



You

August 2019

Yarrunga Offerings & Updates

'Look what we made'

Yarrunga Community Centre has successfully obtained a Maroondah City Council Arts and Cultural Grant to support people in our Enterprise Skills programs.

Participants in our painting, sewing, woodwork and jewellery-making classes will learn and create a range of products, then organise, display and sell their items in a 'Look what we made' market to be held at Yarrunga early next year.

Please come and see us if you are interested in joining one of our Enterprise Skills programs.



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Meet - Rolan



Rolan is one of our Enterprise Skills participants. Rolan was born on the Burmese / Thailand border, learning both languages, but at 15 years old was moved to a refugee camp as a result of the civil war.

After 12 years of living in the refugee camp Rolan came to Australia. With limited English language it was a difficult period adapting to a totally new culture, but she found work in a Thai restaurant and worked hard to improve her English. She also studied Aged Care and worked in the aged care industry for seven years when she left to start a family.



Now, 11 years after her arrival in Australia, Rolan has discovered Yarrunga Community Centre, and is taking part in the Enterprise Skills painting course where she has demonstrated a natural talent and has produced some wonderful paintings. The course has also allowed Rolan to meet and mix with new people which is furthering her language skills and helping her feel part of a wider community. She is hoping to eventually volunteer to teach painting to children.



Rolan brings a beautiful gentle energy to the Centre and we love having her as part of our Yarrunga community.

Class Profile - Enterprise Skills

Have you ever wondered what makes an activity at a Community Centre different? We think the answer is the ability of a Community Centre to help bring people together and make them feel like they belong.

Our 'Enterprise Skills - Painting' class is a great example of inclusion in action. This class has a blend of people from all walks of life - female, male, older, younger, disability, non-English speaking background.

What unites members of this group is far greater than what separates them. When they sit and learn together, all differences dissolve as they work towards a common interest.

It's fantastic to see this class in action, and our tutor, Robyn, does an amazing job.



Our Enterprise Skills program in Term 4 will also offer new classes in:

**Jewellery Making
Woodwork**

Come and talk to us about these new programs!

Clean Up Day in the Art Room

A few days of our lives we will never get back - but how satisfying! Everything has a place, is easy to find, and no longer a risk to life and limb when you open the cupboards.

Special thanks to Robyn Elliott for helping empty out the cupboards and sort through old art materials, and Pete Blackwell for spending a whole day - some of it in the rain - filling the rubbish skip.

Before ...



During ...



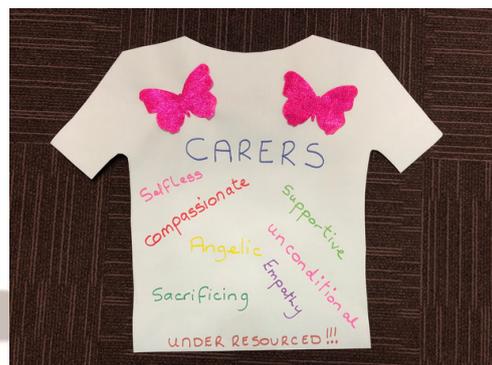
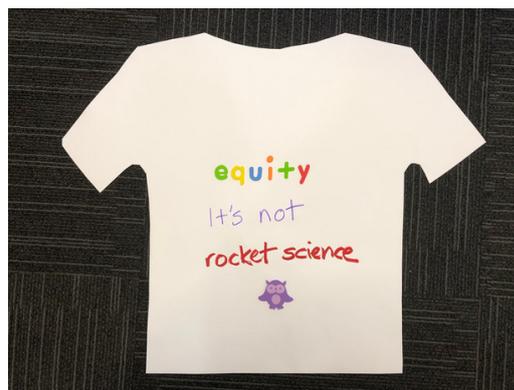
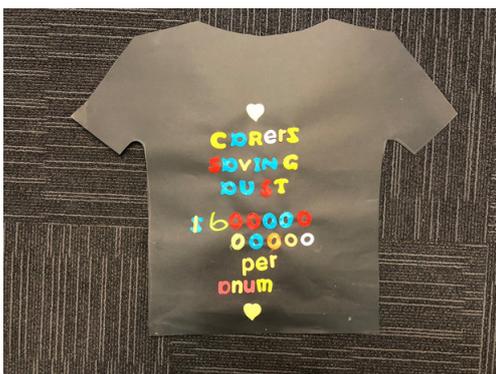
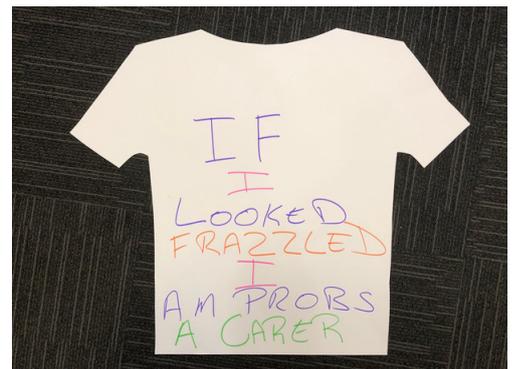
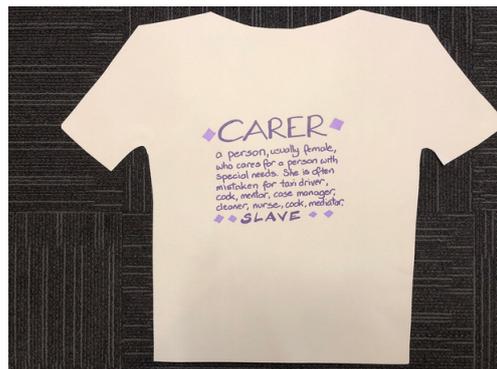
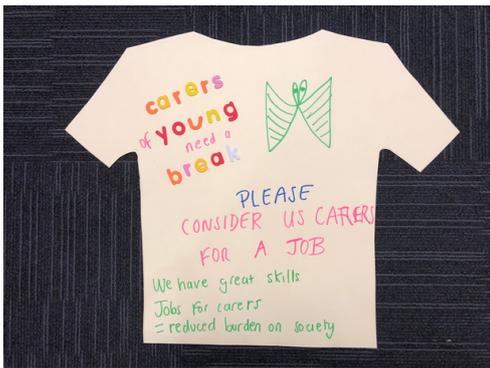
After ...



Clothesline Project

The Clothesline Project aims to encourage conversations about gender equality that inspires people to help create a world that is a better, safer and fairer world for all people.

We joined the iDareU Carers Community Hub to talk about what equality means to carers, and to discuss the difference between Equality and Equity. Participants were then invited to create a mock up T-shirt with their personal message of equity and equal opportunities for unpaid carers. See the finished products in the Centre, and vote for your favourite - there's a prize for the designer whose T-shirt gets the most votes.



Barista Journey

The things we go through to get a decent cup of coffee!

From this



We bought these babies ...



Attended some training ...



Learnt how to do this ... (the good looking ones are by our Barista tutor Shelly, and the ones that look like the work of five year-olds belong to Sam and Jen.)



Now we have our very first Barista skills students!



And we have turned Room 4 into a Coffee Hub.

Join us every third Wednesday of the month from 1.30pm - 3pm
for our 'Coffee Hub Wednesdays'.

\$5 for a coffee, snack, conversation and maybe a game or two

Coming Up in Term 4

Coffee Hub Wednesdays - 21 August

We will be opening up our new Coffee Hub every 3rd Wednesday of the month from 1.30pm - 3pm. This will be a great chance for people to come in, connect, have a conversation, play a game and, of course, enjoy a coffee. It will also give Sam and Jen a chance to practice their coffee making skills! \$5 - please book for catering purposes.

RUOK Day, 12 September

We are living in a world which is becoming more and more disconnected, with so many things encouraging us to go into cyberspace rather than connect with real people. This can lead to lots of isolation and loneliness. RUOK is a national day of action reminding everyone that connecting with each other and simple conversations can change lives. On RUOK Day remember to say hello to each other.

Adult Learners Week, 1-8 September

Latest research suggests that constant learning helps to keep brains active and healthy. So if you can't make one of our in-house programs, use Adult Learners Week to search our huge range of on-line courses available through ed2go. These are six-week tutor led courses or you can choose self-directed learning. We have had great feedback from previous participants of these courses. So take a moment to check it out and commit to learning something new.

www.ed2go.com/4-yarrunga

Cool Kids First Aid, 20 October, 2pm - 3.30pm

This is a special First Aid course for 3-5 year old children. They will learn how to recognise an emergency, how to call '000', how to put a person into the recovery position and basic bleeding control. Each child will also receive a certificate of participation, a Cool Kids First Aid book and a basic First Aid kit. Parental assistance is required - please register and book through Yarrunga. Cost is \$30.

Other Yarrunga News

Food Donations

We are taking food donations for the Croydon Hills Baptist Church Winter Shelter and its LINKS trolley which goes to Maroondah Community Assist. If you would like to donate, please drop off non-perishable food items in the basket at Reception.

Regal Sleep Solutions

Don't forget the wonderful offer for Yarrunga participants from Regal Sleep Solutions. Book an on-line appointment with Julia and receive expert advice and a great price. As a supporting partner, Yarrunga will also receive a donation. Speak to Nadine at Reception about how to book your on-line appointment.

Send your love and best wishes ...

Please send your best healing wishes to our manager, Sam Blackwell.

Sam had an unfortunate accident and is nursing a broken leg/ankle - who knew that dog walking was an extreme sport!

We hope to see Sam back soon - we miss you Sam.

Recipe of the Term

Prawn (or Chicken) Coconut Curry

1 onion, finely diced
4 cloves garlic (crushed bottled garlic is fine)
1 long red chilli, finely diced
1 tablespoon curry leaves finely chopped (available in the fruit/veg section at your local supermarket)
500g peeled raw prawns or chicken
1-2 tablespoons Keens mustard powder
salt and pepper to taste
400ml coconut milk
blanched greens (to serve)
basmati rice (to serve)

Dust prawns or chicken with mustard powder, salt and pepper

Add oil to pan and gently fry curry leaves, onion, garlic and chilli for 3-5 minutes

Add the prawns or chicken and fry lightly on both sides

Add coconut milk and gently simmer for 5 minutes

Serve with rice and greens.