



You

August 2022

Yarrunga Offerings & Updates

Welcome to Term 3

Firstly, I wish to thank Jen for undertaking the newsletter while she recovers from her hip operation. While I am good at many things, marketing is not one of them!

Term 3 has once again thrown us some curveballs! Covid is still well and truly with us. Staff shortages have been numerous, and we are still trying to manage on limited staff. There have been some days where we have closed early to accommodate this, and we thank you for your understanding. We are not out of the woods yet, and as such we have implemented the high recommendation of mask wearing in the Centre.

We were successful in attaining a highly coveted Maroondah City Council Arts Grant to cover the cost of creating a metal sculpture by Tim Read who is an amazing artist whose focus is on using recycled metals and steel for his pieces. This will be a community consultative design to celebrate our 25th Birthday (plus 1). This milestone was to be celebrated last year but due to Covid, was shelved until there was more certainty in operations. This celebration will be held in December, so stay tuned!

We have been very grateful to a few volunteers who have assisted in our operations. Peter Blackwell has undertaken a clean out of our Centre, working his magic in cramming a large amount of waste and broken equipment into a small skip. Alison Goldsmith has stepped in to assist in the office, and despite a long absence, she has picked up where she has left off, and even undertaken facilitating the support of the Power Saving Bonus. If you need help with this, either because it looks too daunting or you don't have a computer or internet access, give us a call. Alison will gladly help you get your little windfall.

Our programs are back in full swing, although we have seen our numbers down on term 2. Maybe you are all enjoying the warmer climate up north or overseas, or maybe you find the Covid numbers just a little too overwhelming. Rest assured, we are still operating under a Covid Management plan, with intense cleaning daily and high touch zone cleaning after each program. We aim to be as safe as possible.

Barista training has been huge in the last month. We facilitated a teens program during the school holidays and have also operated two sessions for the Wonga Park Wizards Soccer Club – skilling the members to assist in the canteen. We thank Nathan Hotchkin-van Neuren, from Altt Specialty Coffee in Croydon for training our star pupils. Nathan is a local Coffee Roaster who makes the most amazing coffee! I can vouch for that as I always get his first cup of the session. If you or someone you know would like to do Barista Training please contact the office.

From a governance perspective, our committee has been hard at work reviewing and updating policies. They do an amazing job of supporting me in my role and I thank them greatly. If you might be interested in giving back to the organisation, we always welcome new committee members. Time commitment is low and they are a wonderful team to work with. If this might be you, please contact me.

I also want to thank the many other volunteers who support our programs and social groups. Without you, they would not function.

It is hard to believe that we are now closer to Christmas, which usually means that from here on it is going to pass by very fast. Don't forget that we will be closed from Monday 19 September and reopen on Monday 26 September. The staff will be enjoying a very well-deserved break.

Don't forget to grab a copy of our course guide – you never know what might take your interest and it is never too late in the term to join, we will always pro rata the fees.

Sam Blackwell
Manager

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STAFF CHANGES

Goodbyes

Jane - Pilates

Our wonderful Pilates tutor Jane has retired from this class but is still taking her Living Longer Living Stronger classes. We are very sorry to see Jane leave this class and I'm sure she will be missed by her students.

Amy - Living Longer Living Stronger

We are also very sorry to lose Amy who has decided to go back to study which clashes with her class time. Amy was taking the 3pm Monday class and we are very thankful to Mary for stepping in to help us out here. We hope to see you back Amy.

Hellos

Bernadette - Living Longer Living Stronger

We welcome Bernadette (Berni) who is helping out with fill in classes for Birgit at the moment, and taking some fun and gentle exercise for the Karen Elders group. We are trying to find some additional opportunities for Berni so she can have a permanent class at Yarrunga.

ST - Pilates

ST has joined our team as our new Pilates instructor. Thank you so much for joining our team ST – we are very grateful to have you on board.

TERM 3 ACTIVITIES AND PROGRAMS

NEW - Introduction to Commercial Cleaning

Introduction to Commercial Cleaning is a great program for people who want a career with flexible working hours and lots of different employment options. If you, or somebody you know, might be interested please contact us.



NEW - Introduction to Childcare



Childcare is a rewarding and flexible career with many employment opportunities including working in early childhood centres or working privately. Our program can provide valuable insight into the industry before you commit to formal training. After completion there is also potential for a one-year traineeship/Cert III, and ongoing employment following the traineeship. If you, or somebody you know, might be interested please ask them to contact us.

Chatty Cafe Wellbeing Hub

Remember our Chatty Cafe Wellbeing Hub which provides a space for people to connect and chat over a cuppa. This group is open to people of all ages and backgrounds with the aim of socially connecting.

We are still exploring the PERMAH model of wellbeing – or wherever else our conversation happens to wander!

Please join us in Room 4 on Fridays at 10.30am – 11.30am. We would love to see more people join the group, so please contact the Centre.



Barista Taster

The hospitality industry is still desperate for people. Our Barista Taster program teaches the basics of coffee making and is a great course for school leavers who are still looking for employment, people looking to re-skill and change careers, and even older people who may have retired but are looking for part-time work. With the cost of living on the increase a few extra dollars earned may come in handy.

Thursdays, 10am – 2pm, 18 August and 25 August

To Book: <https://www.socialplanet.com.au/activity/view?id=8447>

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.

Check out this video to learn more:

<https://www.youtube.com/watch?v=fTvPYdKZqO0>

We have a wonderful group of ladies who come in weekly to play Pickleball and, in June, some of them headed across Bass Strait to compete in the 2022 Nuplay Tasmanian Open, coming back with some impressive bling for their efforts. Congratulations Sharron and Karen.

Please contact us if you are interested in finding out more about Pickleball.



Saturday Sewing Group

Michelle runs our Saturday Sewing Group. Although it is run under our ACFE programs, it is a very informal class where learning is explored as a group on a 'as needed' basis. The program is held on Saturday mornings (with the exception of every first Saturday of the month).



Wiser Driver



There is still time to join our Wiser Driver Program which will run Mondays 1pm – 3pm from 15.08 – 05.09 (4 weeks). This free program is an informative, informal and friendly refresher course to upgrade your knowledge and build on your experience to keep you driving safely.

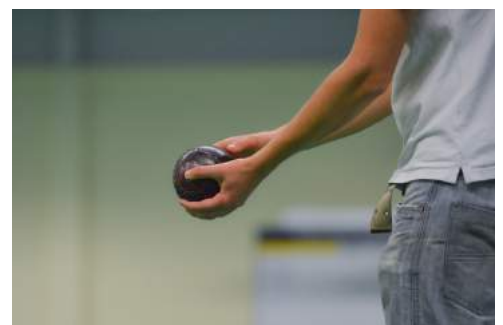
Bookings:

<https://www.socialplanet.com.au/request/guest/activity?id=6805>

or ph 9722 8942 or info@yarrunga.org.au

Yarrunga Indoor Bowls

Our indoor bowls group are always on the lookout for new members. Come along and have a game or two, have fun and make new friends. It's a great way to enjoy a Monday.



Relationships

The next pillar of the PERMAH model we are exploring is Relationships.



Relationships are a really important part of wellbeing because biologically evolution has genetically hard-wired us for love and connection.

- Each time we joyfully connect with another person, the pleasure-inducing hormone oxytocin is released into our bloodstream immediately reducing anxiety and improving concentration and focus
- Each social connection bolsters our cardiovascular, neuroendocrine and immune systems, so that the better connections we build over time, the better we function
- Research has shown that social support has as much effect on life expectancy as smoking, high blood pressure, obesity and regular physical activity
- Our relationships with others are our best guarantee of lowering stress and raising wellbeing
- People who maintain close family ties and good friendships for a very long time, remain healthier and happier in old age than those who did not

Belonging

When it comes to our community, our sense of belonging is linked to a range of positive outcomes, including higher self-esteem, greater life satisfaction, faster recovery from disease and less mental health challenges.

That's why being part of organisations like Yarrunga make us feel so good!

Psychological Safety

- Healthy relationships require psychological safety - an environment where people are not tied up in interpersonal knots
- People need an environment where they feel safe to take risks and be vulnerable with each other by speaking up and offering new ideas, asking questions, valuing different opinions and being willing and able to learn from their mistakes
- High psychological safety is not just about being polite and nice or eliminating all risk – but recognising true respect, being able to say what you think, make mistakes, being able to self-correct.
- We can improve psychological safety by replacing blame with curiosity; approaching conflict to find a mutually desirable outcome; and asking for help when you need it.

How to Connect with Others

You can genuinely connect with others by facial expressions like smiling, sharing positive emotions, looking into their eyes, mirroring body language, matching vocal tone, active listening, and putting your phone away when you're talking with others.



PROFILE

Jen Schrader



Jen is our Programs and Marketing Officer at Yarrunga. She helps to manage the programs, tutors, marketing and promotion and community activities. Here is her story:

My parents were born in Ceylon and were part of the Burgher community there. My dad essentially left home at age 8 and was sent to live with different families until he reached adulthood. My mum had a very different upbringing – living with chefs, nannies, drivers and other assorted household help. After Ceylon gained its independence most of the Burgher community were forced to leave, and my parents came to Australia as a young married couple with no other family here. Without help, for the first time in her life, mum had to learn how to do everything on her own, and dad had to separate from mum temporarily to work in Morwell. They both showed incredible adaptability and resilience – characteristics that I was fortunate to learn from them and have used extensively throughout my life.

My career has been incredibly varied. After leaving school in Form 5, I started doing secretarial work but after just a few years became very bored and, after I found myself in a public relations firm, went back to night school and gained an Advanced Certificate in Applied Management Communication. I was promoted to account manager and worked for 10 years with some of the world's biggest companies including Du Pont, Mattel, Cadbury Schweppes, and Glaxo. My work included lots of writing, media management, event management, and communications advice.

It was loads of fun but not family friendly, so after getting married and having a baby I decided to spend some time as a stay-at-home mum. During this time, I re-invented myself by undertaking study as a yoga teacher, and spent the next nearly 20 years teaching yoga/meditation and doing further study in the fields of yoga therapy, somatic movement, developmental movement patterns, meditative self-inquiry and counselling, as well as continuing to care for my family.

During this period, I also undertook voluntary work taking on the role as Committee president at a local community centre; and also, the role of Treasurer and then President for the Australian Association of Yoga Therapists, where I led a team to develop a set of Australian standards for education and professional membership.

But when my husband lost his job and yoga wasn't paying the bills it was time to change again, and I found myself at Yarrunga, where lots of my previous experience and skills were dusted off, upgraded and brought into action once more. Since my PR days (which were pre-internet, and just saying that makes me feel really old!) communications had changed drastically so there was lots of learning about digital communication. I really enjoy working at Yarrunga – the team in the office are wonderful, and there is such a variety of people among the rest of the staff and participants, and the work we do here feels worthy and meaningful.

I love the way life occasionally tips everything upside down forcing me out of my comfort zones into opportunities for learning and growth. After separating from my husband a few years ago I am again re-creating myself as a single independent woman. Ongoing learning is really important to me and during Covid I completed a Certificate of Creating Wellbeing which is right up my alley. I am also currently continuing informal study in yoga philosophy, learning Auslan, and studying how yoga breathing practices fit in with modern living. Now with a brand-new hip to boot who knows what will be possible, but the prospects are exciting!

OTHER NEWS

25th Birthday

Can you believe we're turning 25!

To help us celebrate we are extremely excited to announce that we were successful in attaining a highly coveted Maroondah City Council Arts and Community Grant for 2022/2023.

This funding will enable us to engage the incredible metal sculpture artist Tim Tread from Tread Sculptures to create an amazing sculpture to commemorate our 25th Birthday that will be installed in the front gardens at the Centre for all the public to see. This project will be seeking input from the community, so keep an eye out for further information.

You can see some of Tim's amazing work here - <https://treadsculptures.com.au/> And if you want to see it in the flesh his studio is normally open under the Nillumbik Artists Open Studio program held every year.

We wish to thank Maroondah City Council for their support



Power Saving Bonus

Since 1 July 2022 every Victorian household is now eligible for the \$250 Power Savings Bonus.

If you need assistance we can help you apply. Contact the office for an appointment.



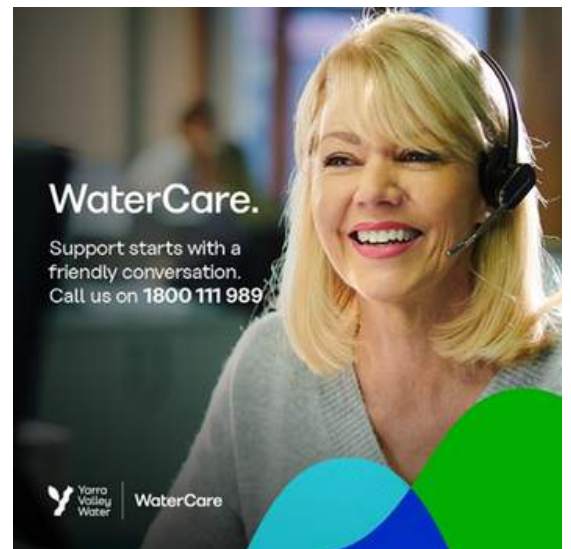
WaterCare

WaterCare is a Yarra Valley Water initiative to help keep on top of your water bills and/or usage.

It can help you with:

- registering your pension or concession card
- applying for the State Government's Utility Relief Grant
- offering a number of solutions to help you manage your bill payments
- access to support if you're experiencing family violence
- water usage reviews
- handy tips and advice on day-to-day usage

Contact WaterCare on 1800 111 989; enquiry@yvw.com.au or visit yvw.com.au/watercare



Big Thanks

A big thank you to all of our volunteers, but here is some special recognition through our Volunteers of the Month program for volunteers so far this year.

Rob

Rob very kindly took over the OM:NI program when we sadly said goodbye to the original long-term convenor of the group, John Hogan. Rob is passionate about keeping this opportunity going for men to meet and chat, and is doing an excellent job.



Garth

Garth (who is also on our Committee of Governance) has been busy keeping the front pathways clear of sticks, stones, gumnuts and other slippery walking hazards. He has been seen on a regular basis with his blower keeping everything spick and span.

Anna

Anna is our wonderful volunteer who prepares delicious lunches for our weekly Karen Elders group. This program is really important to the Karen Elders, many of whom don't have any other social opportunities. Thanks Anna for these delicious meals - they are very much appreciated.



AUGUST SPECIAL OFFER



- **WONGA WIZARDS FC WOULD LIKE TO INVITE ALL BUDDYING CRISTIANO RONALDO SOCCER PLAYERS TO JOIN OUR SOCCER CLINIC AT WONGA PARK RESERVE EVERY SUNDAY FREE OF CHARGE.**
- **WE'LL PROVIDE CHILDREN WITH A KNOWLEDGE OF THE GAME, GIVE THEM PRACTICAL TIPS THEY CAN USE IN GAMES AND MORE IMPORTANTLY HAVE LOTS OF FUN!!**
- **THIS OFFER IS AVAILABLE TO ALL CHILDREN AGED 5-9 YEARS OLD AND WILL RUN EVERY SUNDAY AT 9AM BETWEEN 7TH AUGUST AND 11TH SEPTEMBER**

WE LOOK FORWARD TO WELCOMING YOU. FOR MORE INFORMATION PLEASE EMAIL CLUB PRESIDENT

CHRIS JOY MRCPJOY@GMAIL.COM