

Winter  
2019

QUARTERLY  
UPDATE  
FROM

# Greenhills Centre



A quarterly update from Greenhills Centre covering some of the events and achievements in the past few months. For the information of the Friends of Greenhills.

A simply stunning sunset captured by Hayden

## Our Guests

It's always interesting to note the diversity of groups that book their camps, retreats and day conferences here at Greenhills. Below is a small sample of some of the groups we are privileged to host.

### June

- All Hallows Girls School
- Canterbury Primary School
- Scripture Union
- Alliance City Church

### July

- Redeemer Baptist School
- FOCUS
- Orbost Primary School
- Couples for Christ
- NSW CHS Under 18's

### August

- Fusion City Church
- Bluewater State School
- Comet Bay Primary School
- Youthworks
- Rotary Youth Exchange

## ACT Orienteering Comes to Greenhills

On a beautiful autumn day in May, Greenhills welcomed Orienteering ACT to our site to conduct a bush sprint. This is the first time this event has been held at Greenhills and was preceded by numerous visits to design and map out the course around Greenhills, Camp Cottermouth and the surrounding bush.

210 people participated in four different courses. The courses were laid out to take advantage of the built areas and the natural areas. Participants were able to enjoy the fine weather and the views of the Cotter River and Cotter Dam. It was a great day for everyone.

Whilst Greenhills did not have to directly supervise this activity, we have trained staff available if you would like to include an activity in your stay to shake it up a bit. We have options such as high ropes, abseiling, team initiatives, campfires, bush walks, crate climbing, and more.

All Greenhills staff members are required to have a current Working With Vulnerable People registration (as we call it in the ACT). Talk to us before your next visit to take full advantage of our facilities.



Many keen orienteers turned up for the day!



Start of the orienteering course

## The Campfire Experience

The Campfire is one of our favourite activities at Greenhills, because it encourages the experience of the outdoors & inspires people to gather around and enjoy the comfort of its warmth.

Down at the Campfire there are lots of different things to do that add fun and enjoyment to the overall experience of our guests. These include, roasting marshmallows, learning how to cook damper, hunting for the perfect marshmallow roasting stick, listening to our staff tell interesting stories and fun facts and of course sing-a-longs!

Often guests are inspired to share their own funny and exciting stories. This is something our staff encourage as interaction can be limited these days with everyone often distracted by their mobile phone or other technology.

Some of these moments are the funniest and most special times at Greenhills. There is nothing more inspiring then seeing the delighted smiles on guests faces as they enjoy the campfire experience!



Students enjoying the warmth of the campfire



The campfire area



Can you spot the resident Tawny Frogmouth?



A local lizard sunning itself on a comfy rock

## Nature Surrounding Greenhills

One of the most unique things about Greenhills is the beautiful nature surroundings which our staff and guests get to enjoy daily.

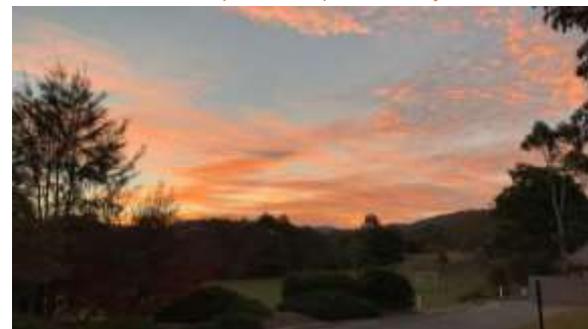
We have put together a collection of photos which our staff have captured over the past few months. It goes to say that from sunrise to sunset there is a never a dull moment with nature at Greenhills!



Icicles on a stump after a particularly severe frost



Frosty morning



Sunset over the oval



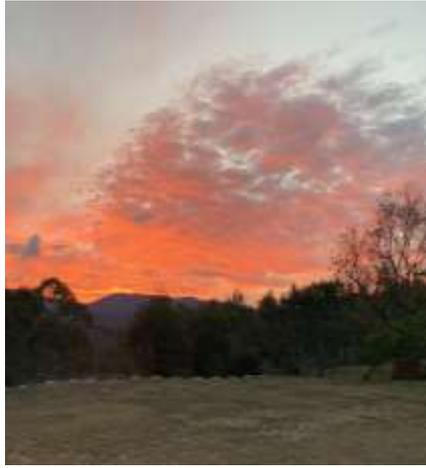
View from Scout Rock



1437 Cotter Road  
Stromlo ACT 2611  
02 6288 1074  
bookings@greenhillscentre.com  
www.greenhillscentre.com



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Fiery sunset over Cotter Flat



Kangaroos out on a frosty morning



Scenic walk down to the Murrumbidgee River

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For quick updates and news snippets visit our Facebook page “GreenhillsCentreACT”

If you “Like” us you will get update feeds automatically, and why not invite your friends to “Like” Greenhills as well and spread the word about this fabulous venue!



First Aid Training Day

On June 11th, Greenhills staff came together to partake in a first aid training course. Some of our staff completed CPR refresher training while others completed the whole first aid course.

Key areas such as CPR, anaphylactic reactions, snake bites, abrasions and general injuries were covered in the training, along with many other things. Staff participated in numerous practical scenarios which were both fun and very educational.

All our staff successfully completed the course and have since used some of the training in real life scenarios. Safety is something our staff all take very seriously, and while we hope to not have any emergencies at Greenhills in the future it always pays to be prepared just in case.

Overall the day was thoroughly enjoyed. Particularly as it is a rare occasion for all our staff to be onsite together at the same time. Due, to our diverse range of full time, part time and casual staff who work a variety of different shifts throughout the week, days like this one are always enjoyed and remembered.



Gary & Benno preparing for CPR



Staff engaging in CPR

Diary Dates:

- July 22nd—School Term 3 Starts

