



# You

May 2019

## Yarrunga Offerings & Updates

### CAIF Grant

We are very proud to announce that we have been successful in obtaining a grant from ACFE (Adult Community Further Education) as the lead agent to form an alliance with Maroondah Learn Locals to develop educational employment opportunities for Indigenous and CALD (Cultural and Linguistically Diverse) communities. The project, "Beyond the Barriers", will focus on identifying and developing initiatives and resources to engage effectively, encourage participation and enhance existing pathways offered to the priority cohorts in the community.

We are pleased to be working with the community houses of Maroondah to increase the accessibility of learning opportunities that promote a healthy and inclusive learning environment that is adaptive to the needs of the CALD and indigenous members of our communities. For Yarrunga, this will strengthen the existing relationships that have developed with the Burmese/Karen community of Croydon Hills Baptist Church and provide an increase in knowledge of working with Indigenous communities.

Watch this space.....



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## Activity Updates

### Enterprise Skills Exhibition/Market Day

Our Enterprise Skills students held an exhibition/market day at the end of Term 1. The exhibition contained work done by the students throughout the term, and it was amazing to see just how much they had learnt in such a short space of time. The day was held in conjunction with 'Neighbour Day' and we had MPs The Hon. Michael Sukkar and The Hon. David Hodgett attend as well as Mayor and Cr Rob Steane, Cr Marijke Graham and Cr Tasa Damante from Maroondah City Council. There were several pieces of art sold on the day and our tutor, Robyn, is to be congratulated on doing a wonderful job with her students.

### Wills and Estates

Death – it's a topic nobody likes talking about much, but when you have dependents it's so important to make sure that arrangements are in place. We were very fortunate to have Melisa Sloan from Madison Sloan Lawyers come and talk about wills, probate, different kinds of trusts and lots more. We are also very grateful to Melisa who also came out at very short notice.

### Carers Wellness Day

Carers Wellness Day was a tremendous success. We ran sessions on meditation, yoga, Zumba, had cooking demonstrations, massage sessions, a Resource Library and chill out zone with art and craft activities. This event was run in conjunction with iDareU and EACH, and we will definitely look at running more in the future.

### Carers Acting Up

Our Carers Acting Up theatre workshop series has now ended. A short video about our experience with this program is on our website, or you can find it on YouTube - <https://youtu.be/zinlQ9M5Tjk>.

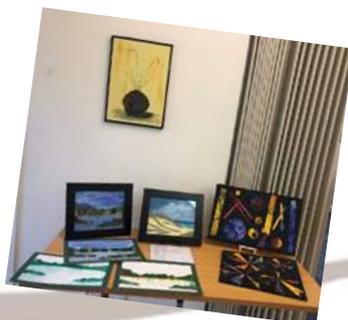
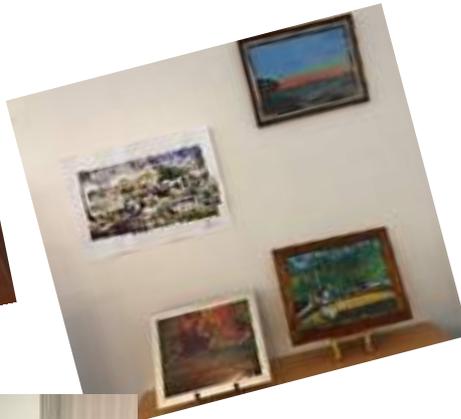
*This program was supported by Maroondah City Council.*



INSPIRING PEOPLE WITH DISABILITIES THROUGH  
AWARENESS, RESOURCES, EMPOWERMENT AND UNITY.

**each**

# Our Enterprise Skills Exhibition and Market Day



# Activity Updates

## AGM

Our AGM, reporting on the Centre's 2018 activities, was held in April and we thank all returning Committee of Governance members: Peter Feeney, Suzanne Tobin, Garth Whitchurch, Jim Colebatch, and Louise Riley. Our committee members give up a lot of their valuable time and we are very grateful for their expertise and commitment. Our guest speaker at this year's meeting was our Tai Chi tutor, Nancy, who spoke of her community work with children in Indonesia – thanks Nancy.



Our wonderful Committee of Governance



Suzie Morgan and Samantha Blackwell –  
Suzie received our Student Recognition  
Award for 2018.



Guest speaker - Nancy Seddon

## Coming Up in Term 2

### National Volunteers Week

National Volunteer Week will be held 20-26 May, and this year's theme is 'Making a World of Difference'. Yarrunga usually thanks its many volunteers at a special lunch at Christmas, but will also take this opportunity to say a huge THANK YOU to the Yarrunga volunteers – we are so grateful for everything you contribute to the Centre.

### Book Sale in August

We will be holding a second-hand book sale in during the week of 12 – 16 August. All proceeds will be going to the MS Foundation to help make a difference in the lives of people living with multiple sclerosis. Come along and grab a bargain, and feel free to donate novels to the sale.

# Photographs

## Living Longer Living Stronger

Our Living Longer Living Stronger Tuesday 11am class demonstrating some of the new equipment purchased with a grant from Sport and Recreation Victoria – Sporting Club Grants program



## Yarrunga Crafts

Yarrunga Crafts in action, and some of the amazing work being done by this very talented group.



## Other Yarrunga News

### Welcome to Eastern Hills Community Church

The Eastern Hills Community Church have joined our Yarrunga community. They will be hiring the Centre every Sunday morning. If you are interested in joining them, you can find them at [ehillschurch.com](http://ehillschurch.com)

### Fruit Fly

We all know Melbourne is an awesome place to live, and it seems that the Queensland Fruit Fly are beginning to think so too. There is a big effort being made to keep the Yarra Valley Fruit Fly free. We have two fruit fly traps to give away, so if you have fruit trees come and see us in the office.

### 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.

## Recipe of the Term

### Braised Beef Cubes with Orange

440g can tomato soup  
1 teaspoon dried mixed herbs  
2 bay leaves  
5-6 thin strips orange rind  
1/2 cup orange juice  
750g cubed beef  
2 tablespoons gravy powder  
2 small parsnips, sliced  
1 1/2 cups pumpkin cubes  
1 large potato, cut into cubes  
2 small onions, sliced  
1 stalk celery, sliced  
1 large green capsicum, sliced  
salt & pepper to taste

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1. Combine the first 5 ingredients in a large casserole, stir in the beef (tossed in the gravy powder) and all the vegetables except the capsicum.

Cover and cook in a moderately slow oven for 90-105 minutes, add the capsicum and stir well.

2. Continue cooking, uncovered for a further 20-30 minutes, until the meat and vegetables are tender, season to taste.