



You

Yarrunga Offerings & Updates

August 2021

Welcome to Term 3

Term 3 got off to a flying start – well for one week anyway! Unfortunately, lockdowns will continue to be part of our lives for a little while yet. We will flip our programs onto Zoom when this happens, and are available to help out with technology advice and loan equipment if you need it. A huge thanks to all the tutors and participants who make the switch when necessary. Other Covid safety measures will continue under Government instructions, and while they are not necessarily convenient or comfortable, they will be implemented when instructed as our primary concern is to keep everyone safe and to be part of the Covid solution not the problem.

Keep an eye out for two taster programs in celebration of Adult Learners week in the first week of September; Alcohol Ink, and Cake Decorating. We will also be celebrating Seniors Week with a Seniors 2 course lunch. Bookings will be taken at the office or via our website.

As we write this newsletter we are preparing for term 4 programming. Despite the interruptions, this year has passed tremendously fast. I would like to thank our administration team for their resilience thus far. Their ability to adjust with our changing work landscape, at fast notice should be commended.

Sam Blackwell
Manager

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STAFF CHANGES



We are pleased to welcome a number of new tutors to our Yarrunga family:

Siobhan – Siobhan is joining us for Interval Training and Boxing/Kickboxing HIIT classes. Siobhan has a degree in exercise science and is also certified to teach Boxing/Kickboxing. She is passionate about fitness so if you are up for a more challenging class please join in.



Amy – Amy has joined our Living Longer Living Stronger team, taking over the Monday 3pm class. Amy is also a certified Pilates teacher. In addition to these skills Amy is a myotherapist.

Mary - Mary has joined our team as a tutor for Communication Skills. Mary is teaching her own community some basic conversation skills required for better assimilation into the community. There is more about Mary and the program she is teaching in this newsletter.

And hot off the press - a warm welcome to Deb. Deb is teaching our brand new Introduction to Commercial Cleaning course. Deb is working closely with the Karen community and their cleaning business (who work hard to keep our Centre spotless) and it is great to have her on board to teach our new program.



There are also some farewells to note:

Judy has been teaching Interval training, Fit Drum, Living Longer Living Stronger for the Karen community as well as filling in as the need arose, but unfortunately Judy is retiring from group classes. We wish Judy all the best and thank her for her contributions.

Claudia, our very zesty Zumba teacher, is shifting back to Adelaide in August. We will miss Claudia and the laughing we often hear from the hall during her classes. Good luck with your move Claudia.



And last, but no means least, a farewell to Lea Young. Lea was one of the Centre's original tutors. She has been part of all of the changes as the Centre has grown and we wish her all the best.

Thank you... 

TERM 3 ACTIVITIES AND PROGRAMS

New - Boxing/Kickboxing HIIT

We have yet to get this program off the ground, but if you are interested in a workout that is both fun and challenging then try it out. Mondays 6pm – 6.45pm.

New - Pickleball

Pickleball combines the elements of badminton, table tennis and tennis. Two or four players use paddles to hit a lightweight ball over a net. So, grab some friends and book a pickleball time.

Check out this video to learn more: <https://www.youtube.com/watch?v=fTvPYdKZqO0>

Pickleball will be available as a self-facilitated program Tue – Fri afternoons from 1.30pm – 3pm. Cost is \$5 annual social group membership plus \$2.50 per person when you play.

Please call Reception to book your day and time.

Wellbeing Hub

Our wellbeing hub runs on Fridays from 10.30am – 11.30am. It's a small group that gather together to share ideas and experiences on improving wellbeing. Jen, from the office, has been completing a Certificate in Creating Wellbeing to add to her other wellbeing credentials and will facilitate the group. We would love to see more people involved. Cost is \$5 annual social group membership plus \$2.50 per person when you attend.

Zumba Gold / Fit Drum

Unfortunately, with Claudia leaving we have made the decision not to continue with Zumba Gold as numbers were very low. However, we do encourage people to perhaps try out Fit Drum instead. Fit Drum is lots of fun and is great for people looking for something a little different. Fit Drum runs at 11.15am on Thursdays.

Adult Learners Week

We have two great workshops to celebrate Adult Learners Week:

Alcohol Ink Workshop

Alcohol Inks are brightly coloured dye-based paints that are used to create beautiful free flowing abstract art. In this workshop you will create your own beautiful piece of alcohol ink art.

Thursday 2 September
10am - 12pm
\$70 - includes materials



Register at: <https://www.socialplanet.com.au/request/guest/activity?id=3182>

Cake Decorating



Did you know you can use painting techniques to create the most beautiful cakes? This one uses paint-pouring techniques, and our cake decorating workshop will help you learn this technique.

Thursday 2 September
2pm - 3pm
\$70 - includes materials

Register at:
<https://www.socialplanet.com.au/request/guest/activity?id=3183>

Seniors Week

Celebrate Seniors Week at Yarrunga with a two-course meal - that has been lovingly prepared by staff - and a game of trivia. There will be a prize for the winning trivia table!

Numbers will be strictly limited to 30 unless Covid restrictions reduce our capacity. Bookings are essential.

Register at: <https://www.socialplanet.com.au/request/guest/activity?id=3181>

Thursday 14 October

12pm - 2pm

\$22 per head

Winter Shelter

Covid and lockdowns have also affected the Winter Shelter and our volunteer cooking program. We remain flexible and will be continuing to cook for a food relief program being run in Croydon. Thank you so much for all the food donations – we will not require anything further at this stage. However, it has been so heartening to see the generosity of our community.



Mixed Media Art @ Wyreena

We have teamed up with Wyreena to offer Mixed Media Art to students with a disability. The program will continue next term as well so if you know of anyone who may be interested please contact the Centre. The program runs on Mondays from 10am – 12pm



OTHER NEWS

Volunteer Wanted for Woodwork Program

If you have some woodwork skills and would like to volunteer, our Woodwork class would love some extra assistance. The class runs from 5-8pm on a Monday evening at Bayswater and is an integrated class. If you are interested please contact the Centre and we will pass on your details to Jason at Lifestartz.



Power Saving Bonus

The State Government has introduced a one-off \$250 support payment and we can help you apply for it to ease the burden of bills during winter.

If someone in your household holds a pensioner concession card or receives JobSeeker, Austudy, Abstudy or Youth Allowance, get in touch with us and we can help you apply.



Yarrunga Retirees

Victoria Bonsey, the Speaker at the May meeting, has expressed her thanks to the Yarrunga Retirees for the generous donation given to the work of Cancer Research; \$615. Thank you to all who gave so generously.

Books

Our internal book library is open again for business and our external Book Swap seems to be doing a roaring trade. Please feel free to come in again and pick up some new reading material. Our planned book sale has been shifted to the week of 27 September – 1 October. This is during the holiday period so there will be less people in the Centre for physical distance purposes.



Staff Profile - Mary Vung

Mary Vung joined the Yarrunga team in 2021. It began with Mary coming to translate for a facility hirer – Bethel Assembly Church. We quickly realised that Mary was an exceptional young woman with a lot to offer and we signed Mary up to teach Conversation Café – a program to help her community improve their English and feel more comfortable and better integrated into their Australian lives. We have been working closely with Mary to help develop materials and resources that would be of most benefit to her class and community. We have since received wonderful feedback about how useful the participants are finding the classes. In her own words, here is Mary's story ...

I was born in Kalaymyo, Myanmar. My cultural background was Zomi, Tedim. I lived in Myanmar for 14 years and take refuge in Malaysia for 5 years. I arrived in Australia in 2015 as a migrant.

Learning English

I had been wanting to learn English language since I was a child. By the grace of God, there was a very lovely teacher who teach basic English language who is the same cultural background as I when I was just a kinder age in Myanmar.

She introduced us basic English language and written letter as well. That's how I was introduced to English. The alphabets that we used in our own language was the same as English alphabet so that makes it more familiar and easier to write and understand what it means.

After 3 years later, I learnt English by watching English movies by read the subtitles and listening to English songs which includes the lyrics to memorize it. We sometimes have a group of YWAM (Youth With A Mission) visited to our church for gospel and I am so blessed to get to know them and had a conversation directly with them practically. So that gave me more confidence to communicate to other people confidently.

Refugee Life in Malaysia

While staying in Malaysia, I lived with my mother and other siblings. My father passed away when I was 3. Since then, my mom has been supporting all her children, so it was difficult living since childhood then. While living in Malaysia, mom is not well and got a stroke and cancer so, me and my brother must work and pay for the medical fees and other medical related fees.

There was a time that we don't have any money to buy for our food and just skip food for the day. We had a lot of financial hardships and a lot of stress for our daily living expense. There was no help available from anywhere that we could receive financial assistance. We need to survive by working hard and get paid to support our daily living.

If we don't have a job, then we don't have any income elsewhere and get starve. So, it was quite a challenging situation for us. 4 years after staying in Malaysia, we finally got called by UN office and got an opportunity to be able to resides in Australia, that is the best news and blessed day for me and my family.

Coming to Australia

It's a bit of a challenge to spend a lot of time to finally reached to Australia. There have been many difficulties situation and struggles to get through this situation. As a refugee, we are only waiting for visas to finally be able to travel to other countries where we could be permanent residents. Honestly, there are still a lot of refugees who are with family young and old still waiting to be called by the UN office and get visas and travel to other country for residing.

When we arrived in Australia, we are feeling very excited and nervous at the same time since this is our very first travel to overseas country for us. Unfortunately, my mom passed away within 2 weeks later when we arrived in Australia. So, it was very hard for us in that moment not sure what to do and continue with our lives. But the good thing was there were a very good community who has spoken the same language as us and encouraged us.

Since then, we settled slowly and involved with the community who helped us endure with our grief and move on with our lives. We were enrolled into language school and Swinburne University to help us with our English speaking. That helped us a lot with our writing, reading, and communicating with people.

A new life

I met my husband in Melbourne, Australia in 2015 and got married in 2016 and now we are blessed with one boy and another one on the way. I may have a difficult past in my life, but my life turned into an opposite way when I arrived in Australia. Now I have a very lovely family and a strong cultural community and other communities who is always ready to help when we need one. We are so blessed to have these opportunities.

We have started a Church which is BAC (Bethel Assembly Church) in 2020. It was during lockdown period, so we have a hard time searching to hire church facility. That's when we got helped from Pastor James from Father House Church who introduced us with Yarrunga Community Centre to hire us a place for our Sunday Service.

We are grateful that Yarrunga Community has helped us out by letting us use their facility. When we got connected with Yarrunga, they gave us an opportunity to expand our knowledge by helping our community to helped with our English speaking to communicate with other people. That's when they gave me the opportunity to help my community to be a tutor for them.

It's true that my community has been learning English language at school or other class since they arrived at Australia. But the difference is, here in Yarrunga Conversation Café, they got to know what the word meaning is and is being translate in Zomi Language to make them understand more. And it was all about fun in learning so there is no stress for the students as well and they were all enjoying the programme.

I believe that with this Conversation Cafe' programme, people from different language background will have more confident and not scared to speak out for themselves. They won't have a concern when they go shopping or visit to their doctors even if they have no interpreters for them.

So, I think it is very important that many people from community who has limited English should give more interest and time for the programme which will help them out in their future.

My Future Dreams

My dream is to become a good tutor to other people who has difficult in communicating with people in English language and help them understand what the true value of learning is would be a precious treasure for them in their lives.

My visions for my family would be to become a blessed family who can helped other people when in need especially to those community members who just arrived in Australia and have no idea what to do. And to honour God and be righteous in whatever we do and helped our community the best we can to confidently resides in Australia.



Looking Ahead to Term 4

We have already started planning for term 4 - wow it never stops!

We will be running workshops in Fluid art and Cricut™ for Beginners. These are both craft-based workshops.

Fluid Art

Fluid Art is loads of fun and you really don't need to have any special skills – if you can pour paint you can do fluid art.

Check out this video: <https://youtu.be/nHwLjWftqyU>



Pouring paint onto the canvas



In this method, a hairdryer was used to move the paint around the canvas



The end result.

Cricut

Cricut™ is basically a cutting machine, and is used for making a whole range of products ranging from cards to labels to cake toppers and heaps more. If you have bought a Cricut™ machine and don't quite know what to do with it this workshop is for you. If you haven't yet purchased a machine, but are interested in learning what you can make Yarrunga has purchased a machine that you can come and play on. Keep an eye out for more details closer to Term 4.

Below are some of the products made by our very own Cricut Queen Nadine!

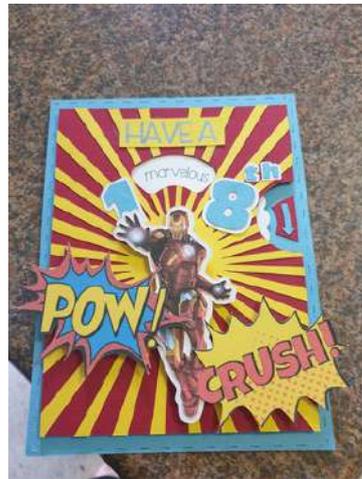


Photo Page

Our Independent Living Skills program have enjoyed coming back for their cooking program



The participants in the Karen sewing group are continuing to learn how to make a range of products featuring their beautiful Karen fabrics



Photo Page cont.

Our Hospitality students cooking up a butter chicken and naan bread storm



And from Laurie and Carole at the Sunshine Coast: We also headed North to enjoy some sun and hopefully avoid Covid but we are currently in a lockdown on the Sunshine Coast.

If it lifts on Sunday as initially planned (that would be a week) we will head a bit further North - to Bargara near Bundaberg. If not, we will stay here for a couple more weeks before heading home. We feel it isn't a bad place to be in lockdown; we look out over the water, the sun is shining and we can walk on the beach for exercise. We also had 4 days locked down in Brisbane on our way up. That was worse as it rained steadily for the 4 days - a bit like being in lockdown at home although a bit warmer.

We were sorry to hear that Victoria is going into another lockdown but realise that the alternative of letting the virus spread rapidly through the community is much worse. Regards to all, Laurie and Carole



A special hello from Ray and Maz Kollmorgen enjoying their holiday in WA. It's a tough job but someone has to do it.

Tom and Denise and John B enjoying themselves at South West Rocks.

