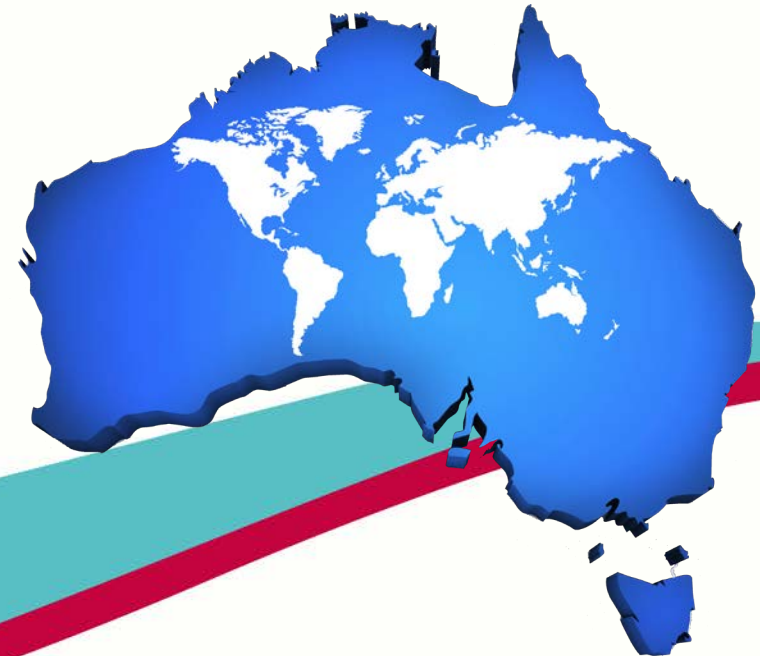


2019

MULTICULTURAL CALENDAR Health Beliefs Across Cultures



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CHINESE CULTURE

ACUPUNCTURE

Dr Joe Leong graduated with a degree of medicine from the University of Queensland. He then pursued further study in the USA, Taiwan and China. Dr Leong combined Eastern and Western medicine for family medicine, acupuncture, kinesiology, homeopathy, Chinese herbs and nutritional medicine. He served the Townsville community until his retirement in 2001. Dr Leong is also the patron and foundation president for The Townsville Chinese Club Inc.

“Acupuncture is the oldest system of medicine known to mankind. It was practised initially with sharpened stones for treating illnesses. Later they were replaced by bamboo or bone, then bronze needles; then gold, silver and now stainless steel needles”.

The theory is that good health is the result of a harmonious balance of yin and yang life force known as “qi”. Illness results if there is an imbalance. “Qi” flows through the meridians in the body. Acupuncture points are along these pathways. Stimulation of the points with needles triggers production of various chemicals – endorphins, dopamine etc which help conditions such as migraine, back pain, and the list is endless.

Acupuncture has been practised in China for more than 4000 years, however it only started in Australia in the 20th century. Now, more than 40 countries are using the therapy.

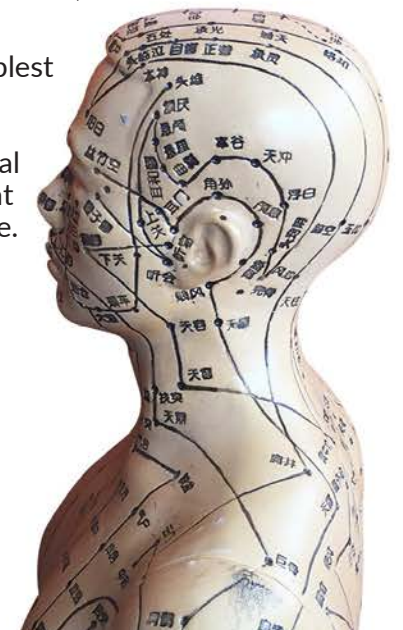
Acupuncture is, without doubt, the safest, simplest and most economic system of medicine, with minor side-effects. Reports from World Health Organisation and the National Health & Medical Research Council in 1988 support the view that there is a sound scientific basis for acupuncture.

“One small needle cures a thousand illnesses”.

Interview conducted by: Iris Min He

Interviewees: Dr Joseph I Leong & Mrs Judith Leong

Photos by: Iris Min He and Bigstock Images



JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>December 2018</p> <p>S M T W T F S</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>30 31</p>	<p>New Year's Day 1</p> <p>Federation Day (Australia)</p> <p>Liberation Day (Cuba)</p> <p>Feast of St Basil (Orthodox Christian)</p> <p>Independence Day (Sudan/Haiti/Cameroon)</p> <p>Republic Day (Slovakia)</p> <p>Restoration Day (Czechoslovakia)</p> <p>1-3, Shogatsu/New Year (Japan)</p>	<p>2</p> <p>Ancestors' Day (Haiti)</p> <p>Carnival Day (Saint Kitts and Nevis)</p> <p>Nyinlog/Winter Solstice (Bhutan)</p> <p>Saint Berchtold's Day (Switzerland)</p> <p>Takai Commission Holiday (Niue)</p>	<p>MOON FIRST QTR 3</p> <p>Revolution Day (Burkina Faso)</p>	<p>4</p> <p>Independence Day (Myanmar)</p> <p>Martyrs Day (DR of Congo)</p> <p>World Braille Day</p>	<p>5</p> <p>Christmas Eve (Armenia)</p> <p>Twelfth Night (Christian)</p>
<p>NEW MOON 6</p> <p>Nativity of Christ (Armenia)</p> <p>Pathet Lao Day (Laos)</p> <p>Epiphany - Three Kings Day (Christian)</p> <p>Armed Forces Day (Iraq)</p> <p>Traditional Day of Offering (Bhutan)</p>	<p>7</p> <p>Orthodox Christmas Day (Orthodox)</p> <p>Pioneers' Day (Liberia)</p> <p>Victory over Genocide Day (Cambodia)</p> <p>Feast of Epiphany (Colombia)</p>	<p>8</p> <p>Feast of the Holy Family (Catholic Christian)</p> <p>Yinekokratia (Greece)</p>	<p>9</p> <p>Republic Day (Srpaska)</p>	<p>10</p> <p>Majority Rule Day (Bahamas)</p> <p>Vodoun Festival (Benin)</p>	<p>FULL MOON 11</p> <p>Independence Manifesto Day (Morocco/Western Sahara)</p> <p>Republic Day (Albania)</p>	<p>12</p> <p>Bday of Swami Vivekananda (India)</p> <p>Memorial Day (Turkmenistan)</p> <p>Zanzibar Revolution Day (Tanzania)</p>
<p>13</p> <p>Maghi-Lohri (Sikh)</p> <p>Baptism of the Lord Jesus (Christian)</p> <p>Democracy Day (Cape Verde)</p> <p>Liberation Day (Togo)</p> <p>Guru Gobind Singh Ji's Birthday (Sikh)</p>	<p>MOON FIRST QTR 14</p> <p>Bhogi Pongal (India)</p> <p>Seijin no Hi/Coming of Age Day (Japan)</p> <p>Makar Sankranti (Hindu)</p> <p>Orthodox New Year (Christian)</p> <p>Revolution & Youth Day (Tunisia)</p> <p>Day of Defenders of the Motherland (Uzbekistan)</p> <p>Maghi Parwa/Maghe Sankranti (Nepal)</p>	<p>15</p> <p>Tamil Thai Pongal Day (Sri Lanka)</p> <p>Hangul Day (North Korea)</p> <p>John Chilembwe Day (Malawi)</p> <p>Magi Parwa/Maghe Sankranti (Nepal)</p>	<p>16</p>	<p>17</p> <p>Uzhavar Thirunal (Tamil Nadu)</p> <p>Heroes Day (DR of Congo)</p> <p>Blessing of the Animals (Hispanic Catholic Christian)</p>	<p>MOON LAST QTR 18</p> <p>Week of Prayer for Christian Unity (Christian) 18-25 Jan</p>	<p>19</p> <p>Orthodox Epiphany (Georgia)</p> <p>Timkat/Coptic Epiphany (Eritrea/Ethiopia)</p>
<p>20</p> <p>World Religion Day</p> <p>Heroes Day (Cape Verde/Guinea-Bissau)</p> <p>Martyrs' Day (Azerbaijan)</p> <p>Armed Forces Day (Mali)</p>	<p>FULL MOON 21</p> <p>Civil Rights Day (USA)</p> <p>Errol Barrow Day (Barbados)</p> <p>Our Lady of Altigracia (Dominican Republic)</p> <p>Mahayana New Year (Buddhist)</p> <p>Tu BiShavat (Jewish)</p>	<p>22</p> <p>Plurinational State Foundation Day (Bolivia)</p>	<p>23</p> <p>Netaji Subhas Chandra Bose Jayanti (India)</p>	<p>24</p> <p>Feast of Our Lady of Peace (Roman Catholic)</p>	<p>25</p> <p>Burns Night (Scotland)</p> <p>Conclusion of Week of Prayer (Christian)</p> <p>Betico Croes Birthday (Aruba)</p> <p>Revolution/Police Day (Egypt)</p>	<p>Australia Day 26</p> <p>NRM Liberation Day (Uganda)</p> <p>Republic Day (India)</p>
<p>27</p> <p>International Holocaust Remembrance Day (UN)</p> <p>Saint Devote's Day (Monaco)</p>	<p>MOON LAST QTR 28</p> <p>Australia Day Observed</p> <p>Duarte Day (Dominican Republic)</p> <p>National Army Day (Armenia)</p> <p>Community Manager Appreciation Day (Intl)</p>	<p>29</p>	<p>30</p> <p>Martyrs' Memorial Day (Nepal)</p>	<p>31</p> <p>Independence Day (Nauru)</p>	<p>February 2019</p> <p>S M T W T F S</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</p>	

ABORIGINAL CULTURE BELONGING & CONNECTION

The practice and belief of the Aboriginal Culture is about reconnecting and being on country, traditional land. It adds to overall wellbeing knowing that you are on country and close to your connections - your people and area.

This has been common practice for thousands of years. It is an age old practice.

"I know when I need to get back on country - it is a feeling I have observed over time. Our seven year old son also shows the need to connect with country. Once that sets in, a trip to Yidinji country (Yarrabah - our clan area takes in lower coastal Yarrabah) is on the cards to get back on the land and go to the beach.

Personally, the benefits of this practice allow me to feel at peace, centred and it calms me. I return feeling refreshed. It is empowering and soothing and has flow-on affects which contribute to positive mental health."

In traditional Aboriginal culture, the concept of healing an individual through the natural environment using bush medicine was ultimately entwined with the spiritual world and not just the physical. A healer was not just a 'bush clinician', but also an expert medium operating between the sick and the spiritual world.¹

The medicine man is the spiritual doctor's practical counterpart; prescribing herbs and other remedies alongside spiritual rituals. Sometimes, such medicines were common and easy to acquire; during other times, many days or even weeks of travel were required to locate the medicine.¹

Australian Aborigines have drawn on the resources of the environment for medicines. Many plants have been used, generally without elaborate preparation. Plant material is very often bruised or pounded to use as a poultice, or extracted with water to be taken internally. The Australian flora is particularly rich in aromatic plants such as eucalyptus, tea-trees, boronias and mints and these have always been considered especially suitable for treating respiratory diseases. Aborigines have used a large number of them for treating illnesses.²

Interview conducted by: Marcela Fischer

Interviewee: Francine O'Rourke

Photos by: Wanyur Majay, Lower Coastal Yidinji Dance group.

Representing south of Yarrabah, Babinda and Gordonvale

Sources:

¹ Dayman Steptoe & Jessie Passananti, *Bush Medicine: Aboriginal remedies for common ills*

² *Aboriginal Bush Medicine, Australian Botanic Garden*



FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
				<p>January 2019</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </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			<p>1</p> <p>Federal Territory Day (Malaysia) National Freedom Day (US) World Interfaith Harmony Week Abolition of Slavery (Mauritius)</p>	<p>2</p> <p>Candlemas (Christian) Saint Brigid of Kildare (Celtic Christian) Anniversary of the Tartu Peace Treaty (Estonia) Imbolc - Lughassad (Pagan)</p>							
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<p>3</p> <p>Day of the Virgin of Suyapa (Honduras) Martyrs' Day (Sao Tome/Principe) Rissun/Setsubun-Sai (Shinto) St Blaze Day (Christian)</p>	<p>4</p> <p>Seollal New Year 4-6 Feb (North Korea/South Korea) Spring Festival Eve (China) Independence Day (Sri Lanka) Liberation Day (Angola) Constitution Day (Mexico)</p>	<p>NEW MOON 5</p> <p>Losar/Sonam/Tamang New Year (Nepal/Tibet) Chinese/Vietnamese New Year Kashmir Solidarity Day (Pakistan) Liberation Day/St Agatha's Day (San Marino) Unity Day (Burundi)</p>	<p>6</p> <p>Waitangi Day (New Zealand)</p>	<p>7</p> <p>Independence Day (Grenada)</p>	<p>8</p> <p>Preseren Day (Slovenia) Nirvana Day (Buddhism)</p>	<p>9</p> <p>St Maroun's Day (Lebanon)</p>																																																	
<p>10</p> <p>Guru Ravidas's Birthday (India) Vasant Panchami (Hindu)</p>	<p>11</p> <p>Islamic Revolution Day (Iran) National Foundation Day (Japan) Lateran Treaty Day (Vatican City)</p>	<p>12</p> <p>Triodion (Orthodox Christian) Union Day (Myanmar) Darwin Day (Atheist/Humanist) Lincoln's Birthday (USA) National Sports Day (Qatar)</p>	<p>MOON FIRST QTR 13</p>	<p>14</p> <p>Race Relations Day (Natl Council of Churches) St Valentine's Day (Christian)</p>	<p>15</p> <p>Nirvana Day (Buddhist) Liberation Day (Afghanistan) Statehood Day (Serbia) Sydney Gay & Lesbian Mardi Gras (Australia)</p>	<p>16</p> <p>Restoration of Independence (Lithuania)</p>																																																	
<p>17</p> <p>Independence Day (Republic of Kosovo) Revolution Day (Libya) Toshigoi (Shinto) Triodion (Orthodox Christian)</p>	<p>18</p> <p>Presidents Day (USA) Independence Day (Gambia)</p>	<p>19</p> <p>Meak Bochea/Makha Bucha Day (Cambodia/Thailand) Lantern Festival (China) National Democracy Day (Nepal) Magha Puja (Buddhist) Guru Ravidas Birthday (India)</p>	<p>FULL MOON 20</p> <p>World Day of Social Justice (UN)</p>	<p>21</p> <p>International Mother Language Day (UNESCO) Language Movement Day (Bangladesh) Father Walter Lini Day (Vanuatu) King's Birthday Celebrations (Bhutan)</p>	<p>22</p> <p>Independence Day (Saint Lucia)</p>	<p>23</p> <p>National Day (Brunei) Republic Day (Guyana)</p>																																																	
<p>24</p> <p>Independence Day (Estonia)</p>	<p>25</p> <p>National Day (Kuwait) Maha People Power Anniversary (Philippines)</p>	<p>MOON LAST QTR 26</p> <p>Liberation Day (Kuwait)</p>	<p>27</p> <p>Independence Day (Dominican Republic)</p>	<p>28</p> <p>Kalevala/Finnish Culture Day (Finland) Peace Memorial Day (Taiwan)</p>	<p>March 2019</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></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> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </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							
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GREEK CULTURE

THE MYSTERY OF HOLY UNCTION

Greek Orthodox Christians believe that when a person is in pain physically, emotionally or spiritually, the Holy Unction reminds us that Christ is present with us through the ministry of His Church. The Sacrament of the Holy Unction of the sick is the Church's specific prayer for healing and forgiveness. It provides both physical and spiritual healing with Holy Oil blessed by the Holy Spirit.

Holy Unction is a mystery of great psychological and emotional comfort to the Orthodox Christians. It is based on the health view that the health of the body is linked to the health of the soul for they "live so close to each other that they often catch one another's sicknesses, illnesses and diseases".

When someone feels unwell, they go to the church and ask for prayers or they pray the Paraklesis, which is a service of supplication for people's wellbeing. Usually, when seeking healing through Paraklesis prayers, this is addressed to the Most Holy Theotokos (or the Mother of God) to seek her intercessions through the chanting of the supplicatory canon with psalms, hymns and 'ekteniae' or litanies for healing.

People also take small quantities of the Holy Unction Oil to their homes where they pray privately in times of need for health of body and soul. For example, when children get sick, they are advised to cross themselves with the Holy Unction in the form of the cross. The core essence of this practice is that only with God can we find healing of both soul and body.

This tradition originates in the Orthodox Christian Faith which can be traced back to the second and third centuries. It is generally being practiced with varying degree in many parts of the world and across generations as Greek Orthodox Christians interact with other cultures. The Orthodox Church continues to offer this sacrament of healing throughout the church calendar year and at any opportunity where it is needed in emergencies.

Interview conducted by: Anyoun Liai

Interviewee: Fr Dimitri Mavromatis

Photos taken by: Anyoun Liai and Bigstock Images

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Culture & Traditions Day (Micronesia) Freedom Day (Malta) Transfer Day (US Virgin Islands)	February 2019 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		April 2019 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	1 Independence Day (Bosnia & Herzegovina) World Day of Prayer (Christian) Independence Movement Day (South Korea) Republic Day (Switzerland) St David's Day (Wales) Zero Discrimination Day (UN)	2 Sydney Gay & Lesbian Mardi Gras (Australia) Oruro Carnival (Bolivia) 2-20, Nineteen-day Fast (Bahai) Victory at Adwa Day (Ethiopia) Saturday of Souls 1 (Orthodox Christian)	
3 Clean Up Australia Day Meatfare Sunday (Orthodox Christian) Liberation Day (Bulgaria) Martyrs' Day (Malawi) Hinamatsuri (Japan) World Wildlife Day	4 Labour Day WA Holiday History & Chamorro Heritage Day (Guam) Maha Shivaratri (Hindu) Hamilton Lavity Stoutt (Virgin Islands)	5 Shrove Tuesday (Christian) Custom Chiefs' Day (Vanuatu) Carnival (Angola/Bolivia/Andorra/Argentina)	6 Independence Day (Ghana) Ash Wednesday (Christian) Foundation Day (Norfolk Island)	7 NEW MOON Hari Raya Nyepi (Indonesia)	8 International Women's Day (UN)	9 Saturday of Souls 2 (Orthodox Christian)
10 Cheesefare Sunday (Orthodox Christian) Holocaust Remembrance Day (Bulgaria)	11 Canberra Day ACT Labour Day VIC Eight Hour Day TAS Adelaide Cup Holiday SA Clean Monday (Orthodox Christian) King Moshoeshoe I's Anniversary (Lesotho) Commonwealth Day (Commonwealth of Nations)	12 Independence Day (Mauritius)	13	14 MOON FIRST QTR Constitution Day (Andorra)	15 Constitution Day (Belarus) Joseph Jenkins Roberts' Bday (Liberia)	16 Restoration of Independence (Lithuania) Saturday of Souls 3 (Orthodox Christian)
17 Sheikh Mujibur Rahman's Birthday (Bangladesh) St Patrick's Day (Irish/Christian) Sunday of Orthodoxy (Orthodox Christian)	18 Marien Ngouabi Day (Republic of Congo) Benito Juarez Day (Mexico)	19 St Joseph's Day (Christian)	20 Equinox Ostara (Pagan) International Day of Happiness (UN) Holika Dahan (Hindu) Independence Day (Tunisia) Purim (Jewish) French Language Day (France)	21 FULL MOON Harmony Day Human Rights Day (South Africa) Independence Day (Namibia) International Day for Elimination of Racial Discrimination (UN) Naw Ruz Day (Bahai/Iran) International Day of Nowruz (UN) Holi Festival (Hindu) Hola Mohalla (Sikh)	22 Sushan Purim (Jewish) Emancipation Day (Puerto Rico)	23 Hungarian-Polish Friendship (Poland/Hungary) Pakistan Day (Pakistan)
24 Commonwealth Covenant Day (Northern Mariana Islands) Truth & Justice Memorial Day (Argentina)	25 Anniversary of the Arengo (San Marino) Independence Day (Greece) Feast of Annunciation (Christianity)	26 Independence Day (Bangladesh)	27	28 MOON LAST QTR Khordad Sal - Birth of Prophet Zarathushtra (Zoroastrian)	29 Boganda Day (Central Africa) Martyrs' Day (Madagascar)	30 Land Day (Palestine)

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear"

Buddha



HAWAIIAN CULTURE

HAWAI'IAN HEALTH PRACTICES

Hawaiians traditionally tend to keep healthy through *pono*, or “right living” - healthy diet, keeping fit and personal hygiene. Illness is believed to follow imbalance in some aspects of life, whether spiritual, mental or physical.

“Hawaiians view the mind, body and spirit as one”, so the body cannot be healed without the spirit being treated also. In healing the physical, Hawaiians were adept with herbal medicines (*la`au lapa`au*).

Traditional medicinal plant remedies are still used today. There are many plants used, but three popular ones are Taro, Awa and Noni. Olivia learned how to grow and use these from her grandfather and aunt. This is practiced wherever Hawaiians have settled, all over the world.

The taro is regarded as the most important plant in Hawaiian culture, symbolizing *ohana* (family) The root can be used raw on minor wounds to stop bleeding and relieve pain and swelling from insect stings and dried to treat digestive issues. Poi is a paste made from the cooked and slightly fermented taro root, generally eaten for its “rebalancing” health benefits (similar to how Westerners use yogurt) and has a myriad of uses, from baby food to promoting good gut health, as a probiotic, and lowering blood pressure.

The root of the Awa plant is dried and ground and made into a drink to treat headaches, muscle pain, coughs, colds and congestion and also used to calm anxiety, stress and to treat sleeping problems.

The Noni plant's leaves are prepared as a tea or tonic, to treat diabetes, high blood pressure and loss of appetite, urinary disorders, muscle and joint pain.

Interview conducted by: Annalise Webb

Interviewee: Olivia Palakiko

Photos by: Annalise Webb, Olivia Palakiko and Bigstock Images

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
<p>March 2019</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></td><td></td><td></td><td></td><td></td><td>1</td><td>2</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> <tr><td>31</td><td></td><td></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 Greek Cypriot National Day (Cyprus) Republic Day (Iran)	2 World Autism Day (UN) Malvinas/Veterans' Day (Argentina) Sizdah Be-dar/Nature Day (Iran) Unity Day of Peoples (Belarus/Russian)	3 Lailat al Miraj (Islam) Second Republic Day (Guinea)	4 Independence Day (Senegal) Peace Day (Angola)	NEW MOON 5 Ching/Qing Ming/ Tomb Sweeping Festival (Taiwan/ Hong Kong/China)	6 Act of Self Determination Day (Cocos Islands) Chakri Day (Thailand) President Ntaryamira Day (Burundi)
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7 Genocide Memorial Day (Rwanda) Sheikh Abeid Amani Karume Day (Tanzania)	8 Hana Matsuri/Flower Festival (Japan)	9 Day of Valor (Philippines) Martyrs' Day (Tunisia) National Unity Day (Georgia)	10	11 Juan Santamaria Day (Costa Rica) World Parkinson's Day	12 Fast and Prayer Day (Liberia)	MOON FIRST QTR 13 Songkran New Year Water Festival (Thailand)																																																	
14 Bangla New Year Day (Bangladesh) Rama Navami (Hindu) Vaisakhi/Baisakhi (Sikh and Hindu) Khmer New Year's Day (Cambodia) Palm Sunday (Eastern/Western Christian)	15 Kim Il-Sung Bday (North Korea)	16	17 Independence Day (Syria) Mahavir Jayanti (Jain)	18 Maundy Thursday (Christian) Birthday of Guru Angad Dev (Sikh) Independence Day (Zimbabwe)	FULL MOON 19 Good Friday National Holiday	Easter Saturday 20 National Holiday <small>except WA, TAS</small> Lazarus Saturday (Orthodox Christian) Chinese Language Day (UN) Lailat al Bara'ah (Islam)																																																	
Easter Sunday 21 <small>ACT, NSW, QLD, VIC</small> Tiradentes Day (Brazil) 21-29, Festival of Ridvan (Baha'i) Muhammad al-Mahdi's Birthday (Islam)	Easter Monday 22 National Holiday Earth Day	Easter Tuesday 23 <small>TAS</small> English Language Day (UN) St George's Day (Christian)	24 Armenian Martyrs' Day (Armenia) Loktantra Diwas, Democracy Day (Nepal)	ANZAC Day 25 National Holiday Freedom Day (Portugal) Liberation Day (Italy) Sinai Liberation Day (Egypt)	26 Union Day (Tanzania) Holy Friday (Orthodox Christian)	MOON LAST QTR 27 Holy Saturday (Eastern Christianity) Freedom Day (South Africa) Independence Day (Sierra Leone/Togo) King's Day (Aruba/Netherlands) Resistance Day (Slovenia)																																																	
28 Coptic Easter Sunday (Orthodox Christian) Mujahideen Victory Day (Afghanistan)	29 Sham el-Nessin/Spring Festival (Egypt) Showa Day (Japan)	30 St James the Great Day (Orthodox Christian) Carnival Day (Sint Maarten) Liberation/Reunification Day (Vietnam)	<p>May 2019</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></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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										
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NEW ZEALAND CULTURE

MAORI ROMI ROMI / MIRIMIRI

Maori Romi Romi / Mirimiri - Energy/Spiritual Balance is an ancient traditional Maori whole body massage that balances body, mind and spirit.

Maori Bodywork use traditional whole body massage techniques. Some clients come to a session with no prior knowledge of the practice and others come from a spiritual background. It originated in New Zealand many centuries ago and has been handed down from generation to generation.

Everyone has a 'story' to tell through their body, one which is completely unique to their body and spirit. The body holds on to tension, stress and trauma, whether physical or spiritual and this is expressed through pain in particular areas; for example, hip pain can mean lack of support or giving too much support to others (as hips support the upper body), back pain can originate from people's pasts (as your back is behind you).

The four elements are used to balance and heal clients. Heat or fire is used to treat sadness; water (in the form of ice) is used to treat inflammation or anger; wood is used to absorb moisture and draw out stagnation; rock/earth in the form of minerals and crystals is used to balance specific issues; wind in the form of flute music is used to lift and heal the spirit.

The benefits are a holistic, whole-body and spiritual healing. This practice is widely practised internationally, growing in popularity over the last 10-20 years.

"The body holds on to tension, stress and trauma, whether physical or spiritual and this is expressed through pain in particular areas"

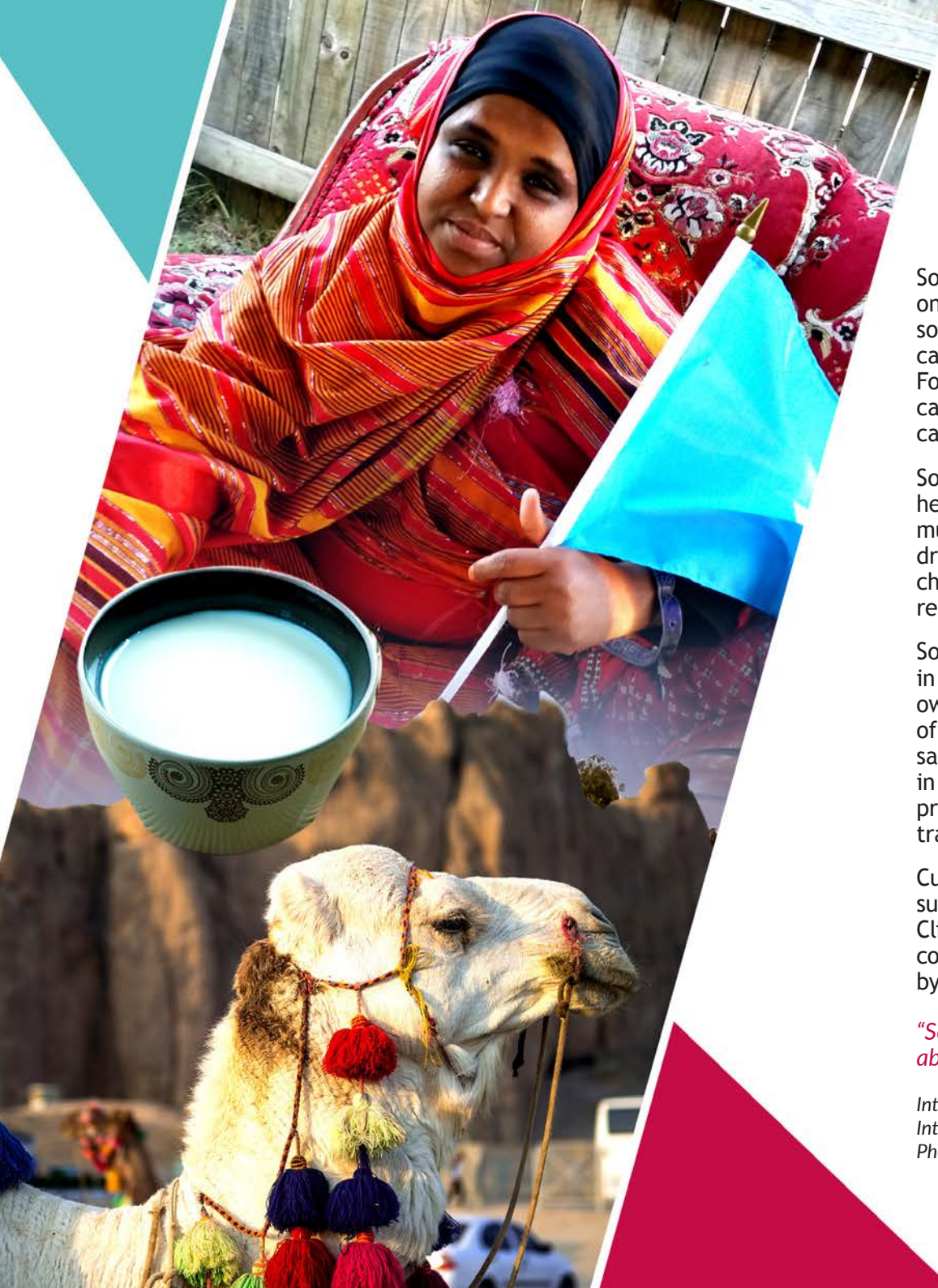
Interview conducted by: Annalise Webb

Interviewee: Piringi King Mocaraka

Photos by: Piringi King Mocaraka and Bigstock Images

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
		<div style="background-color: #800000; color: white; padding: 2px;">April 2019</div> <table border="1" style="font-size: 8px; width: 100%; text-align: center;"> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> <tr> <td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>28</td><td>29</td><td>30</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					1 International Workers Day/May Day (Global) Constitution Day (Marshall Islands) Convocation of the Constitutional Assembly (Latvia) People's Solidarity Day (Kazakhstan) Beltane (Pagan)	2 National Day of Prayer (USA) Yom Hashoah (Jewish)	3 Constitution Day (Poland) Constitution Memorial Day (Japan) Taue Matsuri (Shinto) World Press Freedom Day (UN) Saints Philip & James (Christian)	4 Remembrance Day (Netherlands/Afghanistan) Restoration of Independence Day (Latvia)							
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NEW MOON 5 African World Heritage Day (UNESCO) Cinco de Mayo (Mexico) Constitution Day (Kyrgyzstan) Coronation Day (Thailand) Liberation Day (Netherlands) Tango-no-Sekku (Shinto)	Labour Day QLD May Day NT 6 Ramadan Begins (Islam) St George's/Army Day (Bulgaria)	7 Radonitsa (Belarus) Akshaya Tritiya (Hindu) World Red Cross and Crescent Day	8 World Red Cross & Crescent Day	9 Europe/Schuman Day (EU) Liberation Day (Jersey) Victory Day (former Soviet Republics) Yom Ha'Atzmaut/Independence Day (Israel)	10 Constitution Day (Micronesia) Independence Day (Romania)	11 Human Rights Day (Vietnam) Laylat al-Bara'ah (Islam)																																																	
MOON FIRST QTR 12 Mothers' Day Buddha's Birthday (Buddhist - East Asia)	13 Rotuma Day (Fiji) 13-15, King Norodom Shiamoni's Birthday (Cambodia)	14 14-15, Independence Day (Paraguay) Kamuzu Day (Malawi) National Unification Day (Liberia)	15 International Day of Families (UN)	16 SPLA Day (South Sudan)	17 General Prayer Day (Denmark) Constitution Day (Nauru/Norway) International Day Against Homo/Trans/Biphobia Liberation Day (Congo) World Telecommunication & Information Society Day (UN)	18 Revival, Unity and Magtymguly Poetry Day (Turkmenistan) Culture Freedom Day (International)																																																	
FULL MOON 19 Buddha Day/Vesak/Visakha Puja (Buddhist) Ho Chi Minh's Birthday (Vietnam) International AIDS Candlelight Memorial	20 Discovery Day (Cayman Islands) National Day (Cameroon) Victoria Day (Canada) Independence Restoration Day (East Timor)	21 Afro-Colombian Day (Colombia) Day of Culture and Art Workers (Kazakhstan) Independence Day (Montenegro) World Day for Cultural Diversity for Dialogue & Development (UN)	22 Royal Ploughing Ceremony (Thailand / Cambodia) Unity/Independence Day (Yemen) Nuzul Al-Quran (Brunei)	23 Lag B'omer (Jewish) Declaration of the Bab (Baha'i) Labour Day (Jamaica)	24 Commonwealth Day (Belize) Culture and Literacy Day (Bulgaria) Independence Day (Eritrea)	25 25-7 Jun, Sr TT Race (Isle of Man) Africa Day/Week (Zimbabwe/Zambia/Ghana/UNESCO) Independence Day (Jordan) National Day (Argentina)																																																	
26 Martyrdom of Imam Ali (Iran) Independence Day (Guyana/Georgia) National Sorry Day (Australia)	MOON LAST QTR 27 Reconciliation Week (Australia) Memorial Day (USA)	28 Republic Day (Armenia/Azerbaijan) Republic Day (Nepal)	29 Ascension of Baha'u'llah (Baha'i) Democracy Day (Nigeria)	30 Ascension Day (Western Christian) Ascension of Jesus (Christian)	31 Layla al-Qadr Night of Power (Islam) Bermuda Day	<div style="background-color: #800000; color: white; padding: 2px;">June 2019</div> <table border="1" style="font-size: 8px; width: 100%; text-align: center;"> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> </tr> <tr> <td>30</td><td></td><td></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						
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SOMALI CULTURE

SOMALI PEOPLE & CAMEL MILK

Somali people have been herding camels for hundreds of years and have relied on their milk and meat for food. It is estimated that camels came to Somalia some one and a half thousand years ago from the Gulf of Arabia. Since then, camels have played an important social and economic role in Somali's culture. For instance, a Somali man's social status is determined by the number of camels he owns. Traditionally, a Somali groom would pay up to one hundred camels as a dowry for his wife.

Somali people widely believe that consumption of camel milk has far more health benefits than just being food because it prevents, treats and cures multiple diseases and illnesses. For example, Somali people believe that drinking camel milk helps the body by destroying viruses, protecting it against chronic diseases such as diabetes, blood pressure, and heart diseases, and reduces the adverse side effects of chemotherapy to cancer patients etc.

Somali people in Australia get their share of camel milk from a camel farm in Western Australia, whose products are sold (\$16 per litre) in special stores owned by Somali people in markets such as that in Brisbane southern suburb of Moorooka. However, camel milk in Australia is thought not to be of the same quality as that in Somalia, "in many instances, when a Somali person in Australia is diagnosed with chronic diseases such as diabetes and blood pressure, they don't waste their time pursuing western treatment, rather they travel to Somalia and to remote villages where camels graze naturally".

Currently some health studies seem to suggest that camel milk contains sufficient insulin- like protein to help prevent and, perhaps, treat diabetes. Clinical trials also show for people with type one diabetes that the daily consumption of 0.5 litre camel milk can reduce the need for insulin medication by 30%.

"Somali people believe that drinking camel milk protects the body for its ability to destroy viruses"

Interview conducted by: Anyuon Liai

Interviewee: Abdul Mohamed and Habiba Ali

Photos by: Anyuon Liai.

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 General Prayer Day (Central African Republic) Independence Day (Congo) Oharai/Grand Purification Festival (Shinto)	July 2019 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				May 2019 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 Independence Day (Samoa) Madaraka/National Day (Kenya) President's Day (Palau) Laylat al-Qadr (Gambia)
2 Yom Yerushalaim/Jerusalem Day (Israel) Republic Day (Italy)	NEW MOON 3 Western Australia Day - WA Holiday Queen's Birthday (NZ/Niue/Cook Islands) Savitri Puja (Hindu) Martyrs' Day (Uganda) Mabo Day (Australia)	4	5 Eid-al-Fitr (Islam) Liberation Day (Seychelles) Constitution Day (Denmark) Khordad Movement Anniversary (Iran) President's Day (Equatorial Guinea) World Environment Day (UN) Korite (Benin) Hari Raya Puasa (Singapore/Indonesia)	6 Memorial Day (South Korea) National Day (Sweden) Ascension of Jesus (Orthodox Christian)	7 Dragon Boat Festival (China/Hong Kong/Macau/Taiwan) Sette Giugno (Malta) Randol Fawkes Labour Day (Bahamas)	8 Bounty Day (Norfolk Island) Queen's Official Birthday (Tuvalu/UK)
9 Pentecost or Whit Sunday (Christian) Shavuot (Jewish) Autonomy Day (Aland Islands) St Columba of Iona (Celtic Christian) National Heros Day (Uganda) Race Unity Day (Baha'i)	MOON FIRST QTR 10 Volunteers Day SA Queen's Birthday Holiday (except QLD, WA) Portugal Day Reconciliation Day (Congo) Bounty Day observed (Norfolk Island)	11	12 Chaco Armistice Day (Paraguay) Independence Day (Philippines) Russia Day (Russia) Loving Day (USA)	13 International Albinism Awareness Day (UN) Anthony of Padua Feast Day (Portugal/Spain/Brazil) Nirjala Ekadashi (Hindu)	14 Flag Day (USA) Liberation Day (Falkland Islands)	15 Saturday of Souls 4 (Orthodox Christian) Saint Vladimir Day (Christian) National Salvation Day (Azerbaijan) World Elder Abuse Awareness Day (UN) Day of Valdemar & Reunion Day (Denmark)
16 Pentecost (Orthodox) Martyrdom of Guru Arjan Dev Sahib (Sikh) Trinity Sunday (Western Christian) Galla Bayramy (Turkmenistan) Poson Full Moon Poya Day (Sri Lanka)	FULL MOON 17 Independence Day (Iceland) National Heroes Day (Bermuda) Commemoration of General Don Martin Miguel de Guemes (Argentina) Saka Dawa (Tibetan Buddha Day)	18	19 Birthday of Jose Artigas & Never Again Day (Uruguay) King Jong-il's entry to the WPK (North Korea) Labour Day (Trinidad/Tobago) New Church Day (Swedenborgian Christian)	20 National Flag Day (Argentina) Corpus Christi (Catholic Christian) Martyrs' Day (Eritrea) World Refugee Day (UN)	21 National Indigenous Peoples Day (Canada) Solstice Litha Yule (Pagan) National Day (Greenland) Aymara New Year Day (Bolivia)	22 Anti-Fascist Struggle Day (Croatia)
23 National Day (Luxembourg) All Saints (Orthodox Christian) Victory Day (Estonia)	24 Apostles Fast Begins 5 days (Orthodox Christian) Battle of Carabobo Day (Venezuela) St John's Day (Catholic Christian)	MOON LAST QTR 25	26 Independence Day (Madagascar) International Day in Support of Victims of Torture (UN)	27 National Day (Djibouti) Multiculturalism / Mixed Race Day (Canada / Brazil)	28 Feast of the Sacred Heart of Jesus (Catholic) Constitution Day (Ukraine)	29 National Day (Seychelles) Independence Day (Seychelles) Feast Day of Saints Peter & Paul (Christian)



CROATIAN CULTURE

LIPA TEA

Many Croatians believe in the health benefits of drinking Lipa tea. Lipa tea is made from the flowers of the Linden tree, otherwise known as Lime or Basswood tree. When in Croatia, the flowers can be collected from the trees growing there, they are then dried and used to make tea. However, you can buy this tea already packaged from the shops. It is even available in the supermarkets here in Australia!

Lipa tea is often drunk to help lower fever. It is believed that the properties in the flower can increase blood flow to the skin which induces sweating and in turn lowers the body temperature. Other benefits include alleviating the symptoms of colds and flu, nasal congestion and coughs. The antioxidant properties are believed to assist with pushing the toxins out of the body.

The Linden tree is native to many parts of Europe, Asia and some parts of North America. As such the tea is popular in many of those regions. Historically the Linden tree and their blossoms have been around for a very long time and are used by a number of different cultures.

“The antioxidant properties (of Lipa Tea) are believed to assist with pushing the toxins out of the body”

Interview conducted by: Taryn Quach
Interviewees: Maria Hrlec and Jelena Matcsic
Photos by: Taryn Quach and Bigstock Images



JULY 2019

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<p>7 NAIDOC Week 7-14 (Australia) Independence Day (Solomon Islands) Saba Saba Day (Tanzania) Tanabata Festival (Japan)</p>	<p>8 Kautainen Folk Festival (Finland)</p>	<p>MOON FIRST QTR 9 Constitution Day (Palau) Independence Day (South Sudan/Argentina) Martyrdom of the Bab (Baha'i)</p>	<p>10 Independence Day (Bahamas)</p>	<p>11 St Benedict Day (Catholic Christian) Birth Anniversary of Guru Rinpoche (Bhutan) 11-15, Naadam Festival (Mongolia) National Culture Day (Kiribati)</p>	<p>12 Independence Day (Saoi Tome and Principe/Kiribati)</p>	<p>13 Obon (Ulambana) Festival of Souls (Buddhist / Shinto) Statehood Day (Montenegro)</p>																																																	
<p>14 Bastille Day (France/French Guiana) Republic Day (Iraq)</p>	<p>15 President's Day (Botswana) HM The Sultan's Birthday (Brunei) St Vladimir the Great Day (Orthodox Christian)</p>	<p>16 Asahna Bucha/Dharma/ Asalha Puja Day (Buddhist) Our Lady of Mt Carmel (Chile) Galla Bayramy (Turkmenistan) Guru Purnima (Hindu)</p>	<p>FULL MOON 17 Independence Day (Slovakia) Constitution Day (South Korea) King's Birthday (Lesotho)</p>	<p>18 Constitution Day (Uruguay) Nelson Mandela International Day (UN)</p>	<p>19 Sandinista Revolution Day (Nicaragua)</p>	<p>20 Independence Day (Colombia)</p>																																																	
<p>21 Fast of Tammuz (Jewish) Independence Day (Belgium) Liberation Day (Guam) Racial Harmony Day (Singapore)</p>	<p>22 Birthday of King Sobhuza II (Swaziland)</p>	<p>23 National Remembrance Day (Papua New Guinea) Renaissance Day (Oman) Revolution Day (Egypt)</p>	<p>24 Simon Bolivar Day (Venezuela/ Ecuador/ Colombia/Bolivia) The Restoration of Democracy (Greece) Pioneer Day (Mormon Christian)</p>	<p>MOON LAST QTR 25 St James the Great (Christian) Baha'i Day on Jamaica (Jamaica) Constitution Day (Puerto Rico) Guanacaste Day (Costa Rica) Republic Day (Tunisia)</p>	<p>26 Day of the Natl Rebellion (Cuba) Independence Day (Liberia) Qaamee Dhuvas/ Independence Day (Maldives)</p>	<p>27 Victory Day (North Korea)</p>																																																	
<p>28 The Vardavar Water Festival (Armenia) Anniversary of the Fall of Fascism (San Marino) Independence Day (Peru)</p>	<p>29 Territory Day (Wallis & Futuna)</p>	<p>30 Independence Day (Vanuatu) International Day of Friendship (UN)</p>	<p>31</p>	<p>August 2019</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></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></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							
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FIJI CULTURE VATIVATI - FERNS

Vati vati is a special plant that grows wild on the river banks and in the bush in Fiji.

Vati Vati plants belong to the fern family. They have hairy branches and are considered medicinal plants by Fijians. Various parts of the plants are used for different types of illnesses. The juice of the leaves are used to treat influenza for children, pain in the lower chest, diarrhoea, etc. The liquid from the roots and leaves are used for a relapsed illness and the stem cures shortness of breath, among other ailments. The roots and leaves are pounded together and mixed with water. The strength of the mixture will depend on how much water is added. It is then taken for four to five days to free the body from pain. This herbal medicine does not only cure body pain. It also relaxes muscles and is often taken by Fijian women after giving birth. Almost all ethnic groups in the South Pacific Country of Fiji practice traditional medicine.

Ethnic Fijians often attribute sickness to supernatural entities in their pre-Christian belief system. Illnesses that are ascribed to natural causes are treated with Western medicine and medical practices, but illnesses that are thought to result from sorcery are treated by traditional healers, including seers, diviners, massage masters, and herbalists. Healing occurs in a ritual context as the forces of good battle those of evil.¹

Interview conducted by: Marcela Fischer

Interviewee: Kesa Dibabale Strieby

President - Cairns and Region Multicultural Association Inc

Founding Member - FNQ Fiji Community Association Inc

Photos by: Kesa Dibabale Strieby

Source:

¹ www.everyculture.com

AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>September 2019</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></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								<p>July 2019</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></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</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				<p>1</p> <p>Independence Day (Benin) National Day (Switzerland) Lammas (Christian) Lughnassad - Imbolc (Pagan) Fast in Honor of Holy Mother of Jesus (Orthodox Christian)</p>	<p>2</p> <p>Our Lady of the Angels Day (Costa Rica) Republic/Ilinden Day (Macedonia)</p>	<p>3</p> <p>Independence Day (Niger)</p>
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<p>4</p> <p>The First Sermon of Lord Buddha (Buddhist/Bhutan) Constitution Day (Cook Islands)</p>	<p>Bank Holiday NSW Picnic Day NT</p> <p>5</p> <p>Nag Panchami Festival (Hindu) Independence Day (Burkina Faso)</p>	<p>6</p> <p>Independence Day (Jamaica/Bolivia) Transfiguration of the Lord (Orthodox Christian)</p>	<p>7</p> <p>Civic Day (Canada) Commerce Day (Iceland) Independence Day (Ivory Coast)</p>	<p>8</p> <p>Augsburg Peace Festival (Germany)</p>	<p>9</p> <p>International Day of the World's Indigenous People (UN) National Day (Singapore) Varalakshmi Vratam (Hindu) Constitution Day (Anguilla)</p>	<p>10</p> <p>Independence Day (Ecuador) Waqf al Arafat (Islam) Arafat Day (Islam)</p>																																																																																				
<p>11</p> <p>Tisha B'av (Jewish) Independence Day (Chad) Hari Raya Haji (Singapore)</p>	<p>12</p> <p>HM Queen's Birthday (Thailand) Carnival (Grenada) Eid al Adha (Islam)</p>	<p>13</p> <p>Independence Day (Central African Republic) Obon Festival of Souls 13-15 (Japan)</p>	<p>Royal Show Day QLD - Brisbane</p> <p>14</p> <p>Anniversary Day (Tristan da Cunha) Independence Day (Pakistan) Oued Ed-Dahab Day (Morocco)</p>	<p>15</p> <p>National Day (Liechtenstein) Assumption of Mary (Christian) Constitution Day (Equatorial Guinea) Founding of Asuncion (Paraguay) Independence Day (India) Dormition of the Theotokos (Orthodox Christian) Liberation Day (North/South Korea) Obon Festival of Souls (Buddhist)</p>	<p>16</p> <p>National Day (Gabon)</p>	<p>17</p> <p>Independence Day (Indonesia) San Martin Day (Argentina)</p>																																																																																				
<p>18</p> <p>Refugee Week 18-22 (Australia)</p>	<p>19</p> <p>Independence/National Day (Afghanistan) World Humanitarian Day (UN)</p>	<p>20</p> <p>Independence Restoration Day (Estonia) King & People's Revolution Day (Morocco) St Stephen's Day (Hungary)</p>	<p>21</p> <p>Ninoy Aquino Day (Philippines)</p>	<p>22</p>	<p>23</p> <p>Krishna Janmashtami or Jayanti (Hindu)</p>	<p>24</p> <p>Independence Day (Ukraine)</p>																																																																																				
<p>25</p> <p>Independence Day (Uruguay) Songun (North Korea)</p>	<p>26</p> <p>Repentance Day (Papua New Guinea)</p>	<p>27</p> <p>Independence Day (Moldova) Paryushana Parva (Jain)</p>	<p>28</p>	<p>29</p> <p>Beheading of St John the Baptist (Christian)</p>	<p>NEW MOON</p> <p>30</p> <p>Constitution Day (Kazakhstan) St Rose of Lima Day (Peru) New Year (Islam)</p>	<p>31</p> <p>Hari Merdeka National Day (Malaysia) Independence Day (Kyrgyzstan/Trinidad/Tobago) National Language Day (Moldova)</p>																																																																																				



VIETNAM CULTURE CAO GIO AND GIAC HOI

Two common health practices in Vietnam are *Cạo gió* (coining) and *Giác Hơi* (cupping). *Cạo gió* is the practice of rubbing the skin with some type of heating or medicated oil before scraping the area, usually with the side of a smooth edged coin. It is believed that the person has caught “bad winds” and by scraping the skin you are removing the “bad winds” from their body. This practice leaves streaks of red marks and bruising over the areas that have been scraped.

Giác Hơi or cupping is where circular suction cups made of glass, bamboo, or earthenware are applied to dry skin. In Vietnam the most popular method involves warming the air inside a cup by means of a fire started with alcohol, herbs or paper. When the fire dies out, the cup is placed upside down on the patient’s skin for about 5-10 minutes. As the air inside the cup cools, the vacuum then created causes blood vessels to expand.

Both *Cạo gió* and *Giác Hơi* are used to treat a number of things such as colds, flu, back pain, fever, headaches and general aches and pain. *Cạo gió* is more commonly practiced in Vietnam than *Giác Hơi* because it is easier and requires less equipment.

“When we first came to Australia, my husband and I still practiced *Cạo gió* on each other but we stopped as we heard it was being mistaken for abuse. However *Cạo gió* and *Giác Hơi* are still very common practices in Vietnam, my relatives still do *Cạo gió* on each other within the home, and you can pay someone on the street to do *Giác Hơi* for you if you didn’t want to do it at home”.

Interview conducted by: Taryn Quach

Interviewee: Phung Quach

Photos by: Phung Quach and Bigstock Images



SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Constitution Day (Slovakia) Independence Day (Uzbekistan) Ecclesiastical Year Begins (Orthodox Christian) Hijri New Year (Islam) Teej Festival (Hindu / Nepal)	2 National Day (Vietnam) Ganesh Chaturthi (Hindu) Umhlanga/Reed Dance (Swaziland) Labour Day (USA/Canada)	3 Republic Day (San Marino) Tokehaga Day (Tokilau)	4	5	MOON FIRST QTR 6 Independence Day (Swaziland) Unification Day (Bulgaria)	7 Constitution Day (Fiji) Independence Day (Brazil)
8 Independence Day (Macedonia) National Day (Andorra) Nativity of Virgin Mary (Christian) Nativity of Theotokos (Orthodox Christian)	9 Independence Day (Tajikistan) National Day (North Korea) Birthday of the King (Malaysia)	10 National Day (Belize) National Day (Gibraltar) Day of Achura (Islam)	11	12 Harvest Festival/Chuseok (South Korea) Enkutatash (Ethiopian New Year)	13 Mid Autumn Festival (China / Vietnam)	FULL MOON 14 Raksha Bandhan (Hindu) Elevation of the Life Giving Holy Cross (Christian)
15 Independence Day (Costa Rica/El Salvador/Guatemala/Honduras/Nicaragua) Intl Day of Democracy (UN)	16 Independence Day (Mexico/PNG) Malaysia Day Respect for the Aged Day (Japan)	17 Birthday of Crown Prince Tupouto a Ulukalala (Tonga) Constitution & Citizenship Day (USA) Vishwakarma Puja (Hindu) Prince's Day (Netherlands)	18	19 Independence Day (St Kitts & Nevis)	20 Constitution Day (Nepal)	21 International Day of Peace (UN) Independence Day (Armenia/Belize/Malta) Start of Oktoberfest (Germany)
MOON LAST QTR 22 Independence Day (Bulgaria/Mali)	23 National Day (Saudi Arabia) Equinox Mabon - Ostara (Pagan)	24 Constitution Day (Cambodia) National Day (Guinea-Bissau) New Caledonia Day Our Lady of Mercy Day (Dominican Republic) Republic Day (Trinidad & Tobago)	Queen's Birthday Holiday WA Family & Community Day ACT 25	26 European Day of Languages	27 Meskel (Ethiopian Orthodox Christian) Native American Day (USA) Manit Culture Day (Marshall Islands)	28 St Wenceslas/Statehood Day (Czech) Mahalaya Amavasya (Hindu) Confucius Birthday (China/Hong Kong)
NEW MOON 29 Navaratri (Hindu) Michael and All Angels (Christian)	30 International Translation Day Botswana Day Martyr's Day (Sao Tome/Principe) Rosh Hashanah (Jewish)	October 2019 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			August 2019 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	

“Calm mind brings inner strength and self-confidence, so that’s very important for good health”

Dalai Lama

PAPUA NEW GUINEA CULTURE

SORCERY

Papua New Guinea (PNG) is a country of cultural and linguistic diversity. It is attributed with having more than 800 distinctly different languages exclusive of dialects, as well as distinctly different cultures. To try to relate all these cultures and their beliefs and values to one particular way or thinking around health issues would be an injustice.

Generally, PNG cultures believe in a strongly influential spirit world. Family members and others who have left this world are believed to still influence the physical world we live in. When a member of the living family falls ill, it is believed that the cause could be sorcery related to envy or revenge. Sorcery is also known as 'black magic' which many Papua New Guineans believe can be used to make a person ill or die after a short illness. The effects of sorcery can be cured through a healer who is familiar with the use of herbs, plant leaves, berries and roots and stones/gems. However if the sorcery is too strong, it is believed the person cannot be cured and will die.

"Generally, PNG cultures believe in a strongly influential spirit world".

"Most Papua New Guineans are animists, that is they believe that both animals and plants have spirits (like human souls) and that these need to be appeased or respected. Rituals are often required to communicate with the spirit or to dispel or pacify it. Animists may also attribute spirits to geographical features or manufactured objects. Belief in spirits tends to support respect for the natural environment, and therefore helps ensure communities live sustainably."¹

Interview conducted by: Thana Roysmith

Interviewee: Stella Miria-Robinson

Photos by: Stella Miria-Robinson and Bigstock Images

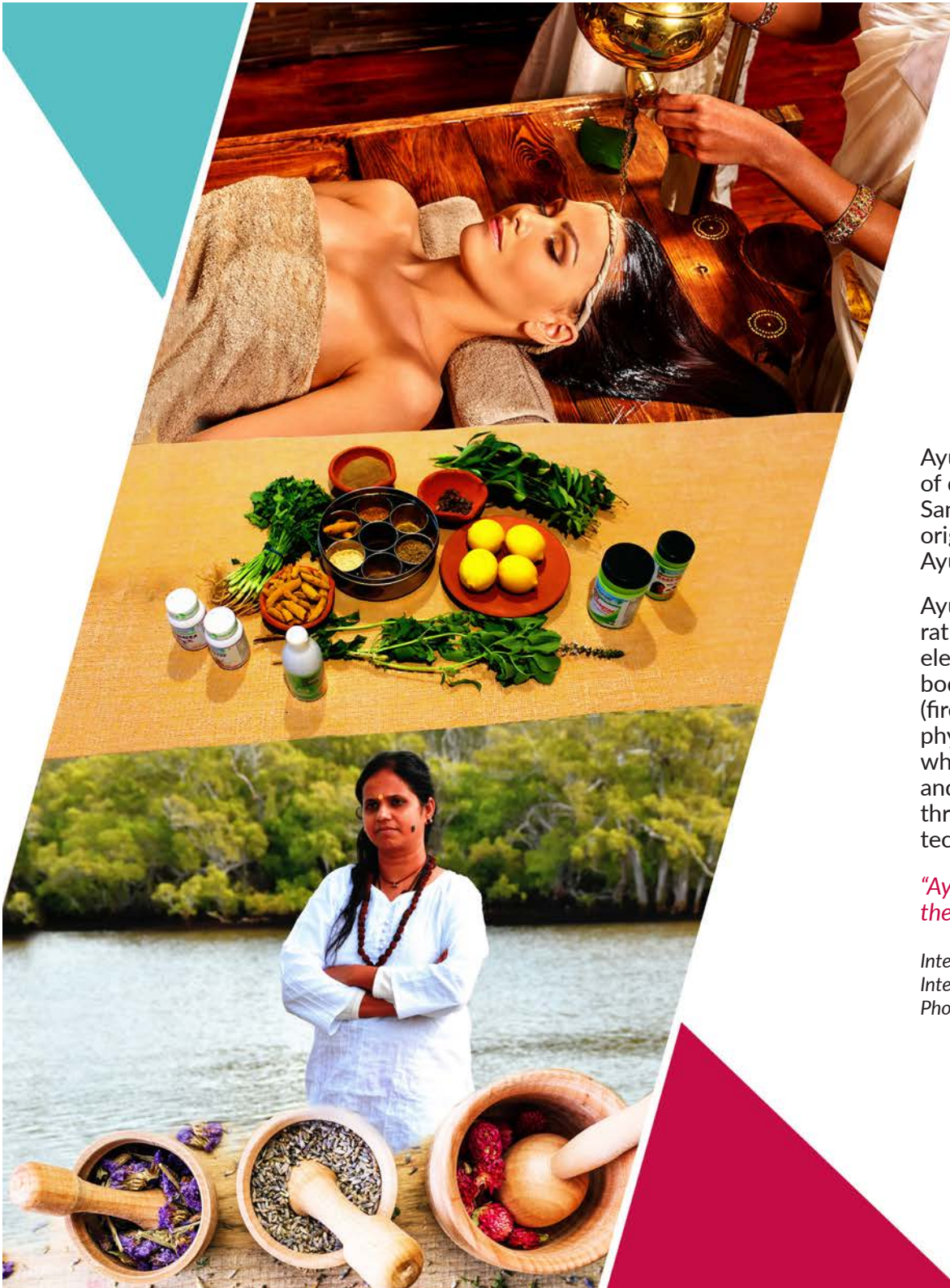
Source:

¹ *Belief Systems & Cultural Aspects in Papua New Guinea*
www.cultureofthecountryside.co.uk



OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>September 2019</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</p>	<p>1</p> <p>Independence Day (Cyprus/Nigeria/Tuvalu/Palau)</p> <p>Int'l Day of Older Persons (UN)</p> <p>National Day (China/Hong Kong/Macau)</p>	<p>2</p> <p>NEW MOON</p> <p>Fast of Gedaliah (Jewish)</p> <p>Independence Day (Guinea)</p> <p>Int'l Day of Non-Violence (UN)</p> <p>Mahatma Gandhi's Birthday (India)</p>	<p>3</p> <p>Day of German Unity (Germany)</p> <p>National Foundation Day (South Korea)</p> <p>Independence Day (Iraq)</p>	<p>4</p> <p>Independence Day (Lesotho)</p> <p>St Francis of Assisi Day (Christian)</p> <p>Blessing of the Animals (Christian)</p> <p>Peace & National Reconciliation Day (Mozambique)</p>	<p>5</p> <p>Constitution Day (Vanuatu)</p> <p>Republic Day (Portugal)</p> <p>Shabbat Shuva (Jewish)</p>
<p>MOON FIRST QTR</p> <p>6</p> <p>Dassera or Durga Puja (Hindu)</p> <p>Tishren Liberation Day (Syria)</p>	<p>Queen's Birthday Holiday QLD</p> <p>Labour Day NSW, SA, ACT</p> <p>7</p> <p>Territory Day (Christmas Island)</p> <p>Chung yeung Festival (Hong Kong, Taiwan, China/Macau)</p>	<p>8</p> <p>Thimphu Tsechu (Bhutan)</p> <p>Independence Day (Croatia)</p> <p>Dussehra Festival Begins (India)</p>	<p>9</p> <p>Yom Kippur (Jewish)</p> <p>Independence Day (Taiwan/Uganda)</p> <p>Independence of Guayaquil (Ecuador)</p> <p>National Day (Taiwan)</p>	<p>10</p> <p>Curacao Day (Curacao)</p> <p>Fiji Day (Fiji)</p> <p>Independence Day (Cuba)</p> <p>Maroon Day (Suriname)</p>	<p>11</p> <p>National Coming Out Day (LGBTIQ)</p> <p>Revolution Day (Macedonia)</p>	<p>12</p> <p>Day of Respect for Cultural Diversity (Argentina)</p> <p>Day of Cultures (Costa Rica)</p> <p>Hispanic Day (Spain)</p> <p>Indigenous Resistance (Venezuela/Bolivia)</p> <p>Our Lady of Aparecida/Children's Day (Brazil)</p>
<p>Moon Festival (Taiwan/China/Vietnam)</p> <p>Kojagrat Purnima (Nepal)</p> <p>Sharad Purnima (Hindu)</p> <p>Sukkot/Tabernacles (Jewish)</p> <p>Prince Rwagasore Day (Burundi)</p> <p>Thadingyut Full Moon Day (Myanmar)</p> <p>Sharad Purnima (Hindu)</p> <p>13</p>	<p>FULL MOON</p> <p>14</p> <p>Independence Day (Equatorial Guinea)</p> <p>Columbus Day (Colombia/Puerto Rico/USA)</p> <p>Thanksgiving (Canada Interfaith)</p> <p>Revolution Day (Yemen)</p> <p>Mwalimu Nyerere Day (Tanzania)</p> <p>Svetitskhoveli (Georgia)</p>	<p>15</p> <p>Commemoration Day of King Father Norodom Sihanouk (Cambodia)</p>	<p>16</p>	<p>17</p> <p>Death of Dessalines (Haiti)</p> <p>Karwa Chauth (Hindu)</p>	<p>18</p> <p>Alaska Day (Alaska)</p> <p>Independence Day (Azerbaijan)</p> <p>St Luke, Apostle & Evangelist (Christian)</p> <p>National Day of Prayer (Zambia)</p>	<p>19</p> <p>Constitution Day (Niue)</p> <p>Mother Teresa Beatification Day (Albania)</p> <p>Ethnicity Day (Estonia)</p>
<p>20</p> <p>Heroes/Mashujaa Day (Kenya)</p> <p>Revolution Day (Guatemala)</p> <p>Installation of Scriptures as Guru Granth Sahib (Sikh)</p> <p>Birth of the Báb (Bahá'í)</p>	<p>MOON LAST QTR</p> <p>21</p> <p>Shemini Atzeret (Jewish)</p> <p>President Ndadaye's Day (Burundi)</p> <p>Remembrance Day (Serbia)</p> <p>St Ursula's Day (British Virgin Islands)</p>	<p>22</p> <p>Simchat Torah (Jewish)</p>	<p>23</p> <p>Chulalongkorn Day (Thailand)</p> <p>Commemoration of the Paris Peace Agreements of 1991 (Cambodia)</p> <p>Day of the Macedonian Revolutionary Struggle (Macedonia)</p> <p>Liberation Day (Libya)</p> <p>Republic Day (Hungary)</p>	<p>24</p> <p>Independence Day (Zambia)</p> <p>United Nations Day (UN)</p>	<p>25</p> <p>Dhanteras Vrat (Hindu)</p> <p>Thanksgiving Day (Grenada)</p>	<p>26</p> <p>Angam Day (Nauru)</p> <p>Intersex Day of Remembrance</p> <p>National Day (Austria)</p>
<p>Tihar Festival (Nepal)</p> <p>Naraka Chaturdasi (India)</p> <p>Sri Shayama Puja (Bangladesh)</p> <p>Christ the King (Christian)</p> <p>Deepavali/Diwali/Festival of Lights (Hindu/Sikh)</p> <p>Independence Day (St Vincent/ The Grenadines/ Turkmenistan)</p> <p>27</p>	<p>NEW MOON</p> <p>28</p> <p>Milvian Bridge Day (Christian)</p> <p>Independence Day (Czech Republic)</p> <p>National/Ochi Day (Cyprus/ Greece)</p> <p>Govardhan Puja (India)</p>	<p>29</p> <p>Bhai Dooj (Hindu)</p> <p>King's Coronation Day (Cambodia)</p> <p>Republic Day (Turkey)</p> <p>Jain New Year (Jain)</p> <p>Reformation Day (Protestant Christian)</p>	<p>30</p>	<p>31</p> <p>All Hallows Eve (Christian)</p> <p>Halloween (USA)</p> <p>Reformation Day (Protestant Christian)</p> <p>World Cities Day (UN)</p>	<p>November 2019</p> <p>S M T W T F S</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>	



INDIAN CULTURE

AYURVEDA

Ayurveda is one of the oldest traditional, holistic, healing method of treatment of diseases and ailments. Ayurveda originated in India around 6,000 BC. In Sanskrit language 'Ayur' means longevity and 'Veda' means knowledge. The origin of Ayurveda is attributed to 'Atharva Veda', Charaka Samhita' (text of Ayurveda, 1000 BCE) which is the fourth Veda of Hinduism.

Ayurveda emphasises mind-body connection and aims to treat the root cause rather than symptoms of the illness. According to Ayurveda, there are five elements of nature – space, air, fire, water and earth that function within our body. Balancing the three body types 'prakruti' or 'doshas' – 'Vata' (air), Pitta' (fire) and 'Kapha' (water) is important. The essence of Ayurveda is to assess the physical body to identify the unbalanced 'dosha' and prescribe natural therapy which involves detoxification of the body, strengthening the immune system and restoring the balance of the 'dosha' to attain rejuvenation and well-being through herbal formulation, yogasanas (exercise) and pranayama (breathing techniques and meditation to balance the mind).

"Ayurveda emphasises mind-body connection and aims to treat the root cause rather than symptoms of the illness"

Interview conducted by: Thana Roysmith

Interviewee: Yogi Sri Amaraeshwari Amba of Yoga Peedam

Photos by: Thana Roysmith, Bigstock images and Yogi Sri Amaraeshwari Amba

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December 2019</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>October 2019</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>All Saints' Day (Christian) 1</p> <p>Independence Day (Antigua/Barbuda)</p> <p>National Revival Day (Bulgaria)</p> <p>Anniversary of the Revolution (Algeria)</p> <p>Samhain Beltane (Pagan)</p> <p>Coronation of His Majesty the King (Bhutan)</p>	<p>2</p> <p>Day of the Dead (Mexico)</p> <p>Chhath Puja (India)</p> <p>All Souls' Day (Christian)</p> <p>Arrival of Indentured Labourers (Mauritius)</p>
<p>3</p> <p>Culture Day (Japan)</p> <p>Separation Day from Colombia (Panama)</p> <p>Victory Day (Maldives)</p>	<p>MOON FIRST QTR</p> <p>Recreation Day TAS 4</p> <p>Citizenship Day (Northern Mariana Islands)</p> <p>All Saints Day (Colombia)</p> <p>Constitution Day (Dominican Republic/Tonga)</p> <p>Unity Day (Russia)</p> <p>Independence Day (Micronesia)</p>	<p>Melbourne Cup Day 5</p> <p>Melb Holiday</p> <p>Colon Day (Panama)</p> <p>Guy Fawkes Night (UK)</p> <p>Election Day (USA)</p>	<p>6</p> <p>Constitution Day (Dominican Republic/Tajikistan)</p>	<p>7</p> <p>October Revolution Day (Belarus/Kyrgyzstan)</p> <p>Thanksgiving Day (Liberia)</p>	<p>8</p>	<p>9</p> <p>Allama Iqbal Day (Pakistan)</p> <p>Independence Day (Cambodia)</p> <p>State Flag Day (Azerbaijan)</p>
<p>10</p> <p>Ataturk Memorial Day (Turkey)</p> <p>Mawlid al-Nabi (Islamic-Shi'a)</p> <p>10-13, Bon Om Touk 'The Water Festival' Ceremony (Cambodia)</p>	<p>11</p> <p>Independence Day (Angola / Poland)</p> <p>Remembrance Day (Commonwealth Nations)</p> <p>Republic Day (Maldives)</p> <p>Veterans Day (Observed by multiple countries, under different names)</p> <p>Cartagena Independence Day (Colombia)</p> <p>Heir to the Throne's birthday (Tuvalu)</p>	<p>12</p> <p>Birth of Baha'u'llah (Baha'i)</p> <p>Constitution Day (Azerbaijan)</p> <p>Celebration of Guru Nanak Gurburab (Sikh)</p>	<p>FULL MOON</p> <p>13</p> <p>Loy Krathong (Thailand)</p>	<p>14</p>	<p>15</p> <p>German Community Day (Belgium)</p> <p>Independence Day (Palestine)</p> <p>King's Feast (Belgium)</p> <p>National Peace Day (Ivory Coast)</p> <p>Republic Day (Northern Cyprus/Brazil)</p> <p>Shichigosan Festival (Shinto)</p> <p>Nativity Feast Begins (Orthodox Christian)</p>	<p>16</p> <p>Intl Day for Tolerance (UN)</p>
<p>17</p> <p>Freedom and Democracy Day (Czech Republic)</p> <p>National Revival Day (Azerbaijan)</p> <p>President's Day (Marshall Islands)</p>	<p>18</p> <p>Vertieres Day (Haiti)</p> <p>Proclamation Day (Republic of Latvia)</p> <p>Independence Day (Morocco)</p> <p>National Day (Oman)</p> <p>Revolution Day Memorial (Mexico)</p>	<p>19</p> <p>Kartik Poornima (Hindu)</p> <p>Discovery Day (Puerto Rico)</p> <p>Garifuna Settlement Day (Belize)</p> <p>National Day (Monaco)</p>	<p>MOON LAST QTR</p> <p>20</p> <p>National Sovereignty Day (Argentina)</p> <p>Transgender Day of Remembrance (LGBTIQ)</p>	<p>21</p> <p>Dignity & Freedom Day (Ukraine)</p> <p>Dayton Peace Agreement Day (Republika Srpska)</p> <p>National Day (Myanmar)</p>	<p>22</p> <p>Independence Day (Lebanon)</p>	<p>23</p> <p>Niinamesei or Labour Thanksgiving Day (Shinto)</p> <p>St George's Day (Georgia)</p>
<p>24</p> <p>Martyrdom of Guru Tegh Bahadur Sahib (Sikh)</p> <p>National Day of Thanksgiving (Turks and Caicos Islands)</p>	<p>25</p> <p>Independence Day (Suriname)</p> <p>Intl Day for the Elimination of Violence against Women (UN)</p> <p>Statehood Day (Federation of Bosnia & Herzegovina)</p>	<p>26</p> <p>Christ the King Day (Christian)</p> <p>Constitution Day (India)</p> <p>Day of the Covenant (Baha'i)</p> <p>Republic's Day (Mongolia)</p>	<p>NEW MOON</p> <p>27</p>	<p>28</p> <p>Independence Day (Albania/Mauritania/Panama/East Timor)</p> <p>Republic Day (Congo/Burundi/Chad)</p> <p>Thanksgiving Day (Interfaith-USA/Guam)</p> <p>Ascension of 'Abdu'l-Baha (Baha'i)</p>	<p>29</p> <p>Intl Day of Solidarity with Palestinian People (UN)</p> <p>Liberation Day (Albania)</p> <p>Unity Day (Vanuatu)</p> <p>William Tubman's Birthday (Liberia)</p> <p>The Day Maldives Embraced Islam (Maldives)</p>	<p>30</p> <p>Bonifacio Day (Philippines)</p> <p>Independence Day (Barbados/Yemen)</p> <p>St Andrew's Day (Christian)</p>

PHILIPPINE CULTURE

SOME OF THE HEALTH BELIEFS AMONG THE FILIPINOS

Mealtime Manners. Filipinos usually have their meals together and leave the table after everyone has finished. If one must leave during the meal, whether a family member or a guest, everybody else must turn the plate around so that the departing member or guest will have a safe journey towards the destination. **Belief:** One should not turn their back from food on the table until everyone has finished their meals. This practice is still widely used in rural areas more than the cities.

Safeguarding the health of pregnant women. In some rural areas, people still believe that some humans can transform themselves into animals to protect or avenge the family. They believe that once in animal form, the “entity” can stay on the ceiling/roof of the house and drop its tongue to “drink” the blood of the mother’s unborn foetus while sleeping. Usually, only the mother can see the tongue. If she wakes up the family can gather and pray together. While praying they could hear rustling outside even though there is no wind. This means the entity has departed. If the mother does not wake up, she could end up losing the baby. To avoid this, the family hangs garlic around the house. They believe garlic deters entities from getting close to the house. This is an example of “namaligno or naaswang”.

Curse (sumpa or gaba). Some Filipinos believe that somebody can cast a curse (sumpa) on the family for a wrongdoing. A curse can be in the form of a deformity of a member of the family for all generations to come that doctors are unable to find a cause/cure.

In one rural area, a devout and affluent Catholic family converted into a fundamentalist religion. Soon after, they gave or threw away images of the Holy Trinity and Saints that used to adorn their altars at home. Then, the family suffered a downturn on the family’s business, sold and lost all their properties. This was also attributed to the change in religion. This is an example of (gaba).

Interview conducted by: Chrissie Ma-amo

Interviewee: Lita Galang

Photos by: Chrissie Ma-amo, Gemma M Arrabis and Bigstock Images



DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Day (Romania) Freedom & Republic Day (Central African Republic) Independence Day (Portugal) Democracy Day (Chad) Advent 1-24 (Christian) Good Neighbourliness Day (Turkmenistan)	2 Intl Day for the Abolition of Slavery (UN) National Day (Laos/UAE) King Tupou I Day (Tonga)	3 Int'l Day of Persons with Disability (UN)	MOON FIRST QTR 4	5 King's Birthday (Thailand)	6 Constitution Day (Spain) Independence Day (Finland) Day of Remembrance & Action on Violence Against Women (Canada) St Nicholas Day (Christian-Netherlands)	7 Pearl Harbour Remembrance Day (USA)
8 Constitution Day (Uzbekistan/Northern Mariana Islands/Romania) Feast of the Immaculate Conception (Catholic) Rohatsu/Bodhi Day (Buddhism)	9	10 Constitution Day (Thailand) Intl Human Rights Day (UN)	11 Fourth Republic Day (Madagascar) Republic Day (Burkina Faso)	FULLMOON 12 Constitution Day (Russia) Jamhuri/National Day (Kenya) Our Lady of Guadalupe (Catholic Christian)	13 National Day of Saint Lucia - Syracuse (Finland/Iceland/Faroe Island & Scandinavia) Republic Day (Malta)	14 Martyred Intellectuals Day (Bangladesh)
15 Bill of Rights Day (USA)	16 Independence Day (Kazakhstan/Bahrain) Day of Reconciliation (South Africa) Dhanu Sankranti (Hindu) Victory Day (Bangladesh) Posadas Navidenas 16-25 (Hispanic Christian)	17 International Day to End Violence Against Sex Workers National Day (Bhutan)	18 International Migrants Day (UN) National Day (Qatar) Republic Day (Niger)	MOON LAST QTR 19	20 Intl Human Solidarity Day (UN) SAR Establishment Day (Macau)	21 Sao Tome Day (Republic of Sao Tome & Principe) Solstice Yule (Christian) Solstice Yule Litha (Pagan)
22 Dongzhi Festival (Macau) Unity Day (Zimbabwe)	23 Chanukah 23-30 (Jewish) Emperor's Birthday (Japan)	Christmas Eve 24 Independence Day (Libya)	Christmas Day National Holiday 25 Feast of the Nativity (Orthodox Christian) Quaid-i-Azam Day (Pakistan)	NEW MOON Boxing Day National Holiday Proclamation Day SA 26 Independence & Unity Day (Slovenia) St Stephen's/Boxing Day (Christian) Synaxis of the Mother of God (Greece) Kayin New Year Day (Myanmar)	27 Saint John - Apostle & Evangelist (Christian)	28 Holy Innocents Day (Christian)
29 Constitution Day (Ireland) National Independence Day (Mongolia) Holy Family (Catholic Christian)	30 Rizal Day (Philippines)	New Year's Eve SA part holiday 31 St Sylvester's Day (Christian) Restoration Day (Switzerland) Watch Night (Christian)	January 2020 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		November 2019 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	

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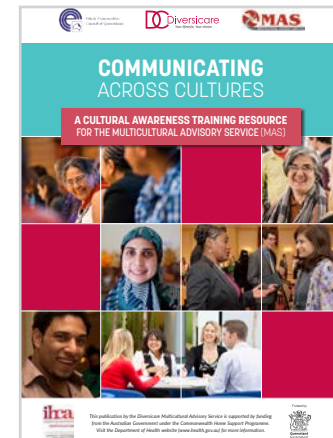
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MAS offers a number of publications to support service providers to deliver culturally appropriate services. MAS assists culturally and linguistically diverse communities to access information, informs members of the community requiring care, of the options available to them and assists all staff involved in the provision of the Commonwealth Home Support Program, Home Care Packages and Queensland Community Care Services, in providing culturally appropriate care.

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