

UPDATE



On Sunday 2nd of August, Premier Daniel Andrews made an announcement that Victoria has been declared a State of Disaster and Metropolitan Melbourne would be entering stage 4 restrictions from 6:00pm on the 2nd of August and will be in place for the next 6 weeks. A curfew has also been implemented across Melbourne from 8:00pm—5:00am.

This means, unless you are travelling to or from work, receiving or giving medical care, you should not leave your home.

All shopping and exercise must be within a 5 kilometre radius of your home. Exercise is limited to one hour per day, once a day and in no more than groups of two. Shopping for essential items is limited to one person per household per day.

All Victorian students will move to remote learning from Wednesday 5th August.

Although Metropolitan Melbourne have already been wearing masks, from 11:59pm on Sunday 2nd August, all Victorians must wear a face covering when leaving home.

GLEN PARK CLOSURE

FACEBOOK POLL!

Glen Park asked and you answered.

Do you like your sauce all over or your sauce on the side?

Sauce all over: 4

Sauce on the side: 10



ROVING REPORTER

Q1. What's the first thing that comes to mind when I say "Chocolate"?

A: Deb: EAT! Heidi: YUM! Heather: CAKE!

Q2. What's the first thing that comes to mind when I say "Chilli"?

A: Deb: HOT! Heidi: TASTY! Heather: HOT!

Q3. What's the first thing that comes to mind when I say "Seafood"?

A: Deb: YUM!! Heidi: DELICIOUS!! Heather: OHH LOBSTER!!

Roving Reporter: Naomi Butler-Moore

Interviewees: Deb Tipping, Heidi Butler-Moore & Heather Wall



GLEN PARK BLAST FROM THE PAST!

Check out this photo from 2016 of Suzanne & Heather, two of Glen Park's long standing volunteers!

Suzanne has been volunteering with Glen Park since 2007 and Heather has been volunteering with Glen Park since 2014!

Suzanne and Heather both have such bubbly personalities and are the perfect duo.

We can't wait to see you both again soon!

PROGRAM COORDINATOR - PAYTON DOWNEY



Hey everyone! I hope that you are all keeping well and keeping fit.

The last few weeks have been nothing if not trying for everyone and as keen as are to get back to the office, the health and safety of our customers, visitors, team and volunteers is of the utmost importance to us. The team at Glen Park will keep plugging away and making contact with our learners on a regular basis.

Lately, I have been indulging in some pregnancy cravings such as croissants, orange juice and most recently.. CRACKLES!! Who remembers those? What a treat, although definitely more of a "sometimes" food.

Until next time, stay safe, wear your masks out and about and look after those that are most vulnerable in our community by doing your part to ease the spread of COVID-19.

PAD THAI RECIPE



Ingredients:

250g packet rice stick noodles, 2 tbsp lime juice, 2 tbsp fish sauce, 2 tbsp brown sugar, 2 tbsp peanut oil, 2 chicken breast, 500g green prawns (peeled, deveined), 3 green onions (thinly sliced diagonally) 2 small red chillies (deseeded, finely chopped), 2 eggs (lightly beaten), 1 cup bean sprouts (tails removed), 1/4 cup roasted peanuts (finely chopped, optional), 1/2 cup coriander leaves, lime wedges to serve.

Method:

Step 1.

Place noodles into a heat-proof bowl. Cover with hot water. Stand until tender. Drain and rinse under cold water.

Step 2.

Combine lime juice, fish sauce and sugar in a jug. Whisk with a fork to combine.

Step 3.

Heat a wok over high heat. Add oil. Swirl to coat. Add chicken. Stir-fry for 2 minutes until golden. Add prawns, onions and chillies. Stir-fry for 2 to 3 minutes or until prawns turn pink. Add noodles and stir-fry for 2 minutes.

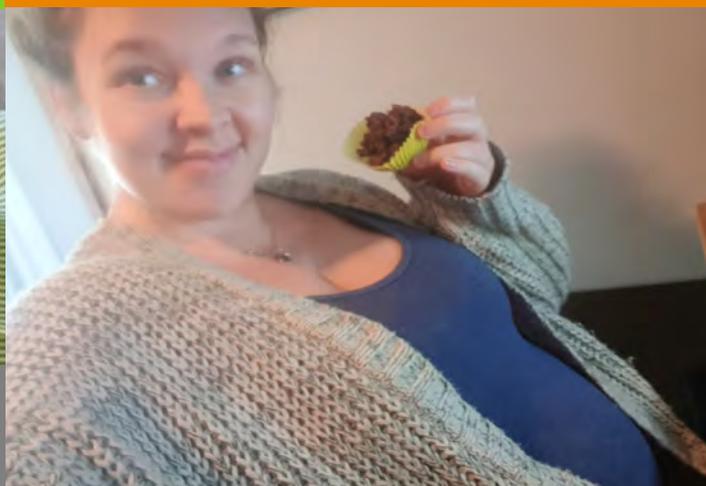
Step 4.

Add lime juice mixture to wok. Toss to combine. Slowly pour eggs over noodles. Stir-fry for 1 minute. Add sprouts. Toss well.

Step 5. Spoon pad Thai onto plates. Sprinkle with peanuts and coriander leaves. Serve with lime wedges.

ENJOY!!!

PAYTON ENJOYING HER CRACKLES



COMMUNITY PANTRY & COMMUNITY MEALS

Community Pantry—Tuesday 11th August
10:00am—12:00pm

Take Away Community Meals

Tuesday 11th August

Meals served at 11:30am sharp at the pantry.



Café on the Park.

Eat, Drink & Be Social at Glen Park



Keep the kids entertained at home by creating your very own SPOONVILLE in your garden. Kids can decorate the spoons and create a community of fun characters!