

# Term one program 2019

## 29 January—5 April



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

**House membership** is only \$5 per year for an individual and \$10 for families. It provides a voice at the AGM and reduced fees for skill share activities.

We welcome volunteers to join our busy organisation with a range of roles available in customer service, tutoring, maintenance and gardening. We are a registered host organisation for Centrelink mutual obligation requirements and provide training for our volunteers in hospitality, retail and office

### mannagum hours and services

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

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

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

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

Internet and computer access, printing, photocopying, A3 & A4 laminating and scanning available during office hours

Local jobs board updated weekly

Venue hire: Monday—Sunday at competitive rates

At our welcoming Manna Gum Community Lounge and Shop you can purchase recycled goods at bargain prices and enjoy a hot drink with a complimentary home baked sweet. OPEN: Mon, Tues, Thurs and Fri 10.00am—3.00pm and Saturdays 10.00am—1.00pm

Free WiFi



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

## community house user groups

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

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

**mannagum garden group** meet every Monday 10am-12pm at Manna Community Garden, corner Hyland Street and Court Street. New members welcome, contact Juneen Schulz tel: 0427 809 509.



Inc No A0007556K ABN 46 633 550 717 TOID 20075



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

Please call our office for detailed information about our courses. [Bookings are required for all activities.](#) Payment plans are available. Notice of withdrawal is required 7 days prior to the course to receive a full refund. Early bookings are appreciated to allow our tutors and volunteers time to prepare.

## COMMUNITY EVENTS

### PEARL PARK MUSIC FESTIVAL

Free community event showcasing South Gippsland's talented musicians. Children's activities, food stalls and local produce

**Saturday 19 January, 10am-10pm**

**Pearl Park, Main Street, Foster**

**Cost: FREE**

**Supported by Toora & Foster Community Bank®, and Victoria State Government, Pick My Project**

### ST PATRICK'S DAY (to be confirmed)

Join us to celebrate St Patricks Day. Afternoon tea and entertainment provided.

**Sunday 17 March, 2pm**

**Cost: \$10, children free**

### STEP UP! Victorian Youth Week event

**Saturday 13 April, 10am-2pm**

**Main Street, Foster**

Community street event in Foster for young people, created by young people. Free workshops in March for ages 15-25 on event management, community arts and planning. Please contact the office to register your interest and visit our website for updates.

**Supported by FRRR ABC Heywire Youth Innovation grant and Victorian State Government**

## CREATIVE ARTS

### BASKET MAKING

Make a small melon basket: a twined basket with a frame and ribs. You may use a variety of materials. Beginners welcome.

Tutor: Margaret Balfe

**Tuesday 5 March, 10am-3pm**

**Cost: \$30 / \$26 members**

### CARD MAKING

Create three lovely paper projects/cards to share with someone special in your life. All materials are provided and use high quality products, so you will leave with some beautiful handmade projects.

Tutor: Sheryl Lorenz

**3 individual workshops in Port Franklin**

**Tues 12 February, 12 March, 9 April, 1pm-3pm**

**Cost: \$20 for each workshop**

### STAINED GLASS—CREATE A GLASS SUNCATCHER

Make your own sparkling stained-glass suncatcher and learn leadlighting, soldering and glass-cutting techniques.

Tutor: Cat Blamey Wheeler

**3 sessions Wed 30 Jan, 6 & 13 Feb, 10.30am-12.30pm**

**Cost: \$60 / \$56 members**

### STAINED GLASS—INTERMEDIATE

**Individual Projects and Repairs**

For people who have completed the Create your Own Suncatcher course, this course extends those skills and enables participants to be guided through personal projects and repairs.

Tutor: Cat Blamey Wheeler

**3 sessions Wed 27 Feb, 6 & 13 March, 10.30am-12.30pm**

**Cost: \$60 / \$56 members**

### LIFE DRAWING

Life model session with guided tutoring suitable for beginners or experienced artists. Easels and some drawing materials provided.

Tutor: Kim McDonald

**Saturday 30 March, 10am-3pm**

**\$50 / \$46 members**

### KNITTING

Every Friday at 11am Tanja Aitchison leads an informal, social knitting circle in the Manna Gum Community Lounge for people working on their own projects.

**Fridays from 1 February 11am-1pm**

**Cost: gold coin donation**

### CREATE A FELTED VESSEL

Learn to make a beautiful jewellery shell for yourself or someone sweet. This could also be a little treasure pod or a bigger fruit basket. Made from Australian wool, alpaca, and silk. This gorgeous shell will keep your precious items scratch free and minimize the tarnish.

Tutor: Zetta Kanta

**Saturday 23 February, 10am-2pm**

**Cost: \$40 / \$36 members**

## FOOD

### COMMUNITY KITCHEN

On the third Wednesday of the month we host a Community Kitchen lunch made from fresh local foods. Come early and help prepare the meal! All welcome.

**Supported by Foster St Vincent de Paul**

**Wed 15 January, 20 February, 20 March 12pm-2pm**

**Cost: FREE**

## GARDENING

### ORGANIC PEST MANAGEMENT

Learn how to adopt organic principles to grow you own organic herbs, fruit and vegetables and combat pests and diseases. Find out about crop rotation, companion planting, soil building and analysis and learn how to reduce the incidence of weeds and eliminate the use of chemical fertilisers and pesticides.

Tutor: Kirsty Fletcher

**Saturday 23 March, 10.30am-2.30pm**

**Cost: \$30**

### INTRODUCTION TO BEEKEEPING

A course for anyone who is interested in keeping bees as a hobbyist and wants to learn the basics of apiarist work and care involved in keeping 1 to 10 hives. The course includes, safety and regulations, hive equipment and tools, how to start out with a new hive, handling bees, seasonal management and common problems such as pests and diseases.

Tutor: Kirsty Fletcher who has kept bees for over 20 years

**2 x sessions Thursday 7 & 14 March, 6pm-8pm**

**Cost: \$50**



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

## GARDENING (CONT'D)

### Summer Pruning at Manna Community Garden

Mark Brammer from Strzelecki Heritage Apple Orchard will teach the fundamentals of fruit tree pruning and help identify which plants benefit most from a Summer pruning.

**Monday 18 February, 10am-1pm**

**Cost: \$20**

## WELLBEING

### WOMEN'S CIRCLE—NEW!

Believing in empowerment, understanding and authentic connection between women.

Tutor: Jess Johnson

**5 sessions, Wednesday 20 February, 6 & 20 March, 3 & 10 April, 10am-12pm**

Cost: \$100

### SINGING YOUR TRUE NATURE

In this two hour workshop you will learn gentle breathing exercises to relax and invigorate, fun vocal warm ups and games, vocal improvisation and expression, toning through the chakras, chakra sound and movement, exercises to release resistance and exercises to encourage connection, finishing with a relaxing voice bath for you to experience the magic of sound. Wear relaxed clothing and bring a mat and rug.

Enquiries call Nicky 0457 173782, bookings essential.

**Sunday 10 February, 3pm-5pm**

**Cost: \$30**

## GENERAL EDUCATION

### FRENCH CONVERSATION

French conversation on a variety of topics in an informal and friendly environment.

Tutor: Noelle Bonnin

**Wednesdays from 13 February, 1pm-2.30pm**

**Cost: gold coin donation**

### ENGLISH AS A SECOND LANGUAGE

Learn to read, write and speak English with confidence in individual classes or small groups. Ring to organise suitable dates and times.

**8 x 2 hour sessions**

**Cost: \$80 per term**

### READING, WRITING AND MATHS

Get help to improve your basic skills including assistance with preparing for further study or work. Individual or small group classes available

**8 x 2 hour sessions**

**Cost: \$80 per term**

## COMPUTERS

### BASIC COMPUTER SKILLS

with Intel® Learn Easy Steps

Designed for absolute beginners to gain confidence with computers, learn about Microsoft Office and the online world.

Tutor: Louisa Vale

**8 x 2 hour sessions, currently taking expressions of interest**

**Cost: \$80 / \$50 concession**

### COMPUTERS BEYOND BASICS

with Intel® Learn Easy Steps

This course extends your knowledge of computers and develops some essential skills for working in an office or working from home. Basic computer skills required.

Tutor: Louisa Vale

**8 sessions from Monday 4 February 10.30am-12.30pm**

**Cost: \$80 / \$50 concession**

### DIGITAL MARKETING FOR BUSINESS

Grow your business and gain an awareness of low-cost digital marketing technologies. This course is for small business owners, start-ups, community groups and managers.

Tutor: Louisa Vale

**6 sessions, currently taking expressions of interest**

**Cost: \$100 / \$50 concession**

### CREATE A PHOTO BOOK

Learn about photo management and scanning and how to turn your digital photos into a printed product including photo books and calendars—which makes a great gift for family and friends.

Tutor: Louisa Vale

**4 sessions from Wednesday 13 February, 1pm-3pm**

**Cost: \$70 / \$60 concession**

### IPAD & TABLET—GET SET UP!

Troubleshooting and assistance with setting up your tablet or iPad for absolute beginners, including your Apple ID.

Tutor: Louisa Vale

**2 sessions Thursday 31 January & 7 February, 10am-11am**

**Cost: \$15**

### IPAD & TABLET—EXPLORE THE DIGITAL WORLD

Learn the functions of an iPad or Android tablet including browsing the Internet, using applications, e-safety, email, contacts, camera & photo functions & internet shopping.

Tutor: Louisa Vale

**8 sessions from Thursday 14 February, 10am-11am**

**Cost: \$80 / \$70 concession**

## EMPLOYMENT SKILLS

### TOORA BUB HUB

Want to jump back into work or study after kids?

Come along to our course at Toora Primary School and work with us as adult learners. We include lots of guest speakers and different topics that support you as a parent and a learner. Our experienced teachers can help you to find local job and study opportunities.

Free on-site childcare, while we work together.

Tutor: Louisa Vale

**8 sessions from Wednesday 6 February, 10am-12pm**

**Toora Primary School, 5 Harriet St, Toora**

**Cost: FREE \*eligibility conditions apply**

**Supported by The Alfred Felton Bequest**



## EMPLOYMENT SKILLS (CONT'D)

### NEW HORIZONS

Discover employment opportunities in Gippsland's Agri-food, Hospitality, Retail & Manufacturing sector with job readiness skills provided in this new 6 week training program. Gain valuable insights and knowledge from industry professionals and on-site tours.



Tutor: Louisa Vale

**2 days per week for 6 weeks from Thursday 21 February  
10am-3.30pm**

**Cost: FREE \*eligibility conditions apply**

**Supported by East Gippsland Food Cluster and  
Paynesville Neighbourhood Centre**

## NATIONALLY ACCREDITED COURSES

### Responsible Service of Alcohol (RSA)

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

Tutor: Bass Coast Adult Education RTO #3720

**Friday 15 March, 9am-1pm**

**Cost: \$95 / \$85 concession**

### Food Safety Level 1

For people handling food for public consumption ie: milk bars, cafés, clubs, school canteens.

Tutor: Bass Coast Adult Education RTO #3720

**Tuesday 19 March, 9am-4pm**

**Cost: \$120 / \$110 concession**

### Perform CPR (HLTAID001) and Apply First Aid (L2) (HLTAID003)

Workplace Nationally Accredited Course with APL. Please wear suitable clothing for the activities. Apply First Aid (L2) valid for 3 years when completing CPR the 2 years in between, this includes CPR, Anaphylaxis, Epipen and Asthma (Epipen and Asthma certificates are an extra \$45 each.)

Tutor: John Barrie, APL Group RTO # 3586

**Returning in Term 2 2019**

**8.30am-11.30am CPR only, 8.30am-5pm full course**

**CPR \$70, First Aid L2 \$165 (includes CPR)**

### Chemical Handling Certificate and Refresher

AHCCHM303A: Prepare and Apply Chemicals  
AHCCHM304A: Transport, Handle and Store Chemicals.  
Accredited course covering state legislation, pest control, labelling and calibration of a boom spray. Completion provides Chemcert registration for 5 years and eligibility to apply for ACUP from DELWP.

Tutor: Australian Safe T Training RTO # 21852.

**Wednesday 12 & Thursday 13 March**

**2 x sessions, 9am-3pm.**

**Full course \$330 Refresher \$270**

### Chainsaw Certificate

AHCARB205A: General maintenance, sharpening chain and using basic cutting techniques on fallen timber, plus relevant legislation and OHS. BYO ear muffs and safety glasses (essential) and chainsaw if you have one (or let staff know when booking). Wear leather boots and suitable clothing.

Tutor: Australian Safe T Training RTO # 21852.

**Tuesday 19 February, 9am-3.30pm**

**Cost: \$120**

**We can facilitate individual or group bookings for the following courses:**

**Traffic Controller Ticket and Update (RIIWH5205D and RIIWH5302D), Operate a Quad Bike (AHCM0M212A), Forklift certificate (TLILIC2001A)**

**Please contact the office for further information**

## BOATS

### Marine Licence

TSV approved training course. Marine Licence (formerly Recreational Boat Licence) & PWC Endorsement (Jetski) if required. Marine Safety Boating Handbook supplied on enrolment, this MUST be pre-read. Please bring photo ID. For 12-16 year olds, please bring: 1. Original birth certificate or passport, 2. Medicare card and 3. Bank account statement or item showing current address.

**Persons under 16 years of age are not eligible to obtain a personal watercraft endorsement.**

Tutor: Marine Training Services—Val Young

Present your certificate at VicRoads to obtain a licence with no further testing.

**Saturday 2 March**

**9.30am-2.30pm**

**Cost: \$110 plus \$30 for PWC licence if required**

### Introduction to Birdwatching

#### **Taking expressions of interest**

A 2 hour workshop to introduce theory and practical knowledge about bird watching

Cost: \$10

## VENUE HIRE

Manna Gum Community House has three spaces available for hire at affordable rates conveniently located on the edge of Foster's CBD. We offer a discount for not-for-profit and community groups. When you hire a space with us, your local community benefits. All profits go back into our organisation to maintain and improve our community services. Please visit our website, or call the office on (03) 5682 1101 for enquiries and bookings.