



# GEALC

GLEN EIRA ADULT  
LEARNING CENTRE Inc  
*Learning for life!*

## OUR NEWSLETTER PRODUCTION TEAM

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## WELLvember *Health and Well-Being Workshops*

GEALC dedicated the month of November to health and wellbeing by organising nine different events to keep our body and mind healthy. In our everyday living we generally don't have much time to work on our body and mind, so WELLvember provided us with some simple strategies that we can easily implement into our busy lives.

I attended one of the events *Photography for Novices* which was very

helpful to better understand the use of a camera and how to produce better quality photos. Other events introduced natural ways and strategies to cope up with stress, anxiety and to improve overall health. Events included *Mindfulness & Art Making, Aromatherapy, Meditation, Natural Health Principles Healthy Mind* and *Food Additives*.

Last but not the least, the *Social Inclusion Lunch*

was held to finish the month of activities and to celebrate social inclusion week to bring people together and make them feel welcome!



**By Manisha**



**Our Centre's 2014 Course Brochure is now available! We have lots of new courses available so pick up a brochure from our reception or visit our website at: [www.gealc.org.au](http://www.gealc.org.au)**

**GEALC will be closed from 20 December to 20 January 2014.**

## 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 2014!**

## INTERVIEW WITH PENG

I am happy to introduce you to GEALC's highly qualified IT specialist and a teacher of modern technologies. Peng was born in Malaysia. His parents had 11 children, 8 daughters and 3 sons. His father was a restaurant owner and mother was a housewife. It was Peng's father's dream to give his children a good education in Australia and his parents worked really hard.

Peng finished high school in Malaysia and went to Australia to Melbourne University where he got an Electrical Engineering degree. After graduating he worked for 2 years in Singapore and then returned to Australia to work for a computer company for many years. Having rich experience he saw the opportunity to share his knowledge with people and decided to become a teacher.

Nowadays, using computers makes our life easier. Peng helps people to overcome their fears of using computers and discover the world of modern technologies. "Teaching is a way of realising yourself, helping people and learning from them. I am utilising what I know and I am enjoying to help people," explained Peng.

Peng started working at GEALC in 2005 and he is very happy to work here. "This place is different, small and cosy, with supportive staff and good people. Teaching is not only about delivering skills but about caring for others. It's a small family-home where people feel they belong. And I hope, one day the centre will have more space".

Out of hours Peng likes to play basketball and study philosophy. He likes reading and the last book

he read was *How to learn Things in 20 hours* which he successfully applied in learning how to play the ukulele (Hawaiian guitar).

Peng speaks Malaysian, English, Mandarin and is also learning Spanish.

His favourite place is Malaysia but he loves Australia and is very thankful to be here. Australia is a country of opportunities!

**By Marina**



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## SOCIAL INCLUSION WEEK

On 28<sup>th</sup> November Glen Eira Adult Learning Centre and the Ormond Uniting Church joined together to host a Social Inclusion Lunch for all members of our community to develop a sense of friendship and belonging.

It was lovely to see students from GEALC and members of the local community chat and share a meal. It was a great opportunity to say all are welcome, we all belong and we all have something to contribute.

Not only people who are new to Australia need to develop friendships and connections but there are many who have been here all their lives who might feel lonely, shy or isolated. It was a simple day where we were able to relax and have a laugh with others we already knew or have just met. Lunch was organised by GEALC and the Church and food donated by bakers Delight and Safeway.

Approximately 60 people came in to share and connect.

We hope to continue the tradition of a Social Inclusion lunch and that it grows in numbers each year.

Thank you all for being part of this special day.



**By Ann**

## RECIPE

One of the most popular dish from South Asia: Butter Chicken

### Ingredients:

#### For Chicken

400 gm boneless Chicken  
 1 tea sp Red Chilli powder  
 1 table sp lemon juice  
 2 table sp butter  
 ½ thick yogurt  
 2 tea sp Ginger paste  
 2 tea sp Garlic paste  
 ½ tea sp Garam Masala  
 2 tea sp Mustard oil  
 Salt (according to taste)

#### For Butter Gravy

12 tomatoes chopped  
 4 table sp butter  
 4 green cardamoms  
 1 tea sp Ginger paste  
 1 tea sp Garlic paste  
 1 tea sp Red chilli powder  
 ¼ tsp crushed dried fenugreek  
 1 table spoon honey  
 3 ½ table sp fresh cream

### Method:

**Chicken Marinade:** Firstly put all the ingredients to marinade the chicken in a large bowl. Mix all those ingredients properly then wash the chicken and put in the bowl and mix it evenly and once its done, put it in the fridge for 2 hours.

**Cook Chicken:** Take the marinated chicken and cook in oven until it gets cooked properly, usually you will see the colour as golden brown.

**Gravy:** Make tomato paste in food mixer and keep it in a bowl. Put the pan on heat and put 2 table spoon butter and add 4 cardamoms and fry it. After that add Ginger and Garlic paste and fry for about 1 minute. Then add Chilli powder, tomato paste and salt (according to taste) and cook it for 15-20 minutes. After that add butter, crushed dried fenugreek and cook it for 2 minutes and then add honey and fresh cream and then the cooked chicken and cook it for 5 minutes. Server with bread and salad.



**By Sakshi**

## EXCURSION

This year I had a terrific excursion to the Victorian State Library. This outstanding and monumental building is situated in the Central Business District (CBD) area at Swanston Street.

The library is a landmark and cultural icon for Melbourne. I was very much impressed by this magnificent 19<sup>th</sup> Century building.

You can't miss the library with its grassy land in front of the building's entrance on Swanston Street with a monument of the State of Justice, Sir Richmond Berry. This area is very famous and popular for city workers, students and tourists.

The library opened in 1856 with a collection of 3800 books but now the library own 2.5million books, hundreds of thousands pictures, audios, videos, newspaper and digital materials.

You can also enjoys fabulous artworks and exhibitions spread around their gorgeous galleries. But my heart stops beating at the Landmark Domed Reading Room. This magnificent majestic octagonal space was designed to hold over a million books and up to 500 readers and in 1965 it was named "The LaTrobe Reading Room".

If you are really curious about Australian History don't miss the free permanent exhibition of Ned Kelly's armour at the library which is very interesting.



**By Zakia**

## EVENT ORGANISERS (MULTICULTURAL FESTIVAL)

GEALC is proud to introduce a new course "Event Management Course" in November 2013. The objective of the course is to provide structured training to students who want to become an Event Planner. This training will provide necessary knowledge about event management and provide an opportunity to organise an event in GEALC. The content of this 8 week programme includes: Events Policy and Strategy, Project Management, Event Management, Creative Thinking and Innovation, Following Workplace Safety Procedures, Communication Skill and Marketing Strategy. GEALC is organising a "Multicultural Festival" on 29 March 2014, which is the biggest event organised by GEALC with more than 500 visitors. The current participants of the event management course are organising the Multicultural Festival with a Market. Attractions of the festival are: multicultural dances, market stalls, food stalls and kids activities.



By Poonam

## CHRISTMAS CELEBRATION IN CHINA

20 years ago in China, we didn't know Christmas, but now Christmas is one of the popular days. Even though most people don't know the culture of Christmas, this is not a barrier to stop people celebrating it.

On Christmas Day, people go to party, watch films or go shopping with friends. The supermarkets and shops are decorated with Christmas trees. In China, Christmas is not an official public holiday, so on this day people must go to work or go to school. They celebrate it only after work or school.

Nowadays, China has opened the door

to the world. We don't only celebrate Christmas, but also we celebrate Valentine's Day, Mother's Day, Father's Day and Halloween. But none of the foreign days are a public holiday.

In China, the Spring Festival is the most important time for Chinese people like Christmas. On this day, all Chinese people will go back home with their family to greet the Chinese New Year. Young people give presents to old people while old people give red packets to kids. On the main day all the shops are closed. People eat, drink and watch Spring Festival Gala with their family.



By Minghua

## END OF YEAR PARTY and CERTIFICATE CEREMONY

It is my great pleasure to welcome our End of the year Party and Certificate Ceremony which will be held on Monday 16 December 2013. Last year ceremony brings back the memory of happiness and togetherness.

It was a lovely experience indeed. On that occasion, one by one our name was called to come to the stage where the teachers congratulated and handed us our certificates. During this time I felt we were like a big family where we were happy and had a good time together. I believe the ceremony is an important

event for us, why? Because we can feel that our work is valued and recognised.

The ceremony motivates us to be more active and proactive in our learning process. And last but not the least, the ceremony is a chance to celebrate our achievements together with our teachers, manager and staff.

So make sure you will be there and feel the experience !



By Zakia

# Congratulations!

## IMPORTANT DATES



**Fri 13 December**—Term 4 classes finish  
**Mon 16 December** – End of Year Party & Certificate Ceremony 12.00 to 2.00pm  
**Thur 19 December** - GEALC Office Closed from 12.30pm UNTIL ...  
**Mon 20 January 2014** – GEALC Office opens  
**Wed 30 January** – Enrolment Day 10am-2pm  
**Thur 30 January** – Enrolment Day 10am-2pm  
**Mon 4 February** – Classes commence  
**Mon 10 March** - Labour Day (no classes)

**Wed 12 March** - GEALC Annual General Meeting (at 4pm)  
**Fri 21 March** - Harmony Day  
**Sat 29 March** - Multicultural Music, Dance & Food Festival from 11.30am to 2.30pm  
**Fri 4 April** – Term 1 Ends  
**Fri 18 April** - Good Friday  
**Mon 21 April** - Easter Monday  
**Tue 22 April** - Term 2 ESL Classes Start  
**Thur 22 May**—Biggest Morning Tea



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**General Knowledge Quiz**

You could win a prize! Hand in your answers with your name and contact details to GEALC reception by 25 January!

- When do we celebrate Australia Day?  
**A. February 1 B. January 26 C. March 26**
- Which is the most poisonous Australian mammal ?  
**A. Wombat B. Platypus C. Flittermouse**
- Tasmania is sometimes called the?  
**A. peak B. apple C. Apricot**
- Who claimed New South Wales for England?  
**A. James Cook B. Abel Tasman C. William Dampier**
- What does the word " Kangaroo" mean in an 'Aboriginal Language' ?  
**A. I don't understand B. I don't know C. I'm thirsty**

**Correct entries will be drawn on 1 February 2014**

**By Larysa**

If you would like to advertise in our newsletter, please contact us on **9578 8996** or email us at [info@gealc.org.au](mailto:info@gealc.org.au)  
**Address:** Glen Eira Adult Learning Centre, 419 North Road, ORMOND 3204 **Website:** [www.gealc.org.au](http://www.gealc.org.au)



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