



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

MARCH 2021

Connect with Culture and Community this March

We are in a time where the importance of connecting with those in our community has never been more recognised to improving our wellbeing and happiness. This March has many world and national awareness days that are all about connection, promoting respect and supporting our community so we want to share with you some of them and a few ideas of how you can personally participate or join in with official events. In this edition, we share some favourite recipes from the cultural backgrounds of our staff at McColl's, celebrate a strong female operations controller in our profile and a great podcast about the science of being happy.

Take some time to read through some of the activities and make an effort to join in or create one of the recipes in these pages and take a photo to send back to us!



Clean up Australia day (7th March) – while the actual event has passed, why not just make an extra effort this month to make sure you are disposing of any rubbish correctly and (if you can do it safely) get some gloves and a rubbish bag and go out to clean up in your area.

Harmony Week (15-21 March) - celebrate all the different cultures at work or in your community today, make or share a cultural recipe, play a game or sport from a different culture (such as Bocce, Gaelic football or Te Boiri—see below)

National Day against Bullying and Violence (19th March) - while this is a school run program, as adults we have a key role in preventing and responding to bullying. Take this opportunity to lead by example, do some research and speak to your children about what bullying is and is not. Use this link to [help](https://bullyingnoway.gov.au/understanding-bullying/bullying-research). (<https://bullyingnoway.gov.au/understanding-bullying/bullying-research>)



Te Boiri

For hundreds of years this game, also called 'Tapping the ball', has been played in the remotest islands of Kiribati.

Age: 15+

Players: As many as you like – enough to form a circle.

Pitch: A clear space – this doesn't have to be particularly large, the game is often played in backyards and most of Kiribati's islands are very narrow.

Time: Unlimited.

Rules:

The players form a circle. One player stands in the middle of the circle. They kick a ball a short distance into the air. The person nearest then takes over and kicks the ball on – never allowing it to drop on the ground. One after another, the players kick the ball to each other. The ball can be passed back to the player in the middle as well.

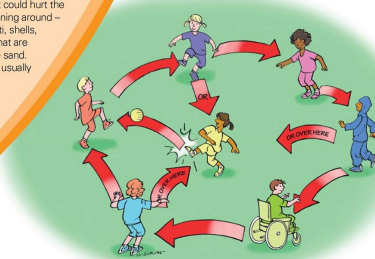
The ball should not be allowed to fall to the ground. Everyone should get a chance to participate. If any player drops the ball, they are out and have to leave the circle until a fresh round starts once every player has had a chance to kick the ball.

Equipment

- A ball. This is usually made from local materials – such as knotting dry leaves from a Pandanus tree.

Safety

- Ensure players are warmed up.
- Ensure the playing area is clear from objects that could hurt the players while running around – such as, in Kiribati, shells, coral and rocks that are embedded in the sand. In Kiribati players usually go barefoot.



unicef

Happiness Day (20th March) - Happiness is contagious so get social and spread joy doing something you love. Share with those in need, be kind to others and say thank you—all things that make someone else happy.

National Compliment Month - make an effort to give someone some genuine recognition and appreciation this month, it costs nothing but everybody gains so much emotionally. Tell a friend, loved one or colleague something they do well or how much you appreciate them this month (and ALL the time!)

Yemista

Greek stuffed tomatoes
& Peppers

Recipe From: Greece
(Jamie Tzouvanellis,
Geelong)



INGREDIENTS

- 5 medium ripe tomatoes
- 5 medium green peppers
- 3/4 cup olive oil
- 1 cup uncooked rice
- 1 large onion, chopped fine (about 1 1/2 cups)
- 3 garlic cloves, minced very fine
- 1/4 cup fresh mint, minced (1 1/2 tbsps. dried, crumbled)
- 1/2 cup parsley, minced
- 1/2 cup pine nuts or 1/2 cup slivered almonds
- 1/2 cup kefalograviera cheese or 1/2 cup parmesan cheese, cut into tiny cubes
- 1/2 cup sultana raisin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups water
- 1/2 cup olive oil
- 1 tablespoon tomato paste
- salt and pepper

METHOD

1. Preheat oven to 180°C.
2. Cut off tops of tomatoes (retain tops) and carefully scoop out flesh (retain this as well).
3. Cut off tops of peppers (retain tops) and remove seeds and membrane.
4. Place tomatoes and peppers in a pan large enough to hold them comfortably and give each veg a tiny dash of sugar with your fingertips.
5. Take tomato flesh and process it until pureed.
6. Add olive oil, rice, onion, garlic, mint, parsley, nuts, cheese, sultanas, salt and pepper.
7. Stuff the vegetables evenly with this mixture.
8. Replace tops of tomatoes and peppers.
9. Combine 1 cup of water and 1/2 cup olive oil with a tablespoonful of tomato paste and a little salt and pepper and pour this around the veg.
10. Bake for approx. 1hr 45min (vegetables should pierce easily and be slightly blackened in parts).
11. Turn off oven and leave in for another hour to 'mellow' before serving.
12. This is best served slightly warm or at room temperature.

The King of Napoleons

The ultimate Russian Napoleon cake, layers of thin puff pastry sheets and a creamy custard filling.

Recipe from: Russia (Alina Bilous, Altona)

Servings: 24

INGREDIENTS

Puff pastry

- 400g cold butter
- 2 eggs
- 150ml cold water
- 6 cups sifted all purpose flour
- 3 tbsp Vodka/cognac (can be omitted)

- 2 tbsp white vinegar
- Pinch of salt
- Egg yolk custard

Custard

- 7 egg yolks
- 6 cups milk
- 1 1/2 cups sugar
- 1 cup all purpose flour
- 150g-200g butter

METHOD

1. Whisk together 2 eggs and salt, stir in 150ml cold water, 2 tablespoons vinegar and 3 tablespoons vodka.
2. Add 6 cups of flour to food processor. Add 400g of cold cubed butter and pulse or process until crumbs are pea size.
3. Add the egg mixture into flour mixture and continue processing until dough starts sticking to its self, but not yet formed.
4. Pour contents of food processor bowl onto work surface and working it as little as possible form a ball of dough. Knead for a couple of seconds until a dough forms. Shape into a log and cut into 4 equal pieces, roll each into a ball, cover with plastic wrap and place into the fridge for 1-2 hours.

Custard

1. Combine 7 egg yolks and sugar in a bowl and whisk together, adding 50ml of milk to make easier. Add flour and whisk, forming a lump free batter. Add another 50ml of milk of milk to make it easier.
2. Heat the remaining milk in a pot until boiling, keep stirring to prevent scorching on the bottom.
3. Transfer egg and flour mix to a larger pot. Tamper the egg yolk mixture by slowly pouring the hot milk in, mixing continuously.
4. Pour mixture back into pot and bring

to boil over medium heat, stirring continuously to keep the bottom from scorching. Once boiling cook for 2-3 mins

5. Add 1 tbsp of vanilla and stir. Add butter, allow to melt and stir to form a smooth custard. If the custard has clumps, run it through a sieve or pulse with blender.
6. Allow the custard to cool to room temperature by pouring onto a jelly roll baking sheet and cover with plastic wrap (plastic wrap should touch the custard to keep skin from forming).

Bake Cake Layers

1. Preheat oven to 200 degrees, set rack in the middle.
2. On the back of a jelly roll or 12 inch baking sheet, roll out 1/2 of 1 dough ball until 12.5 inches in size, dusting the surface with flour as needed.
3. Prick with a fork all over to prevent uneven rising. Bake for 5-7 mins until lightly golden. Repeat with rest of dough to achieve 8 layers.
4. As soon as cake layer is baked and out of oven, place on a plate and cut around, collecting scraps and being careful to keep cake layer from cracking. Crumble the cake scraps and set aside.

Assembly

1. Place a dab of frosting on a serving platter. Place first cake layer and press to adhere.
2. Surround the cake layer by a cake ring and secure with ribbon. The rest of the cake will be build inside the ring.
3. Place about 6 spoons of custard and smooth it around. Repeat with the rest of the custard and cake. Sprinkle some of the shredded scraps on top of the cake.
4. Remove the ring and press cake scraps onto side of the cake—this helps to stop a skin forming on the custard.



Italian Meatballs

Recipe From: Italy (Megan Kerr, Altona)

My grandfather was born in Sicily and moved to Australia at a young age with his family. This is a family recipe that has been handed down over the years and has always been a favourite of mine.

If you can allow 2 hours for cooking, please do.



INGREDIENTS

Meatballs

- Beef mince
- breadcrumbs
- parmesan (the green Kraft container)
- egg
- broad leaf parsley
- salt and pepper
- olive oil

Sauce

Passata

- Tomato paste (if there isn't enough passata)
- 1 brown onion chopped
- 1 clove of garlic
- bunch of basil
- 2 bay leaves
- peas
- balsamic vinegar
- sugar (brown preferable)
- salt and pepper
- olive oil

METHOD

1. You need equal volume amounts of beef mince to breadcrumbs / parmesan mix i.e. - if there are 2 cups of beef mince, you need 1 cup of parmesan and 1 cup of breadcrumbs. Put it all into a bowl. Chop the parsley finely and add to the mix. The amount of parsley is up to you, but I use a good handful for what makes about 8 meatballs. Crack one egg over it. Have a glass of water next to the bowl. Wet your hands and start mixing. Your hands are best. If you think that the mixture is too dry, add water. Never add any more egg, only water if the mixture is dry. Once mixed, keep your hands wet and make meatballs to the size you want.
2. In a high sided pan, heat a very good amount of olive oil on medium / medium high heat and put the meatballs in. Not too many in the pan. They will stick so you have two options, either keep the pan moving from the start (and they won't stick) or leave them a bit and the meatballs will eventually come away. If you have 2 hours, just lightly brown the meatballs all around as you will slow cook them in the sauce. When browned put them onto a plate (no paper towel) to sit. Leave the meaty bits in the bottom of the pan when you have finished (if you haven't spooned them out and eaten them already!)
3. Add a bit more oil to the pan (medium heat). Add the onion and cook for a minute or 2. Add the garlic and cook for another 2 minutes. Add the passata. If not enough add a mix of tomato paste and water to get the desired volume i.e. just covering the meatballs. Add a good splash of balsamic vinegar, a heaped teaspoon of sugar, a very good dash of salt and heaps of pepper. Add the bay leaf. Tear up half the basil and put that in (put the other half in about 5 minutes before serving). Put the peas in. Leave on the stove just bubbling away for 2 hours.
4. Serve with spaghetti and real parmesan. If you want to jazz it up, add some fennel seeds when you put the garlic in, and serve over cheesy polenta.
5. Enjoy!!!

Vienna (Weiner) Schnitzel

Recipe from: Austria (Claudia Castellán, Geelong)

INGREDIENTS

- Pork or Veal Fillets
- Flour
- Paprika
- Egg
- Bread Crumbs (Corn Flake Crumbs are best for a golden colour)
- 2 Tbsp Oil (suitable for shallow frying)
- Salt & Pepper
- Lemons (optional)

METHOD

1. Tenderise meat (if not already done). Place small incisions into top and bottom of meat (this stops schnitzel from curling up when cooking)
2. Place cup of flour on dinner plate, sprinkle with Paprika, salt and pepper and work together with fork. Mix one egg with a splash of milk, beat. Place up of Bread Crumbs onto dinner plate.
3. Coat Meat with flour, shake to get excess off. Cover meat with egg mixture. Lastly, coat in the breadcrumbs.
4. Heat Oil (shallow fry) and when oil is hot, add Schnitzels. Should be about 2 to 3 minutes on each side to produce golden colour.
5. Take out of oil and use paper towels to soak up oil on Schnitzels.
6. Serve with wedge of lemon.



Cepelinai

Recipe from: Lithuania (Steve Wiasak, Geelong)

INGREDIENTS

Dough

- 3kg russet potatoes
 - 1 vitamin c pill (to prevent discolouration)
 - 2 tsp salt
- #### Filling
- 200g minced pork
 - 200g minced beef
 - 1 onion chopped

- 2 tsp salt
- Pepper to taste

Gravy

- 200g Bacon
- 2 onions
- Oil for frying
- 1 cup sour cream
- Salt & pepper to taste

METHOD

1. Peel the potatoes. Set aside 5/6 of all potatoes. Place the remaining 1/6 of the potatoes into a pot, cover with water, add a pinch of salt and boil until soft (about 30 minutes). Drain, mash with a potato masher, and set aside to cool.
2. Crush the vitamin C pill on a chopping board with a knife and place in a large mixing bowl.
3. Grate the remaining raw potatoes with an electric or manual potato grater (the fine, prickly side of the box grater) into the bowl containing the vitamin C. Mix from time to time while grating, so that the potatoes do not turn dark.
4. Place part of the grated potatoes into a cheesecloth and squeeze well until the potatoes are barely moist. Reserve the potato juice in a bowl. Repeat with the rest of the grated potatoes.
5. Once all potatoes are juiced, slowly pour away the potato juice from the bowl. There will be a layer of potato starch settled on the bottom of the bowl.
6. Knead the potato starch with the juice grated potatoes and with the mashed boiled potatoes until well combined. Add 2 tsps of salt while kneading.
7. For the filling, combine the ground beef, pork, chopped onions, pepper and salt. Mix well.
8. Fill a large 8 litre stockpot with water up to 2/3 of volume. Add 1 tbsp of salt. Set to high heat and bring to boil.
9. While the water is coming to boil, take a lump (the size of a tennis ball) of the potato dough and flatten in your hands. Take a small lump (the size of a ping-pong ball) of the prepared meat filling and put on top. Fold the potato dough on top and press the edges to seal the dumpling into a smooth shape of a zeppelin. Make sure it is well sealed; otherwise zeppelins may open up during boiling. Repeat with the remaining dough and meat.
10. Once the water is boiling, reduce the heat to medium and carefully lower the zeppelins into the boiling water.
11. Boil for 15-20 minutes until the meat inside is cooked through. Carefully remove the zeppelins from the pot with a slotted spoon.
12. While the zeppelins are boiling, prepare the gravy. Add the diced bacon and chopped onions into a large frying pan and sauté on medium heat for 5-10 minutes until grease is released from the bacon and onions are translucent and soft.
13. Add salt and pepper to taste. Add the sour cream, mix well and turn the heat off. Thin the gravy with hot water or chicken stock if needed.
14. Serve the zeppelins generously topped with the gravy.



Kiflice

Jam filed Crescent Cookies

Recipe From: North Macedonia (Vicki Nocevski, Geelong)

INGREDIENTS

- 1 tsp instant yeast
- 2 tbsp sugar ½ cup milk (warm)
- 1 egg
- 2 egg yolks
- 3 tbsp sour cream
- 3 cups all-purpose flour
- 2 cups butter
- 1 cup plum jam or other filling of your choice
- 1 packet Vanilla sugar

METHOD

1. Dissolve yeast and 1 tsp of sugar in warm milk.
2. In a separate bowl combine eggs with sour cream with a fork. Add in yeast mixture.
3. In a large mixing bowl, combine flour, shredded butter and mix until blended. Add in yeast mixture and mix on medium speed until well combined.
4. Remove from mixer and kneed briefly to form a large ball.
5. Divide into 8 even-sized balls.
6. Roll each to an 8-inch circle. Cut each circle into 8 triangular slices (like a pizza).
7. Add 1-2 tsps. of filling to the wide edge of the triangle (as much as will stay in when the pastry is rolled).
8. Turn the corners in a little bit (helps to keep the filling from draining out).
9. Starting on the wide end of the triangle, roll each triangle to form small crescent shapes.
10. Arrange onto ungreased cookie sheet or parchment paper about 1" apart.
11. Bake at 180°C for 12-14 minutes, until slightly golden.
12. Dust in vanilla sugar while still warm.



EXERCISE - BODY PART OF THE MONTH

QUADRICEPS



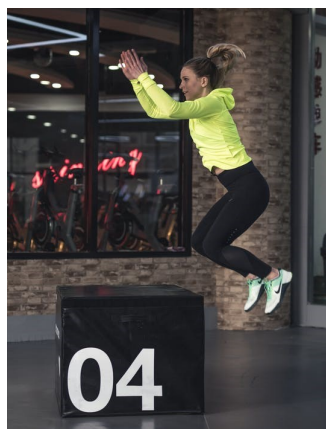
BODY PART: The Quadriceps (front of the Thighs)

Why should you train these muscles?

How to train these muscles: see the exercise list below and utilise what equipment you have access to, if you are not sure on how to perform and exercise simply google it—there are hundreds of videos on YouTube. Don't stress if you cannot lift heavy weights or complete a chin up—there are many ways you can do an exercise to build up strength. For more tips and advice speak to Megan Taylor, McColl's personal Trainer.

BODY WEIGHT EXERCISES

- Step ups
- Bodyweight squats
- Squats with heels on thick book or similar
- Bulgarian Lunges
- Pistol Squats
- Wall sit
- Jump Squats
- Box Jumps
- Crab walk



EXERCISES WITH EQUIPMENT

- Barbell front Squats
- Barbell Low bar squats
- Leg Press
- Leg extension machine
- TRX Lunges
- Hack Squat
- Kettlebell Goblet Squat
- Smith machine lunges
- Banded crab walks



HOW MANY CAN YOU DO?



MARCH FITNESS CHALLENGE

How many push ups can you do in 1 min?

Set a timer for 1 minute and see how many push ups you can do in that time to win March's fitness challenge. Just email your result to mtaylor@mccolls.com.au

Push ups must be on your toes or recorded as mid push up, No MAX number of attempts - beat your best as often as you like.

February winners

Male: Adam Carlson. Female: Carlie Robertson & Rhiannon Hodges



PODCAST OF THE MONTH

The Happiness Lab - You might think more money, a better job, or Instagram-worthy vacations would make you happy. You're dead wrong.

In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness. She's changed the lives of thousands of people through her class "Psychology and the Good Life," and she'll change yours, too.

Are you ready to feel better?

Meet a McColl's Champion

Name: Natalie Helmore

Job Role: Operations Controller

Depot: Geelong

Division: BFG, Interstate and Local Single

Time at McColl's: 9 years (2nd stint)

What is IMPORTANT to you? Family and friends.

What are you listening to? 90's music – All of it – Offspring, Pearl Jam, Nirvana, Gin Blossoms, Tonic, Radiohead, Live, Oasis, No Doubt and then, to mix it up, some current, some 2000's and some classics like Kenny Rogers, Ricky Nelson, CCR, ELO, and my fav The Everafter Soundtrack.

Current Favourite HEALTHY MEAL: Salads with Tuna.

Best food hack to keep healthy eating on track? Always carry a water bottle. I try to drink 3 litres a day.

Favourite Healthy snack? Soda water instead of soft drinks.

What can I not function without? Coffee, always coffee first!



Quote that inspires you? Life is not about waiting for the storm to pass, but learning to dance in the rain.

How do you incorporate activity into your day? I try to go walking every day at work and after work.

What is your favourite type of exercise? Walking

What do you do for SELF CARE? Once a week I run a bath. I indulge myself with a bubble bath and candles from Scent lab. Candles are lit and glow softly around the bath while music plays softly in the background. This is my time as I zone out to the world. On my days off I also have been attending float sessions and vibrosaunas.

**NOMINATE SOMEONE WHO YOU THINK
DESERVES TO BE OUR FEATURED CHAMPION**

Email: mtaylor@mccolls.com.au

Favourite weekend activity?
Spending quality time with loved ones.

Contact Us

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