KINGLAKE RANGES
NEIGHBOURHOOD HOUSE INC.

2015 Semester 2
JULY to DECEMBER

www.kinglakeranges.com.au
Email: admin@kinglakeranges.com.au

Monday to Thursday
9.00am - 4.00pm
6 McMahons Road
Kinglake 3763
Melways : Map 250 Ref J3
Phone : 03 5786 1301

NEWS FLASH!
ENROLMENT NIGHT
KRNH staff will be available to assist with the enrolment procedure in any of our courses and to answer any questions you may have.
Venue: Cappa Rossi’s Cafe - Pizza Bar
Dates: Tuesday 21 July
Time: 4.30pm - 7.00pm
Welcome to the Kinglake Ranges Neighbourhood House Program Semester 2 2015

Term Dates
Term 3: 13 July to 18 September
Term 4: 5 October to 17 December
KRNH will close for the Christmas break on Thursday 17 December and return on Monday 11 January.

HOW TO ENROL

TERMS AND CONDITIONS
Fees must be paid in full at least 7 days before course begins. This will guarantee your place in the course.

• Please remember when posting cheques to attach the completed enrolment form.
• Min/max numbers apply to all courses.
• Bookings are taken until the classes are filled.

FEES POLICY
Refunds will be given if:
• Class is cancelled by KRNH
• You cancel your enrolment in writing at least 4 days prior to the course commencement,
• An administration fee will be deducted from refunds (except where the course is cancelled by KRNH).

ENROLMENT
Enrolments without payment will be considered as expressions of interest only. A full payment is required to secure a place on a course or workshop.

Enrolment Forms are available at the House, can be emailed to you or are available on our website: www.kinglakeranges.com.au. Once filled in, forms can be emailed to: admin@kinglakeranges.com.au or posted to: PO Box 135, Kinglake 3763

MEMBERSHIP
Membership of KRNH is open to all residents of the Kinglake Ranges who have an interest in the aims and activities of KRNH and who support the existence of a Neighbourhood House in Kinglake.

The initial joining fee is $2, plus $5 per year, payable 30 days prior to our Annual General Meeting. Each financial member is entitled to vote at all general meetings, in person or by proxy, and will receive a discount to some of our programed activities and courses.

Payments plans are available if required, please speak to Denise at reception to arrange.
WATER TANK SPRAY UP PROJECT

Calling all Street & Aerosol Artists!

Head to the Kinglake Neighbourhood House for a school holiday program like no other!

Work with a lead Street Artist to design, stencil and spray a new house flavour into being!

**Age:** All community are invited, with a focus on Youth ages 13 years+

**Dates:** Monday 28 September to Friday 2 October (second week of September school holidays)

**Venue:** 6 McMahon’s Rd Kinglake (off Glenburn Road)

**Contact:** Laura 5786 1301

**Cost:** Free with lunch included each day

**Funded by:** Nexus Primary Health
Continuing and Community Groups

FOOD SHARE
KRNH is operating a Foodshare service here at the house. This is a confidential service where non perishable food items are available for emergency relief.
Anyone requiring support is welcome, (privacy guaranteed?)
Date: Every Monday   Time: 10.00am - 12.00pm

HISTORICAL SOCIETY
The Kinglake Historical Society works to collect and preserve the information and memorabilia related to the history of the district. The group meet to collate and catalogue information and photos, or at other times by arrangement. KHS encourages and welcomes new members to support the preservation of our history.
Dates: 1 & 15 July, 5 & 19 August, 2 & 16 September, 7 & 21 October, 4 & 18 November, 2 & 16 December
Time: 12.30pm - 3.30pm   Venue: Kinglake Ranges Neighbourhood House
Cost: $3.00 per session plus $11.00 annual fee   Contact: historical@kinglakeranges.com.au

NEW MEMBERS WELCOME!
Please refer to 7 for more information.

KNIT KNACK
Learn the secrets of successful knitting and achieve results of which you will be proud. Hands on skills and help with selecting a project available. Some yarns, patterns and knitting needles available.
Facilitator: Maree
Date: 2nd and 4th Tuesday of each month
Term 1: 14 and 28 July, 11 and 25 August 8 and 22 September
Term 2: 13 and 27 October 10 and 24 November, 8 December
Time: 10.00am - 1.00pm
Cost: $3.00 per session plus $11.00 annual fee

LANDCARE
Kinglake Landcare works with the community for the preservation and enhancement of the local environment. The group has been involved in roadside and creek rejuvenation work and has information for land owners and anyone interested in protecting and enhancing the local area.
Date: 2nd Monday of each month
Time: 7.30pm
Cost: $11.00 annual fee
Venue: Kinglake Scout Hall (located on the Kinglake Memorial Reserve)

ON THE COUCH WITH KATH
Ever wondered who’s who in Kinglake? Have you ever wanted to know more about some of our local identities? We are giving you the chance to eavesdrop on conversations between Kath Stewart, a lover of personal stories, and her guests as she invites them on to her couch to share their story.
Facilitator: Kath Stewart and her Guest   Cost: $5.00
Dates: Monday 7 September   Monday 16 November
Time: 7.00pm - 8.30pm   Time: 7.00pm - 8.30pm
Venue: Kinglake CFA/SES Station   Venue: TBA

PLAYGROUP
Playgroup is for babies, toddlers, preschoolers and their parents, grandparents or carers. We offer a great opportunity for caregivers and their children to come and interact in our happy, safe and relaxed environment. Your child can learn to play and socialise with other children, learn to play in a different environment with different resources and become pre-school ready. Our playgroup sessions are run by the parent groups who attend.
Dates: Monday (1 year and upwards), Tuesday (2 to 5 year olds) Wednesday (babies and upwards)
Times: Monday & Tuesdays 10.00am-1.00pm   Wednesday 1.00pm-4.00pm
Cost: $3.00 per session for one child. An extra $2.00 for another child in the the same family. Free for any further children in the same family plus $11.00 annual fee.

KINGLAKE RANGES ARTS
KRA is now an auspice of the Kinglake Ranges Neighbourhood House. For information, contact:
Lee - 0427 001 031 or Julie - 0408 552 432

KINGLAKE CWA
Join a group of local women to identify needs within the community and work together towards a solution or to give support to locals and local events.
Day: 1st Tuesday of every month
Time: 7.30pm
Membership: $70 per year
Venue: KRNH
Cost: $2.00 per meeting covers room & refreshments
ELLIMATTA YOUTH SPACE

Come and grab a snack, a hot chocolate, have dinner, read a book, play some pool, practice music, do some homework, or just chill out with us at Ellimatta.

WEEKLY DROP-IN

Open: 4.00pm – 8.00pm

Offered every Wednesday during the school term and begins 15 July.

LOOK OUT FOR SCHOOL HOLIDAY PROGRAMS!

MISTY MOUNTAIN MOVIES

Each month (during the school term) we will be running one movie night for each age group to come and bring their friends, enjoy dinner, a hot chocolate and a screening of a movie selected by young people.

Age 15-25 year olds: Friday July 17, August 14, September 11
Age 10-14 year olds: Friday 31 July, August 28
Contact: 5786 1711
Website: http://ellimattayouth.org.au/

OPEN TO ALL WOMEN IN THE COMMUNITY

Firefoxes Australia is a grassroots support group that emerged in the Kinglake Ranges in 2009 following the Black Saturday bushfires. In the years since, Firefoxes has touched the lives of thousands of women, men and children. Join Firefoxes every month for dinner.

Dates: Last Friday of each month: 31 July, 28 August, 25 September, 30 October, 27 November
Time: 6.30pm
Venue: Various
Website: http://firefoxes.org.au/
Contact: 0427 398 867

KINGLAKE RANGES MENS SHED

Open: Tuesday 10.00am - 4.00pm
Thursday 5.00pm - 9.00pm
Friday 10.00am - 4.00pm

Email: secretary@kinglakerangesmensshed.org.au
Venue: 5 Oldfield Road, Pheasant Creek
Contact: 5786 5999

Kinglake Mens Shed is a place for mate-ship and a place of belonging.
Men of all ages of the Kinglake Ranges Community are welcome to attend.

UNITING CHURCH

Kinglake West Uniting Church
1050 Main Road, Kinglake West
SERVICES: 9.00am, 1st and 3rd Sunday of each month
Contact: 9716 2330 - Minister
Friday night meals at The Meeting Place.
Contact: 5786 5661 for more information.

ANGLICAN CHURCH

St Peter’s Memorial Church
Corner Bald Spur and Whittlesea-Kinglake Roads, Kinglake
SUNDAY SERVICE: 8.30am
Contact: 9716 2042 - Reverend Anne Sells

CATHOLIC CHURCH

St Mary’s Catholic Church
Main Road, Kinglake
MASS: 8.30am each Sunday
Contact: 5786 1064 - Sister Margaret Ryan

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KINGLAKE RANGES FOUNDATION

www.krfoundation.org.au
5786 1976
Keep an eye out for Community Grants!

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Volunteer Murrindindi Resource Centre
Volunteer Murrindindi Resource Centre, based at the Kinglake Ranges Neighbourhood House, is a volunteer matching service and is a one-stop portal for volunteering in the Shire of Murrindindi.

You can use “Volunteer Murrindindi” to find volunteer positions currently available in the local area, or, if you are involved in a community group or volunteer attracting organisation in the Murrindindi Shire, you can post an advert for volunteer positions.

You can also visit the website to access and download resources, templates and policies relating to volunteering.

You can register to volunteer, advertise for volunteers or get more information by going to:


or you can call the House on 5786 1301

You can also sign up for regular email updates by emailing us at vmrc@kinglakeranges.com.au

Kinglake Ranges Opportunity Shop
1A GLENBURN ROAD, KINGLAKE 3763. TELEPHONE 0497 643 042
(Opposite United Petrol Station)

Our Op Shop is staffed by volunteers and is open 4-5 days per week. All profits from sales go directly back into the Kinglake Ranges community through the Neighbourhood House.

Wednesday-Thursday : 10.00am - 4.00pm
Every Second Friday : 10.00am - 2.00pm (phone to check if open)
Saturday-Sunday : 10.00am - 4.00pm

Depending on volunteer availability, hours may be subject to change at short notice particularly over school holidays.

The Kinglake community Opportunity Shop is a great place to pick-up a bargain and support our local community.

KRNH are registered with Centrelink should you need to fulfil a mutual obligation.

New Volunteers Always Welcome

If you would like to volunteer at the Op Shop, please apply to laura@kinglakeranges.com.au or Phone: 5786 1301
**KHS - KINGLAKE HISTORICAL SOCIETY**

Officially formed in 1984, KHS meet to collect, restore, preserve and correctly store items of historical interest and to make the information available to the Kinglake community and to other interested persons. A large collection of documents, photographs, maps and memorabilia has been gathered and valuable information gained from interviews with, and notes made by, members of the early families of the district. With the benefit of a ‘home’ in the Neighbourhood House and with funds from various grants, KHS has been able to improve its equipment to allow for digitising of documents and photographs so that the collection can be safeguarded as far as possible from the loss suffered by the Marysville group. Current activities include the publication of books on local history, arranging ‘Back to Kinglake’ reunions on special occasions, holding sessions with guest speakers or discussions on local history and assisting with bus trips around the district to view historic sites. Recent major projects have been the replacement of the World War 1 & 2 Honour Boards and the production of ‘Kinglake - A Collected History 1861 - 2011’. KHS is assisting the Kinglake Ranges Heritage Trail project which will see 30 information boards placed along 13 kms of the walking track from Kinglake to Kinglake West.

**LANDCARE**

Landcare is a grassroots organisation established over 25 years ago and comprises over 6000 community groups Australia wide. Landcare is made up of people from all walks of life bound together in a real belief in the need to preserve our natural heritage and wherever possible rehabilitate the land. Landcarers do their best to repair the damage of the past caused by over clearing for agriculture and endeavour to bring back the balance between our vitally needed agriculture and the natural environment. As custodians of the land, we are all responsible, and as caretakers and must fill an obligation of trust to leave the land in better condition for the next generation.

**KRA - KINGLAKE RANGES ART**

Where have we been? After a short Hiatus, Kinglake Ranges Arts is back and running. At our AGM last year a committee was not formed, after many discussions KRA is now operating under the Auspice of the Kinglake Ranges Neighbourhood House and we are extremely pleased and proud to be able to continue and provide all things ART to anyone interested throughout the Ranges. In partnership with the KRNH we can now have more Arts programs and have somewhere to achieve these. We are very excited and can’t wait to begin. We need members, communication and participation to keep the momentum going so why not come along to a meeting, join a class, become a member. We’d love to meet and spend time with you.
**Arts and Crafts**

**ADVANCED NATURAL SOAP MAKING AND GREEN CLEANING**

Want to replace your cleaning products with all natural simple products you can easily make yourself?

- Want to radically reduce the cost of your cleaning products to pennies?
- Want to rid your home of toxic, chemical laden cleaning products that can damage your family's health?

This is the workshop for you!

Join Doris Pozzi as she takes you on a journey to revolutionise your home!

Using simple natural soap - that you can make yourself, or learn which natural soaps are still available on supermarket shelves - you are then able to create products such as dishwashing liquid, laundry detergent, dishwasher tablets and finishing liquid and bathroom cleaners. Also, find out about making your own shampoo, conditioner and even toothpaste! These can all be made easily with a few simple, cheap, basic ingredients.

This is a very exciting course that will radically impact the healthfulness of your home and significantly reduce the money you need to spend on cleaning and personal care, a worthwhile investment.

**Facilitator:** Doris Pozzi  
**Dates:** Thursday 13 August  
**Time:** 11.00am - 1.00pm  
**Cost:** $50.00

*Bring a plate of food to share for lunch.*

**CANDLE MAKING**

Want to make your own luxuriously fragranced candles? Join us for an exclusive candle making workshop with Serene Tresidder from Lady Devereux Vintage. Serene has been making a range of fragranced soy candles, patterned pillar candles and tea lights for some years now and would like to share her candle making skills with you to enhance your home and wellbeing. She enjoys blending fragrances and essential oils and will explain which types of scents complement each other. In this workshop you will make your own pillar candle with a crystal pattern and a soy container candle. You will get to choose your own fragrance and colour to make your very own custom made candle. Plus you will also receive a candle making kit with a kilogram of wax, tea light cups, wicks and your choice of three frangrances. Limited places so book early.

**Tutor:** Serene Tresidder  
**Dates:** Sunday 23 August  
**Time:** 10.00am - 3.00pm  
**Cost:** $55.00

*Please BYO glass pouring jug and apron.*

**ANIMAL PORTRAITURE WORKSHOP**

Come and join a friendly relaxed group. Paint your own beloved animal or the tutor can provide photographs or pictures to work from.

**Medium:** Acrylic Painting  
**Date:** Sunday 2 August  
**Tutor:** Jo Bartlett  
**Times:** 10.00am-2.30pm  
**Cost:** $70.00 or $60.00 for concession, KRNH member

All class materials are supplied.  
*Bring your own lunch to munch.*

**EXQUISITE EMBROIDERY**

Learn all the basic embroidery stitches and put them together in this beautiful sampler.

**Facilitator:** Julie  
**Dates:** Sunday 9 August and 13 September  
**Time:** 1.00pm - 4.00pm  
**Cost:** $12.00 per session

Some class materials are available at reasonable cost.  
*Bring your lunch to munch.*

**CREATIVE SPACE**

Do you have a project in mind but lack the space you can dedicate to develop it?  
Do you have the vision but not the tools for the task?  
Do you love to create but sometimes find this a lonely pass-time?

*Space is offered for our local talent and budding artists to come and spend time with like-minded people whilst working on their own personal project.*

Please discuss your requirements with KRNH staff.

**Contact:** KRNH 5786 1301 to express interest.

**Cost:** To be determined dependant upon the interest. Possibly a yearly membership fee and a pay per use fee?

**CARTOONING**

What fun! Ages 8-15yrs will be shown the techniques of Cartooning. Tutor will bring along loads of fun characters to copy.

**Medium:** Pencil and Ink  
**Date:** Tuesday 22 September  
**Tutor:** Jo Bartlett  
**Times:** 10.00am - 12.00pm  
**Cost:** $16.00

All class materials are supplied.  
*Bring your own lunch.*

**KINGLAKE RANGES NEIGHBOURHOOD HOUSE**

- Neighbourhood House have sewing machines available for use.  
- Contact the House on 5786 1301 for enquiries.
KNIT KNACK
Learn the secrets of successful knitting and achieve results of which you will be proud. Hands on skills and help with selecting a project available. Some yarns, patterns and knitting needles available.
Facilitator: Maree
Date: 2nd and 4th Tuesday of each month
Term 1: 14 and 28 July, 11 and 25 August, 8 and 22 September
Term 2: 13 and 27 October, 10 and 24 November, 8 December
Time: 10.00am - 1.00pm
Cost: $3.00 per session plus $11.00 annual fee

CHRISTMAS HEIRLOOM SEWING
Make a start on a family heirloom to bring out at Christmas for generations to come. Make a table runner, place mats, Christmas tree skirt or quilt.
Facilitator: Julie
Dates: Sunday 11 October
Time: 1.00pm - 4.00pm
Cost: $16.00
Reasonably priced materials available.

LIFE DRAWING - With a Twist*
Short poses and long poses, this class is for beginners through to established artists. Materials supplied.
(With a twist means models will not be fully nude, guys topless and ladies in singlet tops).
Medium: Charcoal Sketching
Date: Mondays 27 July - 14 September (8 weeks)
Tutor: Jo Bartlett
Times: 7.00pm - 9.00pm
Cost: $160.00 or $150.00 for concession, KRHN member
All class materials are supplied.

MY FIRST TEDDY
Great parent/child activity. Make a cute and cuddly real mohair bear to love.
Tutor: Julie
Dates: Thursday 24 September (school holidays)
Time: 10.00am - 5.00pm
Cost: $25.00 materials fee per bear
Bring your lunch to munch.

PORTRAITURE CLASSES
Come and join a friendly relaxed group. Paint from your own colour photo or the tutor can provide photographs or pictures to work from.
Medium: Acrylic Painting
Date: Mondays 5 October - 7 December (10 weeks)
Tutor: Jo Bartlett
Times: 7.00pm - 9.00pm
Cost: $200 or $190.00 for concession, KRHN member
All class materials are supplied.

NEEDLE FELTING
Learn how to use wool to create gorgeous little soft sculpture characters with a focus of birds. Great as a Christmas decoration, children’s toy or a car companion. Michelle will show you how to form and shape wool to make a series of shapes which will be further developed into fabulous little characters.
Tutor: Michelle Stewart
Dates: Sunday 30 August
Time: 10.00am - 4.00pm
Cost: $40.00
Bring a plate of food to share for lunch.

SUNDAY SEW ‘n SO’s or UFO’s
Warm, bright and spacious room.
Funny and friendly, quirky and classy, colourful and utterly, delightfully addictive dolls for your children or for yourself. Great mother daughter activity.
Or catch up on your UFO’s or dare I say it practical sewing in the company of others.
Facilitator: Julie
Dates: 26 July, 23 August, 27 September, 25 October, 22 November
Time: 1.00pm - 4.00pm
Cost: $3.00
Some reasonably priced materials are available.

SOAP MAKING GROUP SESSION
Gather together and make soap. Sharing the task means we can all enjoy a variety of soap. Keep for yourself or perhaps we can sell and raise money for a cause. Make great Christmas Gifts.
Facilitator: Julie
Dates: 4 October and 15 November
Time: 2.00pm - 4.00pm
Cost: $16.00
BYO special ingredient and lend individuality to our soaps
Suggestions list is available from the House.
Key ingredients supplied.
INTRODUCTION TO KITCHEN SKILLS

Introduction to Kitchen Skills is an enjoyable and social way to learn the basics of cooking good food. The course looks at recipes that the students want to learn how to cook, and can vary from scones with jam and cream to lamb roasts and casseroles.

Students will learn the following skills:

- measuring
- recipe reading and creation
- purchasing ingredients
- use of equipment
- flexibility of meals
- budgeting

The course also has guest speaker and excursion to local food destinations.

Tutor: Bec Cassar

Dates: Wednesdays 7 October - 4 November

Time: 10.00am - 2.30pm

Cost: $140.00 or $120.00 funded

Cost includes display folder for storing recipes.

The course also has guest speaker and excursions to local food destination.

INTRODUCTION TO BEAUTY

ACFE Subsidised course (eligibility conditions apply)

This taster program is designed for people who have an interest in Beauty. The course includes both theory and practical experience that will help you get an inside peek of the opportunities within the industry and will take you one step closer to deciding on a career pathway which best suits your needs. Students will learn the following skills:

- Exploring the beauty industry
- Ensuring a safe working environment
- Beauty and cosmetic products, including facials
- Waxing
- Head, neck and shoulder massage,
- Including lash and brow tint
- Pedicure and Manicure

Tutor: Jaqueline Marchant

Dates: Thursdays 8 October to 26 November

Time: 6.00pm - 9.00pm

Cost: $140.00 or $120.00 funded

Includes handouts and beauty kit.

This is an ACFE funded course for eligible participants.

INTRODUCTION TO COMPUTERS

ACFE Subsidised course (eligibility conditions apply)

This is an enjoyable course and it is offered in such a way that you develop your skills

This course is for people who are absolute beginners with computers. Our tutor will take you through the basics, this will include:

- Safely turning it on and off
- Operating the mouse
- Opening folders and programs
- Saving files and creating folders
- Navigating through the operating system
- Customising your desktop
- Surfing the internet and much more...

Tutor: David

Dates: Saturday 8 August - 12 September

Time: 10.00am – 12.00pm

Cost: $140.00 or $120.00 funded

Includes a work book and a USB for saving work.

NEXT STEP COMPUTERS

ACFE Subsidised course (eligibility conditions apply)

Do you have basic computer skills and want to know more? Extend your knowledge of system operation and applications for work, study or personal use.

This course has been especially designed for anyone who has completed a beginners’ or basic computer course and wishes to progress further. If you have completed a similar course elsewhere or have developed a set of basic skills, then this course will extend your skills and knowledge as well as improving your confidence.

Learn a significant range of additional skills in order to extend your knowledge of computer operation.

The course will include:

- Software applications (examine a range of applications that will improve your overall knowledge)
- Quick and accurate internet searching
- Practical computer security
- Creating and using an email account
- Cloud Computing (what it means and how to use it)
- All this and more while reinforcing your current skill set

Tutor: David

Dates: Saturday 10 October - 21 November

Time: 10.00am – 12.00pm

Cost: $140.00 or $120.00 funded

Includes a work book and a USB for saving work.
CPR
HLTAID001 Provide Cardiopulmonary Resuscitation (New Learner - e-Learning)
A nationally recognised unit of competency designed to provide knowledge and skills to perform the essential life saving techniques of Cardiopulmonary Resuscitation (CPR).
Facilitator: KMR Safety First
Dates: Term 3: Saturday 22 August
or
Term 4: Saturday 21 November
Time: 9.00am - 5.00pm
Cost: $63.00

CPR REFRESHER
HLTAID001 Provide Cardiopulmonary Resuscitation (Refresher)
For those that hold a CPR qualification that need to update their skills. A nationally recognised unit of competency designed to provide knowledge and skills to perform the essential life saving techniques of Cardiopulmonary Resuscitation (CPR).
Facilitator: KMR Safety First
Dates: Term 3: Saturday 22 August
or
Term 4: Saturday 21 November
Time: 9.00am - 5.00pm
Cost: $58.00

TAX HELP
DO you earn around $50,000 or less a year with fairly straight forward tax affairs?
Who is Tax Help for?
Tax Help is for people on low incomes, including, but not restricted to, those who are also:
Aboriginal and Torres Strait Islander people, Seniors, students, people from non-English speaking backgrounds, people with a disability.
What is Tax Help?
Tax Help is a network of trained community volunteers who provide a free and confidential service to help people complete their tax returns at tax time.
Dates: Fortnightly Tuesdays from 28 July
Where: Kinglake Ranges Neighbourhood House, 6 McMahon’s Road, Kinglake.
Time: 1.00pm - 4.00pm
Cost: FREE
Please call 5786 1301 or email: admin@kinglakeranges.com.au to book your appointment.
**BAKING COMPETITION**

In honour of our newly formed CWA group, there will be a traditional baking competition. A family event with categories for Adults and Kids. Details to be released to stay tuned to the community facebook page or KRNH website.

**Dates:** Sunday 18 October

Bluegrass Festival Weekend

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**CHRISTMAS COOKING**

**VERSATILE FRUIT MINCE**

Why not make your own fruit mince this year? Fruit mince can be used for your Christmas pudding, Ice-cream pudding, Christmas cake or Mince Tarts. You can put it in a fancy jar and give it away as a Christmas Gift.

Make your own pudding this year and add your silver pieces if you wish to bring back a past tradition. Make one medium or several small puddings.

Using the mince you made in the earlier class or shop bought mince, join a fun group to make mince tarts and Christmas ice-cream. Great gift ideas.

**Dates:** Thursday 22 October - Fruit mince

Thursday 12 November - Pudding

Thursday 10 December - Mince Tarts

**Time:** 1.00pm - 4.00pm

**Cost:** $90.00 (3 sessions)

*Covers all ingredients.*

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**COMFORTING CASSEROLES**

Easy one pot dinners for tonight or for the freezer. Rich and hearty, delicious and nutritious. Hands on class on how to make a casserole as good an nanna would. Great for filling pies too!

**Dates:** Thursday 20 August

**Time:** 1.30am - 3.30pm

**Cost:** $20.00

*BYO 1-2 litre casserole dish and apron.*

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**MEAL SHARE AND RECIPE SWAP**

*Children friendly event!*

Have you got recipes you’ve always wanted to try? A favourite dish you are willing to share?

Why not dig out the cookbook, cook up a storm and bring it in to share with others.

Enjoy good company, make friends, try new things.

**Facilitators:** Judi and Julie

**Dates:** 18 July - Feast of Celebration

29 August, 10 October, 21 November

25 December - Christmas Day LUNCH

**Time:** 6.30pm - 9.30pm

**Themes:** Chosen each time for next session

**Cost:** $3.00 per session

*Please bring your pre-cooked dish of food to share.*

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**SUSHI ROLLS - Child friendly class**

Come along and have some fun, rolling rice in Sushi, you’ll want more than one! We will try our hand at traditional white rice, brown rice and quinoa. The rolls will have all kinds of flavors like Teriyaki Chicken, Roast Beef and Mustard, Smoked Salmon and Capers, no raw fish used.

**Give it a go, children with parents welcome!**

**Tutor:** Bec Cassar

**Dates:** Wednesday 11 November

**Time:** 6.30pm - 8.30pm

**Cost:** $30.00 per adult, $5.00 per child

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**COMMUNITY CHRISTMAS**

Would you or your small gathering like to be part of a large group on Christmas Day? Share the fun, food, activities and responsibilities.

Enjoy the best Christmas Ever.

**Contact:**

Julie 0408 552 432

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**PRESERVING**

There will be a short talk followed by tasting of some exotic samples. Tips for success and then hands on preparation of pickles and preserves.

**Tutor:** Juliea Bennett

**Dates:**

Session 1: Sunday 16 August

Session 2: Sunday 20 September

**Time:** 1.00am - 4.00pm

**Cost:** $50.00 per session

*Bring a plate of afternoon tea to share.*

*BYO 1 or 2, 200-300ml clean jar with sealable lid.*

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**SATISFYING SOUPS**

Is soup an entree or can it be a meal?

When all your food groups are in one pot - it must be a meal. Hands on class to get the best out of your soups and make them so satisfying you won’t need dinner. Good for tonight or pop in the freezer for a quick meal option.

**Dates:** Thursday 6 August

**Time:** 1.30am - 3.30pm

**Cost:** $20.00

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**VEGETABLE DELIGHT**

Are you tired of boring steamed veggies?

Explore many tasty side dishes that will be the envy of any meat eater. This course will show you how vegetables can become the star of your plate.

**Tutor:** Bec Cassar

**Dates:** Thursday 10 September

**Time:** 6.30pm - 9.00pm

**Cost:** $40.00
CHILDREN’S DANCING

Children’s dance program for 3-12 year olds. Classes include ballet, jazz and tap. Enrol your child now, as in term 4 the dance Children will be performing in a concert to be held at Parade College in November & at our local Christmas Carols on December 13th at Bollygum Park.

Tutor: Leanne Graham
Term 3: Tuesday 21 July - 15 September (9 weeks)
Cost: $100.00 or $90 Concession/KRNH Member
Term 4: Tuesday 13 October - 8 December (8 weeks)
Cost: $88 or $80 Concession/KRNH Member per term
Times: 4.15pm - 5.00pm

DYNASTY DANCING

Warm up with some dancing!
Always wanted to try ballroom dancing but think it’s a little daggy? Hate all that terrible music they always use? Find ballroom dancers a bit... well... snobby? Dynasty Ballroom brings you a ballroom dancing class with a difference. For starters, we have great music that you can’t help but dance to. And, we will concentrate on the dances that class members want to learn, be it Quickstep, Waltz and Jive, or Samba, Cha Cha and Rhumba. David has a friendly, patient and entertaining teaching style and there will be plenty of practise time at each class. We won’t be concentrating on perfection, we just want everyone to move and have some fun. Come with a partner or on your own, wear whatever you like, and have a go!

Tutor: David Bates
Dates: Wednesday 5th August - 9th September (6 weeks)
Time: 7.00pm - 8.30pm
Cost: $66.00
Venue: Kinglake West Primary School Hall

PILATES

Learn to engage your core stability and increase flexibility, balance and joint mobility. Pilates builds strength and develops control and can help with Posture and rehabilitation to injuries. Class includes using resistance bands and Swiss balls. Great for all ages, beginners to advanced.

Tutor: Sophia Probst
Morning: Mondays 27 July - 31 August (6 weeks)
Time: 11.00am - 12.00pm
Evening: Fridays 31 July - 4 September (6 weeks)
Time: 7.00pm - 8.00pm
Cost: $66.00 each 6 week session

SELF DEFENCE

A short course to take you step by step through the process of knowledge and skills needed to defend yourself should the need arise.
Discussion of issues, Body language, threats, awareness and empowering you to fight back!

Tutor: Gary Jackson
Dates: Friday 11th September
Time: 7.00pm - 9.00pm
Cost: $20.00
Venue: Pheasant Creek Gym

MEDITATION

Meditation is a means of transforming the mind. Regular meditation can encourage and develop concentration, clarity, emotional positive, and a calm perception of the true nature or things.

Tutor: Bec Cassar
Term 4: Monday 9th November – 30th November (4 weeks)
Time: 7.00pm - 8.00pm
Cost: $44.00

YOGA

Bring mindfulness, inner calm, peace and contentment back into your life. Please bring your own mat and blanket.

Instructor: Julie
Morning: Thursday mornings
23 July - 27 August (6 weeks)
15 October - 19 November (6 weeks)
Time: 9.15am start
Evening: Tuesday evenings
21 July - 25 August (6 weeks)
13-27 October - 10-24 November (6 weeks)
Time: 6.15pm start
Cost: $66.00 per 6 session block

Please note: We require a minimum of 6 paid enrolments for classes to proceed.
OUTDOORS

BUZZ OF THE BEES
Would you like to get together with like minded people and chat about your passion... and if your passion is bees then this is for you.

We'd like to get together and chat informally about how well our bees do in the Kinglake Ranges. And if they don't do well, chat about how to improve. And if you haven't got hives yet, or are even just thinking it may be fun we can chat about some of the things that may help clear your mind.

Sue Zuber & Vin Anderson, both local beekeepers, would like to share the knowledge and invite you along to a casual discussion about meeting monthly and sharing our ideas. Whether you are a beginner or long time beekeeper come and join us and tell us your story.

Tutor: Sue Zuber
Dates: Thursdays 1 October to 3 December
Time: 7:30pm
Cost: $11.00 annual fee and $3.00 per session

BOAT & PWC LICENCE COURSE
The aim of this course is to provide you with the knowledge and awareness of navigation and safe boating skills, including topics such as vessel and engine maintenance, safety gear, buoyage types, anchoring, plus many others.

You can attend this 4 hour course without any pre-study, but if you have read the Marine booklet from Vic roads it would help. At the end of the course you will complete an exam for your marine license (boat License) and PWC endorsement if required. You will then be issued with a certificate that you present to Vic Roads to get your license.

You will need to bring an Australian drivers license, if none held, an Australian Birth Certificate or Passport AND a Family Medicare Card.

This course is open to anyone over the age of 12 years old.

Tutor: Rod Smith, Australian Boating College
Date: Saturday 24 October
Time: 9.00am - 1.00pm
Cost: $125.00

INTRODUCTION TO BEE KEEPING
Come and learn about the wonderful world of bees and the antics they get up to with local beekeeper, Sue. These wonderful little creatures keep our food chain bopping along, but how can we harvest the benefits of keeping a hive? Sue will take you through the obligations, legal and ethical, the costs in time and money and the fun of keeping a hive in the backyard.

Tutor: Sue Zuber
Dates: Sunday 30 August
Time: 10.00am - 3.00pm
Cost: $40.00

CUP DAY PICNIC
Something to enjoy whilst listening to the race. BYO afternoon tea and picnic with the family. Meet new friends. Children’s games.

Venue: Kinglake Ranges Neighbourhood House
Date: Cup Day, Tuesday 3 November
Time: 2.00pm - 5.00pm
Entry Fee: FREE community event
BYO cakes to share and sample others’ treats.

HELP FOR WILDLIFE
Everyone at one time or another comes in some contact with wildlife. Would you know what to do if you came across an injured animal, who to call if you hit an animal or what to do before help arrives? These questions and many more will be answered by ‘help for Wildlife’ Volunteers Kim Hunter and Sue Kirwin at this workshop.

Tutors: Kim and Sue
Date: Saturday 25 July
Time: 10.00am - 12.00pm
Cost: $5.00 goes to Wildlife volunteers
Community Garden

Volunteers Needed

If you enjoy spending time in the garden; pruning, weeding and watering, we would love if you could assist us with the general maintenance and care of our community gardens here at the House.

We provide all the tools, plus tea and coffee; we just need you to give us a little bit of your time.

Give us a call, or pop in and see us, and we can show you our lovely gardens.
Join us for a conversation about drugs in our community

A community conversation will take place at

Ellimatta Youth Space
94 Whittlesea – Kinglake Road, Kinglake

MONDAY 10 AUGUST

The doors will open at 6.30pm where a light supper will be available with the conversation commencing at 7.00pm.

The night will be facilitated by drug and alcohol specialists and will give community members the opportunity to ask drug-related questions of our panel of professionals.

The event will conclude around 8.30pm with the opportunity to continue the conversation over a cuppa and a scone.

To register your interest, or for more information,
email: laura@kinglakeranges.com.au
or call the Neighbourhood House on 5786 1301

Grab Your Banjo & Fiddle!

Bluegrass Heads back to Kinglake

FRIDAY 16 OCTOBER TO SUNDAY 18 OCTOBER, 2015
19 Whittlesea – Kinglake Rd, Kinglake

Foggy Mountain Bluegrass Festival invites musicians, and music lovers to hear acoustic music, share ideas, learn new musical skills and enjoy a weekend of performances in a scenic setting.

The festival is family-friendly, relaxed and community-run.

Tickets cost $85 for weekend pass with children under 12 free.
$70 for weekend early bird pass. (Some festival events have free entry).

For more information, visit www.fmbluegrass.com.au
LIONS CLUB OF KINGLEAKE

kinglake@lionsclubs201v5.org
Active in community projects for 30 years.
From November onwards, Lions sell the Lions Christmas cakes and puddings at the Kinglake Post Office and KRNH.

SPORT AND RECREATION

KINGLAKE FOOTBALL NETBALL CLUB - 0424 933 964 - DANNY HEAL
KINGLAKE JUNIOR FOOTBALL CLUB - 0400 027 668 - LAURA CAINE
KINGLAKE CRICKET CLUB - 0427 331 977 - KEN AITKEN
KINGLAKE JUNIOR CRICKET CLUB - 0414 332 989 - JIMMY EDWARDS
KINGLAKE TENNIS CLUB - 0409 145 307 - NICOLE SECKOLD
KINGLAKE MODEL FLYERS CLUB - 5786 1389 - DAVID COLLYER
KINGLAKE CUBS / SCOUTS / VENTURERS - 0413 855 490 - CHRIS COBERN
KINGLAKE BASKETBALL ASSOCIATION - 5786 5441 - LESLEY SHAE
KINGLAKE BADMINTON - 0417 365 930 - FIONA LEADBINDER
KINGLAKE NETBALL ASSOCIATION - 0427 842 717 - AARON WESTWORTH
KINGLAKE PONY CLUB - 0418 999 986 - ANDREW McDOWELL
KINGLAKE TAIKWANDO - 0414 888 992 - TIM HIGGINS

KINGLAKE ARTISAN MARKET

The fourth Sunday of each month (excluding December)
Sunday 26 July
Sunday 23 August
Sunday 27 September
Sunday 22 November

BOLLYGUM MARKET

The second Sunday of each month (excluding July and August)
10.00am - 2.00pm
Sunday 13 September
Sunday 11 October
Sunday 8 November
Sunday 13 December
in conjunction with the Kinglake Community Christmas Carols

INNER WHEEL CLUB OF KINGLEAKE RANGES

0408 059 515 - GWENDA
0407 490 345 - COLLEEN

INNER WHEEL OF KINGLEAKE RANGES

Inner Wheel is one of the largest women’s voluntary organisations operating over one hundred countries worldwide. International Inner Wheel is the sister organisation to Rotary International. It concentrates upon friendship and personal service. Inner Wheel Australia consists of 14 districts and 140 clubs.

Our small Kinglake Club meets on the third Thursday evening at 6.30 each month, usually at Rosewood Cottage. Inter club activities are encouraged thus giving you the opportunity to make new friends.

We are operating the barbeque at the monthly market to help raise funds for our local projects.

We are endeavouring to expand our small group so we can increase our support for Local, National and International causes. While achieving this, we hope to have a lot of fun experiencing the support and friendship of others.

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VOLUNTEER WITH OUR EMERGENCY SERVICES

KINGLAKE CFA
5786 1400 - STEVE BELL
KINGLAKE WEST CFA AND JUNIORS
0429 191 913 - KARYN NORBURY
KINGLAKE CERT
0400 874 802 - DONNA COOPER
KINGLAKE SES
0428 110 773 - LEANNE KLAMMER
REMEMBER IN AN EMERGENCY CALL 000

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OUT AND ABOUT ON THE MOUNTAIN
Services at the House

**PSYCHOLOGICAL SUPPORT SERVICES**

**ANN LINSTEN**
Ann is a clinical psychologist, also trained in Gestalt Therapy, who offers counselling for adults. Issues addressed include recovery from trauma, depression and anxiety. Treatment can help rediscover personal strengths, improve relationships and teach you practical strategies to feel better.

- **Days:** Tuesdays and Wednesdays
- **Times:** 9.00am - 5.30pm
- **Contact:** 0438 075 863

Counselling and Psychological support services can be bulk billed by obtaining a mental health plan from your GP / Doctor.

**STEPHEN GAULT**
Stephen is a Clinical Psychologist providing psychological treatment and support to adults presenting with concerns regarding anxiety, depression, post-traumatic stress or family and relationship stressors.

- **Day:** Tuesdays
- **Times:** 9.00am - 5.00pm
- **Contact:** 0431 915 642

**COMMUNITY COLLABORATIVE GROUP**
Kinglake Ranges community groups, agencies and organisations come together to share information and resources.

- **Date:** 4th Thursday of each month
- **Time:** 10.00am - 12.00pm
- **Contact:** 5786 1301 or email laura@kinglakeranges.com.au

**COMMUNITY GROUPS MEETING**
All Kinglake Ranges Community Groups are encouraged to attend these quarterly meetings as an opportunity to come together to update, support and share information.

- **Dates:** Tuesday 11 August and Tuesday 10 November
- **Time:** 7.00pm

**COUNSELLING**
**JEANETTE SHEPHERD**
Individual, couple and family counselling. Jeanette has been working in Kinglake since 2009 and has experience working with trauma, relationships and general mental health.

- **Day:** Tuesdays
- **Times:** 9.00am - 5.00pm
- **Contact:** 0419 142 619

**KRNH MEMBERSHIP**
Become a member of KRNH and have your say in the House plus gain discounts on some programmed events.

- **Costs:** $2.00 joining fee and $5.00 per year

Please call 5786 1301 or email admin@kinglakeranges.com.au to discuss your interest in becoming a member.

**ROOM HIRE**
Looking for somewhere to hold your meeting, training session or seeing a client? KRNH has a number of rooms available for hire – classrooms, office space, sheds, grounds, BBQ facilities, kitchen facilities etc.

Kinglake Ranges Neighbourhood House has the following resources available to use, some at a small fee:

- Photocopying / Faxing
- Room Hire – Offices and Classrooms
- Chairs
- Projector and Screen
- Kitchen Facilities
- Community Garden
- Purpose Built Playgroup Area Parklands

Data projector and screen, computers, sewing machines, free WiFi and laptops, Television and DVD player, overhead projector and chair hire. Disability parking and building access available.

Great place for holding community meetings and AGMs.

- **Costs:** Very reasonable, POA
- **Phone:** 5786 1301
- **Email:** admin@kinglakeranges.com.au to discuss your requirements.
SPIRITUAL CONNECTIONS
Celebrating Halloween
Saturday 31st October - 10am-3pm
Come and participate in the best Halloween ever.
KINGLAKE RANGES NEIGHBOURHOOD HOUSE

Marvel at the change of seasons and the shifting of spiritual energies on “All Hallows Eve”.

Join us for a spiritual event which will mystify, entertain, fascinate and appeal to all ages.

We will have a “Haunting Halloween” area for children to create a trick ‘n treat bag, put on their costume and have their face painted – all in preparation for “Trick or Treating”!

Come and be inspired, be empowered and be enchanted.

More information, bookings and costs are available from the House Contact: Laura 5786 1301 or laura@kinglakeranges.com.au
Community Christmas Carols
Sunday 13 December
2.00-3.30pm

Join us as we celebrate the spirit of Christmas at
BOLLYGYUM COMMUNITY MARKET

There will be both traditional and modern carols
to sing-a-long to as well as performances from our local primary schools and our
Girls in the Hood Dance Group.

Santa will be visiting on the fire truck with lollies for all the children!

BYO blanket and seating.
This is an alcohol and drug free event.

KRNH HOLIDAY CLOSURE DATES
Term 3 holidays:
Monday - Friday 21 - 25 September
Melbourne Cup Day:
Tuesday 3 November
Christmas holidays:
18 December - 10 January
Australia Day
Tuesday 26 January