



GEALC

GLEN EIRA ADULT LEARNING CENTRE Inc
Learning for life!

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WELLvember

Health & Well being month is coming again to GEALC this November. After the success of the first WELLvember month in 2013, Glen Eira Adult Learning Centre once again is providing FREE Health & Well being Sessions. Glen Eira Adult Learning Centre wants to spread the ideas for healthy living in the community which enables the community to flourish.

- Following are the FREE "Health & Well being" activities:
- *Meditation
 - *Healthy Mind
 - *Tai Chi Move & Body Balance
 - *Aromatherapy
 - *Wellness & Me
 - *Food Additives
 - *Stress Management
 - *Photography

A timetable of events will be available in October. Please visit our website at www.gealc.org.au or call us on 9578 8996 for more information about this healthy event! It's TIME to look after yourself, so join us during ...WELLVEMBER!



FREE HEALTH and WELL-BEING Workshops



Join GEALC's free activities throughout November!

- Aromatherapy
 - Healthy Mind
 - Food Additives
 - Natural Health
 - Tai Chi
 - Good Nutrition
 - Photography
 - Wellness & Me
 - Meditation
- at 419 North Rd ORMOND
Call 9578 8996 or email us at info@gealc.org.au

Proudly supported by Ormond-McKinnon Community Bank & Bendigo Bank

By Poonam

INTERVIEW WITH ANN

I am honoured to introduce Ann Burgess, Manager of Glen Eira Adult Learning Centre.

Ann is a manager, teacher, mother and a business consultant. She was born in England, Great Britain. Her parents moved to Australia when she was a child.

Ann was educated at Melbourne's Elwood High School; she received her degrees Bachelor of Education and Diploma in Education from Deakin University. She has a Master's degree in Strategic Foresight from Swinburne University of Technology. After completing her education Ann became a teacher. She taught secondary and tertiary education for a few years. She has more than 20 years of

experience in working for not for profit organisations. Currently, she is trying to improve her computer skills particularly in Microsoft Excel and planning to take a French language course in the future.

Ann spends her spare time gardening, reading and cooking. She has planned to do a team building activity with her staff in which she will learn to cook Indian cuisine along with her team mates.

Ann brings her enthusiasm to the workplace and positive energy. She said she would like to see the Centre being more entrepreneurial and she is privileged to work with really great people and suggests everyone should

enjoy the work they do. It makes life a lot easier. She gets involved in volunteer work. It may result into a stepping stone to employment.

At the end of our interview she gave a message for everyone- "I think we all are learners and learning should go on through whole life"- Ann Burgess.



By Divya



Our Term 4 Course Brochure is now available! Pick up a copy from our reception or visit our website at: www.gealc.org.au

IPAD CLASSES

Join one of our 4-week courses:
iPAD 1: Searching & downloading useful applications, Using iTunes, Taking/editing photos, WiFi
iPAD 2: More applications & iTunes, Using email & Skype, syncing your computer with iPad, Editing Photos!

SETTLING IN AUSTRALIA

This FREE 4-week course will help ESL students to settle in Melbourne and understand the Australian way of life. Topics include: Australian history & culture, Government and schools, building networks, looking for work, communication, Australian vocabulary.

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By Max

UKRAINIAN CULTURE

Ukraine is a country in Eastern Europe. It has an area of 603,628 km², making it the largest country entirely within Europe. Kiev is the capital of Ukraine. In 2011, it was the world's third-largest grain exporter. Ukraine is one of the ten most attractive agricultural regions. The country also has a well-developed manufacturing sector, particularly in aerospace and industrial equipment.

Culture

Ukrainian customs are heavily influenced by Christianity. Grandparents play a greater role in bringing up children, than in the West. Artisan textile arts play an important role in Ukrainian culture, especially in Ukrainian wedding traditions. Ukrainian embroidery, weaving and lace-making are used in traditional folk dress and in traditional celebrations.

Cuisine:

The traditional Ukrainian diet includes chicken, pork, beef, fish and mushrooms. Ukrainians also tend to eat a lot of potatoes, grains, fresh and pickled vegetables. Popular traditional dishes include varenyky (boiled dumplings with mushrooms, potatoes, sauerkraut, cottage cheese or cherries), borsch (soup made of beets, cabbage and mushrooms or meat), holubtsy (stuffed cabbage rolls filled with rice, carrots and meat) and pierogi (dumplings filled with boiled potatoes and cheese or meat).

Ukrainian borsch soup with smetana

RECIPE

Oregano & Paprika Chicken

Ingredients:

750gm tenderloins or chicken breast fillets
 1/3 cup plain flour
 2 cups wholegrain breadcrumbs or plain breadcrumbs
 1 tblsp dried oregano leaves
 2 tsp paprika more or less as required
 1 cup grated parmesan cheese

Method:

Cut each fillet (tenderloin or breast) through the centre into 2 flat slices and place on a separate tray or plate. Combine breadcrumbs, oregano, paprika and parmesan on a separate tray. Place egg mixture in a shallow dish. Dust chicken in flour first, dip in egg then coat evenly in the breadcrumbs mixture. Transfer to a tray. Get a shallow frying pan, put chicken in hot oil for about 7 minutes on each side or until golden and cooked through. Drain on paper towel. Serve with fresh salads and lemon juice.



By Hema

EXCURSION

On June the 19th 2014, most of the Lee's students (from Thursday afternoon class), met at McClelland Park and Gardens for a visit of this exceptional open-air museum and arts gallery.

The McClelland site was established in 1971. It is a 16 hectare park comprising bushland and landscape gardens where more than 100 permanent outdoor sculptures are exhibited, complemented by an Arts Gallery where paintings from various Australian Artists are shown.

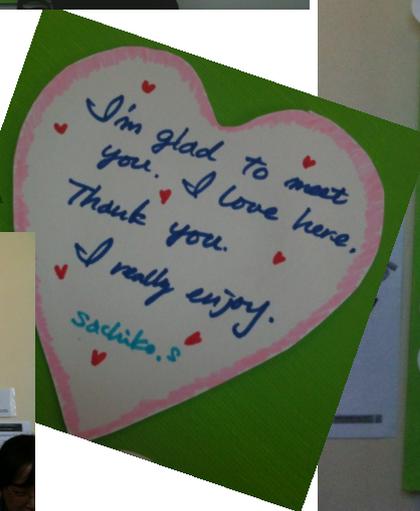
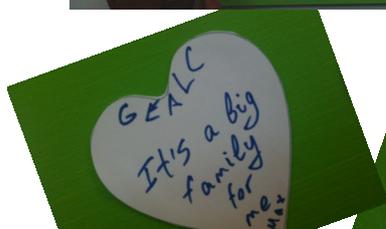
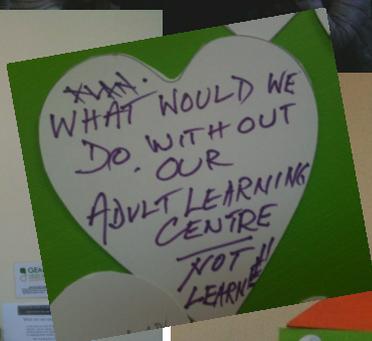
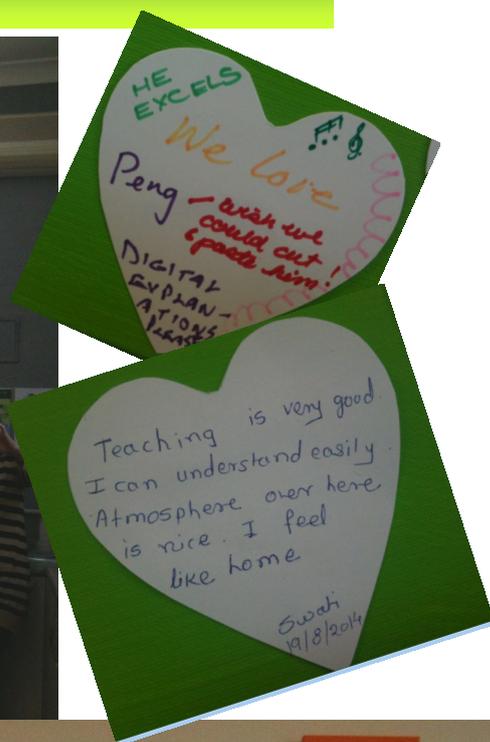
The park is visited by more than 300,000 people per year. Its size has doubled within the last decade and it has emerged as the leading Australian Sculpture Park. Guided visits can be organized. A visit lasts around one and a half hour. Among the hundreds of sculptures displayed all over the extraordinary landscaped vegetation of the park, one of them has particularly attracted my attention. It is actually an arrangement of 120 pebbles simply suspended in the air, within a kind of delicate web of metallic wires giving the impression they are just some rays of light. A magical feeling of lightness, a beautiful balance of the shapes of the stones which seems to defy gravity, a sort of levitation! Beautiful, aesthetic and so emotional.

There are of course many other artworks to see at McClelland Park & Gardens. Some can easily be understood, while others call on your imagination. It's nevertheless so interesting to see all these artworks in such a special environment.

After visiting the park, we had a guided tour inside the Arts Gallery, followed by a nice light lunch at the Gallery Cafe.



By Jacques



IMPORTANT DATES



Fri 19 September - End of Term 3
Mon 6 October – Term 4 ESL classes start
Mon 6 October – Term 4 Computers start
Wed 8 October - Join GEALC for a FREE Morning Tea to celebrate Seniors' Festival
November is Wellvember! A month of free Health & Well-being activities (see timetable)
Thur 27 November—Social Inclusion Lunch
Tue 4 November - Melbourne Cup (no classes)
Fri 12 December - End of Term 4

Mon 15 December – End of Year Party and Certificate Ceremony from 12 to 2pm
Thur 18 December - GEALC Office Closed from 3pm UNTIL ...
Mon 19 January – GEALC Office opens again
Wed 29 January – Enrolment Day 10am-2pm
Mon 2 February – ESL Classes commence
Mon 9 February – Computer Classes commence
Sat 14 March - Multicultural Music, Dance & Food Festival from 11.30am to 2.30pm

KUNG FU SUSHI



(03) 9578 3130

TRADING HOURS
Mon~Sat 11:00am - 9:30
Closed on public holiday

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COMING SOON TO GEALC

Saturday morning craft sessions , would you like to make your own Christmas cards or create origami or decorate display pegs and more.....

Would you like to share your skills and host one morning teaching others your craft.

Please contact reception for more details.....

If you would like to advertise in our newsletter, please contact us on **9578 8996** or email us at info@gealc.org.au

Address: Glen Eira Adult Learning Centre, 419 North Road, ORMOND 3204



Thank you to the Baker's Delights at:
462 Centre Rd, Bentleigh AND
771 Centre Rd, Bentleigh East
 for sponsoring GEALC's morning teas!

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