



# Term two program 2018

## 16 April—29 June

Manna Gum Community House is a not-for-profit organisation run by a community-based Committee of Management and offers a range of services including adult education, school holiday activities, special events and access to government services.

**House membership** is only \$5 per year for an individual and \$10 for families. It provides a voice at the AGM, reduced fees for skill share activities and regular e-news on all house activities.

Please call our office for detailed information about our courses. Bookings are required for all activities. Payment plans are available. Notice of withdrawal is required 5 working days prior to the course to receive a refund. Early bookings are appreciated to allow our tutors and volunteers time to prepare.

### mannagum hours and services

33 Station Road, Foster VIC 3960 (PO Box 176) tel 5682 1101 email [mannagum@dcsi.net.au](mailto:mannagum@dcsi.net.au)  
[www.mannagumcommunityhouse.org.au](http://www.mannagumcommunityhouse.org.au)

Office hours: Monday to Thursday from 10.00am—3.00pm. Closed Fridays and public holidays

Centrelink and Medicare Agency: Tues and Thurs 10.00am—3.00pm direct ph: 56821324

Emergency Relief: Frozen meals and essential items during office hours. Salvation Army food, pharmacy and petrol vouchers available Tuesdays or by appointment by phoning the office. Private and confidential service.

Internet and computer access, printing, photocopying, faxing, A3 & A4 laminating and scanning available during office hours. Local jobs board.

Venue hire: Monday—Sunday at competitive rates

At our welcoming Manna Gum Community Lounge and Shop you can purchase recycled goods at bargain prices and enjoy a hot drink (\$1-\$2.50) with a complimentary home baked sweet. OPEN: Mon, Tues, Thurs and Fri 10.00am—3.00pm and Saturdays 10.00am—1.00pm. **Free WiFi available.**



We are wheelchair accessible. Please let us know if you have any special needs or if you require support to enable you to participate fully.

## community house user groups

**Stockyard Creek Quilters Group** Mon 10am-3pm, contact Michelle Travers 0428 832 195.

**South Gippsland Bird Observers** 8pm last Fri of the month. New members welcome, contact Joyce Simpson tel: 5682 2147.

**mannagum garden group** meet every Monday 10am-12pm at Manna Community Garden, corner Hyland Street and Court Street. If you would like to learn more about the group, come and join them for a free cuppa and a chat at 9.30am, 1st Monday of the month. New members welcome, contact Juneen Schulz tel: 0427 809 509.



Inc No A0007556K ABN 46 633 550 717 TOID 20075







Like us on Facebook: [facebook.com/mannagumcommunityhouse](https://facebook.com/mannagumcommunityhouse)

# WORKSHOPS—FOOD, ART, GARDENING, SUSTAINABILITY, HEALTH AND WELLBEING



Details	Dates	Cost	Details	Dates	Cost
<p><b>COMMUNITY EVENT</b> - Paint the Foster Skate Park with artists Wayne Tindall &amp; Heesco Khosnaran to celebrate <b>Victorian Youth Week</b>. Be part of a community film project documenting the transformation of the park</p> <p><b>Design Workshop</b> 8 April 3pm-5pm @ Manna Gum Community House, or have your say on Facebook @paintfosterskatepark</p>	<p>22 April 10am-3pm</p> <p>Foster Skate Park Pioneer St Foster</p>	<p>FREE</p>	<p><b>Foodie Friday</b></p> <p>On the first Friday of the month Kelly Collard hosts an informal workshop cooking up a variety of foods. Lunch included</p>	<p>4 May, 1 June 11am</p>	<p>\$5</p>
<p><b>Sustainable Living Workshop</b> <b>Fish Creek Tea Cosy Festival</b></p> <p>Join Tammy Logan, from gippslandunwrapped.com for ideas about living local to live sustainably. Tammy will demonstrate that it is possible to live with zero-waste and plastic free. Includes a workshop where participants create and take home beeswax food wraps.</p> <p>www.teacosyfestival.com.au</p>	<p>Fri 25 May 10.30am-12pm</p> <p>Fish Creek Memorial Hall</p>	<p>\$30 full \$20 conc</p>	<p><b>Community Kitchen—NEW!</b></p> <p>On the third Wednesday of the month we are hosting a regular Community Lunch. All welcome. Provided with the support of the Foster St Vincent de Paul Conference</p>	<p>18 April 16 May 20 June 12pm-2pm</p>	<p>FREE</p>
<p><b>Herb Culture—NEW!</b></p> <p>For anyone who likes to use herbs at home. Includes, plant identification, herb history and resources, growing, cooking, crafts and health benefits of herbs. Plant propagation, container growing, companion planting, plant nutrition and herb design.</p> <p>Tutor: Kirsty Fletcher</p>	<p>2 x Fridays 15,22 June 6pm-8pm</p> <p>1 x Saturday 23 June 10am-12.30pm</p>	<p>\$66 members \$70 non-members</p>	<p><b>Card Making—NEW!</b></p> <p>Have some fun creating three lovely paper projects/cards to share with someone special in your life. All materials are provided and use high quality Stampin' Up products, so you will leave with some beautiful handmade projects.</p> <p>Tutor: Sheryl Lorenz</p>	<p>Tues 12 June 1pm-3pm</p>	<p>\$20</p>
<p><b>Printmaking—Monoprinting</b></p> <p>Suitable for all levels of experience. Discover new and interesting ways to make one-off prints.</p> <p>Tutor: Kim McDonald</p>	<p>Sat 2 June 10am—3pm</p>	<p>\$36 members \$40 non-members</p>	<p><b>Life Drawing</b></p> <p>Life model session with guided tutoring suitable for beginners or experienced artists. Some materials supplied. BYO lunch or bring a plate to share.</p> <p>Tutor: Kim McDonald</p>	<p>Saturday 16 June 10am-3pm</p>	<p>\$46 members \$50 non-members</p>
<p><b>Printmaking-Woodcutting</b></p> <p>Suitable for all levels of experience. Explore making your own prints using the ancient technique of wood block printing.</p> <p>Tutor: Kim McDonald</p>	<p>Sat 12 May 10am-3pm</p>	<p>\$36 members \$40 non-members</p>	<p><b>Knitting</b></p> <p>Every Friday at 11am Tanja Aitchison leads an informal, social knitting circle in the Manna Gum Community Lounge for people working on their own projects. All welcome, no booking required.</p>	<p>Fridays from 20 April 11am-1pm</p>	<p>Members FREE Gold coin donation non-members</p>
<p><b>Create a Glass Suncatcher</b></p> <p>Make your own sparkling stained-glass suncatcher and learn leadlighting, soldering and glass-cutting techniques.</p> <p>Tutor: Cat Blamey Wheeler</p>	<p>3 x Wed 23,30 May 6 June 10.30am—12.30pm</p>	<p>\$56 members \$60 non-members</p>	<p><b>Basket Making</b></p> <p>Make a colourful bowl or platter using a coiling and wrapping technique. Core material supplied but you will need to provide your own recycled cotton fabric. No stitching threads required.</p> <p>Tutor: Margaret Balfe</p>	<p>Tuesday 26 June 10am-3pm</p>	<p>\$26 members \$30 non-members</p>
<p><b>Walking Group—Expressions of Interest</b></p> <p>Would you like to join a social walking group? All ages and abilities welcome. Let's keep ourselves moving and motivated over the colder months. If you're interested, please contact the office with preferences for which day/s &amp; times suit best.</p>			<p><b>Voice Sound Therapy</b></p> <p>Learn different exercises to help balance your energetic system and relax the body. Learn to express yourself more fully, through using your voice. Includes Chakra sounds and movement and vocal Tai Chi.</p> <p>Tutor: Nicky DeGruchy</p>	<p>Sun 20 May 3pm-5pm</p>	<p>\$40 \$30 conc For bookings phone Nicky direct on 0457 173 782</p>

We are a Learn Local organisation. Learn Local courses assist people with skills for employability, enhancing their business or further education. They are subsidised by the state government and there are eligibility requirements to qualify for the discounted course fee. Please contact the office for further information.

**COMPUTERS AND EMPLOYMENT SKILLS**

Details	Dates	Cost	Details	Dates	Cost
<p><b><u>Digital Marketing for Business</u></b></p> <p>Grow your business and gain an awareness of low-cost digital marketing technologies. This course is for small business owners, start-ups, community groups and managers.</p> <p>Tutor: Louisa Vale</p>	<p>6 x Mondays 23,30 April 7,14,21,28 May 6pm-8.30pm</p> 	<p>\$100 or \$80 conc</p>	<p><b><u>Digital Photo Management</u></b></p> <p>Learn about photo management and scanning and how to turn your digital photos into a printed product.</p> <p>Tutor: Louisa Vale</p>	<p>Thursdays 10,17,24 May 1pm-3pm</p>	<p>\$70 full \$60 conc</p>
<p><b><u>Facebook for Business</u></b></p> <p>Understand what you need to know to get your business onto Facebook OR if you have a business on Facebook how to use it as an effective tool.</p> <p>Tutor: Bass Coast Adult Education Centre</p>	<p>Thursday 21 June 6pm-8pm</p>	<p>\$30</p>	<p><b><u>IPad &amp; Tablet—Get Set Up!</u></b></p> <p>Troubleshooting and assistance with setting up your tablet or IPad for absolute beginners, including your Apple ID.</p> <p>Tutor: Louisa Vale</p>	<p>2 x Thurs 19 &amp; 26 April 10am-11am</p>	<p>\$15</p>
<p><b><u>Basic Computer Skills</u></b> with Intel® Learn Easy Steps</p> <p>Designed for absolute beginners to gain confidence with computers, learn about Microsoft Office and the online world.</p> <p>Tutor: Louisa Vale</p>	<p>Taking expressions of interest</p>	<p>\$80 or \$50 conc *conditions apply</p> 	<p><b><u>IPad &amp; Tablet—</u></b></p> <p>Learn the basic functions of an IPad or Android tablet including browsing the Internet, using applications, email, contacts, camera &amp; photo functions &amp; internet shopping..</p> <p>Tutor: Louisa Vale</p>	<p>8 x Thurs 3,10,17,24,31 May 7,14,21 June 10am-11am</p>	<p>\$80 full \$70 conc</p>
<p><b><u>Computers Beyond Basics</u></b> with Intel® Learn Easy Steps</p> <p>This course extends your knowledge of computers and develops some essential skills for working in an office or working from home. Basic computer skills required.</p> <p>Tutor: Louisa Vale</p>	<p>8 x Mondays 23, 30 April 7,14,21, 28 May 4,18 June 10.30am-12.30pm</p> 	<p>\$80 or \$50 conc *conditions apply</p>	<p><b><u>A Taste of Hospitality-NEW!</u></b></p> <p>A unique opportunity to participate in this industry-led course to gain an insight into the hospitality industry. Learn about the skills employers are looking for and gain hands-on experience that may lead to possible employment or further training options.</p> <p>Tutor: Catherine McLead</p>	<p>Thursdays 3,10,17,24,31 May 10am-1pm Plus 5 hours additional work placement in June, date and times to be advised</p> 	<p>\$50 conc</p>

**GENERAL EDUCATION**

Details	Dates	Cost
<p><b><u>French Conversation</u></b></p> <p>French conversation on a variety of topics in an informal and friendly environment. All welcome. **Special class Wednesdays 11.30-12.30 for absolute beginners.</p> <p>Tutor: Noelle Bonnin</p>	<p>Wednesdays from 18 April 1pm-2.30pm</p>	<p>Gold coin donation</p>
<p><b><u>English as a Second Language</u></b></p> <p>Learn to read, write and speak English with confidence in individual classes or small groups. Ring to organise suitable dates and times.</p> 	<p>8 x 2 hr sessions</p>	<p>\$80 per term</p>
<p><b><u>Reading, Writing and Maths</u></b></p> <p>Get help to improve your basic skills including assistance with preparing for further study or work. Individual or small group classes available. Ring to organise suitable dates and times.</p> 	<p>8 x 2 hr sessions</p>	<p>\$80 per term</p>
<p><b><u>Community First Aid - What to do in an Emergency</u></b></p> <p>For anybody who wants to know how to perform CPR, treat the unconscious person, someone choking, or a person with burns. All proceeds towards the Australian Vietnam Volunteers Resource Group. Ideal for volunteers, <u>not a Certificate course</u>.</p> <p>Tutors: Karen and John Barrie</p>	<p>Wed 25 April 6.30pm-9.30pm</p>	<p>\$30</p>

<b>Course Details</b>	<b>Dates</b>	<b>Cost</b>
<p><b><u>Responsible Service of Alcohol (RSA) (SIT HFAB009A)</u></b></p> <p>All people serving alcohol in Victoria need this certificate which is approved by the Director of Liquor Licensing Victoria</p> <p>Tutor: CFT International RTO # 21120</p>	<p>Tues 5 June 9am-1pm</p>	<p>\$90 or \$80 conc</p>
<p><b><u>Food Safety Level 1</u></b></p> <p>Follow Workplace Hygiene Procedures (SITXFSA101), Follow Basic Food Safety Practices (HLTFS207C), Follow Work Procedures to Maintain Food Safety (FDFFS1001A) Nationally recognised for the Hospitality/Retail, Community and Health services and Food Processing industries. All assessment completed in class on the day</p> <p>Tutor: CFT International RTO # 21120</p>	<p>Tues 5 June 1.30pm-5.30pm</p>	<p>\$110 or \$90 conc</p>
<p><b><u>Food Safety Supervisors Training</u></b></p> <p>Food Safety Supervisor Hospitality (SITXFSA101 &amp; SITXFSA201), Food Safety Supervisor Food Processing (FDFFS1001A &amp; FDFFS2001A), Food Safety Supervisor Health (HLTFS207C &amp; HLTFS309C &amp; HLTFS310C)</p> <p>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.</p> <p>Tutor: CFT International RTO # 21120</p>	<p>Tues 5 June 6pm-10pm online study options available</p>	<p>\$275 includes Level 1</p>
<p><b><u>Perform CPR (HLTAID001) and Apply First Aid (L2) (HLTAID003)</u></b></p> <p>Workplace Nationally Accredited Course with APL. Please wear suitable clothing for the activities. Apply First Aid (L2) valid for 3 years when completing CPR the 2 years in between, this includes CPR, Anaphylaxis Epipen and Asthma (Epipen and Asthma certificates are an extra \$45 each.)</p> <p>Tutor: John Barrie, APL Group RTO # 3586</p>	<p>Sat 28 April CPR— 8.30am—11.30am First Aid— 8.30am—5.00pm</p>	<p>CPR \$70 First Aid (L2) \$165</p>
<p><b><u>Chemical Handling Certificate and Refresher</u></b></p> <p>AHCCHM303A: Prepare and Apply Chemicals /AHCCHM304A: Transport, Handle and Store Chemicals. Accredited course covering state legislation, pest control, labelling and calibration of a boom spray. Completion provides Chemcert registration for 5 years and eligibility to apply for ACUP from DELWP.</p> <p>Tutor: Australian Safe T Training RTO # 21852.</p>	<p>2 x sessions Tues 22 May Wed 23 May 9.00am—3.00pm</p>	<p>Full course \$330 Refresher \$270</p>
<p><b><u>Chainsaw Certificate (AHCARB205A)</u></b></p> <p>General maintenance, sharpening chain and using basic cutting techniques on fallen timber, plus relevant legislation and OHS. BYO ear muffs and safety glasses (essential) and chainsaw if you have one (or let staff know when booking). Wear leather boots and suitable clothing.</p> <p>Tutor: Australian Safe T Training RTO # 21852.</p>	<p>Tues 29 May 9.00am—3.30pm</p>	<p>\$120</p>
<p><b><u>Forklift Certificate (TLILIC2001A)</u></b></p> <p>Required to safely operate a forklift. Agriculture workers and producers must successfully complete the certificate to qualify for a WorkSafe national licence. Age 18+ (Licence not included.)</p> <p>Tutor: Australian Safe T Training RTO # 21852.</p>	<p>2 x sessions Tues 8 &amp; Wed 9 May 9.00am—3.00pm</p>	<p>\$330 or \$300 conc</p>
<p><b><u>Marine Licence</u></b></p> <p>TSV approved training course. Marine Licence (formerly Recreational Boat Licence) &amp; PWC Endorsement (Jetski) if required. Marine Safety Boating Handbook supplied on enrolment, this MUST be pre-read. Please bring photo ID and, for 12-16 year olds, please bring: 1. Original birth certificate or passport, 2. Medicare card and 3. Bank account statement or item showing current address.</p> <p>Tutor: Marine Training Services—Val Young</p> <p>Present your certificate at VicRoads to obtain a licence with no further testing.</p>	<p>Sat 19 May 9.30am-2.30pm</p>	<p>\$110 Plus \$30 for PWC licence if required</p>
<p><b>We can facilitate individual or group bookings for the following courses:</b></p> <p><b>Traffic Controller Ticket and Update (RIIWH5205D and RIIWH5302D), Operate a Quad Bike (AHCM0M212A),</b></p> <p><b>Please contact the office for further information, tel 5682 1101.</b></p>		