

# 2016 Multicultural Calendar

Featuring 12 festivals and recipes  
from around the world



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# Blessing of the Waters

The traditional Greek Festival of Epiphany is held every year on the 6<sup>th</sup> of January.

Greek Orthodox Churches around the world enact the Great Blessing of the Waters ceremony ('Megas Agiasmos'). This commemorates the revelation of the Holy Trinity at the Baptism of Christ in the Jordan River. It is one of the oldest and most holy days of the Church.

Ceremonies are usually held in the open air near ports or harbours, cities and towns. Following the service, the priest boards the Coast Guard's boat to perform a special blessing of all waters. Prayers are said and a wooden cross is thrown into the water.

Young Greek men of the Orthodox faith swim out from the shore and race to retrieve the cross. One lucky young man emerges smiling, holding up the cross to a cheering crowd, as he will be blessed with good fortune for the rest of the year.

The formalities are followed by the festival or 'paniyiri' – Greek style with lots of music, dancing and food! One of the best known and most loved sweets are the 'loukoumades' or honey puffs.

*Source: Mary Andreas, Sunshine Coast*

Blessing of the Holy Water at San River by Silar available at [https://upload.wikimedia.org/wikipedia/commons/6/65/11\\_Sank%2C\\_Blessing\\_of\\_the\\_holy\\_water\\_at\\_San\\_River.JPG](https://upload.wikimedia.org/wikipedia/commons/6/65/11_Sank%2C_Blessing_of_the_holy_water_at_San_River.JPG) under a Creative Commons Attribution 3.0. Calendar vignette: DSC\_0253\_pp by Walter available at <https://www.flickr.com/photos/walterpro/11810705054> under a Creative Commons Attribution 2.0. Full terms at <https://creativecommons.org/licenses>

## How to cook Loukoumades

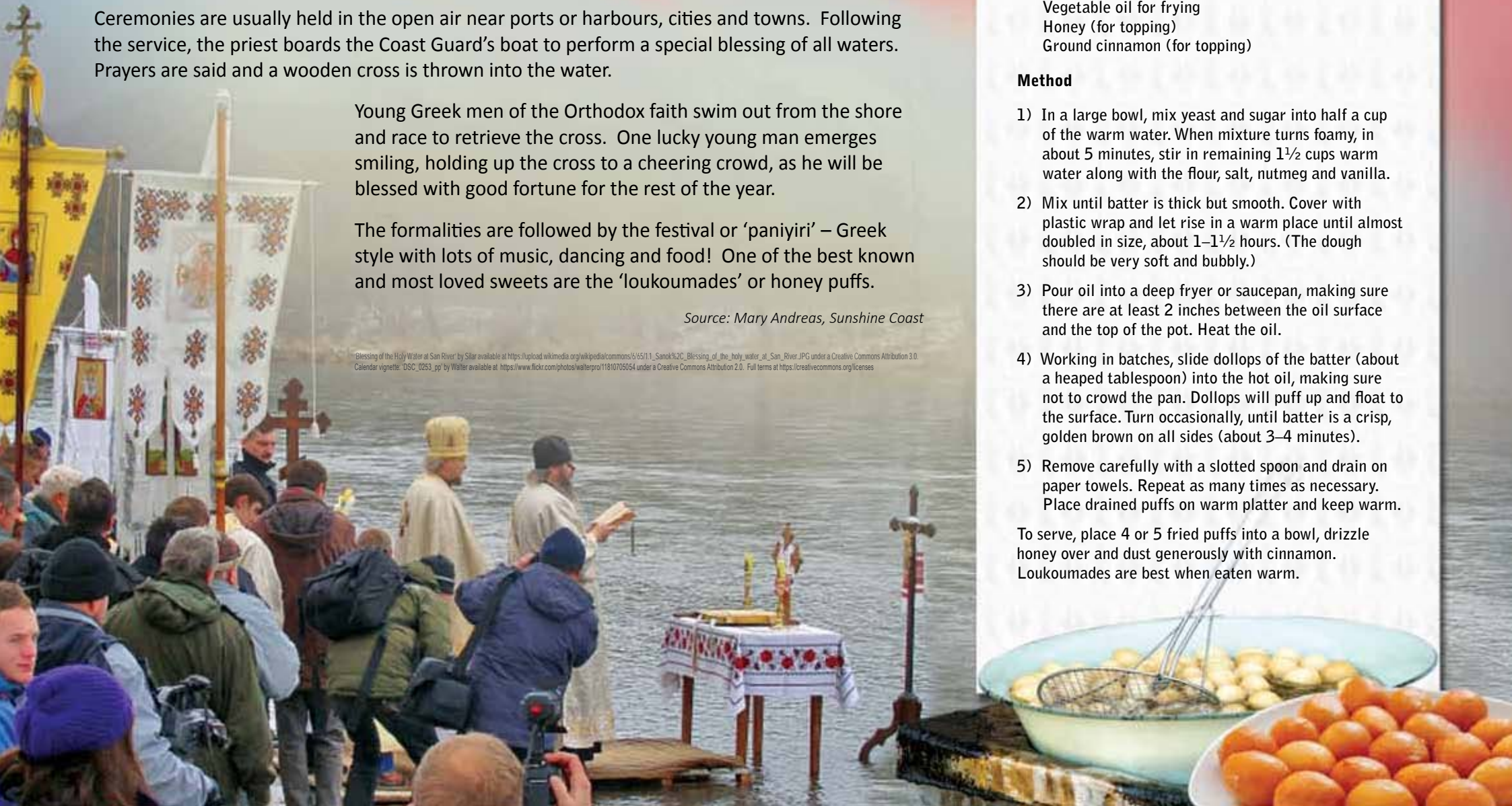
### Ingredients

- 1 packet (7g or 2¼ oz) active dry yeast
- 1 tbsp sugar
- 2 cups warm water
- 3 cups plain flour
- ¼ tsp salt
- ⅛ tsp nutmeg, freshly ground
- 1 tsp vanilla extract
- Vegetable oil for frying
- Honey (for topping)
- Ground cinnamon (for topping)

### Method

- 1) In a large bowl, mix yeast and sugar into half a cup of the warm water. When mixture turns foamy, in about 5 minutes, stir in remaining 1½ cups warm water along with the flour, salt, nutmeg and vanilla.
- 2) Mix until batter is thick but smooth. Cover with plastic wrap and let rise in a warm place until almost doubled in size, about 1–1½ hours. (The dough should be very soft and bubbly.)
- 3) Pour oil into a deep fryer or saucepan, making sure there are at least 2 inches between the oil surface and the top of the pot. Heat the oil.
- 4) Working in batches, slide dollops of the batter (about a heaped tablespoon) into the hot oil, making sure not to crowd the pan. Dollops will puff up and float to the surface. Turn occasionally, until batter is a crisp, golden brown on all sides (about 3–4 minutes).
- 5) Remove carefully with a slotted spoon and drain on paper towels. Repeat as many times as necessary. Place drained puffs on warm platter and keep warm.

To serve, place 4 or 5 fried puffs into a bowl, drizzle honey over and dust generously with cinnamon. Loukoumades are best when eaten warm.



# JANUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>Independence Day (Nauru) Guru Har Rai Birthday (Sikh)</p>	<p>DEC 2015</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>		<p>FEB 2016</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29</p>	<p><b>New Year's Day</b> National Holiday 1</p> <p>Oshogatsu (Shinto) Independence Day (Sudan/Haiti) Restoration Day (Czech) Establishment Day (Slovakia) Mary, Mother of God (Catholic) Feast of St Basil (Orthodox)</p>	<p>MOON LAST QTR 2</p> <p>Berchtold's Day (Switzerland)</p>	
<p>3</p>	<p>4</p> <p>Independence Day (Myanmar)</p>	<p>5</p>	<p>6</p> <p>Epiphany/Theophany (Christian/ Orthodox Christian) Nativity of Christ (Armenian Orthodox Christian) Army Day (Iraq)</p>	<p>7</p> <p>Feast of the Nativity (Eastern/ Orthodox/Coptic Christian) Koshogatsu (Shinto)</p>	<p>8</p> <p>Feast of the Holy Family (Catholic)</p>	<p>9</p> <p>Republic Day (Srpska) Kayin New Year (Myanmar)</p>
<p>NEW MOON</p> <p>10</p> <p>Baptism of Lord Jesus (Catholic) Traditional Day (Benin)</p>	<p>11</p>	<p>12</p> <p>Revolution Day (Zanzibar) Birthday of Swami Vivekananda (India)</p>	<p>13</p> <p>Maghi-Lori (Sikh)</p>	<p>14</p> <p>Julian New Year (Orthodox Christian)</p>	<p>15</p> <p>Makar Sankranti (Hindu) Seijn Shiki (Shinto)</p>	<p>16</p> <p>Guru Gobindh Singh Jayanti Birthday (Sikh) Religious Freedom Day (USA)</p>
<p>MOON FIRST QTR</p> <p>17</p> <p>Uzhavar Tirunal (India) World Religion Day (Baha'i)</p>	<p>18</p> <p>Dr Martin Luther King Jr Day (USA) 18-25 Week of Prayer for Christian Unity (Christian)</p>	<p>19</p>	<p>20</p> <p>Timkat (Ethiopian Orthodox Christian) Martyrs' Day (Azerbaijan)</p>	<p>21</p> <p>Errol Barrow Day (Barbados)</p>	<p>22</p> <p>Mahayana New Year (Buddhist)</p>	<p>23</p> <p>Netaji Subhas Chandra Bose Jayanti (India) 23-9 Feb Carnevale (Italy)</p>
<p>FULL MOON</p> <p>24</p> <p>Unification Day (Romania)</p>	<p>25</p> <p>Tu B'Shevat (Jewish) 2011 Revolution Day (Egypt)</p>	<p><b>Australia Day</b> National Holiday 26</p> <p>Republic Day (India)</p>	<p>27</p> <p>International Holocaust Remembrance Day (UN)</p>	<p>28</p> <p>National Army Day (Armenia)</p>	<p>29</p>	<p>30</p>

# Chinese New Year

Prosperity! Who wouldn't like a plate of that?

Fresh, simple and very healthy, the 'Prosperity Toss', Yeu Sang (or Yusheng) in Cantonese, is a great New Year dish. Yeu Sang means 'an increase in abundance'. It is consumed on Renri, the seventh day of Chinese New Year, which is considered to be the birthday of humanity.

Yeu Sang is a fresh salad, usually comprised of shredded fresh vegetables, noodles, pickled ginger, lime, sashimi salmon and Chinese plum sauce. The noodles are a symbol for longevity, carrots and lime are for luck, green vegetables for eternal youth, oil to encourage the flow of money, plum sauce to 'make life sweet' and raw fish (salmon) to symbolize material success. Crushed peanuts and sesame seeds are sprinkled on to symbolize showers of gold and silver.

The base ingredients (noodles and vegetables) are served first. The leader among the diners, or restaurant server, then proceeds to add the fish and sauces while saying "auspicious wishes" (jixiang hua) as each ingredient is added. All of the diners then stand and toss the ingredients into the air with chopsticks while saying "lo hei, lo hei" ("auspicious wishes").

The height of their toss is believed to symbolize the height of the diners' growth in fortune, so they usually toss quite enthusiastically!

*Source: Charlie and Vanessa See Toh (pictured)*



## A simple recipe for Yeu Sang (Yusheng)

There are many versions of this dish in different Chinese-populated regions. The recipe below is a simple version you can make at home. Amounts used vary.

Each person makes up their own plate based on the things they want to attract into their lives for the coming year, for example they may add more of one ingredient for increased health, or of another for financial success.

### Plate Ingredients

- Fish (salmon/sashimi) – abundance
- Red capsicum – wealth
- Carrots – good luck
- Cucumber – health
- Golden Crackers – great wealth (gold)
- Pickled green Chinese radish – eternal youth/vitality
- Romaine lettuce to garnish
- Pickled ginger cut into rose shape to garnish

### Condiments

- Sesame oil – easy flow of money
- Peanuts, crushed – gold and silver
- Sesame seeds, browned – prosperity / coins
- Plum sauce – connection with family & friends

### Method

- 1) Slice or shred vegetables into thin strips. Arrange all plate ingredients on a platter, in a bed of romaine lettuce garnished with the pickled ginger 'rose'.
- 2) Surround platter with condiments in shallow dishes like a buffet, ready for your family and friends to participate in the 'Prosperity Toss'!



二〇一六猴年

# FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>JAN 2016</b></p> <p>S M T W T F S</p> <p>31 1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	<p><b>MOON LAST QTR</b></p> <p><b>1</b></p> <p>Abolition of Slavery (Mauritius) National Freedom Day (US)</p>	<p><b>2</b></p> <p>Presentation of Our Lord in the Temple (Orthodox Christian) Candlemas (Christian) Groundhog Day (US/Canada)</p>	<p><b>3</b></p> <p>Heroes' Day (Mozambique) Rissun/Setsubun-Sai (Shinto)</p>	<p><b>4</b></p> <p>Liberation Day (Angola) World Cancer Day (UN) National Day (Sri Lanka)</p>	<p><b>5</b></p> <p>Kashmir Day (Pakistan) Constitution Day (Mexico)</p>	<p><b>6</b></p> <p>Waitangi Day (New Zealand) International Day of Zero Tolerance to Female Genital Mutilation (UN)</p>
<p><b>7</b></p> <p>Independence Day (Grenada) 7-9, Seollal (South Korea)</p>	<p><b>8</b></p> <p>Tet Nguyen Dan (Vietnam) Chinese New Year Preserens Day (Slovenia)</p>	<p><b>9</b></p> <p><b>NEW MOON</b></p> <p>National Sports Day (Qatar) Losar (Tibetan New Year)</p>	<p><b>10</b></p> <p>Ash Wednesday (Christian)</p>	<p><b>11</b></p> <p>National Foundation Day (Japan) Revolution Day (Iran) Lateran Treaty Day (Vatican City)</p>	<p><b>12</b></p> <p>Vasant Panchami (Hindu) Union Day (Myanmar) Lincoln's Birthday (USA) Darwin Day (Atheist/Humanist)</p>	<p><b>13</b></p> <p>World Radio Day (UN)</p>
<p><b>14</b></p> <p>St Valentine's Day (Christian)</p>	<p><b>15</b></p> <p><b>MOON FIRST QTR</b></p> <p>Nirvana Day (Buddhist) Liberation Day (Afghanistan) Statehood Day (Serbia) Presidents Day (USA)</p>	<p><b>16</b></p> <p>Restoration of the State Day (Lithuania)</p>	<p><b>17</b></p> <p>Toshigoi (Shinto) Revolution Day (Libya)</p>	<p><b>18</b></p> <p>Independence Day (Gambia)</p>	<p><b>19</b></p> <p>National Democracy Day (Nepal) 19-6 March, Sydney Gay &amp; Lesbian Mardi Gras (Australia)</p>	<p><b>20</b></p> <p>World Day of Social Justice (UN)</p>
<p><b>21</b></p> <p>International Mother Language Day (UNESCO)</p>	<p><b>22</b></p> <p>Magha Puja/Sangha Day (Theravada) (Buddhism) Guru Ravidas Birthday (India) Meak Bochea Day (Cambodia)</p>	<p><b>23</b></p> <p><b>FULL MOON</b></p> <p>Defence of the Motherland (Russia) National Day (Brunei) Republic Day (Guyana)</p>	<p><b>24</b></p> <p>Independence Day (Estonia)</p>	<p><b>25</b></p> <p>Liberation/National Day (Kuwait)</p>	<p><b>26</b></p> <p>26-29 Intercalary Days (Baha'i)</p>	<p><b>27</b></p> <p>Independence Day (Dominican Republic)</p>
<p><b>28</b></p>	<p><b>29</b></p> <p>Peace Memorial Day (Taiwan)</p>				<p><b>MARCH 2016</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	

“Governing a great nation is like cooking a small fish – too much handling will spoil it.”

– Lao-Tzu, Chinese philosopher

# Pakistan Day

Every year Pakistan Day is celebrated on the 23<sup>rd</sup> of March throughout Pakistan with national enthusiasm and spirit to commemorate the Lahore Resolution of 1940.

The Lahore Resolution proved a successful culmination of the long struggle for independence by the Muslims of South Asia. This struggle took seven years to be realised with the formation of a new emerging Muslim State on the world map – Pakistan.

The day reminds Pakistani people that they have shaped Pakistan and that they are the same people who will make it develop.

Pakistan Day is a national holiday throughout the country. The celebrations for the holiday include full military and civilian parades in the capital, Islamabad. These are presided over by the President of Pakistan and are held early in the morning. After the parade, the President confers national awards and medals on the awardees at the Presidency.

Chicken Karahi Gosht is a popular Pakistani staple dish that is cooked for any special occasion. This dish has a different and special taste which will have you coming back for more. So enjoy this easy homemade Chicken Karahi recipe.

Sources: Mrs Shahada Khan, Brisbane, and the Pakistan Times

## How to cook Chicken Karahi

### Ingredients

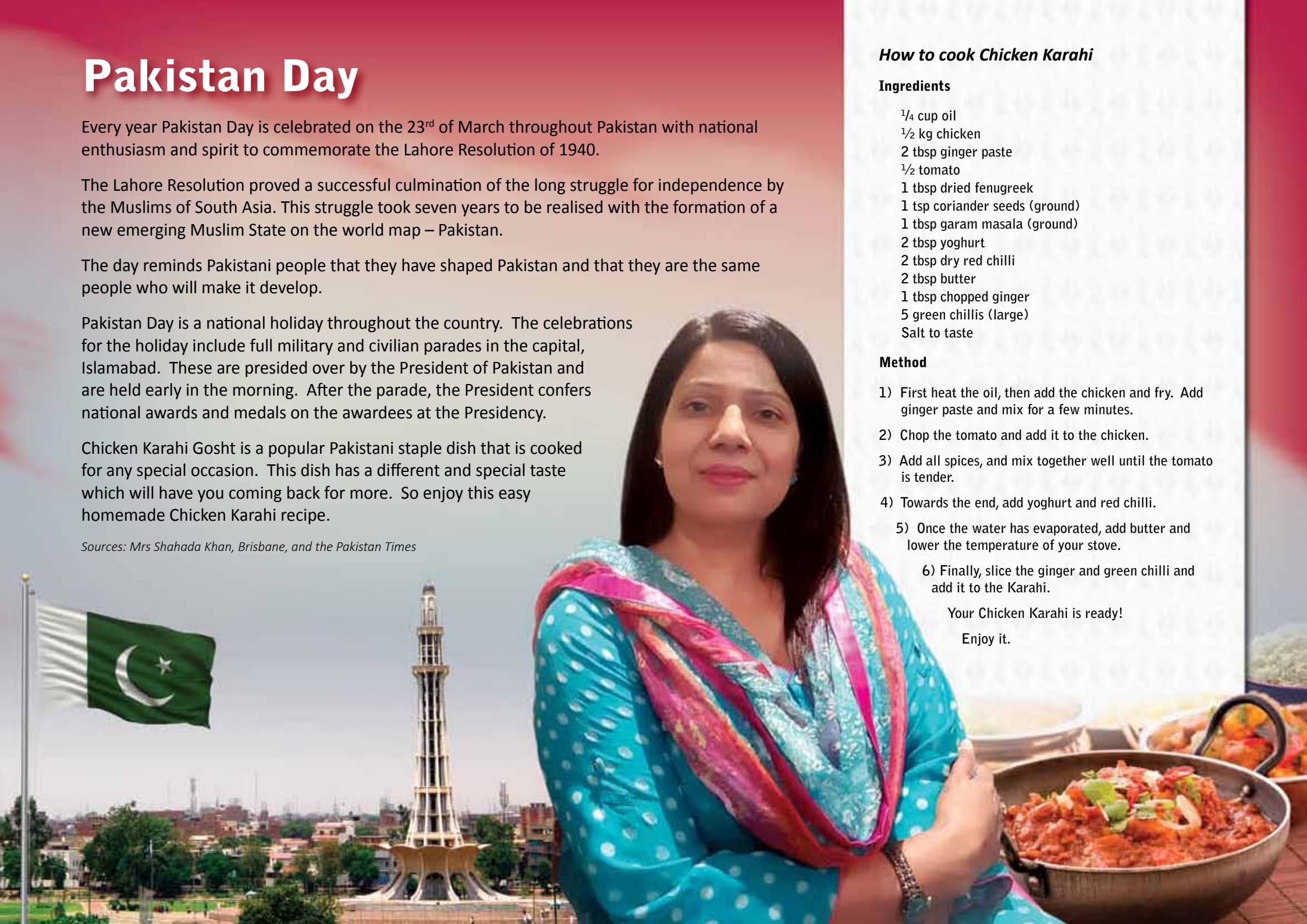
- 1/4 cup oil
- 1/2 kg chicken
- 2 tbsp ginger paste
- 1/2 tomato
- 1 tbsp dried fenugreek
- 1 tsp coriander seeds (ground)
- 1 tbsp garam masala (ground)
- 2 tbsp yoghurt
- 2 tbsp dry red chilli
- 2 tbsp butter
- 1 tbsp chopped ginger
- 5 green chillis (large)
- Salt to taste

### Method

- 1) First heat the oil, then add the chicken and fry. Add ginger paste and mix for a few minutes.
- 2) Chop the tomato and add it to the chicken.
- 3) Add all spices, and mix together well until the tomato is tender.
- 4) Towards the end, add yoghurt and red chilli.
- 5) Once the water has evaporated, add butter and lower the temperature of your stove.
- 6) Finally, slice the ginger and green chilli and add it to the Karahi.

Your Chicken Karahi is ready!

Enjoy it.



# MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>FEB 2016</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29</p>	<p><b>1</b></p> <p>St David's Day (Wales) Republic Day (Switzerland) Independence Day (Federation of Bosnia &amp; Herzegovina) Zero Discrimination Day (UN)</p>	<p><b>2</b></p> <p>MOON LAST QTR</p> <p>Peasants' Day (Myanmar)</p>	<p><b>3</b></p> <p>Liberation Day (Bulgaria) Hina-matsuri/Festival of Dolls (Shinto)</p>	<p><b>4</b></p> <p>World Day of Prayer (Christian)</p>	<p><b>5</b></p>
<p><b>6</b></p> <p>Clean Up Australia Day Independence Day (Ghana)</p>	<p><b>7</b></p> <p><b>Labour Day</b> WA Holiday</p> <p>Maha Shivaratri (Hindu)</p>	<p><b>8</b></p> <p>Ugadi/Telegu New Year (Hindu) International Women's Day (UN)</p>	<p><b>9</b></p> <p>NEW MOON</p> <p>National Heroes &amp; Benefactors Day (Belize) Hari Raya Nyepi (Indonesia)</p>	<p><b>10</b></p>	<p><b>11</b></p> <p>Independence Day (Lithuania)</p>	<p><b>12</b></p> <p>Independence Day (Mauritius)</p>
<p><b>13</b></p> <p>L. Ron Hubbard's Birthday (Scientology)</p>	<p><b>14</b></p> <p><b>Canberra Day ACT</b> <b>Labour Day VIC</b> <b>Eight Hour Day TAS</b> <b>March Public Holiday SA</b></p> <p>Clean Monday, Start of Lent (Eastern/Orthodox Christian) Constitution Day (Andorra)</p>	<p><b>15</b></p>	<p><b>16</b></p> <p>MOON FIRST QTR</p>	<p><b>17</b></p> <p>National Close the Gap Day (Australia) St Patrick's Day (Irish/Christian)</p>	<p><b>18</b></p> <p>National Anthem &amp; Flag Day (Aruba)</p>	<p><b>19</b></p> <p>Earth Hour 8:30-9:30 pm (world) St Joseph's Day (Christian – world except Colombia) Memory Day (Libya)</p>
<p><b>20</b></p> <p>Sunday of Orthodoxy (Orthodox Christian) International Day of Happiness (UN) Palm Sunday (Western Christian) Independence Day (Tunisia)</p>	<p><b>21</b></p> <p>Harmony Day (Australia) Shubun-sai (Shinto) Independence Day (Namibia) International Day of Nowruz (UN) New Year's Day (Baha'i/Iran) Human Rights Day (South Africa)</p>	<p><b>22</b></p> <p>Emancipation Day (Puerto Rico)</p>	<p><b>23</b></p> <p>FULL MOON</p> <p>Start of Purim (Jewish) Holika Dahan/Holi (Hindu) Pakistan Day (Pakistan) Lord's Supper (Jehovah's Witness)</p>	<p><b>24</b></p> <p>Maundy Thursday (Christian) End of Purim (Jewish) Day of Remembrance for Truth and Justice (Argentina) Magha Puja Day (Mahayana Buddhist) Holla Mohalla (Sikh)</p>	<p><b>25</b></p> <p><b>Good Friday</b> National Holiday</p> <p>Good Friday (Christian) The Annunciation (Orthodox Christian) Independence Day (Greece) Greek Independence Day (Cyprus)</p>	<p><b>26</b></p> <p><b>Easter Saturday</b> National Holiday except WA, TAS</p> <p>Independence Day (Bangladesh)</p>
<p><b>27</b></p> <p><b>Easter Sunday</b> Holiday ACT, NSW, VIC</p> <p>Armed Forces Day (Myanmar) Easter Sunday (Christian)</p>	<p><b>28</b></p> <p><b>Easter Monday</b> National Holiday</p> <p>Easter Monday (Christian) Family Day (South Africa) Khordad Sal (Fasli-Zoroastrian)</p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p> <p>Freedom Day (Malta) Transfer Day (United States Virgin Islands)</p>	<p><b>APRIL 2016</b></p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	

# Anzac Day

Australians celebrate ANZAC Day each year on the 25<sup>th</sup> of April. ANZAC stands for Australian and New Zealand Army Corps, and this day marks their first military action at Gallipoli on 25 April, 1915.

This is also the day on which Australians remember all the sacrifices made by those who have given and lost their lives in armed conflicts since World War 1.

The Dawn Service observed on ANZAC Day has its origins in a military routine which is still followed by the Australian Army today. In recent times more families and young people have taken part, and some dawn services have become more elaborate, adding hymns, readings, pipers, and rifle volleys.

After the services, marches and parades are held in all the cities and in many towns, watched by crowds of people waving Australian flags. Many people attend the typical Australian barbeque (BBQ) and play the game of 'two up', which involves throwing two coins in the air and betting on which sides will land face up (legal only on ANZAC Day).

During World War 1, families and friends of soldiers overseas sent them food parcels of high nutritional value, which had to remain edible whilst in transit. ANZAC biscuits, originally called Soldiers' Biscuits, became the food of choice.

Sources: Mrs Topp and [www.army.gov.au](http://www.army.gov.au)

Anzac Day Parade' by Edwin Lee available at <https://www.flickr.com/photos/edwin11/500805604/> under a Creative Commons Attribution 2.0. Full terms at <https://creativecommons.org/licenses/by/2.0>

## How to cook ANZAC Biscuits

### Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- $\frac{3}{4}$  cup coconut
- 125 g (4 oz) butter
- 2 tsbp golden syrup (traditionally treacle)
- $\frac{1}{2}$  tsp bicarbonate of soda
- 1 tsbp boiling water

### Method

- 1) Combine oats, sifted flour, sugar and coconut.
- 2) Combine butter and golden syrup, stir over gentle heat until melted.
- 3) Mix soda with boiling water, add to melted butter mixture, and stir into dry ingredients.
- 4) Take one teaspoon-full of mixture and place on lightly greased oven trays; allow room for spreading.
- 5) Cook in slow oven (150°C or 300°F) for 20 minutes.

Loosen while still warm, and then cool on trays.

This recipe makes about 35 ANZAC biscuits.





# APRIL 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MARCH 2016</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>			<p><b>MAY 2016</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>MOON LAST QTR</p> <p>1</p> <p>Greek Cypriot National Day (Cyprus)</p>	<p>2</p> <p>World Autism Awareness Day (UN) Day of Veterans and the Fallen in Malvinas War (Argentina)</p>	
<p>3</p> <p>Second Republic Day (Guinea)</p>	<p>4</p> <p>Independence Day (Senegal) Ching Ming Festival (China/Hong Kong)</p>	<p>5</p>	<p>6</p> <p>Chakri Day (Thailand)</p>	<p>NEW MOON</p> <p>7</p> <p>World Health Day (UN) Day of Remembrance of Victims of Rwanda Genocide (UN)</p>	<p>8</p> <p>Buddha Day (Hana Matsuri - Japanese Buddhist) Hindi New Year (Hindu)</p>	<p>9</p> <p>Day of National Unity (Georgia) The Day of Valor (Philippines)</p>
<p>10</p>	<p>11</p> <p>11-20, Thingyan Festival (Myanmar)</p>	<p>12</p> <p>12-16, Hung Kings Temple Festival (Vietnam)</p>	<p>13</p> <p>13-15, Songkran (Thai Buddhist)</p>	<p>MOON FIRST QTR</p> <p>14</p> <p>Vaisakhi/Baisakhi (Sikh/Hindu) Tamil New Year (various countries) Bengali New Year (India) Bangla New Year's Day (Bangladesh)</p>	<p>15</p> <p>Emancipation Day (USA) Ramanavami (Hindu)</p>	<p>16</p>
<p>17</p> <p>Flag Day (American Samoa) Independence Day (Syria)</p>	<p>18</p> <p>Independence Day (Zimbabwe) Birthday of Guru Angad Dev (Sikh)</p>	<p>19</p> <p>Independence Declaration Day (Venezuela)</p>	<p>20</p> <p>Mahavir Jayanti (Jain) National Day (Hungary)</p>	<p>21</p> <p>Tiradentes' Day (Brazil) Hanuman Jayanti (Hindu) 21-May 2, Festival of Ridvan (Baha'i)</p>	<p>FULL MOON</p> <p>22</p> <p>First Day of Passover (Jewish) Intl Mother Earth Day (UN) Therevada New Year (Buddhist)</p>	<p>23</p> <p>St George's Day (England) National Sovereignty &amp; Childrens' Day (Turkey) Saturday of Lazarus (Orthodox) English Language Day (UN)</p>
<p>24</p> <p>Remembrance Day (Armenia) Palm Sunday (Orthodox Christian)</p>	<p><b>ANZAC Day</b> <b>National Holiday</b> 25</p> <p>Sinai Liberation Day (Egypt) Freedom Day (Portugal) Liberation Day (Italy) 25-1 May, Holy Week (Orthodox Christian)</p>	<p>26</p> <p>Union Day (Tanzania)</p>	<p>27</p> <p>Resistance Day (Slovenia) Freedom Day (South Africa) Independence Day (Sierra Leone) Independence Day (Togo)</p>	<p>28</p> <p>National Heroes' Day (Barbados) World Day for Safety &amp; Health at Work (UN)</p>	<p>29</p> <p>Ninth day of Ridvan (Baha'i) Great and Holy Friday (Orthodox Christian) International Dance Day (UN) Day of Remembrance for all Victims of Chemical Warfare (UN)</p>	<p>MOON LAST QTR</p> <p>30</p> <p>Last Day of Passover (Jewish) Liberation/Reunification Day (Vietnam)</p>

# Polish Constitution Day

The Polish Constitution was one of the first modern Constitutions in Europe when it was established on the 3<sup>rd</sup> of May, 1791. This Constitution bloomed from peaceful changes effected by forces striving to recover the sovereignty of their nation.

In the Cairns region, each year, more than 100 Polish community members meet and bring a plate of traditional Polish cuisine to celebrate this event.

Polish cuisine has evolved over the centuries to become very eclectic due to Poland's history. It is rich in meat, especially pork, chicken and beef (depending on the region), as well as in winter vegetables and herbs. It is famous for various kinds of noodles, such as kluski, and its use of cereals such as kasha. Meals are hearty and often use a lot of cream and eggs.

Polish traditional dishes are often demanding in their preparation. Many Polish people allow themselves plenty of time to serve and enjoy their festive meals, especially Christmas Eve dinner (Wigilia), and Easter breakfast, which could take several days to prepare.

*Sources: Renate and Elek Bochenek.*

*Photo, from left: Stanislaw, Stan, Renata Bochenek, Jacek, Elek Bochenek.*



## How to cook Polish Mushroom Dumplings

### Ingredients for filling

800 g champignons  
40 g (1 piece) of stale bread roll  
500 g onion  
40 g butter  
Milk as required  
30 g breadcrumbs

### Ingredients for dough

350 g flour  
1 egg  
125 ml water  
Salt to taste

### Method

- 1) Chop the mushrooms, place in pan with 2 or 3 tablespoons of water, and boil until liquid disappears.
- 2) Soak bread roll in the milk until soft, then drain it.
- 3) Slice onion into rings and fry in butter.
- 4) Put the filling ingredients together through a mince processor, adding some salt and pepper.
- 5) Brown the breadcrumbs by frying with butter.
- 6) Put the dough ingredients in a bread machine to make dough.
- 7) Roll out the dough, very thin, and use a shape to form small circles.
- 8) Put one spoon of filling on each circle, then fold in half and firmly seal edges with the fingertips.
- 9) Put the prepared dumplings into boiling water for a few minutes. When they float, take them out.

Sprinkle with the browned breadcrumbs, and serve with sour cream!



# MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> Orthodox Easter Sunday/Pascha (Orthodox Christian) Labour Day (International) People Solidarity Holiday (Kazakhstan) Spring Day (Estonia) Constitution Day (Marshall Islands)	<b>2</b> <b>Labour Day</b> QLD Holiday	<b>3</b> Taue Matsuri (Shinto) Constitution Day (Poland) Constitution Memorial Day (Japan) World Press Freedom Day (UN)	<b>4</b> Restoration of Independence Day (Latvia) Remembrance Day (Netherlands)	<b>5</b> Ascension Day (Christian) Tango-no-Sekku (Shinto) Lailat al Miraj (Islam) Cinco de Mayo (Mexico) Yom Hashoah (Jewish) Natl Day of Prayer (USA-Interfaith) Coronation Day (Thailand)	<b>6</b> St George's Day/Army Day (Bulgaria)	<b>7</b> NEW MOON	
<b>8</b> Mother's Day (Australia/US) World Red Cross & Crescent Day Liberation Day (Czech) Victory in Europe Day (France) Victory Day over Fascism (Slovakia)	<b>9</b> Defenders Day (Kazakhstan) Akshaya Tritiya (Hindu) Victory Day (Russia/Belarus/Georgia/Srpska/Armenia)	<b>10</b>	<b>11</b>	<b>12</b> Yom Ha'atzmaut/Independence Day (Israel)	<b>13</b>	<b>14</b> MOON FIRST QTR Buddha's Birthday (Hong Kong/South Korea) National Day (Paraguay)	
<b>15</b> Independence Day (Paraguay) International Day of Families (UN) Pentecost/Whit Sunday (Christian/Orthodox Christian) Visakha Pujja (Buddhist)	<b>16</b> Whit Monday (various countries)	<b>17</b> Constitution Day (Norway) Liberation Day (Congo) World Telecommunication & Information Society Day (UN)	<b>18</b>	<b>19</b>	<b>20</b> National Day (Cameroon) Independence Day (Cuba)	<b>21</b> Laylat al-Bara'ah (Islam) Navy Day (Chile) Vesak Day (Singapore) World Day for Cultural Diversity for Dialogue & Development (UN)	
<b>22</b> FULL MOON Waisak Day (Indonesia) Trinity Sunday (Christian) Unity/Independence Day (Yemen)	<b>23</b> Declaration of the Bab (Baha'i) Victory Day (Canada)	<b>24</b> Bermuda Day Independence Day (Eritrea) Royal Ploughing Ceremony (Cambodia)	<b>25</b> African Day (Zimbabwe) African Freedom Day (Zambia) African Unity Day (Ghana) National Day (Argentina) Independence Day (Jordan) Resistance & Liberation Day (Lebanon)	<b>26</b> National Sorry Day (Australia) Corpus Christi (Catholic) Independence Day (Guyana/Georgia)	<b>27</b> 27-3 June, Reconciliation Week (Australia)	<b>28</b> Republic Day (Armenia/Azerbaijan)	
<b>29</b> MOON LAST QTR Democracy Day (Nigeria) Ascension of Baha'u'llah (Baha'i) Intl Day of UN Peacekeepers (UN)	<b>30</b> Memorial Day (USA) Republic Day (Nepal)	<b>31</b>	<b>APRIL 2016</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				<b>JUNE 2016</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

# Greenland National Day

Greenland is the world's largest island, and being 80% covered by ice, it is the world's least densely populated country. This island has a rich blended cultural history. Arctic peoples of Inuit descent have lived there for thousands of years. Vikings arrived in the 10<sup>th</sup> century, and in 1605 King Christian IV of Denmark claimed Greenland for his kingdom.

Greenland remained a colony of Denmark until 1953, when it received country status. This change also gave Greenlanders full Danish citizenship. In 1979, Greenland became a self-governing part of the Danish realm after passage of a popular referendum.

Greenland celebrates its National Day on the 21<sup>st</sup> of June every year. This date also marks the summer solstice in the Northern Hemisphere, and so this day is the nation's biggest summer festival.

National Day celebrations are marked by a variety of programs in every settlement in Greenland. These include morning songs, speeches, raising of the national flag, cultural events such as folk dancing, live music, and kayaking displays. Greenlanders participate in "kaffemik", which are unique social gatherings around a cup of coffee, and the national dish 'Suaasat' is cooked in homes throughout the country.

Article source: [www.greenland.com](http://www.greenland.com)

## How to cook Reindeer Suaasat

Greenland's national dish, Suaasat, is a stew traditionally made with seal, whale or deer meat (venison). In place of venison, you can use lamb or beef.

### Ingredients

- 1 kg reindeer meat (venison), cubed
- 2 litres water
- 3 onions, chopped
- 2 red potatoes, diced
- 300 g wild mushrooms
- 2 carrots, sliced
- 200 g cherries, dried
- 1 tsp rosemary, chopped
- 1 tsp thyme, chopped
- 1 tsp sage, chopped
- 200 ml pearl barley
- 1 lemon, zest only
- Sea salt and black pepper to taste

### Method

- 1) Pour the water into a large pot and add the meat, vegetables, cherries, mushrooms, and herbs. Add salt and pepper to taste, then bring to a simmer.
- 2) Simmer on medium heat until tender (about 1 hour).
- 2) Add barley and lemon zest, taste and adjust the seasoning, and cook until the soup is thick (about 30 minutes).

Enjoy your Suaasat!



# JUNE 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
		<p><b>MAY 2016</b></p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td> </tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					1	2	3	4
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<p>NEW MOON</p> <p>5</p> <p>World Environment Day (UN) Constitution Day (Denmark)</p>	<p><b>Western Australia Day - WA Holiday</b></p> <p>6</p> <p>Queen's Birthday (New Zealand) Sacred Heart (Colombia) National Day (Sweden) Memorial Day (South Korea)</p>	7	8	9	10	11																																										
<p>MOON FIRST QTR</p> <p>12</p> <p>Race Unity Day (Baha'i) Independence Day (Philippines) Russia Day (Russia) World Day Against Child Labour (UN)</p>	<p><b>Queen's Birthday Holiday (except QLD &amp; WA)</b></p> <p>13</p> <p>International Albinism Awareness Day (UN)</p>	14	15	16	17	18																																										
19	<p>FULL MOON</p> <p>20</p> <p>Holy Spirit Monday (Greece) National Flag Day (Argentina) National Heroes Day (Bermuda) Poson Full Moon Poya Day (Sri Lanka) / Saka Dawa (Tibetan Buddha Day) World Refugee Day (UN)</p>	21	22	23	24	25																																										
<p>Pentecost (Orthodox Christian)</p>	<p>National Day (Greenland/Belgium) Andean New Year (Bolivia)</p>	<p>Flag Day (USA) Liberation Day (Falkland Islands)</p>	<p>National Salvation Day (Azerbaijan) World Elder Abuse Awareness Day (UN)</p>	<p>Youth Day (South Africa) Martyrdom of Guru Arjan Dev Sahib (Sikh)</p>	<p>Independence Day (Iceland)</p>	<p>Midsummer Day (Sweden) Statehood Day (Croatia/Slovenia) Independence Day (Mozambique)</p>																																										
26	27	<p>MOON LAST QTR</p> <p>28</p>	29	30	<p><b>JULY 2016</b></p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td>31</td><td></td><td></td><td></td><td>1</td><td>2</td><td></td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> </table>	S	M	T	W	T	F	S	31				1	2		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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<p>All Saints Day (Orthodox Christian) Intl Day against Drug Abuse and Illicit Trafficking (UN) Intl Day in Support of Victims of Torture (UN) Independence Day (Madagascar)</p>	<p>National Day (Djibouti)</p>	<p>Constitution Day (Ukraine)</p>	<p>Saints Peter and Paul (Christian) National Day (Seychelles)</p>	<p>Oharai/Grand Purification Festival (Shinto) Independence Day (Congo)</p>																																												

**"We may have all come on different ships, but we're in the same boat now."**

**– Martin Luther King, Jr.**

# Eid al-Fitr

Eid al-Fitr, “festival of breaking of the fast”, is a religious holiday observed by Muslims worldwide.

This festival, known by various names including Bayram (Bajram), Hari Raya Puasa (the Sweet Festival), and the Lesser Eid, celebrates the end of dawn-to-sunset fasting during the entire month of Ramadan. In Australia, Eid al-Fitr will be celebrated on the 7<sup>th</sup> of July 2016.

Ramadan is a time for reflection and Eid al-Fitr is a time for celebration! Special foods are prepared, and often dishes are sent to neighbours and friends. Each country or community has its signature dish, and a special benefit of being part of a Muslim community in the West means being able to sample delicious cuisine from around the world.

In Islam, a strong emphasis is placed on cleanliness – both spiritually and in the context of food. To be suitable for consumption, food and drink must conform to Islamic dietary laws specified in the Qur’an, the Hadith (sayings) of the Prophet Muhammad, and his Sunnah (tradition).

Halal means permitted or lawful therefore ‘Halal food’ is food permitted for Muslims. During Eid, a diverse range of Halal dishes are prepared, including Kheer, a delicious rice dessert.

Source: [www.timeanddate.com](http://www.timeanddate.com)

## How to make Kheer

### Ingredients

- 1 litre milk
- 3-4 green cardamom seeds (Chhoti Elaichi)
- ½ cup rice, washed
- 1 small tin condensed milk
- 4-5 tbsp sugar (reduce amount if using sweetened condensed milk)
- 1 tsp kewra essence

### Garnish

- Dried fruits
- Pistachios
- Almonds

### Method

- 1) In a pot add milk, cardamom seeds and washed rice, then leave on a very low flame to cook.
- 2) When rice becomes very soft, mash it and leave it on low heat to thicken.
- 3) Add sugar and condensed milk, and cook till bubbles start forming.
- 4) Add kewra essence just before removing from heat.

To serve, garnish with dry fruit.

This recipe serves 4 people – enjoy!



# JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<b>JUNE 2016</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		<b>AUG 2016</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 Canada Day Independence Day (Somalia/ Rwanda/Burundi) Sir Seretse Khama Day (Botswana) Special Administration Region (SAR) Day (Hong Kong) Republic Day (Ghana) Lailat al-Qadr (Islam)	2	
3  NAIDOC Week (Australia) Independence Day (Belarus)	NEW MOON 4  Independence Day (USA) Constitution Day (Cayman Islands)	5  St Cyril and Methodius Day (Slovakia/Czech) Independence Day (Cape Verde/ Algeria/Venezuela) Constitution Day (Armenia) Unity Day (Zambia)	6  Hari Raya Puasa (Singapore/ Indonesia) Puri Rath Yatra (Hindu) Jan Hus Day (Czech) Capital City Day (Kazakhstan) National Day (Comoros) Independence Day (Malawi)	7  Ramadan Ends/Eid al-Fitr (Islam) Independence Day (Solomon Islands) Hari Raya Aidil Fitri (Brunei)	8  Constitution Day (Palau) Independence Day (South Sudan/ Argentina)	9
10  Independence Day (Bahamas)	11  World Population Day (UN) 11-17 Kaustinen Folk Music Festival (Finland)	MOON FIRST QTR 12  Independence Day (Sao Tome and Principe/Kiribati)	13  Statehood Day (Montenegro)	14  Bastille Day (France/French Guiana) Republic Day (Iraq)	15  HM The Sultan's Birthday (Brunei)	16  Our Lady of Mt Carmel (Chile)
17  Constitution Day (South Korea)	18  Marine Day (Japan) Nelson Mandela International Day (UN) Constitution Day (Uruguay)	19  Dharma/Asalha Puja Day (Buddhist) Martyrs Day (Myanmar) Guru Purnima (Hindu) Asahna Bucha Day (Thailand)	FULL MOON 20  Independence Day (Colombia)	21  Liberation Day (Guam) Independence Day (Belgium)	22  1952 Revolution Day (Egypt)	23
24  Simon Bolivar Day (Venezuela) Pioneer Day (Mormon)	25  Constitution Day (Puerto Rico) Republic Day (Tunisia)	26  Independence Day (Liberia) Qaumee Dhuvas (Maldives)	MOON LAST QTR 27	28  Independence Day (Peru) Emancipation Day (Bermuda)	29  Independence Day (Vanuatu) Intl Day of Friendship (UN)	30

# Virgen de los Angeles Day

The Virgen de los Angeles (Virgin of the Angels – Mary Mother of God) is Costa Rica's patron saint, and each year on the 2<sup>nd</sup> of August a major religious festival is held to honour her.

Roman Catholic pilgrims from all around the country, and far beyond, walk a 22 km pilgrimage from San Jose to Cartago. Their destination is the Basilica de Nuestra Senora de los Angeles, which enshrines a small statue of the Virgin Mary holding baby Jesus, carved in dark wood, which is also known as 'La Negrita' (the little dark one).

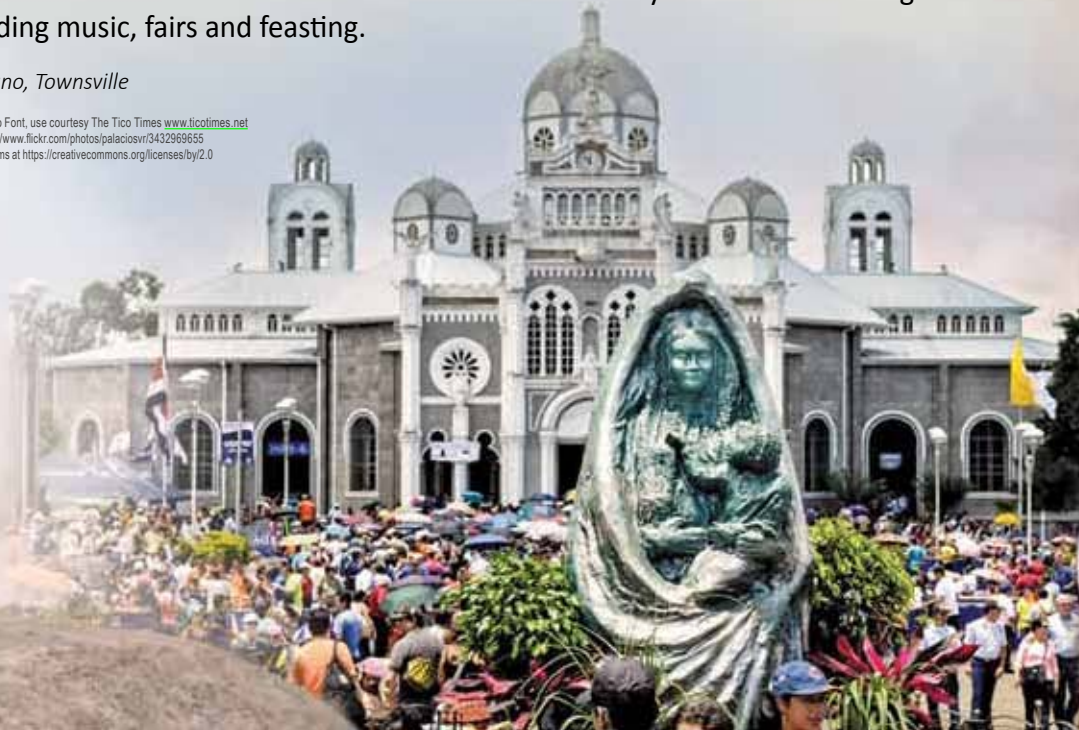
A miracle surrounds this statue. Tradition has it that the 2<sup>nd</sup> of August, 1635, a young native girl, Juana Pereira, was looking for firewood when she saw the statue on a boulder near a stream. She took it home but it disappeared. She went back to the boulder and found it there again, and took it home once more, but again it miraculously returned to the boulder. She reported the miracle to her local priest. The awed townspeople built a shrine around the boulder.

In 1939, the Basilica was built in its current resplendent form, a blend of colonial and Byzantine architecture. La Negrita resides there today, on a gold, jewel-studded platform.

In 1824, La Negrita became the Patron Saint of Costa Rica. Various miracles and healings have been attributed to her. The annual festival in her honour is marked by celebrations throughout the country including music, fairs and feasting.

Source: Mr George Solano, Townsville

'Basilica de Los Angeles' photo (right) by Alberto Font, use courtesy The Tico Times [www.ticotimes.net](http://www.ticotimes.net)  
'La Negrita' by Ricardo Palacios available at <https://www.flickr.com/photos/palaciosvr/3432969655>  
under a Creative Commons Attribution 2.0. Full terms at <https://creativecommons.org/licenses/by/2.0>



## How to cook Gallo Pinto

### Ingredients

Oil for frying (use lard if available)  
1/2 onion, diced  
1 green or red capsicum, diced  
1 stick of celery, diced  
2 cloves garlic, minced  
1 tsp dried thyme  
2 cups cooked black beans  
3 cups cooked long-grain white rice  
1-2 tbsp coriander, fresh if available  
3 tbsp Salsa Lizano if available (can substitute Worcestershire Sauce spiced with cumin)  
Salt and pepper to taste

### Method

- 1) In a large frying pan, heat the oil at medium heat, then sauté the onion until translucent.
- 2) Add the capsicum and celery, and cook for three more minutes, then add the thyme and minced garlic.
- 3) Add the cooked black beans with some water and bring to a simmer, stirring gently.
- 4) Add rice carefully, and stir it into bean mixture until the rice grains turn a brownish colour. Add Salsa Lizano (or Worcestershire Sauce).
- 3) Add coriander, salt and pepper to taste and stir well.

Delicious Gallo Pinto, which literally means 'speckled rooster' due to the flecked appearance of the rice and the beans, is the country's national dish.







# Mahalaya

Mahalaya is a very important event on the Hindu calendar. It is an invocation to the mother goddess to descend on earth. This year Mahalaya is celebrated on the 30<sup>th</sup> of September.

In India, the whole of Bengal rises early from 4 am and tunes into the radio program called Mahisasura Mardini or The Annihilation of the Demon. This program narrates the incarnation of Goddess Durga and her fight with the demon Mahishasura. People chant along to the mantras and sing along to the devotional songs. For those Bengalis not living in India like myself, we have a recording of it and play it on this day.

On this auspicious day, many people pray for their deceased relatives and take a dip in the sacred river Ganga – a ritual known as Tarpan.

Mahalaya is held seven days before the Durga Puja which is the biggest festival in Bengal. There are ten days of fast, feast and worship of the ten-armed mother goddess.

People celebrate by buying new clothes, eating good food, giving presents; it's the equivalent of Christmas in Australia. Fruits are offered to the gods, followed by many vegetarian dishes.

There aren't any particular dishes we cook for Mahalaya but I like to cook Aloo Chokha.

Sources: Mrs Kamala Das and [hinduism.about.com](http://hinduism.about.com)

Left photo: 'sandhipuja aarati-6' by javic available at <https://www.flickr.com/photos/srikhanda/6217088886> under Creative Commons Attribution 2.0. Full terms at <https://creativecommons.org/licenses/by/2.0>. Below photo: 'Tarpan' by Kuntal Gupta available at <https://www.flickr.com/photos/cybercool10/15332095312> under Creative Commons Attribution Non-Commercial 2.0. Full terms at <https://creativecommons.org/licenses/by-nc/2.0>.

## How to cook Aloo Chokha

### Ingredients

- 1 large potato
- 1 small onion
- 1 small tomato
- 1 tsp of oil
- Pinch of turmeric powder
- $\frac{1}{4}$  tsp mustard seeds – optional
- $\frac{1}{4}$  tsp dried chillies – optional
- $\frac{1}{4}$  tsp curry leaves – optional

### Method

- 1) Peel and cut the potato into chunks.
- 2) Microwave potato for 10 minutes.
- 3) Chop onion and tomato.
- 4) Heat oil in a small frying pan and fry the onion and tomato lightly, adding a pinch of turmeric powder.
- 5) Add the optional mustard seeds, dried chili and curry leaves for extra flavour.
- 6) Mash the cooked potato with the onion and tomato mixture.

Your delicious Aloo Chokha is ready to serve!



# SEPTEMBER 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>AUG 2016</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	NEW MOON 1 Constitution Day (Slovakia) Independence Day (Uzbekistan)	2 Independence Day (Vietnam)	3 Republic Day (San Marino)
4 Fathers' Day (Australia)	5 International Day of Charity (UN) Ganesh Chaturthi (Hindu) Labour Day (Canada/USA)	6 Defence Day (Pakistan) Independence Day (Swaziland) Unification Day (Bulgaria)	7 Independence Day (Brazil) Constitution Day (Fiji)	8 Our Lady of Meritxell Day (Andorra) International Literacy Day (UN) Independence Day (Macedonia)	MOON FIRST QTR 9 National Day (North Korea) Independence Day (Tajikistan)	10 Arafat Haj Day (United Arab Emirates) National Day (Gibraltar)
11 Patriot Day (USA)	12 Hari Raya Haji (Singapore)	13 Eid Al-Adha (Islam) Onam (Hindu)	14 Independence Day (Armenia/ Belize/Malta) Founders Day (Ghana) Intl Day of Peace (UN)	15 Independence Day (Costa Rica/El Salvador/ Guatemala/Honduras/Nicaragua) International Day of Democracy (UN) Mid Autumn Festival (China/Taiwan)	16 Vishwakarma Puja (Hindu) Independence Day (Mexico/PNG) National Heroes Day (St Kitts & Nevis) Martyrs Day (Libya) Constitution Day (USA)	FULL MOON 17 National Heroes Day (Angola) Start of Oktoberfest (Germany)
18 Independence Day (Chile)	19 Army Day (Chile) Independence Day (St Kitts & Nevis) Respect for the Aged Day (Japan)	20 World Tourism Day (UN)	21 Independence Day (Armenia/ Belize/Malta) Founders Day (Ghana) Intl Day of Peace (UN)	22 Independence Day (Bulgaria/Mali)	MOON LAST QTR 23 National Day (Saudi Arabia)	24 Republic Day (Trinidad & Tobago) National Day (Guinea-Bissau) Constitution Day (Cambodia) Heritage Day (South Africa)
25 Queen's Birthday WA Holiday Family & Community Day ACT Holiday	26 Revolution Day (Mozambique) World Day against Trafficking in Persons (UN)	27 World Tourism Day (UN)	28 Confucius Birthday (China/Hong Kong) St Wenceslas Day (Czech)	29 Boqueron Battle Victory Day (Paraguay)	30 Ancestors Day (Cambodia) Mahalaya Amavasya (Hindu) Botswana Day	<b>OCT 2016</b> S M T W T F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

“Uniformity is not nature’s way; diversity is nature’s way.”

– Dr. Vandana Shiva

# Deepavali / Diwali

Deepavali/Diwali, the 'festival of lights', symbolises the victory of good over evil and is an important event for Hindus around the world. This year it is celebrated on the 30<sup>th</sup> of October.

This festival is called Deepavali in the South of India and Diwali in the North. It dates back to when Lord Rama and his wife Sita returned to their homeland, Ayodhya, after his 14-year exile in the forest. People lit up their houses with little oil lamps so that Rama and Sita could find their way home in the dark.

Some people celebrate by praying to 'Lakshmi', the goddess of wealth and fortune. It is believed that the lamps will help Goddess Lakshmi to find her way into peoples' homes.

Before the festival, houses are spring cleaned and the little oil lamps are lit. In the morning people have an oil bath which is an important cleansing ritual. They pray at home or in the temple, and also visit each other and wish them well. New clothes are worn and a variety of vegetarian food is served.

*Sources: Mr B.S. Sandhu & Mrs K.K. Sandhu (below) and Mrs Amrita Rauber (far right)  
Recipe & photo on calendar page: Mrs K. K. Sandhu*



## How to cook Gulab Jamun

### Ingredients

- 2 cups full cream milk powder
- ½ cup semolina flour
- ½ cup self-raising flour
- Cooking cream as required
- 3 cups sugar (for syrup)
- 2 cups water (for syrup)
- Oil as required (for frying)
- Cardamom powder to taste

### Method

- 1) Mix milk powder, semolina and self-raising flour in a bowl, then add cream to the mixture to form a smooth dough.
- 2) In a separate bowl, mix sugar and water, and heat over the stove until sugar is dissolved; then switch off the stove, cover the syrup and leave it to rest.
- 3) With the dough prepared earlier, make smooth small balls without any cracks.
- 4) Put oil in a frying pan and fry the balls of dough over low heat until they become dark brown, then leave them to cool.
- 5) Pour the syrup over the gulab jamuns; they need to be well coated with syrup. Add cardamom powder to the syrup and heat for 3-4 minutes, then switch off stove and cover with lid.

After two to three hours the gulab jamuns are ready for eating!

# OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Deepavali/Diwali (Hindu/Sikh)	NEW MOON 31 Reformation Day (Protestant Christian/Chile/Germany/Slovenia) King's Coronation Day (Cambodia) World Cities Day (UN)	SEPT 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		NOV 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NEW MOON 1 Independence Day (Cyprus/Nigeria/Tuvalu) National Day (China/Hong Kong) Intl Day of Older Persons (UN) Start of Navaratri (Hindu)	
2 Feast of Guardian Angels (Christian) Start of Rosh Hashanah (Jewish) International Day of Non-Violence (UN) Mahatma Gandhi's Birthday (India)	Queen's Birthday QLD Holiday Labour Day ACT, NSW, SA Holiday Hijra New Year (Islam) German Unity Day (Germany) National Day (Iraq) National Foundation Day (Sth Korea)	4 St Francis Day (Catholic) Day of Peace & Reconciliation (Mozambique) End of Rosh Hashanah (Jewish) Independence Day (Lesotho)	5 Republic Day (Portugal) World Teachers Day and World Habitat Day (UN)	6 Armed Forces Day (Egypt)	7 Independence Day (Croatia) Battle of Angamos (Peru)	8
MOON FIRST QTR 9 Hangeul Day (South Korea) Independence Day (Uganda)	10 Chung Yeung Festival (China/HK) Curacao Day (Curacao) Columbus Day (USA) End of Navratri (Hindu) Fiji Day National Day (Taiwan) World Mental Health Day (UN)	11 Dusshera (Hindu) Intl Day of the Girl Child (UN) Revolution Day (Macedonia) Start of Yom Kippur (Jewish) Coming Out Day (LGBT) Day of Ashura (Islam)	12 Race Day (Chile) National Heroes Day (Bahamas) Indigenous Resistance Day (Venezuela) Hispanic Day (Spain) End of Yom Kippur (Jewish) Our Lady of Aparecid (Brazil)	13	14 Republic Day (Brazil) International Day of Rural Women (UN) Ethnicity Day (Estonia) Shardad Purnima (Hindu)	15
FULL MOON 16 Sukkot (Jewish) World Food Day (UN)	17 International Day for Eradication of Poverty (UN) National Heroes Day (Jamaica)	18 Independence Day (Azerbaijan)	19 Constitution Day (Niue) Karwa Chauth (Hindu) Garifuna Settlement Day (Belize)	20 Birth of the Bab (Baha'i) Birth of Guru Granth (Sikh)	21 Remembrance Day (Serbia)	22
MOON LAST QTR 23 23-24, Shemini Atzeret (Jewish) Chulalongkorn Day (Thailand) Liberation Day (Libya) Republic Day (Hungary)	24 Labour Day (NZ) 24-25, Simchat Torah (Jewish) Independence Day (Zambia) World Development Information Day (UN) United Nations Day (UN)	25	26 National Day (Austria)	27 Independence Day (St Vincent & The Grenadines/Turkmenistan) Dhanteras (Hindu)	28 Civil Servants Day (Brazil) Greek National (Ochi) Day (Greece/Cyprus) Independence Day (Czech Republic)	29 Republic Day (Turkey)

"A nation's culture resides in the hearts and in the soul of its people."

– Mahatma Gandhi

# Latvian Independence Day

Latvia's National Day is also known as the Proclamation of the Republic of Latvia. It is commemorated on the 18<sup>th</sup> of November, when Latvians celebrate their country attaining independence from Russia and Germany in 1918 after the end of the First World War.

On this day many festive events are held all over the country. People often display the national flag at their homes and there is always a televised address to the people from the President. The celebration in Riga, the nation's capital, ends with magnificent fireworks over the River Daugava.

In Brisbane, most of the Latvian community gather together at the Latvian House located in Woolloongabba. There is usually a guest speaker from Latvia who fills in the community about what is currently happening there. This is followed by some recitals of poems and then the choir sings some songs. This is the more spiritual part of the celebration.

Lunch is then enjoyed with a glass of wine and we gossip the afternoon away. No particular dish is eaten on this day but Piragi is one of the national dishes and would always be present at such celebrations. The recipe is usually passed on from mother to daughter and everyone's recipe has variations to it.

Sources: *Liana Iksens (pictured) and www.liveriga.com*

## How to make Piragi

### Ingredients for dough

4 egg yolks  
1 cup olive oil  
4 tsbp sugar  
1 tsp cardamom  
300 g sour cream  
4 packets dry yeast  
6 cups milk  
2 kg plain flour

### Ingredients for filling

2 kg bacon  
4 large onions  
Pepper

### Method

- 1) Mix eggs, oil, sugar, cardamom, cream, yeast and milk.
- 2) Add flour, mix together then knead, adding extra flour if required to make a smooth dough.
- 3) Knead for about 20 minutes until the dough comes away from sides of dish and is not sticking to hands, then leave dough to rise to the top of the dish.
- 4) Take rind off bacon, and chop bacon into small pieces. Chop or mince onions, then mix all together, adding pepper to taste.
- 5) Place some dough on floured board, then press down and flatten dough by hand to about 1 cm thickness.
- 6) Cut dough into circles with round cutter.
- 7) Put a teaspoon of bacon mix on each of the rounds, then fold them over and seal edges. Place on baking tray and brush with egg and milk.
- 8) Cook on about 230 to 250 degree oven until medium brown.

ENJOY!

'Latvian Piragi' by Elaine Ashton available at <https://www.flickr.com/photos/hfb/132348180/> under Creative Commons Attribution 2.0. Full terms at <https://creativecommons.org/licenses/by-nd/2.0>.



# NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>OCT 2016</b></p> <p>S M T W T F S</p> <p>30 31 1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p>	<p><b>Melbourne Cup Day</b> 1 VIC Holiday</p> <p>National Revival Day (Bulgaria) Revolution Day (Algeria) Independence Day (Antigua &amp; Barbuda) All Saints' Day (Christian) Bhai Dooj (Hindu)</p>	2	3	4	5
6	7	<p><b>MOON FIRST QTR</b> 8</p>	9	10	11	12
<p>Constitution Day (Dominican Republic) Chhath Puja (Hindu)</p>	<p>October Revolution Day (Belarus)</p>		<p>Constitution Day (Nepal) Independence Day (Cambodia) Flag Day (Azerbaijan)</p>	<p>World Science Day for Peace and Development (UN)</p>	<p>Remembrance Day (Australia, Bermuda, Canada) Veterans' Day (US/Puerto Rico) Armistice Day (Belgium/France) Independence Day (Angola/Poland)</p>	<p>12-17, Bratislava International Film Festival (Slovakia)</p>
13	<p><b>FULL MOON</b> 14</p> <p>Guru Nanak Birthday (Sikh) Kartik Poornima (Hindu) Remembrance Day (Cayman Islands) Independence of Cartagena (Colombia)</p>	15	16	17	18	19
<p>Remembrance Day (UK) National Day of Mourning (Germany)</p>		<p>Independence Day (Palestine) Shichigosan (Shinto) Republic Day (Northern Cyprus/Brazil)</p>	<p>Repentance Day (Germany) Victory Day (Bangladesh) International Day for Tolerance (UN)</p>	<p>Struggle for Freedom and Democracy Day (Czech Republic/Slovakia) World Philosophy Day (UN)</p>	<p>Independence Day (Latvia/Morocco) Independence/National Day (Oman)</p>	<p>National Day (Monaco) Discovery Day (Puerto Rico)</p>
20	<p><b>MOON LAST QTR</b> 21</p> <p>Revolution Day (Mexico)</p>	22	23	24	25	26
<p>World Day of Remembrance for Road Traffic Victims (UN) Transgender Day of Remembrance (LGBT) Universal Children's Day (UN)</p>		<p>Independence Day (Lebanon)</p>	<p>National Day (Myanmar) Niinamesei or Labour Thanksgiving Day (Shinto)</p>	<p>Thanksgiving Day (Interfaith, USA) Martyrdom of Guru Tegh Bahadur Sahib (Sikh)</p>	<p>Statehood Day (Federation of Bosnia and Herzegovina) Intl Day for the Elimination of Violence against Women (UN) Independence Day (Suriname)</p>	
27	28	<p><b>NEW MOON</b> 29</p> <p>Independence Day (Mongolia) International Day of Solidarity with Palestinian People (UN)</p>	30	<p><b>DEC 2016</b></p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>		
	<p>Independence Day (Albania/Mauritania/Panama/East Timor) Day of National Sovereignty (Argentina) Republic Day (Congo)</p>		<p>National Day (Benin) Bonifacio Day (Philippines) Independence Day (Barbados) St Andrews Day (Scotland/UK)</p>			

# Natale (Christmas in Italy)

In Italy, Christmas Eve is considered a more significant religious occasion than Christmas Day. It is known as 'La Vigilia', – the vigil awaiting Christ's birth. Roman Catholic belief is that Jesus was born at midnight, therefore Midnight Mass is an important celebration!

Christmas Eve dinner is traditionally a light meal with no meat. In Southern Italy the custom is to serve seven seafood courses (the "Feast of the Seven Fishes").

Traditionally the family and sometimes, friends, will gather for this light, meatless dinner prior to the Midnight Mass. As Italy is a regional nation with great diversity, there are many different dishes that can be served.

Mass is often followed by a light supper at home. Coffee and hot chocolate are enjoyed with sweets such as panettone and fritelle. This meal is both a celebration that Christ has been born and a reward for the children behaving themselves for nearly two long hours in church.

*Source: Elsa Corvaglia, Gold Coast, pictured (centre) with her family; from left – Amanda, Anna, Nicola, Marcella & Kayla.*



## How to cook Fritelle

### Ingredients

- 3 ½ cups self raising flour
- ¼ cup caster sugar
- ½ tsp salt
- 5 large eggs
- 1 tbs of liqueur (or vanilla essence)
- Grated zest of 2 lemons
- Juice of 1 lemon
- Grated zest of 1 orange
- 4 cups extra-virgin olive oil, for deep-frying
- 2 cups honey
- Icing sugar for dusting

### Method

- 1) Form a well in the flour, then add the sugar, salt, eggs and liqueur to the centre. Mix ingredients together, slowly incorporating flour until you have a smooth, uniform dough, adding flour or water as needed.
- 2) Continue kneading for 5 or 6 minutes, then place the dough in a bowl, cover and allow to rest for an hour.
- 3) Cut off a piece of dough and roll it out until it is about 1 cm thick in diameter. Cut the roll into small, 1 cm, cylinders (fritters), then repeat using all the dough.
- 4) Fry the fritters, a few at a time, in a pan of hot oil. Once golden, after 5 to 10 seconds, remove from the pan using a slotted spoon and drain on paper towels.
- 5) Warm the honey in a large pot. Once honey begins to boil, add juice and citrus peel, and mix with a spoon. Let cook for 1 or 2 minutes, until the honey is foamy.
- 6) Remove the pot from the heat and add the fritters. Stir them carefully, so as not to damage them, then transfer them to a plate and dust with icing sugar, silver and gold cachous, or coloured sprinkles.

Fritelle photo courtesy Barbara Lamperti, Buona Pappa: [www.buonapappa.net](http://www.buonapappa.net)





# DECEMBER 2016

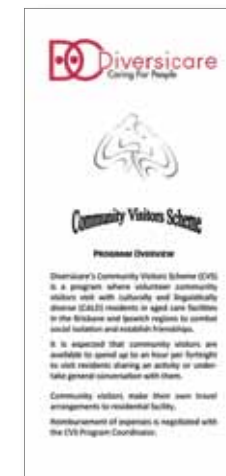
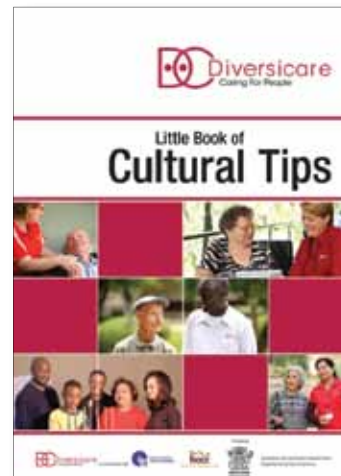
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOV 2016</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>		<p><b>JAN 2017</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p><b>1</b></p> <p>National Day (Central African Republic)</p> <p>Restoration of Independence Day (Portugal)</p> <p>World AIDS Day (UN)</p> <p>Great Union Day (Romania)</p>	<p><b>2</b></p> <p>International Day for the Abolition of Slavery (UN)</p> <p>National Day (Laos/UAE)</p>	<p><b>3</b></p> <p>International Day of Persons with Disability (UN)</p>	
<p><b>4</b></p>	<p><b>5</b></p> <p>Intl Volunteer Day for Economic &amp; Social Development (UN)</p>	<p><b>6</b></p> <p>St Nicholas Day (Christian/Netherlands)</p> <p>Independence Day (Finland)</p> <p>Constitution Day (Spain)</p>	<p>MOON FIRST QTR <b>7</b></p> <p>Pearl Harbour Remembrance Day (USA)</p>	<p><b>8</b></p> <p>Rohatsu/Bodhi Day (Japan)</p> <p>Immaculate Conception (Catholic)</p>	<p><b>9</b></p> <p>Independence Day (Tanzania)</p>	<p><b>10</b></p> <p>Geeta Jayanti (Hindu)</p> <p>International Human Rights Day (UN)</p>
<p><b>11</b></p> <p>Proclamation of the Republic (Burkina Faso)</p>	<p><b>12</b></p> <p>Independence Day (Kenya)</p> <p>Our Lady of Guadalupe (Christian)</p> <p>Constitution Day (Thailand)</p>	<p><b>13</b></p> <p>Prophet Muhammed's Birthday/ Milad un Nabi (Islam)</p> <p>National Day (Saint Lucia)</p> <p>Republic Day (Malta)</p> <p>St Lucy's Day (Sweden)</p>	<p>FULL MOON <b>14</b></p>	<p><b>15</b></p> <p>Bill of Rights Day (USA)</p> <p>Dhanu Sankranti (Hindu)</p>	<p><b>16</b></p> <p>Independence Day (Kazakhstan)</p> <p>Day of Reconciliation (South Africa)</p> <p>16-17, National Days (Bahrain)</p>	<p><b>17</b></p> <p>National Day (Bhutan)</p>
<p><b>18</b></p> <p>International Migrants Day (UN)</p> <p>National Day (Qatar)</p> <p>Republic Day (Niger)</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>International Human Solidarity Day (UN)</p> <p>Macau SAR Establishment Day (Macau)</p>	<p>MOON LAST QTR <b>21</b></p>	<p><b>22</b></p> <p>Unity Day (Zimbabwe)</p>	<p><b>23</b></p>	<p><b>Christmas Eve</b> <b>24</b></p> <p>SA part holiday</p> <p>Independence Day (Libya)</p> <p>24-Jan 1, Chanukah or Festival of Lights (Jewish)</p>
<p><b>Christmas Day</b> <b>25</b></p> <p>National Holiday</p>	<p><b>Boxing Day</b> <b>26</b></p> <p>National Holiday</p> <p><b>Proclamation Day</b></p> <p>SA Holiday</p> <p>St Stephen's Day (Germany/Iceland/Croatia)</p> <p>Independence &amp; Unity Day (Slovenia)</p> <p>Synaxis of the Mother of God (Greece)</p>	<p><b>Christmas Holiday</b> <b>27</b></p> <p>additional day</p> <p>National Holiday</p>	<p><b>28</b></p> <p>Holy Innocents Day (Christian)</p> <p>Kayin New Year Day (Myanmar)</p>	<p>NEW MOON <b>29</b></p>	<p><b>30</b></p> <p>Rizal Day (Philippines)</p>	<p><b>New Year's Eve</b> <b>31</b></p> <p>SA part holiday</p> <p>New Year's Eve (Christian)</p> <p>International Solidarity Day (Azerbaijan)</p> <p>Restoration Day (Switzerland)</p>

# 2015

# 2017

JAN 2015	FEB 2015	MARCH 2015	APRIL 2015
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
MAY 2015	JUNE 2015	JULY 2015	AUG 2015
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JAN 2017	FEB 2017	MARCH 2017	APRIL 2017
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MAY 2017	JUNE 2017	JULY 2017	AUG 2017
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SEPT 2017	OCT 2017	NOV 2017	DEC 2017
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