

Term 4, 2017

Brochure

October 9 - December 22



DISCOVER
GROW
ACHIEVE

creswick neighbourhood centre



Welcome to Term 4, 2017

Welcome to our Spring/Summer Brochure! We hope you find something inside that inspires you.

Share your passion! If you have a skill or special area of expertise come and talk to us about how you can share it - we'd love to hear from you and running a class may be easier than you think!

A little about us: we are a neighbourhood house originally started by the Creswick community in the early 1980s. We are an incorporated, not-for-profit organisation dedicated to community development, education, and training. Governed by a volunteer Committee of Management we are funded in part by The Department of Human Services and partly self-funded.

We are one of more than 350 neighbourhood houses in the state and over 1000 nationally. We are supported by our state peak body, 'Neighbourhood Houses Victoria' and our national peak body, 'Australian Neighbourhood Houses & Centres Association.'

Neighbourhood Houses and Centres provide a diverse and constantly evolving range of positive social, health, educational, and economic outcomes for individuals, families, and communities; particularly for those experiencing disadvantage. We are proud that our community's neighbourhood house is a warm and friendly place to be; where everyone is welcome.

Kim, Derek, Di, Tim & our many amazing Volunteers

Adult, Community & Further Education

Courses marked with an asterisk (*) are subsidised by Adult Community & Further Education (ACFE). For these courses the Centre is required to charge a minimum tuition fee of \$43.20 for the first 40 hours of training in compliance with the Ministerial Directions on Fees and Charges. Concessions and hardship exemptions are available.



Creswick Neighbourhood Centre is a not-for-profit organisation governed by a volunteer Committee of Management. Opinions/advice expressed by tutors and trainers at the Centre may not reflect those of Staff, Volunteers and Committee of Management.

Postal Address:
PO Box 96, Creswick 3363

Incorporation: A0013426B
ABN: 72 933 882 251

Services

- Creswick Market every 3rd Saturday
- Community Garden
- Free computer and Internet access
- Baby capsule hire
- Colour A3 Photocopying and Printing
- Meeting, Venue/Room, and Hall Hire
- Community facilities including pizza oven
- Graffiti removal kit
- Resume assistance

How to Register for a Class

Phone, email, or drop in to put your name down for a course or workshop and staff will remind you when payment is due one week before the scheduled start date of a class. Refunds are available if the Centre is notified within 3 working days of the class start date. All classes and workshops at the Centre need a minimum number of students enrolled to commence. Payment plans can be arranged for people who may be experiencing special circumstances and/or require extra time to pay off a course. Class dates and times change from time to time so please make sure you register so we can keep you in the loop.

Getting Involved

There are lots of opportunities for volunteering at the Centre including: housekeeping, gardening, teaching, committee of management, reception, and more. Talk to us about it - we'd love to work with you.

The Purposes of Our Association

To provide education, engagement, and volunteering opportunities to Creswick and its community through the provision of welcoming community spaces for all, provision of life-long learning, and support of community connectedness and participation. To endeavour to address isolation through equity and inclusion. To strengthen community through support of diversity and promotion of participation. To facilitate community development and capacity building by supporting individuals and groups. To promote programs and processes to address locally identified needs.

Our Committee

We really appreciate our volunteers here at the Centre especially our Committee of Management members: Jenni Sewell, Kiyoko & Glen Harris, Trish McMahon, Ange Kuhn, Travis Smithard, Jodie Kennedy, Ian Kronberger, Tim Drylie and Di Oram.

Young People

Youth Group

Young people in grades 4 - 6 can hang out, make their own space and explore ideas, play games, and create art and music. Drinks and snacks are provided. Places are limited so registration is essential.

Thursdays during school term, 4 – 6pm Gold Coin Donation

Phone to register: 5345 2356 Facilitator: Ian Kronberger

Tang Soo Tao

Tang Soo Tao is both a hard and soft martial art. Initial training focuses primarily on the kicking and punching techniques of Wei Gung, and provides the student with a solid grounding in self-defence and an understanding of physical movement.

- Improve your physical, mental and spiritual health
- Develop strength of character, will-power and determination
- Build self-confidence, assertiveness and self-esteem
- Increase your concentration, memory skills and awareness
- Enhance your coordination, agility and reaction time
- Extend the flexibility of your body and your mind
- Learn modern, scientific self defence in a traditional environment

Tuesdays from October 17

4:15 – 5:15pm Ages 7+ – 15 years 5:30 – 6:30pm Secondary students/Adults

\$72 - 6 Sessions Instructor: Diederik Haneveld – Bhodidarma

Kids Craft Club

Come along each week and work on fun craft projects such as: Fashion Illustration, Manga Anime character drawing, Key chain creation with pom poms and beads, Make a dream catcher. Bring a drink and a snack.

Fridays from November 3, 4.15 – 5.30pm \$45 + \$8 materials, 8 sessions

Tutor: Lauren Taylor

Creswick Community Playgroup

Playgroup is a great opportunity to meet other parents and children - socialising is good for kids and their grown-ups! Playgroup happens in the Playscape and in the Hall on wetter days.

Thursdays in the school term, 10 - 11.30am

In the Natural Playscape & The Hall

Gold Coin Donation - Ongoing, just come along

Technology for Home & Business

I.T. Help!

Do you need some one-on-one assistance to get your technology problems solved? Assistance is available for most I.T. questions including ones relating to smart phones, tablets, laptops, PCs, and including software and hardware issues.

Mondays and Friday evenings by appointment: 5345 2356

\$15 per 45 minute per session Bookings essential

Tutor: Matthew Drysdale

Computers Made Easy

Join a flexible class and be supported to address basic computer and smartphone issues. Supportive group sessions with an I.T. expert will help you learn and practice things such as: choose a computer or smartphone, access the Internet; open an email account; send emails; add attachments to emails; down-load images; protect your device from viruses; explore basic functions of devices including smart phones and tablets; use software applications such as Microsoft Office; carry out computer maintenance; install a Windows 10 upgrade; download free software; use social media; and more. Bring along your project, device; or use our computers. This is an ongoing group activity, come once or every week.

Tuesdays from October 10, 6.30- 8.30pm or

Thursdays from October 12, 10am - 12pm

\$15/\$10 Concession Per Session Ongoing

Tutor: Robert McIntosh

Grow Your Digital Mindset & Build your Business

Finding the online digital landscape confusing and not sure where to start? Do you need a website, blog, twitter, facebook page? You need to Grow Your Digital Mindset! Join communications leader Morgan Williams in this two hour, deep dive workshop. He will help you create an A4 action plan in six easy exercises. Use the plan to implement your online strategy. Perfect to launch or promote a product, business, event, or personal brand. Register and contact us for a full course outline.

Monday November 27, 6- 8.30pm \$55

Tutor: Morgan Williams – DesignScope

Facebook for Business

Get some help setting up a business facebook page. You can create a great profile for your business, get tips on engaging followers and potential customers, and get some advice on running paid promotions.

By appointment: 5345 2356 \$50 per 2 hour session

Tutor: Di Lehne

Mail Chimp Anyone? Easy and Cool eNewsletters

Whether you're self-employed, you manage projects for clients, or distribute an e-newsletter, MailChimp has features and integrations that will suit your email marketing needs. Send subscribers product updates, event invitations, announcements, or editorial content. Use our reports to improve your campaigns and learn more about your readers. Best of all? MailChimp is free for lists of up to 2,000 subscribers.

Session 1. Introduction to Mailchimp

Session 2. Design a Mailchimp Template

Wednesdays November 15 and 22, 6 – 8pm, \$70 - 2 Sessions

Tutor: Clay Ravin

Wordpress Webdesign

Need a website for your business? Older style websites can be clunky and hard to manage. Using Wordpress you can design a simple yet effective website that won't cost you the earth. With no 'hard to manage' back end your website can be anything from 1 page to 55. A prep sheet will be available on registration. Basic computer skills are required. Join us for two, two hour group sessions and one half hour 1:1 session

Wednesdays TBA, 6-8.00pm, \$100 - 3 sessions

Tutor: Clay Ravin

Easy & Professional Marketing Tools for Business

Use free, easy to use, online software to create edgy, colourful, marketing material for; event posters, menus, signage, social media marketing, business cards, and more. Explore free online tools such as Canva and you can create professional looking graphic materials to use in business every day. Artwork created can then be saved in a variety of formats for web and print.

Wednesdays from November 29, 6 – 8.30pm \$55 - 2 sessions

Tutor: Matthew Drysdale

Instagram 101 for Business

This workshop is an overview of Instagram and a basic introduction for people who want to use it as a marketing tool. You will make an effective profile that stands out and uses tag words. Explore the concept of optimisation relating to your particular business. Discuss appropriate and eye catching content and captions as well as take a deep dive into the when and how to's to get your technique just right.

Wednesday December 6, 6 - 8.30pm

\$45



We've Gone Solar!

Thank you to Hepburn Wind who partnered with energy retailer Powershop, and the Castlemaine based non-profit More Australian Solar Homes (MASH), to donate and install solar panels at the neighbourhood Centre!



hepburn wind



MASH



POWERSHOP



CRESWICK

*Garden
Lovers
Weekend*

**Saturday/Sunday
11th & 12th
November
2017**

For more info go to www.creswick.net or Facebook: Creswick Garden Lovers Weekend



BUSINESS & TOURISM
CRESWICK INC

Hepburn

SHIRE COUNCIL



creswick
neighbourhood
centre

The Media

A rare opportunity to learn from a veteran media insider and one of the most experienced writers in the Australian press; - Andrew Masterson, currently Editor at Cosmos magazine and feature contributor for The Age, the Sydney Morning Herald, Canberra Times, and other Fairfax mastheads including The Australian Financial Review He also writes for Cosmos science magazine, and award-winning television documentary-maker: Genepool Productions.

The Media & How to talk to it

From mainstream newspapers to specialist online magazines, and from blogs to e-newsletters, there are now more media outlets than at any time in history. There are also more opportunities to participate – but if you don't know how to talk to media your voice will be lost in the crowd.

Learn the basics on how talk to all types of media in ways that editors, journalists, and readers alike will readily understand. It's about getting your message across in the most effective way possible. Construct a classic 'inverted pyramid' press release, and discover how this fundamental form can be changed to suit a wide range of media outlets.

Perfect for people with a cause or an event to promote, who want to learn more about how media operates, or who just want to have their say online.

Bring along a notebook, pens, and completed homework for the 2nd session.

November 23 & 30 , 6-9pm \$100 - 2 Sessions

The Media Truth or Spin

If a lie is repeated millions of time does it become the truth? If it is told by a powerful person does it stop being untruthful?

In today's world terms such as "fake news" and "post-truth" are thrown about by politicians, bloggers and lobbyists from all parts of the political spectrum, but what do they actually mean? Is fake news even a thing? And how do you establish what exactly "truth" is?

A few years ago these questions would have been of interest only to philosophers and media theorists. Now, however, in the age of Trump, Brexit and One Nation in a world where military action and savage social policies are justified using evidence-free argument, determining what is real and what is not in the realm of information has become a crucial exercise for every one of us.

In this course, veteran journalist Andrew Masterson will lead a spirited exploration of the media's good, bad and ugly sides. We will explore tools for assessing the reliability of media reports, plunge into the murky and dangerous worlds of blogs and spin, and debate which approaches, if any, can protect us and our families from the corrosive and toxic effects of those who prepared to lie to achieve their ends.

Thursdays from February 22, 6-8pm \$110 - 3 Sessions

Work Life

Provide FIRST AID

Get the skills you may need some day to save a life:

- Manage an unconscious casualty
- Basic Life Support - DRABCD
- Cardiopulmonary resuscitation - adult, child, and infant
- Airway obstruction / asthma / anaphylaxis
- Wounds, bleeds, and shock management
- Communicate details of the incident
- Automated External Defibrillation
- Legal issues / infection control
- Heart attack / stroke
- Poisons , bites, and stings
- Fractures, dislocations, sprains, strains
- Spinal injury / head injury / chest injury / burns
- Diabetes / epilepsy / fainting / drowning

On successful completion, receive a Statement of Attainment for the nationally accredited course 'PROVIDE FIRST AID HLTAID003.'

**Tuesday December 6, 9.30am – 4.30pm + Pre-course activity book
\$175 Training Provider: Vic First Aid**

Provide CPR

Statement of Attainment for the nationally accredited course 'PROVIDE CPR HLTAID001.'

**Tuesday December 6, 9.30am – 12pm
\$75 Training Provider: Vic First Aid**

Responsible Service of Alcohol

This is the accredited standard certificate training for people wanting to work in hospitality in a licensed venue. Learn responsible service of alcohol, regulations around serving liquor, and how to serve alcohol in a safe and legal way. You will receive a certificate for the unit 'SITHFAB201 Provide Responsible Service of Alcohol'.

**Tuesday November 28, 12-4pm, \$75
Trainer: Stephan Jerman**

Barista Coffee Making

For people who work or hope to work in the hospitality industry, for the home Barista, or the hard-core coffee lover. Find out how to expertly grind coffee, perfect methods of extraction, dose, tamp, tricks and troubleshooting. Practice milk heating and various pouring techniques. Discuss coffee styles, origins and coffee culture. Also covered will be cleaning to help keep your machine in great shape. Make and taste some great coffee and improve your barista confidence. Certificate of attendance provided.

Monday November 27, 6 – 8pm \$55 Tutor: Serhan

Creativity

Take Great Photos

Beginners and more experienced photographers welcome. Delve into what it takes to take a really great photo. Use your digital SLR camera, to point and shoot and take better pictures every time. This course is essentially hands on with weekly photographic assignments shared for friendly, constructive review and critique each following week. The techniques of the professionals are demystified and made simple in this fun and informative series. Topics covered include camera technique, composition, and lighting, portraiture, landscape, kids photography, and candid photography styles. The course culminates in a demonstration of the wonders of Photoshop.

Check out Nigel's work here <https://www.facebook.com/nigeltclementsphotography/>

Mondays from November 6, 6 - 8.30pm \$150 - 6 Sessions

Tutor: Nigel Clements

Creative Writing with Style

Everyone has a story to tell, whether it's fantasy, or a memoir or anything in between, come along and discover the tips and tricks for making your writing jump off the page and learn methods to help you create strong settings and characters that your readers can't get enough of. Bring a laptop or notebook, pens, and your work in progress if you have one or create one in class.

Fridays November 3, 10.30am – 12:30pm \$125 - 6 Sessions

Tutor: Kirsty Madigan

Photoshop Made Easy

Photoshop is now integral to the digital photographic process. On the face of it Photoshop seems to use a confusing array of signs and symbols. This 6 week course will guide you through what is necessary to create stunning images and show you the techniques needed to edit and manipulate your pictures. The concept of 'workflow' - the order in which things are done in Photoshop, will be discussed. Topics covered include cropping, levels, curves, colour control, manipulating brightness and contrast, converting your images to black and white, hand colouring and sharpening your photographs.

Tuesdays from November 14, 6 - 8.30pm \$120 - 4 Sessions

Tutor: Nigel Clements

Life Drawing

Beginners and more advanced artists are welcome to come along and draw or paint the human form with inspiration from nude life models in a series of short poses followed by a long pose for a more finished drawing. Tuition and individual assistance can be provided on request. BYO materials.

Tuesdays from October 10, 6 - 8pm \$20 per session - Ongoing

Tutor: Selwyn Rodda

Art Group

Bring along your current painting project or begin a new one. This fun and friendly group meets weekly to share artistic passion and always welcomes newcomers. BYO materials and lunch.

Tuesdays Ongoing, 11.30am – 3pm \$5 Per session - Ongoing - Just come along

Artist: Pam Worswick

Make a Crazy Patchwork Wall Hanging

Create a textural wall hanging by sewing fabrics together using hand sewing and machine sewing. Embellish with decorative techniques such as beads and hand embroidery.

Please bring along any pieces of material or beads you would like to incorporate, other materials provided. Bring along lunch.

Friday November 24, 10am – 3pm \$45 + \$5 materials fee

Tutor: Lauren Taylor

Upholster a Chair

In this fun DIY beginners workshop you can upholster a dining chair, piano stool, or simple accent chair. Learn skills and upholstering tips including how to re-web, cut and attach foam, and correctly remove and reupholster your piece with new or recycled fabric. Skills taught in the session will be tailored to suit the style of chair you are working with. Gain an understanding of the tools and skills needed to tackle similar projects at home. Materials supplied include any webbing, foam, and dacron needed as well as tools to use on the day. BYO chair and fabric; however fabric is available for pre-order, let us know if you are interested. Bring along some lunch.

Sunday TBA, 11am – 4pm

\$100+\$50 materials fee

Teacher: Andy Hemming - The Upholstery House Victoria

Social & Interest

Basic Principals of Blacksmithing

Blacksmithing is an ancient craft. It is now considered to be a rare trade due to dwindling numbers of practitioners. Murray has been a blacksmith since the 1970s, and worked full-time as a blacksmith in late 1990s. He is experienced in forging items such as utility and ornamental items, tools, jewellery, and knives. His forged knives have won different levels of awards; the top honour was to have a knife recognized as a cultural heritage item.

- Explore the basics of blacksmithing -. The elements of Earth, Air, Water, Fire
- Preparing your fire
- Discussion and demonstration of how fire levels affect metals
- Beginners basics with mild steel - experimentation by students
- Project-make a fire rake.

Wear covered shoes and fire resistant (natural fibre) clothing. Pitched at adults, participants can expect to take home a fire rake, plus other small items if time permits.

Sunday November 19, 1 – 4.30pm \$70 + \$10 materials fee
Blacksmith: Murray Shanaughan

Speak German

A beginners class for people wanting to learn the German language. This friendly instructive class will be held weekly at the neighbourhood centre soon so please register your interest.

Tuesdays from November 14, 2-3pm \$60 6 Sessions Tutor: Ivana Janousek

Astronomy

Discover the astounding world of astronomy. Explore the solar system, comets, asteroids, the heliosphere, black holes, The Milky Way, and much more. Our universe and beyond are topics for exploration in this fascinating series that culminates in a visit to the local observatory to view stars and planets through the telescope. Places are limited and bookings are essential.

Wednesdays from 29, 6-8pm \$115 – 4 Sessions
Science Educator: Saeed Salimpour

Italian Language Introduction

When Dora speaks Italian in musical tones you can smell the sumptuous pizza, or the aroma of coffee, and imagine yourself wandering the streets of Rome. Learn the basics of this passionate and beautiful language whilst discussing food, nature, and lifestyle the Italian way.

Fridays from November 10, 6.30 - 8pm \$100/80 Conc. - 6 Sessions
Tutor: Doralinda Guidici

Family History Group

This friendly group researches family histories on a world-wide scale. You can join this group of enthusiastic people who happily share knowledge and experience to help you discover your ancestors. Many Historical Records and other resources are available, including Victorian Records from 1836. Come along for part of, or the whole session. Bring lunch. Each session includes both structured presentations and informal time to conduct your own research.

Wednesdays Ongoing, 10am - 4pm, \$20 annual fee + \$5 per session

Facilitator: Adele Morrison

Essential Oil - Make & Take Workshop

Come along to this fun workshop and make your own 'Help Blends' to take home using pure, therapeutic grade essential oils. Everything is provided and you will go home with a selection of essential oil roll-ons.

Some of the blends include:

Be settled- tummy support blend ,for when your feeling bloated or have tummy issues

- Be Bright - Seasonal relief
- Be Clear - Respiratory relief
- Be Rested - Sleep support blend
- Be Free -Tension support blend
- Be Fresh - Chemical free deodorant

Saturday November 4, 10am - 12pm \$20 + \$5 materials fee

Tutor: Marlene Day

Poems - read them, discuss them, workshop them, and enjoy them!

You can bring along a favourite poem to discuss, or one of your own poems to workshop or simply to read to the group. The facilitator will bring at least one poem to start each discussion. The object of the sessions will be to deepen your appreciation of a wide range of poems, and to increase your skill and confidence as a poet (if that's what you're hoping for). Ross Gillett is a multi-award winning published poet, and has tutored and lectured in literature and creative writing at tertiary level and for the Centre of Adult Education. He lives in Daylesford.

Wednesdays from 8th November, 7-9pm \$15 per session ongoing

Tutor: Ross Gillett

Special Activities

Steering the Right Path: Planning a family route for ageing

As increasing numbers of us live longer and thrive in our later years, it's never been more important to plan ahead. We often delay planning for the future until a crisis, illness or financial difficulty requires us to find urgent solutions. As a result, decision-making can often be rushed, creating tensions and disputes in families, or resulting in unwise arrangements that cause problems further down the track. This session is targeted to older adults and their families, as well as those working in the sector.

The focus: • Planning: finances, living arrangements, care plans, advance directives, and powers of attorney. • Preserving: family relationships, social connection, autonomy and respect. • Preventing: resentment, conflict and abuse.

Participants will: • Gain insight into the options and steps available to individuals and families to plan the best path for-ward based on their circumstances • learn about the common pitfalls that can lead to tension, difficulties or abuse, or undermine family relationships over time • find out how to avoid these avoidable is-sues • learn about options for resolving issues when things go awry.

Wednesday November 15, 3.30 – 5pm Gold coin donation

Afternoon tea provided Facilitator: Relationships Australia, Ballarat

Music & Dance

Creswick Ballroom Tea Dances

This happy group of passionate ballroom dancers bring a charming and fun tea dance event to Creswick. Beginners and experienced dancers are welcome to come along and join in an afternoon of new vogue dancing including The Barn Dance, Marilyn, Swing and Parma Waltz, The Pride of Erin, and more. Enjoy a selection of beautiful nostalgic music from the 1930s - 50s, raffles, prizes, and a delicious high tea. Bring a plate of afternoon tea to share.

Saturday 28 October, 2-6pm \$5

Ballroom Dancing - All levels

Social dancing: modern, sequence, Latin, and a bit of Jive thrown in. Dancing is the happiest form of exercise for brain and body and you get to take your skills with you to the many regular dance events each week in Ballarat and Hepburn shires.

Tuesdays from October 31, 7pm - 9pm \$98/\$70 Conc. - 7 sessions

Teacher: Elizabeth Howard

Jam Sessions in the Hall

Friendly, casual jam sessions welcome singers and musicians of all skill levels and musical tastes. Bring your instrument of choice including your voice and join in these free flowing, fun sessions. Audience also welcome.

Registration is not necessary – just come along.

Fridays 7-9pm Gold Coin Donation - Ongoing

Fitness & Health

Pilates

Improve stability, increase muscle strength and tone, strengthen the core muscles of your body, improve balance, and much more. Pilates is suitable for everyone from beginners to advanced. BYO yoga mat.

Mondays October 23, 6-6.45pm \$80/\$64 Conc. 8 Sessions

Tutor: Margaret Lord

Laughter Yoga

This form of exercise akin to internal jogging promotes laughter as a form of physical exercise. It is about breathing: not about tying yourself in knots! Originating in India in the 1990s, Laughter Yoga has grown as a grassroots social movement, with independent laughter clubs springing up all over the world. Laughter yoga promotes the ideal of a non-political, non-religious, non-racial, non-threatening, and non-competitive approach to laughter. Your body knows how to laugh, regardless of what your mind has to say! Because it follows a body-mind approach to laughter, participants do not need to have a sense of humour, know jokes, or even be feeling happy. The invitation is to "laugh for no reason", faking it until it becomes real. Laughing is an easy way to strengthen all immune functions, bring more oxygen to the body and brain, foster positive feelings and improve interpersonal skills.

Wednesdays from October 11, 6-7.00pm \$5 per session Facilitator: Jane Neville

Herbal tea making – Tisane

With so many seeking ways to boost their health and wellbeing, making your own tisane sounds like a good idea. Learn with a qualified Western Herbal Medicine Practitioner some of the benefits of drinking herbal teas. By the end of the 2 hour workshop you will have learnt more about some of the medicinal properties of herbs, as well as made your own signature tisane. Please bring a clean jam jar along to the workshop.

Saturday November 11, 10am – 12pm \$45 Naturopath: Cath Thomas

Ask a Naturopath Session 1 - Detox

There is a lot of hype about detoxing, and many people think it is just cutting out something in their diet. And whilst that may be a start it is not nurturing to the body system and is not supportive of 'a cleanse to rejuvenation'. This workshop will cover the why and how the liver can be supported, how to better eliminate toxins, the impact of stress and how to cleanse. Information sheets provided and herbal tea served. Bring along lunch.

Saturday December 2, 10.30am - 12.30pm \$45 Naturopath: Cath Thomas

Walking Group

This easy paced, friendly walking group meets twice weekly to take in the sites of Creswick. Wear comfortable walking shoes, weather appropriate clothing, and bring a water bottle.

Tuesdays & Thursdays 8.30am FREE - Just go along

Meet Cnr of Albert and South Streets

Simply Mindfulness Basics Short Course

Recognised as one of the most powerful self-help tools for enhancing physical and mental health and wellbeing. Mindfulness is a simple skill; learn how and experience the benefits for yourself.

Sundays from October 29, 4-5.30pm \$65 + \$10 materials fee - 4 Sessions

Tutor: Jane Southwell

Monthly Mindfulness Refresher

Take time out each month to slow down and refresh with a mindful deep relaxation practice as well as exercising your mindfulness muscles with some mindful meditation.

3rd Friday of the month, 11am – 12.15pm October 20, November 17 (only)

\$15/\$13 Concession per session Tutor: Jane Southwell

Yoga Nidra

Yoga Nidra is a simple and effective yoga meditation technique practiced in a lying down position (shavasana). It creates a state of deep relaxation of the entire body and mind. With Yoga Nidra you will: relax the body and mind; learn simple breathing techniques; set Intentions for positive change; better manage anxiety, stress and chronic pain; gain clarity. Bring along a yoga mat, favourite cushion for support, blanket for warmth, comfortable clothing

Tuesdays from October 31, 9.30-10.45am \$75/54 Conc. - 5 Sessions

Tutor: Mangala

Hatha Yoga

Yoga promotes physical, mental and emotional health, aids with stress management, and improves concentration and general fitness. Yoga can help prevent injury and improves flexibility, promotes positive thinking, and assists relaxation. This class is suitable for both beginners and advanced students. Exercise and relax with an experienced teacher in a friendly class. Bring a rug and wear comfortable clothes.

Mondays from October 23, 7 – 8pm or Wednesdays from October 25, 10am - 11am

\$80/\$64 Conc. 8 Sessions Tutor: Margaret Lord

Tang Soo Tao

Tang Soo Tao is both a hard and soft martial art. Initial training focuses primarily on the kicking and punching techniques of Wei Gung, and provides the student with a solid grounding in self-defence and an understanding of physical movement.

- Improve your physical, mental and spiritual health
- Develop strength of character, will-power and determination
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4:15 – 5:15pm Ages 7+ – 15 years & 5:30 – 6:30pm Secondary students/Adults

\$72 - 6 Sessions Instructor: Diederik Haneveld – Bhodidarma

Our Environment

Intro to Gold Panning

Panning is an easy and inexpensive way to explore the popular hobby of recreational mining. The benefits, as well as increased fitness, could even bear a substantial financial return. Summer and autumn is a pleasant time to explore the creeks and waterways for hidden treasures.

This introductory workshop will look at the basic equipment you need to get started. Get tips and tricks from an expert mining hobbyist and current Australian Gold Panning Champion.

Bring along any of the following you may already have - equipment will be available to share during the course: shovels, gold pans, crevassing tools and wear weather appropriate clothing such as gumboots, waders, bring sun protection etc.

Meet for theory then carpool to location.

Sunday November 19, 12 - 4pm \$60

Tutor: James Keays

Making a Basket Using Random Weaving

Learn how to create a contemporary basket using a more modern basketry technique. Random Weaving requires an expressive and creative way of working that appeals to many. In this workshop you can create a basket or let your imagination go wild to create a garden sculpture. This visually appealing style of basketry echoes forms in nature such as the bird nest and seedpod. Examples of materials that will be provided are happy wanderer, wisteria and willow. Jodie Goldring is a Sculptor and Art Teacher who has a broad range of creative experiences to share. Please bring an apron, scissors, secateurs and some lunch. You are invited to bring vines from home if you have them but plant material will be provided.

Saturday November 4, 10-4pm \$80 (\$65 Conc)

Tutor: Jodie Goldring

Wool Craft Workshop

Be part of the slow cloth movement and learn the skills and knowledge necessary to prepare raw fleece and manipulate it into single and plyed yarns suitable for hand knitting, crochet, weaving, and felting. With patience, practice, and persistence you will be able to craft your own unique items, limited only by your imagination. Some materials are provided and a simple list of extra things to bring along will be provided on enrolment.

Sunday December 10, 9.30am – 4.30pm \$65 + \$25 Materials fee

Tutor: Sarah Coates

Chainsaw Operation & Maintenance

Learn to an industry standard from a professional instructor all aspects of chainsaw operation, chainsaw selection, maintenance and cross cut techniques, OH&S, operator safety, maintaining and sharpening your saw, and environmental concerns. For the absolute beginner through to the casual user wishing to upgrade their skills. Clear your block for summer and organise wood in time for the colder months. This workshop combines both theory and practical application. Bring along your chainsaw if you have one, lunch, and wear weather appropriate clothing. Participants must wear steel cap boots.

Saturday/Sunday, December 2 & #, 8.30am – 4.30pm \$165 - 2 Sessions

Tutor: Ralf Boyke

Soap Making Magic

Learn how to make your own natural and gorgeously scented aromatherapy soaps to enjoy at home or give as fantastic gifts. In this fun, hands-on session you will learn how to create soap from natural ingredients, use essential oils to enhance fragrance, and take home your wonderful creations to enjoy! Bring along a clean milk carton (not UHT), apron, rubber gloves and safety glasses, and wear closed-toed shoes. As we are working with caustic soda, this workshop is only suitable for ages 18 and up.

Sunday TBA, 11am – 2pm, \$50 + \$25 Materials fee

Tutor: Ally Bauer - Delicious Whimsy

Nuno Felting Workshop

Hands on, face to face, friendly learning. Make flat, solid, and hollow formed yarn. Learn the craft to create beautiful and unique clothes, scarves, toys, soft furnishings, wall hangings, and art pieces, at home in your own time. Some materials are provided and a simple list of extra things to bring along will be provided on enrolment.

Sunday November 5, 9.30am – 4.30pm, \$65 + \$25 Materials fee

Tutor: Sarah Coates

Natural Skin-care Products

Learn how to make your own skincare products at home from pure and natural household items. Make a soothing moisturiser, luscious lip balm, and gentle body scrub to take home. Save money making your own products or gifts for your family and be confident of the safe ingredients used. All ingredients and jars are provided as well as recipes so you can make more at home. Bring along an apron or wear old clothes as this is a hands-on class.

Sunday December 10, 10 – 12.30pm, \$35 + \$10 Materials fee

Tutor: Dora Berenyi

Food Glorious Food

Camembert Cheese Making

Come along to this friendly easy to follow workshop and learn how to make beautiful Camembert at home. Take home some cheese to enjoy later. Bring along an apron, some rubber gloves (or non-disposable nitrile non-latex gloves), a container to take your cheese home in and some lunch. Tea and coffee and notes will be provided. Wear closed toed nonslip shoes.

Saturday TBA, 10.30am – 4pm

\$70+\$30 Materials Fee, All materials included

Tutor: Ally Bauer

Fermentation Why & How

Learn about the process that converts sugars and other carbohydrates into preservative organic acids. Enrich your food through development of a diversity of flavours, aromas, and textures in food substrates. Take part in a hands on processing of seasonal produce on the day. BYO screw top jar.

Sunday December 3, 9.30am - 12.30pm \$35

Tutor: Garry Mann

Sourdough Bread Making

Home bakers can make their own tasty French Farmhouse style loaf. Mix dough, knead, shape, and then bake some lovely fresh loaves. Learn some tips along the way including how to test baked loaves for readiness. Bring along some lunch, a large bowl, and a jar or container with a large opening to take home your starter; a pen; a tea towel; and of course - your favourite apron.

Saturday December 2, 10am – 2pm \$50 + \$10 Materials fee

Tutor: Robyn Mensch

Cooking with Josie

Prepare, cook, and taste a traditional Philipino meal. Marinated chicken cooked the authentic way using a recipe passed down through the generations followed by a sticky rice dessert. Instructions will be provided so you can enjoy this wonderful meal at home with your family. Places limited, BYO apron.

Saturday October 14, 11am - 2pm, \$35

Tutor: Josie Reasons

Blokes' Cooking

Are you lost in the kitchen, sick of expensive take away, restricted to costly recipes? Liberate yourself into the sensory world of man food. Learn the basic methods of cooking through an informal series of three hands-on practical demonstrations allowing you to confidently utilise budget ingredients, specials, and markdowns to create quick and healthy mouth-watering meals. Enjoy the food you have prepared in a shared dinner. Places are limited.

Thursdays from November 30, 5 - 8pm \$35 per session, 3 Sessions

Chef: Derek Raffin

Transition Creswick

A friendly and passionate, local group affiliated with the world-wide Transition Towns movement. People get together to make positive change at a grass roots level. Aims of the movement include developing diverse responses and projects to address climate change and peak oil: building resilience, self-sufficiency, re-localising economies and fostering creative contentment. Current running and planned projects include Better Bags: Plastic Free Creswick, Garden Blitz!, verge gardens, a community orchard, community op-shop, food mapping, bicycle lanes & bike share, an electric vehicle charging point, time banking, community dinners, food & produce swap.

Contact/Find Us:

facebook.com/transitiontowncrewick or transitioncreswick.org.au.

email: transitioncreswick@gmail.com.

Phone: Tim 0425716544, or Jane 0402811659, or Bill 0407352982.

Join our monthly newsletter and become a member.

Community Dinner & Film/ Guest Speaker

Join us monthly for a friendly evening that begins with a delicious sit down meal and ends with a topical guest speaker, or film. Themes explored are our environment, sustainability, food security, connected communities, and much more. A great way to get to know other like-minded members of the community.

The fourth Wednesday of every month - October 25, November 22

6pm – 9pm, \$6 Ongoing - just come along

Monthly Food & Produce ‘Swap It’ Event

Transition Creswick and Creswick Community Garden present a food, produce and seed swap morning. A fun way to share your excess home-grown and homemade produce with others, reduce waste, meet people, exchange ideas. Swap your eggs for some lemons, or your tomato seeds for lettuce seedlings, worm juice for your jam... no money changes hands. Tea, coffee, and Norm’s own wood fired pizza available by donation.

The fourth Saturday of every month - July 22, August 26, September 23

9.30 - 11.30am

Rear of Creswick Neighbourhood Centre. Ongoing - just come along



In the Garden

Creswick Community Garden

Meet to share skills and experiences growing food in the shared community garden. The garden provides an opportunity to learn about propagation, planting out, and looking after your crop. If you plan your garden right, you can enjoy the fruits of your labour without having to spend hours tending it. Maintain a community bed, or just come down to discuss and learn. Workshops are held the third Saturday of every month at Creswick Market from 10.30am. Monthly produce swap meets are held in partnership with the Transitions Creswick Group every 4th Saturday of every month at 9.30am.

**8am Saturday Group Working Bee & Other days as required \$10 per term
Community Garden Guru: Norm Beshara**

Chookwise

Always wanted your own small flock of hens? Learn all aspects of their care, feeding and breeding, housing and history, diseases, and other heartaches. Includes class notes. Bring along your lunch.

**Sunday November 26, 10.30am – 4pm \$65/\$50 Conc.
Absolute Chook Expert: Linda Marold**

Edible Wild Plants Walk

Enjoy a leisurely stroll through the back streets, lanes, and gardens of Creswick in search of edible wild plants. You might be surprised to discover edible and tasty plants growing right under your feet that in the past you have destroyed or ignored. Discuss the culinary and medicinal uses of a variety of wild plants or weeds and get tips on where to look to find them all year round as well as learning about which ones to avoid. Once you've collected a variety of wild plants enjoy a demonstration and tasting of how these plants can be used in your kitchen. Bring along lunch.

**Sunday November 26, 10am – 2pm, \$55 Bookings essential
Tutor: Alexis Pitsopoulos**

Growing Your Own Vegetables

Learn to raise and collect seed, propagate cuttings, plant out and other skills required to successfully grow food in your garden, regardless of the size. Explore soil quality, successful composting and tricks to house a healthy worm farm.

**Saturdays from 28 October 8.30 – 11.30am \$70 - 4 Sessions
Tutor: Norm Beshara**



'A happy small town market'

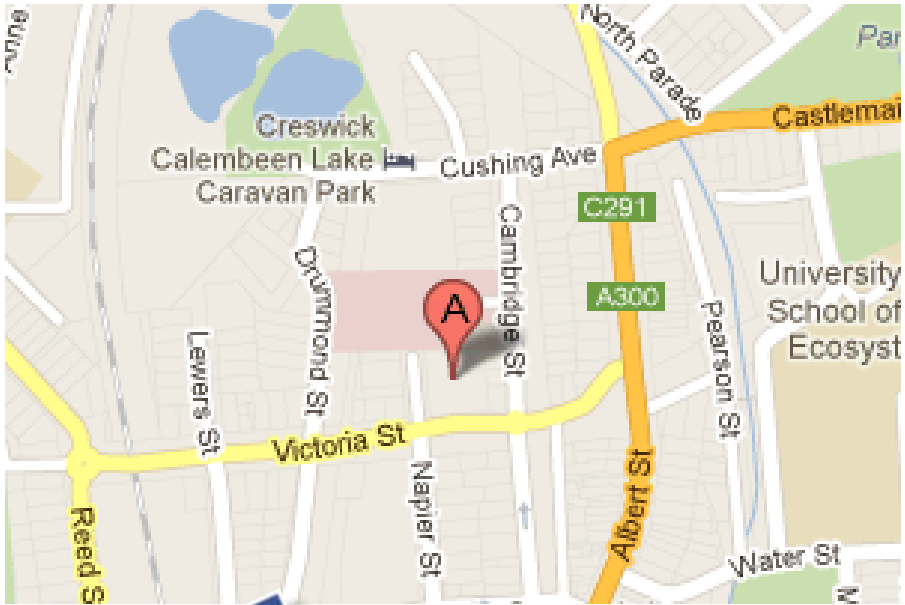
EVERY third Saturday of the month from 9am
Creswick Neighbourhood Centre
19-21 Victoria Street



2017

**January 21 · February 18 · March 18 · April 15
May 20 · June 17 · July 15 · August 19
September 16 · October 21 · November 18 · December 16**





Creswick Neighbourhood Centre

19-21 Victoria Street, Creswick

Monday - Friday
9.30am - 4.30pm

info@creswicknc.org.au
creswicknc.org.au
(03) 5345 2356



Creswick & District
Community Bank® Branch

 **Bendigo Bank**