



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 (tsp)		Teaspoon (tsp)	
1 cup grated tasty cheese	1 large zucchini, roughly chopped	5/4 cup milk	1 tsp onion flakes
500g high fibre or wholegrain pasta	1/2 head cauliflower, cut into small florets	2 tsp olive oil	1 tsp cumin
1/2 cup parmesan breadcrumbs	1/3 cup grated parmesan cheese	2 tsp butter (or an extra 2 tsp oil)	1 tsp garlic powder
		1 onion, finely chopped	2 tsp plain or corn flour

Indigenous additions and swaps

- Swap salt for saltbush flakes
- Swap pepper for ground pepperberry
- Add 2 tsp ground bush tomato in step 3

Tips and variations

- Chop vegetables finely if you want to sneak them in for kids
- Reduce the recipe for smaller portions or double the cheese sauce for a richer flavour
- Use any pasta type (gluten-free, wholemeal, or veggie)
- Swap to low fat, high protein, lactose-free, or dairy-free options as needed
- 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, whichever works best for you
- Optional - Add 2-3 tsp capers in step 2

Western Aboriginal Community Development Organisation Inc. 11-13 Bankside Street, PO Box 1058, Collingwood VIC 3066. T: 03 9497 3400. W: www.wacdo.org.au

WACDO would like to thank our community members from DEAC, Manning, Murrumbidgee and Western Victoria for contributing to the development of these cards. Always, 'for and with us' - Greater South & West Victoria Health, Community

Step 1: Cook pasta and prepare vegetables
Threaten oven to 180°C. Cook 500g pasta according to packet instructions, then drain and set aside. Chop 1/2 cauliflower and 1 zucchini into small pieces.

Step 2: Cook vegetables
Heat 2 tsp 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 for 4-5 minutes. Add the cauliflower and zucchini, cover and cook for 10 minutes until soft.

Step 3: Make the cheese sauce
In a microwave safe jug mix 2 tsp butter or oil with 5/4 cup milk. Heat for 1 minute, then stir in 2 tsp flour. Heat for another 30 seconds, season with salt and pepper, and add 1 cup grated cheese. Heat again until smooth and melted. The mix will start to thicken.

Step 4: Combine
Mix the pasta, fresh 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 tsp onion flakes, 1 tsp salt, 1 tsp pepper, 2 tablespoons of bush 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 breadcrumbs are golden and crunchy. Serve and enjoy!

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.

