B. W., & Casani, J., Butterworth-Heinemann Publisher, Austin, Texas, USA

***Compendium of Victorian Based Resilience Building Case Studies*** - (2016) *Monash University and Emergency Management Victoria, Monash University Disaster Resilience Initiative. Clayton, Victoria, Australia*

***Implementing the Rockefeller Foundation 100 Resilient Cities Project in Melbourne*** -(2016), Mulligan, M., McLennan, B., & Kruger, T., RMIT University | City campus, School of Science, Centre for Urban Research (CUR), Melbourne, Victoria, Australia

***Resilient Melbourne Strategy*** - (2016) *Resilient Melbourne, City of Melbourne, Victoria, Australia*

***Community Resilience Framework for Emergency Management*** - (2017) *Emergency Management Victoria, EMV, Victorian Government, Melbourne, Victoria, Australia*

# Core Humanitarian Standards

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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 in supporting people in crisis or in high risk disaster areas.



Further details available at [www.corehumanitarianstandard.org](http://www.corehumanitarianstandard.org)

## What's coming in 2018

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### Looking to renew or gain a First Aid qualification in Term 1, 2018?

- CPR Refresher run over 2hrs and cost \$70
- First Aid level 2 is run over 4hrs and costs \$140

Do you need other qualification levels at work or for a community group?

Register your interest with ECH so we can coordinate a suitable date.

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### Introduction to Augmented & Virtual Reality

Our short course will provide an introduction to the uses of Augmented & Virtual Reality technology in business and the arts. We can always help provide a pathway to further study through connections with tertiary institutions such as Deakin University.

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PAVE April 8-15, 2018



[www.pave.org.au](http://www.pave.org.au)

Funfest April 8, 2018



[www.funfest.org.au](http://www.funfest.org.au)

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Note: Program current as at 19 Sept, 2017

Check online for updates at [www.3mdr.com](http://www.3mdr.com)

### MONDAY

- 7am The 80/20 RULE
- 9am SUSTAINABILITY SHOW
- 10am THE KORNIEST SHOW
- 1pm GOLDEN AGE OF ROCK'N'ROLL
- 3pm THE GOOD LIFE
- 5pm BRING DOWN THE BIRDS
- 7pm THE CLUB SHOW
- 9pm THE SHENNIGANS
- 11pm AUSTRALIAN MUSIC OVERNIGHT

### TUESDAY

- 7am THE WIND UP
- 9am 3MDR AUSTRALIAN MUSIC
- 10am DIGGIN' IT
- 11am ALPHABET SOUP
- 1pm ROCKABILLY DRIVE-BY
- 3pm FRESH AIR
- 4pm PRIMARY PERSPECTIVES
- 5pm THE MUSIC GARDEN
- 7pm THE ROMANIAN SHOW
- 9pm THE CROATION SHOW
- 12am AUSTRALIAN MUSIC OVERNIGHT

### WEDNESDAY

- 6am IMAGINARY FRIENDS SHOW
- 9am FRIENDLY FEMMES
- 10am UNFOLDING
- 11am UNCUT & UNSIGNED
- 1pm TALKING ON THE MOON
- 2pm AUSTRALIAN MUSIC
- 3pm NOW & THEN
- 5pm HARMONICA RIFF RAFF
- 7pm FOLK ON THE FRINGE
- 9pm THE DOTTED LINE
- 11pm AUSTRALIAN MUSIC OVERNIGHT

### THURSDAY

- 6am UNDER THE FLOORBOARDS
- 9am JUDY-ANNE & CO
- 11am UPBEAT SOUL
- 1pm BASICALLY COUNTRY
- 3pm THE ITALIAN SHOW
- 5pm ROUNDABOUT
- 7pm PILOT THE DUNE
- 9pm ALMOST BLUE
- 12am AUSTRALIAN MUSIC OVERNIGHT

### FRIDAY

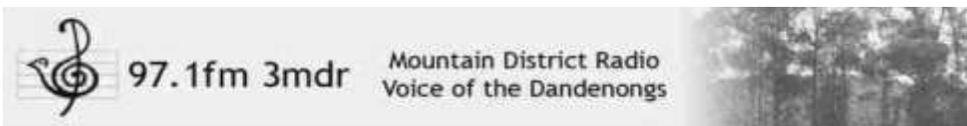
- 6am BREAKFAST
- 9am PAY IT FORWARD
- 10am AKA PELICAN
- 11am WHITE LINE FEVER
- 1pm BANGERS & MASH
- 3pm RED TO BLUE
- 5pm CHICK HABIT
- 7pm COUNTRY BONANZA
- 10pm INDEPENDENT COUNTRY
- 11am AUSTRALIAN MUSIC OVERNIGHT

### SATURDAY

- 6am SAT MORNING COUNTRY
- 9am CLASSICALLY SATURDAY
- 11pm AN ACOUSTIC COMPANION
- 1pm COMMUNITY OUTLOOK
- 2pm THE GREEN ROOM
- 4pm SOUND FROM INBETWEEN
- 5pm COSMIK DEBRIS
- 8pm OUT ON THE EDGE
- 11pm SOX ON THE RUN
- 2am AUSTRALIAN MUSIC OVERNIGHT

### SUNDAY

- 6am GOSPEL
- 8am TAMIL SHOW
- 10am SRI LANKIN SHOW
- 12pm GREEK SHOW with
- 2pm SAMOAN SHOW
- 4pm THE BUDDHIST HOUR
- 5pm HINDI SHOW
- 7pm WAKING THE NEIGHBOURS
- 9pm NOT QUITE MIDNIGHT
- 1am AUSTRALIAN MUSIC OVERNIGHT



INDOOR &  
OUTDOOR  
STALLS



# EMERALD MARKET

3<sup>RD</sup>  
SUNDAY  
EACH MONTH

KILVINGTON  
DRIVE

9AM - 3PM

 Find us on  
Facebook

5968 3881

[echmarket@iinet.net.au](mailto:echmarket@iinet.net.au)

[www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)

#### Market Dates for 2017

October 15<sup>th</sup>  
November 19<sup>th</sup>  
December 17<sup>th</sup>

#### Market Dates for Term 1, 2018

January 21<sup>st</sup>  
February 18<sup>th</sup>  
March 18<sup>th</sup>



# THE EMERALD TWILIGHT MARKET



Friday **1st** December

3pm to 8pm

Puffing Billy Park

Kilvington Drive, Emerald



Market Stalls, Santa Claus, Music, Entertainment,  
Jumping Castle, Pony Rides



telephone: 03 5968 3881

[echmarket@inet.net.au](mailto:echmarket@inet.net.au)

[www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)