

News and Views



Edmund Rice Centre Mirrabooka Inc

Welcome to the Eighteenth Edition of the Edmund Rice Centre Mirrabooka Newsletter

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Nov/Dec 2010

Inside this Issue

News and Views from the Director - Steve Bowman

As we approach the end of yet another busy year I find myself asking in all the 'busy-ness'; what has been achieved? Certainly many have acquired the knowledge and skills for them to function independently and therefore hopefully, feel more included in mainstream society. However, for me the most important acquisition is the knowledge that people truly care with a listening ear in their interactions with each other. This has been my experience here at the Edmund Rice Centre this year - a "sense" of community. This, I believe is made possible by the generous personal contributions of staff, volunteers, and the people both young and old who access our services. It is not what we do, but rather how we do it that matters! So as we approach the Christian festival of Christmas we are reminded that true "peace and joy" in our world begins with each of us and how we show care and compassion for others!

News Briefs from our Program Coordinators

Women Together Program

During these two months, Shahla has done a wonderful job in being the main organiser, while Farangeez has helped with sewing, and Elda has been the main cooking organiser. Julia keeps the attendance register and helps generally. The cooking has continued with a few of the women volunteering to prepare a dish that is typical of their country. One day the food was all based on eggs, another was salads and another was how to use puff pastry in many different ways. We have had various rice and pasta dishes with halal meat cooked with different vegetables and sauces. Last week Shahla demonstrated Shepherd's pie and we have often had bean or dahl type dishes made by African women.

For handcrafts, there has been a little crochet, decorating picture frames and small gift boxes, making bead bracelets, machine sewing of a tablecloth and napkin set, more aprons, a bag, a skirt and blouse and the altering of clothes.

Thanks to Brother Jim driving the bus, we enjoyed a picnic at Burswood Park on Nov. 22nd. We played variations of lawn bowls, walked along the river,

and tried to play a game in which we threw balls around a circle while calling out each other's names. It was hilarious and all enjoyed a great day.

Sally Hertzfeld, Coordinator

Multicultural Youth Creative Music Program

The new Youth Creative Music Program is now up and running. Its aim is to teach young people from different backgrounds how to build computers, and write and produce songs on their PCs for free. First of all, the young people learned how to write songs. They learned how to come up with an idea for a song, how to brainstorm and write down what they want to talk about, and how to make the lyrics meaningful and powerful. The participants then learned how a basic beat is made and got the chance to sit at a computer in pairs and make a beat using Linux Multi Media Studio software. The final part of the sessions focused on inside of a computer, learning how to fix hardware problems to be able to replace parts as needed. We are working hard to increase the number of participants in the program.

Joe Anonidis, Coordinator

- CBERS Redress Service
- Computer Studies Program
- Driver Education Program
- Edmund Rice Centre Lions Club
- Koondoola Integrated Services Centre
- Language for Living in Australia Program
- Lifeskills for Living in Australia Program
- Mooridj Koolangka Indigenous Children's Program
- Multicultural Sport & Recreation Program
- Multicultural Youth Creative Music Program
- Parkwood Integrated Services Centre
- Settlement Grants Program
- "Women Together" Program
- Youth Leadership Development Program

Special Points of Interest

- ⇒ Zumba!
- ⇒ New Youth Creative Music Program
- ⇒ Language For Living in Australia Program
- ⇒ Edmund Rice Lions Inaugural Presentation Night

Edmund Rice Centre Lions' Inaugural Presentation Night



Picture - Courtesy of Joe

Edmund Rice Centre Lions Inaugural Presentation Night

The Edmund Rice Centre Lions hosted their inaugural presentation night on Saturday 20th November at the Sportsman's Bar at Herb Graham Recreation Centre. The night began with a special performance donated by Ancestrais Capoiara, followed by an enjoyable African Buffet and photo montage of the Lions story. WA Football Commission Director of Football Grant Dorrington addressed the assembled guests on the importance and groundbreaking success of the Lions team. This was



Edmund Rice Lions

followed by the Team Manager's address and a special DVD about the Lions. The players received their jumpers and awards were presented which included Most Inspirational Player, Community Service Award, Best Player and Most Popular Player. An award was also given to the Lions #1 Fan and the audience was addressed by the Lions' Head Coach Atot Amoly and Captain Peter Ajang, and the first Hall of Fame inductees were announced. A special performance by MC Hafis Mamoun and some Lions being interviewed by Paul Mugambwa capped off a great season. The Lions would like to thank all our friends and supporters over 2010. It has been great!

Joe Moniodis, Coordinator

ZUMBA!

'Zumba', we believe, is a dance fitness program, "... loaded with red-hot dance steps, pulsating Latin rhythms and easy-to-follow routines which will have you movin' groovin' and shakin' the weight off to the sexy, exotic rhythms of salsa, samba, and more!'

Koondoola Integrated Services Centre

The Edmund Rice Centre Mirrabooka (ERCM) and the Koondoola Integrated Services Centre (KISC) have applied for and received a grant to conduct and promote a "Women on Wellness" (WOW) Program for the duration of Term 4, 2010. The aim of the program is to increase awareness and knowledge of the link between healthy eating and physical activity and chronic disease, and to promote healthy choices that are culturally appropriate to the target group. Nine ladies from Myanmar have attended the sessions so far. The program is funded by the North Metropolitan Public Health Promotions Unit. Each session of 2.5 hours per week includes physical fitness (ZUMBA!) and healthy eating where special dishes are prepared and eaten by the group members. Several staff members have joined in the Zumba dances as they are such fun and prove to be a thoroughly good workout! The group members have also been to the Women's Health Services in Northbridge for a session on women's health, - specifically mammograms and pap smears.

Mandy Whitton, Multicultural Community Liaison Worker



You should see this group GROOVE!

News Briefs from our Program Coordinators



Special Curriculum Group for the Language for Living in Australia Program - Marie Stoakes, Angela Broderick (Coordinator), Paula Day and Vicky Ogg, surrounded by volunteer teachers, - Br Phil, Vivien, Jill, Peter, Br Jim, Dorothy, Jennifer, Wahida, Samia, Piok and Sr Anita

Language for Living in Australia Program

I was recently present at a meeting where I was asked to give an account of the curriculum our small team had accomplished over the two years of working. The feedback we received was most positive. Although our group is small we are skilled, experienced in teaching our target group, and most creative.

We were commissioned to develop English language modules that covered aspects of life experiences for people who were new to Australia whilst introducing them to the English skills of writing, reading, comprehension and listening.

In developing this curriculum, we as a group of teachers, have learnt many lessons ourselves. We found there were distinct processes in teaching people who were learning English as a second language, and other distinct processes for those who have no written language of their own. As an addendum to this, we began a steep learning curve which required new comprehensive computer skills, printer language and how to package the resources.

In deciding the themes to cover the life experience aspect of the modules, we consulted the local communities themselves. Our first module dealt with getting to know the people in the class, their families and each other. The second module looked at enrolling children at school and all the new ideas and processes required of parents. The third and most comprehensive module dealt with money and covered recognition of paying and understanding bills, renting houses, budgeting and other relevant issues for people new to this country.

Our latest and almost completed module deals with the Fire and Emergency Services Authority of Western Australia (FESA). As may be imagined, with our newly learned skills, we keep returning to our first modules to further develop the English skills required. Another and most important aspect is that we have improved in including activities that cover the different levels of learning.

Our diligent volunteer teachers have had two meetings this year to share in the modules and learn the processes we would like to use. As a wonderful fall-out of developing these modules and giving them to teachers to use, there seems a greater unity amongst us that engenders purpose to the learning.

I applaud those teachers and congratulate the curriculum group, namely Vicki, Marie, Paula and our recent member, Francis, for all of the out-of-hours work they have done to create such superb resources.

Angela Broderick, Coordinator

Life skills For Living in Australia



On Sunday, November 7, two large bus loads of families (about 120 adults and children) enjoyed a wonderful day out together at the Darlington Fair.



On Wednesday, 24 November and Thursday, 25 November, the Lifeskills groups at ERCM and Communicare, provided input into the DVD being produced by Kid-Safe. They

were really worthwhile sessions which will assist in making the final DVD product a very useful tool for individuals and groups. The final DVD will have "voice over" in a variety of different languages.



On 8 December, our ERCM group will travel to South Perth; some members of the group will cross the Swan River on the ferry for their first time! We will view the city and views back up to Kings Park from the south side of the river. Students will learn about how to access this area as a family activity during school holidays.

2010 has been another busy year, all made very worthwhile by the wonderful, co-operative support of Lifeskills staff and volunteers, Peta Bennetts, Lindy McQueen, Samia Mustafa and Sally Wong.

We have attached some views of our Lifeskills' Group enjoying the Darlington Fair, and our Mauritanian Group preparing the stage for their performance at the Fair.

Ros Frestrail, Coordinator

**Edmund Rice Centre
Mirrabooka Inc**

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We are on the Web!
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*Christmas Greetings
to all our friends*

*from the
Staff and Volunteers
of the
Edmund Rice Centre
Mirrabooka.*

*May the birth
of the
Christ Child
bring your
families and friends
many graces
and blessings
at this special time.*

Thank you to our Sponsors

Forthcoming Events of Interest

- ⇒ **Classes/Programs** conclude on Thursday 16th December 2010.
- ⇒ **ERC Office closes** 4.00pm Thursday 23rd December 2010 and reopens on Wednesday 5th January 2011.
- ⇒ **Enrolments** begin on Monday 17 January 2011.

If you would like to support the Edmund Rice Centre Mirrabooka Inc, your donation will be most gratefully accepted. Your donation will enable people from Refugee and Indigenous backgrounds, including youth, to continue to gain benefits from our educational programs.

I enclose a donation to assist the work of the Edmund Rice Centre Mirrabooka Inc:

\$20 \$50 \$100 \$500 Other

All donations over \$2 are tax deductible. Donations can be made by cheque or by direct deposit.

Please make cheques payable to "Edmund Rice Centre Mirrabooka Inc" or deposit directly into "Edmund Rice Centre Mirrabooka Inc", Account BSB 066 183, Account No: 1009 1408.

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