

Program Guide



emerald
community
house

Term 3

(July 16th - Sept 21st 2018)

Semester 2

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

*All Welcome
please come in
& say hello*

Office open
Monday - Friday
9am - 4pm
(During School Terms)

Emerald Golf Course Clubhouse c1929



Supporting Local Community Enterprise Zone:
Strengthening new opportunities for local business development,
training pathways, volunteering and pathways to employment

EMERALD MESSENGER

HILLS COMMUNITY JOURNAL

Launching August
edition - info on page 3

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.

Emerald Community House

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

'Find us' on Facebook - www.facebook.com/emeraldcommunityhouse



Membership, Course Enrolment Details & Conditions

Membership Fees

\$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. Further details online.

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 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.

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**.

NOTE: Course times and activity details are correct as at time of printing, but may be subject to change at the discretion of management.

ECH statement of Purpose

Improve quality of life and connection through community development, adult education, children's programs and inclusive participation by delivering community strengthening activities that meet our social, economic or environmental goals to benefit the community.

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 & training to people from all walks of life.

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 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!

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

Dates: Friday July 27th, August 31st, September 28th
Venue: ECH Hall
Time: 6-8pm



The Dig in Community Café is one of a collection of programs recognised by Monash/EMV resilience projects in Victoria and EMV's Community Resilience Framework

Celebrating Community Stories across the Hills

This year Emerald Community House will embark on a journalism adventure with township communities across the Dandenong Ranges. In launching the **Emerald Messenger - Hills Community Journal** we hope you'll join us in celebrating the wonder of our region, focusing on positive initiatives pioneered by individuals, community groups and businesses. Our August edition will cover activities and events supported by hills residents and organisations, documenting in print the vibrancy of the place we are fortunate to call home. Each month will include a wide range of stories and images whilst also incorporating the term program showcasing adult education courses and other activities available through the Emerald Community House.

Some may think that print media is dead, but regional community journals and newspapers continue to gain in popularity, maintaining their market share and are coveted by locals. Community Newspaper Association of Victoria (CNAV) maintains that locally run newspapers are the voice of the people. U.K.'s City Metric declares that local news reporting brings benefits to society and Forbes says there are healthy business advantages to advertising in local print media.

The Dandenongs are a hotbed of writers with a strong history of national literary luminaries. Authors, playwrights, poets, columnists and story tellers are keen to contribute content to the Emerald Messenger which will also be available online. By covering news, views, local stories and engaging content, we hope to establish writing opportunities, job growth and a successful social enterprise for those who seek publishing experience and a media career.

The Emerald Messenger will be launched following the Woorilla Poetry Prize awards ceremony on Sunday July 29. If you wish to contribute to future editions please contact the production team. stories@emeraldmessage.com.au or 03 5968 3881



Contents

Item	Page	Item	Page
<u>General Information</u>		Travel & Tourism	5
Emerald Community Market	16	Workplace Skills (Including Hospitality)	4 & 9
Membership, Course Enrolment & Payments	2	<u>Services & Initiatives</u>	
3MDR Radio Program Schedule	15	Advocacy	11
Community Development	12	Children's Programs:	
<u>Course Programs</u>		- 'Bean Sprouts' Playgroup	10
Book Direct Courses	11	- Occasional Childcare	10
Cooking	7	- Out-Of-School-Hours care	10
First Aid	9	Centre of Resilience (COR)	12
Garden & Environment	6	Core Humanitarian Standard	13
Health & Wellbeing	4	Dig In Community Cafe	2
Information Technology	8	Food is Free cupboard	11
Literary Arts	8	Tutoring Opportunities	6
Literacy & Numeracy	5	Tax Help	7
Sustainable Design	7	Venue Hire	6

Health & Wellbeing

Wellbeing Program

Course Code WP *With Karen Jinnette & Dianne Edwards*

This free, popular and 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. Our program is coordinated by volunteers & currently funded by ECH.

Dates: Tuesday July 17th - September 18th (10 weeks)
Time & Venue: 9:30am - 11:30am, Emerald RSL

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 with arthritis, 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. Please bring water & a blanket.

Dates: Thursday July 19th - September 20th (10 weeks)
Time & Venue: 7pm - 8:30pm, ECH Hall
Course Fee: \$165 (inc GST)

Outshine Stress and Anxiety

Course Code OSA *With Jennifer Cameron, Holistic Counsellor (www.outshineanxiety.com.au)*

Would you like to be more relaxed and mindful? Do you need help with stress levels or anxiety?
Free information session at ECH: **Wed 11am –12pm, August 8th**

- Learn how to re-wire your brain from stressed to happy and calm
- Receive practical tools and tips to learn to relax deeply
- Experience guided meditations and take away recordings for home use
- Learn to breathe automatically in a way that's deeply calming

Dates: Wednesday August 15st - September 19th (6 sessions)
Time & Venue: 11am - 12pm, ECH Front Room
Course Fee: \$88 (inc GST)

Workplace 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 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 for activities for special needs groups. We have two groups running.

Dates: Tuesday July 17th - September 18th (10 weeks)
Time & Venue: 10am - 12pm, ECH Hall Kitchen
Course Fee: \$80 (including materials and amenities fees)

Literacy & Numeracy

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 July 16th - September 17th (10 weeks)

Time & Venue: 12:30pm - 2:30pm, ECH Hall & Kitchen

Dates: Tuesday July 17th - September 18th (10 weeks)

Time & Venue: 1pm - 3pm, ECH Hall & Kitchen

Course Fee: \$80 each term, including materials & amenities fees

Materials: Special dietary needs - add \$20

Literacy for Adults with a Disability

Course Code ALFA *With Dianne Edwards*



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.

Dates: Monday July 16th - September 17th (10 weeks)

Time & Venue: 9:30am - 11:30am, ECH Hall

Course Fee: \$80

Travel & Tourism

Introduction to Travel and Tourism

Course Code ITT *With Janette Connell*



Ever thought of combining your love of travel into a career? What is involved? Can you work from home? What are the options? Explore the tourism industry and identify what skills are required whether you want to pursue a career or manage boutique travel interests like tours, group travel or develop a local tourism business of your own.

Dates: Thursday August 16th - September 20th (6 weeks, cont'd in Term 4)

Time & Venue: 10:30am - 12:30pm, ECH Front Room

Course Fee: \$120

Introduction to Working in the Wine Industry

Course Code IWW *With Janette Connell*



Interested in the wine making, varietals and what grows in our area? With the Yarra Valley right next door, you can look into working close to home with a commute through one of the most beautiful areas in Victoria. Why not combine with Intro to Travel and Tourism? An ideal starter course if you are seeking employment in a wine tasting venue, hospitality industry or pursue a career or further study in viticulture.

Dates: Thursday August 16th - September 20th (6 weeks, cont'd in Term 4)

Time & Venue: 1:30pm - 3:30pm, ECH Front Room

Course Fee: \$120

Garden & Environment

Winter vs Summer Pruning

Course Code WSP

With Peter Allen

Learn the tips & tricks to reduce the workload, reduce disease entry and create fruit or rejuvenate old trees. Focus on the advantages of pruning at the correct time to control disease, fruit & 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 your lunch & boots to look at pruning on many species in the orchard.

Date: Sunday August 19th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture,
134 Invermay Road, Monbulk
Course Fee: \$104.50 (inc GST)

Cheese Making

Course Code CM

With Peter Allen

Learn to make both feta & camembert, but choose one to take home. Pot set yogurts (Greek or ABY) & Quark You will take home your own 3 products with you. We will also make ricotta to eat on the day and discuss making others such as brie, cream cheese & gourmet feta. This will be a full day course, learn how to make cheese at home using cow, goat or sheep's milk. All materials are supplied, full class notes supplied cover all these products. Please bring lunch to share.

Dates: Saturday August 4th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture,
134 Invermay Road, Monbulk
Course Fee: \$137.50 (inc GST)

Venue Hire Bookings

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

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.

Our kitchen caters for 36 people with crockery, cutlery and glassware. The kitchen comprises a large island work bench, fridge/freezer, upright oven, microwave, dishwasher, double sink, hand sink and laundry sink.

Children's playground with basketball hoop, climbing equipment, grassed area and secure fencing. Nearby parking areas are available for hirers.



Opportunities to Become a Tutor

Is there a course that you would like to run and have skills 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, workshop or community enterprise. See details on our website for course ideas.

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

Cooking

Indian Cooking

Course Code IC

With Divesh & Neena Sareen

Have you ever been keen to know how to make a real Indian roti instead of reheating the frozen ones? Want to be a perfect Indian chef yourself and make those yummy curries? Book in quickly to secure this great chance to learn in a small group environment. Participants will each make a 2 course meal to enjoy.

Dates: Saturday July 21st (1 session)
Time & Venue: 2-4pm, ECH Hall / Kitchen
Course Fee: \$30 (includes ingredients)

Sustainability

Introduction to Sustainable Design Practices

Course Code ISDP

With Adam Byron-Thomsen



Three main areas behind sustainable design will be investigated and their intersections explored: the environmental, economic and social. Designing for a sustainable future incorporates many possibilities, from large scale built environments and developments, to retrofitting of current structures; garden design, food growing and distribution; development and participation in community groups; local small scale economies & trade; individual energy sufficiency to promotion of broader buy in to green power networks; there is an exciting range of entry and exit points! Explore, envision and design for a sustainable future!

Let us know if you have ideas to explore, pilot or present at the monthly Emerald Market or other events.

Dates: Thursday July 19th - September 20th (10 weeks)
Time & Venue: 7 - 9pm, ECH Front Room
Course Fee: \$80

Dandenong Ranges Repair Café - Free workshop for mending fixable items

This initiative was launched at the Emerald Community Market on July 15th where several additional volunteers have generously offered their skills and time to help at future repair café sessions.

Come along to the first repair workshop on **Sunday August 19th between 12-2pm** at Emerald Community House during the Market and meet others interested in promoting sustainability projects. Find out more about the International Repair Café movement taking off around the world - www.repaircafe.org

Bring any broken items to be repaired by volunteers, including small household appliances, clothes, bikes, jewellery, bags and small pieces of furniture. Items need to be easily handled and transported by you. Further details for the session will be promoted on the website and social media.

Supported by volunteers, Emerald Community House and the Upwey Township Group Tool Library, this project is looking for more people with practical skills to help at sessions throughout townships in the hills. Enquire via the website below to get involved and support the reduction of waste, learn new skills and meet wonderful people sharing their knowledge and encouraging others to repair rather than replace.

www.dandenongrangesrepaircafe.community

facebook.com/dandenongrangesrepaircafe

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 & confidential service provided by local ATO-trained and accredited volunteers.

Low income earners who earn around \$60,000 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 2018.

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

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 July 27th - September 14th (8 weeks)
Time & Venue: 12:30pm - 3pm, ECH Hall
Course Fee: \$50 (including material & amenities fees)

Book Writers' Workshop

Course Code WW

With Heather Ellis



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 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: Wednesday July 25th, August 8th & 22nd, September 5th & 19th (5 sessions)
Time & Venue: 7pm - 9pm, ECH Front Room
Course Fees: \$80 (including materials & amenities fees)

Life Writing

Course Code LW

With Lisa Habermann

Our qualified tutor will help you bring to life your special family memories in an easy and enjoyable way. Learn how to recall your story, or the story of a loved one, rediscovering details from another time. Techniques include easy writing hints; organising your thoughts; and finding your unique voice.

Dates: Monday August 13th - September 3rd (4 weeks)
Time: 11am - 12pm
Course Fee: \$77 (inc GST)

Information Technology

Computers (Day Sessions)

Course Code CD

With Julia Foster

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: Wednesday July 25th - September 12th (8 weeks)
Time & Venue: 12:30pm - 3pm, ECH Hall
Course Fee: \$70 (including material & amenities fees)



Workplace Skills

DATE: Various Accredited First Aid courses delivered on Saturday September 15th

Provide CPR (Course Code HLTAID001)

Covering both the knowledge requirements and practical skills required to perform CPR on an infant / adult, the use of an AED, and the requirements for providing an incident/injury report.

Time & Venue: 9am - 11am, ECH Hall
Course Fee: \$70 per person (All prices include ECH admin fees)



Provide First Aid - Includes CPR (Course Code HLTAID003 - Blended Delivery)

The ability to deliver first aid can often mean the difference between life and death. Practical competencies in class, includes theory and assessments to be completed at home first.

Time & Venue: 9am - 1pm, ECH Hall
Course Fee: \$140 per person (All prices include ECH admin fees)



First Aid Management of Anaphylaxis (Course Code 22300VIC)

Designed to develop the skills and knowledge required to assist a casualty suffering a severe allergic reaction, by the administration of the casualty's own adrenalin supply through a controlled dose of injecting device (Epipen) until the arrival of medical assistance.

Time & Venue: 1:30 - 3pm, ECH Hall
Course Fee: \$70 per person (All prices include ECH admin fees)



Management of Asthma Risks and Emergencies in the Workplace (Course Code 22282VIC)

Develop an awareness of asthma, knowledge and skills needed to administer the reliever medication in an asthma attack & working knowledge of asthma management in the workplace.

Time & Venue: 3 - 4:30pm, ECH Hall
Course Fee: \$70 per person (All prices include ECH admin fees)



Provide an Emergency First Aid Response in an Education and Care Setting

Course Code HLTAID004 - Blended Delivery

The ability to deliver first aid can often mean the difference between life and death. This course is your opportunity to gain an accredited qualification. However it is not for beginners as it requires existing first aid experience and confident skills, it is suitable for health care professionals and those who update their knowledge regularly. Course delivery includes 4 hours face to face training with practical competencies completed class plus approximately 8 hours of home based learning.

Time & Venue: 9am - 4:30pm, ECH Hall
Course Fee: \$180 per person (includes CPR, Anaphylaxis + Asthma)



Hospitality Work Ready Training * (Course Code HT)

The Hospitality Work Ready Training is an accredited Work Skills program conducted over one day. It is aimed at providing participants the skills to be Work Ready to gain employment in the hospitality industry. During this hands on course participants will prepare a variety of dishes. Learn the fundamental skills to build your knowledge of the industry. Experience an insight into the professional operation of a commercial kitchen. Develop skills required to work in the ever expanding hospitality sector.

Skills covered in practical training & upon completion of workbook participants will achieve;

SITXFSA001 Use hygienic practices for food safety
SITXFSA002 Participate in safe food handling practices
SITHFAB002 Responsible service of alcohol

* 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.

Dates: Saturday August 25th
Time & Venue: 9am - 3pm, ECH Hall
Course Fee: \$75



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 & Friday.

Sessions for 12mths - 5 year olds (Monday, Wednesday, Friday)
9:30am - 2:30pm \$40 per child

'Kidzplay' - 3 year old & over (Tuesdays)
9:30am - 2:30pm \$45 per child

Includes Spanish session run by *Pilar Nesvara* from 'Global Kids' which strengthens children's reading, writing and mathematic development and through diverse cultural experiences. Inspires imagination, compassion, empathy and builds a sense of belonging.

NEW Casual rate: \$10 per hour, per child (minimum 2hrs)

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.



'Bean Sprouts' Playgroup

Facilitator: *Adam Byron-Thomsen*

Our facilitated playgroup is turning green with a focus on sustainable practices and naturally fun activities. Sourcing recycled materials, feeding the worm farm, recycled paper mache fun, planting and playing in edible garden spaces and making craft from natural materials teaches kids about our environment from the start. 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.

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

Dates: Thursday July 19th - September 20th (10 weeks)
Time & Venue: 9:30am - 11:30am, ECH Child Care
Term Fee: \$65

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 to ECH. The program is self-funded by ECH as a community enterprise.

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 computers and internet access are also available to use for homework.

Note: Extended operating times

Morning - 6:30am - 9am \$18 per child
Afternoon - 3:30pm - 6:30pm \$20 per child

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@iinet.net.au or 5968 3881.

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



Food is Free cupboard

This project is part of a worldwide movement that promotes food to be freely available to everyone. Emerald Community House has now set up a Food is Free pantry cupboard to offer food freely to the anyone in the 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. We see many kids using the cupboard and welcome their participation!

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!



Book Direct

Yoga (day & evening classes)

With Lisa Baker

With a focus on body awareness, delve into the subtler levels of how to 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 July 17th– Sept 18th (10 weeks)
7 - 8:30pm

'Gentle Yoga' Friday July 20th - Sept 21st (10 weeks)
10 - 11:30am

Book Directly Phone Lisa on 03 5968 6997 for venue details & payment

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

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** for CoR

References to our Community Development Work

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*

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

www.cor.org.au

Core Humanitarian Standards

ECH invites other community groups engaged in community development activities and services to adopt appropriate standards such as the Core Humanitarian Standard (CHS) which is recognized throughout the international humanitarian sector. This standard should be embraced by governments, councils and community groups who are involved in supporting people in crisis or in high risk disaster areas. How about it Yarra Ranges and Cardinia Shire Councils?



Further details available at www.corehumanitarianstandard.org

Community Development – a Global Initiative

The United Nations defines community development as "a process where community members come together to take collective action and generate solutions to common problems. Civic leaders, activists, involved citizens and professionals work to improve various aspects of community life, typically aiming to build stronger and more resilient local communities.

The International Association for Community Development (www.iacdglobal.org), encourages community developers to promote participative democracy, sustainable development, human rights, economic opportunity, equality and social justice through the organisation, education and empowerment of people within their communities. Victoria and the Dandenongs in particular have a significant investment and legacy with many organisations working within a community development strategy.

The Start of a Movement

Neighbourhood and Community Houses were born out of the People's Movement of the early 1970's. The "Sherbrooke Houses" included Selby as the first Neighbourhood House to form in the area in 1975. A year later, Kallista and Coonara followed and then Emerald Community House (ECH) was established in 1977. The "Sherbrooke Houses" gained a reputation for solidarity and shared community participation philosophy – giving a voice to the local community members who had previously struggled to be heard.

In 1994 Council amalgamations had a big impact on many local networks. The amalgamations also brought to the surface the inequality of funding across local government areas.

Nearly all of the Sherbrooke cluster went to Yarra Ranges and Knox which favoured increasing their funding. ECH is the only Sherbrooke centre to be transferred to the then newly formed Cardinia Shire Council.

Emerald Community House is a not for profit incorporated association driven by a volunteer community representative committee from Emerald, Cockatoo, Gembrook and beyond. From the very beginning of the centre in 1977, educational programs for all abilities and special needs, childcare, youth, wellbeing, community enterprises (markets and festivals) and promotion of the arts have strengthened the general community and supported people in need or in transition to other pathways in life. Operating as a Centre of Resilience (CoR), ECH has pushed the boundaries of conventional neighbourhood house operating theory through CoR and strived to diversify the operations in maintaining a stable and viable organisation long into the future. This has led to opportunities such as the presentation of ECH's Centre of Resilience model at the IACD's World Conference of Community Development in Ireland. ECH will also take to the podium at the Diversity in Disasters Conference to be held on April 17 – 18 at the MCG speaking about The Community Sector: A powerful force in building community resilience.

Emerald has a solid investment in community development practitioners who work together in diverse ways to strengthen the community. Community strength is not something that is given but rather created at the grass roots level, enabling the communities to be flexible and adaptive when facing social, environmental and economic challenges whenever they occur.





Community Radio

www.3mdr.com

Phone: 9752 5637

MONDAY

6am IMAGINARY FRIENDS SHOW
9am SUSTAINABILITY SHOW
10am THE KORNIEST SHOW
1pm GOLDEN AGE OF ROCK'N'ROLL
3pm THE GOOD LIFE
5pm LARRY LYREBIRD
630pm BRING DOWN THE BIRDS
7pm THE CLUB SHOW
930pm THE SHENNIGANS
11pm AUSTRALIAN MUSIC OVERNIGHT

TUESDAY

7am 3MDR AUSTRALIAN MUSIC
9am DOCUMENTARY SERIES
10am DIGGIN' IT
11am ALPHABET SOUP
1pm ROCKABILLY DRIVE-BY
3pm 3MDR AUSTRALIAN MUSIC
4pm PRIMARY PERSPECTIVES
5pm THE MUSIC GARDEN
630pm THE ROMANIAN SHOW
830pm THE CROATION SHOW
12am AUSTRALIAN MUSIC OVERNIGHT

WEDNESDAY

7am The 80/20 RULE
9am FRIENDLY FEMMES
10am UNFOLDING
11am UNCUT & UNSIGNED
1pm TALKING ON THE MOON
130pm FRESH AIR
3pm AKA PELICAN SHOW
5pm NOW & THEN
630pm FOLK ON THE FRINGE
830pm 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
630pm PILOT THE DUNE
830pm ALMOST BLUE
11pm AUSTRALIAN MUSIC OVERNIGHT

Note:

Check online for Program updates

FRIDAY

6am BREAKFAST
9am PAY IT FORWARD
10am 3MDR AUSTRALIAN MUSIC
11am WHAMMER JAMMER
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 3MDR AUSTRALIAN MUSIC
4pm SOUND FROM INBETWEEN
5pm COSMIK DEBRIS
8pm OUT ON THE EDGE
11pm 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



New location:

Forest Park Homestead, Riley Rd, Upwey South,
3158. Entrance from Griffiths Rd

INDOOR & OUTDOOR STALLS

EMERALD MARKET

3RD SUNDAY EACH MONTH

KILVINGTON DRIVE

9AM - 3PM

5968 3881

Find us on Facebook

echmarket@inet.net.au

www.emeraldcommunityhouse.org.au

- 2018 Market Dates**
- Sun January 21st
 - Sun February 18th
 - Sun March 18th
 - Sun April 15th
 - Sun May 20th
 - Sun June 17th
 - Sun July 15th
 - Sun August 19th
 - Sun Sept 16th
 - Sun October 21st
 - Sun November 18th
 - Fri December 7th Twilight 3-8pm*
 - Sun December 16th

Variety of Stall holders

- Clothing
- Community Groups
- Drinks / Food
- Fresh Produce
- Gifts
- Health
- Handcrafts
- Jewellery
- Soy candles & more

Funds raised from market stall fees support the Emerald Community House not-for profit community enterprises, events and programs

Community Events & Noticeboard

Volunteers needed at ECH for Tuesday class; Developing your Skills for the Workplace



2018 Woorilla Poetry Prize

Awards Presentation
2pm Sunday 29th July
Gemco Theatre
19 Kilvington Drive, Emerald

www.woorilla.org.au



RECENT MUSIC EVENT
Thanks to the community for supporting the event which was created by volunteer musicians & other helpers. Hope to see you next year on International Make Music Day.

www.makemusicinthehills.org.au
Proudly supported by Emerald Community House



Gemco Theatre July 20-22

DANDENONG RANGES REPAIR CAFÉ LAUNCHED IN EMERALD



Open 12 - 2pm Sunday August 19th
at the Emerald Market (See Page 7 for details)
www.dandenongrangesrepaircafe.community
Supported by Emerald Community House & Upwey Township Group Tool Library