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OUR NEWSLETTER PRODUCTION TEAM

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Welcome to our first edition of the **“GEALC Gazette”** - an exciting NEW project proudly brought to you by a group of English as a Second language students attending programs at Glen Eira Adult Learning Centre. We hope you enjoy this term’s newsletter filled with articles about our centre!



GEALC HOSTS A BIGGEST MORNING TEA



Glen Eira Adult Learning Centre held a **Biggest Morning Tea** to raise funds to help the fight against cancer on 25 May. Thank you to everyone who showed their support.



Australia's **BIGGEST MORNING TEA**

We raised **\$182.00!**

INTERVIEW WITH GEALC VOLUNTEER



Eira Adult Learning Centre nominated Judy Moylan for a special award because she had over 10 years service here. She went to the town hall on the 11th May and the Mayor presented her with a certificate. Judy is a member of the committee of management of GEALC. She attends meetings and she gives her opinions. She was also the secretary and chairman of the committee in the past. Her best thing about volunteering is the people she meets. She volunteered in another organization over 20 years ago, and she has still got friends from those days. Here at GEALC she has met a lot of people who she is very

friendly with and because she lives close to here she feels like helping her own community. Sometimes volunteering can be very time consuming. It impacts on her family life especially being on the committee as it can take a lot of time and a lot of energy, but when thing goes smoothly, it's fine. Her family is happy for her to do it. When her two girls were little, they used to play holding a meeting because mummy went to so many meetings. “And my daughters are volunteers now, ” she says. Her hope in the future is that her family is happy and healthy.

Did you know it was National Volunteer Week on 9-15 May 2011? I would like to introduce Judy Moylan who got an award. Glen Eira Council has a volunteer recognition scheme during national volunteer week. They give awards to people who are nominated by organizations. Glen

Improve Your Reading and Writing Program – for people who want to improve their reading and writing skills to go on to further study or employment. Mon & Thur from 9.30am to 12.00pm.

Language for Living Program – learning ‘English Through Cooking’. Every Wednesday from 12.30 to 3.30pm.

Spanish for Beginners – designed to help beginners grasp the basics of Spanish in a relaxed learning environment! Every Monday from 7.00 to 9.00pm

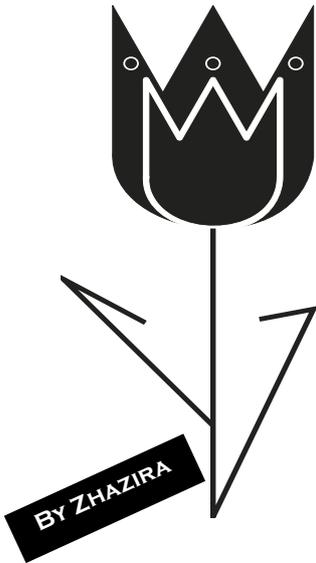
Basic Bookkeeping – an 8 week course starting Monday 25 July (12.30 to 3.00pm)

Computer Classes - Programs for Beginners to Advanced

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MCCLELLAND GALLERY & SCULPTURE PARK



On the last day of each term we try to spend our time enjoyably. This time we, our teacher Lee and the Advanced English class, went to the McClelland Gallery and Sculpture Park. Lee offered us this idea and we were happy to go. The McClelland Gallery is located 4 kilometres east of Frankston in the Mornington Peninsula. It was established in 1971 under the terms of the Will of Annie May McClelland in honour of her brother Harry McClelland. He was an

artist and philanthropist and played an instrumental role on development of the arts community in Victoria. We began our tour with the open gallery in a bush. It is a very attractive landscaped garden with lots of unique sculptures. We were accompanied by a guide who told us the pre-history of each sculpture. In the open air we enjoyed both an inspiring exhibition and the nature. Each sculpture is worthy of attention. For me it was something I had never seen before.



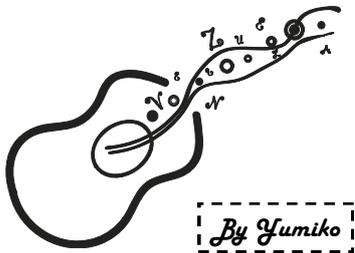
INTERVIEW WITH ANDRES

We interviewed Andres from the Advanced English Class. We were all very impressed with his great performance of “cuatro” on Harmony Day of the centre in March . I interviewed Andrea who is from Venezuela and asked him to explain what a cuatro is.

Cuatro is the most important musical instrument in his country. It is a stringed instrument made of wood with 4 strings. Depending on the regions of the country, there are different kinds of rhythms. Along the coast, they play waltz and Venezuelan merengue. In the vallies, they play Joropos.

Andrea started playing when he was 6 years old. His father gave him a cuatro and he taught it to him. Later he took a course once a week.

Andrea says cuatro are very popular in his country. “We play it at parties, in public, shows and alone, too. It’s accompanied with songs because Venezuelan music is very rich in lyrics”. Now there are a lot of groups, bands, and musicians who play it with different techniques, for example, like a guitar. It’s interesting to see musicians play Aranjuez Concerto of Rodrigo with cuatro instead of guitar.



TIPS TO STAY HEALTHY DURING WINTER TIME



The cold season raises all kinds of problems, and the most unpleasant ones are related to our health.

How can you have a healthy life during winter? Nutritionists say that 50% of winter illnesses can be prevented or treated through healthy nutrition. Here is a short list of some foods you should eat:

1. **Fish with Omega 3** including salmon – benefit for the heart, joints and memory.

2. **Blueberries**—these contain many antioxidants, potassium and vitamin C. Besides their help in lowering the risk of cardiovascular disease and cancer, they have a powerful anti-inflammatory effect.

3. **Drink more milk.** Milk and dairy products such as cheese and yoghurt are great sources of protein and vitamins A and B12. They're also an important source of calcium, which helps keep our bones strong.

Also don't use the cold winter months as an excuse to stay in and lounge around. Get out try out a new activity, maybe ice-skating or taking a winter walk on the beach. Regular exercise helps to control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly inside the house.



by Nicoleta



CELEBRATING CULTURE AND LEARNING

The English as a second language (ESL) students from Glen Eira Adult Learning Centre (GEALC) celebrated Harmony Day on 21st March, a day where all Australians celebrate its culture diversity. The students of GEALC showed some documentary of their country, shared food, music, wore their country outfits and talked about their country. Celebrating the different

cultures makes Australia a great place to live. The students produced a painting of their handprints joining together to show that everyone belongs to Australia regardless of their background. There are many ways of celebrating Harmony Day. It depends on you how you want to bring people together in your-school, community or organisation to ensure

that Australians understand that multiculturalism is relevant to all Australians.

Philippa Caris, the Manager, commented, "The students not only enjoyed creating the piece of art work but celebrated the day by sharing food, music and artwork from their countries".

Harmony Day is a time to celebrate our nations diversity and share what we have in common.



By Senia

JULY IN THE MELBOURNE GARDEN

- This is the best month for buying and planting bare-rooted plant stock, including roses, deciduous, ornamental and fruiting trees and berry plants.
- Prune plumbago, hydrangea and abelia. Cut back chrysanthemum, canna and ginger lily. Prune deciduous trees while there are no leaves.
- Avoid pruning late-winter or early spring-flowering trees and shrubs as you will remove the flowering buds.
- Roses should be pruned now in all but frosty areas, where it is best to wait until August. Don't prune spring-flowering climbing roses – those must be pruned later when they have finished flowering.



By Alla

Next Issue – Companion Planting.

Plant Now!

- **Flowers:** Bare-rooted plants, Camellia, Rose, Euphorbia, Lilac, Salvia, Marigold, Stock.
- **Vegetables:** Asparagus (crowns), Rhubarb (crowns), Lettuce, Spinach, Rocket, Onion, Broad Beans, Radishes, Silverbeet, Spring Onions, Coriander, Parsley & Chives.



OYAKO DON RECIPE

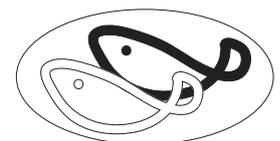


Oyakodon means parents and children in Japanese, and Oyakodon is a traditional Japanese rice bowl topped with simmered chicken and egg.

- Ingredients:** 4 servings
- 4 cup steamed medium or short grain rice
 - 300g chicken thighs / breasts, cut into small pieces
 - 1 onion, thinly sliced
 - 1 2/3 cups water
 - 1 tbsp dashi fish stock powder
 - 7 Tbsp soy sauce
 - 4 Tbsp white wine
 - 4 Tbsp sugar
 - 4 eggs
 - Fresh spring onion or parsley (optional)

- Preparation:**
1. Put water and dashi in a frypan and put on medium heat. Add soy sauce, white wine, and sugar in the dashi soup.
 2. Add chicken and onion slices and simmer for 8 minutes.
 3. Lightly beat eggs in a bowl, and pour the eggs over chicken and onion.
 4. Turn the heat down to low and cover with a lid.

5. After one minute, turn off the heat. You don't want the eggs to harden too much, they should be cooked, but still be ever so slightly runny.
6. Put steamed rice into deep serving bowls, then serve simmered chicken and egg on top. Sprinkle with chopped spring onion or parsley.



IMPORTANT DATES



- Mon 18 July** - Term 3 starts
- Tues 9 August** – Cinema Social Night! See a movie, have a chat & coffee, everyone welcome (see noticeboard in kitchen for more info)
- Fri 23 September** - Term 3 Ends
- Thur 6 October** – Join us for a FREE morning tea (10.30 –11.30am) during the Victorian Seniors Festival Week

- Mon 10 October** – Term 4 starts
- Tue 1 November** – Melbourne Cup (no classes)
- Tues 9 November** – Cinema Social Night! See a movie, have a chat & coffee, everyone welcome (check noticeboard in kitchen for more details)
- Wed 14 December** – End of Year Party & Certificate Ceremony. Let's celebrate!
- Fri 16 December** – Term 4 Ends



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General Knowledge Quiz By Natalia

1. What people are indigenous to Australia?
 - a. Pygmies
 - b. Aborigines
 - c. Druid
2. Australia was originally started as a prison colony.
 - a. True
 - b. False
3. What is another name for Australia?
 - a. Down under
 - b. Over there
 - c. Auzzi land
4. The largest Australian State is New South Wales.
 - a. True
 - b. False
5. What was the former capital of Australia?
 - a. Sydney
 - b. Melbourne
 - c. Perth
6. What is one of Australia's well-known landmarks?
 - a. Eiffel Tower
 - b. Golden Gate bridge
 - c. Sydney Opera House

NOTE: Teachers, staff and students who are involved in the production of the Newsletter cannot participate.

You could win a prize! Hand in your answers with your name and contact details to GEALC reception by 29 July 2011. Correct entries will be drawn on 1 August 2011.

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