

## TAGINES

Tagines are earthenware cooking pots found in North Africa (Morocco, Algeria, Tunisia and Libya). A traditional tagine is not indispensable as very good results are obtained in a cooking dish with a tight fitting lid. Tagines involve slow simmering of less expensive cuts of meat with a medley of ingredients and seasonings. Lamb or chicken with dried or fresh fruit and a dash of "Ras el hanout" (Moroccan spice mix) is inexpensive and melts in the mouth. Tagines can also be vegetarian and still delicious...

**Duration** 1 session  
**Date** Saturday 14th Aug at CEACA Alexandra  
**Time** 10am-12pm  
**Cost** \$35, Book on 5772 1238



## KNIT ONE SAVE ONE

The "Save the Children" campaign is asking handcraft lovers to pick up their knitting needles and help make 80,000 squares to make 5,000 baby blankets. This is to address one of the reasons so many babies in the world die early, which is simple pneumonia. YCH is therefore looking for ladies (and gents) who are interested in starting a fellowship group to knit up squares. Meeting in our air-conditioned spaces, the cost of joining is free, and session times can be arranged to suit applicants. An information pamphlet with the details of the required squares is available from the Community House for those who are just interested in knitting at home. (see "Survive to Five" www.savethechildren.org.au)



## YEA COMMUNITY HOUSE GROUPS

### YEA MEN'S SHED GROUP

This is a group of local men looking to promote skills training and activities as well as men's related health and social matters in a fellowship group. There are wood working facilities and the group is active in providing community services such as minor repairs or refurbishments, and assisting with projects. All men are welcome to join and they can contact the spokesperson as to meeting times and activities

**Venue** Yea Community Shed  
**Contact** Robert Artini on 0427 138 383

## POWER PALS - STRENGTH TRAINING

### Live Longer Live Stronger TM

Is it hard to get out of your lounge chair, bend down to the bottom cupboard, to put your shoes on?  
 Has your stride length shortened, walk pace slowed, or are you apprehensive about walking on uneven surfaces?

Is it difficult to climb stairs, stand erect, to raise your hands above your head?

If you answer 'YES' to any of these questions, then strength based training is your answer.

Come and join in and find out why, how and where to do strength training.

**Days** (5 classes per week)  
 Tuesdays & Thursdays: 8am and 9am  
 Saturdays 8am

**Cost** \$2 a session  
**Venue** Yea Pioneer Reserve  
 (located behind the Community House)

**Tutors** Sandra Hanley, Jan Coonan,  
 Barbara Guttridge, & Nola Jackson

**Contact** Community House on 5797 3070

## POTTERY GROUP

A self help group for people of all ages. Activities include hand building, wheel work through to final glazing and firing. Most recently this group has been responsible for the beautiful work being attached to the Yea Community Conveniences. If you want to have an input, contact the Yea Community House.

**Time** 10am-12pm every Wednesday  
**Venue** Yea Community Shed  
**Cost** Annual Fee of \$30, plus joining fee of \$5  
 For details ring Margaret Mahon on 5797 2661  
 Or Contact; Community House on 5797 3070

## SERVICES

The Yea Community House offers the following Services:

- Public access to computers, available at the house at \$2 per half hour. Book on 5797 3070.
- Public Internet Access, available at the Community House at \$2 per half hour. To make a booking phone 5797 3070
- **Photocopying Black 25 cents a sheet. Colour photocopying will depend on colour saturation, from \$1 to \$5 (please ask).**
- Faxing at \$1 per item
- A FREE fax Service for Centrelink customers who need to supply fortnightly figures
- Laminating at \$4 per A4 sheet.
- Book/Document Binding at \$4 per item.
- Room Hire. Please enquire for room booking availability at the Community House or the Community Shed on 5797 3070
- Parents Returning To Work Program. Yea Community House is a provider for the Parents returning to Work Program. If you are interested please contact the house on 5797 3070.

## NOTES FOR COURSES FOR TERM 3, 2010

If any of the courses interest you but the times and dates listed are unsuitable, please contact the House on 5797 3070 to register your interest such that other options can be considered. Bookings can be made in person, by phone and email, but must be substantiated by payment within two weeks or the booking will be lost. (And please note that courses may be cancelled or deferred if class numbers are insufficient, and class numbers will be based on the PAID enrolments)

## ENROLMENT & FEES

- Course enrolments can be made by contacting the Yea Community House on (03)5797 3070, by Fax on (03)57972860 or via email to yeacom2@virtual.net.au or in person at the House 5 Semi Circle, Yea, 3717.
- Enrolment is required for all courses and fees must be paid promptly to ensure a place.
- All course fees are to be paid up to one week prior to commencement of the course.
- Payment can be made by cash or cheque. (EFTPOS is not available)
- If a class is cancelled due to insufficient numbers, those enrolled will be informed and the full fee will be refunded.
- If a student cancels with less than one week's notice to the commencement of the course, an administration cost of \$5 will apply.
- Refunds after commencement of the course are not available except in exceptional circumstances.

## PRIVACY STATEMENT

Yea Community Services Group Inc. respects the right to information privacy. It is a condition of funding that certain information be attained and this will be kept in accordance with information privacy laws and will not be disclosed except where we are required by law to do so. Please contact us if you require further information on privacy.

# Courses for Term 3 - 2010



**Yea & District Community House**  
 15 The Semi Circle, Yea, 3717

Postal Address: PO Box 78

Phone: (03)5797 3070 Fax: (03)5797 2860

Email: yeacom2@virtual.net.au

For all our information and this course guide visit our web page

**www.yea.com.au**

**OPENING TIMES** -The Community House office is open Mondays, Tuesdays, Thursdays and Fridays 9am to 3.30pm, on all school weeks as well as the 2nd week of the school term holidays



The Yea Community House provides services for the **WHOLE** community. It provides educational, social and recreational activities for everyone.

It is a centre for

## Adult Community Education

for Yea and the surrounding areas

It also provides referrals and community information as well as public access for Computer and Internet usage.

It can be found in the Yea Civic Centre next to the Library.

The House is supported with funding made available by the Victorian Department of Planning and Community Development (DPCD) and Adult, Community and Further Education (ACFE).

## TAKE A BREAK: OCCASIONAL CHILDCARE

The Yea Community House offers a Take-A-Break service for Term 3, 2010;

**Take-A-Break is occasional childcare. It is available on Fridays only, from 9am to 2pm on all school weeks.**

Registered with the Department of Human Services, it provides a safe, secure environment with numerous activities and fun for children between the ages of 9 months and 6 years.

The program aims to offer stimulating and interactive play, encouraging social,

emotional and physical development in the young child, and staff are trained and experienced in Early Childhood Development.

Fully supervised at all times, booking is advised and must be accompanied with payment or the booking will **not** be valid.

**Booking early will ensure your child a place.**

**Please note session fees have change for this year.**

**COST;** 1 to 3 hours \$20 per child

3+ hours \$30 per child

For more information; call 57973070.

**PLEASE NOTE:** the Yea Community House works in partnership with CEACA. Many of the courses that CEACA run in Alexandra can be run in Yea if there is sufficient interest. Please look up the CEACA website [www.ceaca.com.au](http://www.ceaca.com.au) for their detailed course list, or drop into the Yea Community House for a copy of their program to see if there are courses of interest to you.

## COURSES IN YEA FOR TERM 3

### CERTIFICATE IV IN TRAINING & ASSESSMENT TAA40104

Yea or Alexandra

Register your interest and preference – phone 57721238  
This is the required qualification for delivering training and assessment in the workplace. It is the National Industry Standard and can lead to employment opportunities at a TAFE or RTO (Registered Training Organisation). Classes will run day or evening at locations with the highest student demand.  
**Cost** \$875 or \$490 concession including materials

### FOOD HANDLERS

This is the accredited and official training that meets the Legislative requirements for all members of the Hospitality and Food Retail industries.

**Duration** 1 session  
**Date** To be organised as soon as numbers are sufficient to form a class.  
**Time** 6pm-9pm  
**Cost** \$70

### RESPONSIBLE SERVING OF ALCOHOL \*01ORSA

This Course is the official accredited training that meets the Legislative requirements for all members of the Hospitality and Food Retail industries. It is supervised and registered by Licensing Victoria

**Duration** 1 session  
**Date** To be organised as soon as numbers are sufficient to form a class.  
**Time** 6pm-9pm  
**Cost** \$70

### FIRST AID - CPR\* HLTCP201A

Perform CPR  
Refresher Course. Cardio pulmonary resuscitation update.  
**Tutor** Peter Savage  
**Date** Saturday 14th Aug  
**Time** 9am-12pm  
**Venue** Yea Community House  
**Cost** \$60

### FIRST AID - LEVEL 1\* HLTFA201A

Provide Basic Emergency Life Support. Pre-requisite: nil.  
Instruction in emergency life support procedures in those vital few minutes after a life-threatening incident.  
Course Topics: Occupational Health and Safety Act 1985; Safety at the Scene; Cardio Pulmonary Resuscitation; Managing the unconscious person; controlling external bleeding; recording and reporting, summoning medical assistance, personal hygiene techniques.

**Tutor** Peter Savage  
**Date** Saturday 14th Aug  
**Time** 9am-5pm  
**Venue** Yea Community House  
**Cost** \$100

### FIRST AID LEVEL 2 UPDATE

This is for those requiring an update of their Level 2 qualification to remain current. This is now available as a single session and at a reduced cost.

**Tutor** Peter Savage  
**Date** Saturday 21st Aug  
**Time** 9am-5pm  
**Venue** Yea Community House  
**Cost** \$115

### FIRST AID - LEVEL 2\* HLTFA301B

Apply First Aid. Pre-requisite: nil. Basic First Aid requirements for the work place or at home.  
Course Topics. All of Level 1 plus, assessment of the patient; care of wounds; fractures, soft tissue injuries; shock; burns; eye injuries; bites and stings; lifting and moving a patient; medical emergencies.

**Tutor** Peter Savage  
**Date** Saturday 14th & 21st Aug  
**Time** 2 sessions of 9am-5pm  
**Venue** Yea Community House  
**Cost** \$185

### FIRST AID EPI-PEN TRAINING OR UPDATE

This course is for those who require this qualification in working with children. It deals with the recognition and emergency management of allergic reaction and anaphylaxis, and includes training in the use and administration of the epi-pen.

**Tutor** Peter Savage  
**Date** Saturday 14th Aug  
**Time** 3.30pm-5pm  
**Venue** Yea Community House  
**Cost** \$60

### COMPUTERS MADE EASY

Designed for people with little or no computer experience – work at your own pace. John will show you how easy it is as you gain a basic understanding of how the computer works with an introduction to word-processing, database, spreadsheets and the internet.

**Duration** 8 sessions  
**Date** Tuesdays, Starting 20th July  
**Time** 1pm-3.30pm (now afternoon session)  
**Venue** Yea Community House  
**Cost** \$65

### COMPUTERS; THE NEXT STEP

A basic understanding is assumed as John shows you how to extend your skills with word-processing, file management and an introduction to Desktop Publishing, with time for all those questions you wanted to ask but have been afraid to.

**Duration** 8 sessions  
**Date** Tuesdays, Starting 20th July  
**Time** 9.30am-12 noon (now morning session)  
**Venue** Yea Community House  
**Cost** \$65

### SET UP YOUR OWN ONLINE STORE/EBUSINESS & SELL ONLINE

This course is offered again due to its popularity the first time. Create an Online Store and Sell Online. All the programming is done you just need to fill your store with products to sell. Discover unique methods for promoting and growing your own Online Store/ eBusiness successfully. On completion of this course the participant will have the skills to operate and promote their own Online Store / eBusiness. Participants will have their very own Online Store / eBusiness up and running for 12 months so they can grow their business. Students will need to pay a set fee of \$99 for Hosting of their Online Store (12 Months) and Software access.

**Duration** 2 sessions  
**Date** Friday Evenings, 10th & 19th Sept  
**Time** 6pm-8.30pm  
**Venue** Yea Community House  
**Cost** \$55 (manual included in price) plus the \$99 as listed above

### MARKETING YOUR ONLINE STORE

This builds on the course for setting up your online store. Learn the art of marketing your website/ online store. With this workshop you will subscribe to popular search engines. Get your online business listed with various directories and use direct marketing methods that are effective and ethical. Previous attendees will find this workshop develops their selling skills.

**Duration** 1 session  
**Date** Friday 24th Sept  
**Time** 6pm-8.30pm  
**Venue** Yea Community House  
**Cost** \$30

### DIGITAL CAMERAS & PICASA (PHOTO EDITOR)

John will cover different camera specifications and what they mean, software installation, taking a great picture, downloading to computer, readying your photo for printing e.g. cropping, red eye, dark and lighting. You will leave with a disk of your photos. Bring camera, charged battery, manual, leads etc. Class will run in Alexandra if there is demand.

**Duration** 3 Sessions  
**Date** 28th Aug, 4th & 11th Sep  
**Time** Saturdays 1pm-5pm  
**Cost** \$65

### WHITE CARD (WAS RED CARD)

Work Safely in the Construction Industry CPCCOHS1001A  
This course replaces Red Card as the compulsory requirement for those working on construction sites in Victoria. The training is delivered locally and the cards are issued by WorkSafe Victoria. You MUST bring a photo ID with you e.g. driver's license or passport - phone 57721238 for options.

**Duration** 1 session only  
**Date** Saturday, date to be set as soon as sufficient enrollments  
**Time** 9am-4pm  
**Cost** \$150

### GOOD GOVERNANCE

This course is about developing the skills and roles for running efficient committees. So are you on a committee, or are thinking about being on one, want to know how meetings should be run, and what are the roles and responsibilities of the individual members? These friendly and relaxed sessions will offer both information and help in getting the best from your group.

**Tutor** Dawn Cooper  
**Duration** 3 Sessions  
**Dates** Will be organized as soon as sufficient enrollments.  
**Time** 6pm-9pm  
**Cost** \$20

### SUBMISSION WRITING

Are you with a club or group or service agency and would like to access Government or other funding opportunities, then this workshop could help you. Learn the skills of successful submission writing. Learn how to 'tailor' your expression and develop the answers to fit the criteria and so ensure your success. It isn't so hard. Or if you already have a funding pool you'd like to access, bring along your info for precision guidance.

**Tutor** Val Pinder  
**Date** 1 Session  
**Time** Friday or Saturday, to be set as soon as sufficient numbers have enrolled.  
**Cost** \$10

### ITALIAN FOR BEGINNERS AND TRAVELLERS

Learn the Italian language and indulge in some Italian Culture and tastes in these friendly and sharing classes.

**Tutor** Glenda Bullen  
**Date** To be organised as soon as numbers are sufficient  
**Time** 6 Sessions  
**Venue** Yea Community House  
**Cost** \$120

### NORDIC WALKING WITH JULIE

Nordic Walking is a fun, social and effective way to be active. Is the gym not your scene? Is jogging too tough on your body? Is walking not tough enough? Well then you have come to the right place! Nordic Walking is as effective as jogging, as gentle as walking and it is perfect to do with a group of old and new friends. Because Nordic Walking uses poles it engages your whole body and works all your major muscles from head to toe. The result is an effective, easy and fun exercise that can be enjoyed by almost everyone - any age, any athletic ability.

Up to a 40% increase in calorie burn at a lower rate of perceived exertion is just one of the health benefits of Nordic Walking. Have fun training, stay fit with ease and get into shape. That's Nordic Walking.

**Tutor** Julie Smith  
**Date** 21st July  
**Time** 11am  
**Venue** Yea Community House  
**Cost** \$10 a session, pay as you go.

### HEALTHY HORSES - HAPPY OWNERS

We are calling for expressions of interest for course in basic horse husbandry. Aimed at the first time owner – it's about the learning the basics for maintaining a healthy horse. Learn about recognising illness symptoms and what to do. The course will cover how to set up a first aid box, and what should be in it. What and how to feed. Feet care, teeth care, the basic equipment required and how rugging can improve results. And if wanted, vital information for the first time breeder.

**Tutor** Glenda Bullen  
Call 57973070 and register your name.

### INTRODUCTION TO MOSAICS

Learn the basics of mosaics. Bring along some coloured ceramic tiles or flat pieces of broken pottery and a tile cutter if you have one. Grout, adhesive and backing boards will be supplied

**Tutor** Val Pinder  
**Date** To be organised as soon as numbers are sufficient  
**Time** Friday or Saturdays  
**Venue** Yea Community House  
**Cost** \$40

### INTRODUCTION TO GENEALOGY

Who are you? Where do you come from? Ever wondered about your ancestry? Find out by using the resources now available on the web. The Yea U3A genealogy group will share their expertise and offer one on one support to investigate your family tree and to discover where the best links are to be found.

**Date** 3 sessions Monday 9th, 16th & 30th Aug  
**Time** 1pm-2.30pm  
**Venue** Yea Community House  
**Cost** \$40

### ACHIEVING FARM BUSINESS SUCCESS IN A RISKY WORLD

Participants will learn how appraise their farming business within the likely impacts of a changing world. The course is a "hands on", 2 day workshop, in planning principles and how to capture commercial opportunities. Cost - \$1,390 but this can be FULLY REIMBURSED by FarmReady for Primary producers and their immediate families (more than one member from each family can attend), farm managers including assistant managers, stock/crop overseers, office managers and head stockmen. Ring 57973070 for more information.

**Duration** 2 Sessions  
**Date** to be set as soon as sufficient numbers have enrolled.  
**Time** 9am-4pm  
**Venue** Yea Community House