

Queenscliffe Neighbourhood House at the Beach

Term 1, February to March 2012

3 Tobin Drive, PO Box 30, Queenscliff 3225
Phone: 5258 3367
email: qnhouse@fastmail.fm
<http://home.vicnet.net.au/~qnhouse/>



Department of
Human Services

Internet access is available every day except Friday afternoons: \$1 per hour or part thereof. Printing is 20c B&W and 50c for colour.

Computer Classes Please Note: All computers use Windows 7.

Introduction to Computers & the Internet for Beginners — No tests No stress No fear!
Our tutor, Amanda, is very patient and will guide you gently through our user friendly computer manual. She will teach you how to use the computer with confidence. You will learn how to create a document, name it, put it in a folder and find it again! You will also learn how to browse the internet and send emails. Mondays, 9.30am to 12noon, February 13th to March 26th, 6 sessions.
Cost: \$80 includes manual. ACFE funded.

Intermediate Computers This intermediate level course covers a range of topics that will increase your confidence and ability in using Microsoft Windows 7, Internet, and email. Basic file management, using flash drives and cd's/dvd's as well as transferring photos to your computer will also be covered. Time will be

allocated for class specific topics. Mondays 2.00pm to 4.00pm, 6 weeks, February 13th to March 26th. Cost: \$50 ACFE funded.

NEW CLASS: Introduction to Apple Mac
Do you have your own Apple Mac laptop and would like to learn how to use its applications more effectively – iTunes, iPhoto, iMovie and more? This 7 week Introductory class will also cover using the internet and sending emails. Mondays 4pm to 6.30pm, February 13th to March 26th. Cost: \$100 includes manual. ACFE funded. BYO laptop.

Computer/Mobile Phone Help Our I.T. specialist will provide answers to your computer/mobile phone queries on Wednesday mornings, 10am to 12noon on February 29th and March 28th. No booking is required; just turn up with questions in hand and in most cases he will be able to find the answers. Cost: gold coin.



The Arts

French and Italian Classes run on Tuesday afternoons, February 7th to March 27th.

Cost: \$148 for 8 sessions. Full payment is required at week 1. Classes will be cancelled if minimum enrolment numbers aren't reached.

- **Intermediate Italian** 11.45am to 1.15pm
- **Advanced Italian** 1.15pm to 2.45pm
- **Intermediate to Advanced French** 2.45pm to 4.15pm
- **Beginners to Intermediate French** 4.15pm to 5.45pm



Deb's Art; Exploring Colour

This course will appeal to those who are interested in colour. We will explore and challenge the current theories and language of colour in a very hands-on practical way using a variety of mediums. Deb offers a very new approach to the learning about and appreciation of colour in our lives. This course is suited to all ability levels. Thursday February 9th to March 29th, 9.30am to 12.30pm, 6 sessions, studio time on Feb. 23rd and March 1st. Cost: \$130 includes some materials.

Life Drawing

This interest group welcomes beginners as more experienced artists will share their knowledge. Saturdays, February 4th to March 24th, 1.00 to 3.00pm. Cost: \$100 for 8 weeks, \$84 for 6 weeks, \$60 for 4 weeks or \$20 casual (payment to cover model and amenities). BYO paper, clips and drawing materials. Easels provided.

Blueprinting classes

<http://deborahbrearley.blogspot.com/>

Blueprinting is a photographic process where objects are placed on fabric that has been treated with light-sensitive chemicals. The shadow is captured, then fixed by the chemicals so that the end result is a white

image on a blue toned background. Small fabric pieces will be produced that can be framed and used in textile art. Have a look at Deb's Material Magic Book at the Neighbourhood House or in the library. Tuesdays 9.30am to 12.30pm, 3 sessions: March 20th, 27th and April 3rd Cost: \$80 plus \$20 materials. Tutor: Deb Brearley.

NEW: Design Basics Course (2D focus)

Enjoy learning to work with your inspiration for visual art forms. Find out how to develop your ideas, select and decide how to gather resources, to plan and to design for art work. You will be introduced to basic elements and principles and guided through the creative process in methods that can be applied to layout for graphics and to the composition of a broad range of visual art.

No previous design experience is needed, however the ability to visualise through drawing and to handle cutting and measuring tools will be necessary.

Mondays, 12 noon to 4pm, February 13th to March 26th. 6 weeks. Cost: \$65 ACFE funded.

Art Show in our House Gallery

<http://artathousegallery.blogspot.com/>

Our front room House Gallery has a diverse array of exhibitions scheduled for 2012. First off is **Suzanne Cronin**. You may know Suzanne as one of our computer and Photoshop tutors. Perhaps you are aware that for her courses she draws on 20 years experience in television broadcasting. However, you may not know that Suzanne is a Silversmith. In fact she has won an award for her designs from the prestigious *Worshipful Company of Goldsmiths*, London.

While having her two children and working part time as a TV Studio Director, Suzanne snuck in a Degree in Jewellery and Silver smithing from London Guildhall University. She was honoured to be selected to exhibit her designs at the New Designers 2000 Exhibition, London.

In her silver pieces, as with her media work, Suzanne pushes herself to perfection. She is fastidious about the finish of each piece. So much so that mid 2012 she's off to Europe to study polishing techniques under the tutelage

of the man who has restored treasures for the Queen, among other things. The year will also see her combining computer and design skills in an attempt to conquer Computer Aided Design. For Suzanne the learning never stops.

Her solo exhibition at House Gallery will be a combination of *The Moonah Series* and other selected examples of her work with silver and photography.

To learn more about Suzanne and her journey back to Silversmithing you can visit her at: [The Laundry](http://thelaundrycollection.blogspot.com)
<http://thelaundrycollection.blogspot.com>)



Learn to play the Ukelele!

Mondays 5.30 to 6.30pm, March 5th to 26th OR
Tuesdays 9.30 to 10.30am. Cost: \$60 for 4 sessions, includes notes. BYO ukulele. Tutor: Wendy Naylor

Health & Well Being

Hatha Yoga and Relaxation

Mondays with Bruce, 7.30 to 9pm, (Queenscliff Primary School) Cost: \$15 per session

Morning Yoga with Shane Thursdays, 7.00am to 8.15am, Cost: \$10. Fridays and Saturdays, 7.45am to 8.45am, Cost: \$10.

Sounding for Inner Peace, Meditation

All are welcome to come along and enjoy the peaceful Meditation to the Sound of the singing bowls and voice. Bring a cushion and a blanket. Tuesdays February 7th to March 27th, 7.00pm to 9.00pm. Cost: Donation only.

Relaxation & Wellness: individual sessions. Thursday mornings or by appointment. Cost: \$ 25 per session. DVA, TAC and other concessions / subsidies may apply. Tutor: Janelle Jenkins, qualified Occupational Therapist.

Steps to Happiness: 8-week group program: This small group (up to 8 people) will meet weekly to learn practical and proven ways to increase happiness. Relaxation, wellness and positive psychology techniques will be put into practice. Cost: \$10 per session, concession \$8. Thursdays: 2.00pm – 2.45pm, 9th February through to 29th March. Tutor: Janelle is a qualified Occupational Therapist.

Next Term (April, May, June) we will be running an Introduction to Horticulture Course and an Introduction to Mosaics course. Phone to register your interest.



Laughter Group

Gain the benefits of laughter by laughing for no reason! A customised laughter session is the best way to enjoy “the medicine of laughter”. We are thinking of starting a group. Let us know if you are interested.

Looking for something to do? Why not visit one of our wide ranging interest groups.

Gold coin donation is the usual fee.

- Mahjong, Thursdays, 1.00pm
- Meditation, Saturdays, 9 to 9.30am
- Men's Shed, Thursdays 9.30am
- Mixed Craft, 1st & 3rd Mondays, 1.00pm
- Patchwork, 2nd Monday, 1.00pm
- Philosophy Study Circle, Sundays, every 3 weeks, 10.30am
- Photographic Group, 3rd Monday, 7.30pm
- Photoshop Users Group, last Wednesday at 1.30pm
- Playgroup, Wednesdays 9.30am
- Queenscliff Defence Families Morning Tea Mondays 9.30am fortnightly
- Scrabble, Wednesdays, 1.00pm

Jigsaw Puzzles Library. We have 2 cupboards full of jigsaws just waiting to be borrowed for as long as it takes for you to complete them. Cost: 50c each.

Kitchen scraps wanted (fruit & veg., no citrus) for our Community Compost Bin.

Queenscliffe Produce Swap

New members welcome from anywhere on the Bellarine.

Do you have too many lemons but not enough greens?

Is your egg basket full but you've run out of jam? Do you grow more food than you can eat?

Then come and Swap your excess produce for items you need.

We swap home grown fruit, vegetables, herbs, eggs, homemade produce – jams, chutney, bread, seedlings and more!

When: 3rd Saturday in the month, 10am to 12noon

Where: Queenscliffe Neighbourhood House, 3 Tobin Drive.

Cost: \$10 per household per year. New members welcome.

Next dates: February 18th and March 17th

- A Produce Swap is a low/no cost way of obtaining a variety of fresh, locally grown (often organic) food and meeting like-minded people. Garden tips, seeds and recipes are often exchanged and friends made.
- The swap operates on an honesty system: bring what you have too much of, take what you feel is a fair exchange.
- No money changes hands. It is all about re-distributing excess and keeping the fresh food supply chain as local and low cost as possible.
- You can bring vegetables and herbs from your garden as well as jams, chutneys, cordials, seedlings etc.
- Membership is open to anyone ie not exclusive to 3225 postcode. Annual membership fee is \$10 per household.
- Members are eligible to attend skill sharing sessions run by other members or guest speakers.
- The Queenscliffe Produce Swap complements other local Produce Swaps such as the Drysdale Harvest Basket. <http://drysdaleharvestbasket.org/>
- The Produce Swap is auspiced by the Neighbourhood House

For more information phone Carolyn at the Neighbourhood House on 5258 3367.

