



**OUR NEWSLETTER PRODUCTION TEAM**

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**2011 VICTORIAN LEARN LOCAL AWARDS**

Glen Eira Adult Learning Centre was nominated as a finalist for the 2011 Victorian Learn Local Awards which recognises and congratulates the achievements of individuals and organisations across Victoria's Learn Local networks. The network consists of 320 community organisations, 8,000 staff and volunteers who all bring new meaning to many people's lives. The Hon. Peter Hall MLC, Minister for Higher Education and Skills, together with Rowena Allen, Chair, Adult

Community and Further Education (ACFE) Board, invited the finalists to a presentation luncheon for the 2011 Victorian Learn Local Awards. Philippa, Ann, Natalia and Kim attended the luncheon and sat on a table with the mayor of Glen Eira, Cr Margaret Esakoff. Our GEALC Student Newsletter was nominated for the award from the *Innovation in Learning* category along with two other great organisations. Even though we did not the win, we were presented with a *Finalist*

*Certificate* by Hon. Peter Hall MLC. It was a great time to meet and share the day with passionate people who work towards achieving individual's and communities' goals. Everyone was a winner! We felt proud to part of this special day.

**BY KIM**



**Return to Work or Study** – an 7 week course starting Monday 17 October (12.15 to 3.15pm)

**Language for Living Program** “Walk & Talk” Learn English by going out into the local community. Every Thursday from 12.30 to 3.30pm with Ann Manning!

**French for Beginners** – to help beginners grasp the basics of French in a relaxed learning environment! Mondays 7.00 to 9.00pm

**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 9.30am to 2.00pm & Wed 12.30 to 3.00pm*)

**Computer Classes** - Programs for Beginners to Advanced

**INTERVIEW WITH GEALC VOLUNTEER**



Voluntary Service is one of the important roles in Ann Maddern's life. She's been a volunteer for the Glen Eira Adult Learning

Centre (GEALC) since 1999 and she will continue to volunteer her time as she enjoys every moment of it. Ann believes that it's important for everyone to do a bit to help out the community to be a better place, to help those who have come to learn English and other languages, and she also enjoys meeting people from different backgrounds. The Centre tries very hard to welcome people and to make sure the organisation is doing well. All of this comes down to team work and putting in a lot of effort and support

which is what Ann enjoys the most. Ann's parents influenced her from the very start and believed that girls could do anything they wanted and she also thinks that us girls can do the same. For Ann volunteering is such a good experience for everyone who has different skills, different interests and a different amount of time to offer. Ann says, “*Volunteering is very rewarding and a fortunate life full of respect, so try and make a difference to your community by volunteering*”.

**Inside this issue:**

2011 Victorian Learn Local Awards	1
Interview with GEALC Volunteer	1
Focus Groups	2
Interview with Jose	2
Traditional remedies for colds	2
Melbourne cup	3
Movie Night, 'Red Dog'	3
A Funny Story	3
Important Dates	3
Quiz and Advertising	4



BY NATALIA

## FOCUS GROUPS FOR COMMUNITY NEEDS ANALYSIS

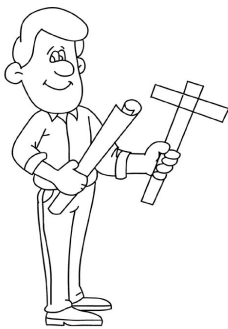
GEALC along with the three other community houses in Glen Eira, Godfrey Street, Caulfield South and Moongala Women's Community House held Focus Groups to find out the future needs of local Community in education programs and courses on 1 & 14 September. These organisations got together and discussed possible partnerships, way of sharing information, as well as problems and needs of

learners groups: Seniors, Youth, Migrants, Disability, Unemployment, Mental Health and Parenting. It was great to meet the representatives of employment and training organisations, senior and migrant groups and exchange opinions on improving the life of people by providing accessible education. Moreover, we had a delicious morning tea supported by Baker's Delight. In addition to the Focus

Groups, a community needs survey was conducted by the community houses to explore what kind of adult education programs people would like to attend in the future. This is a great opportunity for **you to have your say** and share your views. We are looking forward to getting your feedback. Please complete the online survey at [www.gealc.org.au](http://www.gealc.org.au) by 31 September. We value your feedback!

## INTERVIEW WITH JOSE

Jose is a student in the advanced English class. He came to Melbourne from Caracas Venezuela in South America and is a proud grandfather of five. Back home he was an Architect and Urban Designer and he worked for the government as part of an Urban Design Team designing and renovating governmental and public buildings. His last job for more than 30 years was in an Architecture office which he established on his own. In that office he was not just the Architect and Designer but was also responsible for the whole process from buying the land, getting the building permits, designing and constructing and finally selling the project. When questioned about Melbourne architecture, he said he really likes the combination and contrasts between the old and new buildings but he thinks they will need to improve the network of roads and railways especially in the suburbs. I wish Jose good luck in Australia and in his studies, both in English and in his profession.



BY LINOR

## TRADITIONAL REMEDIES FOR COLDS AND INFLUENZA

### In India

There are various ways to get a cure from a cold:

- a) Have warm milk mixed with turmeric and little bit sugar as per liking
- b) Avoid eating bananas,

yogurt and raw dairy products (except warm milk)

- c) Have herbal tea mixed with black pepper, spearmint, ginger and a bit of salt.

### In Sri Lanka

When someone catches a cold they take ginger with honey.

**In Philippines** They drink Lemon juice and a little bit sugar to cure a cold.



BY GURDEEP

## RECIPE

### Ingredients:

4 servings

- 300grams sliced meat (*pork, beef or chicken*)
- 1/3 cabbage (*shredded*)
- 2 carrots, thinly sliced
- 1/2 capsicum, sliced
- 1 cup bean sprouts
- 3 tbsp of vegetable oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 2-4 tbsp yakisoba sauce
- 3 packets soba noodles (*pre-cooked*)

This recipe was demonstrated in our centre's *Language for Living Cooking Class* by Mariko. It is a typical Japanese dish. **ENJOY!**

### Method:

1. Lightly loosen pre-steamed noodles and set aside.
2. Heat oil on medium heat. Stir-fry the meat until almost cooked. Sprinkle with salt and pepper to season.
3. Add carrots and capsicum and stir-fry for a 2 minutes.
4. Add cabbage and bean sprouts and stir-fry for one minute.
5. Add noodles and cover with lid for a few minutes.
6. Remove lid and add yakisoba sauce (\*According to your taste).
7. Stir the noodles quickly. Divide yakisoba onto plates.



BY MARIKO

## MELBOURNE CUP

The Melbourne Cup is Australia's most important thoroughbred horse race which takes place on the first Tuesday of November. Around this time of the year, a lot of spectators visit Melbourne not only from the other states of Australia but also from abroad. Even those who are not interested in horse races go to the Flemington Racing Course or watch them on TV. That's why the event is called "*The Race that Stops a Nation*". People who go to

the Melbourne Cup say they enjoy the great atmosphere at the venue as well as the races. It is an important scene for socialisation. How exciting to think about how to dress-up for the day! A hat is a must-wear item for a lady. For those who want to take their kids to the racing course to enjoy the atmosphere, the Emirates Stakes Day (the last day of the Carnival) is recommendable though you should go early to secure a space

for a picnic. You can also enjoy this event with your family without getting into the crowd. Buy the Herald Sun Newspaper the day before the cup and cut out the names of the horses from the paper. Put them in a bowl or a hat then each person in your family picks out a horse without looking. That is the horse they barrack for in the Cup. It could be great idea to prepare a little prize. For more information about the race, see [www.melbournecup.com](http://www.melbournecup.com)

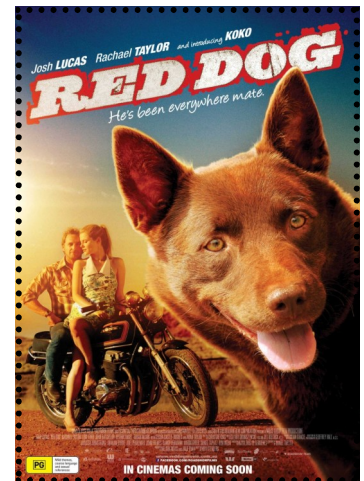


BY YUMIKO

## MOVIE NIGHT

RED DOG is famous... he is even on Wikipedia!

We went to the Classic Cinema in Elsternwick to watch RED DOG on the cinema excursion on the 9<sup>th</sup> August. This film is based on a true story. Tom, LUKE FORD, arrives at Dampier, the centre of a huge mining operation in Australia's north-west. He discovers that a dog is sick and may have to be put down, but he can't understand why everyone's so concerned about it. The locals, including barman Jack, NOAH TAYLOR, tells him the story of the dog - how it was first seen some years earlier, how it hitched rides with people it liked and how it eventually attached itself to an American, John Grant, JOSH LUCAS, who soon after fell in love with Nancy, RACHAEL TAYLOR, who worked as a secretary for the mining company. Initial misgivings about the film partly financed by mining giant Rio Tinto, and which therefore not surprisingly presents a very glowing view of a mining community in the Top End, soon evaporates thanks to the genuineness of this emotion-charged story of a dog that wormed its way into the hearts of many people. I recommend this film to everyone who wants to laugh, be moved or learn about Australia. RED DOG is coming to DVD this Christmas!



BY YUMI

## DADDY, HOW WAS I BORN?

A little boy goes to his father and asks, "Daddy how was I born?" The father answers, "Well, son, I guess one day you will need to find out anyway! Your mum and I first got together in a **chat room** on **Yahoo**. Then I set up a date via **email** with your mum and we met at a **cyber-cafe**. We sneaked into a secluded room, and **googled** each other. Then your mother agreed to a **download** me from my **hard drive**. As soon as I was ready to **up-load**, we discovered that neither of us had used a **fire wall** and since it was too late to hit the **delete button**, nine months later a little **pop-up** appeared!"



BY CHAC

## IMPORTANT DATES



**Thur 6 October** – Join us for a FREE morning tea (10.30 –11.30am) to celebrate the Victorian Seniors Festival with a FREE "Come & Try Computer Class".

**Mon 10 October** – Term 4 ESL Programs start

**Mon 17 October** – Computer Programs start

**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 a wonderful year of achievements! (*check noticeboard in kitchen for more details*)

**Fri 16 December** – Term 4 Ends



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## General Knowledge Quiz

BY **NICOLETTA**

- What is the highest mountain in Australia?
  - Mount Hotham
  - Mount Kosciuszko
  - Mount Bogong
- What is the more common name for *Macropus*?
  - Platypus
  - Koala
  - Kangaroo
- Where are the Naracoorte Caves?
  - In Victoria
  - In South Australia
  - In New South Wales
- What is another name for Australia's well-known landmark *Uluru*?
  - Ayers Rock
  - Snowy Mountains
  - The Twelve Apostles
- What does the Australian word *Bonzer* mean?
  - Terrible
  - Boring
  - Great

**You could win a prize!** Hand in your answers with your name and contact details to GEALC reception by 18 Nov 2011. Correct entries will be drawn on 21 November 2011.

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