

# Magical Life

ISSUE 15 – January 2010

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New I.T. workshops launched

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## Happy New Year!

Welcome to the first edition of our newsletter for 2010. Did you make any New Year's Resolutions this year? How are you going with them?

January is a great month to try and put those resolutions in place because it is generally less hectic than other months. In general it takes 21 days to make a new habit. A good way to make your new habit stick is to replace an old habit with a new one. For example if you pledged to lose weight then why not start by giving up one cake, chocolate bar, (put in your food of choice) and replace it with a piece of fruit or some vegetables.

Not a huge change you might think, but an easy one to make and one that is easy to make into a habit. Trying to lose weight by starving yourself soon loses its appeal whereas when you make small changes they soon become part of your new life.

Imagine changing 12 habits this year (one per month) to make your life better. What would those 12 habits be? What areas of your life could use some improvement? Your health, your money, your work, your personal development, your family, your friendships, your spirituality?

Research has also shown that having a buddy helps. You can keep each other accountable on how you are going with your New Year's Resolutions.

Something that I find really useful is to create a vision board where I put pictures of what I want in my life. Once it is done I put it next to my bed so it is the first thing I see in the morning and the last thing I look at night (apart from my husband☺). This helps to inspire me if I start to get off track.

Anyway this year we are introducing some new courses and we are also going to be holding some retreats so keep an eye out in the next newsletter for more details.

Until next month have a magical one ☺.

**Danette**

## Members' Spotlight



Name:	Michael Lyons
Nickname(s):	Lyonsy
Favourite Book or Movie:	<i>Lonesome Dove</i> by Larry McMurtry. I took my wife on a second honeymoon to Vanuatu when she was 6 months pregnant with our first child. She was fairly tired so did plenty of relaxing, so I spent a lot of time sitting on the verandah of our bungalow, looking over the lagoon at the front of our unit and reading my book. Maybe the setting helped the enjoyment!
If I Could Change World, I would...	Teach people basic manners again! Let's start with respect for teachers/police and other emergency workers! And don't start me on mobile phone etiquette!
Most Memorable Role Model	I don't have a favourite, but I am just a big fan of anybody who has had the guts to do what they want to do with their lives ie. to live their dream.
Favourite Holiday Destination	Gold Coast. We have had a couple of fantastic family holidays there with the highlight probably being the trip to Q1, the tallest residential building in the world! The views were sensational from the viewing deck on the 77th floor, and the cost of drinks were at about the same level!
If I Won \$10 Million, I Would...	Build myself a complex so that I could teach my cooking classes fulltime. Then I would buy my daughters a house each to give them a bit of a start in life. Probably give a bit to the family and 'adopt' a needy community in Africa. Oh and did I mention the Beemer!
Favourite Learning Tip:	Be active with your learning, whether it is just taking notes or doing mind maps etc. Sitting still and trying to take information in just doesn't do it for me.
The Scariest Thing I've Ever Done Was...	A solo skydive. You do all the preparation but nothing can prepare you for the moment that you step out onto the wheel strut and look down 10,000 feet. You then have to pluck up the courage to step-off. As part of your training, you are told that at ANY stage you don't want to continue, you can just stop the process. Many people have been known not to be able to take that final step, but if you can take it, then the experience is worth every bit of the trepidation and dread!!

If you'd like to be 'under the spotlight', please email us at [club@magicallearning.com](mailto:club@magicallearning.com).

## New Programs

This year we have added a range of ever-popular Microsoft Office 2007 workshops to our suite of training programs.

So if you know of anyone who needs either to learn or upgrade their IT skills, please forward this newsletter to them.

Every participant has their own computer and our class sizes are limited to 6 people, so everyone has the opportunity to ask lots of questions and learn more.

Program	Commencement Date
Excel 2007 made EASY	Monday 8 February
Excel 2007 made EASY	Monday 15 February
Professional Business Writing	Friday 12 February
Powerpoint 2007 made EASY	Tuesday 16 February
Word 2007 made EASY	Thursday 18 February
Word 2007 made EASY	Thursday 4 March
The Effective Supervisor – Day 1	Monday 1 March
Excel 2007 made EASY	Monday 8 March
Powerpoint 2007 made EASY	Wednesday 10 March
Word made EASY	Friday 12 March
The Effective Supervisor – Day 2	Tuesday 16 March
Excel 2007 made EASY	Monday 22 March
Assertive Communication for the Workplace	Monday 22 March
Powerpoint 2007 made EASY	Wednesday 24 March
Word 2007 made EASY	Friday 26 March
The Effective Supervisor – Day 3	Monday 29 March

For more information about these and our other programs, please visit [magicallearning.com](http://magicallearning.com), email us at [learn@magicallearning.com](mailto:learn@magicallearning.com) or telephone 02 6260 8220.

## Upcoming Programs

We have a number of nationally-accredited programs starting in February:

Program	Commencement Date
<a href="#"><u>Diploma of Government (Management)</u></a>	Tuesday 2 <sup>nd</sup> February
<a href="#"><u>Diploma of Government (Project Management)</u></a>	Tuesday 2 <sup>nd</sup> February
<a href="#"><u>Diploma of Government (Contract Management)</u></a>	Tuesday 2 <sup>nd</sup> February
<a href="#"><u>Diploma of Government (Human Resources)</u></a>	Tuesday 2 <sup>nd</sup> February
<a href="#"><u>Diploma of Government (Financial Services)</u></a>	Friday 5 <sup>th</sup> February
<a href="#"><u>Accrual Accounting</u></a>	Wednesday 10 <sup>th</sup> February
<a href="#"><u>Certificate IV in Government (Financial Services)</u></a>	Wednesday 10 <sup>th</sup> February
<a href="#"><u>Certificate IV in Government (Procurement)</u></a>	Wednesday 10 <sup>th</sup> February
<a href="#"><u>Certificate IV in Government (Project Management)</u></a>	Wednesday 10 <sup>th</sup> February
<a href="#"><u>Advanced Diploma of Government (Financial Management)</u></a>	Thursday 11 <sup>th</sup> February
<a href="#"><u>Advanced Diploma of Government (Human Resources)</u></a>	Thursday 11 <sup>th</sup> February
<a href="#"><u>Advanced Diploma of Government (Management)</u></a>	Thursday 11 <sup>th</sup> February
<a href="#"><u>Certificate III in Government</u></a>	Thursday 18 <sup>th</sup> February

For more information about these and our other programs, please visit [magicallearning.com](http://magicallearning.com), email us at [learn@magicallearning.com](mailto:learn@magicallearning.com) or telephone 02 6260 8220.

## January Competition

**This month is about you and your goals. Send us, in 25 words or less, one goal that you want to concentrate on this year and why you need help with it. The winner of this competition will win two one-hour coaching sessions with Danette**

**So let us know what that one goal is and why you need help with it and we will let you know in early February who is the winner. Competition closes COB Friday 29 January 2010, so get your email in quick to [club@magicallearning.com](mailto:club@magicallearning.com).**

## Christmas Competition Winner

Congratulations to Tracy Brewer who wowed us with her passion for giving:

*About a year ago, I was introduced to ChildFund Australia whose aim is "A global community, free from poverty, where children are protected and have the opportunity to reach their full potential".*

*What I love about this charity, is if you are unable to provide ongoing support by sponsoring a child, you can donate other gifts from categories like "Animal Magic" "Back to School", "Life Savers", "Things that Grow", "Money makers" and "Water and Sanitation".*

*Last Xmas a group of us at work looked over the list and had a goal to buy a library for a Thailand School this Xmas. We needed \$1200 and got it, but to our dismay the library was not on the list this Xmas. So we have bought 2 wells, 2 bathrooms and 2 latrines for Vietnam.*

*The best thing is the cheapest thing you can buy is \$21 for a pair of shoes for Sri Lanka, or 10 baby chickens for Indonesia - this is what most people spend on coffee in a week! Something so little in cost, can mean so much to people in developing countries.*

*Although I've already donated this year, just writing about this charity now, has made me want to do more - I'm about to go into the web now and buy a scholarship for a girl in Ethiopia for \$185. Thanks for inspiring me by your competition!*

We'll be donating \$250 to ChildFund Australia on the Club's behalf – thank you to everyone who submitted an entry.

## Cath's Scone Recipe

One of the wonderful treats for our face-to-face learners are the treats that Cath makes. This one is definitely a favourite and we thought you might like to try making these at home for yourself.

**Ingredients:** 4 cups Self Raising Flour  
300ml tub Sour Cream  
300ml milk plus a little more

**Method:** Preheat Oven to 210 degrees Celsius (oven needs to be hot). Grease and flour baking tray (or use baking paper)

In a large bowl put 4 cups (I use a 'smallish' coffee mug) of S/R Flour, the whole tub of sour cream and then fill the tub with milk put that in too.

Mix with a butter knife until just combined you will probably need to use half a tub (more or less) of milk extra. Don't over mix.

Dust bench top with flour, dust hands, tip out scone dough and gently pat until it's about 2.5cm thick.

Dust the rim of a drinking glass in flour and cut out the scones. Place on the tray close together. Place tray in hot oven for about 20 minutes, turning once, cook until light golden in colour, but keep an eye on them as you clean up.

Serve with your favourite jam and whipped cream – and enjoy! 😊

Do you have a favourite recipe you'd like to share? Email it to us at [club@magicallearning.com](mailto:club@magicallearning.com) and we'll publish it in the next newsletter.