



Our Young Swimmers are Making a Splash

We are at the midway point of our 12-week swimming program, and the progress has been deadly! Since starting on December 1st, our kids (ages 3+) have been showing up at the pool with incredible energy and determination.

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A Merry MVAC Gift Giveaway!

In December, MVAC Hall was buzzing with excitement as we held our Christmas Gift Giveaway. It was a wonderful afternoon spent spreading cheer and sharing the holiday spirit with our community's little ones.

We were thrilled to see so many families stop by to celebrate the season together. Watching the smiles on the faces of our primary-aged kids as they received their gifts was truly the highlight of the day.

A Heartfelt Thank You:

- To our Members: Thank you for being part of the MVAC family and making our community events so special.
- To Staff: A huge shout-out to everyone who helped organise the gifts and set up the hall to make the day run smoothly.
- To the Community: Your energy and holiday spirit made this event a beautiful way to wrap up the year.



Our Young Swimmers are Making a Splash

It has been wonderful to see the growth in confidence—from getting comfortable with the water in those first few weeks to mastering new skills and strokes now.

A big thank you to Robinvale Pool Manager and all the families for making the first half of the program such a success. We can't wait to see how much more the kids achieve by the final week!



HOW TO MAKE
Cauliflower Mac and Cheese

INGREDIENTS

Tablespoon (tbsp)	Teaspoon (tsp)
1 cup grated tasty cheese	1 large zucchini, roughly chopped
500g high-fibre or wholegrain pasta	1/2 head cauliflower, cut into small florets
2/3 cup plain breadcrumbs	1/3 cup grated parmesan cheese
1/2 cup chopped garlic cloves, finely minced	2 garlic cloves, finely chopped
1 onion, finely chopped	1/2 cup olive oil
2 cups water or stock powder	1/2 cup cumin
1/2 cup cayenne pepper	2 tbsp butter (or canola oil 2 tbsp oil)
1/2 cup grated cheese	2 cups plain or corn flour

Tips and variations

- Chop vegetables finely if you want to avoid them in kids.
- Adjust the recipe for smaller portions or double the cheese to suit a richer flavor.
- Use tiny pasta type (gluten-free, wholemeal, or regular).
- Swap to low-fat, high-fiber, lactose-free, or dairy-free alternatives.
- Add any extra vegetables you have on hand.
- Use a high-smoke point oil such as olive, canola, or grapeseed.
- Make the cheese sauce in the microwave or on the stove.
- (Optional) Add 1/2 - 1 tsp cayenne pepper in step 2.

“MVAC would like to thank our community members from 2020, Morning Mums and Mums4Mums, for contributing to the development of these cards, awards, “But that cool song” - creative health is healthy” by Tammy Morris, Brambley.

Step 1: Cook pasta and prepare vegetables
Preheat oven to 180°C. Cook 500g pasta according to packet instructions, then drain. While pasta is cooking, cut 2 zucchinis and 1 butternut into small pieces.

Step 2: Cook vegetables
Heat 2 tbsp oil in a pan. Add 1 tsp cumin and a pinch of salt and pepper. Add 1 chopped onion and 3 minced garlic cloves. Cook until onions are soft. Add 1 head cauliflower and 1 zucchini, cover and cook for 10 minutes until soft.

Step 3: Make the cheese sauce
In a microwave-safe jug, mix 2 tbsp butter or oil with 3/4 cup milk. Heat for 3 minutes, then stir in 2 tbsp flour. Heat for another 30 seconds. Add 1/2 cup grated cheese and 1/2 cup cayenne cheese. Heat again until smooth and melted. The mix will start to thicken.

Step 4: Combine
Mix the pasta, fried vegetables, and cheese sauce together and add to an oven dish or tray.

Step 5: Add breadcrumb-topping
Mix 2/3 cup breadcrumbs, 1 tsp garlic powder, 1/2 tsp cumin, 1/2 tsp paprika, 1/2 cup tablespoons of butch tomato (optional) and 1/3 cup parmesan. Sprinkle on top.

Step 6: Bake until golden
Place dish under the grill or in an oven for 5-10 minutes until the top is golden and crunchy. Serve and enjoy!

MVAC Aboriginal Community Health Organisation, PO Box 1025, Cullengwanna VIC 3944, T 03 521 3611, www.mvac.org.au

Community Kitchen: Healthy Bites

Looking for a way to pack more veggies into a family favorite? Try this wholesome twist on Mac and Cheese!

Quick Tip: This dish can be easily adapted for gluten-free or dairy-free needs by swapping the pasta and milk/cheese choices.

Early Learning Centre Meet & Greet

On Friday, 23rd January, the MVAC Early Learning Centre opened its doors for a special Meet and Greet with our 3yo Kindergarten new families. It was a wonderful opportunity for parents, carers, and staff to connect, share a yarn, and start building the strong relationships that support our children's learning and growth.

The morning was filled with great conversation and the excitement of a fresh year ahead. It was a joy to see our newest little learners exploring the space and to hear the positive feedback from families joining the MVAC community for the first time.

A massive thank you to all the families and ELC Educators who took the time to attend. We are so proud to have you as part of MVAC family and look forward to a deadly year of learning and play!



Community Noticeboard

THE BEAUTIFUL SHAWL PROJECT IS
COMING BACK TO ROBINVALE -2026



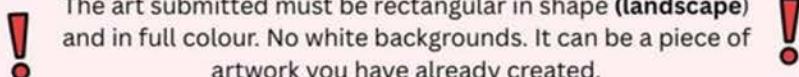
BREAST SCREENING SHAWLS ART COMPETITION

Breast Screen Victoria and MVAC invite you to submit your art in our competition. Your artwork will feature on the breast screen shawl that wraps around our women when having their breast screened. The artwork will be used for 4 Years.

- Open to all female Aboriginal and/or Torres Strait Islander artists, all ages living in the Robinvale Region.
- Artwork must be provided by Early February/Late January 2026
LATEST
- No entries can be accepted after this date.
-

\$1,500 PRIZE

The art submitted must be rectangular in shape (**landscape**) and in full colour. No white backgrounds. It can be a piece of artwork you have already created.



Please provide the following information with your artwork

- Artist Name:
- Email address:
- Mobile:
- Artwork Name/Title:
- Artist Mob/country:
- Artist Statement/Story behind the artwork:

Contact MVAC - Cancer Team for more info on:

03 5026 3353

cancersupport@mvac.org.au



Have your say on how we can improve MVAC

If you have some feedback about any of our operations here at MVAC, we have a new way to make your voice heard. You can have your say by scanning the QR code with your smartphone. You'll be taken to our feedback form, where you can pass on your suggestions.

