

VERMONT SOUTH COMMUNITY NEWS



February 2012

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Every month except January for the past 35 years.



Vermont South Community House Inc.

ABN 60 776 754 115 ARBN A0004301Z

Karobran Drive, Vermont South 3133 (Melways 62 G7)

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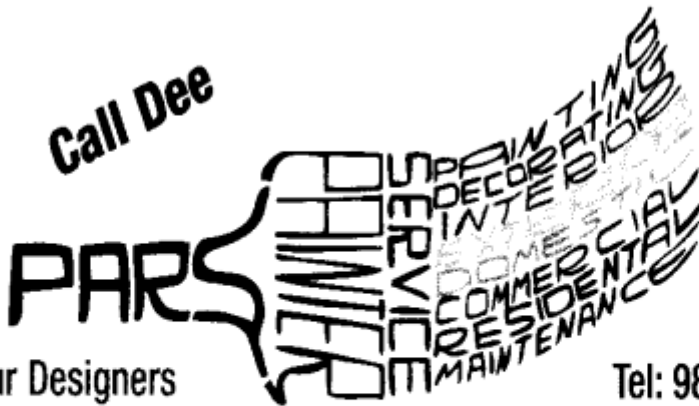
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ABOUT THE HOUSE about the house



Welcome to the first issue of Vermont South Community News for 2012. I hope everyone enjoyed the Christmas festivities with family and friends and I wish everyone a safe, happy and healthy year ahead.

The majority of our classes will commence the week beginning Monday 6th February and a number of our classes for Term 1 are featured in this issue. A full copy of our term program can be obtained from the Community House, the VS Shopping Centre and Library. Details of all of our courses are on our website at www.vs.ch.org.au and bookings can now be made via the website (the staff will confirm your place via email).

Unfortunately Diana tendered her resignation in January due to ill health. We thank her for her contribution to the Community House over the 11 years and wish her all the best for the future. Helen, Robyn, Hazel and Nicole are happy to talk with you and take your enquiries/bookings.

Thank you to members of the Ismaili community and Committee members and partners who came (despite the weather) in January to help prepare the House for the new year.

I will endeavour over the year through the newsletter to keep you informed on House happenings as well as events in the local community.

Jenni Bramham,

Manager

Harrison Steele

HAIRDRESSING FOR LADIES & GENTS

MEN'S		LADIES	
Clipper or crew cut (Mon-Fri) Nos. 1,2,3,4	\$15.00	Cut - short hair	from \$32.95
Men's Cut	from \$19.50	Pensioners (Age) Cut	from \$27.50
Men's Style Cuts	\$22.50	Shampoo & Blow wave	from \$29.95
Senior	\$17.00		
Pensioners (Age) (Mon-Fri)	\$15.00	Cut & Blow Wave	from \$42.95
Boys (Aged 1 - 9)	from \$15.00	Pensioner Cut & Blow Wave	from \$32.95
Boys (Aged 10 - 14)	from \$16.00	Girls	from \$16.95

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A GREAT COMMUNITY EFFORT

Although Sunday 8th January was wet & windy, it was fantastic that we had a great turnout at our House Working Bee.

With so many eucalypts in the vicinity of our community house, there is always debris to clean up. Weeding, pruning and replanting the planter boxes was accomplished as well as vacuuming and cleaning up inside.

The local Ismaili community, I-CERV (Ismaili Community Engaged in Responsible Volunteering) provided the bulk of the labour with some House Committee members and others making up the numbers. We provided the morning tea and the Ismaili volunteers organized a delicious lunch for everyone.



A job well done and a great and satisfying community effort. Thank you everyone. Bill Bennett, **President**



vermont south **PHYSIOTHERAPY**

RON MUNRO Musculoskeletal Physiotherapist



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ORTHOPAEDIC REHAB • SPORTS INJURIES • SPINAL PAIN • HEADACHES • POSTURE CARE

SUSTAINABILITY STREET NEWS



As we begin 2012, there is an opportunity to re-evaluate our lifestyles and to consider the effect we have on our planet.

Our Sustainability Street group discusses how we can individually live more sustainably and plans practical projects to make it happen. If you want to find out more, come along to our 2012 planning meeting on Wednesday 8th February at the Community House at 7pm. Enquiries to Bill Bennett on 0428 588 120 or email benfam@bigpond.net.au



Sustainable Living in Whitehorse February - June 2012

Contact Whitehorse Council's Sustainability Team on 9262 6333, email greenercity@whitehorse.vic.gov.au or visit www.whitehorse.vic.gov.au to find out more about the Environmental Events Program.



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art & craft classes

The following Art & Craft classes will be held at the Vermont South Community House in Term 1.

For bookings please phone the Community House on 9803 2335.

ACRYLIC PAINTING *with Susan Gustafson*

Acrylic painting for beginners to intermediate level is the focus in this class. We will discuss colours and the colour wheel and how to mix them, as well as different painting techniques, including the importance of negative space in painting, left and right brain function and how this impacts on your painting. Acrylic paint is extremely versatile and forgiving so my aim is to allow each student to develop their own style of painting whilst practicing lessons they learn throughout the term. *Ask at the office for a list of requirements.*

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	7.30pm - 9.30pm	\$92



BASKET WEAVING *with Jean Stone*

Specialising in weaving with natural fibres. Learn to make beautiful baskets, chair seats, hats etc. A sample basket can be seen in the glass display cabinet at the House.

Ask at the office for details of starter kits.

DAY	START	END	TIME	COST
Tue	7 Feb	27 Mar (8 wks)	7.30pm - 9.30pm	\$92



CHINESE BRUSH PAINTING *with Echo Wu*

Join Echo to learn the free style flower and bird Chinese painting. No previous experience is required. You will learn the basic brush strokes, techniques and use water, ink and colours on rice paper to draw different themes. Flowers, plants, birds, animals and rocks are the topics to cover. Chinese calligraphy will also be taught in the class for students to better understand the techniques of executing lines.

Ask at the office for a list of requirements.

DAY	START	END	TIME	COST
Tue	7 Feb	27 Mar (8 wks)	9.30am - 11.30am	\$126



DRAWING AND PAINTING *with Owen Brown*

Topics covered in this class include introductory to advanced in water colour, oils and acrylics, drawing as an end in itself and as an aid to painting, a walk through of colour theory, colour mixing, hints to improve landscapes, a delve into structural issues such as perspective, 3D through to shading techniques. Classes are also held on Thursday evenings. *Ask at the office for a list of requirements.*

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	1.00pm - 3.00pm	\$104



JEWELLERY MAKING with *Pat Sledge*

If you have previously joined me for a basic jewellery class or have some experience why not come and try making a twisted pearl necklace and bracelet. It will be a fun morning assembling your own design from a selection of pearls, freshwater pearls and crystals. If you have supplies or tools of your own, please feel free to bring them along. Depending on the materials chosen on the day, the material fee will be approximately \$20.00, to be paid direct to the tutor for each workshop. *Ask at the office for a list of requirements.*

DAY	START	END	TIME	COST
Sat	18 Feb	18 Feb (1 wk)	9.30am - 12.30pm	\$21
Sat	17 Mar	17 Mar (1 wk)	9.30am - 12.30pm	\$21



LEADLIGHT AND COPPER FOILING with *Phil Wright*

Join the growing number of people who enjoy making their own stained glass panels and gifts, using the techniques of leadlighting and copper foiling. As a beginner you will be taught the basic steps, which include glass cutting, construction and finishing techniques by completing a class project either in lead or copper foil. You will then move onto creating your own project where elements of design and glass choice will be taught. Construction techniques for making mirrors, lamps, boxes, and sun-catchers will also be taught. *Ask for a list of requirements.*

DAY	START	END	TIME	COST
Mon	6 Feb	26 Mar (7 wks)	7.30pm - 9.30pm	\$91
	<i>no class 12 March</i>		Beginner project \$10 to tutor	



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CLOSED Tuesday and Thursdays

This Salon continues to grow with your recommendation, Thank-you

Awarded 5 star excellent grading by City of Whitehorse Environmental Health Unit

art & craft classes continued

PICTURE FRAMING WORKSHOPS *Classes held at FrameCo Nunawading* Introduction to Picture Framing

This class is ideal for the absolute novice to intermediate level DIY framer. Even if you do some framing now, you will find this class will answer many of the most frequently asked questions. We will show you lots of shortcuts and “tricks of the trade” to make your framing projects easier to do and give them a more professional look using the FrameCo system and tools. Morning tea, a light lunch and afternoon tea will be provided.

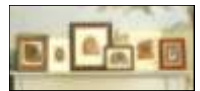
DAY	START	END	TIME	COST
Tue	14 Feb	14 Feb (1 wk)	9.00am - 4.30pm	\$159
Sat	18 Feb	18 Feb (1 wk)	9.30am - 4.30pm	\$159
Tue	13 Mar	13 Mar (1 wk)	9.30am - 4.30pm	\$159



Creative Framing

This seminar is arranged in an Open Forum format where we demonstrate all the techniques and you get to ask all the questions you can think of! Some topics which will be covered are: needlework framing, creative mount cutting techniques, shadow boxes, memorabilia framing, arcs & scallop cutting with the m/master circle cutter, double & instep mounts and freehand v-grooving and carving. It is recommended beginners attend the Introduction to Picture Framing workshop before attempting this more advanced workshop. Morning tea, a light lunch and afternoon tea provided.

DAY	START	END	TIME	COST
Wed	15 Feb	15 Feb (1 wk)	9.00am - 4.30pm	\$159
Wed	14 Mar	14 Mar (1 wk)	9.30am - 4.30pm	\$159



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Hands on Course

This exciting new course is a result of further discussions with our customers who told us they want to frame a project of their choice and to have the tutor there to guide them when required. To this end we have formulated this course especially for those framers who want that added tuition on their own particular project that they can take home with them. It is a requirement that all participants have attained a competent level of picture framing skills or have completed the Introduction to Picture Framing workshop. Morning tea, a light lunch and afternoon tea will be provided.

DAY	START	END	TIME	COST
Thu	16 Feb	16 Feb (1 wk)	9.00am - 4.30pm	\$159



SKETCHING with Glenyce Schumer

Improve your sketching whilst learning 3D techniques in lead pencil. Ideal for beginners of those wishing to improve their technique.

Ask at the office for a list of requirements.

DAY	START	END	TIME	COST
Tue	31 Jan	3 Apr (7 wks)	9.30am - 12 noon	\$98
<i>no classes 7, 14 & 21 February</i>				



WATER COLOUR PAINTING with Glenyce Schumer

Learn the techniques of water colour painting and surprise yourself with the results. Students learn the basic principles of sketching, mixing colours and using colour medium. *Ask at the office for a list of requirements.*

DAY	START	END	TIME	COST
Mon	30 Jan	2 Apr (7 wks)	9.30am - 12 noon	\$98
Mon	30 Jan	2 Apr (7 wks)	12.30pm - 3.00pm	\$98
<i>no classes 13 & 21 February & 12 March</i>				



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COMMUNITY ARTS PROJECT

The Vermont South Community House is keen to facilitate a community arts project this year. An example could be a mosaic mural similar to those undertaken in 2006 and 2007 in conjunction with Nunawading Community Hostel, Livingstone Primary School and Vermont South Special School. Other examples could be a clay mural or a leadlight window similar to the projects in 2000 to commemorate the centenary of federation. At this stage nothing is “set in concrete” (or mortar, adhesive, clay, lead) and we welcome your ideas and suggestions. We would love to hear from people who can assist with the design and construction of this exciting project.

If you would like to be involved in this project please contact Jenni Bramham, Manager on 9803 2335.



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computer classes

The following computer classes will be held at the
Vermont South Community House in Term 1

For bookings please phone the Community House on 9803 2335.

ADOBE PHOTOSHOP ELEMENTS V6 with *Scott Moran*

Learn to use Adobe Photoshop Elements 6.0 to retouch photos and artwork. Learn to remove spots/scratches and red eye, clone out objects, sharpen, prepare photos for web/email sharing, special effect techniques, change the colour of objects and add artistic effects to enhance your photos to their best. *Prereq: Basic computer skills*

DAY	START	END	TIME	COST
Fri	16 Mar	30 Mar (3 wks)	1.00pm - 3.30pm	\$84
			plus \$20.00 for the manual	



COMPUTER SKILLS FOR THE WORKPLACE - POWERPOINT

with *Loretto Campbell*

This course has been designed so participants can expand and increase their knowledge of the various computer skills used in today's workplace environment and will focus on PowerPoint. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Mon	6 Feb	26 Mar (7 wks)	7.00pm - 10.00pm	\$75
		<i>no class 12 March</i>		



COMPUTER SKILLS FOR THE WORKPLACE with *Scott Moran*

This course has been designed so participants can expand and increase their knowledge of the various computer skills and technologies used in today's workplace environment including Word, Excel and Publisher, creating advertising flyers & brochures using MS Publisher, creating simple spreadsheets and formulas in Excel. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	9.30am - 12 noon (weeks 2 - 7)	\$75

Note: Weeks 1 & 8 will be 3 hours (9.30am - 12.30pm). Total 21 hrs



eBAY with *Scott Moran*

Be introduced to the world of eBay where you will be shown the steps involved in creating an eBay and PayPal account and how to search and list items effectively.

DAY	START	END	TIME	COST
Fri	17 Feb	24 Feb (2 wks)	1.00pm - 3.30pm	\$56

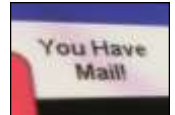


computer classes continued

EMAIL AND THE INTERNET *with Scott Moran*

Learn how to set up a web based email account and send and reply to messages, send messages to selected groups, attach to your messages documents and pictures you want to send to family and friends. The course will also provide instruction on how to navigate around a website, save your favourite websites for easy access, use search engines to find information, learn about online shopping and banking. A good grounding on how to protect your computer from viruses and hacking will also be provided. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	12.30pm - 3.00pm (weeks 2 - 7)	\$75



Note: Weeks 1 & 8 will be 3 hours (12.30pm - 3.30pm). Total 21 hrs

INTRO TO COMPUTERS FOR THE MATURE LEARNER *with Scott Moran*

Aimed at people in the 40+ age group, participants will commence with the basic functions of a computer leading on to word processing, email and the Internet. Topics covered include Windows, the desktop, filing, word processing, using the Google search engine and email. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	12.30pm - 3.00pm (weeks 2 - 7)	\$75



Note: weeks 1 & 8 will be 3 hours (12.30pm - 3.30pm). Total 21 hours

POSITION VACANT

The Committee of Management has a voluntary position vacant for a Treasurer. This important role would suit a person suitably qualified and/or experienced with financial matters. Ability to work with MYOB would be an advantage. The Committee of Management meets monthly on the 4th Tuesday commencing at 7.30pm when reports are tabled & discussed. Monthly Profit and Loss and Balance Sheets are provided by office staff.

For more details contact President Bill Bennett on 0428 588 120 or email benfam@bigpond.net.au or our Manager Jenni Bramham at the Community House on 9803 2335 or jenni@vsch.org.au.



INTRODUCTION TO WINDOWS 7 & OFFICE 2010 with Loretto Campbell

This course will help you understand the basics of the operating system Windows 7 and provide you with a quick tour of some of the applications within Office 2010 such as Word, Excel, Access and PowerPoint. Ideal for people new to computers. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Tue	7 Feb	27 Mar (8 wks)	7.00pm - 9.30pm (weeks 2 - 7)	\$75

Note: Weeks 1 & 8 will be 3 hours (7.00pm - 10.00pm). Total 21 hrs



MYOB (BEGINNERS) with Sandra Romero

This course is designed especially for small business operators to set up and use MYOB's basic functions in their day to day activities. Topics include General Ledger, Debtors, Creditors, Inventory, Bank Reconciliation, Payroll, Processing Transactions, Producing Reports. Prerequisites basic computer skills and basic accounting principles. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	7.00pm - 9.30pm (weeks 2 - 7)	\$75

plus \$43.00 for manuals

Note: Weeks 1 & 8 will be 3 hours (7.00pm - 10.00pm). Total 21 hrs



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computer classes continued

MYOB MODULE 2 with Sandra Romero

This course is designed specifically for small business operators to extend their knowledge and skills to increase productivity and use MYOB effectively in their day to day operations. Topics will include : customising MYOB, securing files and data, manage petty cash, manage credit cards, track fixed assets, track jobs, export/import MYOB to spreadsheets, complete end of month transactions, complete end of year transactions and roll over into new financial year, customise forms to suit own business needs. Prerequisites: Students are required to have some basic skills and some experience in operational MYOB. *Subsidised by Adult Community & Further Education.*

DAY	START	END	TIME	COST
Thu	9 Feb	29 Mar (8 wks)	7.00pm - 9.30pm (weeks 2 - 7)	\$75 plus \$38.00 for manual



Note: Weeks 1 & 8 will be 3 hours (7.00pm - 10.00pm). Total 21 hrs

SKYPE WORKSHOP with Jack Bramham

Do you have friends or family locally or overseas and you can never seem to call each other when you are both at home? Are interstate and international phone calls costing you money? Then you need to install Skype on your computer. Skype is a voice over IP service which means you can talk, transfer files and even see the person at the other end all for free. Students will be taken through the various stages from setup to participating in a conference call.

DAY	START	END	TIME	COST
Fri	9 Mar	9 Mar (1 wk)	7.30pm - 9.30pm	\$24



TRAVEL ONLINE with Scott Moran

Learn how to find and book your own accommodation and airline tickets on the Internet. The session will include search tips and the best websites to use.

DAY	START	END	TIME	COST
Fri	9 Mar	9 Mar (1 wk)	1.00pm - 3.30pm	\$30



TWITTER & FACEBOOK FOR THE MATURE LEARNER with Scott Moran

Learn more about the new craze "Twitter" and the social networking site "Facebook". Learn how to create your own Facebook page and Twitter account, learn about privacy tools and how they may also be used for business and club purposes. This is an interactive session, you may already have your own your FB and Twitter accounts or create them during the class.

DAY	START	END	TIME	COST
Fri	2 Mar	2 Mar (1 wk)	1.00pm - 3.30pm	\$30





The Vermont South Community House wishes Councillors Mark Lane and Raylene Carr all the best for the forthcoming year.

MORACK WARD RESIDENTS' FORUM

Councillors Mark Lane and Raylene Carr invite you to attend the next Morack Ward Residents' Forum. The forum provides the opportunity to meet your Ward Councillors and to voice your concerns and discuss how they may be able to help you and other residents within the community.

The next forum will be held on **Tuesday 21 February 2012** at the Community Room at the Horticultural Centre, 82 Jolimont Road, Forest Hill commencing at 7.00pm. This will be an opportunity to provide feedback and guidance on Council's budget development for 2012-13.

If you are unable to attend, questions or comments can be sent to Morack Ward Residents' Forum, City of Whitehorse, Locked Bag 2, Nunawading Delivery Centre 3131. Please include your name, contact phone number and/or email. You may wish to tell us what you would like to see in our Morack community, what you would change about Morack, if you had the opportunity as well as information you would like us to send you on a particular topic.

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SAT: 9.00am / 1.00pm



Are you, or do you know of anyone who is a hypertension sufferer, diabetic or pregnant? If YES, this course is a MUST!

KEEP YOUR HEART HEALTHY AND REVEAL THE SILENT KILLER BEFORE IT REVEALS ITSELF TO YOU!

LEARN HOW TO: Rapidly detect changes in your blood pressure; identify factors influencing your blood pressure; obtain early warning signs of hypertension; detect the onset of preeclampsia; learn if medication is having the desired affect; PLUS MORE.....

ENROL TODAY AND RECIEVE FREE USAGE OF A NEW ON-LINE SERVICE, enabling you to apply the principles taught for better prevention, detection and management of hypertension!

DATE: 27th February 2012 TIME: 10am – 12 noon OR 7:30pm to 9:30pm
VENUE: Vermont South Community House COST: \$95

Diabetes has reached EPIDEMIC PROPORTIONS and is ON THE RISE! If you are a Diabetic this course is for YOU!

Are there lifestyle factors influencing your glucose levels? How effective is your medication? What effect is your diet really having on your health? Has the lifestyle changes really made a difference?

ENROL TODAY AND LEARN HOW TO adequately manage your glucose and obtain the answers to the above questions plus more, using NEW on-line technologies, FREE for all attendees after the course!

DATE: 5th March 2012 TIME: 10am – 12 noon OR 7:30pm to 9:30pm
VENUE: Vermont South Community House COST: \$95

A NEW YOU - LOSE WEIGHT AND KEEP IT OFF IN 2012 & BEYOND

Are you trying to lose a few unwanted kilos? Have you tried many diets only to regain twice as much weight back? Have you reached a plateau? If you have answered YES to any of these questions, this course is for you!

YOU WILL BE INTRODUCED TO NEW ON-LINE TECHNOLOGIES, FREE FOR ALL ATTENDEES AFTER THE COURSE, WHICH WILL GUIDE YOU TOWARDS YOUR WEIGHT LOSS GOALS!

Learn the influence your diet/exercise is really having! Determine when you have reached a plateau and WHY! Know when to change your diet/exercise routines! Learn how to keep the weight off once you have reached your goals! Know how many cheat meals you can really afford before weight goals are compromised! PLUS MORE.....

DATE: 27th February 2012 TIME: 10am – 12 noon OR 7:30pm to 9:30pm
VENUE: Vermont South Community House COST: \$95

Enrolment

TO ENROL in any of the above courses please contact Chris directly on 0410 440 560 or email chris@qtechinternational.com and advise which course you wish to enrol in. (Group discounts of up to 10% apply for groups).

Alternatively you may book on line by visiting www.healthbodymoney.com/Courses

Payment

Cash or Bank Cheque only, payable upon entry!

Run by Qtech International – www.qtechinternational.com

general interest classes

The following General Interest classes will be held at the
Vermont South Community House in Term 1.

For bookings please phone the Community House on 9803 2335.

A LIFE STORY PART I - SAVING A LIFE STORY - *with John Fife*

Too often we hear that family memories have been lost because someone has passed away before they were asked about their life. SAVING A LIFE STORY is an informative introduction as to what you can do to get your own, or a relative's story written down or recorded before it's too late. The session provides a guide to possible methods, (and types of equipment that are available), as well as topics that you might like to cover in a life story.

DAY	START	END	TIME	COST
Thu	23 Feb	23 Feb (1 wk)	1.30pm - 2.30pm	\$10



A LIFE STORY PART II - RECORD YOUR LIFE STORY - *with John Fife*

Everyone has the story to tell about their life - family background, childhood memories, special moments, working life, war stories and other memories. They are stories you might want to hand on to your children and grandchildren. If you don't know where to start, or have the time to write it all down, RECORD YOUR LIFE STORY is a chance to sit and talk to someone about your life and have the conversation recorded on DVD or CD. John will sit with you in a relaxed one on one environment and guide you through the story of your life. You can take as long as you want. Each session takes up to two hours. Also ideal for family members who would to have a relative's story recorded on their behalf Please note that if you require more than one recording session a discount rate of \$70.00 applies for the second session.

Individual recording sessions will be held on Thursday 8th, 15th, 22nd & 29th March.

DAY	START	END	TIME	COST
Thu	8 Mar	29 Mar	1.30pm - 2.30pm	\$90/session



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COLOUR MAGIC with Fiona Etty-Leal

Nothing creates Image Magic faster than wearing the right colours. You'll look great feel great, and enjoy wardrobe co-ordination like never before. Discover how to put the "WOW" in your look now in this special 3 hour workshop. In this workshop the Image Consultant will cover the following topics:-How to look healthy, bright & well every day, Your colour direction to make shopping quick & easy, Your premium colours for hair and makeup, Slim Style or illusion dressing. Create the body you desire, How to create more outfits out of fewer garments. *Detailed notes included, colour swatches are an optional extra @ \$77.00 pp using the very latest and updated colours and systems.* Please wear little or no makeup to this workshop.

DAY	START	END	TIME	COST
Sat	24 Mar	24 Mar (1 wk)	9.30am - 12.30pm	\$55



HOME ENTERTAINMENT with Dave Botherway **Internet TV, HDMI, Home Networks?**

Computer technology in the home is racing ahead-with convergence of our TVs, PCs and phones. This session will explain the developments in multi-media home entertainment for connectivity between Internet, our PCs, TVs and cameras. Also covered is "How to setup a Home network", with some hands-on review of home networking concepts. While designed for beginners, this session can also benefit experienced people on this rapidly emerging topic. No pre-requisites needed.

DAY	START	END	TIME	COST
Fri	16 Mar	16 Mar (1 wk)	7.00pm - 9.30pm	\$20



MONDAY CLUB

This group meets on the 4th Monday of the month to relax, have some fun and share a light lunch.

An interesting speaker is arranged on a variety of topics.

Date: Monday 27th February
Time: 12 noon – 2.00pm
Speaker: Consumer Affairs Victoria
Topic: Retirement Villages



Date: Monday 26th March
Time: 12 noon – 2.00pm
Speaker: John Fife
Topic: "Spending a life behind the microphone"

(John has spent over 40 years in the radio and television industry interviewing many of the world's top sports and entertainment personalities. Life has never been dull and John will share some of the stories behind the stories).



ALL WELCOME

general interest classes continued

SHARE MARKET 101 - ALL THE SECRETS *with Robert Brain*

Not happy with your investment returns? Got doubts about your financial adviser? Want to take more control yourself? Learn the honest truth about the share market. This seminar will help you to be much more in control of your investments — more than you ever thought possible. This 6-hour boot-camp style crash course will explode the myths & reveal the secrets of the share market & explain how it's done. Understand your investing risk tolerance. Learn all about Funda-Technical Analysis. Find out why the market is like an elephant!! Find out how to buy & sell shares, and understand the traps for newbies. The market is really a fast-paced auction — come & see how. The focus is on shares, but CFDs & other financial instruments are mentioned. The handout notes binder (100+ pages) & light lunch are included.

DAY	START	END	TIME	COST
Sat	17 Mar	17 Mar (1 wk)	10.00am - 4.30pm	\$195



SHARE MARKET PRICE CHARTS *with Robert Brain*

The old buy-and-hold investment method is not as successful as it once was. The best investors now use specific stock-picking and timing methods. What are blue chip shares really worth? Funda-Technical Analysis can be very useful, and utilises just three important fundamental criteria to find quality companies, and key charting aspects to time your investments. The simple share price chart of any company can tell us a lot about the company — we just need to know how to read it. With even a little understanding we can easily see the best time to invest — and a good time to take our profits. And good charting software certainly helps. Stock picking can even be fun and enjoyable. Here's a tip: "the trend is your friend". Robert's invaluable "3Ways Rule (in 3Times)" makes it easy to remember the key aspects. This 6-hour seminar on a Saturday is a great introduction to charting. The handout notes binder (100+ pages) and light lunch are included. It is suggested (but not essential) to attend the Share Market 101 seminar before this one.

DAY	START	END	TIME	COST
Sat	31 Mar	31 Mar (1 wk)	10.00am - 4.30pm	\$195



WARDROBE MAGIC *with Fiona ETTY-Leal*

Are you a 20/80 woman? Do you wear 20% of your wardrobe 80% of the time? If so, this workshop will teach you how to create a wardrobe of clothes that you love to wear, that suit your lifestyle and reflect your personality. In this 2.5 hour workshop, you'll learn to:- Clear out your clutter and organise your wardrobe, maximise your clothing budget, whatever its size, shop successfully and know what you need to buy, Discover that "Less is More", see how to create 40 outfits from 12 garments, Travel light and look fantastic on your next trip. Receive detailed notes on how to do your wardrobe blitz.

DAY	START	END	TIME	COST
Sat	18 Feb	18 Feb (1 wk)	9.30am - 12.30pm	\$55



health, fitness and wellbeing classes

The following health, fitness and wellbeing classes will be held at the Vermont South Community House in Term 1

For bookings please phone the Community House on 9803 2335.

AYURVEDIC HEAD MASSAGE *with Kusum Lata*

Ayurvedic head massage is an ancient therapeutic treatment that has been practiced in India for thousands of years and is incredibly relaxing. It uses a variety of pressure techniques that tap in to your seven chakra or paths of energy and encourage healing and balance your whole body. The head massage is especially useful for headache, sinusitis, temporomendibular joint tension, migraine, eyesight and hair problems. Head massage done in the evening helps remove the stress of the day and promotes peaceful sleep.

DAY	START	END	TIME	COST
Thu	1 Mar	1 Mar (1 wk)	1.00pm - 3.00pm	\$22



BALLROOM DANCING *with Ray and Ann Thompson*

Beginners – for people new to Ballroom Dancing and people who have not danced in a long time. This class gets you started with New Vogue (Evening 3 Step, Balmoral Blues, Merrilyn, Tangoette, Charmaine etc.), Modern/Standard (Waltz and Quick Step), Latin American (Cha Cha Cha, Rhumba, Samba, Jive).

DAY	START	END	TIME	COST
Thu	9 Feb	12 Apr (10 wks)	6.45pm - 8.00pm	\$125 per couple or \$80/single



Intermediate – for those who are familiar with the New Vogue, Modern/Standard and Latin American steps but would like to further develop their dancing skills and handle a wider range of dances and steps.

DAY	START	END	TIME	COST
Thu	9 Feb	12 Apr (10 wks)	8.00pm - 9.15pm	\$125 per couple or \$80/single



BELLBIRD DELL RESERVE

Bellbird Dell Reserve is seeking volunteers to help in its upkeep and maintenance. Become a member of our team "Friends of the Dell" and help in pesky weed removal, plant indigenous plants and socialize with other environment lovers.

Working bees to be held on the 1st Saturday of each month

10:00am to 12:00 noon

The next working bee will be **Saturday 4 February**

Meet at the Mindah Court entry to the Bellbird Dell

Get involved and lend a hand to keep our local park beautiful.


For information please contact Anne on 9874 1572




health, fitness & wellbeing classes continued

LINE DANCING *with Anne Maree Sleeth*

Beginners – Want to learn the basic steps to a slower pace using a wide variety of music such as Latin, pop, country and Irish? This class is suitable for new line dancers or those who and to brush up their basic dancing skills.


DAY	START	END	TIME	COST	
Mon	9 Jan	26 Mar (1 wks)	11.00am - 12 noon	\$9.50/wk	
	<i>no class 12 March</i>		or purchase a 10 session pass \$90		

Intermediate – Once you've mastered the basics, you're ready to progress. This class takes you to the next level and introduces additional steps and rhythms to a variety of music.

DAY	START	END	TIME	COST	
Mon	9 Jan	26 Mar (11 wks)	12.15pm - 1.15pm	\$9.50/wk	
	<i>no class 12 March</i>		or purchase a 10 session pass \$90		

STRENGTH TRAINING *with Muriel Hansen*

These classes are circuit style training consisting of a mixture of weight bearing exercises and minor cardio exercises. The class commences with a 5-10 min warm up and a 5-10 minute cool down and stretching. Programs vary each session or two, and parts of the program are team orientated. The prime focus is to increase strength , balance, stability and flexibility.

DAY	START	END	TIME	COST	
Mon	6 Feb	26 Mar (7 wks)	2.00pm - 3.00pm	\$51	
	<i>no class 12 March</i>				
Wed	8 Feb	28 Mar (8 wks)	1.00pm - 2.00pm	\$58	

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YOGA & RELAXATION (DAYTIME) with Louise Grgat

All are welcome for this beginner yoga class. Louise began practising yoga ten years ago and completed teacher training at the Byron Yoga Centre, Byron Bay. Louise enjoys vinyasa and iyengar styles which will be incorporated into the class. Her classes follow a flowing sequence of postures, breathing and relaxation that will improve fitness, self awareness and the ability to relax. Above all, you are encouraged to enjoy the practice and progress at your own pace. All participants are to bring their own mat or one can be purchased from Louise for \$15.

DAY	START	END	TIME	COST
Fri	10 Feb	30 Mar (8 wks)	1.00pm - 2.15pm	\$76



YOGA & RELAXATION (EVENING)

Monday with Karyn Montgomery, Wednesday with Cheryl Jenkins

DAY	START	END	TIME	COST
Mon	6 Feb	26 Mar (7 wks)	6.30pm - 7.45pm	\$66.50
Mon	6 Feb	27 Mar (7 wks)	8.00pm - 9.15pm	\$66.50
<i>no class 12 March</i>				
Wed	8 Feb	28 Mar (8 wks)	5.30pm - 6.45pm	\$76
Wed	8 Feb	28 Mar (8 wks)	7.00pm - 8.15pm	\$76
Wed	8 Feb	28 Mar (8 wks)	8.30pm - 9.45pm	\$76



ZUMBA, ZUMBA EXPRESS & ZUMBA TONING INTRODUCTION CLASSES

with Nicky Edwards

Come along and find out about this new craze. The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Ask at the office for details of times and costs for the weekly classes held on Tuesday evenings and Friday mornings.

Zumba:

DAY	START	END	TIME	COST
Fri	10 Feb	10 Feb (1 wk)	10.00am - 11.00am	\$10



Zumba Express:

DAY	START	END	TIME	COST
Tue	7 Feb	7 Feb (1 wk)	6.30pm - 7.00pm	\$5



Zumba Toning (toning sticks required):

DAY	START	END	TIME	COST
Tue	7 Feb	7 Feb (1 wk)	6.30pm - 7.00pm	\$5
Fri	10 Feb	10 Feb (1 wk)	11.15am - 11.45am	\$5



language classes

The following language classes will be held at the
Vermont South Community House in Term 1

For bookings please phone the Community House on 9803 2335.

ENGLISH AS A SECOND LANGUAGE *with Louise Williams*

These courses suit English language learners who want to improve their English in order to become more fully involved in their local community and in Australian society. It is a pathway to further training and/or employment, and to other community courses and facilities. It is a mixed ability class suitable for pre-intermediate and advanced students.

DAY	START	END	TIME	COST
Tue	7 Feb	27 Mar (8 wks)	9.15am - 12.15pm	\$50*
Thu	9 Feb	29 Mar (8 wks)	7.00pm - 9.30pm	\$42*



ESL FOR EVERYDAY LIVING *with Louise Williams*

This course is designed to help ESL learners improve their pronunciation, speaking and listening skills. Activities are chosen to encourage conversation in a relaxed and fun learning environment. This is a mixed ability class suitable for pre-intermediate to advanced students.

*All ESL classes subsidised by Adult Community & Further Education. *Cost includes a tuition fee & an amenities fee.*

DAY	START	END	TIME	COST
Tue	7 Feb	27 Mar (8 wks)	1.00pm - 3.00pm	\$34*



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Brigette Rankin AAMT 17647

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**Sports: pre/post training*

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Half hour - \$40 One hour - \$65

Seniors Rates apply

For Appointments:

Tel: 9803 1640 or 0425 848 532

Studfield Shopping Centre, Wantirna



FRENCH FOR BEGINNERS with *Vanessa Rocher*

Learn the basics of French in a relaxed atmosphere with an experienced native speaker. Class focuses on daily life communication skills and sentence structure. Suitable for complete beginners. Please bring pen and paper to class.

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	10.00am - 12 noon	\$120
plus \$5 material fee to tutor				



FRENCH CONVERSATION FOR ADVANCED BEGINNERS with *Vanessa Rocher*

Consolidates your speaking skills in a relaxed atmosphere with an experienced native speaker. Class focuses on expanding vocabulary and grammar (future, past tense etc.) used in daily life. Suitable for students who can already express themselves in French a little. Please bring pen and paper to class.

DAY	START	END	TIME	COST
Fri	10 Feb	30 Mar (8 wks)	10.00am - 12 noon	\$120
plus \$5 material fee to tutor				



ITALIAN FOR TRAVELLERS with *Jim Romagnesi*

This course is aimed at people wishing to travel to Italy and focuses on providing students with the most useful aspects of the Italian language for visitors to know. Language instruction will be given in such areas as shopping, restaurants, driving, catching public transport and general directions and is accompanied by advice in dealing with the many conventions that underpin Italian culture. It is recommended that students purchase Buongiorno Italia manual & CD.

DAY	START	END	TIME	COST
Wed	8 Feb	28 Mar (8 wks)	10.45am - 12.45pm	\$120



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STAYING HEALTHY IN THE HEAT


- Look after yourself and keep in touch with sick or frail friends, neighbours and relatives.
- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (for example, shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds. Open the windows when there is a cool breeze.
- Don't leave children, adults or animals in parked vehicles.
- Stay out of the sun during the hottest part of the day. If you must go out, stay in the shade and take plenty of water with you. Wear a hat and light-coloured, loose-fitting clothing.
- Eat smaller meals more often and cold meals such as salads. Make sure food that needs refrigeration is properly stored.
- Avoid strenuous activity like sport, home improvements and gardening.
- Watch or listen to news reports that provide more information during a heatwave.

If you feel unwell in the heat contact your GP or phone NURSE-ON-CALL on 1300 60 60 24. For life-threatening emergencies dial 000

Information provided by the Victorian Government, Department of Health
www.health.vic.gov.au/environment/heatwave



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SMILE YOUTH PAGE! EYES



Have a great
month
Casey
Williamson



Every year on February 14, people around the world exchange chocolates, roses and gift cards between friends, lovers and those that fall somewhere in between. However, the warm and fuzzy Valentine's Day of modern times, had a much more sinister beginning.

There are several theories of how Valentine's Day, with its romantic associations came about.

One legend claims that Valentine was a priest during the third century in Rome. Emperor Claudius II during this period decided that single men made better soldiers than those with wives and families and thus outlawed marriage for young men — who Emperor Claudius II hoped would be potential soldiers. Realising the unfairness of the law, Valentine began conducting marriages for young lovers in secret. When Claudius II realised that Valentine was defying him, Claudius ordered that he be sentenced to death.

Another legend suggests that Valentine helped Christians to escape from harsh Roman prisons. Whilst another legend suggests that it was Valentine himself who actually sent the first "valentine" greeting. Valentine was said to have fallen in love with a girl- who is rumoured to be the jailor's daughter- whilst he was imprisoned. Before his death, it is alleged that he wrote her a letter, which he signed "From your Valentine,"

At any rate, Valentine's Day has been a long standing tradition- some state that Saint Valentine's Day was celebrated as far back as the middle ages! Although Valentine's cards as we know today didn't appear till 1840. Today an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year.

Happy Valentine's Day! Have a great month

Casey Williamson, **Junior Editor**

children's classes

The following children's classes will be held at the
Vermont South Community House in Term 1

For bookings please phone the Community House on 9803 2335

CHILD CARE

Our child care is registered with the Department of Education and Early Childhood Development as a Limited Hours Type 2 licence. Child care is available Monday, Wednesday, Thursday and Friday from 9.00am - 12 noon during the school term.

DRAWING AND SKETCHING FOR 8-12 YEAR OLDS *with Glenyce Schumer*

Children will learn to sketch in 3D and improve their technique in lead pencil. Ideal for beginners or those who wish to develop their sketching.

Ask at the office for a list of requirements.

DAY	START	END	TIME	COST
Mon	27 Feb	26 Mar (4 wks)	3.45pm - 5.15pm	\$34
	<i>no class 12 March</i>			
Tue	28 Feb	27 Mar (5 wks)	3.45pm - 5.15pm	\$42.50



GUITAR FOR 8-12 YEAR OLDS *with Nartarsha Page-Ferguson*

Is your child interested in music? This course allows them to explore their love of music in a small group environment. We will cover basic music theory and learn a variety of chords and scales. We will have them learning songs by the end of the term. *Participants to bring a guitar & a music manuscript book.*

DAY	START	END	TIME	COST
Thu	9 Feb	29 Mar (8 wks)	4.30pm - 5.30pm	\$112



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- **Special arrangements for Year 7, Year8, Year 9 and Year10.**
- **Emphasis on concepts and learning, positive results.**
- **Home work given, regular tests conducted, improvement in your scores**
- Very experienced in coaching children in comfortable & homely environment.
- Excellent past results, Very reasonable rates from \$20 ph. Special rates for certain situations. Call me to find out more.

Contact: R A J M: 0433 713 454 E: raj.tuitions@hotmail.com

PRE-KINDER PROGRAM with Leanne Michaud

These programs have been structured specifically to suit 3 and 4 year old children. The program implements child centred experiences through play, to encourage children's learning, based on the Early Years Learning Framework. We include music, movement and portfolios as a major focus of our program. Children can attend one or both sessions.

DAY	START	END	TIME	COST
Tue	7 Feb	27 Mar (8 wks)	9.15am - 2.15pm	\$253
Thu	9 Feb	29 Mar (8 wks)	1.00pm - 4.00pm	\$184



TOY LIBRARY

Expand the play horizons of your child with access to a wide variety of toys, games and puzzles. Toys are available for loan on a weekly basis and are aimed at children from 6 months to 6 years. Annual membership fees start at \$25.00 (concession card holders) through to \$85.00 per year allowing you to borrow between 3 and 4 items per week (depending on membership). A \$30.00/ year fundraising levy also applies.

DAY	START	END	TIME	COST
Mon	6 Feb	26 Mar (7 wks)	10.00am - 11.00am	POA
Sat	11 Feb	31 Mar (7 wks)	9.30am - 11.00am	POA

The Toy Library will be closed on 10 & 12 March



ZUMBATOMIC FOR 4-12 YEAR OLDS with Nicky Edwards

Designed exclusively for kids (4-12) Zumbatomic class are rockin', high energy fitness-parties packed with specially choreographed, kid friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

DAY	START	END	TIME	COST
Thu	9 Feb	9 Feb (intro class)	4.00pm - 4.45pm	\$7.50
Thu	16 Feb	29 Mar (7 wks)	4.00pm - 4.45pm	\$52.50



VERMONT SOUTH LIBRARY NEWS

Tiny Tots - Tuesday 10.30am - 11.00am

Storytime - Friday 11.00am - 11.45am

Baby Karaoke - 1st Thursday of the month at 2.10pm

(Sing-a-long with simple songs & nursery rhymes.

For parents & babies under 18 mths)

*There is no need to book for these activities,
just come along & join in the fun*

Vermont South Library, Pavey Place, Vermont South



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VERMONT SOUTH PHYISIE

DANCE CLASSES

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1/2 Page \$73.70 Full Page \$101.75

Prices include GST. Book for 11 issues, pay for 10.

Deadline for the March issue is Friday 10th February 2012

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