

**AUGUST/
SEPTEMBER**



Mungabareena Community Newsletter



**Join us on Facebook to keep regularly
updated with what happening at MAC!**

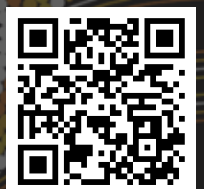


Mungabareena Aboriginal Corporation wishes to acknowledge the traditional custodians of the land, and pays respect to all elders, past, present and emerging.

We welcome all Aboriginal and/or Torres Strait Islander people to our service.



WWW.MUNGABAREENA.ORG.AU



VACANT POSITIONS

Join our deadly team

PRESCHOOL DIRECTOR

(Part time - Wodonga)

We are seeking a Preschool Director who has a strong vision, is passionate about good leadership and has the skills and courage to implement their ideas alongside and with the support of the existing Educators, Early Years' Service Manager and CEO.

Koori First Steps is a small preschool, and the role of the Preschool Director is to manage the day-to-day operations, program's annual budgetary, strategic planning cycles, providing leadership in developing the capabilities of program staff. This person reports to the Early Years' Service Manager is integral to the MAC team.

KOORI MATERNITY SERVICES - SUPPORT WORKER

(Full time - Wodonga)

The role of Koori Maternity Support Worker works specifically with the local Aboriginal & Torres Strait Islander community in Wodonga and surrounding Hume region to improve utilisation and access to culturally appropriate Maternity and Maternal and Child Health Services.

SOCIAL EMOTIONAL AND WELLBEING WORKER

(Full time - Wodonga/Wangaratta)

This is an identified Aboriginal position that will work with the community health and community service providers to assist increasing Aboriginal people access to mental health services. A key component of the role is increasing the understanding within mainstream service providers in the Ovens and Murray region of models of care that support mental health recovery. The position will work with providers in ensuring that service delivery is culturally appropriate and accessible to the Aboriginal community.

**To keep up to date on the positions we
have available, follow our socials**



VACANT POSITIONS

Join our deadly team

ABORIGINAL FAMILY VIOLENCE PRACTITIONER (THE ORANGE DOOR)

(Full time - Wodonga)

The role of Aboriginal Family Violence Practitioner will be located at The Orange Door Hub in Wodonga, which is to provide a more visible contact point, so that people know where to go for specialist support, help for people to identify family violence and child and family safety and wellbeing issues. The position will provide specialist support and advice to victims, families and children and perpetrators.



For more information on any of these vacant positions visit our website or give us a call:

(02) 6024 7599

To keep up to date on the positions we have available, follow our socials



MEET OUR NEW STAFF



Hi, my name is Kiara I am a Gunditjmara woman and have just recently joined the MAC family as the receptionist.

I have recently left school and commenced my career with Mungab. I enjoy working at Mungab because it's a great community and a great way to connect to my culture. I love to use my spare time wisely and go out and socialise with friends and family.

MEET
KIARA

MEET OUR NEW STAFF

Hey, my name is Nikita and I am the Koori Preschool Assistant Program Worker for MAC!

So far I am loving that I get to work with community and local kindergartens to make connections and build relationships. Being a mum, and having my son go through kindergarten I feel it can help me engage with families making the process easier and gives me knowledge and experience to support families.

In my spare time I like to relax, read and also spend time with my little family. Whether it's just me and my partner, or with the kids to the park, watching footy, staying at home or going to the park.



**MEET
NIKITA**



MEET OUR NEW STAFF

Hello, my name is Victoria, I am the Admin/Medical Support Officer for Wangaratta.

I love being able to be in a position where I can help community and do my best to make sure that they get the medical support they need.

In my spare time if I'm not with my family, then I love being home in my bed relaxing watching TV!!



**MEET
VICTORIA**

MEET OUR NEW STAFF



**MEET
KAYLA**



Hi my name is Kayla and I have commenced in the HR Coordinator position within MAC.

I love what I do because each workday is different, and I am constantly on my toes! I get to work with many individuals and am presented with the opportunity to influence the wellbeing and productivity of a workplace in turn creating a more positive workplace culture, which is rewarding for all. There are plenty of reasons to enjoy my job!

In my spare time i enjoy visiting home to see my family, taking my dog to the ocal dog park, and a coffee or two (or three) on a Sunday morning whilst out and about!

I also don't mind spending a weekend doing absolutely nothing!

MEET OUR NEW STAFF

MEET TRISHA

Hey, my name is Patricia, I have joined the MAC team as the Social Emotional and Wellbeing Support Worker. My passion has always been supporting my local community. I love what I do because I know I have made a difference and know that I can continue to do that from MAC. It gives me so much pride, joy and connection to my community.

Outside of work I love spending time with my family and relaxing when I have had a huge week. Catching up with family and friends or having a few cold ones and a sing from time to time.



MEET OUR NEW STAFF



Hi, I'm Tamara and I recently joined Mungabareena Aboriginal Corporation as the Aboriginal Family Violence Practitioner (The Orange Door). I have a passion for empowering and educating women and children to understand Family Violence and knowing their own rights.

In my spare time I am one who likes to sit in nature and ground myself. I also like reading a good book!!

PLANNED ACTIVITY GROUP (PAG)



OUR AMAZING PLANNED ACTIVITY
GROUP HAS BEEN VERY BUSY WITH
OUR GARDEN DOWN AT HUON
HOUSE!! WE HOPE TO BE SEEING
SOME BEAUTIFUL VEGGIES SOON.

PLANNED ACTIVITY GROUP (PAG) & PLAYGROUP

OUR PLANNED ACTIVITY GROUP ALSO
PAYED A SPECIAL VISIT TO MAC'S
PLAYGROUP IN LIEU OF INDIGENOUS
LITERACY DAY



PLAYGROUP



During August and September our playgroup done some wonderful activities and the children celebrated some special days including, Book Week and Indigenous Literacy Day.



PLAYGROUP



PLAYGROUP

**We also got busy with
some AMAZING science
experiments!!**



PLAYGROUP

Science

Colourful Fizzing Sensory Bin

- Tub
- Bicarb Soda
- White Vinegar
- Food Colouring x 3 (blue, red and yellow)
- Dropper/Turkey Baster
- Small containers for colour (muffin tray)
 1. Fill tub with bicarb soda
 2. Add a few drops of colouring to each small containers add vinegar to combine.
 3. Use dropper to pick up colour and squeeze onto bicarb and watch it FIZZ!

Magic Milk

- Tub
 - Milk
 - Food Colouring x 3 (blue, red and yellow)
 - Dishwashing liquid
- Cotton buds
1. Pour milk into the tub covering the bottom
 2. Add drops of different food colouring either in the middle or spread out
 3. Dip a cotton bud in the dishwashing liquid
 4. Dip the cotton bud into the milk and watch the colours spread!

Corn Flour Experiment

- Tub/Bowl
- Corn flour
- Water (1/2 cup for each cup of corn flour)
- Food colouring
 1. Pour corn flour into bowl measuring each cup.
 2. Measure out the amount of water required adding food colouring to the water.
 3. Slowly pour coloured water onto the corn flour, mixing as you pour.
 4. Test your mixture, you should be able to grab the mixture and roll into a ball between your hands and when you stop it should melt between your fingers!

Volcano

- 2L empty clean plastic bottle
- 1 tbsp bicarb soda
- 2 cups vinegar
- Funnel
- Food colouring
 1. Use funnel to add bicarb soda to the bottle.
 2. Mix some food colouring and vinegar together and pour mixture inside the bottle.
 3. Watch your volcano ERUPT!! Make sure you do this one outside.



PLAYGROUP

**AND MAKE
SOME YUMMY
COOKIES!!**



PLAYGROUP



JAM DROP COOKIES

Ingredients

- 180g softened butter
- 1 cup caster sugar
- 1 egg
- 2 cups plain flour
- 1/2 tsp baking power
- Jam - any flavor



Method

1. Preheat the oven to 170°. Grease and line baking tray with baking paper.
2. Beat the sugar and softened butter with electric beaters or a stand mixer until light and fluffy.
3. Sift in flour and baking powder. Stir gently to combine.
4. Roll mixture into small balls (roughly 2 tsp).
5. Place the cookie balls onto the baking trays and use the tip of your little finger to create an indent in the middle that roughly goes one third of the way down.
6. Place jam in the indent.
7. Bake cookies in the oven for approximately 10 minutes or until lightly golden.
8. Leave cookies on baking tray for 10 minutes and then transfer to wire rack to cool completely.

KOORI FIRST STEPS

Down at Koori First Steps
Preschool we celebrated
National Aboriginal and Torres
Strait Islander Children's Day
and also hosted the
Memorandum of
Understanding (MoU) signing
between MAC and the
Wodonga Council



KOORI FIRST STEPS



Community Information



MEN'S YARNING CIRCLE

Every fortnight on Wednesday

11:30am - 2:00pm

53 Ryley Street, Wangaratta

- ➡ No judgement!
- ➡ Yarning about challenges faced from relationships, home life, kids, jobs and mental health.
- ➡ Supporting each other to identify solutions to move forward.
- ➡ Learn new life skills.
- ➡ Create art and artifacts.
- ➡ Learn and/or deepen knowledge about our culture.



IF YOU WOULD LIKE TO
JOIN PLEASE PHONE
(02) 6024 7599 AND ASK
TO SPEAK WITH CARL OR
DALE!

Community Information



WODONGA

WEDNESDAY'S

11AM - 2PM

21 HOVELL STREET
WODONGA

Women's group



WANGARATTA

MONDAY'S

11AM - 2PM

53 RYLEY STREET
WANGARATTA

If you would like
to speak with
someone about joining
our Women's Group
please phone
(02) 6024 7599

Community Information

You'll find some of our staff at the Caring and Ageing Well Community festival Wednesday 19th of October. Come down and have a yarn!!



**Aged &
Community
Care**

Caring & Ageing Well Community Festival

Wednesday 19 October
10am - 2pm



Community Information

20 FREE TICKETS!!!

**AVAILABLE TO COMMUNITY TO HEAD TO HOTHOUSE
THEATRE AND SEE**

BUNGAMBRAWATHA

Please phone Hothouse
Theatre on (02) 6021 7433
and state you would like a
Mungabareena ticket and
it's all yours!!



HotHouse
THEATRE

25
SEASONS



A Black Border Theatre and HotHouse Theatre co-production

BUNGAMBRAWATHA

By Black Border Theatre

SHOW SCHEDULE