

MCCV SOCIAL SUPPORT NEWSLETTER

Our August edition highlights some important information about Victoria's Stage 4 Restrictions. Please read these carefully as it is important that we all work together to stop the spread of this virus.

You should have received your activity packs with this newsletter. Instructions are attached as well as noted in the newsletter. Details of how to send photos of your completed activities or any photos you want to have published in our newsletter, are on the activities page.

We have also included a photo tribute to a wonderful friend who passed away. Marlene Grech attended our group for over 15 years. During this time, she made many friends and helped so many people. Her kindness and beautiful personality will be forever in our hearts. Rest in peace lovely lady.



The Staff and Executive Committee of the Maltese Community Council of Victoria.



Jesus directed us to love our neighbours as we love ourselves. Here Jesus is not referring to those who live next door, but EVERYONE we meet in our journey of life, even those persons we consider difficult, those who are incapable of loving others, those who never feel to ask forgiveness.

Living this time of the COVID 19, we are all in stress, fear or doubt. Still in spite of this situation we need hope and courage and remind ourselves that Jesus is asking us to love even if our hearts are melting. Life is not just about us or me, or what we want. Jesus never promised an easy life. HE PROMISED THAT HE WILL NEVER ABANDON US.

So let us remember: Feeling incomplete?

God loves you completely.

Are you imperfect?

God loves you perfectly.



**Stay safe and God bless.
Fr. Lonnie mssp**



In Memory of
Marlene Grech
1934 - 2020











COVID-19 UPDATE

Current restrictions: Stage 4 – metropolitan Melbourne

Stage 4 restrictions are in place for metropolitan Melbourne.

These changes are being introduced to reduce the number of people leaving their homes and moving around Victoria.

A curfew is in place in metropolitan Melbourne from 8pm to 5am every night. This means you cannot leave your house between 8pm and 5am. People are only allowed to leave their house from 8pm to 5am for permitted work and essential health, care or safety reasons.

You cannot have visitors to your home or visit others at any time, except for care and compassionate reasons.

During the day, from 5am to 8pm, there are four reasons that you can leave home:

1. Shopping for food or other essential items

- You can only travel up to 5km from your home. If the nearest shops are more than 5km away, you may travel to the nearest shop. For some people, the nearest stores where they can get food and other goods and services that are right for their culture will be more than 5km away. In this situation you may travel beyond 5km to the nearest provider.
- Only one person can leave home to shop for food or other necessary items, once a day. You can take a child or children if someone else in your household cannot look after them.

2. Exercise

- You must limit your exercise to once a day and for only one hour. You must not travel more than 5km to exercise. You should not drive to a place to exercise – unless you have mobility problems, or for safety reasons.
- You should only exercise alone or with one other person – whether you live with them or not. If you are a parent or guardian caring for a young child, children or someone who cannot be left unattended, then they may go with you when you leave home to exercise.

3. To provide care, for compassionate reasons or to seek medical treatment

- You can leave home to receive health care or attend medical appointments.
- You can leave home to care for a sick or elderly relative or another person.
- You can leave home to accompany someone for essential medical treatment.
- You can take a pet to the vet.

4. Work or education

- If you can work from home, you must continue to work from home. In metropolitan Melbourne many businesses will need to close. Only permitted shops and services will continue to operate.
- Study at TAFE and university must be done remotely.

Other reasons you can leave home:

- If there is an emergency.
- To visit your partner, but you must only travel to or from their home between 5am and 8pm.
- If you have shared parenting arrangements.
- If there is family violence, or violence by another person, and you are at risk. If you are stopped by police, tell them you are feeling unsafe at home and they will help you. Call safe steps on 1800 015 188 or email safesteps@safesteps.org.au for help 24 hours a day, 7 days a week.

If you do need to leave home, you must wear a face covering unless there is a lawful reason not to. Always wash your hands with soap and water before you leave and when you return home, and when putting on and taking off your face covering. Keep at least 1.5 metres physical distance between yourself and others.

If you believe you may have coronavirus (COVID-19), you can leave home to get tested but you must go straight home afterwards and self-isolate until you get a negative result.

If we all follow the rules, we can protect our family, friends, and the community.

Restrizzjonijiet kurrenti: Stadju numru 4 – żona metropolitana ta' Melbourne

Restrizzjonijiet ta' Stadju numru 4 jinsabu fis-seħħ fiż-żona metropolitana ta' Melbourne.

Dawn it-tibdiliet qegħdin jiġu ntrodotti biex inaqqsu n-numru ta' nies li joħorġu minn darhom u li jmorru minn post għall-ieħor fil-Victoria.

Hemm curfew fis-seħħ fiż-żona metropolitana ta' Melbourne mit-8pm sal-5am kuljum bil-lejl. Dan ifisser li ma tistax tħalli darek bejn it-8pm u l-5am. Persuni huma permessi biss li jhallu darhom bejn it-8pm sal-5am għal xogħol li hu permess u għal raġunijiet ta' saħħa, kura jew ta' sikurezza essenzjali.

Ma jistax ikollok viżitaturi ġewwa darek jew li żżur oħrajn fi kwalunkwe ħin, ħlief għal raġunijiet ta' kura jew kompassjoni.

Matul il-ġurnata, bejn il-5am u t-8pm, hemm erba' raġunijiet għalfejn tista' toħroġ mid-dar:

1. Xiri ta' ikel u affarijiet oħra essenzjali

- Tista' tivvjaġġa biss sa 5km minn darek. Jekk l-eqreb ħwienet jinsabu aktar minn 5 km 'il bogħod, tista' tivvjaġġa sal-eqreb ħanut. Għal ċerti nies, l-eqreb ħwienet minn fejn jistgħu jixtru ikel u affarijiet u servizzi oħrajn li huma adattati għall-kultura tagħhom huma aktar minn 5km 'il bogħod. F'din is-sitwazzjoni, tista' tivvjaġġa aktar minn 5 km sal-eqreb provveditur.
- Persuna waħda biss tista' toħroġ mid-dar darba kuljum biex tixtri ikel u affarijiet oħra essenzjali. Tista' tieħu miegħek tifel jew tifla jew tfal jekk xi haddieħor mid-dar tiegħek ma jistax jieħu ħsiebhom.

2. Eżerċizzju barra mid-dar

- Kull eżerċizzju barra mid-dar irid ikun limitat għal darba kuljum u għal siegħa biss. Ma tistax tivvjaġġa aktar minn 5km biex tagħmel l-eżerċizzju. M'għandekx issuq għal x'imkien biex tagħmel l-eżerċizzju – ħlief meta għandek problemi ta' mobilita', jew għal raġunijiet ta' sikurezza.
- Tista' tagħmel eżerċizzju barra mid-dar waħdek jew ma' persuna waħda biss – kemm jekk tgħix magħhom jew le. Jekk inti ġenitur jew responsabbli biex tieħu ħsieb tifel jew tifla, jew tfal żgħar jew xi hadd li ma jistax jithalla waħdu, allura jistgħu jmorru miegħek meta toħroġ mid-dar għall-eżerċizzju.

3. Biex tipprovdi kura, għal raġunijiet ta' kompassjoni jew għal trattament mediku

- Tista' toħroġ mid-dar biex tircievi kura għas-saħħa jew biex tattendi appuntamenti mediċi.
- Tista' toħroġ mid-dar biex tieħu ħsieb lil xi qarib marid jew qarib anzjan jew lil xi persuna oħra.

- Tista' toħroġ mid-dar biex takkumpanja lil xi ħadd għal trattament mediku essenzjali.
- Tista' tieħu pet għand il-veterinarju.

4. Xogħol jew edukazzjoni

- Jekk tista' taħdem mid-dar, trid tkompli taħdem mid-dar. Fiż-żona metropolitana ta' Melbourne, ħafna min-negozji jridu jagħlqu. Hwienet u servizzi li huma permessi biss jistgħu jkomplu joperaw.
- Studju fit-TAFE u l-universita` jrid isir b'mod remot.

Raġunijiet oħrajn għalfejn tista' toħroġ mid-dar:

- Jekk hemm emergenza.
- Biex iżżur is-sieheb/sieħba tiegħek, imma tista' tivvjaġġa biss lejn u minn darhom bejn il-5am u t-8pm.
- Jekk għandek arrangamenti ma' ħaddieħor biex tinqasam il-kura tat-tfal.
- Jekk hemm vjolenza fil-familja, jew vjolenza minn persuna oħra, u qiegħed f'riskju. Jekk tiġi mwaqqaf mill-pulizija, għidilhom li m'intix tħossok sikur id-dar u huma jgħinuk. Ċempel lis-safe steps fuq 1800 015 188 jew ibgħat email fuq safesteps@safesteps.org.au għal għajna 24 siegħa kuljum, 7 ijiem fil-gimgha.

Jekk għandek bżonn toħroġ mid-dar, trid tilbes xi ħaġa li tgħatti l-ħalq u l-imnieher ħlief meta għandek raġuni skont il-liġi biex ma tagħmilx dan. Dejjem aħsel idejk bis-sapun u l-ilma qabel ma toħroġ u meta tmur lura d-dar, u meta tilbes u tneħhi l-maskra. Żomm distanza fiżika ta' mill-anqas 1.5 metri bejn persuni oħrajn.

Jekk temmen li jista' jkollok il-coronavirus (COVID-19), tista' toħroġ mid-dar biex tiġi ttestjat imma wara trid tmur lura d-dar minnufih u tiżola ruġek sakemm tircievi riżultat negattiv.

Jekk kollha kemm aħna nsegwu r-regolamenti, nistgħu nipproteġu lill-familja, lill-ħbieb u lill-komunita` tagħna.

HAPPY
BIRTHDAY

12 August
Tony Farrugia

August

Haga Mohgaga

O T H O B X A P S D O J Q D P H Q X Z J V N A L
I L H A J J A T A L B N I E D E M G I R K R P K
N I W Q T E S N U L L A B X F N K K M T R V V A
T S O P I N E I T T I F D M F I X S T X E X V R
A D U L L I E G H A Y C R M V S Q E F G E S I O
X G G H U T A R A M A T N E I S L I K L I B W Z
P R A R O R G V H S V R A E U Y X P A N A K E Z
E W L W T R A K M Q X Y C G U B J S H G W H I I
Q Y Z Q Z W M Z Q Y D X R M T P D Y D R V B G N
K H E I L R R K V A T S E M B R V J U M C G Q F
O S I Y A Z O E M L C N Y F D I V P Z W S Z O F
Y U N C R D B Z W N D R D N K J J I U N P P A G
P I X B T G K I N I R M A R Y Z C G E J J E R F
D Q M X T S G G O Q A N P I E N A P Q M K T R E
M L E T I S X I I I N N U M R U W I E H E D U W
L U X E L C M Q W A R T T I I O Q O F X K R M J
O I X A B V L Y N E R A X D D Q N E B R G P M H
G Z I U M K I D D E L L P A J I R S A Q U J T W
U K C M K O K O S E R P I F T P W N P T D W N E
Y H F B S Q N M D A M L E K Q V Z U L G W R O M
V Q L I L B A H A R O O Y R N Z B M G A K S F E
X H X B X M D T G O X Y O H D E G P F B D I E K
Z P R R R C I M P U C R L H A R F E S I D S M H
X F I T F V C Z H F H L W Z O L O F S U L F Z J

l-karozzin id-dell Qanpiena il-hajja tal-bniedem

flus foloz ittra In-numru wiehed lx-xemx niezla

l-ittra 'L'

dulliegha il-Bahar serp kelma frejieg ilsien ta' mara Ballun

Qasrija Hut Borma Mary fit-tieni post

ACTIVITY PACKS

BINGO CARDS

HOLD ONTO THEM! WE ARE HOPING TO ORGANISE A TELEPHONE OR VIDEO BINGO GAME IN THE COMING WEEKS. STAFF WILL CONTACT YOU TO DISCUSS DAYS AND TIMES.

'WE ARE CONNECTED' PROJECT

YOU HAVE YOUR PUZZLE PIECE SENT TO YOU. WE WOULD LOVE FOR YOU TO WRITE YOUR NAME IN BIG COLOURFUL LETTERS, DECORATE THE PUZZLE PIECE USING ANYTHING YOU LIKE (WE HAVE SUPPLIED SOME ITEMS TO DECORATE IF YOU DON'T HAVE ANYTHING AT HOME)

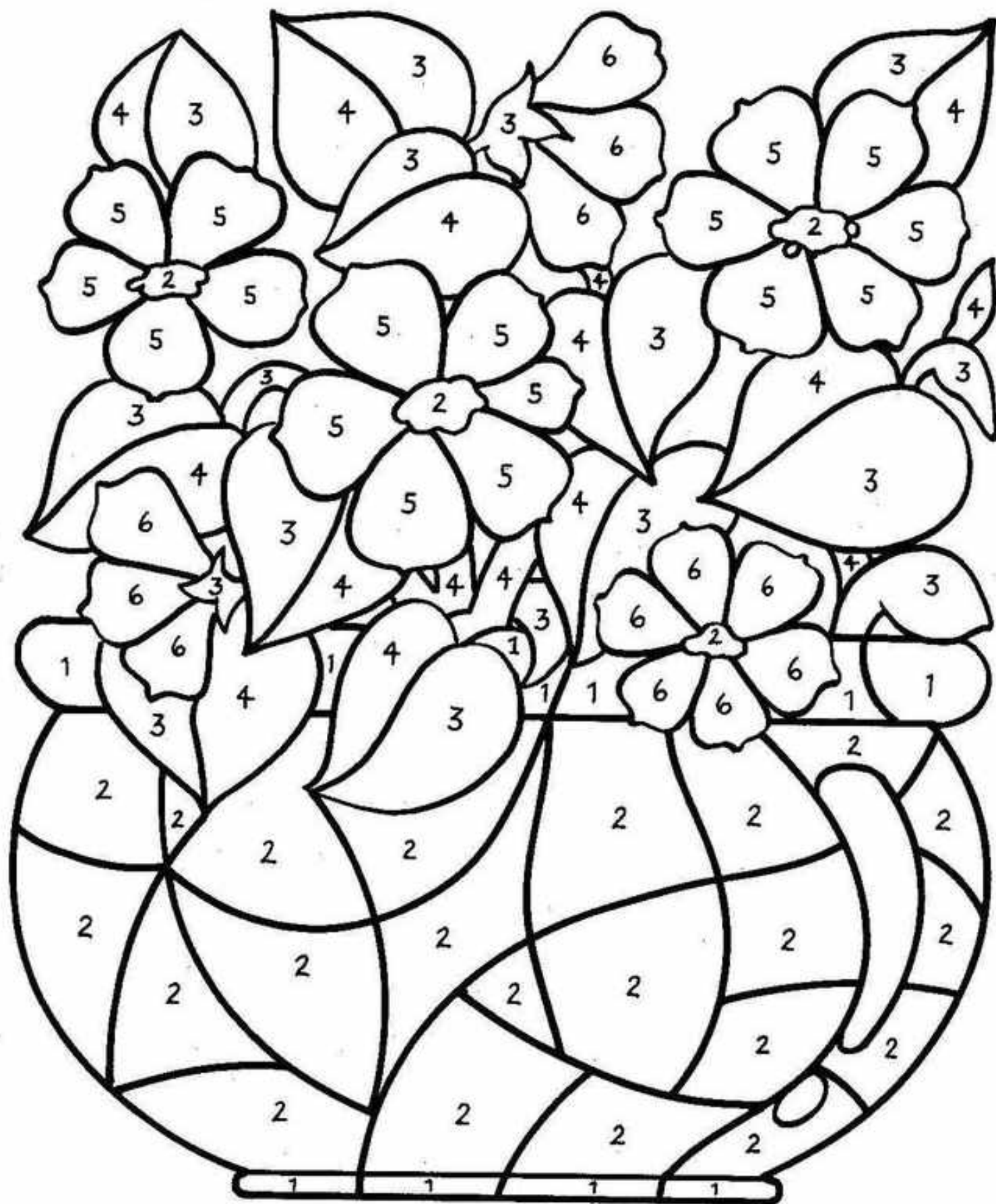
POST US YOUR PUZZLE PIECE ONCE YOU HAVE FINISHED. THERE IS AN ENVELOPE WITH A STAMP IN YOUR ACTIVITY PACK.

WE WILL PUT ALL OF THE PUZZLE PIECES TOGETHER AND TAKE PHOTOS FOR YOU TO SHOW THAT WE ARE STILL CONNECTED!!

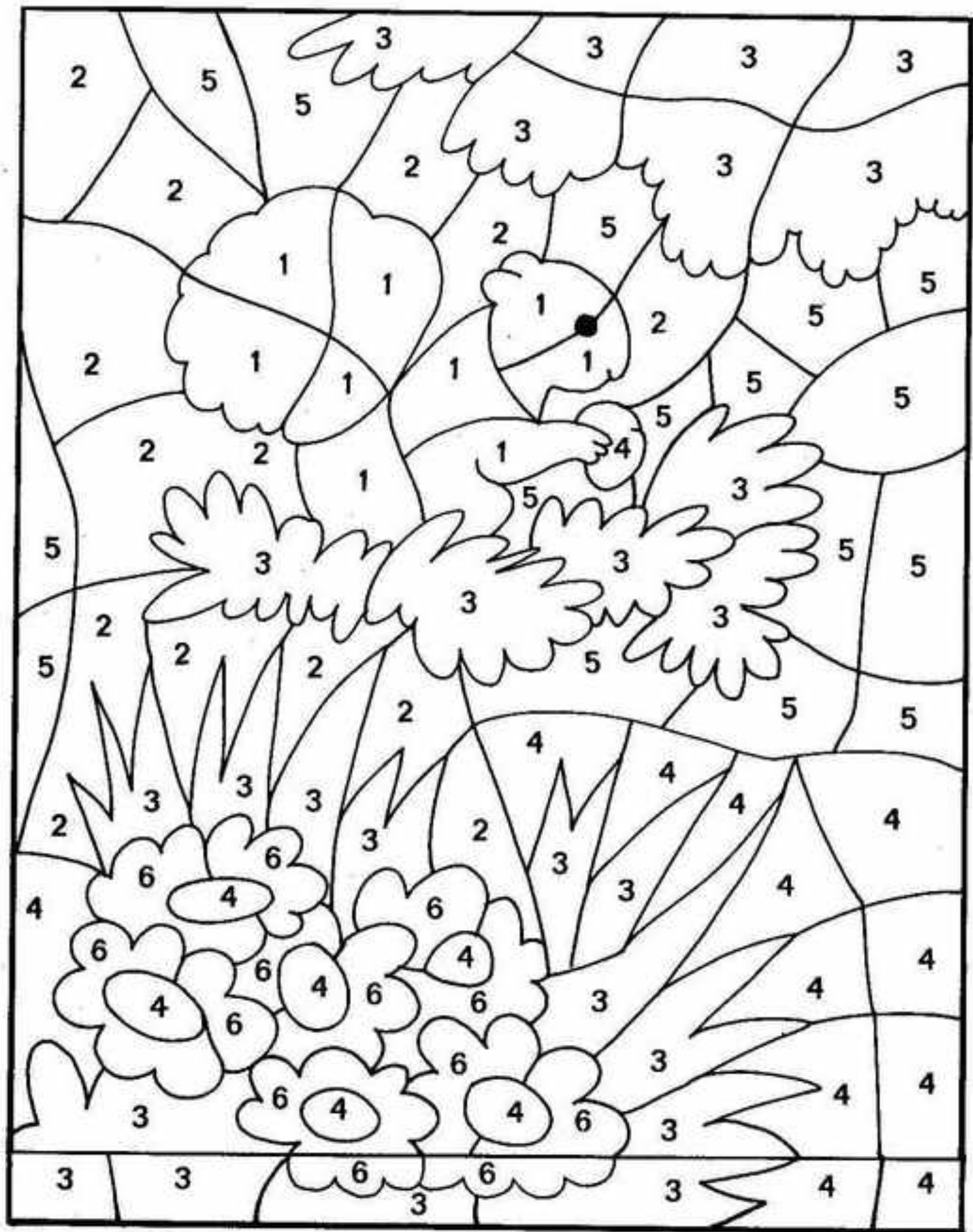
COLOUR BY NUMBERS

WHAT A FUN AND CREATIVE WAY TO KEEP BUSY IN THESE STRESSFUL TIMES! YOU HAVE BEEN SENT SOME COLOURED PENCILS IN YOUR ACTIVITY PACKS. ONCE YOU HAVE COMPLETED THEM YOU CAN HAVE SOMEONE TAKE A PHOTO OF YOU HOLDING IT UP AND WE WILL PUBLISH IT IN THE NEXT EDITION OF OUR NEWSLETTER. SO, LET'S GET COLOURING!!!

TEXT YOUR PHOTOS TO 0408 134 133



1. Red 2. Yellow 3. Light Green 4. Dark Green 5. Blue 6. Purple



1-grey

2-brown
5-blue

3-green
6-purple

4-yellow

FIVE MINUTES WITH: Charles Zammit

Towns you have Lived in
Hal Safi in the Southern region of Malta

Braybrook

Occupations
Airport
Chicken Factory
Chemical Factory



Hobbies
Fishing
Ferreting to catch rabbits
Gardening

Achievements
Bringing family to Australia
Having 11 Children

Favourite TV Shows
Fishing Shows
Better Homes and Gardens

Favourite Foods?
Hobz biz zejt

What would you do if you won Tattsлото?
Buy a bigger home

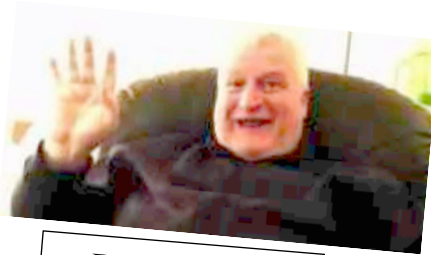
What is your advice for the youth of today?
Learn as much as you can while you are still young.
Australia is a lucky country where you can achieve your dreams.





Funny Book Titles

**Just
OKING!** 😊



By Neil Ilsey

**Bladder
Control**

By
I.P. Daily

**I
Fell
Overboard**

By
Eileen Dover

**The Cats
Revenge**

By
Claude Bottoms.

**Picking
up the
Pieces**

By
Ben Downe

**Running
Late**

By
Willie Maykett

Welcome into the world

Maximus John Vella

11 June 2020

Big Sister Katiya

Grandson of Irene Grillo



William Michael Freestone
Born 16 July 2020
Big sisters Kara and Lily
Grandson of Maree Rizzo



I-karozzin id-dell Qanpiena il-hajja tal-bniedem dulliegha il-Bahar serp kelma frejieg
flus foloz ittra In-numru wiehed Ix-xemx niezla Qasrija Hut Borma Mary fit-tieni post
I-ittra 'L' ilsien ta' mara Ballun

ANSWERS

Haga Mohgaga

O T H O B X A P S D O J Q D P H Q X Z J V N A L
I L H A J J A T A L B N I E D E M G I R K R P K
N I W Q T E S N U L L A B X F N K K M T R V V A
T S O P I N E I T T I F D M F I X S T X E X V R
A D U L L I E G H A Y C R M V S Q E F G E S I O
X G G H U T A R A M A T N E I S L I K L I B W Z
P R A R O R G V H S V R A E U Y X P A N A K E Z
E W L W T R A K M Q X Y C G U B J S H G W H I I
Q Y Z Q Z W M Z Q Y D X R M T P D Y D R V B G N
K H E I L R R K V A T S E M B R V J U M C G Q F
O S I Y A Z O E M L C N Y F D I V P Z W S Z O F
Y U N C R D B Z W N D R D N K J J I U N P P A G
P I X B T G K I N I R M A R Y Z C G E J J E R F
D Q M X T S G G O Q A N P I E N A P Q M K T R E
M L E T I S X I I I N N U M R U W I E H E D U W
L U X E L C M Q W A R T T I I O Q O F X K R M J
O I X A B V L Y N E R A X D D Q N E B R G P M H
G Z I U M K I D D E L L P A J I R S A Q U J T W
U K C M K O K O S E R P I F T P W N P T D W N E
Y H F B S Q N M D A M L E K Q V Z U L G W R O M
V Q L I L B A H A R O O Y R N Z B M G A K S F E
X H X B X M D T G O X Y O H D E G P F B D I E K
Z P R R R C I M P U C R L H A R F E S I D S M H
X F I T F V C Z H F H L W Z O L O F S U L F Z J

We would love to hear from you!!!

If you have any

PHOTOS

LETTERS

RECIPIES

POEMS

ARTICLES

Or anything else you want to see in our newsletter:

- Let our staff know when they call you

or

- Ask a family member to:

- text it to 0408 134 133

- email it to

maree.rizzo@mccv.org.au

