



# Healesville Living and Learning Centre

Term  
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2009



## From the Manager's Desk

What a long and difficult term we have all been experiencing. From what started as an extremely busy and successful commencement to the year, we are now all trying to cope with the aftermath of the devastating bush fires.

The Centre is working with many local community groups, as well as the Shire of Yarra Ranges and the Department of Planning and Community Development, to ensure that community needs and issues that arise are met and dealt with appropriately. We have been a communication and information point during this crisis, and will continue in this role during our community's recovery period.

We will also be organising activities and events specially designed to assist people during this time. Our first event was a slightly altered version of our Annual Women's Day celebration, which allowed women in our community to relax and enjoy themselves for a short time. Other up-coming events are mentioned later in the newsletter.

Lastly, I would just like to remind all our members that our Annual General Meeting will be held on 13th May at 7:00 pm at the Centre. Everyone is invited, so please come along. If anyone is interested in joining the Committee of Management, please speak to me or to the President, Janet Goodwin.

### Minister's Visit

On Monday 16th March, the Minister for Regional and Rural Development and Minister for Skills and Workforce Participation, Jacinta Allan, visited the Centre to meet with staff, Committee members and community representatives to discuss the Centre's and community's needs during the district's recovery period. The visit lasted over an hour, during which time the Minister announced the release of ACE State Equipment Grants. The Healesville Living and Learning Centre has been successful in obtaining a \$5,000 grant for new equipment for the Nail, Makeup, Hairdressing and Horticulture courses.

### Community 3777 News

After more than two years, two of C3777's major projects have completed their development. Car Torque 3777 youth program commenced in February with nine young participants and a number of volunteer mentors.

The refurbishment of the BMX track has also been completed and will be open in time for the school holidays. Congratulations to the Boyle family, who were the happy winners of the Greg Murphy signed bike helmet - our thank you to those who assisted on the landscaping day.

Thank you to all those volunteers who made both of these events possible.

### A Gift to the People of Healesville

On Saturday 14th March, the departing members of the New South Wales Northern Region RFS left the gift of a signed cricket bat, utilized during their deployment in our town, with Op Shop volunteer, Di Anderson for the people of Healesville.

The participants of our Men's Shed program will be building a display for the bat, so that it can be on show for, and shared with, the local community.

See page three for the full story.

### Contact Us

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### A word from the Program Coordinator

This term has been a stressful and traumatic time for everyone. We've had the devastation of the recent bushfire and anxieties of the earth tremors, people must assume that the world is coming to an end with so much happening. Yet for many of us, life hasn't ended, just paused for a moment while the community grieves the losses and heals the wounds.

Like many businesses in Healesville, we have suffered from the affects of the bushfires, it has been the first time since I began working at the centre three years ago that I have had to cancel three quarters of our programs. These programs are essential for keeping this centre operating, but we understand that the community isn't interested in our programs at this stage, feeling unsettled and anxious. It is the last thing on people's minds to engage in education and training, from conversations with people, I believe they're far more interested in looking for support, social activities and ultimately getting out of the house. We're here for that as well as you will see from the addition to our program the inclusion of bushfire recovery activities to support the community.

Don't forget that education and training can be a therapeutic past-time to build on your skills, occupy your mind with something other than bushfires and mix with people. We will be here now for the community and long after the bushfire recovery period has passed. The door is open, the lights are on, now we'll wait, and when you're ready, we will be here with a warm, welcoming smile.

#### **Girl's Night In – Annual Women's Evening.**

It was only a month or so ago that the Centre Manager and I discussed whether to cancel the Annual Women's Evening this year due to the impact of the recent bushfires. There was just so much upheaval and chaos we didn't think anyone would want to attend.

Yet after some thought, and thanks to a bushfire recovery grant from The Department of Planning & Community Development, we decided to go full steam ahead; give it the works, fully catered event, with volunteers contributing their musical talents to entertain everyone.

The Annual Women's Evening has been an on-going tradition for many years in recognition of International Women's Week. It is usually held on the Friday at the end of that week.

We decided to use the event to raise money for a much needed community organization. The proceeds or the evening will go toward the local CFA who played such an important role during the recent bushfires. It is a way of saying thanks to them. We are still accepting donations that can go to the CFA.

The room was decorated for a purpose, instead of candles we used small, silver torches. The torches were a symbol of light showing the way forward, providing warmth in dark times.

On the tables, were pink and purple butterflies representing change, rebirth and beauty. A butterfly awakens from a cocoon changed. They represent the many lives affected and changed by the bush fires. The

potpourri and flowers scattered about the tables were a reminder that nature will rise again from the ash. The evening was for moving forward, smiling and laughing together and most of all - having fun.

We had 57 women attending the evening which was fantastic. They helped raise \$204.00 for the local CFA. We hope to raise more during the year.

Thanks to everyone who was involved in the Annual Women's Evening.

- Darren Grainger  
Program Coordinator



Hello. I'm Ollie.

I have been living in Healesville for seven years, and have been appointed to the position of Men's Shed Assistant.

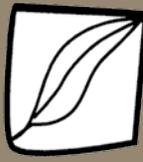


I have my Certificate IV in Youth Work, and I have participated in various volunteer programs for youth. I have also helped out at some farm schools around the district, including Woori Yallock and Chum Creek.

I believe in creating strong healthy communities which is why I now work here at the HLLC for the Men's Shed program. Keeping in touch with the people and organisations within our local communities supports this belief.

The Men's Shed has now been open for about two months and is running smoothly thanks to the men involved and the generous donations from people in the community.

The Shed is open Monday afternoons and Wednesdays. Men are welcome to drop in for a cuppa, chat and some bikkies. Call the Centre for times.



## Community Recovery Information

### Please remember:

For information regarding assistance, free services and grants available, phone 1800 240 667 or go to: [www.wewillrebuild.vic.gov.au](http://www.wewillrebuild.vic.gov.au).

### The Victorian Bushfire Reconstruction Authority -

is currently preparing the first edition of a regular community newsletter. The first edition will provide and update on the recovery effort, and draw together key information on the many financial and other supports available in the rebuilding and recovery process. Subsequent editions will feature a community notice board, where communities can contribute their own local news, information and events. Copies of this newsletter will be available at the Centre in email and hardcopy format.

### The Salvation Army -

have opened a local relief centre, where Australia Post was located, near Coles. Registered individual can obtain donations of food, clothing and other essential items.

### Rotary and Lion's Clubs -

also have resources to allocate for special needs. Contact them for details.

### Community 3777, Healesville Township Group -

will be working towards establishing permanent services locally for fire-affected individuals, families and businesses. They will also be writing a submission for the Royal Commission, as well as working with the Shire of Yarra Ranges on a number of recovery initiatives.

### Future Community Activities

To support fire affected families and the community, Healesville Living and Learning Centre would like to provide activities or a space where people can come and support each other in the coming months and year.

We are already receiving requests to supply activities that will enable people to share or record their experiences. This could be through writing, art, digital story telling, developing a website, making a patchwork quilt or forming a support group.

If you would like to participate in any or other similar activities, please contact us at the Centre.

### Living Well and Recovering Well with Chinese Medicine

The Living Well project is very pleased to be able to be part of the Healesville Living and Learning Centre's Bushfire Recovery Initiative by supporting the establishment of a Chinese Medicine Clinic at the Centre.

This clinic will be one of three Chinese Medicine Bushfire Recovery Centres which will be staffed by qualified and registered Chinese Medicine Practitioners, all of whom are donating their time to survivors of the recent bushfires.

Local Chinese Medicine practitioner, Adam Tate, describes Chinese medicine as a "valuable adjunct to the Medical and Counseling services already being offered."

The clinic will be to help people who are experiencing Post Traumatic symptoms, or for people including

Emergency Services workers, who received injury or trauma due to the fires. Symptoms treated may include depression, stress, nervousness, insomnia, fatigue, lethargy, withdrawal, trauma, strains and injury.

The clinic will be open at the Centre on the 1st and 3rd Saturdays of each month, between 10am and 2pm from 4th April for the remainder of the year.

Appointments are not necessary. Donations will be appreciated to cover the costs to the practitioners of running these clinics.

People accessing the clinic will need to register at Healesville Living and Learning Centre and pay a one-off membership fee if they are not already a member of the HLLC. This membership will remain valid throughout 2009, and gives members access to activities at the Centre.

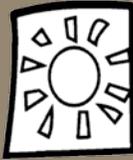
### Plants for People Whose Gardens Were Destroyed by Bushfire

We are looking for people who are willing to assist in propagating cuttings and bulbs etc - trees, shrubs, herbs, flowers to be nurtured over winter and gifted in spring to people whose gardens were destroyed by the fires.

Come and join us! Bring cuttings, bulbs etc (no weeds please!) and tubes or small (4 inch ) pots. We will supply propagation mix, worktables, tea, coffee and over winter care and storage of the plants.

Where: Healesville  
Living and Learning Centre

Date: Sunday April 19th  
Time: 2:00 -4:00 pm



### A Tale of Two Cities: Healesville and Tamworth

It was just another day at the Op Shop in downtown East End Healesville, when a spunky N.S.W. Rural Fire Service (R.F.S.) fire fighter wandered in with a cricket bat. They play cricket while waiting to battle the fires in N.S.W. and therefore all their trucks carry a cricket bat.

This is not always so in Victoria. The truck they'd been given didn't have one, so they came to the shop earlier that week to rectify the problem.

After many games played at the Don Road Complex, he returned the bat, signed by all the Strike Teams 10 - 11 - 12, "To the people of Healesville from the North Country Tamworth Area N.S.W. R.F.S."

He assured me that this type of thing VERY rarely happens!

The reason they were moved to do so was because they appreciated our community showing so much gratitude and respect for the sensational job they did, together with our great C.F.S crews and support teams. We loved this gesture and wanted to share this special moment with you.

Now the bat needs an appropriate home, maybe with the C.F.A. at the Healesville Station!

- Di Anderson  
East End Opportunity Shop

We at the Healesville Living and Learning Centre would like to express our gratitude to all of the firefighters, support workers and volunteers who gave of their time and expertise to fight the Victorian Bushfires.

### What's New at the East End Op Shop?

Healesville Living and Learning Centre would like to congratulate Jolanda on the news of her new grandchild, who is due this coming June/July. We also extend our best wishes to Phyll for a speedy recovery after her recent knee operation.

The Op Shop would like to remind you that members of the Healesville Living and Learning Centre receive a 10% discount on all purchases at the shop. We would like to encourage anyone who is experiencing hardship to contact Karen at the Centre to discuss the kinds of assistance we are able to provide.

### The Pitch ..

Has your toddler worn through the knees of yet another pair of pants? Has the elastic finally let go in your favourite pajama bottoms? Do you need t-shirts and trackies for just hanging around the house, or something a little fancier for that upcoming night on the town?

The East End Opportunity Shop is the place to go!

The Op Shop ladies are packed to the rafters with all sorts of goodies, and urgently need some savvy shoppers to come down and pick up a bargain. With great clothing and great prices, you're sure to find something just perfect for you.

Located at 309 Maroondah Hwy

### 30th Birthday Quilt

For anyone who has joined with us to make a square for our 30th birthday quilt, we now need to have

all squares returned to the Centre so that assembly can begin. Please contact us on 5962 5982 if you have any questions.

### Write Your Own Story

As part of Healesville Living and Learning Centre's 30th birthday celebrations, we will be compiling a collection of stories from people who have been involved with the Centre, and we would love to hear from you. Contact us to find out how to be part of the fun, or email your story at:

reception@healesvillelearningcentre.org

### Annual General Meeting

We will be holding our Annual General Meeting on Wednesday 13th May at 7:00 pm at the Centre. Everyone is invited, so please come along. If anyone is interested in joining the Committee of Management, please speak to Karen Kisala at the Centre, or to the President of the Committee of Management, Janet Goodwin.

### Happiness in your own Skin

#### Mandala Magic Workshop

Positive Body Image Project

Are you aged 14-18?

Discover the magic of Mandalas and create your own expression of personal awareness and growth. This full-day workshop will encourage you to explore issues around body image. You don't have to be creative. It's about having fun and enjoying yourself.

If you would like to get involved in this, or one many other projects hosted by HLLC, contact Darren on 5962 5982.

This workshop is funded through the Go For You Life - Positive Body Image Grants.