

**Mullum Mullum Indigenous Gathering Place Ltd  
Wednesday 11th 2020**



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Hi Everyone,

Here is our twenty seventh "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. [eapw@mmigp.com.au](mailto:eapw@mmigp.com.au)

## Quote of the week

**"People who wonder if the glass is half empty or full miss the point. The glass is refillable."**

## Hi you mob, Chris Hume here.

I hope you all well, it has been great having men's group online over the last few months. We will keep zoom going every Tuesday with our **MOVE IT OR LOSE IT** program and Thursday with our **MEN'S YARNING CIRCLE** until we can all get back together.



TUESDAY 5pm till 6:30 pm **MOVE IT OR LOSE IT**  
THURSDAY 5pm till 7:30pm **MEN'S YARNING CIRCLE**  
For more info please contact the mens worker Chris Hume 04768153467 or email [mensworker@mmigp.com.com](mailto:mensworker@mmigp.com.com)

**Stay strong black & deadly**

## Did you know?



### Did you know

Giraffes and rats can last longer without water than camels

### Did you know

The dot on top of the letter 'i' is called a tittle

### Did you know

The electric chair was invented by a dentist

### Did you know

You're more likely to be killed by a champagne cork than by a poisonous spider

### Did you know

A crocodile can't stick out its tongue

### Did you know

Rubber bands last longer when kept refrigerated

### Did you know

Women blink twice as much as men

### Did you know

Ostriches don't bury their heads in sand

### Did you know

Only female mosquitoes bite

### Did you know

Scotland has the most redheads

### Jokes

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday.

### Riddle

How can you leave a room with two legs and return with six legs?

Answer  
Bring a chair back with you.

### Fact

Two native Australian animals, Platypus and Echidnas, are the only two mammals in the world that lay eggs to give birth



### General Animals

L	B	C	R	O	C	O	D	I	L	E	N
T	A	E	N	I	H	P	L	O	D	R	S
H	D	D	I	N	O	S	A	U	R	A	L
H	G	H	B	O	M	A	A	H	O	V	E
G	E	A	A	P	S	R	D	T	R	E	E
H	R	D	O	M	H	T	T	N	P	N	A
C	A	N	G	H	S	I	R	A	R	H	T
H	Y	H	S	E	B	T	E	I	D	C	E
E	S	R	S	B	H	T	E	R	C	E	K
E	E	D	A	I	A	O	C	R	C	H	E
T	E	R	E	B	F	V	G	B	E	A	R
A	A	W	A	K	R	A	V	D	R	A	A
H	A	N	M	O	L	E	I	D	B	G	W
W	O	R	C	Z	E	B	R	A	E	Y	S

- BEAR
- FISH
- DINOSAUR
- ZEBRA
- AARDVARK
- ANT
- BADGER
- BAT
- CHEETAH
- CROCODILE
- CROW
- DOLPHIN
- EEL
- HEDGEHOG
- HAMSTER
- MOLE
- OSTRICH
- PONY
- RABBIT
- RAVEN

### Disney Characters

D	C	L	P	I	H	C	I	W	O	N	K
E	L	C	O	L	D	M	L	A	I	E	C
M	K	E	C	T	U	K	G	L	H	O	U
I	C	L	A	I	M	T	W	L	C	A	D
N	U	T	R	B	B	K	O	E	C	M	Y
N	D	H	I	M	O	A	M	T	O	L	S
I	D	U	E	A	L	L	L	M	N	E	I
E	L	M	L	B	W	O	E	M	I	I	A
M	A	P	D	B	B	N	A	B	P	N	D
O	N	E	M	U	B	T	H	B	O	E	T
U	O	R	B	G	O	O	F	Y	I	G	E
S	D	A	L	E	L	Y	D	O	O	W	B
E	E	S	U	O	M	Y	E	K	C	I	M
G	S	C	L	B	A	L	O	O	O	P	L

- MICKY MOUSE
- MINNIE MOUSE
- PLUTO
- DONALD DUCK
- GOOFY
- BAMBI
- THUMPER
- PINOCCHIO
- BALOO
- ABU
- GENIE
- ARIEL
- BOLT
- DAISY DUCK
- NEMO
- WOODY
- WALL-E
- CHIP
- DALE
- DUMBO
- MOWGLI

## QUICK AND EASY SPAGHETTI BOLOGNESE

If there is one recipe for Spaghetti Bolognese that you need to know, this is it! You'll be surprised how an easy recipe like this one can make such a delicious pasta! PLUS the pasta sauce can be used for so many different recipes!



### INGREDIENTS

- 300g of minced meat
- 200 g spaghetti
- 1 jar of our All Purpose Pasta Sauce
- 1/2 medium onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 tsp oregano powder
- 1 tsp dried oregano
- 1/2 tsp of dried parsley
- 1/2 tsp thyme
- 1/2 tsp ginger powder
- 1/2 tsp black pepper
- 1/2 tsp onion powder
- 1/2 tsp red chilli flakes
- 1/2 tsp cumin powder
- 1/2 tsp salt (or to taste)
- 1/2 cup water
- 1 tbsp olive oil

- shredded mozzarella cheese, for garnishing (optional)
- finely chopped fresh parsley, for garnishing (optional)

### INSTRUCTIONS

1. Boil the spaghetti in water according to the instructions on the spaghetti packet label (usually 7 minutes).
2. In a pan on medium heat, add olive oil and saute the onions for 1 minute. Add in the chopped garlic and saute for an additional 30 seconds.
3. Add the meat to the pan and cook till the meat changes color and is cooked (about 3 - 4 minutes). Add in the spices and mix well. Cook for an additional 30 seconds.
4. Add one jar of the All Purpose Pasta Sauce and water, let it cook till the water evaporates and the sauce is of the right consistency.
5. Add in the drained boiled spaghetti to the sauce and mix well.
6. Top off with mozzarella cheese and wait till the cheese melts.
7. Serve hot and fresh.



Just a reminder to everyone to hang-in there, whilst we go through this unprecedented time.

MMIGP staff is 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





# Summer Scavenger Hunt

Cross out the items when you find them! Good luck...ready, set, GO!

1. Green leaf 
2. a coin 
3. one piece of garbage 
4. something red 
5. a flower 
6. a cool shaped rock 
7. Get the signature from someone 
8. a leaf with at least 3 points 
9. a pinecone 
10. find something crazy 



## Message from the CEO

Dear Community,

Firstly, happy NAIDOC!!! Hope you are all doing well and adjusting easily to the new freedom we have been given? Just goes to show that our combined efforts have been working and will continue to work if we hang on for a little bit longer.

Just a few things from me this week. I have attached the Premier's Statement as a quick reference for you all. If you visit our website and FaceBook page you will find both the statement and the Third Step summary. Whilst this is fantastic news, we will be assessing how these latest changes affect MMIGP and its programs but until then, we will keep the status quo. We do need to tread carefully and ensure that our programs and activities going forward are done in a COVID safe manner for everyone's protection.

Don't forget to register for the EMR NAIDOC event of the year – the Historical Narrative of the NAIDOC "Conscious Calling Ball" on 14 November 2020. You still have time to register for this fantastic event at [mmigp@mmigp.com.au](mailto:mmigp@mmigp.com.au) or contact Allara on 9725 2166.

Attached is a registration form for the MMIGP Children's Christmas Tree Drive 2020. Registrations close on 27 November 2020 so hurry to make sure your child doesn't miss out this year on a pressie from Santa. All enquiries to 9725 2166.

If anyone is needing masks or gloves, please don't hesitate to contact the office on 9725 2166 and discuss your needs. We will still be needing these for a while, so reach out if you are running out. We have taken the liberty of placing a few extra masks in the foodboxes this week just to be sure.

We are advertising again and this time for an Access & Support Worker. All details are here on the SEEK website <https://www.seek.com.au/job/50910788>. **Applications close 22 November 2020 (midnight)**. So if you know of anyone who is looking for a fixed term, full-time role as an experienced Access & Support worker who can help to improve access and support for the Aboriginal community out here in the east in the Home and Community Care Program for Younger People (HACC PYP) and Commonwealth Home Support Program (CHSP), please pass on. **Aboriginal and Torres Strait Islander people are strongly encouraged to apply.**

Well that is about it for now folks. I wanted to say thank you to everyone who has supported MMIGP over these last 8 months of the pandemic. It has been a challenge, but we are coming through and that is because we did this together. More news about the changes happening at MMIGP will be announced closer to the end of the year. Until then, stay safe and deadly – wear your masks, get tested, keep social distancing and smile 😊

Warmest wishes, Elke