

Newsletter

Castlemaine Community House Newsletter

Classes and Regular Activities for Term 1, 2010

Classes start in the week beginning Monday 1 February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Social Craft Group 10.30am-12noon Tile making & decorating 9.30am-12.30pm Website Design 1.30-3.30pm	Music playgroup 10.45am-12noon Coffin Making 9am-12noon Community Lunch 12.30pm – 1.30pm Woodwork 4 Women 12.30pm-3.30pm Auslan 1-3pm Blenders 1.30-3pm	Permaculture Design 9am-3pm Yoga for Men 9-10.30am Computers for the Slightly Nervous 10am-12noon Watercolour Painting 1-3pm	Occasional Childcare 10am-1pm Computers for the Quietly Confident 10am-12noon Computers for the Terrified 1-3pm	Tai Chi 9.15- 10.15am Mums' Playgroup 10.30am-12noon OFFICE CLOSED	Gentle Yoga 9.15-10.15am Beading for Beginners 10.45-11.45am Laughing Club 12.30-1.30 pm	The Songwriter's Lab 2-4pm
	Acafellas 8-10pm Gentle Yoga 6-7pm	Peace Choir 5-7pm Mainesong 7.30-9.30pm Dreamwork 7-9pm	Gentle Yoga 6-7pm Chat Warblers 7.30-9.30pm Active Birth 7.30-9.30pm			

Information on courses and activities was correct at the time of production. Details are subject to change, due to circumstances out of our control. We apologise for any inconvenience.

Check our website for updates. www.cch.org.au

To be sure of a place in any of our courses, please register at the Community House, 5472 4842, before term begins.

Our office is open Monday-Thursday 9am-3pm



Castlemaine Community House

27 Lyttleton Street,
Castlemaine, 3450

Phone: 5472 4842

Fax: 5470 5094

Email: info@cch.org.au

Web: www.cch.org.au

What's new at Castlemaine Community House:

- Yoga for Men: page 2
- Dreamwork Group: page 2
- Songwriter's Lab: page 3
- Beading for Beginners: page 3
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Australian Government

Free Seminar: New Workplace Laws: Fair Work Act 2009

Changes to workplace laws are extensive and are relevant to the rights and responsibilities of all employees and employers. This workshop will provide an overview of the *Fair Work Act 2009*. Workshops are interactive and real case studies are used to illustrate how the new laws may apply. The new National Employment Standards (effective from 1 January 2010) will also be covered.

The facilitator is a qualified, practising JobWatch lawyer with expertise in employment law and workplace relations.

Wednesday 17 February, 10.30am-11.30am

The seminar is free (funded by Department of Education, Employment and Workplace Relations) but you need to reserve a place in advance at Castlemaine Community House.



Our Regular Activities

GENTLE YOGA

Join one of our popular yoga classes. It will reduce your stress and combat your allergies! Please bring a mat and/or a blanket and pillow.

Tutor: Amy Merrett

Three groups, starting from:

Tuesday 2 Feb 6-7pm

Thursday 4 Feb 6-7pm

Saturday 6 Feb

9.30-10.30am

Cost: (7 sessions)

\$40; Concession: \$35

TAI CHI

Ron Moore leads our Tai Chi group in a gentle approach to this ancient form of movement meditation.

Friday 9.15-10.15am
Cost: Recommended donation \$3 a session

LAUGHING CLUB

Laugh with us to improve your health and well being! Relax and enjoy and leave with a smile on your face. You can turn up.

From: Saturday 6 Feb,

12.30-1.30pm

Cost: gold coin donation

SOCIAL CRAFT GROUP

A friendly and supportive group that shares a morning of needle craft, crocheting, knitting, embroidery, pattern making etc. Details from Margaret Peache-Lavery: 5474 2211

Mondays 10am-12noon

Cost: gold coin donation

New at Castlemaine Community House

Dreamwork

Dreams are a way of listening to the language of the soul. In this appreciative dreamwork group participants will learn to use the Ullman technique to explore and respond to dreams. Each week there will be an opportunity for two participants to share their dreams and have them worked on with the group.

From: Wednesday 10 February 7-9pm

Cost: (6 sessions) \$110, \$100 concessions

Yoga for Men

Gary James, who leads this new group, has experience in many different types of yoga, including Ashtanga, Iyengar, Desikachar and Sivananda. He will be applying his own blend, depending on the requirements of the group. He likes to use a dynamic physical process to start and finish gently with meditation and deep relaxation.

From: Wednesday 10 February 9-10.30am

Cost: (7 sessions) \$60, \$55 concessions

No Interest Loans

MANILS (No Interest Loan Scheme) will be reopening in February 2010.

The NILS scheme is for low income earners and card holders who are unable to obtain credit through traditional agencies. The service provides for white goods, computers, furniture and other items. It doesn't give loans for debt consolidation or car purchase.

For further information contact the NILS team at Castlemaine

COMMUNITY LUNCH

A team of volunteers prepares a weekly delicious two-course vegetarian meal. It's a good opportunity to talk, and we welcome newcomers to Castlemaine and to our community. Why not drop in?

Lunch is served on Tuesdays between 12.30 and 1.30pm, and we appreciate a donation of \$3.

Community House thanks the Sprout Bakery in Halford Street and Green Goes the Grocer, the organic shop in Templeton Street, for regular contributions to our community lunch.

Our Singing Groups

Do you want to sing? We have a group for you. If you are new to Castlemaine, you are particularly welcome. All these groups perform regularly in Castlemaine and elsewhere.

Mainesong is a mixed group with an eclectic repertoire. It meets alternate weeks in Castlemaine and Elphinstone. Please phone Carl Pannuzzo on 5470 6126 or 0404191009 for details. Wednesdays 7.30-9.30pm. Cost per session: \$9 or \$6 with a concession card.

Chat Warblers: a large women's a capella group which meets to sing and

socialise on Thursdays 7.30-9.30pm during school terms. Details from Jane Thompson, 5472 3382. Cost: \$8/\$6 per week

Acafellas is a men's choir. Heavenly voices, ordinary blokes. Tuesdays 8-10pm during school term. Cost: \$10 a session.

Blenders (women's a capella) harmonise together on Tuesdays from 1.30pm. The group is full at present.

Peace Choir is for clients of Windarring and St Lukes with their carers, family and friends. The choir meets weekly and performs regularly.

CHILDREN'S PROGRAMS

Take a Break – Occasional Child Care

Do you want to leave your children to play under qualified supervision? Our occasional child care service is at Berkeley Street Kindergarten on **Thursday mornings** during school terms. You can leave your little ones from 12 months to pre-school for only \$5 an hour per child (minimum one hour). We have two qualified child care workers to supervise your children in a stimulating environment with many activities to help your children to play and learn.

From Thursday 4 February: Thursdays 10am to 1pm

Cost: \$5 per hour per child (minimum one hour)

Information from CCH or Belinda Grayson on 0488 529 766



Music Playgroup with Norma Lynch

Norma leads parents and children in singing and music games every Tuesday. This is a **free** drop-in session. Why not bring your little one for playgroup and stay for Community Lunch?

Tuesdays 10.45am-12noon during school term

Term one Classes at Castlemaine Community House

ACTIVE BIRTH

"The more consciously and actively a woman gives birth, the greater is her confidence in her ability to mother, and long term gains in self esteem and self confidence result." (Gayle Peterson, PhD)

This is childbirth education for couples, exploring the process of pregnancy, labour and birth with films, discussions, group work, art and presentations. Louise Taylor has over ten years experience in natural birth and is a mother, a registered midwife, childbirth educator and baby massage instructor.

Tutor: Louise Taylor
From: Thursday 11Feb
 7.30-9.30pm (5 sessions)
Cost: \$195

AUSLAN

A course mainly for those who have begun learning the language of Australia's large deaf

community, but anyone wanting to learn is welcome. The whole course is conducted in sign and you will be surprised how quickly you can join in.

Tutor: Paul Ryall
From: Tuesday 9 Feb
 1-3pm (7 sessions)
Cost: \$75 Concession: \$70

WEBSITE DESIGN

How do you get a presence on the world wide web if you don't know anything about it? How do you get a well-designed site without employing a web designer? What's all the fuss about Twitter, Facebook, the 'cloud' and so-called New Media? This course will tell you what the web is, and show you how to get yourself on it.

You can bring your own laptop or use the ones provided.
Tutor: Step Forbes
From: Monday 1February

1.30-3.30pm (7 sessions—no class 8 March)

Cost: \$75; Concession: \$70 (includes \$5 amenities)

COMPUTERS FOR THE TERRIFIED

Join our beginners' computer course and get to know the basics of using a computer in a relaxed atmosphere.

Tutor: Adam Ralph
From: Thursday 11 February
 1-3pm (7 sessions)
Cost: \$75; Concession: \$70

COMPUTERS FOR THE SLIGHTLY NERVOUS

A continuation course for those who began last term, or for those with some computer experience.

Tutor: Adam Ralph
From: Wednesday 10 February
 10am-12noon (7 sessions)
Cost: \$75; Concession: \$70

COMPUTERS FOR THE QUIETLY CONFIDENT

A more advanced course to learn how to do more with your computer.

Tutor: Adam Ralph
From: Thursday 11 February
 10am-12noon (7 sessions)
Cost: \$75; Concession: \$70

For details of computer courses, phone Adam on 0408 376 038

THE SONGWRITER'S LAB

Here's your chance to find out all the things you've wanted to know but were afraid to ask! Explore melody, lyrics, chords, your audience, styles and genres with an experienced musician and songwriter. Create and perform your own song!

Tutor: Geoffrey Williams
From: Sunday 14 Feb
 2-4pm (6 sessions)
Cost: \$160 Concession: \$110

Crafts and Art Courses and Activities



BEADING FOR BEGINNERS

Beading made easy! Learn to make simple but effective jewellery. Kits are available for an additional cost of \$10 each. Some tools will be provided.

Tutor: Amy Merrett
From: Saturday 6 February, 10.45-11.45am (7 sessions)
Cost: \$40; Concession: \$35

WATERCOLOUR PAINTING

Learn watercolour painting or improve

your work with the individual support of Hilary Loftus, an artist who has exhibited all over the world.

Tutor: Hilary Loftus
From: Wednesday 10 February, 1-3pm (7 sessions)
Cost: \$75; Concession: \$70

TILE MAKING AND DECORATING

Create and glaze your own clay tiles. This is an ongoing course and you need to check if there is a place.

Tutor: Bronwyn Silver
From: Mondays, ongoing, 9.30am-12.30pm
Venue: Maldon
Cost: tuition is free; materials \$5 a week

WOODWORK FOR WOMEN

Sign up early for this popular course as

places are limited. You will work on your own project, either making or repairing something of your choice.

Tutor: Susan Orchard
From: Tuesday 2 February, 12.30-3.30pm, (8 sessions)
Venue: Lot 19 Shed, Langslow Street
Cost: \$140; Concession: \$135

COFFIN MAKING

Cabinet maker Susan Orchard will help you to design, create and decorate your own casket.

Tutor: Susan Orchard
From: Tuesday 2 February, 9am-12noon, (8 sessions)
Venue: Lot 19 Shed, Langslow Street
Cost: \$155; Concession: \$150 plus \$150 materials

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Planning Ahead!

Much of our time here is spent with planning; planning courses and activities, projects, priorities and how that can be married with budgets and staffing levels. The difficulty with planning is in predicting how we are going to manage the future, and what that future will look like.

Two of the courses we are presenting this year, 'Permaculture Design' and 'Training for Transition', focus on adapting to change and devising individual and community responses to the challenges of climate change.

Take time to read about and consider these interesting offerings.

And, have a very Happy New Year!



Ron Moore
Manager,
Castlemaine
Community
House



CCH Management Committee

The CCH Management Committee elected at the AGM on 17 November 2009:

- Dean Bridgfoot
- Jacqueline Brodie-Hanns
- Rhonda Chapman
- Tim Ford
- Shirley Metcalf
- Jan Savage
- Sally Smith
- Jane Staley
- Janet Trotter

Transition Towns Creating a positive future for our community

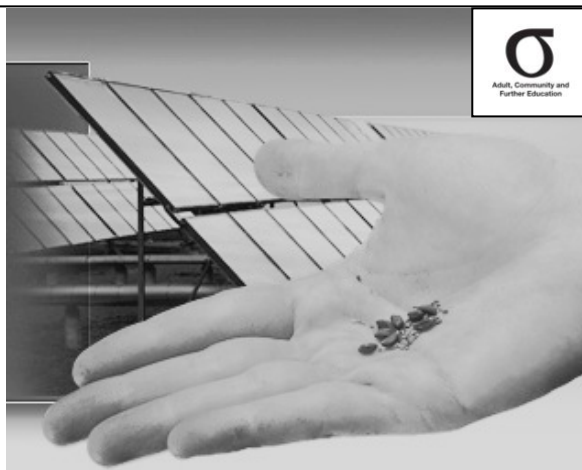
New course for terms 2 & 3

The Transition Town model has offered the world creative and positive solutions to the impacts of climate change and peak oil.

We are preparing a course of action learning where the student group will mesh current theory with up-to-the-moment practice from around Australia and the world. It will run on Tuesdays over 16 weeks.

Locally based and internationally recognised Transition Town Trainers Jacinta Walsh and Janet Phillips (Consentric Facilitation) offer this remarkable opportunity to develop your skills and knowledge. Underpinned by the philosophy that the wisdom exists within the group, Jacinta and Janet bring innovative processes and approaches together with what is currently happening around the world, what is happening here in your community and the opportunity to practically apply this skill and knowledge, creating a positive future for our community.

Janet and Jacinta will be hosting an information session Tuesday 16 March from 7.30-9pm. If you would like to come along, please contact Castlemaine Community House on 5472 4842, or email info@cch.org.au.



PERMACULTURE DESIGN



Do you want to live more sustainably and want a better understanding of the practical and theoretical principles of permaculture? The Permaculture Design course teaches the basic principles of permaculture, starting with how water, soils and climate affect gardens, orchards and animals. It includes visits to a working permaculture property. This is a two-term course, so you can work on your own project towards the end and gain a Permaculture Design Certificate (and go on to accredited permaculture training).

The course runs every Wednesday from 3 Feb to 24 March and from 21 April to 9 June, 9am-3pm.

The cost is \$240 per term but because the course receives Adult, Community and Further Education (ACFE) funding, those with a pension or health care card pay only \$50 for the course. Sign up now at the Community House, by telephone 5472 4842, or by email: info@cch.org.au

FOOD HANDLING CERTIFICATE:

Follow Workplace Hygiene Procedures SITXOHS002A

This one-day course is essential for anyone wanting to work in hospitality. It is a unit from the accredited Cert II in Hospitality (Operations). Get a certificate which will help your career!

Date: Tuesday 16 February 9.30am-3.30pm

Tutor: Marcia Beggs

Cost: \$70 + \$17 Amenities = \$87.

Concessions: \$60 + \$17 Amenities = \$77

This accredited course is offered as a result of our auspicing agreement with Goldfields Employment and Learning Centre.

Please support our advertisers in the community



Mark & Lisa

300 Shicer Gully Road
(P.O. Box 134)
Guildford 3451

phone: 03 5473 4567

Mark: 0417 430 382

Lisa: 0418 510 614

email: hilltopkc@bigpond.com

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