

Mullum Mullum Indigenous Gathering Place Ltd Wednesday 5th August 2020

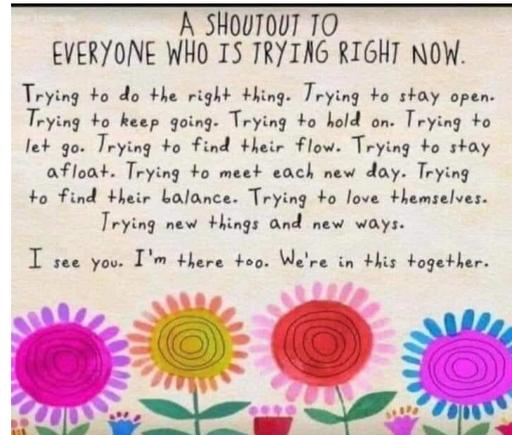


ABN: 21 125 609 805 3 Croydon Way, Croydon VIC 3136 PO Box 80 Ringwood East VIC 3135
Phone: 03 9725 2166 Fax: 03 9725 3166 E-mail: mmigp@mmigp.com.au Web: www.mmigp.org.au/

Hi Everyone,

Here is our fifteenth "Mullum's Weekly Isolation Yarn Up" aiming to keep you entertained with activities and informed of upcoming events. If you have any ideas such as Poems, Recipes, Quotes, Creative activities or Ideas. Any contributions are welcome, please contact us via email, Facebook or phone call to Mullum staff.

Health@mmigp.com.au



A Message from the CEO

Dear Community, another week has passed us by as we move along with the stage 4 restrictions and I trust that you are all coping well. I am very pleased to say that we have received a good supply of single use masks and I encourage you all to contact us should you require more. It is important that you keep up with the state government's regulations and maintain wearing these masks every time you are out in public, including practising the necessary social distancing measures. These are the very things that will help to keep us all safe!

On a brighter note, MMIGP has just advertised for a new Youth Worker and we are so excited to add to the MMIGP family and have a dedicated worker to focus on providing much needed support for our youth. I have included the link to the role which is now on Seek and on the MMIGP Facebook page. Please go to <https://www.seek.com.au/job/50369266>. The closing date is midnight, 9 September 2020. Any queries please do not hesitate to call me on 0457 067 923.

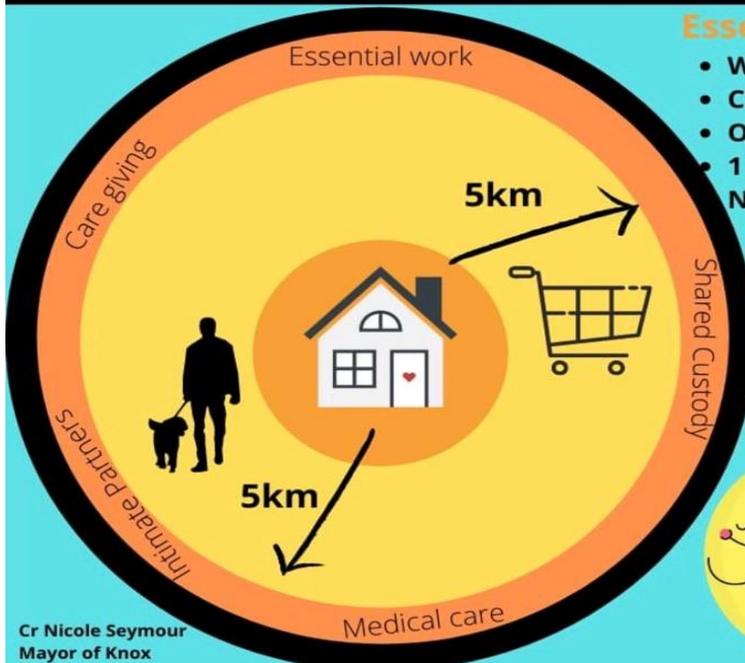
We are all trying our very hardest to keep connected and stay strong. There are several useful resources out there and I would like to share the most recent which comes from VACCHO. You will find a copy of this deadly resource attached to your newsletter which contains loads of ideas, tips, and things to do in helping manage your wellbeing during this difficult time. Please take the time to have a read as I am sure you will find something there to interest you.

Finally, I want to also thank you for your patience while we straddle our revised foodbank program. Food connects us all and it is one of the ways in which we can continue to engage with you and make sure you are all okay.

Please stay safe and have a great week.

Elke Smirl
CEO

Stage 4 Restrictions For Staying Local (5km radius)



Cr Nicole Seymour
Mayor of Knox

Essential Shopping

- Within 5km from home
 - Closest shops preferred
 - One person only
 - 1 hour a day
- Not during curfew hours

Exercise

- Within 5km / home
- Two adults only
- 1 hour a day
- Activity Limited

Night Curfew*

8pm -
5am



SUDOKU

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Masks

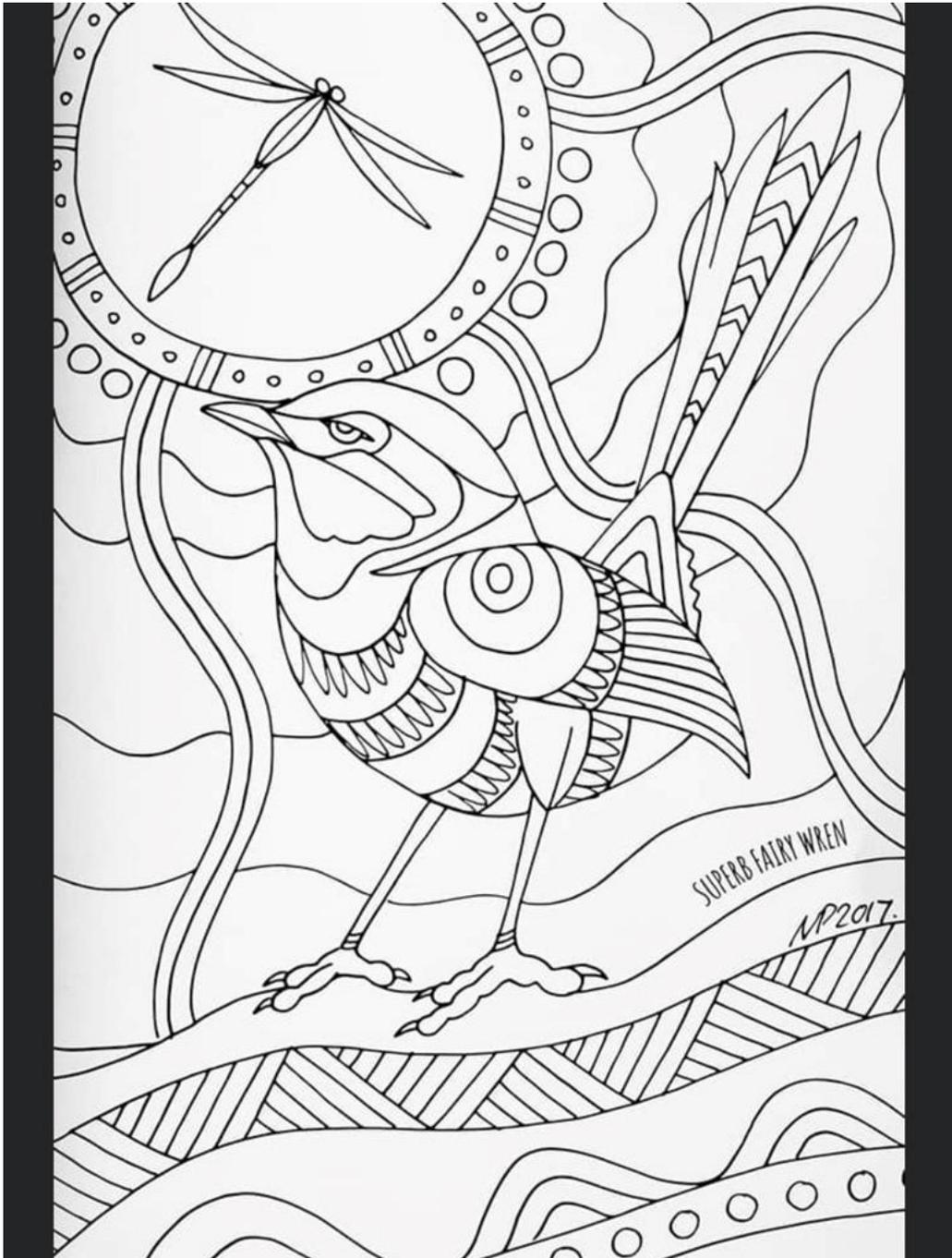


Hi Community,

We have been providing you with masks in the food boxes if you are finding that you need more can you please contact the Health Coordinator: Helene Cripps on 0408010696. We do have a supply to provide to community members that are in need.

Please adhere to the stage 4 restrictions and stay safe

Colour Me



Did you know?



- **Did you know** your tongue is the fastest healing part of your body
- **Did you know** on your birthday you share it with 9 million others
- **Did you know** 1 googol is the number 1 followed by 100 zeros
- **Did you know** you burn more calories sleeping than watching TV
- **Did you know** frogs don't usually swallow water (they absorb most of the moisture they need through their skin)
- **Did you know** at birth dalmatians are always white
- **Did you know** hummingbirds are the only bird that can fly backwards
- **Did you know** a duck can't walk without bobbing its head
- **Did you know** an average person will spend 25 years asleep
- **Did you know** hippopotamuses have killed more people in Africa than any other animal
- **Did you know** an elephant's ears are used to regulate body temperature
- **Did you know** the Arctic Ocean is the smallest in the world
- **Did you know** the most common mental illnesses are anxiety and depression
- **Did you know** the word laser stands for 'Light Amplification by Stimulated Emission of Radiation'
- **Did you know** in a deck of cards the king of hearts is the only king without a moustache

WHAT AM I?

I can be found in water but am never wet. What am I?

Answer: Reflection

Riddle

Feed me and I will live yet give me a drink and I will die?

Answer: Fire

Joke

What do you call a boomerang that won't come back?

Answer: A stick

Fact

Humans have no sense of smell when they are sleeping.

Problem Solver

First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?

Answer: Corn on the cob

Mark Olive's Macadamia and Mustard Wallaby Stack



Ingredients

500g wallaby steaks (butterfly cut)
1 sweet potato (thinly sliced lengthways)
1 zucchini (thinly sliced lengthways)
1 Capsicum (cut into 4 equal pieces)
Native Mountain Pepper
3 dstspn honey
1/4 cup crushed macadamia nuts
Olive oil

Method

- Preheat oven to 200c.
- Prepare steaks - coat with Mt Pepper.
- Coat zucchini, sweet potato, capsicum with olive oil and cook on hot griddle until tender. Single on Mt Pepper and set aside.
- Sear both sides of the Wallaby steaks quickly on a very hot griddle until medium rare. Set aside.
- On a baking tray, layer the vegetables and wallaby in a stack 2 layer of each.
- Top with crushed macadamia nuts. Cook until nuts are golden brown.
- Sauce
- Mix the seeds mustard and honey in a small bowl.
- Place the stack on plate add drizzle with honey mustard sauce.
- Sprinkle Mt Pepper and a few whole roasted macadamia nuts for presentation.



Just a reminder to everyone to hang-in there, whilst we go through this unprecedented time. MMIGP staff are here to support you, don't be afraid to make a call and have a yarn. We are all here to support our community.

(03) 9725 2166