

Term 1, 2019

Brochure

January 29 - April 5



**DISCOVER
GROW
ACHIEVE**

creswick neighbourhood centre



Welcome to Term 1, 2019

Welcome to the new year and our new Term 1 brochure, taking us through the warmer months of summer and into the start of autumn. Please have a flick through and see if something interests you. There's a selection of locally led classes to enjoy as well as expert sessions, groups, and interesting workshops to liven up your weekends.

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!

Did you know you can get our brochure online every term? Just let us know or you can go directly to our website, scroll down, and enter your email address in the box provided. Save trees and stay up to date on activities, classes and events.

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 Health & Human Services and partly self-funded.

Talk to us about volunteer opportunities - everything from cleaning, gardening, maintenance, administration, and committee of management - we value your input. Or just drop in for a cup of tea in the sunny kitchen.

Kim, Derek, Tim, & our many amazing volunteers

Our Committee

We appreciate all our volunteers here at the Centre including our Committee of Management members: Di Oram, Francis Hooper, Gayle Roberts, Ian Kronberger, Jenni Sewell, Kiyoko & Glen Harris, and Trish McMahon.



Creswick Neighbourhood Centre is a not-for-profit organisation governed by a volunteer Committee of Management. Opinions/advice expressed by tutors, trainers, and contractors 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 the 3rd Saturday of every month
- Community Garden
- Wholefoods Co-op
- Free computer and Internet access
- Trivia Nights for Community Groups
- 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 when the Centre is notified within three 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, and include your phone number if by email, and we will 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.

Feedback Welcome

We welcome your ideas, compliments, and complaints. Whilst we regularly ask for your feedback in classes you attend, and there is a suggestion box in the foyer, we are happy to hear from you in any shape or form including in a message, by mail or email, in person, or anonymously. We have a grievance policy on the notice board and we are always happy to give or forward you a copy. Don't be shy - help us be the best we can be.

Young People

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. Wear weather appropriate clothing and footwear.

Thursdays in the school term, 10 - 11.30am In the Natural Playscape & The Hall \$2 - Ongoing, just come along

Kids Craft Club

Primary aged young people are invited to come along each week and get creative with a range of fun, artistic and craft skills including drawing and textiles. This term we will draw Japanese Manga characters, make glitter slime, painting on leather, weaving using a picture frame and make your own slippers. . Bring along a drink and snack. Places are limited and registration is essential. Thank you to Creswick Pharmacy, Femos, and Foodworks for their ongoing support.

Fridays February 8, 4.15 – 5.30pm Maximum fee - \$48 + \$8 materials 8 sessions Tutor: Lauren Taylor

Introduction to Karate for Kids

This fun, non-combative introduction to Karate skills is a great fitness activity for kids aged 7 – 13 years, and gives them the opportunity to test the waters before making a commitment to a more formal Karate class which may be expensive and involve travelling out of Creswick. Practice moves including Kata, kicks, blocks, stances, basic strikes, and self-defence moves. Wear loose comfortable clothes and bring a drink. Starting again in term 2.

Mondays from May 13, 4-5pm \$30, 5 Sessions, Bookings essential Tutor: Greg Morrison

Early Childhood Music and Movement Classes

Exposure to a high quality music program from a young age optimises childhood development. Come along to weekly music sessions.

- Music is a universal source of pleasure, regardless of a person's age or degree of development.
- Every child is born with musical potential and an innate ability to respond to music – this is important to encourage.
- Research constantly links the use of music and musical activities to key areas of development in early childhood – physical, cognitive, social-emotional and language development.
- Anne is an early-childhood music specialist with over 20 years teaching experience. She is fully endorsed by Hepburn Maternal and Child Health Services

Thursdays 9.15-9.45am \$120 - 10 sessions Sibling discount available Places are limited - to book contact Anne Belcher 0400543020 or branchintomusic@gmail.com

Technology for Home & Business

I.T. Help! - One:One - Free for one more term!

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.

Fridays from February 1, From 1pm by appointment: 5345 2356 or FREE One on one 45 minute sessions Bookings essential

Tutor: Matthew Drysdale

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, editorial content, or even automated birthday congratulations! 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 from March 20, 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. Basic computer skills are required. Join us for two, two hour group sessions and one half hour 1:1 session

Wednesdays from May 22, 6-8.00pm, \$100 - 3 sessions Tutor: Clay Ravin

Web Health Check

Review the appeal and functionality of your website with an expert. This class will send you away with a prescription for web health that will give your site the best chance of success.

Topics covered include:

- Page Structure – calls to action, welcome text, parallax vs click thru vs splash
- Making Google Happy – meta data, keywords, links, text on home page
- User focused – “you” rather than “we”, becoming people focussed
- CMS platforms – what you use, how to decide, installed vs managed
- Keeping pages up to date
- Google / FB Ads
- Menu + Navigation – menu length, page titles,
- Mobile Friendly – most sites are accessed by mobile - does your page stack up?

Thursdays June 19, 6- 8pm \$100 - 2 sessions Tutor: Morgan Williams – DesignScope

Work Life

Mental Health First Aid Training

Learn about signs and symptoms of mental health problems, how to help and what support is available. Develop new skills and improve your understanding of mental health. Explore how to provide a practical mental health first aid response and where to go for assistance in a mental health crisis. Held over two full days, this heavily subsidised course is a great opportunity for people to learn about Mental Health First Aid. Free resources provided, morning/afternoon tea and lunch included. Please advise us of any dietary requirements when you register.

Tuesdays May 14 & 21, 9am – 4.30pm \$50 - 2 Sessions

Registrations essential: 5345 2356

Facilitator: Brian Dunn, Hepburn Health Service

To find out more about the course visit www.mhfa.com.au

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 March 19, 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 March 19, 9.30am – 12pm \$75 Training Provider: Vic First Aid

CERTIFICATE IV IN COMMUNITY SERVICES CHC42015

Expression of interest:

Hone your skills and further your career in the community services sector. Study with genU Training in Creswick to achieve a nationally recognised qualification with opportunities for supervisory or specialist work in the community and welfare sectors. Develop skills and confidence to work autonomously or supervise and lead other workers in projects or teams within the Community Services sector.

- Gain capabilities for working in a range of community service, case-work or case management environments.
- Design and deliver person-centred services to individuals and/or groups .
- Provide support, advocacy or interventions to individual clients, groups or communities across a range of services.

CAREER OPPORTUNITIES

- Community health worker
- Family support worker
- Migrant community worker
- Tenants advisory worker
- Welfare rights worker

LEARNING PATHWAYS

- CHC52015 Diploma of Community Services
- CHC52115 Diploma of Community Development

UPCOMING COURSE DATES

Upcoming course - early 2019 subject to bookings

LOCATION: Creswick Neighbourhood Centre

DURATION/TIME: 1 day per week for 10 months 9.30am to 4pm

FEES - Talk to us about concession eligibility

Skills First Program* Standard: \$233.25

Skills First Program* Concession: \$46 .65

Fee for Service: \$2,799.00

TASTING PLATE - Hospitality Training

Become a hospitality hero. Develop your skills in preparation for working in hospitality in this interactive two day course. You will be introduced to the art of coffee making, how to work safely when handling food, guidelines for the responsible service of alcohol, and great customer service skills. Satisfactory completion of assessments during this course will result in a statement of attainment for the accredited units - Provide Responsible Service of Alcohol (RSA), and Basic Food Safety (Use hygienic practices for food safety SITXFS001), as well as a statement of completion in basic coffee making.

Monday & Tuesday March 25/26, 9am - 4.30pm \$300



CERTIFICATE III IN INDIVIDUAL SUPPORT (CHC33015)

Take the first step toward your career in the care sector with this nationally recognised qualification and access our proven pathways to employment.



This qualification, with an ageing and home and community specialisation, develops your skills in preparation to work in a community and/or residential setting following an individualised plan to provide person-centred support to people who may require assistance due to ageing or some other reason.

- Develop skills to help empower older people and support those living with dementia.
- Gain factual, technical and procedural knowledge, as well as theoretical knowledge

Career Opportunities

- Personal care assistant
- Nursing assistant
- Personal care worker
- Community worker

Learning Pathways

- CHC43015 Certificate IV in Ageing Support
- CHC43415 Certificate IV in Leisure and Health
- HLT54115 Diploma of Nursing
- Bachelor of Nursing

Practical Placement - 120 hours (Mandatory)

Fees

Skills First Program* Standard : \$181.25

Skills First Program* Concession : \$36.25

Fee for Service: \$2,175.00

(Government subsidised training places are available for people who meet the eligibility criteria)

Starting Soon!

Weekdays 9.30am - 4pm, 10 months

Starting date subject to bookings and will be advised

Registered Training Organisation: GenU Training

genutraining.org.au

Registrations and inquiries: 53452356



Creativity

Make a Hand-Crafted Spoon

Wood carving is one of the oldest human crafts. You can use green wood working techniques and simple hand tools to create a unique and functional wooden spoon to take home in this fun, one-day workshop. You will also learn how to work with axes and knives, and how to keep them sharp. This workshop is targeted to people 18 years and over. All materials required for the workshop are provided – just bring along some lunch.

Saturday or Sunday TBC, 10am – 4pm \$100 + \$20 Materials fee

Tutor: Paul Ryle

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 January 22, 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, 12 – 3pm \$5 Per session - Just come along

Artist: Pam Worswick

Making a Functional Twined Basket

Learn how to use natural materials to make a small to medium sized basket using the traditional basketry technique of twining. Twining is the twisting of two strands of flexible material around a vertical support. This technique creates shape as well as adds stability to baskets. Red hot poker and flax will be provided as well as information about how to collect, dry and prepare your own materials to use at home. Jodie Goldring is a Sculptor and Art Teacher who has a broad range of creative experiences to share. Please bring an apron, scissors and some lunch.

Saturday February 23, 10-4pm \$80/\$65 Conc. + \$20 material fee

Tutor: Jodie Goldring

Kokedama Making Workshop

Kokedama is a lovely addition to your home and would make a beautiful personalised gift for Mother's Day. Kokedama means 'moss ball' in Japanese and is a traditional Japanese art form that uses moss to house a plant and its roots. The plants roots and soil are covered with moss and bound together tightly with twine. The moss retains water and replaces the need for a pot. Learn how to create a Kokedama moss ball, using simple steps and tips to make it easy, as well as how to care for your Kokedama at home. This is a beginners class and no experience is necessary. You don't need to bring a thing and the end of the class take home two beautiful and decorative plants. Early bookings are essential as materials need to be organised.

Sunday May 5, 1pm – 3.30pm \$45 + Materials fee \$35

Tutors: Sharon Joy and Gayle Roberts

Blacksmithing Introduction - An ancient craft

Considered a rare trade due to dwindling numbers of practitioners, Murray has been practicing the craft since the 1970s. He is experienced in forging items both for 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 recognised 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.

Participants can expect to take home a fire rake, plus other small items if time permits, such as awl or bodkin. Students over 16 are invited to register. Wear covered shoes and fire resistant (natural fibre) clothing.

Saturday or Sunday March 30 or 31, 1- 4.30pm \$80 + \$10 materials fee

Blacksmith: Murray Shanaughan

Intro & Advanced Upholstery

A fun DIY beginners workshop where 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. 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. Students who already have basic upholstery skills or have previously taken this class are invited to join us for a more advanced workshop – a list of suitable projects will be provided on registration. Bring along some lunch or visit the historical Glenlyon General Store.

Intro: Sunday March 17, 11am – 4pm \$100+\$50 materials fee

Advanced: Sunday November 25, 10am – 5pm \$140 + \$50 materials fee

Teacher: Andy Hemming - The Upholstery House Victoria

Venue: Glenlyon (46km from Creswick)

Waste Away Day

Join us on Sunday March 24 as we take a deep dive into reducing the type and amount of domestic waste we create in our homes and learn strategies to reduce it, and treat it in a way that is less harmful to our environment. Come along because you want to know more, to be part of the conversation, and share your passion and ideas about reducing our footprint in small ways that make a big difference. Thank you to Hepburn Shire Council for funding which contributes to this event as well as our neighbourhood centre project to demonstrate waste reduction and better treatment of domestic waste.

Waste Away 1. – The benefits of composting and keeping worms

As we all become more conscious of our contribution to landfill our mind wanders to better ways of treating and reducing our personal landfill contribution. What's in our bins? And is the bin the best place for it? You can use some of your waste to create amazing compost directly from a compost bin or make fabulous worm tea in an easy to manage worm farm, your garden will love you! Improve your soil structure and nutrient levels. Compost can trap moisture in the soil and even help save water when applied as mulch. Learn all the tips and tricks required to use your organic waste to improve your garden. Bring along any burning questions you may have, and take home a handy fact sheet to help you along the way. Regular workshops happen at Creswick Market so if you need ongoing support you can pop by.

Sunday March 24, 10 – 11.30am Free to attend - Register: 5345 2356

Presenter: Norman Beshara

Waste Away Lunch

Join us under the old oak tree for a free catered lunch between workshops – let us know if you have any specific dietary requirements and we'll do our best to cater.

Sunday March 24, 12-1pm

Free to attend - RSVP for catering

Waste Away 2. – Refuse, Reduce, Re-purpose, Recycle

What goes where? Can that be recycled? Do I need to wash that? How can I reduce the amount of waste I create that ends up in landfill, or even the amount of recycling I do? What else can I change to contribute less to landfill? There is no life without planet earth as we know it and we're all aware it's time to do our bit and even a bit more - but where to start? Get the facts as well as lots of bright ideas that you can afford and that aren't too difficult to build into your regular domestic routine.

Sunday March 24, 1 – 2.30 Free to attend - Register: 5345 2356

Presenter: Tim Drylie

The logo for Hepburn Shire Council features the word 'Hepburn' in a large, elegant, cursive script. Below it, the words 'SHIRE COUNCIL' are written in a smaller, clean, sans-serif, all-caps font.

Our Environment

Upcycled Fruit and Veg Bags

Upcycling is the new Black! Let's take a discarded curtain (supplied) and turn it into 8 re-usable produce bags that you can take to the shops to use instead of plastic! The environmental benefits of upcycling are huge, by taking a simple item such as a curtain and creating useful produce bags you are minimising the volume of discarded materials and waste being sent to landfill each year. Good on you!

Basic knowledge of a sewing machine is required. (If you need some 101 machine sewing tips we can help with that too - just let us know.)

Sunday March 10, 12:30 - 4pm or Monday March 18, 12 – 3.30pm

\$60/\$45 Conc. + Materials fee \$10

Tutor: Debbie Weston - Maker

Slow Clothing Sewing Group

There is a new/old movement around – the 'Slow Clothing Movement'. "It is a way of thinking about and choosing clothes to ensure they bring meaning, value and joy to every day" - Jane Milbourne, (sustainability consultant and founder of Textile Beat). This new group will explore the concept of slow clothing, sharing how 'we can do it' - take control of the ethical and environmental impact of our clothing. Join us in this space to create, learn, share, and explore these concepts in a practical way. Learn how to repurpose clothing, repair, remake, find new uses, adapt, and salvage. There are several sewing machines available to use, or bring your own. Share your skills or learn a few more. Bring along your ideas and clothing or material for your project and let's see what we recreate. If you need more information let us know and the tutors will contact you.

3rd Thursday of the month from February 14, 6.30 – 8.30pm \$5 per session

Tutors: Gayle Roberts & Jane Marriott

Making a functional COILED basket

Basketry is an ancient craft that is relevant in contemporary life as it allows us to slow down and experience the satisfaction of creating something hand made. Coiling is a technique that involves wrapping or stitching an active element around a passive core. Come join us to learn how to use natural and man-made materials to coil a functional basket. Jodie Goldring is a Sculptor and Art Teacher who has a broad range of creative experiences to share. Examples of materials that will be provided are NZ flax, lengths of fabric, red-hot poker and coloured threads. Please bring an apron, scissors and some lunch. Coiling is a time-consuming basketry technique so a full weekend is needed to complete the basket. If you want make a start and finish at home enroll for Saturday only.

Saturday/Sunday June 1 & 2, 10am - 4pm \$150/\$120 Conc. + \$20 material fee or Saturday June 1 only, 10am - 4pm \$80/\$65 Conc. + \$10 material fee

Tutor: Jodie Goldring

Chainsaw Operation & Maintenance

Learn from a professional instructor to an industry standard 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 ready for summer. 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, TBC, 8.30am – 4.30pm \$165 - 2 Sessions

Tutor: Ralf Boyke

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.

Saturday TBC, 12 – 2pm, \$35 + \$10 Materials fee Tutor: Dora Berenyi

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 available on enrolment.

Sunday March 31, 9.30am – 4.30pm \$65 + \$25 Materials fee

Tutor: Sarah Coates

Bees Wax Wraps

Easy to make and use wax wraps help you to reduce the amount of plastic in your home contributing to landfill and polluting waterways. Wraps are simple to use and perfect for lunch boxes and leftovers. Bring along two or three pieces of cotton material cut into 30cm x 30cm squares, other materials provided.

Saturday March 23, 10-11.30am \$25 + \$10 Materials fee Tutor: Dora Berenyi

What is Plarning?

Join this friendly group who make mats, re-usable bags, and other items from used plastic shopping bags. They begin by making yarn called 'Plarn' - plastic yarn. The technique from there is straight forward and practice improves your technique. Mats are distributed through the Soup Bus in Ballarat, to those sleeping rough. Plarn can be used to crochet mats for pets. Plarning helps reduce the amount of plastic which ends up in landfill or in our oceans.

Tuesdays, 11.30am - 12.30pm ongoing - just come along Free

Facilitator: Anne Chamberlain

Interest & Information

Eye health – Caring for your and your family's sight

The 2016 National Eye Health Survey found that more than 453,000 Australians are blind or vision impaired. In time as our population ages, the number of people who are blind or vision impaired is expected to increase. The good news is that in Australia, around 90% of vision loss and blindness is preventable or treatable if detected early. The Vision Initiative and Creswick Neighbourhood Centre would like to invite you to attend a FREE community talk to learn more about how you can save your sight. Refreshments provided.

FREE SESSION - Bookings essential: 5345 2356

Tuesday March 26, 12 - 1pm Facilitated by Vision 2020 Australia

NDIS Support Outreach in Creswick

Are you having trouble understanding the NDIS or would you like to know more about it? We have a free, no obligation advisory service that can discuss issues you may have such as eligibility to access the NDIS, getting the best out of your plan and who to contact or what to do if something is not working well for you.

Contact us for an appointment: 5345 2356

Registered NDIS Provider: Tony Herbert - Life Connect Disability Services

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. Each session includes both structured presentations and informal time to conduct your own research. Bring lunch.

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

Facilitator: Adele Morrison

Introduction to the Share Market

The development of online share trading has made it easier than ever to invest in shares on the ASX, but for too many people there is a perception that it is complex or risky, or that you need a lot of cash to get started. This short course will introduce you to the basic way that online trading works and how to get started. It will cover new trading options designed to reduce risk and costs. It will compare share-trading to property investment and look at the pros and cons of both. The share market is a 'get rich slowly' scheme that anyone can access. The sooner you get started whilst applying the best strategies to protect against risk, the more wealth you may accumulate.

Saturday March 9, 9am -12pm \$10

Tutor: Patrick Hockey

Disclaimer: The information provided in this course is not intended as legal, financial or investment advice and should not be relied on as such. Before making any commitment of a legal or financial nature you should seek advice from a qualified and registered legal practitioner or financial or investment adviser.

Music & Dance

Social Ballroom Dancing Class

A fun social class to brush up your ballroom dancing skills or to start from scratch.

We teach simple beginner dances raising the level as participants improve.

Wednesdays from 20th February, 7.30pm - 9pm

Teachers: Elizabeth Howard and Andrew O'Connell

\$90/\$80 Conc. - 6 Sessions

U3A Ballroom Dancing

This happy group of passionate ballroom dancers welcome new people to come along and join our class. We teach a range of styles: Modern - Waltz, Foxtrot, Tango, Quickstep. Latin - Rhumba and Cha Cha. New Vogue/Sequence - Swing Waltz, Marilyn, Dynasty Blues, New Vogue Modern Waltz, Tangoette and many more. A joint U3A and CNC activity.

Tuesdays from 5th February, 9.30am - 11.30am Free for U3A Members

Teachers: Elizabeth Howard and Andrew O'Connell

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 \$2 - Ongoing



Ballroom Tea Dance

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 May 25 & October 26
2-6pm \$10 - includes raffle tickets**

So You Think You Can't Sing!

Which word stood out - Think, Can't, Sing? Deep down we all love to sing. It is so good for our emotions, our hearts, our health, our brains, but somewhere in your life someone probably told you not to sing. But it wasn't me! I love to hear people sing. It's about the story, the heart, the life, the baby being sung to, the tipsy karaoke, or your favourite rock song or aria. It's just another muscle, another challenge, but if it is done in a sharing environment, the joy can be sensational. Be brave. Come on. I'll support you, share with you, laugh with you, sing with you. Tell me the songs you love, sing loud, clap, stamp your feet, bring an instrument, a rattle, a tambourine and let's get really noisy, and then softly quiet and then laugh a lot together. I will always give you permission to fail, and then a round of applause every time you try. The journey starts with the first step. The end is simply marvellous.

Thursdays from February 21, 2.30 - 3.30pm \$5 per session

Teacher: Maureen Andrew

Soulful Dance - Dancing the 12 Archetypes

Ever wanted to dance like no-one is watching? Come and be guided by the music as you explore movement in a safe and supportive space. This class is a combination of several types of conscious dance, butoh and creative dance. No previous dance experience necessary, all you need is a willingness to move and be moved by your body and emotions. This is non-competitive dance where you can really listen to yourself, let go, feel, explore, be free, find connection, and support. This term we will play and explore parts of our personalities that we often ignore, repress or shy away from. Carl Jung defined 12 primary types that symbolize basic human motivations. It's time to allow your inner hero, your caregiver, your rebel, your magician, your explorer, your lover, your orphan and many more parts of your personality to be recognised and given a space in your life and on the dance floor. Suitable for ages 15 to 115 years.

Thursdays TBC, 7pm to 8:45pm \$120 - 6 Sessions Teacher: Zilke Davey

B.B.B. - Ballet for Baby Boomers

Men and women - if you can you raise your arms, nod your head, clap your hands, or tap your toes, then you can do Baby Boomer Ballet. All forms of dance provide a simple and elegant way to communicate. Engage the brain, invigorate the body, and attune the heart and soul to music. Dance, let go, feel the rhythm, and enjoy benefits both mental and physical. Rediscover the music you love, and have fun in a safe and communal environment. Maureen has been a dance teacher for more than 50 years and wants to share her experience with you, no matter what your ability. Maureen says "Music and movement are natural to us all, and to move and create shapes and lines bring forth emotion, stories, and memories, and evoke feelings of happiness." Wear something you feel comfortable in.

Thursdays from February 7, 1pm - 2pm \$5 per session Teacher: Maureen Andrew

Fitness & Health

Hatha Yoga

Regular yoga practice improves physical and mental fitness. Yoga postures develop core strength and flexibility and balance the body and mind creating an overall feeling of peace and wellbeing. Students new to yoga or with a pre-existing condition are to advise the yoga teacher on commencement of the class, and check with their GP. Bring a yoga mat, cushion for support, a warm blanket and comfortable clothing. Beginners and experienced students are all welcome.

Mondays from February 4, 6-7pm \$96/\$80 Conc. - 8 Sessions

Wednesdays from February 6, 9-10am \$96/\$80 Conc. - 8 Sessions

Tutors: Mangala (Monday evenings) & Kriya (Wednesday mornings)

Yoga Nidra

Yoga Nidra is a simple and effective yoga meditation technique usually practiced in a lying down position (Shavasana). It creates a state of deep relaxation of the entire body and mind. The yoga nidra practice involves simple breathing techniques, and the setting of Intentions for positive change. Yoga Nidra is a proven tool to help manage anxiety, stress and chronic pain. Bring along a yoga mat, favourite cushion for support, a blanket for warmth and comfortable clothing.

Mondays from February 4, 7.15 - 7.45pm \$10/\$8 Conc. per session- 8 Sessions Just go along

Tutor: Mangala

Simply Mindfulness Basics Short Course

Mindfulness involves simple tools for enhancing stress management skills in this age of constant demands, chronic disease and poor mental health. Learn how we can re-train our brains and overcome old mental habits of worrying, negativity, stuck or anxious thinking to better manage stress, sleep better, improve focus and concentration, enhance health and wellbeing.

Sundays in Term 2, 4-5.30pm \$70 + \$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. New students are advised to sign up for the short course before joining these sessions.

Fridays from Term 2, 11am – 12.15pm

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

Staying Strong

Regular exercise assists avoid diabetes, improves balance, agility, and bone density, increasing joint flexibility, and general fitness for health. This is a fun and friendly class for adult men and women of all ages. Students new to exercise or those with a preexisting condition are advised to seek advice from their GP before undertaking any new activity. Wear comfortable clothing and bring a drink bottle.

Mondays & Wednesdays, 2.30 - 3.30pm \$3 per session Ongoing

Instructor: Roberta Rice – A joint CNC and U3A partnership activity

Transition Creswick

Rebuilding a sustainable future together. 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 Boomerang Bags, ZNET rollout, home energy auditing, LETs trading scheme, community dinners, food & produce swap, and an annual Harvest Festival held in April. If you would like to get involved give us a call. Join our monthly newsletter and become a member.

Contact/Find Us: [facebook.com/transitiontowncreswick](https://www.facebook.com/transitiontowncreswick) or email: transitioncreswick@gmail.com.

Phone: Tim 0425716544, or Jane 0402811659

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 9.30 - 11.30am

Rear of Creswick Neighbourhood Centre

Ongoing - just come along.



Special Fungi Event

Drumstick Truffleclub & Midnight Disco – Encounters with Fungi

While many of us are familiar with the good old 'back paddock mushroom', fungi materialise in all sorts of strange configurations. Meet Drumstick Truffleclub and Midnight Disco! Why are some fungi shaped like umbrellas, others like coral and others still like lattice balls or goblets? How do these various morphologies help them distribute their spores and ensure their survival?

The forests of the Creswick region are well known for their great diversity of fungi in all their myriad forms. This foray introduce participants to the strange world of the fungal kingdom. Participants will receive an introduction to the basics of identifying fungi in the field. Cultural significances such as the edibility and toxicity of fungi will also be explored. Please note that this foray is run entirely in the field so be sure to dress warmly as we move very slowly through the forest. You might also like to bring a flask of warm tea. Places are limited so please book early to avoid disappointment.

Thursday May 30, 12.30 - 3.30pm

Facilitator: Alison Pouliot





A Happy Small-Town Market

2019

January 19th, February 16th
March 16th, April 20th
May 18th, June 15th
July 20th, August 17th
September 21st, October 19th
November 16th, December 21st

9am to 1pm
 every 3rd Saturday of the Month

local food, produce, craft, art, music, plants

19-21 Victoria Street, Creswick VIC 3363
 fb.com/creswickmarket @thecreswickmarket

*kids' craft, handmade goods, eco-wares
 over 90 stalls, friendly atmosphere*

Food Glorious Food

Make Goats Cheese

Make delicious French-farmhouse style goats cheese to take home. The class size is small, and fully hands on. Bring along an apron, 4 litre ice cream container and lunch.

Sunday May 26, 10am - 1.30pm \$60 + Materials fee \$30

Tutor: Nardia Baxter - Goldfields Cheese

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. 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.

Sunday March 24, 10am – 2pm \$55 + \$10 Materials fee Tutor: Robyn Mensch

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 TBC, 6 - 9pm \$50 - 3 Sessions Chef: Derek Raffin

Creswick Wholefoods Collective



Fridays 1-4pm & Saturdays 9.30am – 12.30pm/Market Day 1-4pm
 Located at the rear of the neighbourhood centre. Vege boxes available in season. For membership and other info phone Trish: 0490 340 702

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. Worm and composting 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 mornings and other days by arrangement \$10 per term
Community Garden Guru: Norm Beshara

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 March 17, 10am – 2pm, \$55 Bookings essential

Tutor: Alexis Pitsopoulos

Summer Pruning

Learn to summer prune fruit trees, berries, and vines. This introductory workshop will cover theory and practical pruning and includes an informative demonstration. Carpool to a local garden or two and practice your hand-on pruning skills. Bring your lunch, tools, hat and gloves; and wear sturdy shoes and weather appropriate clothing.

Sunday February 24, 10am - 3pm \$45

Tutor: Gael Shannon



Creswick & District **Community Bank®** Branch

Making great things happen.

When you bank with Creswick & District **Community Bank®** Branch great things happen in your community.

Local projects find funding. Local clubs find sponsorship. Local schools benefit.

And, you can access a suite of financial services rivalling any bank in the country.

So, if you're not banking with us already, drop by and be part of something bigger.

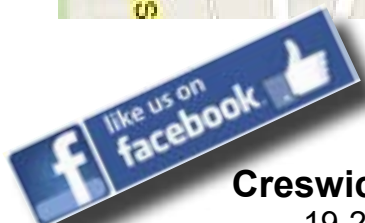
Drop into your nearest branch at 1 Raglan Street, Creswick or phone 5345 1233 to find out more.

 **Bendigo Bank**
Bigger than a bank.

bendigobank.com.au

Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. S53092-3 (384118_v2) (25/01/2018)





Creswick Neighbourhood Centre

19-21 Victoria Street, Creswick

Monday - Friday
9.30am - 4.30pm

info@creswicknc.org.au

creswicknc.org.au

(03) 5345 2356

