

**Mullum Mullum Indigenous Gathering Place Ltd
Wednesday 27th October 2020**



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Hi Everyone,

Here is our twenty sixth "Mullum's Weekly Isolation Yarn Up" aiming to keep you entertained with activities and informed of upcoming events. If you have any ideas such as Poems, Recipes, Quotes, Creative activities or Ideas. Any contributions are welcome, please contact us via email, Facebook or phone call to Mullum staff.
eapw@mmigp.com.au

Quote of the week

**"You can either experience
the pain of discipline or the
pain of regret,
The choice is yours."**

Planned Activities & Social support Group (PAG)

The MMIGP Elders PAG Group is a safe and culturally appropriate space for Aboriginal Elders living in the Eastern suburbs to develop a healthy lifestyle and to spend social quality time with other Aboriginal Elders. The MMIGP Elders PAG group zoom is open to all Elders to come together to maintain Community Connections, reduce isolation and help maintain independent living in a fun and Culturally appropriate way.

During our PAG sessions, last fortnight and today, the Elders enjoyed *Chair Tai Chi* with Anja Tanhane. It's a way for the Elders to relax and bring a little bit of calmness into their daily lives especially with all the stress of COVID and not being able to see family and friends as much as we would like to. Even though restrictions in Melbourne are slightly easing we will all see a new norm with wearing facemask and social distancing being a must.

So, if you have next fortnight 10th of November and the following fortnight 24th of November available, please feel free to contact myself to join the last 2 Chair Tai Chi classes with Anja.

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Did you know?



Did you know Jamaica has 120 rivers

Did you know A cats urine glows under a blacklight

Did you know White cats with blue eyes are usually deaf

Did you know Cats have a peripheral vision of 285 degrees

Did you know Small dogs usually live longer than larger breeds

Did you know Domestic cats dislike citrus scents

Did you know Cats can jump up to 7 times their tail length

Did you know China manufacturers 70% of the worlds toys

Did you know The Great Wall of China is approximately 6,430 Km long (3,995 miles)

Did you know Paper originated from China

Jokes

I went down the street to a 24-hour grocery store. When I got there, the guy was locking the front door. I said, "Hey! The sign says you're open 24 hours."
" He Said, "Yes, but not in a row!"

Fact

The Australian Thorny Devil is one of the longest-lived lizards of its size in the world, with a lifespan of up to 20 years

The Kangaroo and Emu were chosen to be the two animals on the Australian Coat of Arms because they can't walk backwards, reflecting a forward-thinking culture

WHAT AM I?

If you say my name I no longer exist. What am I?

Answer: Silence

Riddle

A bus driver was heading down a street in Ringwood. He went right past a stop sign without stopping, he turned left where there was a "no left turn" sign, and he went the wrong way on a one-way street. Then he went on the wrong side of the road past a cop car. Still - he didn't break any traffic laws. Why not?

Answer: He was walking, not driving

THE ROMANS

A	A	H	H	S	U	C	C	E	S	S	F	U	L	ROMANS
U	R	R	Q	I	C	A	H	E	L	M	E	T	L	SHIELD
O	S	M	L	U	L	A	N	S	N	E	T	O	A	INVENTION
A	H	T	Y	L	A	L	R	E	U	S	M	S	W	CENSUS
R	I	C	R	A	D	N	E	L	A	C	U	W	S	ITALY
M	E	U	S	T	N	I	L	E	V	A	J	S	F	HELMET
O	L	D	W	I	N	O	I	T	N	E	V	N	I	SEWERS
U	D	E	O	N	S	S	S	S	E	W	E	R	S	CALENDAR
R	A	U	R	I	N	E	G	A	U	G	N	A	L	ARMOUR
A	T	Q	D	A	B	A	T	H	H	O	U	S	E	AQUEDUCT
S	I	A	M	A	I	T	A	L	Y	N	N	H	I	CONQUER
N	L	O	R	O	C	O	N	Q	U	E	R	N	R	POWERFUL
F	R	P	O	W	E	R	F	U	L	N	S	Y	C	LAWS
E	I	Q	A	T	U	A	Y	E	E	R	T	R	U	ARMY
														SUCCESSFUL
														LANGUAGE
														SWORD
														LATIN
														BATH HOUSE
														JAVELIN

Sudoku

5			3						6		4		1	5	9
			8			1		5							
	4				9				9	2			3	7	8
3	1			5		2		8	7		8				
	2		6		4	5	9					1			2
								3	6	8		4	5	9	
	6											5	2		3
1		9			8	7			4					2	7
7					5			2							6

Quick and Easy Pizza Crust



This is a great recipe when you don't want to wait for the dough to rise. You just mix it and allow it to rest for 5 minutes and then it's ready to go!! It yields a soft, chewy crust. For a real treat, I recommend you use bread flour and bake it on a pizza stone, but all-purpose flour works well too. Enjoy!

Ingredients

1 package active dry yeast
1 teaspoon white sugar
1 cup warm water (not hot)
2 ½ cups bread flour
2 tablespoons olive oil
1 teaspoon salt

Directions

Step 1

Preheat oven to 230 degrees.
In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.

Step 2

Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.

Step 3

Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza tray or baker's peel that's lightly dusted. Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.



Just a reminder to everyone to hang-in there, whilst we go through this unprecedented time.

MMIGP staff is here to support you, don't be afraid to make a call and have a yarn. We are all here to support our community.

(03) 9725 2166

26th Oct 2020

Statement From The Premier

Zero.

The last time Victoria had zero cases was 9 June, 139 days ago.

Even more incredibly, it's zero cases off the back of a huge testing drive.

Over the course of this weekend, we asked Victorians living in our northern suburbs to get tested. They did just that.

In 24 hours, we have been able to process an additional 14,024 tests – 3196 of them from these communities. This morning we've processed an extra 1157.

And not a single new case has been found.

I want to thank everyone who did the right thing by their community and our state in getting tested. I also want to thank the nurses, lab technicians, collectors, couriers – everyone who has been working around the clock to process these tests.

Because of that effort, we've been able to get the results faster than we thought. These results give us confidence – confidence that even if we do identify positive cases in any further tests – we are firmly on top of this virus.

It's why today I can confirm what we've long waited for: Melbourne will move out of lockdown and into the Third Step. Before we get to the bit that almost everyone will be waiting for, an ask:

As we take these steady steps towards reopening, the message remains the same: please, stay safe. And if you have symptoms, you must get tested.

Under the Third Step, and from 11:59pm on Tuesday, Melbourne will move from "stay home" to "stay safe", with no more restrictions on the reasons to leave home.

The 25-kilometre limit though, will remain in place. I know it's frustrating, but this is about making sure that even as we ease restrictions, we're limiting the virus's ability to travel.

It's why the border between regional Victoria and Melbourne will also remain in place – for just a bit longer.

Under the Third Step, Melbourne's cafes, restaurants and pubs can reopen. Outdoors with a limit of up to 50, indoors up to 20. Density limits, record keeping and COVIDSafe Plans also apply.

Remaining retail will also open. Beauty and personal care services can resume. And for those businesses who need to get ready for their reopening – staff will be able to attend onsite straight away.

Outdoor contact sport for those aged 18 and under will also begin again – so too can non-contact sport for adults. PT, fitness and dance classes can also be held outdoors with up to ten people, and the number of people at outdoor pools can increase to 50, subject to density limits.

Libraries and community venues will be able to open for outdoor events. Outdoor entertainment venues can also begin hosting visitors.



And faith communities will be able to meet for outdoor religious ceremonies with up to 20 people, in addition to those required for the service. Indoor services can be held with up to 10.

Weddings will increase to ten people, and funerals up to 20.

Workplaces will no longer need to be on the permitted work list to open and the ability to work will change to “if you can work from home you must work from home”.

While the boundary is in place, work permits will still be required for workers from Melbourne travelling into regional Victoria – and vice versa.

I know the thing many people are missing is having people over to visit – but as we’ve seen, this virus is at its most dangerous when we’re indoors and relaxed and comfortable.

It’s why we’re going to take the next 24 hours to understand how we might be able to make this work – safely – and I’ll have more to say about this tomorrow.

From 8 November, and if we can continue driving case numbers down, the 25km limit will come off and Melbourne will be able to meet regional Victoria at the same level.

That means the same eased restrictions that apply to regional Victoria will also apply to Melbourne.

The capacity of pubs and restaurants will increase, with up to 40 inside and 70 outside.

Religious gatherings will expand with up to 20 people and a faith leader indoors, and 50 outside.

Gyms and indoor fitness will be able to reopen – with some strict safety precautions in place.

And because Melburnians will have well and truly earned a holiday, accommodation will also reopen.

The border between the city and the rest of our state will also fall away.

I know personally – deeply – just how much this will mean for thousands of Victorians who haven’t been able to see loved ones for far too long.

It will mean families are whole again. Our state is whole again.

I understand there’ll be questions, “what about X?” or “when can I do Y?”. And I promise, we’ll also have an update on 8 November on the timelines and thresholds for taking the Last Step.

We want to reach COVID Normal by Christmas and right now, we’re on track to do that.

It’s why we’ve got to keep going – all of us. Understanding that even though restrictions may ease, our personal responsibility in all this doesn’t.

We have come so far and given so much.

Getting here – and staying here – relies on the efforts of every Victorian.

Keep going.