

Smythesdale Apprentice Lani Chapman Secures Fourth Place in the Floristry Section at Australia's Biggest Skills Competition

LANI Chapman, a 19-year-old apprentice from Smythesdale, has finished in fourth place in the floristry section at the WorldSkills National Championships in Sydney earlier this month. The championships were part of Skills Show Australia 2018, which was held at the International Convention Centre Darling Harbour, Sydney from Saturday 2nd June to Monday 4th June.

WorldSkills Australia is a social enterprise that passionately believes skills drive the future of young people, and of Australia. Lani was one of more than 400 competitors in 50 trade and skill categories who were vying for the title of National Champion. In an exhausting program spread over three days, Lani and her fellow competitors had to make eight different floristry items to grace a fashion show. They ranged from arrangements to decorate a hat through presentation and bridal bouquets to a big, attention-grabbing piece for the stage.

Lani is due to complete her apprenticeship at Jenny Burke Florist in Ballarat in the next few months.

"Being offered the opportunity to represent my state and compete at Skills Show 2018, in the National Championships, was a huge privilege," Lani said.

"I consider myself extremely lucky to be a part of such a creative and innovative industry."

"I was very thankful to WorldSkills Australia for this opportunity, and extremely grateful to my employer and mentor, Jennifer Burke, for providing me with endless amounts of tuition in her spare time, to help me achieve the best outcome possible and really exhibit the skills of our industry."

Lani developed an interest in floristry as a result of participating in work experience during year 10 at Damascus College.

"I decided during Year 11 that I definitely wanted to do an apprenticeship in floristry so I left at the end of the year to study for a Certificate III in Floristry at Marjorie Milner College in Surrey Hills," Lani said.

Lani had to travel to Melbourne once a fortnight for the duration of the course as there were no opportunities to complete the certificate locally.

As a result, Lani is keen to eventually move into teaching in Ballarat so other young local people who would like become florists don't have to travel so far to achieve their ambition. She earned her place at the National Championships after a strong performance at the 2017 WorldSkills Australia Regional Competitions. She will be eligible to compete in the WorldSkills National Championships again in 2019, when she hopes to better this year's effort.

Lani will be teaching and demonstrating floristry techniques in Term 3 at the Haddon Community Learning Centre (see course guide for details) so book in early to ensure you don't miss out on meeting her and seeing her in person.





When the community recycles correctly without plastic bags, Council is able to save money to be put towards other community services and initiatives. No plastic bags.



2 Pope Street, Bannockburn, Victoria 3331

☎ 03 5220 7111 @ enquiries@gplains.vic.gov.au ☑ goldenplains.vic.gov.au

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Latest Activities at Haddon Community Learning Centre



Mum Carmel made this gorgeous dress for her daughter Madison in the basic sewing class at Haddon CLC. Doesn't she look beautiful. Well done Carmel.

Below: Another example of the magnificent work from the Haddon Monday night quilters.



Top photo above: One of the Café Skills classes learning how to make magnificent coffee from tutor Serhan Demircivren.

Above and below: students enjoying the latest "Let's Make Art" day exploring pencil drawing and watercolours.





'HEALTHY EATING AND ACTIVE LIVING' GRANTS: OPEN 1 JULY 2018

Golden Plains Shire Council is pleased to announce the launch of a new 'Healthy Eating and Active Living' (HEAL) grant, which is available to community groups to the value of \$500.

The 'Healthy Eating and Active Living' grants officially open on 1 July 2018, and applications will be open all year round for community groups. Applicants should be an incorporated bodies or have an auspice community group who can manage the funds on behalf of the applicant.

'Eat well!' and 'Be active!'

There are two different funding categories which groups can apply for, 'Eat well!' and 'Be active!'. The category 'Eat well' includes a wide range of initiatives which contribute to promoting healthy eating and drinks, such as increasing intake of fruits, vegetables and water. 'Be active' activities encourage community members to be active and get moving, such as initiatives focusing on moving more and being physical activity.

Applicants should be able to show that they can match funding on a one-to-one basis, which can be matched through in-kind contributions by volunteer or by financial contributions.

The aim of HEAL grants

These grants will replace our existing 'Gem of an Idea' grants, to align more closely with the Central Highlands and G21 Regional priority and Golden Plains Shire Health and Wellbeing Plan 2017-2021 priority area of 'Healthy Eating and Active Living'. Funded by the Department of Health and Human Services, this direction will support opportunities to increase physical activity and healthy eating opportunities for residents across the Shire.

So if you and your community group have a great idea to help your community eat well and be active, apply today!

For more information, and to read our grant guidelines, visit our website and search for 'Healthy Eating and Active Living grants'. Alternatively, you can contact a Council staff member from our Health and Wellbeing Team on 5220 7111.



Parkinson's Research Fundraising in Smythesdale – A Letter of Appreciation from Maryanne Tiggs

My name is Maryanne Tigges, and my husband Hank and I have been living in the Smythesdale-Scarsdale area for more than five years now and I think it's a great place to live with a wonderful sense of community.

This was really brought home to me a short time ago when I approached Tracy Foley at the Foodworks Supermarket in Smythesdale to see if I could leave a donation tin there for the fundraiser I'm doing (see below). She agreed very enthusiastically although she only knew me as a semi-regular customer of the store. I work in Melbourne most of the week so I'm only an occasional weekend shopper.

Within a couple of days she rang me to ask if I had any leaflets that she could send home with customers to read later. When I dropped them off, Tracy suggested that I should do some fundraising outside the store one Saturday morning, especially on a market day when there were lots of people in town.

Tracy also approached the supermarket owners and a couple of other traders in town who agreed to donate raffle prizes which included four lovely bottles of wine from Foodworks, two very generous pizza vouchers from Miingos Takeaway and some beautiful coffee mugs from the Post Office/Gift Shop.

On Saturday 21 April, my cousin Melissa and I set up a table at the front of Foodworks where we had the opportunity to speak with heaps of friendly locals who were very interested in our cause and who very generously supported our raffle and offered donations. Many had been personally touched by Parkinson's through family members or friends. We drew the raffle at lunchtime and the winners happily returned to claim their prizes.

We had a very successful day fundraising-wise, which was great, but what touched me the most was the kindness, generosity and support of all involved and the wonderful sense of community we felt on the day.

I want to say a big thank you to everyone who donated and participated, and especially to Tracy and all the friendly staff at Foodworks, Amber and Stacey at Miingos Takeaway and Wendy at the Post Office/Gift Shop and of course to my cousin Melissa for her ever-willing help and support.

In regard to Shake It Up Australia for which I'm raising funds, the two things I really like about them is that they guarantee that all funds raised go directly into the research in Australia, and they are affiliated with the Michael J Fox Foundation for Parkinson's Research.

Thank you!

**Maryanne Tigges' El Camino Challenge 2018 to support Parkinson's Research 2 x 100 km walks in 2018**

In September 2018, I will be walking from Sarria to Santiago in Spain, the last 5 days of the El Camino Pilgrimage - 100 kms in five days. The walk has been organised to raise much needed funds for Parkinson's research and all the money raised goes to the research, which I think is great! I was diagnosed with Parkinson's in September 14 and I see this as a really positive way to improve and maintain my own fitness, while at the same time raising money for a great and important cause.

To increase my fitness for the El Camino walk, I also completed the Great Ocean Walk, from Apollo Bay to the 12 Apostles - 100kms over six days in Easter 2018. We had a wonderful time and I'd recommend it to anyone who enjoys a bit of hiking and camping.

- For further information or to make a donation please go to Maryanne's El Camino Challenge 2018 web page -

<https://donate.grassrootz.com/shakeitupaust/camino-for-a-cure-trek-for-parkinsons-2018/maryannes-camino-challenge/r>

<https://www.gofundme.com/camino-for-a-cure-trek-2018>.

PINARC PROGRAMS

Youth Group:

Youth Group runs on Saturdays throughout the year. We currently have groups that meet weekly, fortnightly, or monthly from 10:30am – 3:30pm. Activities include a mix of centre-based and community-based programs. Some activities will involve a small cost. Customers are supported by staff based on NDIS ratios. For more information, contact Beth Taylor 5329 1343 or btaylor@pinarc.org.au

After School Activities:

The After School Program runs from 3 – 6 pm. The group does a mixture of centre and community-based activities. Some activities will involve a small cost. Customers are supported by staff based on NDIS ratios. The program currently runs on Wednesday and Friday nights, but we are happy to discuss your requirements if you would like to access a different day. For more information, contact Beth Taylor 5329 1343 or btaylor@pinarc.org.au

Sports Hub:

Pinarc offer sporting activities for children and teenagers. Programs run on a Monday night from 4 -5 pm during school term. Participants are supported by staff and volunteers to learn skills that enable them to participate in many different sports. For more information, contact Beth Taylor 5329 1343 or btaylor@pinarc.org.au

Independent Living Skills Program (ILS):

This is a group program for adults that operates across the Otway Street, Bonshaw and Golden Point sites.

It is tailored to the specific interests of participants so even though they are in a group, they will be doing a broad range of different activities. The activities are whatever it is that participants want or need to learn.

ILS includes activities such as: barista training, cooking, gardening, reading, writing, resume preparation, support in volunteer placements, New Leaf enterprise (woodwork), shopping, transport training, money skills, accessing the community, social skills and communication training, pre-vocational training, outdoor activities such as bushwalking, fishing, sailing and personal growth and development.

The staffing ration is usually 1:3 but we can support participants with 1:1 funding. ILS is totally flexible and able to respond to whatever interests a person has. For more information contact Pinarc Reception 53291300.

Resources for families of children with disabilities

Little Dreamers Support for Young Carers:

The Little Dreamers Dream Experience Program provides opportunities for you to live your Dream! Want to become a zoo keeper for the day, travel in a limo or run on to the ground with your fave sports team? It's all possible because we know that sometimes you need a day that is just all about YOU! Dream requests should be for experiences rather than objects. Anyone between the ages of 4 and 25 can apply for a Dream. Unfortunately, at the moment we are unable to grant Dreams that include interstate or international travel. Only one Dream can be granted per person. For more information visit: <http://littledreamersonline.com/>

Parent's guide to online safety:

<https://www.esafety.gov.au/about-the-office/resource-centre/brochure-parents-guide-to-online-safety>

Covering a number of key online safety issues, the Parent's guide to online safety offers practical, issues focused information and advice for parents of children of all ages. This publication is produced by The Office of the eSafety Commissioner. Topics covered include: cyberbullying, social networking, unwanted contact, sexting, inappropriate content and online safeguards.

Ask Izzy:

www.askizzy.org.au

When you're looking for support, **Ask Izzy** can help you to find the services you need, right now and nearby. It is free and anonymous, and you can search over 350,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more. If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.

CHAT AND CHEW LUNCHEONS HADDON



The Chat and Chew luncheons will resume Thursday August 16th at 12.30pm on return of the chef Janis Fletcher from her holidays. We are pleased to announce that the Haddon Community Learning Centre will be taking over providing the local luncheons from the Shire so it will be able to continue to operate as it has every month. The centre is excited to be able to continue to provide the monthly 'get togethers' and we hope regular and new community members will come along and join us for a "Chat n Chew". Please note we will require an RSVP so as we can know numbers for catering and therefore cut down on any over supply and wastage. This will help us to be able to subsidise the cost of the meals provided. So come and join us in August. We would love to see you there. Call 5342 7050 to book your place.

ARE YOU INTERESTED IN SELF DEFENCE CLASSES FOR WOMEN IN HADDON?

We are seeking input as to whether we have enough interest to have Fiona Skene from WISE Self Defence come and do some anti bullying strategies and/or physical defence classes. at the Haddon Community Learning Centre in Term 4. The defence course is not physically demanding and easy to remember. Fiona teaches you powerful skills and how to use your power effectively and efficiently. Just call us on 5342 7050 or let us know via Facebook.



A Short Story by Jeanine

The alarm sounds at 6.30 and I turn it off, hoping not disturb my husband asleep next to me. I'm reluctant to leave the cosy warmth of the bed. Then I think of the people on the land who have probably been up for hours braving the bitter temperatures and move myself to get up.

It is still dark and so cold outside there is not even the usual morning chorus. The birds are still silent and huddled against the frost.

I head to the bathroom and notice the glow of the fire in the lounge room which reassures me that at least inside the house will be warm.

After getting everything I'll need ready for work, I wrap myself up in scarf, gloves and jacket and brave the short walk to the barn and my car. I say my goodbyes to my husband and head off.

Our regularly visiting mother kangaroo has a new addition which now and then pokes its little bald head out to explore the world around it. It sniffs at the grass under it wondering what mum is so absorbed in then decides it's too cold and retreats back into the warmth of mum's pouch.

As I drive down the road and reach the end of the lane, a vista of white spreads out before me and I wonder at the beauty of it. Smoke from the chimneys of waking households seems reluctant to leave the warmth of the fire below and hangs over the roofs of the houses and mingles with the fog; not willing to disperse quite yet.

The breath of horses in the paddocks remind me of mythical creatures of the apocalypse breathing smoke but when you take a closer look there is nothing frightening about them; they are just galloping and kicking their heels up at the joy of a new day.

The first lambs of the season are huddled together in crèches or close to their mothers for warmth and protection. Their clean white bodies are hard to make out against the white of the landscape.

My fingers tingle with cold, even in my gloves, but at last the heater in the car has finally started to warm my feet.

The puddles on the side of the road are crinkly with ice and you just know if you stood on them they would make a satisfying crunching sound as the ice broke.

Driving along the country road, it is a picture of white. The white of the frost competing with the white of the fog banks.

It brings to mind the Stephen King story of The Fog and I smile to myself as my imagination starts to kick in. The silhouettes emerging from the fog could be monsters lying in wait for their next victim but as I drive on, they are just the trees; their branches hanging low with the weight of moisture. Ahead of me I see what look like glowing eyes but as they get closer they reveal themselves as headlights of an oncoming car.

In the east the sun is just about to raise above the horizon and casts an orange glow across the sky before it rises huge and red. It looks like it's going to be a glorious crisp autumn day.

I reach my destination and as I get out of the car my feet crunch the frosty grass and blanket of leaves that have deserted the trees.

I head up the stairs, turn on my computer and the heater under my desk to start the last day of autumn.



LINTON ON LITERARY ARTS

LOLA will explore, capture and showcase the spirit of Linton through writing, performing and visual arts.
20th to 21st of October 2018

For more information - www.facebook.com/lintonOnLiteraryArts
Proudly supported by Golden Plains Shire Council



The Inaugural Event of LOLA - Linton on Literary Arts

"My Linton - Mining the stories of Linton"

Everyone has a story, a history, a narrative of their hometown. LOLA will explore, capture and showcase the spirit of Linton through performing and visual arts. The entire Linton community, both past and present, will be provided with various opportunities to share personal stories describing the own "My Linton". Linton is a picturesque country town with a rich history and is just 2 hours from Melbourne - 25 minutes from Ballarat. In 1855 Gold was discovered in the area at Emu Hill, a squatting run originally inhabited by the Linton family in 1839. In 1857 the area became known as "Linton Diggings" and when the post office first

opened in 1860, in the town was renamed Linton. Now Linton is experiencing a resurgence with increases in population and businesses reopening.

LOLA - the events - Kick-started during the Golden Plains Arts Trail on the 17th and 18th of March. Workshops and events involving past and present Linton locals to capture stories and images. The culmination will be a vibrant weekend of events showcasing the outcomes of the project including both visual and performing arts.

Key dates - Workshops and events - more details to come. Celebratory weekend - 20th and 21st of October, 2018.

Further information: LOLA Facebook page - <https://www.facebook.com/lintonOnLiteraryArts>

Or contact Pam Southerington via email on lintonprogress@gmail.com

Important Media Release – My Health Record Opt Out Period from 16 July – 15 October 2018

More than five million Australians already have a My Health Record, which provides a summary of their key health information, delivering better health outcomes for patients and their treating doctors and specialists. Every Australian will be offered a My Health Record unless they choose not to have one during the three month opt out period that will run from 16 July to 15 October 2018. The My Health Record system and opt out process has the full support of all state and territory governments, who unanimously agreed to this plan in August 2017 at COAG Health Council. My Health Record also has the unanimous support from Australia's peak health bodies, including the Australian Medical Association, the Royal College of Australian General Practitioners, Pharmacy Guild of Australia, Pharmaceutical Society of Australia, Australian Healthcare and Hospitals Association and the Consumers Health Forum. The protection of patient information is critical and the My Health Record system has strong safeguards in place to protect the health data. It is also subject to some of the strongest legislation in the world to prevent unauthorised use. Australians can cancel their My Health Record at any time after the end of the opt out period – or create one, if they opted out.



My Health Record

Minister for Health Greg Hunt said My Health Record enables important health information including allergies, medical conditions, treatments, medicines, and test reports to be securely shared between clinicians and their patients. It also enables people to take more control of their own health and wellbeing, manage their children's health, and upload key documents, like advanced care directives. "My Health Record provides many benefits to patients, including reduced duplication of tests, better coordination of care for people with chronic and complex conditions, and better informed treatment decisions," Minister Hunt said. "I would encourage each and every Australian to use their My Health Record and to speak with their healthcare providers regarding these benefits."

The announcement follows the Government's 2017 Budget allocation of \$374.2 million over two years to expand Australia's digital health system. Australian Digital Health Agency CEO Tim Kelsey welcomed the Australian Government's commitment to building Australia's digital health system.

"The Australian Government is continuing to build on its investment in technology to improve the health and wellbeing of all Australians. A top priority in Australia's National Digital Health Strategy – Safe, Seamless, and Secure, is for the national expansion of My Health Record to realise the greatest health benefits.

"My Health Record is about improving healthcare for all Australians," Mr Kelsey said. "My Health Record gives people control over who sees their health information." Currently, 5.7 million people have a My Health Record and they can access their health information at any time online.

A national communications strategy will be implemented to inform all Australians of the benefits of digital health, and to explain the opt out process. During the opt out period individuals who do not want a record will be able to opt out by visiting the My Health Record website or by calling 1800 723 471 for phone based assistance.

Forms will be provided on request, and additional support will be provided to Aboriginal and Torres Strait Islanders, people from non-English speaking backgrounds, people with limited digital literacy, and those living in rural and remote regions.

"My Health Record is a key step in the shift from health consumers as passive patients, to consumers as active partners in their own care.

"For too long, healthcare has lagged behind in exploiting the clear benefits of information technology to provide prompt, secure, and precise patient information. For these benefits to be realised and a consumer-centred and digitally enabled health care system to become a reality, consumers will need to be involved in using and improving innovations such as My Health Record," Ms Wells said.

Australian Medical Association (AMA) President Dr Michael Gannon has welcomed the announcement. "The current system of medical records means that we may have incomplete information on a patient – especially if the patient has recently seen another specialist or has been discharged from a hospital. The My Health Record will result is doctors having access to better information, in a more timely fashion, via secure means. Less time chasing up paperwork means more time can be spent treating our patients," Dr Gannon said. Royal Australian College of General Practitioners (RACGP) President Dr Bastian Seidel said My Health Record can play an important role in improving patients' access to their healthcare information. "Most Australians are digitally connected and make everyday use of digital services across a range of industries, so it makes sense that both healthcare providers and their patients have access to digital health services.

"The RACGP is supporting GPs to prepare for the My Health Record opt out process and to make informed decisions about the use of the system in their practice," Dr Seidel said.

Pharmaceutical Society of Australia (PSA) National President Dr Shane Jackson said that My Health Record is a game changer for pharmacists' contribution to enhancing medication safety and ensuring quality use of medicines.

"By integrating the My Health Record system into their practice, pharmacists will be able to optimise the outcomes associated with medicines. The information available in the My Health Record system will allow pharmacists to deliver more effective and efficient care," Dr Jackson said. **Please check out the website <https://www.myhealthrecord.gov.au> for more information.**

Handy Household Hint (environmentally friendly): To clean a microwave oven, add four tablespoons of lemon juice to one cup of water in a microwave-safe bowl. Boil for five minutes in the microwave, allowing the steam to condense on the inside walls of the oven. Then wipe them with a soft cloth. Vinegar works too.

Reading Writing Hotline
1300 6 555 06



What is the Reading Writing Hotline?

The Hotline is a free anonymous referral service for adults wishing to improve their literacy, numeracy and computing skills. It was established in 1994 and since then has responded to about 150,000 calls. The Hotline is funded by the federal government and is managed by TAFE NSW. The Reading Writing Hotline has a national database of course providers, including TAFE colleges, private RTOs, libraries, community colleges, neighbourhood centres, and private tutors.

The Hotline is operated by trained teachers who are able to listen to the needs of the caller and refer them to the most appropriate help. The Hotline provides:

- ◆ direct referral for callers with literacy and numeracy needs to training providers, adult literacy tutors and other relevant community organisations
- ◆ diagnosis about appropriate support to assist the caller with their needs
- ◆ information to tutors, training providers, employers and government service providers

TAFENSW now have an online course for Volunteer tutors available nationally at:

<http://www.northcoasttafe.edu.au/courses/tafe-plus-statement-in-volunteer-literacy-tutor-training.aspx?source=coursesearch>

Call the Hotline on 1300 655 506 for information about:

- ◆ Classes that are close to you
- ◆ Help by mail or computer
- ◆ Finding teachers and other people who can help
- ◆ Websites and books that can help you to learn

Adult Learners Week – September 1 – 8th

ADULT LEARNERS WEEK is an international celebration of lifelong and life wide learning. We encourage you to use 'Adult Learners Week' to reflect on your own learning journey and investigate opportunities to "take the next step". **Haddon Community Learning Centre** will have some special activities during the week with the major highlight of the week being a demonstration from **Lani Chapman from Jenny Burke Florist, Ballarat** on contemporary floristry. Don't miss this opportunity to join us. Keep updated with what is on via Facebook or the website.



Women's Health Week Comedy Gala

Women's Health Week is a great time to get talking about our health. It is also a great time to laugh! Back by popular demand the Women's Health Week Comedy Gala is a comedy show about women's health and wellbeing: covering everything from menopause to mental health, dating to parenting and all the women's stuff from the top of your head to the tips of your toes. The Gala is hosted by Nelly Thomas and starring Cal Wilson, Rachel Berger and more! "No topic is off limits, no laugh is too hard" - Nelly Thomas.

Tickets will sell out!

When: Saturday 1 September - 7.30pm

Where: The National Theatre Melbourne

Tickets are \$70 for A-reserve and \$60 for B-reserve. All ticket holders receive a free Women's Health Week gift bag on the night. All proceeds from the Comedy Gala go towards supporting the work of Australia's leading women's health service – Jean Hailes for Women's Health.

LISMORE & DISTRICT ART, CRAFT & GARDEN EVENT

will be held August 25/26th, 2018 @ the Lismore Community Centre

10am – 3pm.

New items – Sites, approx. 9ft long X 3ft wide inside \$10 per site, per day.

BYO tables/ easels, plant stands etc.- or whatever you can set up on that site as long as it's not a trip hazard outside your site OR tables are available for a total of \$5 rental for both days of the weekend.

Outside sites for second hand items, new products, plants or anything whatsoever are \$10 for site per day, unlimited sized sites (within reason).

New stall holders welcome.

While homecooked food sales are welcomed no commercial take away food or drink vendors, please.

For more info contact Lorraine Graham 0407875102



simplifying being connected online



BE CONNECTED GETTING ONLINE

- Learn the basics
- Be safe while you are online
- Talk to family and friends who live far away
- Find new, or old friends who share your interests and hobbies
- Keep up-to-date with whats happening in your community and around the world
- Learn how to shop online safely and securely without leaving home
- Need help with the governments new 'My Health Record' – how to register or to opt out

DISCOVER HOW BEING ONLINE CAN ADD NEW SKILLS AND EXPERIENCE TO YOUR LIFE IF YOU STRUGGLE WITH TECHNOLOGY THEN LET US HELP YOU

What do you need, or
would like to learn about the Internet?

Let us gently guide you through how to get connected with the use of the government program, "Be Connected – Every Australian Online." This program has been designed to help 50 year olds and over with the skills needed to use the internet, including such tasks as registering with government websites, filling in forms, getting an email, sharing photos, ordering groceries or food and more.

Don't put it off, there has never been a better time to do it! Contact us now and we can help you!

396 Sago Hill Road, HADDON, 3351

Phone: 5342 7050

<http://haddonlearning.org.au>



Haddon Community Learning Centre

Term 3 Course
Guide, 2018

Winner of Grampians Learn Local Legend Award



Welcome to Our Term 3, 2018 Course Guide

Well, the weather has turned cold at last and thank goodness, we are getting some rain too. I am certain all the keen gardeners out there will be welcoming every precious drop!

If you are looking for somewhere to escape the cold, Haddon Community Learning Centre has some great new programs and workshops for you to attend in Term 3.

On the artistic front, I am delighted to announce that Marita Reynolds will be joining us again on Wednesday 8th August for one of her very popular pencil drawing workshops. She has already conducted two sessions focusing on birds but this upcoming workshop will teach you how draw a gorgeous lion cub.

Participants in Marita's workshops always come away thrilled with the results - some have become "regulars" because they enjoy themselves so much. Marita's workshops fill up quickly and bookings are essential so phone the Centre on 5342 7050 as soon as possible if you would like to attend.

We will be having another popular Café Skills course. You will learn invaluable barista skills; obtain food safety certificates, learn about the importance of customer service and menu planning. We are also looking at including RSA certificates if required. Numbers are limited for these sessions to enable more a more personal learning experience.

Following on from this, we are always looking for tutors at the centre. And in a new course on offer called "Let's Train the Trainer" we can help you be able to pass on that special skill you may be able to teach but lack the confidence or knowledge of how to do it.

Computers and the internet have become so much a part of our lives - they are a boon for small businesspeople especially, as they allow them to operate from almost anywhere. We have many computer courses on offer including some free sessions for over 50's under the Be Connected program so don't miss out on these.

We also be conducting some special agriculture workshops with a focus on sustainability, as well as running the always-popular 'Introduction to Permaculture and Horticulture' courses. While on the topic of flora and fauna, we are excited to have WorldSkills finalist Lani Chapman from Smythesdale conduct a short introduction to floristry course during the term. Follow us on Facebook for more information about schedules, dates, times and costs. And of course, if there are courses you would like to do that are not currently on our program, please give us a call or send an email to manager@haddonlearning.org.au and we'll see what we can arrange.

Cheers, Joan,
Manager



How to enrol

We take enrolments Tuesday to Friday
between 10 am and 4 pm.

Please note that your booking is not secured until full payment is made or a suitable payment arrangement is made with the Centre Manager. Payment for all classes due at least one week prior to commencement.

HOW TO ENROL

- * In person at the Haddon Community Learning Centre office 396 Sago Hill Road, Haddon.
- * By telephone on 5342 7050
- * By email: manager@haddonlearning.org.au

CONDITIONS OF ENROLMENT

- * Fees become due at the time of booking. Places will not be held unless fees are paid or a deposit received and payment plan arranged. Payments due at least one week prior to course commencement.
- * Refunds cannot be given once a class has commenced or at least 5 business days' notice is provided as we are committed to pay course costs.
- * Refunds will be given if the class is cancelled for any reason.
- * Prospective students should be aware that some courses/ activities may not proceed if there are insufficient numbers to cover operational costs.
- * Concession rates apply where indicated and only on presentation of a *current concession card*.
- * *Notification will be given only when classes are cancelled or rescheduled. Please assume that the course will proceed unless otherwise notified. If you are concerned or have any queries, please contact the House.*

Please talk to us about fees and payments if they cause any problems. We are committed to equitable access for all and may be able to assist. you.



People of all abilities are welcome at all suitable programs. The Northern Community and Haddon Learning Centre is fully accessible. HCLC respects your right to information privacy and any information we collect and hold is kept in accordance with information privacy laws.

The Haddon Community Learning Centre aims to provide a range of educational, social and recreational activities to suit a range of tastes and interests. While all effort is made to proceed with advertised activities it is not always possible if enrolments do not generate the funds required to cover the costs of tutors and room hire. Please note that business and corporate rates may differ from the prices included in this program. Please check with the Manager for these rates. We can tailor a course to your business needs and we are always happy to discuss this with you.



The Haddon Community Learning Centre acknowledges the ongoing funding and support made available by State Government of Victoria (Adult & Community Further Education (ACFE), the Department of Health & Human Services, DEECD, & the Department of Planning & Community Development).



Exploring Computers

*COMPUTER SKILLS FOR SMALL BUSINESS

This course focus is on necessary computer skills or skilling up for those running a small business. On completion learners will have gained an understanding of marketing and branding in business, reviewed their computing needs, investigated suitable applications/ programs, developed samples/documents for marketing and branding products for their business (using MS Publisher), compared and used different types of social media tools and applications if required.

Tell us of your requirements and we can look at tailoring the sessions to your business needs.

DAYS: Tuesdays or Wednesdays - other days may be organised - call with your requirements.

DATES: Starting July 24 or 25th (7 sessions)

TIMES: Tuesdays 9 am ~12.30 pm - Wednesdays 1 - 4.30 pm
FEES: \$115.00 (\$55.00 + \$60.00 Amenities & resources Fee) \$90.00 concession fee) for eligible concession funded students. \$5.00 member discount.

*DON'T BE AFRAID - WE CAN HELP!

INTRODUCTION TO COMPUTERS

This course is for complete beginners without any computer skills. Become confident and comfortable using a computer in a relaxed and friendly environment. Small classes ensure personal attention. We make classes informal and fun.

DAY: Tuesday morning or Wednesday afternoon (7 weeks)

DATE: Starting July 24th (Tues) or 25th (Weds)

TIME: 9.30 am ~ 12.00 pm or 1- 3 pm

FEES: \$65.00 (\$5.00 discount for members).

*YOU HAVE THE MOUSE UNDER CONTROL - SO LET'S TAKE THE NEXT STEP ~ *INTEL® LEARN EASY STEPS

Learn basic word processing, multi-media, internet and email and more at a beginners level. Need to upskill your computer knowledge for work? Or if you are a business then think about helping your workers gain vital computer skills. You will receive a certificate upon successful completion.

Level One: For beginners who have mouse control

Level Two: You must have basic computer skills and preferably completed Level 1.

DAY: Level 1 or Level 2 (7 weeks) - Tuesday or Wednesday afternoons

DATE: Starting July 24th or 25th - other dates available

TIME: 1 pm ~ 4 pm

FEES: \$115.00 (\$55.00 + \$60.00 Amenities & resources fee) \$90.00 concession fee). \$5.00 member discount.

NOTE: Casual attendance for all computer classes where available is \$20.00 per session.

Always phone and check with us as other dates for the above computer classes as we may be conducting other sessions.

We can also offer personal assistance for

*FLEXI LEARN ESSENTIAL COMPUTERS

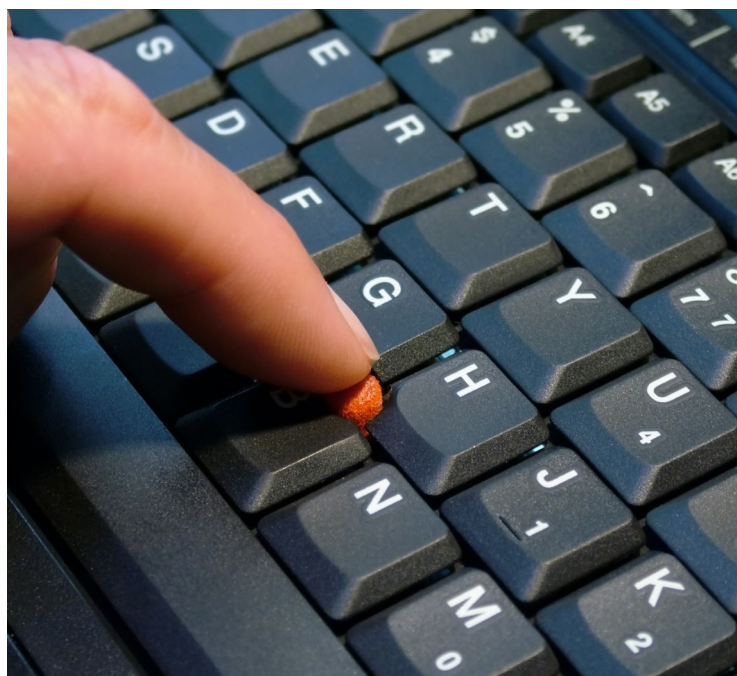
This course is designed to provide flexibility with blended learning options. This means that it can be done partly, or all online in your own home when you want, or it can be undertaken partly in class and online or all in our class room. Topics can include computer essentials, cloud applications such as "Dropbox," "Googledrive," Google Docs, Spreadsheets, Presentations and "Picasa" for editing images; useful for personal, business, marketing and social media platforms such as Facebook. This course allows flexibility to give time to cover topics where you may need extra help or that you specifically want to cover so give us a call to discuss!

DAY: For in class training this course will be available on Mondays and Sundays - you can do online any time. You will be supported by an understanding and patient tutor either for either method.

DATES: Starting July 23 (7 sessions) for in-class option.

TIMES: 1 pm ~ 4.30 pm.

FEES: \$115.00 (\$55.00 + \$60.00 Amenities & resources Fee) \$90.00 concession fee) for eligible concession funded students. \$5.00 member discount.



FEES & CHARGES

Adult Education classes that are subsidized by Adult Community & Further Education are marked with the *. We are required to charge a student contribution consistent with Ministerial directions on Fees & Charges. Other fees are to assist us to pay for tutors, amenities and all other costs involved in running courses. For further information please speak to the Manager.

Special Programs

*FIRST STEPS TO WORK IN VIDEO AND SOUND

Are you interested in sound or film production? Would you like to work in these areas, move on to further study, or even start your own small business? If so, then this course is for you.

We have a have another of our very popular video and sound production courses on offer. The course will introduce you to the process of how to create quality videos and then edit them in the editing software program "Camtasia."

Please note we are accepting enrolments on a first come-first served basis, as funded places are strictly limited.

DATES: August 11th, 18th, 25th—TBC
DAYS: Saturdays
TIME: 10 am - 4 pm
FEES: \$70.00 (full course)

The number of places available is limited to six participants so you need to call now to register your interest.

NOW YOU HAVE AN IPAD WHAT NOW? IPADS/TABLETS FOR BEGINNERS

(An advanced class available on request if sufficient student numbers)

If you have struggled with computers, why not try a tablet as they are much easier to use? Try before you buy with one of ours, or learn how to use your own tablet. The course will provide you with basic and beyond everyday skills to get the most out of your device.

DAY: Thursdays (check as other dates & times may also be available) - or get a group together!
DATES: Starting August 16th (6 sessions)
TIMES: 1 pm ~ 3.30 pm
FEES: \$60.00 - special price

If you have an Android tablet give us a call as if we have sufficient students a special Android tablet class can be arranged.



VIDEO EDITING FOR BEGINNERS



This class is an introduction to video editing with Camtasia or similar software. Are you a trainer and need to spruce up your lessons and make them more engaging? Or do you enjoy making home movies but would like to make be able to have the knowledge to edit them. If yes, then this is the course for you. You can make videos for school, office, home, work, sales, shows - suitable for all. Tea & coffee available, BYO lunch.

DATES: August 17th or September 15th
DAYS: Friday (17th) or Saturday (15th)
TIME: 11 am - 3 pm
FEES: \$70.00

MUSIC RECORDING/CREATION WORKSHOP



Interested in studio recording or creating electronic music? Come to this workshop to learn how to use a range of musical production equipment such as digital audio interfaces, microphones, mixers, midi instruments and how to make and compile music on a digital audio workshop (DAW) like Pro Tools or Reaper. Great course for teenagers

DATES: August 14th
DAYS: Tuesday
TIME: 10 am - 4 pm
FEES: \$70.00

GROW YOUR DIGITAL MINDSET AND BUILD YOUR BUSINESS



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

DATES: August 4th or September 1st (1 session)
Or evening October 15th
DAY: Saturday or Monday
TIME: 10 am ~ 12 pm (evening 6.30 pm to 8.30 pm)
FEES: \$60.00
TUTOR: Morgan Williams – DesignScope

NB: We need a minimum of 8 students for this class to proceed.

COMPUTER LAB FACILITY FOR HIRE

Hire Me

The computer lab has ten PC's & 1 Mac and audio visual facilities and is served by a spacious rest area with tea and coffee making facilities.



Call us to book on 5342 7050

*Hospitality Training @ Haddon

CAFÉ SKILLS



KICK START YOUR HOSPITALITY CAREER

The course includes:

Barista Skills

Customer Service

Menu Design and Presentation

Food Safety (optional you can also sit for a nationally accredited Certificate if you do not have one) and more!

Learn from a professional and gain first hand small business and real customer experience. Get ahead of the pack for those employment opportunities.

Training: 1 day a week on Wednesdays (and one Tuesday - Barista)

Time: 10 - 2.30 pm - approx.

Dates: August 15, 22nd and 29th - plus Tuesday for Barista instruction - usually late Tuesday afternoon - 5 - 7 pm

Cost: Full \$200.00 (concession \$150.00)

Haddon Community Learning Centre,
396 Sago Hill Rd., Haddon
Phone ~ 5342 7050



FOOD HANDLER'S ONLINE COURSE - START ANYTIME

You can do your certificate online and start anytime and also have the convenience of finishing it in your own time. This course can be done online or by correspondence delivered by the registered training organisation, "CFT International." You print out your qualification certificate when you have completed all the modules required. Simply come into the centre and fill in the enrolment form and pay the fee. We will then email you a link to commence the course online. **Cost online - starting at \$95.00 for a retail/hospitality qualification.**

FOOD SAFETY LEVEL I CERTIFICATE

This accredited course fulfils the requirements for those needing this qualification for their workplace or for their role as a volunteer. Students successfully completing this training will receive the nationally recognised certificate. **In house courses can be organised on request for your group.**

DAY: TBA on group booking - call us
DATE: TBA
TIME: 9.30 am ~ 3 pm approx.
FEES: \$130.00 (in-house cost per person) TBC

FIRST AID COURSES

Do you require upgrades or need to undergo first aid training for your job? Then we are conducting several courses in first aid at the centre this term. You can undertake all necessary training required in a one day session or undertake separately those sessions you need to update. Sessions available include:

- CPR - 9 am to 11 am
- Level 1 - 9 am to 1 pm
- Level 2 - 9 am to 3 pm
- Anaphylaxis - 3 pm to 5 pm
- Asthma - 4.45 pm to 6.30 pm (approx.)

And a "Defibrillation " course is also available. Please call us to book or register your interest.

DAY: Monday
DATE: September 3rd, TBC
TIME: 9 am - 6.30 pm for the entire course
FEES: \$220.00 for full course - see individual class costs below. You must book & pay at least one week prior as pre work has to be completed before the class commencement.

PLEASE NOTE: Minimum numbers of 8-10 students are required for the first aid courses as set by the provider of this training. We can organise other dates. Groups catered for so please phone 5342 7050 to inform us of your training requirements.

PROVIDE FIRST AID CERTIFICATE - HLTAID003

This course covers all the necessary skills & knowledge required to provide first aid response, life support, management of casualties, the incident & other first aiders, until the arrival of medical or other assistance. This unit incorporates the content of units HLTCPR201B Perform CPR and HLTF201B Provide basic emergency life support. Please note we need a minimum of 10 students for this course to proceed.

DAY: Monday
DATE: September 3rd, TBC
TIME: 9 am ~ 3 pm
FEES: \$155.00 (cost dependent on numbers. You must book & pay at least one week prior as pre work has to be completed before the start of course.
NB: All accredited courses require a USI number we can assist you.

Accredited Certificates and Short Courses

INTRODUCTION TO CPR AND DEFIBRILLATION

A qualified first aider can't be guaranteed to be available in every emergency so it's a great idea for everyone to know how to do CPR and how to use a defibrillator.



These sessions are designed to give you the information you need to be able to know what to do in an emergency if a trained first aider is not available.

The first part of the session will cover CPR while the second part will introduce defibrillation.

Please note: You can attend just the CPR section if you wish but if you want to attend the defibrillator section, you **MUST** do the CPR session first.

At the CPR session, learn about:

- ♦ The DRSABCD action plan and responding to emergency situations;
- ♦ Managing unconscious casualties, and
- ♦ the basic steps for performing Cardio-Pulmonary Resuscitation (CPR) - chest compressions, duration, etc.

The defibrillation session will cover:

- ♦ How a works;
- ♦ How to use a defibrillator
- ♦ When to use a defibrillator and
- ♦ How to access a defibrillator at a worksite or other location.

Trainer MaryLou Cartledge has extensive experience in teaching first aid to students. In many courses and she is well placed to give you an excellent basic grounding in these important skills. So don't miss out on this opportunity to gain what could be life-saving information.

DAY: Tuesday
DATE: August 7th
TIME: 6.30 pm ~ 8.30 pm approx.
FEES: \$35.00 - SPECIAL PRICE

The class size has been set at 6 people so everyone can receive quality instruction. If there is enough interest, an additional session can be arranged so give us a call.





NOTE: You can study the Introduction to Permaculture, or the Introduction to Horticulture separately or do the combined course and save money. We can also organise specialised sessions. Give us a call to enquire what is available.

*INTRODUCTION TO PERMACULTURE & HORTICULTURE

Learn basic principles of "Permaculture & Horticulture" with hands-on learning. This full course provides you with work-related skills relevant to these sectors and leads into accredited Horticulture, or Agriculture certificate courses. It's great for those who are returning to study as mature age students who may be thinking of undertaking further studies on this subject. Pre-accredited courses are gently paced and ease you back into study in a fun way. Give us a call if you require any further information, or if you need assistance to decide what is right for you! **The combined course starts on Thursday July 26th and costs only \$130.00 (concession \$115.00). Please see the full details below of all the sessions and dates.**

*INTRODUCTION TO HORTICULTURE

Gain first-hand practical experience in horticulture, landscaping and gardening. It is a great starting point for people thinking about turning their passion into a career in horticulture, or simply for home food growers who want to learn more. Working as a team with fellow participants, you will gain a broad overview and practical, hands-on experience in plant recognition, propagation, planting, soils, climates, environmentally sustainable work practices and more.

DATES: Starting 26th July
DAY: Thursday evenings + excursion days
TIME: 5.30 ~ 9.00 pm
FEES: \$80.00 (concession \$70.00)

*INTRODUCTION TO PERMACULTURE

Are you interested in living a more sustainable lifestyle? Permaculture could be the answer for you. It is a practical design concept that enables people to establish productive environments that provide food, energy, shelter, material and non-material needs, as well as the social and economic infrastructure that supports them." This course will teach the basic principles to help you to learn how you can incorporate the principles at home, regardless of whether you live on an ordinary house block or a bigger property.

DATES: Starting 1st September - TBC
DAYS: Thursday evenings + excursion days
TIMES: Thursdays: 6 pm ~ 9 pm
 Excursion days TBC 10 am to 4pm
FEES: \$80.00 (concession \$70.00)

Special Interest & Training Courses

*"AGRI-START" - AN INTRODUCTION TO AGRICULTURE

This course will help you gain practical skills and knowledge of the range of jobs available in the agricultural industry. You not limited to farming. There are companies that produce fruits, vegetables and meat products who require agricultural specialists to help in production. Learn to steer your interests in a particular area such as horse farming or wheat and other options are open to you for work and study in industrial agricultural.



DAYS: Saturdays and Sundays
DATES: August 4th, 5th, 11th and 12th
TIME: 10 am - 4 pm (BYO lunch)
FEES: \$130.00

SUSTAINABLE AGRICULTURE WORKSHOPS

The goal of sustainable agriculture is to meet society's food and textile needs in the present without compromising the ability of future generations to meet their own needs. Practitioners of sustainable agriculture seek to integrate three main objectives into their work: a healthy environment, economic profitability, and social and economic equity. Students will learn to create a farm plan that promotes **soil health**, minimises **water use**, and lower **pollution levels** on the farm through limited herbicide and insecticides use.



DAYS: Saturday and Sunday
DATES: September 1st and 2nd
TIME: 10 am - 3 pm (BYO lunch)
FEES: \$96.00

*LET'S TRAIN THE TRAINER

Do you have a skill that you could teach but lack the confidence or knowledge in how to do that? Or do you need to learn what skills you need to be able to teach at our centre or other education centres? Then this course can help you learn to plan and design a basic effective training course. Learn how to communicate effectively and gain techniques to be able to provide encouragement, coaching and evaluate your learners and your own performance.

DAYS: Tuesdays
DATES: August 8 (5 weeks)
TIME: 10 am ~ 3 pm **FEES:** \$115.00 (BYO lunch)



Adult Learners Week

3-7th September

Haddon Community Learning Centre is pleased to be able to offer several free sessions and demonstrations as part of Adult Learners Week. So come in out of the cold and gain some new knowledge and skills. Booking is essential so please call us on 5342 7050 to secure a place!

FLOWER POWER WITH LANI

Join local girl Lani Chapman (see our lead article on the front cover for more information) to learn some of the tips and tricks that can help you to put together a stunning floral arrangement to impress family and friends.

DAY: Sunday
DATE: September 8
TIME: 1.30 pm - 3 pm

FREE INTRODUCTION TO CPR AND DEFIBRILLATION

These **FREE** sessions are designed to give you the information you need to be able to know what to do in an emergency if a trained first aider is not available.

The first part of the session will cover the basics of CPR while the second part will show you how to use a defib machine.

Please note: You can attend just the CPR session if you wish but if you want to attend the defibrillator course, you **MUST** do the CPR session first.

DAY: Monday
DATE: September 3rd
TIMES: 6.30 ~ 9.30 pm

COMPUTING SUPPORT FOR 50 & OVER SENIORS

Are you interested in gaining new skills and experiences to enrich your life? The **'Be Connected'** program is a **FREE** Australian government initiative that is designed to help you achieve this through being able to go online. It doesn't matter if you've never touched a mouse, keyboard or tablet before, let us help you. do safely:

- ◆ Learn the basics and realise the full potential of going online
- ◆ Talk more often with family and friends who live far away
- ◆ Learn how to shop safely and securely on line,
- ◆ Find old friends or make new ones who share your interests and hobbies
- ◆ Keep up to date with what's happening in around you
- ◆ Set up a myGov account so you can access Medicare, the Australian Tax Office, Centrelink and more .

DAY: Tuesday or Wednesday
DATE: September 4th (Tues) or 5th (Weds)
TIMES: 10.30 am ~ 12 noon

HADDON QUILTERS GROUP ~ MONDAY NIGHTS

This lovely group has been enjoying getting together and working on their projects. So come join in and learn basic sewing techniques and beyond. Enjoy some time to chat, sew and share your enjoyment of quilting too! Join any time during the term; you will be made very welcome. Tea, coffee and bikkies provided.

DAY: Mondays
DATES: July 16, 23, 30; August 6, 13, 20, 27; September 3, 10, 17
TIME: 6pm ~ 8.30 pm
FEES: \$3.00 per session (free tea & coffee) - inc GST
FACILITATOR: Kerri Hunter

Let's Create

Sewing & Patchwork

INTRODUCTION TO SEWING TECHNIQUES

Learn to sew from the beginning with the basics of sewing. Learn to make a pattern fit you. You will get an understanding of the sewing machine, machine sewing techniques and troubleshooting problems. Become familiar with the terminology, tools, patterns, fabric selection, cutting technique and achieving professional results. (If you do not have a sewing machine yet you will learn what to look for before buying one).

DAY: Fridays
DATE: Starting July 27th
TIMES: 9.30 am ~ 12.30 pm
COST: Only \$12.00 per lesson - inclusive GST

QUICK AND EASY PATCHWORK

Suitable for all age groups

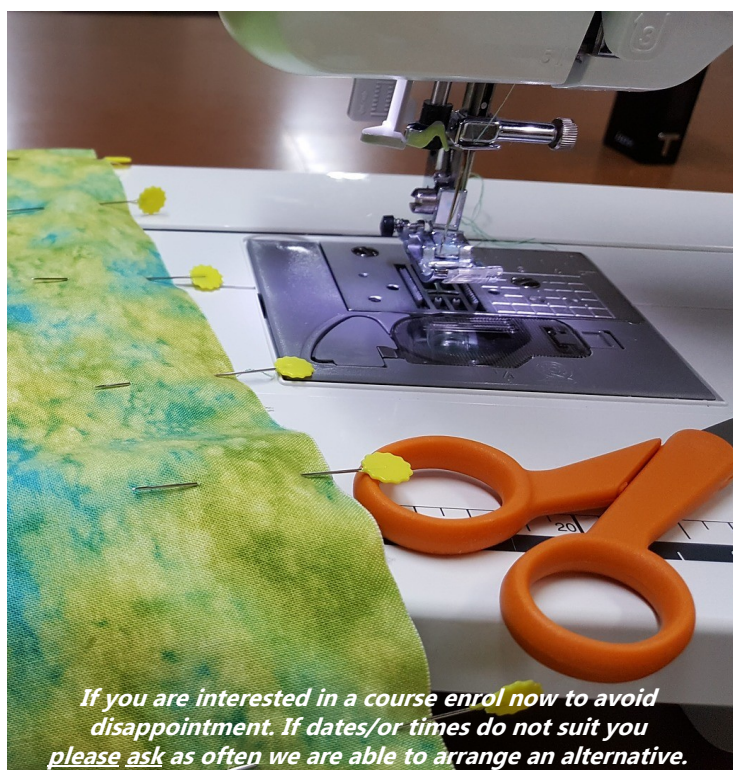
Learn to sew patchwork the "easy" way and get fantastic results. You will also learn to do it much cheaper by using different materials and not expensive batting. You will be Using two techniques, one called, "Sew & Flip" the other called, "Quilt as You Go" (QAYG) you can make some fabulous quilts. Come give it a try!

DAY: Wednesdays
DATE: Starting July 25th
TIMES: 9.30 am ~ 12.30 pm
COST: Only \$15.00 per lesson - inclusive GST

PLEASE NOTE: You need to bring a working sewing machine and usual dressmaking equipment; scissors, dressmakers pins, machine needles, threads, etc. The course requirements will be discussed further at your first session.

There is a maximum of 6 people for both of these classes so you must book early. Phone 5342 7050.

NB: We do have one sewing machine available to use.



If you are interested in a course enrol now to avoid disappointment. If dates/or times do not suit you please ask as often we are able to arrange an alternative.

Let's Create Arts & Crafts



LET'S DRAW WITH MARITA REYNOLDS

Come join in another of our lovely drawing workshops with Marita. You will be learning to draw this gorgeous lion cub. Bring a friend and share a few hours of fun and relaxation together.

DATE: August 8th
DAY: Wednesday
TIME: 10 - 1 pm
FEES \$45.00 - Price includes materials - you can bring some of your own pencils if you desire a requirements list will be available if you do want to purchase or bring your own.

Bookings are essential.

SURFACE TECHNIQUES - POLYMER CLAY JEWELLERY

Polymer clay is a fun, versatile and easy to use material. Create beautiful, unique polymer clay beads working with surface techniques using chalk and acrylic paints. We will also look at various methods of finishing your polymer clay jewellery with sanding and polishing and using liquid polymer. Please bring: an apron, fine, medium and coarse sanding block, small bowl or container large enough to place the sanding block in. Baby wipes. Small size artists fan brush.

DATE: Sunday
DAY: September 16th
TIME: 10 am ~ 3 pm—break for lunch. BYO lunch.
FEES \$50.00 Inclusive GST+ materials cost: paid to tutor \$30.00 (you may have some materials of your own, or wish to purchase your self, if so you will need to call us so as we can ask the tutor for advice for you).

Please note: Payment for all classes are due one week prior to commencement. Places cannot be held if payment has not been received. This ensures people on waiting lists do not miss out.

CREATIVE ART THERAPY

Enjoyment and Insight through Art Making

What is Art-Therapy?

Art Therapy uses the creative process of art making to improve and enhance physical, mental and emotional well-being. It is fun, calming and healing and can be a great way to explore and express any issues or concerns. Materials such as paint, clay, pastels, crayons, found objects, collage and music are used to access healing. No previous art-making experience is necessary.

DATE: Beginning August 2nd - TBC

DAY: Thursday mornings

TIMES: 9.30 ~ 10.30 am

COST: TBA (all art materials supplied)

NB: We need a minimum of 5 people for these sessions to proceed.

NUNO FELT SCARF WORKSHOP

This workshop shows you how to make a gorgeous Nuno felt scarf, using pure tissue silk and superfine merino wool. You don't need any experience and each scarf is unique. Make it for yourself for a special occasion or to give as a special gift.

Students will need to bring two old towels, 2 litre plastic container, supermarket plastic bag and olive soap (green). Other materials will be supplied.

DATE: September 13th

DAY: Thursday

TIME: 10 am - 4 pm

COST: \$70.00 - inclusive GST





Special Workshops

Introduction to Contemporary Floristry with Lani Chapman

NEW

Join Lani Chapman from Jenny Burke Florist in a hands on day course, designing and constructing beautiful floral designs. Learn how to arrange flowers in a vase to decorate your home, create a gorgeous tea cup arrangement perfect for a sweet gift and get your hands dirty with a lesson on making a perfect nature inspired terrarium. This is the perfect taster course for all creatives who would love to learn the design skills behind 'Floristry.'

Item 1 - a garden to vase class, using common garden flowers and foliage's and learn to arrange in a glass vase. Lani will discuss the growing conditions of the plants used and how to properly care for your flowers in a vase.

Item 2 - a teacup arrangement, made into floral foam. Discussion and demonstration of the proper techniques in making this gift item.

Item 3 - create a terrarium in a fishbowl. You will be using a variety of succulents and ferns to create a garden like arrangement.

DATES: August 16 (Wednesday) or August 19(Sunday)

DAYS: Wednesday or Sunday

TIMES: 10 am - 3 pm approx.

COST: \$105.00 includes \$90.00 of flowers & all materials

**DON'T MISS THIS SPECIAL ONCE OFF OFFER!
BOOKINGS ESSENTIAL - PLACES STRICTLY LIMITED**

UKULELE FOR BEGINNERS - AFTER SCHOOL CLASS

NEW

It's fun, portable, cheap, and very musical! Let Bill show you how easy it is. **You don't have to have any musical skills.** You will learn the basic techniques to get you quickly playing the ukulele: fingering chords, simple strumming patterns and some nifty tricks to make you sound like you an expert musician. Traditional as well as contemporary tunes will be used to explore these techniques.

DATE: Starting August 6th

DAYS: Mondays

TIMES: 4-5 pm

COST: \$15.00 a lesson - GST inclusive (6 lessons)

You will need to bring your own instrument - if you don't have one and want to learn just give us a call as we may be able to organise one or two. Maximum 10 students.



Harp and Piano Tuition for Beginners

Choose either instrument

Affordable lessons include music theory

Teaching based in

Smythesdale-Scarsdale area

Full term payment & commitment required

Please contact Abby on

53428870 or 0409966247



agriffithbarrow@gmail.com



YOGA - SUITABLE FOR BEGINNERS - ALL AGES

A gentle step by step guide into the world of yoga and its many health, mind and body benefits. Hatha style is gentle movements with relaxing music. Stretch, strengthen, balance and unwind. Please bring a yoga mat, drink bottle and wear comfortable clothing.

LOCATION: Haddon Community Learning Centre
DAY: Every alternate Monday afternoon/evening

DATES: Beginning -
* July 23rd, 1-2 pm or
* July 30th, 5 - 6pm
FEES: \$15.00 per session

Discount available for whole term paid in full prior to first lesson.

BOOKINGS ARE ESSENTIAL - CALL 5342 7050



MUMS AND BUBS YOGA

We are excited to be offering another term of yoga for you and your baby (3- 18 months).

- ◆ get strong with yoga
- ◆ positive interaction with your baby
- ◆ meet other mums and socialise before/ after yoga

YOU and your **BABY** can enjoy these yoga sessions together.

DAYS: Every second Monday
DATES: Starting August 6th
TIME: 1pm ~ 2 pm
FEES: \$15.00 per session
Free tea / coffee provided afterward.
BOOKINGS ESSENTIAL PHONE 5342 7050

We can assist you with one of our courses and can come to other areas if you have a group of participants in need of training. We have smaller classes and knowledgeable and dedicated tutors to help you along your path to achieve your goals. Call us now on 5342 7050 to discuss and secure your place and take that first step.

Well Being, Health & Exercise

CHAKRA MEDITATION AND HERBAL TEA



Each week explore deeper connection to your vitality source with a focus on chakra energy and body and breathe awareness. Followed by a complementary tisane and discussion every week.
Being spiritual is a way of life. Finding peace and connecting to nature on a deeper level gives strength and value to our being. A spiritual seeker all her life, Cath has been meditating since aged 15 years. And she continues to be guided from within.

Week One: Heart balance and (herbal) support.
Week Two : Throat chakra
Week Three: Base chakra
Week Four: Solar plexus chakra

LOCATION: Haddon Community Learning Centre
DAY: Wednesdays
DATES: August 15th - -September 5th - 4 weeks
TIMES: 1 - 2 pm
FEES: \$16.50 (Concession \$15.50)- GST inclusive
Discount if paid in full prior to class - \$60.00

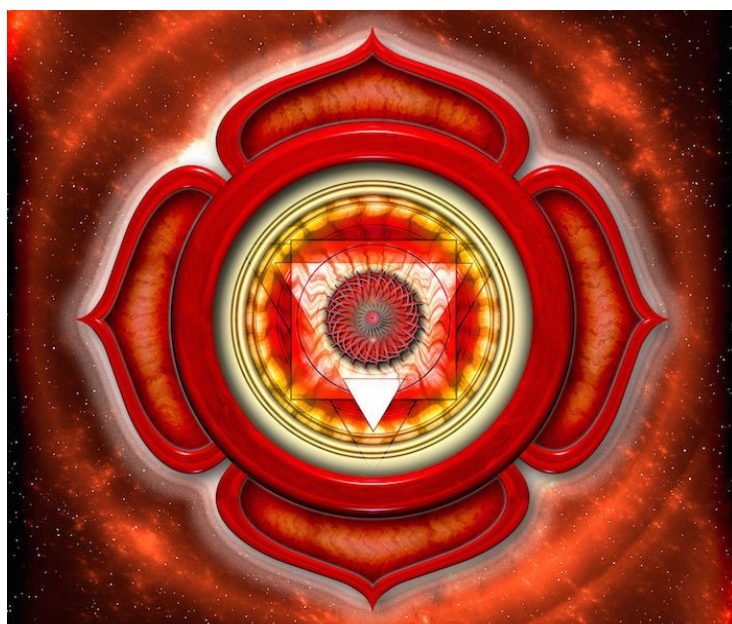
Other meditation sessions may be organised dependant on numbers. Call to express your interest.

What is Chakra Meditation?

A chakra is an energy centre in the human body as taught in Indian yoga and some related cultures. Chakras are also believed in by some New Age adherents. Chakra means 'wheel' in Sanskrit.

A chakra is an area in the body connected with life energy. There are seven chakras in the body - each is an interface for the flow of life energy. A chakra vitalizes a physical body and is associated with interactions of a physical or mental nature. Current science is not able to detect or measure chakras.

- Source Wikipedia



GST - Please note where courses have assistance in employment or study related GST may not be applicable.

General Interest & Special Groups

What is Your Interest?

Do you want to form a social group, art, book club, photography, sewing, patchwork, knitting, crochet, cooking, movies, music, singing? We can give you a hand to get started and we have nice spaces available for you to use at low cost. Give us a call to discuss how we may be able to help.

The Community Vegie Patch

Check **'The community vegie-patch working towards self sufficiency'** Facebook page for information, meeting dates and events coming up: <https://www.facebook.com/groups/the.community.vegiepatch/> Keep an eye out for information and latest news will be on the Facebook page.

Children's Programs

Little Woody's Programs – Branch into Music

Little Woody's is an exciting program for pre-school aged children (0-5yrs) and their parent or carer to engage in positive experiences together that enhance the parent/child relationship.

Please note that this program is in recess as Anne is taking a break. It will return in Term 4.

**Places strictly limited. Bookings are essential.
Payment is required before or at the first session.**

For more information or to book in please contact Haddon Community Learning Centre on 5342 7050

Playgroup

No child is too young for Playgroup. Playgroup is for all children from 0-5years including babies. Haddon Playgroup is held on every second Friday during the school terms.

Day: Fridays - every second (we will extend to every Friday if needed)

Time: 10.45am ~ 12.30 pm

Cost: \$2.00 donation on the day (TBC)

Contact: Kate on 0418 353 457



Membership

**Consider becoming a member for only \$5.00 a year.
The money raised helps to keep us open!
Valid from January 1st - December 31st.**

Gift Vouchers ~ Make a great gift

Gift vouchers are available for any amount and they will cover the tuition cost of any course we run at the House – a great gift idea for someone who has everything! Please enquire at the office.

NB: Voucher doesn't cover cost of materials fees.

Library

The Community Learning Centre has a library of pre loved books, videos and DVD's available to borrow or swap. Take some, leave some, or relax and have a read, while enjoying a coffee in the lounge area.

We also have a collection of LARGE PRINT, and TALKING books, for those who are vision impaired or just prefer this type of book. Donations of good quality books and magazines are always gratefully accepted.

**Please note we are unable to accept
educational texts or instruction manuals.**

Services

PUBLIC INTERNET & COMPUTER ACCESS

Is available between 10 am till 3 pm - only when computer classes are not being conducted. You are strongly advised to ring to check on availability prior to attendance.

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Monochrome per A4 page \$1

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A3 Single side

60 cents Double side \$1.00

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\$2.50 per page

FAX SERVICE

\$2.00 for the first page and \$1.00 each for subsequent pages (local/interstate). International P.O.A.

Above services available 10 am - 3.30 pm daily.

COMPUTER LAB FACILITY FOR HIRE

The computer lab has PC's & 1 Mac and audio visual facilities and is served by a spacious rest area with tea and coffee making facilities. Call us to discuss your requirements or book on 5342 7050.

Local Profile – David Morcom

My name is David Morcom and I am a fully qualified and experienced carpenter. I was born and bred in Ballarat and have been living in Cape Clear for the past 18 months. My wife and I chose Cape Clear for its peace and quiet, beautiful surrounds and friendly community.

I studied Carpentry at the School of Mines in Ballarat and did my carpentry apprenticeship at the age of 17 with a well-known Ballarat company. I have now been running my own business for the past six years.

I am passionate about wood and I specialise in building decks and pergola's, undertaking renovations, installing doors and locks, skirts and arcs and all other general carpentry work.

I also undertake custom orders for clients, such as making timber desk tops, timber screens and making modifications to existing furniture. This is an area of my business that I would like to grow in the coming years, along with making my own custom furniture.

My work takes me to all the surrounding areas of Ballarat and their communities, linking me in with other trades and services.

When I'm not working, I enjoy spending time in the shed at home, tinkering on projects and working on ideas. I am also a passionate 'Tigers' fan and enjoy going to the occasional game.

I am professional and reliable and I always work with my clients to ensure that they gain the outcome they want. I look forward to hearing from you when you next need any carpentry work done.



David Morcom

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Wala Animal Sanctuary

Contact: Karen on
0409 137323



Specialises in wildlife rescue and caring and has a permit for a maximum of 50 animals and Wala is self funded.

Can You Help? Wala would appreciate any monetary donations or supplies such as burn cream, etc., even if out of date, building materials, woollen blankets, animal food, including bird seed, hay or straw, hutches and aviaries, fruit, etc.

Please call Karen for pick up.

White Night Bendigo September 1st

In September 2018, Bendigo will become the second regional centre to be transformed by White Night. The evening will run from 7 pm till 2 am.

Inspired by the international Nuit Blanche movement that began in Paris in 2002 and came to Australia as White Night Melbourne in 2013, White Night Bendigo is a free, cultural event – the first of its kind in regional Australia.

It is the city as you know it, but reimagined and transformed under the ephemeral cloak of night. A night where the surreal seems real, White Night Bendigo is a rare opportunity to experience the city in a different light. The event will weave a spell over the city's CBD, transforming the impossible into the possible through installation, lighting, exhibitions, street performances, film, music, dance and interactive events.

White Night Bendigo will pay homage to the city's rich history, from the myths and legends of its Indigenous owners to its Gold Rush past, and notable visit by composer Richard Strauss, to its current vibrant arts and cultural community.

For more details check out the website at:
<https://whitenight.com.au/bendigo/>

You can also sign up for the newsletter for the latest updates on the events and happenings.

White Night Bendigo will take place on Saturday, 1 September 2018, before heading to Geelong on Saturday, 13 October 2018.

Mayor's Message July 2018



We received 34 submissions to the draft Budget and three submitters spoke at a special meeting of Council at 6pm on 12 June 2018 at the Bannockburn Shire Hall. The final versions of the 2018-19 Council Budget and Council Plan were presented for adoption at the 26 June Council meeting; you can find the final version on our website at goldenplains.vic.gov.au/budget. I'd like to congratulate the 16 men who completed the 10-week Smythesdale Sons of the West program. Their stellar efforts

were recognised at the graduation celebration in May, where we were also joined by football legend, Tony Liberatore. 34 local young people, aged 12-15, are currently stepping out of their comfort zones and embarking on adventures that advance their personal development, as part of GPS Adventures, a program funded by VicHealth. So far the participants have gone on excursions to the You Yangs National Park and Surf Coast Mountain Bike Park – we hope they enjoy the rest of the program!

Cr Helena Kirby – Mayor

JOIN THE CONVERSATION WITH COUNCIL

Join the conversation about what is happening in your community at one of Council's regular pop-up conversation posts being held across the Shire in 2018:

Wednesday 1 August 2018, 2 - 5pm, Bannockburn Country Plaza, High Street Bannockburn

Saturday 15 September 2018, 9am - 1pm, Smythesdale Country Market, Smythesdale

Saturday 24 November 2018, 9am - 1pm, State Election, North of the Shire (location TBC).

Visit goldenplains.vic.gov.au/consultations to find out more.

Tax Essentials for Small Business – Workshop 1 of 2 The Well, Smythesdale, Thursday, 19th July 1 pm to 3 pm

You'll learn about:

Business structures and their different rules, tax rates and obligations, tax and non-tax business registrations, allowable deductions, including motor vehicle deductions, depreciation and home-based business expenses, annual and quarterly reporting requirements, record keeping principles, where to go for help and information when you need it.

You will be shown online tools and resources that can help you and you'll have the chance to ask questions. This is a great opportunity for you to network. Tea and coffee will be available.

There is a dedicated Employer essentials free workshop so employer obligations are not covered in this event.

Please bring a pen and your smartphone or tablet. After the event you will be sent a short online survey.

The Woody Yaloak HERALD

is published each term as a project of the
Haddon Community Learning Centre.

Registration No. 12494

Haddon Community Learning Centre

396 Sago Hill Road, Haddon 3351

Tel 5342 7050

Fax to 5342 7013

Email: media@haddonlearning.org.au

Write for The Woody!

Anyone is welcome to submit articles, photos and reports for publication.

We would really love to put together a regular team of 3-4 people so do get in touch if you are interested. We'd love to hear from you.

Send items to The Editorial Team, Woody Yaloak HERALD by mail, fax or email or deliver to Haddon Community House by the deadline.

DEADLINE FOR TERM 4 ISSUE 2018

September 9, 2018

Preferred format is MS Publisher,

typed or clearly printed, sent as an email attachment, on a computer disk, fax or post.

NO PDF files please without prior discussion and consent of the Editor.

Send photographs by post or as an email attachment.

If photo to be returned, send with a stamped SAE and put name/address on back.

If you would like to advertise your business, please contact the editorial team to discuss your needs.

Disclaimer. Any group or person may submit items for publication, preference may be typed or in a recognised computer format. Items must include name, address and telephone number of the sender. The Editor reserves the right to edit for length, clarity or legality any item or not to publish any item considered inappropriate.

Views and comments expressed in this paper are not necessarily those of any member of the Woody Yaloak Herald or the Haddon Community Learning Centre unless acknowledged as such.

Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, HCLC takes no responsibility for any errors or omissions.

Send any items or questions to:
media@haddonlearning.org.au

Haddon Community Learning Centre



Grampians Brushes 2018 ~ Explore New Skills and be Inspired

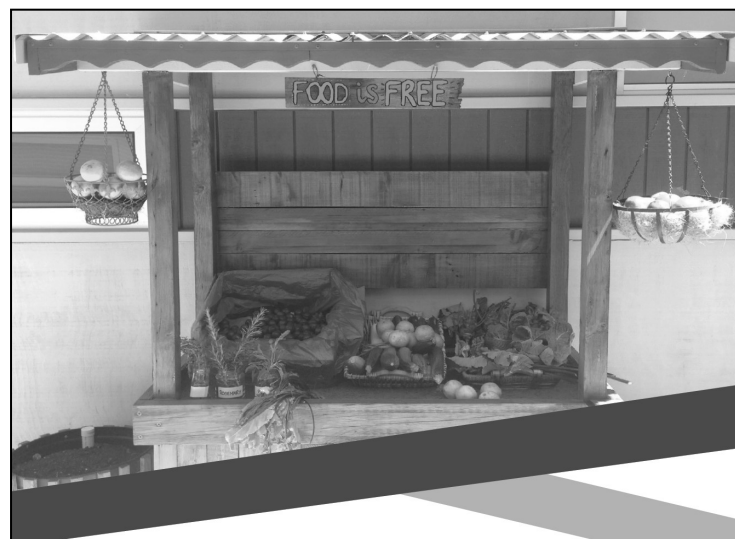
Set in the beautiful hillside setting of Grampians, the Halls Gap township hosts a number of popular exhibitions, shows and events throughout the year. One such event aimed at art lovers is the 'Grampians Brushes.' This art festival offers workshops and exhibitions and is an excellent platform for aspiring artists to learn new art techniques including: charcoal painting, contemporary art, traditional paintings and sketches.

Aspiring artists are also offered introductory classes to teach them about types of paintings and colour varieties. School children are also welcome to join these workshops at Grampians Brushes to learn a new skill. Those with a passion for art should check out the various artworks on display as well as works that are undertaken during the event. Held at a stunning venue, the Grampians Brushes boasts a stunning setting next right next to the Grampians National Park.

There will be a number of 2, 4 and 6-day workshops run throughout the festival. Most run for a full day (9am-4pm) from the 8th - 13th September and lunch is often provided on site.

Classes offered include: Introduction to Watercolour, Abstracting the Grampians, Mono-printing with Collage, Charcoal Drawing, Life Drawing, Illustrating, Oil Painting, Botanical Art and Printmaking, with many more on offer.

Whether you want to learn canvas painting, oil painting, charcoal sketches or life drawing, the Grampians Brushes offers you all varieties of workshops for all painting disciplines and a number of inspiring tutors aim to help participants to learn and improve their skills. See the website for more information: <https://www.grampianspoint.com.au/events/grampians-brushes> and we have some brochures with schedules at the Haddon Community Learning Centre.



Food is Free SMYTHESDALE

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if I can assist you with a state government matter.



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email: geoff.howard@parliament.vic.gov.au

Authorised by Geoff Howard MP, 15 Main Road, Ballarat VIC 3390
Funded from Parliament's Electorate Office and Communications Budget

WHAT, WHERE AND WHEN

JUNE

- 29th** School Term 2 ends
- 30th** **Ballarat Winter Festival begins** - various CBD locations and runs until July 29th.
Ballarat Potato Fest - Ballarat Mining Exchange 3-8 pm -
 ballaratwinterfestival.com.au
Winter Wonderlights begins - Sovereign Hill -
 winterwonderlights.com.au
Winter Native Flower and Plant Show - Robert Clark Horticultural Centre, Ballarat Botanical Gardens,
 10 am - 4.30 pm entry \$5.00

JULY

- 7th** **Golden Plains Farmers Market** - 8.30am to 12.30pm
 Cnr Milton & High St., Bannockburn
- 16th** **School Term 3 begins.**
- 21st** Smythesdale Country Market - 9 - 1 pm
 Di Moylan - 0419 394 784

AUGUST

- 4th** **Golden Plains Farmers Market - 8.30am to 12.30pm**
Cnr Milton & High St., Bannockburn
- 18th** Smythesdale Country Market - 9 - 1 pm
 Di Moylan - 0419 394 784
- 26th** **Creators and Craft Market - 1- am -2 pm** High St & Milton St., Bannockburn. Enquiries Noeline Trevor 0427 923 934 or email: ccbanno@bigpond.com

SEPTEMBER

- 1st** **Golden Plains Farmers Market** - 8.30am to 12.30pm
 Cnr Milton & High St., Bannockburn
- 15th** **Smythesdale Country Market** - 9 - 1 pm
 Di Moylan - 0419 394 784

THE WOODY YALOAK HISTORICAL SOCIETY INC.

The society aims to encourage the study of Australian history, especially of the history of the district around the Woody Yaloak Creek; to promote the compilation and presentation of authentic records relating to the Woody Yaloak district; and to undertake and encourage historical research.

Phone: (03) 5342 8754 Email: wyhs@vic.chariot.net.au

SCARSDALE CWA



The Scarsdale CWA welcome new members to their branch who may wish to join them.

For more information, contact Anne Wilson on 5342 8311.

SMYTHESDALE COUNTRY MARKET

THIRD SATURDAY OF THE MONTH
9.00 AM - 1.00PM

Address: 35A Brooke Street, Smythesdale

Event Organiser: Di Moylan

Phone No: 0419 394 784

Email: wyhs@vic.chariot.net.au



Catherine King MP
Federal Member for Ballarat



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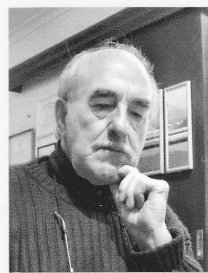
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For other great upcoming events – training, mentoring and networking – go to
www.goldenplains.vic.gov.au/business

Please note, advice is general in nature and is designed to be an initial step to overcome an issue or information gap.



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Fundraising in Smythesdale
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Maryanne and the crew at Miingo's
Cafe & Takeaway - See story on page 5



Left: Maryanne's cousin
Melissa and above a lucky
raffle winner on the day.