

Rosanna Fire Station Community House

ABN: 55460279116
A0018654F

Semester 2, 2010 Program

Coordinator: Jasdip Singh
232 Lower Plenty Rd
Rosanna 3084



Ph: 9458 1935

office@rfsch.org.au
www.rfsch.org.au
Fax: 9458 1922

Greetings

Rosanna Fire Station Community House offers courses in: Art & Craft; Computers; Health & Wellbeing; Music & Dance; Visual Art; Spiritual Health. We also offer: Special Needs Classes; Children's Activities; Childcare. People from all cultural backgrounds welcome. For bookings phone 9458 1935.

Το Κοινωνικό Σπίτι του Πυροσβεστικού Σταθμού της Ροζάνας προσφέρει σειρές μαθημάτων σε: Τέχνη και Χειροτεχνία, Ηλεκτρονικούς Υπολογιστές, Υγεία και Ευημερία, Μουσική και Χορό, Πνευματική Υγεία. Επίσης τάξεις για Ειδικές Ανάγκες. Άτομα από όλα τα πολιτιστικά περιβάλλοντα ευπρόσδεκτα. Για κλείσιμο θέσεων τηλ. 9458 1935.

Rosanna Fire Station Community House организира курсеви за: уметност и ракотворби, компјутери, здравје и добросостојба, музика и игри, духовно здравје. Исто така часови за посебни потреби. Добредојдени се луѓе од сите културни потекла. За пријавување тел. 9458 1935.



Volunteering / Management Committee: Join our wonderful bunch of volunteers to help us at the House. We appreciate people with different skills. You can also join our Committee to use your skills and help us.

AGM: You are welcome to come to our AGM on 17th Aug 1 – 2.30pm

**Please note:
No Class or Childcare on 1st & 2nd Nov**

Art, Craft & Creativity

PATCHWORK, SEWING & ALTERATIONS

Patchwork, quilting & stitching by hand or machine. Also candlewick, embroidery, wool felting, crochet, knitting & tapestry. Get creative & practical. Make items for your home, mend your old favourite clothes or better still, make some new clothes!

Term 3: 8 wks: 12/07 – 30/08 Fee: \$80
Term 4: 6 wks: 04/10 – 15/11 Fee: \$60
Session Fee: \$12 per sess (no class on 1/11)
Times: Mon 10–12pm or 7.30 - 9.30pm

MESSY PLAY (3-5 year olds)

Let your children mess up our house not yours while Mum or Dad enjoys a coffee and a chat.

Offered in Term 4 only. Approx \$10/session
Tuesday pm 2hr sessions (to be confirmed)

Computers

Class sizes limited to 8.

COMPUTERS FOR BEGINNERS - Level 1

Gain confidence & learn how to use a computer. Includes intro to the desktop & icons, using the mouse & keyboard, creating folders, using MS Word to create, edit, spell-check & print basic documents. Brief introduction to the internet & email.

Term 4: 8 wks: 04/10 – 29/11 (no class on 1/11)
Times: Mon 7–9pm Fee: \$165

Term 3: 8wks: 13/07– 31/08
Term 4: 8wks: 05/10 – 30/11 (no class on 2/11)
Times: Tue 10-12pm
Tutor: Wayne Fee: \$165

COMPUTERS FOR BEGINNERS - Level 2/3

An intermediate course covering tables, tabs, columns, indentations & clip art in MS Word. Printing envelopes & labels. Intro to MS Excel, Publisher & Power Point. More on folders and saving onto CD and USB. Pre-requisite: Computer for beginner's course or equivalent.

Term 3: 8wks: 13/07 – 31/08
Term 4: 8 wks: 05/10 - 30/11 (no class on 2/11)
Times: Tue 1 - 3pm Fee: \$165

PHOTOSHOP ELEMENTS

Learn how to get your images into photoshop. Course covers basic image improvement of contrast, brightness and colour. Advanced image adjustments. Re-sizing images for different purposes. Printing images and more. Pre-requisite: Computers for Beginners or equivalent.

Term 3: 6 wks: 09/08–13/09 Mon 10 -12pm
Term 4: 6 wks: 07/10–11/11 Thur 7 -9pm
Tutor: Wayne Fee: \$225

INTELLIGENT PHOTOSHOP FOR PHOTOGRAPHERS WORKSHOP

This one day workshop shows you how to work with Photoshop to really enhance your photos. Learn how to massage your images to better reflect what you saw when you took the picture.

Term 3: Sat. 7/8
Term 4: Sun. 7/11
Times: 10 - 4.30pm Fee: \$195

ARCHITECTURE OF FENG SHUI

World Architecture & Feng Shui Consultant. Sim gives an architect's insight into how Feng Shui is incorporated into buildings and homes. It is not about placements of "auspicious" objects or ornaments rather it is an in depth study & calculation of the unseen energies in the environment & living in harmony with nature.

Fee: FREE
Term 3: Thurs 22/07 Times 7 - 8pm

Photography

Courses suitable for amateur to professional.

DIGITAL CAMERA USE

For those new to digital photography get the most from your digital camera. Learn creative use of the controls, styles of photography, composition, choosing subjects and much more.

Term 3: 6wks: 09/08 – 13/09 Mon 7-9pm
Term 4: 6wks: 11/10 - 22/11 Mon 1-3pm
(no class on 1/11) Fee: \$195

Adult Learners Week 1/09-7/09

Transition Banyule Open Space
Event held on Saturday 4th Sept
Enquiries: Ph: Mary 9455 2581

TAKE YOUR PHOTOGRAPHY TO THE NEXT LEVEL

Following on from Digital Camera Use, this course concentrates on composition, image crafting, and explores new subject matter such as portraits, macro, landscape, abstract and night photography.

Term 3: 6 wks: 11/08 – 15/09 Wed 7-9pm
Term 4: 6wks: 11/10 – 22/11 Mon 10-12pm
(no class on 1/11) Fee: \$195

DIGITAL INFRARED PHOTOGRAPHY

This workshop introduces you to shooting infrared images using digital cameras. Infrared photography is a different way of seeing the world using a part of the light spectrum that our eyes are not sensitive to but digital cameras are.

Term 3: Sat. 14/08
Term 4: Sun. 14/11
Times: 10 - 4.30pm Fee: \$245

BOOSTING PHOTOGRAPHIC CREATIVITY

This workshop gives participants an unusual opportunity to examine all aspects of the way they think about their photography. Learn to work creatively outside your comfort zone and use and understand pre-visualisation.

Term 3: Sat. 21/08
Term 4: Sun. 21/11
Times: 10 - 4.30pm Fee: \$245

MACRO PHOTOGRAPHY

This one day workshop introduces you to macro photography. Learn how you can shoot on location in the field or work indoors.

Term 3: Sat. 28/08
Term 4: Sun. 28/11
Times: 10 - 4.30 pm Fee: \$245

THE CONSTRUCTED PHOTOGRAPHIC IMAGE

This workshop concentrates on looking at many of the ways that we exert control over and actually create the image we present and shows you how to seamlessly combine multiple images to create scenes that have never existed outside of your head.

Term 3: Sat. 31/07
Term 4: Sun. 31/10
Times: 10 - 4.30pm Fee: \$245

Mind, Body & Spirit

NIA - THE JOY OF MOVEMENT

Nia is a fun, low impact fitness program blending uplifting music with a fusion of dance, martial arts and the healing arts. No experience required and all levels of fitness are welcome. Please contact the office if you would like to trial the class before enrolling.

Term 3: 10 wks: 13/07 – 14/09
Term 4: 10 wks: 05/10 – 14/12 (no class on 2/11)
Times: Tues 1 – 2pm Fee \$100

PILATES

This is a Pilates mat work class for Beginners. Intermediate options are offered if required. Pilates is a great way to get in shape, flatten your tummy, tone up your muscles and improve your posture. Please bring your own mat

Term 4: 10wks: 06/10 – 08/12
Times: Wed 2-3pm Fee \$110

ROSANNA WALKING GROUP

Meet other local community members by joining this friendly walking group.

Term 3: 10 wks: 16/07 – 17/09
Term 4: 10 wks: 08/10 – 10/12
Times: Fri 10 - 11am Fee: \$6

TAI CHI - Levels 1 & 2

Tai Chi is based on a philosophy of nature. The movements develop and strengthen all parts of the body. Practising Tai Chi quietens the nervous system, promotes relaxation and improves health.

Term 3: 9 wks: 14/07 – 08/09
Term 4: 9 wks: 06/10 – 01/12

Lvl 1: Wed 10.45-11.45am or 7.15-8.15pm
Lvl 2: Wed 9.45-10.45am

Term 3: 9 wks: 15/07 – 09/09
Term 4: 9 wks: 07/10 – 02/12

Lvl 2: Thur 6.45-7.45pm

Fee: \$90 or \$81 conc

YOGA MORNING - WITH BIANCA

Learn the basics of posture, breath and alignment to develop strength, flexibility and confidence with the practice. Yoga also develops one's inner strength and stability.

Term 3: 10 wks: 13/07 – 14/09
Term 4: 10 wks: 05/10 – 14/12 (no class on 2/11)
Times: Tue 10 - 11.30am
Fee: \$100 per term or \$12 per session

YOGA EVENING– WITH LIZ

Create some time and space for yourself. Using postures, breathing, relaxation and meditation techniques, align aspects of yourself to create flexibility in your body. Beginners to advanced.

Term 3: 10 wks: 13/07 - 16/09
Term 4: 10 wks: 05/10 – 14/12 (no class on 2/11)
Times: Tue or Thur 7.45 - 9.15pm
Fee: \$100 per term

PSYCHIC PROTECTION

Do some people or places drain all your energy from you? Simple precautions and techniques can keep you and your loved ones safe and well. Fee: \$100

Term 3: 2 wks: Tue 17/08 - 24/08 7 - 9pm
Term 4: 2 wks: Fri 12/11 - 19/11 1 - 3pm

INTRO TO SPIRITUAL DEVELOPMENT

This course examines the options for your spiritual growth and development. A wide cross-section of development options are discussed.

Term 3: 6wks: Mon 09/08-13/09 12.30-2.30pm
Term 4: 6 wks: Tue 05/10-16/11 7-9pm
(no class on 2/11) Fee: \$195

TAROT READING

Reading Tarot is easy if you are taught properly. This course covers intuitive reading, spreads, interpretation and more.

Fee: \$195
Term 3: 6wks: Fri 13/08 -17/09 1 - 3pm
Term 4: 6 wks: Mon 11/10 - 22/11 7 - 9pm

TAROT IN A DAY WORKSHOP

Reading Tarot is easy if you are taught properly. This course covers intuitive reading, spreads, interpretation and much more

Term 3: Sat 24/07
Term 4: Sun 24/10
Times: 10 – 4.30pm Fee: \$195

PRESSURE COOKER REVIVAL

Learn how to prepare great healthy meals for yourself and/or your family. Prepare soups, stews, curries & desserts in 1/3rd of the time it takes in the oven or on the stove.

Term 3: Mon 1–3pm 23/08 & 30/08
Tutor: Glenda Fee: \$35

Music for Children & Adults

ADULT HARMONICA

Whether it be the blues, country, or folk that interests you, or just being able to play your favourite tune, the harmonica course is for you. You'll learn correct technique, how to play single-note melodies, a repertoire of tunes covering different styles and be able to read harmonica tablature in a surprisingly short space of time. Just bring your own harmonica, preferably in "C" tonality. No previous musical experience necessary. All levels welcome.

Term 3: 5 wks: 31/07 – 28/08
Term 4: 5 wks: 16/10 – 13/11
Times: Sat 11-12pm Fee: \$65

THE KIDS PERCUSSION GROUP (5-10yrs)

Whether your child has already started learning an instrument or not, this class is perfect for introducing him/her to the world of rhythm and global musical culture in a playful and creative way. The children will have a large selection of instruments to play and listen to and will learn simple folk rhythms and songs from different countries. BYO instrument welcome too!

Term 3: 5 wks: 31/07 – 28/08
Term 4: 5 wks: 16/10 – 13/11
Times: Sat 9-10am Fee: \$65

WOODWIND/BRASS ENSEMBLE (7-15yrs)

For children of all levels. This is one of the most enjoyable and inspiring ways to help your child grow musically. How to play together, listening to others, playing in tune and reading are just some of the things taught in this fun program by internationally recognized teacher and performer Phil Drummy.

Term 3: 5 wks: 31/07 – 28/08
Term 4: 5 wks: 16/10 – 13/11
Times: Sat 10-11am Fee: \$65

Visual Art

LIFE DRAWING

Learn to draw with charcoal using visual concepts of perception, light, shade, colour, proportion and scale. 3 sessions per term

Term 3: 25/07, 22/08 & 12/09
Term 4: 10/10, 07/11 & 28/11.
Times: Sun 1 – 4pm Fee: \$60 or \$25/session

PAINTING AND DRAWING WITH KIM

Learn painting and drawing techniques at any level. You will have the opportunity to explore Graphite, Charcoal, Watercolour, Pastel and Oil painting. A great opportunity to find your creative self. Beginners welcome.

Term 4: 6 wks: 06/10 – 10/11 Fee: \$180
Times: Wed 7-9pm (some materials included)

WATER COLOURS WITH KIM

Approach water colour without fear. Learn all the formal disciplines and explore creatively as well. Paper, washes, colour, various types of water colour are also introduced.

Term 3: 6 wks: 21/07 – 25/08 Fee: \$180
Times: Wed 7-9pm (some materials included)

WATER COLOURS (Intermediate & Advanced)

The course focuses on ongoing and progressive skill building, responsive to individual style and needs. Develop your individual style with confidence, create compositions and learn to mix colours.

Term 3: 9 wks: 15/07 – 09/09
Term 4: 9 wks: 07/10 – 02/12
Times: Thurs Inter: 10–12pm & Adv 1–3pm
Fee: \$108 Materials extra

Image Workshops

Tutor Fiona ETTY-LEAL is one of the founding image consultants in Australia, now in her twenty-fifth year in the industry. **Sessions are 2-3 hrs depending of number of participants.**

COLOUR MAGIC: See the power of what wearing the right colours can do to enhance the individual and turn back the clock. Fee: \$65

Term 3: 27/07 Tues 7pm
Term 4: 12/10 Tues 12.30pm

MAKEUP MAGIC: Discover that "less is more" when you see a totally different makeup technique. Faces will be transformed with just a flick or two of the right product. Fee: \$65

Term 3: 10/08 Tues 7pm
Term 4: 19/10 Tues 12.30pm

