



# MILPARA Korumburra's Community House

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milparacommunityhouse.org.au

## TERM 4 What's News

October 9 - December 20 2017



### ARE YOU NEW TO KORUMBURRA AREA?

Then let us welcome you to the community with a free afternoon tea or supper. When: **2 pm Tuesday November 21** or **7 pm Tuesday November 28** at Milpara 21 Shellcot Road Korumburra. Please RSVP for catering purposes 5655 2524.

### DID YOU KNOW .....

Milpara was the Gippsland Region's 2017 Learn Local Awards - Learn Local Legend. Milpara is proud to be offering our community pre-accredited training courses covering literacy and numeracy, computers and job search skills and much more. We also provide TIPS service and coordinate Play and Learn - a Family Learning Partnership program.



VICTORIA

AGAINST VIOLENCE

25 November - 10 December wear and display orange

to show your support for a Victoria Against Violence.

Milpara has compiled an information pack with useful resources and information about domestic violence, this is available on our website - milparacommunityhouse.org.au



Milpara Community House is a Learn Local organisation.

Courses tagged with the Learn Local logo are subsidised with government funding. The prices shown are the reduced rates available to those looking to increase their skills to return to study, gain employment, get a better job or promotion. If you haven't completed Year 12, English is your Second Language or you didn't have the opportunity for learning e.g. Computers weren't around when you were at school, you are also eligible. Please ring for further information.

## Information Sessions

Please book your seat for our free info sessions.

### MY AGED CARE

What Services Are Available & How to Access Services? – It's never too early to talk about getting some extra help. Knowing what services are available before you need them will help you be prepared to make decisions about your future.

Thursday November 9 1.30 pm ~ 3.00 pm

### Downsizing: Retirement Villages & Residential Parks

CAV will provide information on downsizing, briefly covering authorising an Estate Agent to sell your home and options such as renting or buying a unit. The presentation will mainly focus on buying into a Retirement Village or Residential Park, contracts, site agreements and cooling off periods.

Monday November 13 1.30 pm ~ 3.00 pm

### RESUME AND COVER LETTERS

If you're applying for jobs that you have the skills for but not getting an interview, your resume and cover letter may be letting you down. This session is designed to give you the information to health check your resume and cover letters.

Tuesday October 31  
10 am - 12.00 pm



### KORUMBURRA HISTORICAL WALK & DRIVE TOUR - \$ DONATION

Meeting at Milpara for an introduction, Barry Sykes will then guide you on a fascinating exploration of historic mine and railway sites around Korumburra. This half day tour will involve walking and driving.

Saturday October 21 12.30 pm for a 1 pm start, approximate finish 4 pm

### MILPARA ENROLMENTS

- **Bookings are essential.**
- **Payment is required 1 week in advance.**
- Minimum numbers for classes are confirmed 1 week ahead, insufficient enrolments will mean courses are cancelled.
- A full refund will be issued if a course is cancelled.
- Concessions are only available on advance payment of funded courses.

\*\* Denotes course includes GST.

- Enrol online via our website or call 5655 2524.
- Withdrawals before course commencement may incur an administration charge. Cancellations with 7 days notice - Full Refund.
- Bank Transfers can be made to :  
Milpara Community House  
BSB: 063 515  
Acc: 00901901  
Quote your surname and course as reference.

## General Education

### IMPROVE YOUR READING, WRITING AND/OR MATH \$5 PER SESSION

1-on-1 tutoring at your level to help you to improve your skills. Day and time to be discussed on enrolment.



### ENGLISH AND MATHS CLASS \$175 (CONCESSION \$50)

A friendly, supportive group that will help you reach your English and Math goals.



10 Mondays October 9 - December 11 12 pm - 2 pm

### LEARN ENGLISH \$100 (CONCESSION \$70)

10 Wednesdays October 11 - December 13 10.30 am - 12.30 pm



### SPEAK ENGLISH \$100 (CONCESSION \$70)

10 Thursdays October 12 - December 14 6 pm - 8 pm



## Milpara

### SERVICES AND HOURS

Open Monday - Friday, 9.30 am - 4.30 pm during school terms.

Milpara is proud to support our community. In an air-conditioned facility we provide:

- Adult Education: to improve skills and enjoyment of life.
- Special interest classes and social groups/opportunities.
- Community Support via: Emergency FoodBank available during open hours, a part-time Centrelink Agency, Resource Library, Job Bulletin Board and we host free counselling services.
- A supportive atmosphere with friendly faces.
- Community information, fax, photocopying and computer access.
- Broadband for Seniors Computer Kiosk

### CENTRELINK AGENCY

Including School Holidays

Tuesday 10 am - 2 pm

Wednesday 10 am - 1 pm

Thursday 10 am - 1 pm

Forms and documents can only be accepted during agency hours.

#### Self Service

Computer and Centrelink phone available Monday - Friday, 10 am and 3.30 pm



### FREE COUNSELLING AVAILABLE AT MILPARA

Financial Counselling -

Wednesdays Fortnightly. Anglicare 1800 286 260

General Counsellor

Tuesdays Weekly.

Uniting Care 5662 5150.

Family Violence Counsellor

Day and Time confirmed on booking. Uniting Care 5662 5150

### NEED COMPUTER HELP? GOLD COIN

We have volunteers to assist you with your small computer tasks. We can also provide mentors to walk you through online learning programs e.g. Be Connected.

Please ring to book a time, 5655 2524.

## Kitchen & Garden

### BASIC COOKING FOR PEOPLE ON A BUDGET. \$ DONATION

Would you like to learn how to cook easy meals that won't break the budget? Home cooking may be easier than you think, why not give it a try? Each session you will be shown how to prepare and cook a meal with what's on hand. At the end, sit down and share the meal together. Please book.

Monday October 16, November 13 and December 11 4.30 pm

### SOUSDOUGH BREAD - MAKE YOUR OWN \$20

This course will step you through preparation of your own loaf, ready to bake at home the next day. Includes sharing a loaf over a bowl of soup for lunch.

Sunday October 22 10 am - 2 pm

### PASTA MAKING \$20

Make your own pasta in this popular, hands-on workshop. Learn the tricks of using a pasta machine. Make plain or colourful, flavoured flat pasta (e.g. fettuccini or spaghetti). Cook and eat some for lunch and take some home for another time. The shared lunch is included in the price.

Sunday October 29 10.30 am - 1 pm

### SEASONAL VEGGIE GARDENING \$5

Growing your own fruit and vegetables can be rewarding and save you \$. It isn't hard but timing and good advice can make a difference. Join our garden group for a chat, share stories and advice. Venue: Korumburra Men's Shed Hospital Community Garden.

Thursday October 19 10 am - 12 pm

### CONNECT OVER FOOD LUNCHEON \$5

Meet new people and make new friends at this fun afternoon sharing food, tips, stories and recipes. Bring a dish to share, and a copy of your recipe. RSVP so we can set the tables. Tea/Coffee included.

Tuesday December 19 12 pm

## Computers & Technology

### COMPUTERS FOR BEGINNERS \$140

Don't know much about computers but willing to learn? We'll start at the very beginning and help you to gain your confidence. You will learn basic computer use including: how to access and browse the internet, create files and folders, send and receive emails and basic word processing.

9 Tuesdays October 17 - December 19 (No class 7/11) 9.30 am - 12.30 pm



### COMPUTERS BEYOND BASICS \$125 Prerequisite: Good basic computer skills.

Computers Beyond Basics is about expanding on your basic knowledge. Develop file management skills, control panel & desk top, right click and enhance your internet and email use. Includes: attachments, file sizes, how to zip files, save and send photos, address books and much more.

7 Tuesdays October 24 - December 12 (No class 7/11) 1.30 pm - 4.30 pm



### OFFICE ESSENTIALS PACKAGE \$125 Prerequisite: Good basic computer skills.

**MS Excel Spreadsheets:** Learn how to create spreadsheets such as budgets and charts using simple formulas. Students must have good basic computer skills.

**MS Word:** Familiarise yourself with the Word environment. Creating and formatting documents.

6 Thursdays November 2 - December 7 9.30 am - 12.30 pm



### THINK DIGITAL COACH DIGITAL ROADSHOW

A 14 meter hi-tech mobile classroom touring Gippsland delivering digital literacy is visiting Korumburra on Wednesday October 25 behind the Korumburra Post Office.

**Explore the world of Virtual Reality and Augmented Reality**  
12.30 pm - 2.30 pm  
FREE

**Grow your digital skills and confidence**  
3 pm - 4.30 pm  
\$20 per person

**Get your business and region on Google Maps**  
5.30 pm - 7.00 pm  
\$20 per person

Limited spaces. For more information and tickets: [www.gippsland.digital](http://www.gippsland.digital)



### EXPRESSIONS OF INTEREST OPEN FOR THESE NATIONALLY ACCREDITED COURSES

Traffic Management & Traffic Control \$200      Chemical Users Course \$350  
Operate & Maintain Chainsaws \$140

### RESPONSIBLE SERVICE OF GAMING \$90

SITHGAM001 (Hospitality) Provide responsible gambling services.  
If you're planning on working in a hospitality venue that provides gambling, this is a desirable course for your resume. This accredited unit covers implementing responsible gambling practices and procedures as well as how to provide information and assistance to customers about problem gambling.

Wednesday, November 8      1 pm - 4.30 pm

Assessment and Training conducted by Bass Coast Adult Education TOID: 3720

### APPLY FIRST AID – LEVEL 2 \$170 STANDARD HLTAID003 CHILDCARE HLTAID004

Learn what to do in a medical emergency. This certificate has a three-year workplace accreditation. CPR must be updated annually.

Saturday November 18      9 am - 3 pm

### CPR \$65 HLT001

CPR must be completed every 12 months to retain your First Aid Accreditation.

Saturday November 18      9 am - 12 noon

### FOOD SAFETY TRAINING – FOR ALL STAFF AND FOOD SUPERVISORS

Ideal for those seeking work or working in the hospitality industry, intending to start their own restaurant/take away business, working with children/aged care workers, school canteens, people selling food at markets. All assessment completed in class on the day.

Nationally recognized for the Hospitality/Retail, Community and Health Services and Food processing industries.

### LEVEL 1 FOR BASIC FOOD HANDLERS (FOR ALL STAFF) \$95.00 – 4 HOURS

**Hospitality and Retail** SITXFSA001 - Use hygienic practices for food safety

**Community and Health** HLTFSE001 - Follow Basic Food Safety Practices

**Food Processing** FDFFS1001A - Follow Work Procedures to Maintain Food Safety

Tuesday October 24      2 pm - 6 pm

### FOOD SAFETY SUPERVISOR

Delivered via flexible learning options please ring to discuss.

**Food Safety Supervisor: Hospitality \$210.00** SITXFSA001 - Use hygienic practices for food safety. SITXFSA002 - Participate in safe food handling practices

**Food Safety Supervisor: Food Processing \$210.00** FDFFS1001A - Follow Work Procedures to Maintain Food Safety. FDFFS2001A - Implement the Food Safety Program and Procedures.

**Food Safety Supervisor: Health and Community Services \$275.00** HLTFSE001 - Follow Basic Food Safety Practices. HLTFSE005 - Apply and monitor food safety requirements. HLTFSE007 - Oversee the day-to-day implementation of food safety in the workplace.

Tuesday October 24      2 pm - 10.00 pm

### RESPONSIBLE SERVICE OF ALCOHOL (RSA) \$75 SITHFAB009A

All people serving alcohol in Victoria need this certificate which is approved by the Director of Liquor Licensing Victoria.

Tuesday October 24      9.30 am - 1.30 pm

Assessment and Training by CFT International P/L RTO 21120.

### MARKETING YOUR BUSINESS SHORT WORKSHOP \$20

In this interactive 2-hour workshop, an experienced marketing professional will share their insight to help you set marketing goals, learn more about your customers, clarify your Unique Selling Proposition and use this to help you choose the right marketing activities for your business. You'll also learn how to measure the success of your marketing activities to ensure you're achieving your business goals.

Wednesday November 1  
6.30 pm - 8.30 pm



### Groups - during school terms

#### KORUMBURRA MEN'S SHED

A place for men to dabble, create, chat, watch, exchange knowledge or just enjoy the ambience. You don't have to be handy to come along, just willing to make new friends. Contact John 0411 485 113.

Venue: The Goods Shed Korumburra

Tuesdays & Wednesdays 9.30 am - 1 pm  
\$4 per session

#### KORUMBURRA MEN'S SHED (& WOMEN'S) HOSPITAL GARDEN

Join our guys and girls in producing some wonderful fruit and vegetables.

Thursdays 9 am - 12.00 noon

Venue: Korumburra Hospital Garden

#### KORUMBURRA PLAYGROUP

A great opportunity for parents, carers, grandparents and children to make new friends and have fun in a friendly environment. Venue: Milpara

Fridays 10 am - 11.30 am \$4 per session per family. Annual membership \$20

#### SOUTH GIPPSLAND COELIAC SUPPORT GROUP

For more info call Dianne 0404 042 619.

Meet Quarterly Venue: Milpara

Thursday December 21, 10 am - 12 noon

#### KORUMBURRA CWA

The Korumburra Branch is 86 years old. It is currently looking for new members.

Meet 4th Friday every month at 1.30 pm

More information call Norma 5655 1717

## Well Being

### MILPARA SINGERS \$4 PER SESSION

Join this friendly group open to anyone who likes a singalong; instruments also welcome. Singing is good for you, it improves health, happiness, social connection and it's FUN.

Wednesdays October 11 - December 20 1.30 pm - 3.00 pm

### INTRODUCTION TO RELAXATION, MINDFULNESS & COMPASSION \$100

Explore relaxation mindfulness, yoga and compassion techniques and approaches to life. This is an excellent introduction to the above practices and can be used to restart your own practice. This program is offered by recognised Australian meditation teacher John Julian.

4 x Mondays October 30, November 13, 20 & 27 7 pm - 8 pm

### YOGA FOR ALL \$15 PER SESSION (CONCESSION \$10)

A general level yoga class which adapts poses to suit your ability. Includes guided relaxation and meditation. Venue: Korumburra Meeting Rooms (behind Korumburra Library)

Thursdays 10.30 am - 12.00 pm October 12 - December 21

### ADULT TAP DANCING \$150

Guys and girls learn to tap dance, or dust off your shoes and get back into it at our Adult Tap class. It's loads of fun and good for your mind, body and soles. Course cost entitles you to participate in any or all classes. Venue: VRI Hall, Station Street Korumburra.

10 Wednesdays October 11 - December 13  
Beginner 6.30 pm - 7.15 pm  
Intermediate 7.30 pm - 8.15 pm  
Advanced 8.30 pm - 9.15 pm

### SOCIAL MAH-JONG \$4 PER SESSION

Mah-jong is a game of strategy using tiles. This is not like the computer game Mah-jong Solitaire. Beginners are very welcome. Alternating fortnightly between morning and evening class. Exercise your mind!

**Mornings:** starts Wednesday  
October 11 10 am - 12 noon  
**Evenings:** starts Wednesday  
October 18 7 pm - 9 pm

### WARHAMMER 40 K \$10

A day to relax, paint and play a new edition of Warhammer 40 K. Learn the new updates to your Army. No army, no problem as we have 2 studio Armies to use on the day.

Saturday October 28 10 am - 2 pm

### OLD TIME DANCE \$5

Relive the good old days. We're bringing back the traditional Tea Dance, a social event to connect with people. Classic dances including the waltz and the evening concludes with supper. Bring a plate to share if you can. RSVP with Milpara 5655 2524. Venue: Korumburra Anglican Church Hall, Bridge Street Korumburra.

October 27, November 10,  
November 24 and December 8 5 pm - 7 pm

### WORK READY \$125 (CONCESSION \$100)

Who are you? Does your resume and cover letter sell you and all you have to offer? This course will develop your skills to promote yourself to potential employers. Learn the skills to reshape your resume now and into the future. Job hunt with confidence.

7 x Wednesdays November 1 - December 13 12.15 - 3.15 pm

## Get Creative

### JEWELLERY BEADING TECHNIQUES \$15 PER SESSION

Learn a new beading technique and make a jewellery item each fortnight. Project kits available at an additional cost.

**Monday evening**  
fortnightly starts Oct 9 7 pm - 9.30 pm  
**Tuesday afternoon**  
fortnightly starts Oct 17 1 pm - 3.30 pm

### CRAFTS AND CARDS WITH BARB \$4 PER SESSION

Bring along your own craft or create a beautiful embroidery card. Materials for cards supplied at additional cost. This is a great social afternoon.

Fridays Oct 13 - Dec 15 1 pm - 4 pm

### CREATIVE WRITING SEMESTER 2 \$100 (CONCESSION \$70)



Everyone has at least one great tale to tell. Discover yours. Learn new skills and refine old ones. Turn your story into great fiction, poetry, or even a memoir which will keep your family turning the pages.

Thursdays 9.45 am - 11.45 am  
October 12 - December 14

### FELT PURSE - WET FELTING \$25

Felt is a fabric created from natural fibres. Learn the art and techniques of wet felting whilst creating a beautiful purse in a colour of your choice. All materials supplied, bring your own old towel.

Saturday December 2 10 am - 12.30 pm

### COLD PROCESS SOAP MAKING \$55

Make and take home your own beautiful cold process soap. Soap making is a mix of art and science and lots of fun. Your soap will be something to be proud of, being natural, handmade, vegan, Australian and Palm Oil FREE. What a wonderful delight for yourself or as a gift. Materials included in workshop costs.

Thursday October 19 12.45 pm - 3.15 pm

### BASIC CAR MAINTENANCE \$15

Build your confidence and learn how to do your own basic car maintenance.

3 Wednesdays November 15, 22 & 29  
6 pm - 8 pm

