

# NEWSLETTER

## Healesville Living and Learning Centre

term  
**1**

**2010**



### From the Manager's Desk

It's a relief to return to some semblance of normality after the 'annus horribilis' that was 2009. Now that the anniversary of Black Saturday has passed by, we can all hopefully, return to our everyday affairs.

As a final word on the subject, I would like to pass on to you, a message from Liz from the Singed Sisters who visited the area last year.

"I have travelled to the Yarra Valley twice (in the second half of last year), to speak to bush fire affected communities in the region. I was invited by the Yarra Ranges Shire Council. On each trip I was accompanied by one of the other Singed Sisters, Karen Downing on the first trip, and Jane Fitzgerald on the second trip.

The Singed (as in slightly burnt) Sisterhood from Canberra is a group of bush fire survivors (all women) who have been meeting regularly since the 2003 Canberra bush fires. We have now become a firm group of friends who have supported each other over the past seven years.

We have written the following message of support:

'The first anniversary of the bush fires is going to be tough. That's what we found after the 2003 Canberra bush fires. The adrenalin that we had been running on was beginning to run out and all the plans we had made for the future seemed slow or bogged down in paperwork and logistics. It was a whole year and yet sometimes we felt we had not come very far. Time brings frustrations but it also brings healing. Things do get better. Please know that as you mark the first anniversary of that devastating day, our thoughts are with you.'

The Singed Sisters, Canberra."

### Rochford Winery's Film Nights

We send a big thank you to the management of Rochford Winery who has generously donated half the gate receipts from two of their Friday Family Film Nights this summer.

While not a huge number attended, those that did really enjoyed the two films on offer and the Centre was the fortunate recipient of over \$200.

### Neighbourhood House Week

10th - 14th May

The Centre will be holding several special events during Neighbourhood House Week including our Annual General Meeting to which all members are invited. Contact the Centre for more information.

### Healesville Community Garden

Are you interested in growing, fresh vegetables, learning about gardening and meeting new people?

The Healesville Community Garden Steering Group have been working hard to secure a site, located behind the Healesville Bowling Club in Coronation Park, for the first Healesville Community Garden to be developed.

Planning permission for the erection of a shed and water tank has been submitted to the Council and the group are awaiting permission to commence building.

An information day was held recently at Coronation Park where interested people were asked to record the contact details.

If you would like to register your interest to part of the community garden community, please contact Jo at Yarra Valley Community Health Service [jo.stanford@easternhealth.org.au](mailto:jo.stanford@easternhealth.org.au) or phone 1300 130 381

### Women's Evening 2010

On Friday 12th March a very social group of women and senior students from Worawa Girls College gathered together to celebrate "International Women's Week".

We were fortunate to have as our keynote speaker "Indigenous Health Scholar" Veronica Kyle, who after leaving school early and working in various occupations returned to study and qualified as a clinical pharmacist. Not satisfied with this, she is currently studying to become a doctor and hoping to work in remote rural Australia. Veronica told her story with warmth and humour, inspiring us to "live your dream".

Our evening ended with the wonderful sounds of the singing group "Invisible Pulse" led by Sally Jensen.

Be sure to keep 11th March 2011 available in your calendar of events to join us in celebration of being a woman.

### Annual General Meeting

The 2010 Annual General Meeting will be held on 12th May at the Centre. Details are yet to be confirmed so please enquire at the office closer to the date.

### Contact Us

#### Address:

1 Badger Creek Road  
Healesville, Victoria, 3777

**Phone:** 03 5962 5982

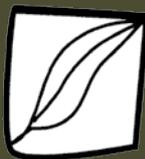
**Fax:** 03 5962 3907

#### Email:

[admin@healesvillelearningcentre.org](mailto:admin@healesvillelearningcentre.org)

#### Web Address:

<http://www.healesvillelearningcentre.org>



# HEALESVILLE

## LIVING AND LEARNING CENTRE

### A Word from the Program Co-ordinator

We have been full steam ahead at the Centre this term. After the downturn in the wake of the Black Saturday bush fires, education and training is in high demand once again. It is great to see so much activity at the Centre once more, people are laughing and learning, forging toward brighter futures that having quality training can provide in people's lives.



This year, we are focusing on four main training areas - hairdressing, beauty, fashion and I.T. There has been increased demand for our general education program and pre-accredited learning courses, and our VCE/VET students are back on board from the Yarra Valley Cluster of Schools and Alexandra Secondary College.

This term, we were also successful in being approved for a Broadband for Seniors Kiosk. It is a very busy time at the Centre, which is a welcome change from last year. This is a wonderful sign that the community is recovering and moving forward.

Until next term,

Darren Grainger,  
Program Co-ordinator.

### Broadband for Seniors

This program is part of the wider Australian Government initiative, committing \$5 million each year over three years to develop and implement the Broadband for Seniors initiative. The program aims to:

- Provide older Australians with access to computers and the Internet via free Internet kiosks
- Support seniors to gain confidence and build skills in using new technology
- Address the issue of older Australians feeling isolated and "left behind" in a technological age
- Build community participation and social inclusion amongst older Australians

Participants will need to book as there is a maximum of two people per session. Current membership is required to participate but each session is free. A volunteer tutor will be present to assist at all times.

Dates: Tuesdays - 9:30 - 1:00 pm  
Wednesdays - 9:30 - 1:00 pm  
Fridays - 1:00 - 4:30 pm



### Spirit of the Earth Medicine Society Sweat Lodge Ceremony

The sweat lodge is a sacred ceremony most often associated with Native American traditions. However, there are many such practices throughout the world - in South America and Europe, Scandinavia, Russia, Siberia, Japan and Australia. Heated rocks are placed in an enclosed space. Water is then poured on the rocks to produce intense waves of heat. Some ceremonies include specific healing procedures and rituals.

Sweat Lodge is held at the Healesville Living and Learning Centre, 2nd and 4th Sunday of the month at 6pm (arrive before 5.45pm).

Bring: Towel, sarong or loose cotton clothing, bandana; water or isotonic drinks (eg Gatorade) and a plate of food to share after the sweat. Please leave valuables at home. You will also be asked to sign a waiver. If coming to a SOTEMS sweat lodge for the first time, please phone Jennie on 9738 2723.

[www.sotems.com.au](http://www.sotems.com.au)

### Men's Shed

Well we are up and running again for the year. We have some new members and everyone seems to be enjoying themselves. There are lots of projects underway. They range from kitchen repairs to clock repairs and furniture making to puzzle solving. We have a group interested in gardening which we hope will soon bear fruit, and we have been able to open the metal work shed, even though our equipment is somewhat restricted.

While the weather is good it is great to get outside. So this year we have had a number of barbecues. They have been a lot fun but often little work gets done.

If you would like to come and join us give Ollie or Alan a ring on 5962 5982, or better still come and visit us. We are at the Healesville Living and Learning Centre on Mondays or Wednesdays between 10:00 am and 4:00 pm.

### Meet our new volunteer ..



Hello,

My name is Yvonne; I am a new volunteer working two days a week at the Centre. It has been a very busy year for my partner and I as we

relocated to Healesville from Queensland. I have three grown up children two boys and a girl. I became a grandmother for the first time last May hence the move, I have waited years to be a doting grandparent, and it's all I hoped it would be. Like all new grandchildren, she is just a joy to spoil. My working background was in administration and the human service field. In Queensland I worked in a disability centre facilitating programs from academics to art and exercise. Like any job it had it's challenges, but I can say most days were fun and a constant learning curve. The move has offered new challenges, fitting into a close community can sometimes be hard, but I am pleased to say having been at the HLLC for almost two months and due to all the wonderful staff and students at the Centre I feel very much at home here. I have enrolled at a couple of classes at the Centre which have been great fun. I have been trying to keep fit so I enrolled in pilates. My teacher has great faith in my ability to twist my body out of shape, despite my lack of agility. It is good fun and a great way to meet more people. My hobbies and goals are to improve my health, read more, spend as much time with our new addition and try my hand at sewing.

### Op Shop News

The Op Shop recently made a donation of summer clothing to an orphanage in Uganda, but there are plenty more bargains to be had at our End of Season Sale. Prices on all Summer clothing is reduced, and a new range of Winter and new clothing is available now.

Book Sale - from 6th - 11th April

All books from classic stories to penny dreadfuls are half-price!

### Congratulations

We would like to offer our congratulations to volunteers Phyll Darson who celebrated her 75th birthday in February, and Di Anderson who is looking forward to the arrival of her fourth and fifth grandchildren in June.