

12th December 2011

Volume 1, Issue 3



OUR NEWSLETTER PRODUCTION TEAM

Students: Heejin Kim SAWAKI, Galina VOLMAN, Rica ROBINSON, Yumi WYNER, Yumiko TAHARA, Natalia ZAYTSEVA. Assisted by: Ann MANNING, Philippa CARIS

COMMUNITY NETWORK BREAKFAST



Glen Eira Adult Learning Centre along with the other adult community education providers in Glen Eira (Caulfield South, Godfrey St and Moongala) were successful in receiving funds from the Adult Community & Further Education Board Capacity & Innovation Grants to run a joint Community Needs Analy-

sis of the adult learning needs in Glen Eira. The findings from this project, which included a needs survey and consultative focus groups, were presented at a Community Network Breakfast on Tuesday 15 November. The Mayor of Glen Eira launched the breakfast and the attendees included Elizabeth Miller MP, Glen Eira Council Officials, representatives from Centrelink, the Regional Manager from Adult Community & Further Education Board and other service providers (community

health, youth, disability). This exciting project has provided the opportunity for the Glen Eira Learn Local organisations to work collaboratively in identifying their community's learner needs so they can better develop and implement education programs in the future. If you would like to know more about the project, pick up a copy of the Community Needs Analysis from GEALC!

By PHILIPPA



Our Centre's 2012 Course Brochure is now available! Pick up a copy from our reception or visit our website at: www.gealc.org.au

See page 4 of our newsletter for more information on the new courses we are offering in 2012.

Season Greetings

On behalf of the Newsletter Team and all the staff at GEALC, we would like to wish you a very Happy New Year!

Hope to see you in 2012!

INTERVIEW WITH LEE



Anyone studying meets a lot of teachers. My personal experience has taught me that a teacher can really make a difference. Today I would like to tell you about a person that makes a difference in our Centre.

Lee Felder was born in Melbourne. She married young and had a family of 3 wonderful children. One could say that Lee became a teacher by chance. Thirteen years ago, fortuitously, she noticed Glen Eira Adult Learning Centre's sign and without thinking

knocked on the door and met the manager at the time, Helen Yandell. This decision changed not only her life, but many others. One week later she started working as a volunteer at the Centre and fell in love with it. Inspired by Helen, Lee went back to university to graduate as a teacher. When asked about the Centre, Lee told me that she really enjoys working with her wonderful students who come from many different countries and also her friendly colleagues, who share her enthusiasm. She likes the atmosphere at the Centre which allows the students to feel comfortable. Lee strongly be-

lieves that the good feeling from the staff permeates through to the students.

During the interview Lee mentioned that teaching is her real passion. In my opinion, her students are lucky to have such a dedicated, high class professional and exceptionally intelligent person as their teacher.



Inside this issue:

Table with 2 columns: Article Title and Page Number. Includes items like Community Network Breakfast (1), Interview with Lee (1), Ann Barker (2), Ancient Wisdom (2), How to survive the hot day (2), Hints for True Happiness (3), Experience in Australia (3), Recipe (3), Window of Opportunity (3), GEALC Course Information (4), Multi Cultural Festival (3), Movie Night 'Midnight In Paris' (5), Christmas Celebration in Vietnam (5), Important Dates (5), Quiz and Advertising (6).

A VISIT BY ANN BARKER MP



By CHAC

Ann Barker, the elected representative for the electorate of Oakleigh in the Vic Parliament (1999, 2002, 2006 and 2010 consecutively elected), came to the Friday English Class at GEALC to give a talk / presentation from 1pm to 2.30 pm. She said that her responsibility covers a 17 square kilometre area of 34, 000 inhabitants living in the suburbs of Carnegie, Hughesdale, Murrumbena, Oakleigh and parts of Caulfield East, Chadstone, Glen Huntly, Oakleigh East and Ormond. She has an office with two

staff, located at 19 Station Street Oakleigh Vic 3166 Tel: (03)95684625, Fax (03)95632512. She is available to help people and organisations in the Oakleigh electorate with assistance, advice and information. She said that she is not competent to solve problems but only to raise the issues in Parliament or to recommend a service that can help. Actually most of her concerns relate to Health, Education and Transport fields. For Health, she insists on the prevention of diseases, especially on life-

time diseases such as type 2 diabetes. For Education she is concerned about some schools in the Oakleigh Electorate, that they will no longer receive funding. For Transport she is urging the Liberal government not to abandon local commuters by dumping plans to upgrade Carnegie railway station to a premium station. At the termination of the talk, Ann Barker expressed her wish to see Australia become a Republic before her death. We were happy to listen to Ann and learn more about state government.

ANCIENT WISDOM



By YUMI

- Perfect boiled eggs

Cold eggs from a refrigerator easily crack in boiled water. Use eggs at room temperature. Boil eggs with salt or vinegar. They make the protein hard. Even if the eggs crack in boiled water, they make the white hard and stop from leaking.

- Growing onions

Do you throw away a sprout from an onion that has sprouted? Don't waste it. You can chop it thinly and use it the same as chopped spring onion.

- Left over lemons

To avoid cut lemons getting dry, put salt on the cut end of the lemon.

- Cutting onions

If you do not want to cry when cutting onions, peel the outside brown skin and wrap it in clear wrap. Heat it up in the microwave for 30 seconds and then mince it.

- Storing vegetables

English spinach, Bok Choi : Wrap with wet news-paper and put in a plastic bag. Stand it in the refrigerator.

HOW TO SURVIVE THE HOT DAYS



By YUMIKO

The scorching summer is fast approaching.

Here are some tips from the ancestors in my country to keep cool for those who don't like the wind from air conditioners.

1. To sprinkle water outside. Originally, to sprinkle water is the finishing touch of cleaning around the house for the purpose of settling the dust down in front of the door. During the hot summer months, this also works for lower-

-ing the temperature by about 2 to 3 degrees as the water evaporates.

2. To put blinds or screens outside the windows. These are usually made of bamboo or reed. The point is to make shade outside the window. The glass windows can lock out the hot air but let in the sun light. The heated curtains eventually warm up the room temperature.

3. If you don't want anything common, how about ghost stories? In Japan, there are lots of performances of ghost storytelling at theatres during summer. An experiment shows that the people felt more than 3 degrees less hot after listening to a ghost storytelling, compared to the others who didn't watch the performance. This is true!



By SARA

1. True love is indiscriminating, liberating and unconditional, we should share this love with all beings.
 2. Peace of the world is based on peace in the family - world peace stems from inner peace.
 3. Disasters appear ac-

ording to people's thoughts. So read your own thoughts and understand your feelings (introspection).
 4. Treat others the way we would like to be treated.
 5. Everybody is somebody we can learn from.
 6. Seeing another fault is

the greatest fault in itself.
 7. If we learn to forgive we will dwell in peace of mind.
 8. It would be wise to remember that our lives are getting shorter by the second.
 9. Key to success is diligence.

FEW HINTS FOR A TRUE HAPPINESS



By SAAR

The English language! Some immigrants arrive in Australia without much English. I am one of them. Firstly, I have to say that it isn't easy to improve your English. Secondly, you might find yourself making mistakes. It could be speaking or listening mistakes or funny or embarrassing mistakes. I would like to share one of my mistakes with you. When I arrived in Australia two years ago, I didn't have a clue how to speak English and particularly had a problem with the accent. It was really difficult for me to understand what other people were saying to me. One day my friend's wife asked me "Would you like me to do your washing?" As it was my first week in Australia, I was struggling with understanding what she was saying to me and I thought she meant, "Would you like me to wash you!" Well with my 'perfect English', I answered, "I already had a shower!" O.M.G.! You can't imagine how embarrassing it was. Obviously she laughed and I couldn't understand why! It didn't take long to understand what had happened and it was very funny. Since then whenever we are together she repeats her question and laughs. She will probably keep reminding me for the rest of my life.

EXPERIENCE IN AUSTRALIA



By RICA

It is time to enjoy some great Samoan food that you will be able to prepare wherever you are in the world. This is both healthy and delicious. In Samoa, South Pacific the OKA is usually made by every family for the Sunday feast. It is made in the following way:

- * Cut the raw yellowfin tuna in small thumb nail size pieces and put in a bowl.
 - * Cut cucumber, tomatoes and onion into very fine pieces and add it to the bowl.
 - * Add fresh coconut cream (or from can) sauce together with some lemon juice.
 - * Add salt and pepper and some chili sauce if you like it hot.
- Mix it all together and serve in small cups or bowls. Leave it in the fridge for some time if you prefer it cold.

RECIPE

A WINDOW OF OPPORTUNITY



By NARCISA

In October 2009, I finally arrived in Melbourne after a lengthy process with Immigration in Manila. Settling into Australian life was a bit of a culture shock after my working life in the Philippines where I was involved with a non-profit organisation working among Manila's disadvantaged people. At first, I didn't know anyone in Melbourne a part from my husband who encouraged me to enroll in English classes at GEALC. This was for me a rewarding experience. Not only did I improve my skills in English but I was also encouraged to make friends and learn how to express my opinions in class discussions which improved my own self worth. I am now able to negotiate my way through most day-to-day experiences and all of this I attribute to the marvelously talented teaching staff at GEALC and their support. Now as a volunteer receptionist at GEALC, I regard the work that I do as a token of my appreciation and affection for those who have made my life here a richly enjoyable and rewarding experience. My involvement at GEALC has provided me with a network of life-long friends which hopefully will prosper both within and outside of my this environment. Thank you very much to all the GEALC STAFF.

PERSONAL DEVELOPMENT

We offer a range of daytime/evening personal development programs. For more information about **course fees, days and times, see pages 3 & 4!**

CREATIVE WRITING with a difference!

Improve your writing skills by creating your own digital story/book with photos (*Capture family memories, milestones*). Join our supportive, friendly, stimulating group of aspiring writers whilst developing techniques in improving your writing.

FRENCH or SPANISH for Beginners!

This eight week course is designed to help beginners grasp the basics of the Spanish/French language in a fun environment and includes: *Greetings & everyday phrases *Countries & nationalities *Numbers & time * Family *Food *Travel & culture * Time, seasons & weather *Hobbies.

SELF-AWARENESS & PERSONAL GROWTH

This personal development program aims to give individuals the tools with which they can draw upon in their everyday life to develop communication skills, positive thinking, build self-confidence and assertiveness to meet their individual needs, rights and opinions.

ART FOR WELL-BEING

An 8-week course where people from all walks of life can come together to experience and enjoy art whilst gaining:

- Increased technical skills in art making, thereby raising self-esteem and feelings of competence
- The opportunity to invest time, energy and attention to create work with authenticity and integrity
- The ability to develop a sense of well-being through the exploration of art. **Wednesdays 1 to 3pm**

GETTING CONTROL OF YOU MONEY!

Money Minded is a financial education program which helps people to take control of their financial situation. These FREE Saturday morning workshops include 1) *Planning & Budgeting*, 2) *Dealing with Debt* and 3) *Understanding Superannuation*. First workshop is on Saturday 17 March from 10am to 12pm.

ACCREDITED PROGRAMS

IMPROVE YOUR READING & WRITING

Certificate I in General Education for Adults 21772VIC

Suitable for students who missed out on gaining reading, writing, maths and computing skills at school and want to gain the confidence to go onto further study or employment. This course is for students from English and non-English speaking backgrounds. **Two 6-hour classes on Monday & Wednesday**

NOTE: Students with a Pension Card may be eligible to claim the Pension Education Supplement.

ALL Accredited training is delivered with Victorian and Commonwealth Government funding.

COMPUTER PROGRAMS

GEALC offers a range of daytime/evening computer classes from beginners to advanced. For more information about days, times & costs see our current 2012 Course Brochure or visit our website at www.gealc.org.au

DON'T MISS OUT CALL OUR CENTRE TODAY TO REGISTER ON 9578 8996!

NEW COURSES 2012!

We would like to offer a range of new classes during 2012. If you would like to attend any of the following programs, PLEASE REGISTER your INTEREST **NOW!** Classes will only go ahead if we have enough participants! **Days/Times to be confirmed**

Considering a career in **Children's Services, Aged Care, Community Services Work or Business Administration?** Then these **40 hour** pre-accredited programs will provide a pathway into further study and/or work.

COST: \$180 Conc/\$210 non-conc

INTRO TO CHILDREN'S SERVICES

This course is designed for those intending to work within the children's services industry as it provides an introduction into understanding, caring for and supporting the development of young children. Suitable for those who wish to go on to study the *Certificate III in Children's Services* and pursue a career as childcare assistant, a family day carer or a nanny.

The program includes an introduction to:

- Child development, family and culture
- Health and safety
- Play and creative experiences.

INTRO TO AGED CARE

This course is ideal for those who wish to work in aged care (as a *personal care assistant in an aged care facility, a community support worker, a home care assistant or a community care worker*) and would like to go on to study the *Certificate III in Aged Care*. The program includes an introduction to:

- Work effectively with older people
- Provide personal care & support to an older person in the activities of daily living
- Work effectively with culturally diverse clients/workers
- Follow safety procedures for direct care work.

INTRO TO COMMUNITY SERVICES WORK

The program is suitable for those who wish to go on to study the *Certificate III in Community Services Work* and pursue a career as a support/case worker or client officers.

The program includes an introduction to:

- Communicate appropriately with clients and colleagues
- Working effectively in the community sector
- Participating effectively in the work environment
- Following safety procedures for direct care work.

INTRO TO BUSINESS ADMINISTRATION

This course is designed for those who are seeking a career such as clerical/administrative assistants in offices & wish to go on to study the *Certificate III in Business Admin.*

The program includes an introduction to:

- Working effectively in a business environment
- Following workplace safety procedures
- Communicating in the business environment
- Producing workplace documentation.

YOUTH PROGRAMS

AFTER SCHOOL LEARNING SUPPORT

Re-engage your kids in the art of creative writing. Learn characterisation, setting, plot and theme setting techniques and using your 5 senses to write effectively. Ten 2-hour classes for Years 4 to 7 and Years 8 to 10.

TIME: Thur 4:30-6:30 pm and Sat 11am-1pm

COST: \$440 per term, including lesson notes

More details @ http://www.velocitygurus.com/?page_id=187

MULTI CULTURAL FESTIVAL

Glen Eira Adult Learning Centre (GEALC) has received a grant from Glen Eira Council to hold a "Multi-cultural Music, Dance and Food Festival" on 25 March 2012. The Festival is aimed at uniting the many diverse ethnic groups and the general community of the City of Glen Eira. It is an excellent opportunity to promote a greater sense of

community, understanding and respect by participating in activities, enjoying different types of art and music, as well as dancing and laughing. We expect to have stalls with delicious food tasting plates, student displays of art and craft from a range of cultures, different performances and workshops including ones for children. We

look forward to seeing you and having a lovely day for the whole family with a lot of fun!

WE NEED YOUR HELP!
If you would like to help in organising this event or know of someone who would like to participate, please ask reception for more details or email us at info@gealc.org.au



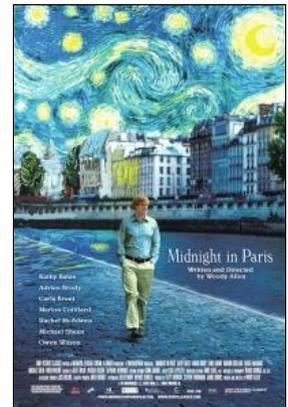
By NATALIA

MOVIE NIGHT

We were choosing a movie for our movie night in term 4 in the kitchen at GEALC centre. "How about 'Midnight in Paris'?" Woody Allen is the director and Owen Wilson is the main actor!" I could not remember their faces quickly. But I liked the title of the movie, 'Midnight in Paris'. It sounded romantic and interesting. As I expected, the movie was

a romantic comedy with depth in the story. Gil, Owen Wilson, a Hollywood screenwriter who dreams of being a great novelist someday, went to Paris with his beautiful but shallow fiancée, Inez, Rachel McAdams, on holiday. At midnight, he goes back in time whilst sitting on some steps in Montmartre and by riding in a classic car

to the Golden Age of Paris during the 1920s, and meets the legendary Hemingway, Fitzgerald, Picasso and Dali (I felt so happy as if I met them). And he falls in love with in fashion designer Adriana, Marion Cotillard, Picasso's mistress. If you like arts, music, fashion, literature, history, humor and love story, you will enjoy this funny and romantic movie.



By KIM

CHRISTMAS CELEBRATION IN VIETNAM

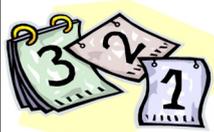
In Sept 2011, Vietnam with its massive 85 million population is the 13th most populous country in the world. Buddhists and Roman Catholics are 50% and 30% respectively of the total religious believers in the country. However Christmas is the major festival in Vietnam, celebrated by all religious and non-religious citizens especially in the 2 largest cities Ho Chi Minh City and Hanoi because the Vietnamese are fun-loving sociable people and Christmas is an occasion for them to celebrate together.

Weeks before the 24th of December, Western- styled Christmas decorations are set up everywhere, streets, shopping centres and family homes. The most salient feature is the every year traditional mass assembly in the heart of Ho Chi Minh City (more popularly known as Saigon) on Christmas Eve, near the Central Cathedral, where a crowd of people wait for the Midnight Mass. After Mass a sumptuous dinner is waiting for them at home.



By CHAC

IMPORTANT DATES



Thur 22 December - GEALC Office Closed from 12pm UNTIL ...
Mon 16 January – GEALC Office opens again
Wed 1 February – Enrolment Day 10am-2pm
Thur 2 February – Enrolment Day 10am-2pm
Mon 6 February – Classes commence
Tues 28 February – Cinema Social Night! See a movie, have a chat & coffee, everyone welcome (*check noticeboard in kitchen for more details*)

Mon 12 March - Labour Day (no classes)
Tue 20 March - GEALC Annual General Meeting (*time to be confirmed*)
Wed 21 March - Harmony Day
Sun 25 March - Multicultural Music, Dance & Food Festival from 11am to 2pm
Fri 30 March – Term 1 Ends
Fri 6 April - Good Friday
Mon 9 April - Easter Monday
Mon 16 April - Term 2 starts



The New **OPEN 7 DAYS**
ORMOND FRESH PRODUCE
WHOLESALE & RETAIL

FRESH FRUIT 'N' VEGETABLES
DAILY

FRESH FLOWERS ALSO
AVAILABLE AT MARKET PRICES!

FREE Home Delivery (Call: 95781716)
OPEN 7 Days a Week!

Also specialise in wholesale delivering to
 restaurants, hotels, clubs, schools, etc

CALL JAMES NOW on 95781716
515 North Road, Ormond 3204

QUALITY & FRIENDLY SERVICE



General Knowledge Quiz

By LINOR

- Which Footy team won the Grand Final in 2011?
 - Collingwood
 - Geelong
 - St. Kilda
 - Brisbane Lions
- How many states are there in Australia?
 - 7
 - 6
 - 5
- Which state is the home of Mt. Uluru?
 - Northern Territory.
 - South Australia.
 - Western Australia.
- The Melbourne Mayor is Lord Robert Doyle.
 - true
 - false
- The Great Barrier Reef is a part of which state?
 - Queensland
 - VIC
 - Tasmania
 - South Australia

Our Favourite Local Businesses



www.prestigemattresses.com.au



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



FERRARI
 Formal Hire
 Frank D
 467 North Rd Ormond Vic 3204
 Tel: (03) 9578 0943
 Fax (03) 9578 0910



465 North Road, Ormond - Tel: 03 95788222
 ABN: 28 564 562779

Conveniently Open 7 Days

Kiran Hair Salon Services

Hair, nails, waxing, eye-lashes and eyebrow tinting

Have colour & get hair treatment free and get 15% off all other services

www.kiranhairsalons.com.au



SUMMER Special - \$9 Thai Lunch
 Mention this advert to claim this offer

Teacher & Parent Special
 Regular Coffee & Choice of Sweets for \$5

Address: 471 North Rd, Ormond



Counter Sales
 Pickup /Delivery
 Electronics Repairs Division

Electron Flow Pty. Ltd.
 574a North Rd, Ormond, Vic, 3204
 Phone : 03 9576 7877
 Mobile :
 Fax : 03 9576 7977
 Email : hbservices@electronflow.com.au
 Website : www.electronflow.com.au



ULTIMATE ONE
HAIR & BEAUTY

Ph: 9578 4077



George Barbas
 Chief Executive Officer
 Mobile: +61 410 440 385
 Email: gbarbas@thinklean.com.au
 Address: 455 North Road, Ormond, Victoria, 3204, Australia
 Phone: +61 1300 532 601
 www.ThinkLean.com.au

Think Trade, Outsource, Investment - Think Lean®



TASTE GALORE
CHARCOAL CHICKEN
 Specialising in Catering Services

Hamburgers, Souvlaki, Fish & Chips
 Fresh Sandwiches, Steak, Hot Dogs, Salads,
 Coffee & Fresh Juice.

429 North Road, Ormond, Vic 3204
9578 1693
 Open 6 days Mon-Sat: 9:30am - 9:00pm

PHILLIP VAZIRANI 0416 389 141

Ormond IGA
plus LIQUOR

igaormond@oprusnet.com.au
 505-511 North Road, Ormond 3204
 Tel: 03 9578 1944 Fax: 03 9578 5773

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 **Website:** www.gealc.org.au