



2020

MULTICULTURAL CALENDAR



Cultural Perspectives on Ageing



Ethnic Communities Council of Queensland



Diversicare
Your lifestyle, Your choice



CORALIE CASSADY

ABORIGINAL

Coralie identifies as Aboriginal, her grandmother's ancestral connection being the 'Jirrbal' people of the Atherton Tablelands area. Both her maternal grandparents were sent to Palm Island where Coralie's mother was born in 1927. Coralie was born in Innisfail, raised in Ingham and has been living in Townsville since 2000.

She graduated from James Cook University with a Diploma of Communication (2001) and also holds a Diploma of Radio Broadcasting from the Batchelor Institute, North Territory (2006). Coralie Cassady has self-published two poetry books 'Poetic Perspective' (2001) and 'Proper Deadly Poetry' (2007). Her poem 'No Disgrace' from the book 'Proper Deadly Poetry' is now a part of the Australian curriculum, having been published in Pearson's English 9 textbook in 2012. The same poem also appears on the well informed indigenous themed 'Creative Spirits' website. She writes about racism, alcohol abuse, mental health issues, domestic violence, politics and family in general. Coralie's main passion is mental health issues. She has read her mental health poems and other poems at various events and has been a regular contributor to 'letters to the editor' of the *Townsville Bulletin* on many topics during the past 15 years.

Coralie added these reflections during our interview.

"Although we speak English at home our traditional language from our ancestral tribe 'Jirrbal' is slowly being revived. I usually attend our NAIDOC week events. I read my poem at the official flag-raising ceremony prior to NAIDOC week celebrations."

"I am not reliant on family for support and although I have registered with Aged Care I haven't yet used their services."

"In my opinion there is not enough support for carers."

"One of the special challenges that older people experience is being able to remain independent for as long as possible."

"I would like to request more away from home respite for myself."

"The greatest importance as I gracefully age is the big question: who will take care of my family member?"

"Although there are many daily challenges we do the best we can. As an older Carer I worry about the future of my son. I hope that he will be able to live independently one day."

Interview conducted by: Iris Min He
Interviewee: Coralie Cassady
Photos: Iris Min He



JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		December 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	New Year's Day 1 Mary, Mother of God - Catholic Christian Federation Day, Australia Feast Day of St Basil - Orthodox Christian Liberation Day- Cuba Independence Day (Haiti, Sudan, Cameroon) World Day of Peace (Roman Catholic Church) Republic Day (Slovakia) Restoration Day (Czechoslovakia) 1 to 3, Shogatsu/New Year (Japan)	2 Ancestors' Day (Haiti) Saint Berchtold's Day (Switzerland) Carnival Day (Saint Kitts, Nevis) Nyinlog/Winter Solstice (Bhutan) Takai Commission Holiday (Niue) Guru Gobindh Singh birthday - Sikh	MOON FIRST QTR 3 Revolution Day (Burkina Faso) Vasant Panchami (Hindu)	4 Independence Day - Myanmar (Burma) Martyrs Day (DR of Congo) World Braille Day
5 Twelfth Night - Christian Christmas Eve (Armenia) Tucindan (Serbia, Montenegro)	MOON LAST QTR 6 Christmas Day (Armenia) Pathet Lao Day (Laos) Epiphany - Christian (Theophany/ Coptic) Feast of the Epiphany (Theophany) - Orthodox Christian Dia de los Reyes (Three Kings Day) - Christian Nativity of Christ (Armenia)	7 Orthodox Christmas Day (Eastern Christianity) Feast of the Nativity (Orthodox Christian) Pioneer's Day (Liberia) Victory over Genocide Day (Cambodia) Jinjitsu Feast of Seven Herbs (Japan)	8 Feast of the Holy Family (Catholic Christian) Yinekokratia (Greece)	9 Republic Day (Srpska)	10 Vodoun Festival (Benin) Pope Agatho Feast Day (Catholic and Eastern Orthodox) 10-12, Mahayana New Year ** - Buddhist Majority Rule Day (Bahamas)	FULL MOON 11 Independence Manifesto Day (Morocco) Republic Day (Albania) International Thank You Day Unity Day (Nepal)
12 Memorial Day (Turkmenistan) Bday of Swami Vivekananda (India) Zanzibar Revolution Day (Tanzania) Baptism of the Lord Jesus - Christian	13 Maghi Lohri - Sikh Democracy Day (Cape Verde) Liberation Day (Togo) Seijin no Hi/Coming of Age Day (Japan)	14 Maghe Sankranti (Hindu) Orthodox New Year (Christian) Revolution & Youth Day (Tunisia) Day of Defenders (Uzbekistan)	15 Bhogi (India) Tamil Thai Pongal Day (India/ Sri Lanka) Hangul Day (North Korea) John Chilembwe Day (Malawi) Magi Parwa/Maghe Sankranti (Nepal)	16 National Religious Freedom Day (USA) Heroes Day (DR of Congo)	17 Feast Day of Anthony the Great Uzhavur Thirunal (Tamil Nadu/India) Blessing of the Animals - Hispanic Catholic Christian	MOON LAST QTR 18 Week of Prayer for Christian Unity - Christian
19 Orthodox Epiphany (Eastern Christianity) World Religion Day (Baha'i)	20 Timkat - Ethiopian Orthodox Christian Heroes Day (Cape Verde/Guinea-Bissau) Martyr's Day (Azerbaijan) Armed Forces Day (Mali) Martin Luther King Jr Day Wellington Anniversary Day (NZ) Civil Rights Day (USA)	21 Our Lady of Altigracia (Dominican Republic) Errol Barrow Day (Barbados)	22 Plurinational State Foundation Day (Bolivia)	23 World Freedom Day (Taiwan) Netaji Subhas Chandra Bose Jayanti (India)	24 24-30, Spring Festival (China) Seollal New Year Eve (Korea) Feast of Our Lady of Peace (Roman Catholic)	NEW MOON 25 Police day (Egypt) Seollal (Korea) Traditional day of offerings (Bhutan) Burns Night Conversion of St. Paul - Christian Betico Croes' Birthday (Aruba) Lunar (Chinese) New Year Sonam Losar Tamang New Year (Tibet)
Australia Day 26 NRM Liberation Day (Uganda) Republic Day (India) Duarte's Birthday (Dominican Republic)	Australia Day observed 27 International Holocaust Remembrance Day (UN) Saint Devote's Day (Monaco) Feast of Saint Nino of Georgia (Georgian Orthodox) Feast of Saint Sava (Serbia) Community Manager Appreciation Day (International)	28 Tu BiShavat * - Jewish National Army Day (Armenia)	29 Vasant Panchami (Hindu)	30 Martyr's Day Memorial Day (Nepal)	31 Independence Day (Nauru) Thaipusam (Tami Festival)	February 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



CONNIE CAIRNS NETHERLANDS

"I am from the Netherlands. I was born in a small village in the south of Holland which was very Catholic. As a child I wore clogs. My family migrated to Australia when I was 9 years old in 1954."

"My religion is a very important part of my life and I still practise my faith. I still enjoy eating herrings and also small smoked eels when I visit Holland. I like Dutch Edam cheese, bokkepootjes, poffertjes, speculaas and almond cakes which are all traditional Dutch delicacies. When my children were young, we would celebrate the feast of St Nicholas on the 6th of December with members of the Dutch Australian club in Canberra. This is when gifts are traditionally exchanged in the Netherlands instead of at Christmas like we do in Australia. My children only know a few Dutch words as my husband was Australian so we didn't speak Dutch at home when they were growing up. However, I still speak fluent Dutch, though not as well as English! I still go back to Holland every few years to visit family."

"The Netherlands ranks 5th in the 10 best countries to live for people over 60. It is also officially a great place to grow old according to the Global Age Preparedness Index where it is ranked 4th. Australia is ranked as 17th. The Dutch government has taken positive actions in the last few decades and has introduced many social security provisions.

Older people are less likely to experience financial hardship. Only 2.1% of old people live in poverty in the Netherlands whereas Australia's elderly poverty rate ranks #4 among the OECD nations, which is 8 times the lowest ranking of the Netherlands. Social housing is of a high level and well developed in the Netherlands. In Australia there is limited choice of suitable housing for the aged. There are less services available in Australia to enable aged people to live independently at home compared to the Netherlands. Also, in the Netherlands, people are more likely to remain in the communities where they have lived previously even when they do enter aged care."

*Interview conducted by: Iris Min He
Interviewee: Allegonda Cairns (Connie)
Photos by: Iris Min He and Rob Cairns*

FEBRUARY 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2020						
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1						
1-7, World Interfaith Week						
Abolition of Slavery (Mauritius)						
National Freedom Day (USA)						
Federal Territory Day (Malaysia)						
Imbolc - Lughassad * - Wicca/						
Pagan - Northern and Southern hemispheres						

MOON FIRST QTR		2
Feast of Candlemas/Presentation of Our Lord in the Temple (Christian)		
Constitution Day (Philippines)		
Saint Brigid of Kildare - Celtic Christian		
Anniversary of the Tartu Peace Treaty (Estonia)		
Four Chaplains Sunday - Interfaith		

		3
Day of the Virgin of Suyapa (Honduras)		
Martyr's Day (Sao Tome/Principe)		
Rissun/Setsubun-Sai (Shinto)		
St. Blaze Day - Christian		
Constitution Day (Mexico)		

		4
Liberation Day (Angola)		
Independence Day (Sri Lanka)		

		5
Chinese New Year - Confucian, Daoist, Buddhist		
Kashmir Solidarity Day (Pakistan)		
Liberation Day/St Agatha's Day (San Marino)		
Unity Day (Burundi)		

		6
Waitangi Day (New Zealand)		

		7
Independence Day (Grenada)		

		8
Preseren Day (Slovenia)		
Nirvana Day - Buddhism		
Magha Puja (Laos, Thailand, Cambodia, Myanmar)		
Lantern Festival (China)		
Meak Bochea Day (Cambodia, Thailand)		

FULL MOON		9
St Maroun's Day (Lebanon)		
Triodion Begins (Orthodox Christian)		
Guru Ravidas's Birthday (India)		

		10
Tu B'Shvat (Jewish)		

		11
Islamic Revolution Day (Iran)		
National Foundation Day (Japan)		
Lateran Treaty Day (Vatican City)		
National Sports Day (Qatar)		

		12
Triodion		
Union Day (Myanmar)		
Lincoln's Birthday (USA)		
Darwin Day (Atheist/Humanist)		

		13

		14
St. Valentine's Day - Christian		
14-1st March, Sydney Gay & Lesbian Mardi Gras (Australia)		

		15
Nirvana Day - Buddhism		
National Day (Serbia)		
Liberation Day (Afghanistan)		
Candlemas (Eastern Orthodox)		

MOON LAST QTR		16
Restoration of Independence (Lithuania)		
Luwum Day (Uganda)		

		17
Revolution Day (Libya)		
Heritage Day (Canada)		

		18
Independence Day (Gambia)		

		19
National Democracy Day (Nepal)		

		20
World Day of Social Justice (UN)		

		21
Father Walter Lini Day (Vanuatu)		
Language Movement Day (Bangladesh)		
King's Birthday Celebrations (Bhutan)		
Maha Shivaratri (Hindu)		
International Mother Language Day (UNESCO)		

		22
Independence Day (St Lucia)		

		23
Emperor's Birthday (Japan)		
National Day (Brunei)		
Republic Day (Guyana)		
Meatfare Sunday (Orthodox Christian)		
Transfiguration Sunday (Christian)		

NEW MOON		24
Ghyalpo Losar (Nepal)		
Independence Day (Estonia)		
Shrove Monday		

		25
Shrove Tuesday		
National Day (Kuwait)		
Revolution Day (Suriname)		
People Power Anniversary (Philippines)		

		26
Liberation Day (Kuwait)		
Ash Wednesday (Christian)		
Intercalary Days begin (Baha'i)		
Lent Begins (Christian)		

		27
Independence Day (Dominican Republic)		

		28
Peace Memorial Day (Taiwan)		
Kalevala/Finnish Culture (Finland)		

		29

MRS DHAN LACHHI RAI

BHUTANESE-NEPALESE

Mrs Dhan Lachhi Rai is 79 years old and was born in Bhutan and is of Nepalese descent. About twenty years ago, there was political unrest in Bhutan, so Mrs Rai, her late husband and her fifteen children moved to Nepal and lived in refugee camps. In 2012, Mrs Rai and four of her children and grandchildren moved to Australia. Her other children live in Bhutan, Norway and the United States of America.

She now lives with her daughter, Ganga Maya Rai, her son-in-law, Keshar Kumar Rai, and their children in Caboolture, North of Brisbane.

Mrs Rai speaks the Nepalese language and observes the 'Kirat' religion which is a sect of Hinduism and Buddhism. She dresses in her traditional clothes and ornaments and practises her customs. Once a fortnight, the Bhutanese community members meet, have prayers and sing devotional songs which makes Mrs Rai happy as she is able to connect with her community.

Mrs Rai is supported at home by her family. She does not receive any aged care services. Her late husband who passed away last year aged 92 received home care services and they were happy with the care. In Bhutan there are no aged care services and traditionally, family members take care of their elderly parents.

Mrs Rai said that whilst in Australia the support system is good, not being able to speak the English language and restrictions with mobility and low vision are making it difficult for her to travel and visit places. She misses her grandchildren who are overseas and would love to visit them as she has not seen them for nearly ten years. Whilst Mrs Rai is healthy and being looked after at home now, she feels that she might need help in the future. She loves gardening and spends much of her time growing vegetables.

Interview conducted by: Thana Roysmith

Interviewee: Mrs Dhaan Lachhi Rai, interpreted by Keshar Kumar Rai

Images: Thana Roysmith, Megan Thomas, Unsplash (image of vegetables)



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
Clean Up Australia Day 1 Cheesefare Sunday (Christian Orthodox) Zero Discrimination Day (UN) Independence Movement Day (South Korea, Bosnia and Herzegovina) 1st-20th, Nineteen Day Fast (Baha'i) St. David of Wales - Christian Republic Day (Switzerland)	Labour Day WA Holiday 2 Great Lent begins (Orthodox Christian) H. Lavity Stoutt Holiday (British Virgin Islands) Adwa Victory Day (Ethiopia) History & Chamorro Heritage Day (Guam)	MOON FIRST QTR 3 Liberation Day (Bulgaria) Martyr's Day (Malawi) World Wildlife Day Hinamatsuri Day (Japan)	4	5 Custom Chiefs' Day (Vanuatu)	6 Independence Day (Ghana) Foundation Day (Norfolk Island)	7 Saturday of Souls 3 (Orthodox Christian)																																																																																			
8 Sunday of Orthodoxy (Orthodox Christian) International Womens' Day (UN)	Canberra Day ACT, Labour Day VIC, Eight Hour Day TAS, Adelaide Cup Day SA 9 Taranaki Anniversary Day (New Zealand) Holika Dahan (Hindu) Commonwealth Day (Commonwealth of Nations)	FULL MOON 10 Holocaust Remembrance Day (Bulgaria) Hola Mohalla - Sikh Holi day (Hindu)	11 King Moshoeshoe I's Anniversary (Lesotho) Shushan Purim (Jewish) Restoration of Independence Day (Lithuania)	12 Independence and Republic Day (Mauritius)	13	14 Constitution Day (Andorra)																																																																																			
15 Constitution Day (Belarus)	MOON LAST QTR 16 Joseph Jenkins Roberts' Birthday observance (Liberia)	17 Sheikh Mujibur Rahamn's Birthday (Bangladesh) St. Patrick's Day - Christian (Ireland)	18 Marien Nguabi Day (Republic of Congo)	19 St. Joseph's Day - Christian	20 Equinox Ostara (Pagan) International Day of Happiness (UN) Independence Day (Tunisia) Purim (Jewish) French Language Day (France) Persian New Year Nowruz (Ismaili Muslim)	Harmony Day (Australia) 21 Benito Juarez Day (Mexico) Human Rights Day (South Africa) Independence Day (Namibia) International Day for Elimination of Racial Discrimination (UN) International Day of Novruz (Persian New Year)																																																																																			
22 Emancipation Day (Puerto Rico)	23 Hungarian-Polish Friendship (Poland/Hungary) Pakistan Day (Pakistan)	NEW MOON 24 Commonwealth Covenant Day (North Mariana Islands) Truth and Justice Memorial Day (Argentina)	25 Annunciation of the Blessed Virgin Mary - Christian Anniversary of the Arengo (San Marino) Independence Day (Greece) Feast of Annunciation (Western Christianity) Bali Hindu New Year (Indonesia)	26 Independence Day (Bangladesh)	27	28 Khordad Sal - Birth of Prophet Zarathushtra (Zoroastrian)																																																																																			
29 Martyrs' Day (Madagascar) Boganda Day (Central African Republic)	30 Land Day (Palestine)	31 Culture and Traditions Day (Micronesia) Islamic Republic Day (Iran) Freedom Day (Malta) Transfer Day (US Virgin Islands)	April 2020 <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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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				February 2020 <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> </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
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VANILDA BRAZIL

Vanilda grew up in Brazil and came to Australia more than 40 years ago. Vanilda gets involved in the Brazilian and Latin American community's celebrations in Cairns. Every year the local Brazilians get together to hold the "Fiesta Junina", celebrating the nativity of St. John the Baptist. Vanilda also teaches Brazilian cooking and Portuguese at the University of the Third Age.

In Brazil, as people get older, they generally live with their children and their families. The family will look after them until the end of life. Older people have a very important role in the family dynamics as they normally look after their grandchildren. They tend to spend more time at home with family rather than participating in local community activities.

"Looking after my grandchildren is a pleasure!" said, Vanilda.

Vanilda explains that for her it is very important to be able to participate in the community. In Australia, there are more affordable and accessible activities for older people than in Brazil.

Interview conducted by: Marcela Fischer

Interviewee: Vanilda

Images: Bigstock (Selaron Steps in Rio de Janeiro. The landmark was created by Chilean born artist, Jorge Selaron in 1990-2013), Vanilda and Marcela Fischer

APRIL 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2020						
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MOON FIRST QTR **1**
 Greek Cypriot National Day (Cyprus)

2
 World Autism Day (UN)
 Unity Day of Peoples (Belarus/Russia)
 Malvinas/Veterans Day (Argentina)
 Sızdah Be-dar/Nature Day (Iran)
 Rama Navami (Hindu)

3
 Laylat al Miraj * - Islam
 Second Republic Day (Guinea)

4
 Independence Day (Senegal)
 Peace Day (Angola)
 4th-6th, Ching Ming Festival (Taiwan/Hong Kong/China)

5
 Palm Sunday - Christian

6
 Act of Self Determination Day (Cocos Islands)
 Chakri Day (Thailand)
 President Ntaryamira Day (Burundi)
 Mahavir Jayanti (Jain)

7
 Genocide Memorial Day (Rwanda)
 Sheikh Abeid Amani Karume Day (Tanzania)
 Theravada New Year (Buddhist)
 National Women's Day (Mozambique)

FULL MOON **8**
 Hana Matsuri/Flower Festival (Japan)

9
 Laylat al-Bara'at (Islam)
 Day of Valor (Philippines)
 Martyr's Day (Tunisia)
 Day of National Unity (Georgia)
 Maundy Thursday (Christian)

Good Friday (Christian) **10**
 Fast and Prayer Day (Liberia)

11
 World Parkinson's Day
 Lazarus Saturday - Orthodox Christian

Easter Sunday (Christian) **12**
 Palm Sunday - (Orthodox Christian)
 Lag B'Omer (Jewish)

Easter Monday (Christian) **13**
 Songkran New Year Festival (Thailand) 13-15
 Baisakhi (India)

14
 Bengali New Year (Bangladesh)
 Tamil New Year Puthandu (Tamil Nadu & Puducherry)

MOON LAS QTR **15**
 Kim Il-sung's Birthday (North Korea)

16

17
 Independence Day (Syria)
 Holy Friday - (Orthodox/Eastern Christian)

18
 Independence Day (Zimbabwe)
 Birthday of Guru Angad Dev (Sikh)
 Holy Saturday (Orthodox/Eastern Christian)

19
 Orthodox Easter Sunday (Orthodox/Eastern Christian)

20
 20-28, Festival of Ridvan (Baha'i)
 Sham el-Nissin/ Spring Festival (Egypt)
 Chinese Language Day (UN)

21
 Tiradentes Day (Brazil)
 Yom HaShoah/ Holocaust Remembrance Day (Jewish)

22
 Earth Day

NEW MOON **23**
 English Language Day (UN)
 St. George's Day - Christian

24
 Ramadan Begins (Islam)
 Armenian Genocide Remembrance Day (Armenia)
 Loktantra Diwas (Nepal)

ANZAC Day **25**
 Freedom Day (Portugal)
 Liberation Day (Italy)
 Sinai Liberation Day (Egypt)

26
 Union Day (Tanzania)
 Akshaya Tritiya (Hindu)

27
 Freedom Day (South Africa)
 Independence Day (Sierra Leone/Togo)
 King's Day (Aruba/Netherlands)

28
 Mujahideen Victory Day (Afganistan)
 Radonitsa (Belarus)

29
 Showa Day (Japan)
 Yom Ha'Atzmaut Independence Day (Jewish)
 Buddha's Birthday

30
 St. James the Great Day - Orthodox Christian
 Carnival Day (Sint Maarten)
 Liberation/Reunification Day (Vietnam)
 Buddha's Birthday (Buddhism - East Asia)

May 2020						
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31						



MS GABI AZZARO

ITALY

I came to Australia from Puglia when I was a teenager. My parents had an opportunity to come here and buy into a family business, so we all came. It was strange at first because I had a strong accent and the Australian kids at school weren't kind.

I worked all my life and I still work part time. I'm turning 67 soon. If I didn't work I would be too bored, though I love going for walks, working in my garden and being a grandmother. My family is everything to me. I have three sons and four beautiful grandsons, all boys. I'm not your stereotypical Italian Nonna, I am quite tall, I don't like to wear black and I REALLY don't like to cook! I leave it to my husband.

I think for many older Italians the biggest challenges about growing older are the language and of course, the food and the coffee! In aged care it is not the same...what they give you is nutritionally balanced but it's not from our culture and just not our way. You can't get a decent espresso! My father is forgetting English now and the nurses have trouble understanding him, but some have been wonderful enough to learn some Italian. He also has Italian speaking visitors as part of the Community Visitors Scheme. The food is so important to our culture however, and that is really the hardest for him, plus he misses being able to cook for himself, he was a professional chef.

Because I came here quite young and have only travelled back to Italy once, I don't know much about aged care in Italy. It's a modern country so I think the facilities would be very good, like Australian ones. My father is in aged care in Sydney. He has Parkinsons so he really needs proper care. If and when the time comes for me, I won't be worried about going into a village as the care is excellent. I will just have to adapt to the lack of good food and coffee!

Interview conducted by: Annalise Webb

Interviewee: Gabi Azzaro

Photos: Bigstock (image of Roman Theatre of Lecce in Italy) , Annalise Webb, Gabi Azzaro



MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Pentecost (Christian)	June 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		April 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	MOON FIRST QTR 1 Constitution Day (Marshall Islands) Convocation of the Constitutional Assembly (Latvia) International Workers Day/May Day (Intl) People's Solidarity Day (Kazakhstan) Beltane - Samhain * - Wicca/Pagan Northern and Southern hemispheres	2	
3 Saints Philip & James - Christian Constitution Day (Poland) Constitution Memorial Day (Japan) World Press Freedom Day (UN)	4 Remembrance Day (Netherlands) Restoration of Independence Day (Latvia)	5 African World Heritage Day (UNESCO) Cinco de Mayo (Mexico) Constitution Day (Kyrgyzstan) Coronation Day (Thailand) Liberation Day (Netherlands) Children's Day Kodomo no Hi (Japan)	6 St George's/Army Day (Bulgaria)	FULL MOON 7 National Day of Prayer (USA-Interfaith) Vesak Day (Buddhist)	8 World Red Cross & Crescent Day Great Prayer Day (Denmark)	9 Europe/Schuman Day (EU) Liberation Day (Jersey) Victory Day (former Soviet Republics)
Mothers' Day 10 Constitution Day (Micronesia) Independence Day (Romania) 10th Observed on 11th, Royal Ploughing Ceremony (Cambodia) Nuzul Al-Quran (Brunei)	11	12 Lag B'Omer * - Jewish	13 Rotuma Day (Fiji) King Norodom Shiamoni's Bday (Cambodia)	14 Kamuzu Day (Malawi) National Unification Day (Liberia) Martyrdom of Imam Ali (Iran)	MOON LAST QTR 15 Independence Day (Paraguay) International Day of Families (UN)	16 SPLA Day (South Sudan) Culture Freedom Day (International)
17 Constitution Day (Nauru/Norway) International Day Against Homo/Trans/Biphobia Liberation Day (Congo) 17-19, Sanja Matsuri (Japan) International AIDS Candlelight Memorial World Telecommunication & Information Society Day (UN)	18 Discovery Day (Cayman Islands) Victoria Day & National Patriots' Day (Canada) Constitution Day (Turkmenistan)	19 Ho Chi Minh's Birthday (Vietnam) Greek Genocide Remembrance Day (Greece) Laylatul Qadr (Islam)	20 National Day (Cameroon) 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) Royal Ploughing Ceremony (Thailand) Ascension of Jesus (Christian)	22 Unity/Independence Day (Yemen) Yom Yerushalaim/Jerusalem Day (Israel)	NEW MOON 23 Declaration of the Bab * - Baha'i Ramadan Ends (Islam) 23 observed on 25th, Labour Day (Jamaica)
24 24 observed on 25th, Commonwealth Day (Belize) 24 observed on 25th, Culture and Literacy Day (Bulgaria) Independence Day (Eritrea) Eid ul Fitr (Islam) 24 observed on 25th, Hari Raya Puasa (Indonesia / Singapore)	25 Africa Day/Week (Zimbabwe/Zambia/Ghana/UNESCO) Independence Day (Jordan) Memorial Day (USA) National Day (Argentina)	26 Independence Day (Guyana/Georgia) National Sorry Day (Australia)	27	28 Republic Day (Armenia/Azerbaijan/Nepal)	29 Bermuda Day Ascension of Baha'u'llah * - Baha'i Ascension of Jesus (Orthodox Christian) Shavuot (Jewish)	MOON FIRST QTR 30



ELLI HENTUNEN FINLAND

Elli Hentunen came to Australia from Finland when she was 21 years old, mainly to escape the cold and to explore the possibility of living in a new country. She is now 73 years old, active in the Finnish community, organising events and assisting members, (especially older members) to access services.

Elli and her family still speak the Finnish language, have a sauna weekly (a Finnish tradition) and occasionally eat Finnish food – meat balls, hearty soups, carrot/rice casseroles and 'Rosolli' (beetroot salad).

They celebrate Christmas on Christmas Eve which is part of Finnish tradition.

In Finland like in Australia older people tend to live in their homes as long as they are able to and then progress to living in Aged Care facilities or nursing homes. Many services are provided at home. Language is one of the main issues for older Finnish people living in Australia. Many Finnish people who came to Australia during the post war period did not speak English and now as they are growing older, there is a need to be around Finnish people which may not always be possible when they are in a Residential Care Facility (RCF). In addition, older Finnish people tend to be cautious of authority and using the telephone; they would rather speak to a person face to face. Some people are still not aware of the new aged care system and how to access services. Elli assists her community members as much as she can.

Elli and her husband are quite independent and receive only domestic assistance currently and are happy with the service. She said that as she ages, health is important to her. She currently exercises regularly, eats healthy meals and volunteers in her local community as well as with other organisations. She hopes to stay in her own home as long she can. Elli feels that in Australia, it is expensive for people to move into RCF. Hence she would like to see aged care being made affordable and psychological services being provided in RCF.

Interview conducted by: Thana Roysmith

Interviewee: Elli Hentunen

Photos: Bigstock, Elli Hentunen, Thana Roysmith

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
<p>May 2020</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							<p>Western Australia Day - WA Holiday 1</p> <p>Reconciliation Day (Australia) Independence Day (Samoa) Madaraka/National Day (Kenya) President's Day (Palau) Children's Day (Intenational) Queens Birthday (NZ, Niue, Cook Islands)</p>	<p>2</p> <p>Republic Day (Italy) Nirjala Ekadashi (Hindu)</p>	<p>3</p> <p>Mabo Day (Indigenous) Martyrs' Day (Uganda)</p>	<p>4</p>	<p>5</p> <p>Liberation Day (Seychelles) Khordad Movement Anniversary (Iran) President's Day (Equatorial Guinea) World Environment Day (UN) Saka Dawa (Tibetan) Randol Fawkes Labour Day (Bahamas)</p>	<p>FULL MOON 6</p> <p>National Day (Sweden) Memorial Day (South Korea)</p>
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<p>7</p> <p>Sette Giugno (Malta) Trinity Sunday - Christian Pentecost - (Orthodox Christian)</p>	<p>Queen's Birthday (except WA & QLD) 8</p> <p>Bounty Day (Norfolk Island)</p>	<p>9</p> <p>St. Columba of Iona - Celtic Christian National Heroes Day (Uganda) Autonomy Day (Aland Islands)</p>	<p>10</p> <p>Reconciliation Day (Republic of Congo) Portugal Day</p>	<p>11</p> <p>Corpus Christi - Catholic Christian</p>	<p>12</p> <p>Democracy Day (Nigeria) Independence Day (Philippines) Russia Day Chaco Armistice Day (Paraguay)</p>	<p>MOON LAST QTR 13</p> <p>International Albinism Awareness Day (UN) Anthony of Padua Feast Day (Portugal/Spain/Brazil) Queen's Birthday (UK)</p>																																																	
<p>14</p> <p>Race Unity Day (Baha'i) Flag Day (USA) Liberation Day (Falkland Islands) All Saints (Orthodox Christian) 14-20, Refugee Week (Australia)</p>	<p>15</p> <p>Saint Vladimir Day (Christian) National Salvation Day (Azerbaijan) World Elder Abuse Awareness Day (UN) Day of Valdemar and Reunion Day (Denmark) Flag Day (Armenia) National Heroes Day (Bermuda)</p>	<p>16</p>	<p>17</p> <p>Independence/National Day (Iceland) Parinirvana Day (Bhutan) Don Martin Miguel de Guemes (Argentina)</p>	<p>18</p> <p>Queen Mothers Birthday (Cambodia)</p>	<p>19</p> <p>Bday of Jose Artigas and Never Again Day (Uruguay) New Church Day - (Swedenborgian Christian) Labour Day (Trinidad and Tobago) Sacred Heart of Jesus - Catholic Christian King Jong-il's entry to the WPK (North Korea)</p>	<p>20</p> <p>National Flag Day (Argentina) Martyrs' Day (Eritrea) World Refugee Day (UN)</p>																																																	
<p>NEW MOON 21</p> <p>Galla Bayramy (Turkmenistan) Solstice Litha Yule (Pagan) National Day (Greenland) Aymara New Year (Bolivia) National Indigenous Peoples Day (Canada)</p>	<p>22</p> <p>Anti-Fascist Struggle Day (Croatia) Feast of the Sacred Heart of Jesus (Colombia)</p>	<p>23</p> <p>National Day (Luxembourg) Victory Day (Estonia) Puri Rath Yatra (Hindu)</p>	<p>24</p> <p>St John's Day (Catholic Christian) Battle of Carabobo Day (Venezuela)</p>	<p>25</p> <p>Dragon Boat Festival (China/Hong Kong/ Macau/Taiwan) Independence Day (Mozambique) Statehood Day (Croatia/Slovenia)</p>	<p>26</p> <p>Independence Day (Madagascar) International Day in Support of Victims of Torture (UN) Borroloola Show Day (NT)</p>	<p>27</p> <p>Independence Day (Djibouti) Multiculturalism/Mixed Race Day (Canada/Brazil) National Unity Day (Tajikistan)</p>																																																	
<p>MOON FIRST QTR 28</p> <p>Constitution Day (Ukraine)</p>	<p>29</p> <p>Independence Day (Seychelles) Feast Day of Saints Peter and Paul (Christian)</p>	<p>30</p> <p>General Prayer Day (Central African Republic) Independence Day (DR Congo) Revolution Day (Sudan) Birth Anniversary of Guru Rinpoche (Bhutan)</p>	<p>July 2020</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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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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FORMER YUGOSLAV RESPITE GROUP

SERBIA

The members of this Former Yugoslav Respite group still connect with their cultural background. They still enjoy eating their traditional foods, the majority attend the Orthodox church, they speak the language and continue to celebrate traditional days. Some of the significant days for this group include:

- Orthodox Christmas (7th of January)
- New Year's Eve (13th of January)
- St. Sava Day (27th of January)
- National Day (15th of February)
- Orthodox Easter (Varies each year)
- Labour Day (1st of May)
- Victory Day (9th of May)
- St. Vitus Day (28th of June)
- Armistice Day (11th of November)
- Slava (date varies depending on the family)

There are not many services available for older people in many of the former Yugoslavian countries. They very much rely on their family members to care for them as they get older. There are nursing homes but these are only utilised when the family can no longer take care of them.

They feel that it is much better here in Australia, as there are services to help them, they don't need to always rely on their family members. The members of this group access services such as domestic assistance, transport, social support and shopping. They all really enjoy attending the respite group because of the social interaction, being able to speak to others in their own language and meeting with friends. Some of them are on their own so they really value this. They would even like the respite to be held twice a month instead of only once!

Language is the main challenge for them because when they go out they can't communicate. They can't easily pick up the phone to request things. They mostly have to rely on others to help them with communication. However they feel happy living in Australia, so long as they have their health and have the opportunity to connect with family and friends, to be able to eat the foods they enjoy and to continue to practice their traditions.

Interview by: Taryn Quach

Interviewee: Members of the Former Yugoslav Respite Group

Photo by: Julie Ostwald



JULY 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2020						
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1
Emancipation Day (Suriname)
Independence Day (Somalia/
Rwanda/Burundi)
Republic Day (Ghana)
Sir Seretse Khama Day (Botswana)
Special Administration Region (SAR)
Establishment Day (Hong Kong)
Canada Day

2

3
Independence Day (Belarus)
Emancipation Day (US Virgin
Islands)
Alice Springs Show Day (NT)

4
Birthday of King Tupou VI (Tonga)
Independence Day (USA)
Liberation Day (Rwanda)

FULL MOON
5
Constitution Day (Armenia)
Independence Day (Cape Verde/Algeria/
Venezuela)
St Cyril & Methodius Day (Slovakia/Czech
Republic)
Tynwald Day (Isle of Man)
Tynwald Day (Isle of Man)
Asahna Bucha/Dharma/Asalha Puja Day
(Buddhism)
5th-12th, NAIDOC Week (Australia)

6
Capital City Day (Kazakhstan) -
observed 8 July
Independence Day (Malawi/Comoros)
Jan Hus Day (Czech Republic)
Statehood Day (Lithuania)
CARICOM Day (Guyana)
Ra O te Ui Ariki (Cook Islands)
Constitution Day (Cayman Islands)

7
Independence Day (Solomon Islands)
Unity Day (Zambia)
Saba Saba Day (Tanzania)
Tanabata Festival (Japan)

8
Sunniva Feast Day (Norway)

9
Constitution Day (Palau)
Independence Day (South Sudan/
Argentina)
Fast of Tzom Tammuz (Jewish)
Martyrdom of the Bab * - Baha'i

10
Independence Day (Bahamas)
Tennant Creek Show Day (NT)

11
St Benedict Day - (Catholic Christian)
Naadam Festival (Mongolia)
National Culture Day (Kiribati)

12
Independence Day (Sao Tome, Kiribati
and Principe)

MOON LAST QTR
13
Statehood Day (Montenegro)

14
Bastille Day (France/French Guiana)
Republic Day (Iraq)
Democracy and National Unity
Day (Turkey)

15
HM The Sultan's Birthday (Brunei)

16
Our Lady of Mt Carmel (Chile)

17
Constitution Day (South Korea)
Independence day (Slovakia)
King's Birthday (Lesotho)
Katherine Show Day (NT)

18
Constitution Day (Uruguay)
Nelson Mandela International
Day (UN)

19
Galla Bayramy (Turkmenistan)
Sandinista Revolution Day
(Nicaragua)

20
Independence Day (Colombia)
President's Day (Botswana)

NEW MOON
21
Independence/National Day
(Belgium)
Liberation Day (Guam)
Racial Harmony Day (Singapore)

22
Birthday of King Sobhuza II
(Swaziland)

23
National Remembrance Day (Papua
New Guinea)
Revolution Day (Egypt)
Renaissance Day (Oman)

24
Simon Bolivar (Venezuela/Ecuador/
Colombia/Bolivia)
The Restoration of Democracy
(Greece)
Guayaquil Day (Ecuador)
First Sermon of Lord Buddha (Bhutan)
Pioneer Day- (Mormon Christian)
Darwin Show Day (NT)

25
St. James the Great Day - (Christian)
Baha'i Day (Jamaica)
Constitution Day (Puerto Rico)
Guanacaste Day (Costa Rica)
Republic Day (Tunisia)
Nag Panchami Festival (Hindu)

26
Day of the National Rebellion (Cuba)
- observed 25-27
Independence Day (Liberia)
Independence Day (Maldives)

MOON FIRST QTR
27
Victory Day (North Korea)

28
Anniversary of the fall of Fascism
(San Marino)
Independence Day (Peru)
King Maha Vajiralongkorn's
Birthday (Thailand)
The Vardavar Water Festival
(Armenia)

29
Constitution Day (Moldova)
Territory Day (Wallis & Futuna)

30
Feast of the Throne (Morocco)
Eid al-Adha (Islam)
Independence Day (Vanuatu)
International Day of Friendship (UN)
Tish'a B'Av (Jewish)
Martyrs Day (South Sudan)
Arafat Day (Islam)

31
Somers Day (Bermuda)
Eid al-Adha (Islam)
Hari Raya Haji (Malaysia)
Kurban Bairam (Kazakhstan)
Varalakshmi Vratam (Hindu)
Hari Raya Haji (Singapore)

August 2020						
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“Age should not have its face lifted, but it should rather teach the world to admire wrinkles as the etchings of experience and the firm line of character.”

- Ralph Berry



MS. VAL NAVULURI MALAYSIA

My parents are originally from India, but I grew up in Melaka City, Malaysia. My father worked there as an electrical engineer; he died when I was young. I came to Australia in 1979 to study medicine and worked as a nurse and nurse educator before retiring in 2013.

I am not religious, so I am not part of that type of community. I do love to celebrate Chinese New Year with my friends and to play cards. I really enjoy cooking traditional Malay dishes such as fried chicken and Char Kwai Teow. My favourite food is Laksam, noodles made of steamed dough with a gravy of pureed fish and coconut milk.

There are aged care services back in Malaysia, but my mother didn't use them. My brother and his wife cared for her at home before she passed away. I believe the services are mostly quite specialised, for people with special needs such as dementia. People tend to use them only when absolutely necessary.

I don't use aged care services here myself, I don't need to yet. Soon after I retired, I downsized from a three storey townhouse to an apartment and I can easily take care of it myself, I'm quite happy here.

To make life easier I downsized my home and apart from freedom and independence, this also gave me the funds to travel and enjoy life. I love to go walking around the Botanical Gardens once a week and to the library, I also like to window-shop and enjoy a coffee with friends. I don't have any special challenges at all, but I suppose for many older migrant people language would be the biggest challenge. I may have trouble maintaining my English later as I age but right now, it's not an issue for me.

I am just loving life!

*Interview conducted by: Annalise Webb
Interviewee: Val Navuluri
Photos: Annalise Webb*

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Constitution Day (Kazakhstan) St Rose of Lima Day (Peru)	31 Hari Merdeka Day (Malaysia) Independence Day (Kyrgyzstan/ Trinidad/Tobago) National Language Day (Moldova)	September 2020 S M T W T F S 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			July 2020 S M T W T F S 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 Lammas - Christian Lughnassad - Imbolc * - Wicca/ Pagan Northern and Southern hemispheres Fast in Honor of Holy Mother of Jesus - Orthodox Christian Independence Day (Benin) Army Day (China) National Day (Switzerland)
2 Republic/Ilinden Day (Macedonia) Our Lady of the Angels Day (Costa Rica)	3 Independence Day (Niger) Freedom Day (Equatorial Guinea) Raksha Bandhan (Hindu) Picnic Day (NT)	FULL MOON 4 Constitution Day (Cook Islands)	5 Independence Day (Burkina Faso)	6 Celebrations of San Salvador (El Salvador) Independence Day (Jamaica/Bolivia) Transfiguration of the Lord (Christian) Constitution Day (Iran)	7 Independence Day (Ivory Coast) Umuganura (Rwanda)	8 Eid al-Ghadeer (Islam) Augsberg Peace Festival (Germany) Cease Fire Day (Iraq)
9 International Day of World's Indigenous People (UN) National Day (Singapore)	10 Independence Day (Ecuador) Carnival (Grenada)	11 Mountain Day (Japan) Independence Day (Chad)	MOON LAST QTR 12 Ekka Wednesday (Brisbane only) Krishna Janmashtami or Jayanti (Hindu) HM the Queen's Birthday (Thailand)	13 Independence Day (Central African Republic) Women's Day (Tunisia) 13-15, Obon Festival (Buddhist)	14 Independence Day (Pakistan) Falkland Day (Falkland Islands) Oued Ed-Dahab Day (Morocco)	15 Constitution Day (Equatorial Guinea) Founding of Asuncion (Paraguay) Independence Day (India) Liberation Day (North/South Korea) Assumption of Blessed Virgin Mary - (Catholic Christian) Dormition of the Theotokos - (Orthodox Christian) National Day (Liechtenstein)
16 National/Independence Day (Gabon) Restoration Day (Dominican Republic)	17 Independence Day (Indonesia) San Martin Day (Argentina)	18	NEW MOON 19 Constitution Day (Anguilla) Gai Jatra (Nepal) Independence/National Day (Afghanistan)	20 Hijiri Islamic New Year Restoration of Independence Day (Estonia) King & People's Revolution Day (Morocco) St Stephen's Day (Hungary)	21 Ninoy Aquino Day (Philippines) International Day of Remembrance and Tribute to the Victims of Terrorism (UN)	22 Ganesh Chaturthi (Hindu)
23	24 Independence Day (Ukraine)	25 Independence Day (Uruguay) Songun (North Korea)	MOON FIRST QTR 26 Repentance Day (Papua New Guinea)	27 Independence Day (Moldova)	28 Feast of the Assumption of Mary (Orthodox Christian)	29 Waqf al Arafa * (Islam) Beheading of St. John the Baptist - (Christian) Day of Ashura (Islam)

MR RICHARD CHIANG

TAIWAN

Mr Richard Chiang was born in Taiwan in 1934 and he is a fit and healthy 85 year old man. He has been living in Australia since 1985. There are four generations in his family, but currently he and his wife live by themselves, the Australian style as he says! His son does live nearby though.

Mr Chiang still practises many of his Taiwanese culture such as speaking the language, and his wife cooks delicious Taiwanese food. His favourite meal is every dish his wife cooks! He also celebrates important cultural days, the most important being the Chinese New Year. All the family will gather on New Year's Eve and share a big meal together, and at this time they will remember their ancestors.

There are public nursing homes available in Taiwan, but they are very difficult to get into and the private nursing homes are too expensive. It is a part of the Taiwanese culture for a few generations to live all together, so mostly the family will take care of their older family members. Currently Mr Chiang and his wife are very healthy and independent, so they don't access any community care services. When the time comes when either he or his wife aren't able to take care of themselves then they would prefer to access the home care services in their home, not go into a nursing home.

The most important thing for Mr Chiang as he gets older is the environment, having clean air and enjoying nature. He enjoys going for a sixkm hike with his friend, Mr Chin Ching Yi (pictured) three times a week. Maybe that is his secret to ageing so well!

Interview conducted by: Taryn Quach

Interviewee: Mr Richard Chiang

Photos: Taryn Quach, Aliona Gumeniuk, Abhishek Sanwa Limbu



SEPTEMBER 2020

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	<p>August 2020</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						<p>1</p> <p>Ecclesiastical Year Begins (Orthodox Christian) Constitution Day (Slovakia) Independence Day (Uzbekistan) World Peace Day (Germany) Pitru Paksha (Hindu)</p>	<p>2 FULL MOON</p> <p>Ullambana/Ghost Festival (Buddhist) Umhlanga Reed Dance (Switzerland) National Day (Vietnam)</p>	<p>3</p> <p>Republic Day (San Marino) Tokehaga Day (Tokelau)</p>	<p>4</p>	<p>5</p> <p>Mother Teresa Day (Albania)</p>
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<p>6</p> <p>Independence Day (Swaziland) Unification Day (Bulgaria) Gaura Parva (Hindu)</p>	<p>7</p> <p>Independence Day (Brazil) Constitution Day (Fiji) Labour Day (USA/Canada)</p>	<p>8</p> <p>Nativity of Virgin Mary (Christian) National Day (Andorra) Independence Day (North Macedonia) International Literacy Day (UN)</p>	<p>9</p> <p>Independence Day (Tajikistan/North Korea) Birthday of the Yang di-Pertuan Agong (Malaysia)</p>	<p>10 MOON LAST QTR</p> <p>National Day (Belize/Gibraltar) World Suicide Prevention Day (UN)</p>	<p>11</p> <p>Patriot Day (USA)</p>	<p>12</p> <p>Enkutatash (Ethiopian New Year) Mindfulness Day</p>																																																	
<p>13</p> <p>Feast of the Exaltation of the Holy Cross (Armenia)</p>	<p>14</p> <p>Elevation of the Life Giving Holy Cross (Christian)</p>	<p>15</p> <p>Independence Day (Costa Rica/El Salvador/Guatemala/Honduras/Nicaragua) International Day of Democracy (UN)</p>	<p>16</p> <p>Independence Day (Mexico/PNG) Malaysia Day Vishwakarma Puja (Hindu)</p>	<p>17 NEW MOON</p> <p>Bday of Crown Prince Tupouto a Ulukalala (Tonga) Constitution and Citizenship Day (USA) Australian Citizenship Day</p>	<p>18</p> <p>Independence Day (Chile)</p>	<p>19</p> <p>Independence Day (St Kitts & Nevis) Rosh Hashanah (Jewish) Constitution Day (Nepal) Oktoberfest Starts (Germany) Ends Oct 4th</p>																																																	
<p>20</p>	<p>21</p> <p>Independence Day (Armenia/Belize/Malta) Respect for the Aged Day (Japan) International Day of Peace (UN) Fast of Gedalia (Jewish) Nativity of the Theotokos (Orthodox Christian)</p>	<p>22</p> <p>Independence Day (Bulgaria/Mali)</p>	<p>23</p> <p>National Day (Saudi Arabia) Equinox Mabon - Ostara (Pagan) Bisexual Pride Day</p>	<p>24 MOON FIRST QTR</p> <p>Constitution Day (Cambodia) National Day (Guinea-Bissau) New Caledonia Day Our Lady of Mercy Day (Dominican Republic) Republic Day (Trinidad & Tobago) Blessed Rainy Day (Bhutan)</p>	<p>25</p> <p>Native Americans' Day (USA) Shabbat Shuva (Jewish)</p>	<p>26</p> <p>European Day of Languages World Environmental Health Day Thimphu Tshechu (Bhutan)</p>																																																	
<p>27</p> <p>Independence Day (Turkmenistan) Pchum Ben Festival (Cambodia) Meskel - Ethiopian (Orthodox Christian)</p>	<p>28 Queen's Birthday Holiday WA Family & Community Day ACT</p> <p>Yom Kippur (Jewish) St Wenceslas/Statehood Day (Czech)</p>	<p>29</p> <p>Michael and All Angels - (Christian) World Heart Day</p>	<p>30</p> <p>International Translation day Botswana Day</p>	<p>October 2020</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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DR MOKHOV VSELOLOD

RUSSIA

Dr Mokhov Vselolod is 92 years old and he has been living in Australia for 24 years. He is a Russian, born in Georgia (the former Soviet Union). He still practises many traditions from his Russian culture such as speaking the language and he enjoys eating traditional Russian food such as Borscht (Borscht soup is a traditional soup made with beef, cabbage, beets, and other vegetables. It's known for the beautiful ruby-red colour that comes from adding beets). He also still celebrates important cultural days such as the Russian New Year (31st Dec) and Victory Day (9th May – commemorates victory in the second World War).

There are not many services available for older people in Russia. It is quite difficult to get and usually only people who are lonely and have no family are able to access these services. It's definitely not as extensive as it is here in Australia.

He believes that people live longer in Australia because the health care system is better. However he feels that older Russians may feel lonelier here because they have less family and friends around. Their kids are busy with their own lives. If he was back at home, he would have people visiting him all the time or ringing him to see how he is.

He currently accesses community care services such as domestic assistance, shopping and does hydrotherapy once a week. However, his daughter who he lives with provides a lot of assistance. He feels that the biggest challenge for older Russians living in Australia is the language and the isolation. Dr Mokhov is a very sociable man and he would benefit from having more opportunities to interact with other people who share his culture and language.

He is a perpetual optimist. He is quite contented with his life and adapts well to new challenges and situations. He'd like to be able to leave good memories behind however would love to be able to reach 100 years of age!!

Interview conducted by: Taryn Quach

Interviewee: Dr Mokhov Vselolod

Photo: Taryn Quach, Alina Grubnyak (Russian Dolls), Bigstock (Borscht soup)

OCTOBER 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2020

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Independence Day (Cyprus/Nigeria/Palau)
 Unification Day (Cameroon)
 National Day (China/Hong Kong/Macau)
 Full Moon Day Thadingyut (Buddhist)
 International Day of Older Persons (UN)
 Mid Autumn Festival (China, Vietnam)

FULL MOON 2

Independence Day (Guinea)
 International Day of Non-Violence (UN)
 Burnie Show (TAS)
 Mahatma Ghandi's Birthday (India)

3

Day of German Unity (Germany)
 National Foundation Day (South Korea)
 Independence Day (Iraq)
 3rd-9th, Sukkot (Jewish)

4

Blessing of the Animals - Christian
 Independence Day (Lesotho)
 Peace and Reconciliation Day (Mozambique)
 St Francis of Assisi Day (Christian)

Queen's Birthday (QLD)
 Labour Day (ACT, NSW, SA) 5

Constitution Day (Vanuatu)
 Republic Day (Portugal)
 World Habitat Day (UN)
 Territory Day (Christmas Island)

6

Tishren Liberation Day (Syria)

7

Village and Tribe Day (Iran)
 Chung Yeung Festival (Hong Kong/Taiwan/China)

8

Royal Launceston Show (TAS)
 Independence Day (Croatia)

9

Shemini Atzeret (Jewish)
 Independence Day (Uganda)
 Independence of Guayaquil (Ecuador)
 National Day (Taiwan)

MOON LAST QTR 10

Curacao Day (Curacao)
 Fiji Day
 Independence Day (Cuba)
 Maroon Day (Suriname)

11

Revolution Day (Macedonia)
 National Coming Out Day (LGBTIQ)
 Simchat Torah (Jewish)

12

Day of the Cultures (Costa Rica)
 Hispanic Day (Spain)
 Indigenous Peoples' Day (USA)
 Our Lady of Aparecida/Children's Day (Brazil)
 Independence Day (Equatorial Guinea)
 Columbus Day (Latin America, USA)
 Thanksgiving - Canada - Interfaith

13

Kojagrat Purnima (Nepal)
 Prince Rwagasore Day (Burundi)

14

Mwalimu Nyerere Day (Tanzania)
 Revolution Day (Yemen)
 Svetitskhoveli Cathedral Day (Georgia)

15

Commemoration Day of King Father Norodom Sihanouk (Cambodia)

16

Day of Pope John Paul II (Poland)
 Death of Prophet Muhammad and Martyrdom of Imam Hasan (Iran)
 Spirit Day (International)
 World Food Day (UN)
 Flinders Island Show (TAS)

NEW MOON 17

Nine Emperor Gods Festival (Malaysia, Singapore, Thailand)
 Death of Dessalines (Haiti)
 Navaratri (Hindu)

18

National Independence Day (Azerbaijan)
 St. Luke, Apostle & Evangelist - Christian
 National Day of Prayer (Zambia)
 Alaska Day (Alaska)
 National Day (Maldives)

19

Constitution Day (Niue)
 Mother Teresa Beautification Day (Albania)

20

Revolution Day (Guatemala)
 Birth of the Bab (Baha'i)
 Installation of Scriptures as Guru Granth - Sikh
 Heroes/Mashujaa Day (Kenya)

21

President Ndadaye's Day (Burundi)
 St Ursula's Day (British Virgin Islands)
 Unity Day (USA)

22

Royal Hobart Show (TAS)
 Christ the King - Christian
 22-26, Durga Ashtami (Hindu)

23

Republic Day (Hungary)
 Chulalongkorn Day (Thailand)
 Paris Peace Agreement Day (Cambodia)
 Day of the Macedonian
 Revolutionary Struggle (Macedonia)
 Liberation Day (Libya)

MOON FIRST QTR 24

Independence Day (Zambia)
 United Nations Day (UN)

25

Reformation Day - Protestant Christian
 Thanksgiving Day (Grenada)
 Yom HaAliyah
 Dashain Festival (Nepal, Bhutan, India)
 Durga Puja (Hindu)
 Sovereignty Day (Slovenia)

26

Angam Day (Nauru)
 National Day (Austria)
 Labour Day (NZ)
 Intersex Awareness Day

27

Independence Day (St Vincent, The Grenadines, Turkmenistan)

28

Milvian Bridge Day - Christian
 Independence Day (Czech Republic)
 Ochi Day (Cyprus/Greece)
 Universal Children's Day (Australia)

29

Reformation Day - Protestant Christian
 Milad un Nabi (Islam)
 King's Coronation Day (Cambodia)
 Republic Day (Turkey)

30

30 Oct-2 Nov, Bon Om Touk (Cambodia)
 Sharad Purnima (Hindu)
 World Teachers' Day (Australia)

31

All Hallows Eve - Christian
 Reformation Day - Protestant Christian
 Halloween (USA)
 All Saints' Day (Sweden & Finland)
 World Cities Day (UN)

ACHOL AGUIN

SUDANESE

Achol Aguin is a great grandmother who came to Australia some fifteen years ago as a refugee from Sudan to settle and live in Toowoomba with her children, grandchildren and great grandchildren. It is a common cultural practice for many South Sudanese ethnicities, especially Dinka, to have the parent's name replaced with a word equivalent to "mother or father-of-name of first borne". The term "mother of somebody" in Dinka is 'man-somebody'. For example, the name of Achol Aguin's first born is "Aleer", therefore, we call her "man-Aleer". This is because Sudanese people would never call an older person by their first name, only those of their own generation can do so.

Man-Aleer strongly believes that life is in God's hands, hence, it's important to keep close relationships with God, particularly as we grow older. There is no aged care system in Sudan. Unlike Australia, for instance, older people are entirely cared for by family, relatives and the community. Thus, the concept of a stranger coming into someone's home to look after an elderly person is unheard of. Traditionally, the last born would be in charge of caring for their elderly parents and it is common to find multiple generations living under one roof.

Currently, man-Aleer relies on her family members, relatives and the local South Sudanese community for transport to get around, such as going to church, community occasions and events. Nevertheless, there are times when man-Aleer experiences some challenges, like many other elderly Sudanese in Australia. For example, day time isolation and loneliness arising from the fact that children go to work, grandchildren and great grandchildren go to schools, leaving elderly relatives at home with no one to talk to, which is also exacerbated by language barrier.

Becoming old is an inevitable phenomenon and the most important thing for man-Aleer is to have access to a Sudanese aged care facility when she grows too old so that she can be cared for by people of her own cultural, ethnic, language and religious background.

*Interview conducted by: Anyuon Liai
Interviewee: Achol Aguin
Photos: Anyuon Liai,*



NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																		
FULL MOON 1 30 Oct-2 Nov, Bon Om Touk (Cambodia) Revolution Day (Algeria) Independence Day (Antigua/Barbuda) All Saints Day - Christian Samhain/Beltane (Wicca/Pagan) Druk Gyalpo Coronation Anniversary (Bhutan) Loy Krathong (Thailand)	2 All Soul's Day (Christian) Arrival of Endured Labourers (Mauritius) All Saint's Day (Colombia) Bon Om Touk ends (Cambodia) Dias de los Muertos (Mexico)	3 Victory Day (Maldives) Cultural Day (Japan) Separation Day from Colombia (Panama) Independence Day (Micronesia)	4 Citizenship Day (Northern Mariana Islands) Unity Day (Russia) Karwa Chauth (Hindu)	5 Colon Day (Panama) Guy Fawkes Night (UK)	6 Constitution Day (Tajikistan, Dominican Republic)	7 Descending Day of Lord Buddha (Bhutan) October Revolution Day (Belarus)																																																																																		
8	MOON LAST QTR 9 Independence Day (Cambodia) Iqbal Day (Pakistan) Heir to the Throne's Birthday (Tuvalu)	10	11 Independence & Veteran's Day (Angola, Poland) Remembrance Day (Commonwealth Nations) Armistice Day (Belgium/France) Republic Day (Maldives) Veteran's Day (Observed by multiple countries, under different names)	12 Birth of Baha'u'llah * - Baha'i National Youth Day (East Timor) Constitution Day (Azerbaijan)	13 Jain New Year (Jain) World Kindness Day Dhanteras Vrat	14 Naraka Chaturdasi (India) Diwali Deepavali (Malaysia/Sri Lanka) Tazaungdaing Festival (Myanmar) Sri Shayama Puja (Bangladesh)																																																																																		
NEW MOON 15 Republic Declaration Day (Brazil) National Peace Day (Ivory Coast) Kings Feast (Belgium) Independence Day (Palestine) German Community Day Nativity Feast begins - ends Dec. 24 - Orthodox Christian Shichi-go-san Festival (Japan) Govardhan Puja (India) 15-17, Tihar Festival (Nepal)	16 Cartagena Independence Day (Colombia) International Day of Tolerance (UN) Revolution Day Memorial (Mexico) Bhai Dooj (India) Sigd (Jewish)	17 National revival day (Azerbaijan) Freedom and Democracy Day (Czech Republic) President's Day (Marshall Island)	18 Vertieres Day (Haiti) Proclamation Day (Republic of Latvia) Independence Day (Morocco) National Day (Oman)	19 Discovery Day (Peurto Rico) Garifuna Settlement Day (Belize) National Day (Monaco) International Mens' Day	20 Transgender Day of Remembrance (LGBTIQ) Chhath Puja (India)	21 Water Festival (Cambodia) World Hello Day (UN) Dignity & Freedom Day (Ukraine)																																																																																		
MOON FIRST QTR 22 Christ the King - Christian Independence Day (Lebanon)	23 National Sovereignty Day (Argentina) St. George's Day (Georgia) Labour Thanksgiving Day (Shinto)	24 Martyrdom of Guru Tegh Bahdur - Sikh	25 Statehood Day (Bosnia/Herzegovina) Independence Day (Suriname) International Day for Elimination of Violence Against Women (UN)	26 Day of the Covenant * - Baha'i Thanksgiving Day (Liberia) Republic Day (Mongolia) Constitution Day (India) Thanksgiving - Interfaith USA	27	28 Ascension of 'Abdu'l-Baha * - Baha'i Independence Day (Albania/Mauritania) Proclamation of the Republic (Chad/Timor-Leste)																																																																																		
29 Liberation Day (Albania) William Tubman's Birthday Day (Liberia) Intl Day of Solidarity with Palestinian People (UN) Advent Begins (Christian) Unity Day (Vanuatu)	FULL MOON 30 Celebration of Guru Nanak Dev Sahib - Sikh Kartik Poornima (Hindu) St. Andrew's Day - Christian (Romania) Bonifacio Day (Philippines)	December 2020 <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>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> </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				October 2020 <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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POLOGA SAMOA

Pologa is recently retired. He was born in Samoa and moved to New Zealand at the age of 20 before moving to Australia more than 20 years ago. He is an active member of the local Cairns Samoan community. He participates in church events as well as in traditional celebrations.

In Samoa, parents, their children and married children all live together in one compound area in separate houses. Elders are traditionally highly regarded among the Samoan community and families look after the elderly.

In Samoa, there are no aged care services available therefore the extended family system, access to land and remittances provides the most important contribution to social protection for Samoans. Land rights follow a parental lineage and are overseen by a village chief.

Elderly Samoans in Australia will normally live with their children and family members will look after them as well. All children and relatives contribute to the wellbeing of the elderly parents.

Interview conducted by: Marcela Fischer

Interviewee: Pologa P. Moevao

Photos by: Marcela Fischer, Willard Losinger (Samoan children pose for a photograph on the island of Savai'i)

DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 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	1 National Day (Romania) Republic Day (Central African Republic) Restoration of Independence Day (Portugal) Democracy Day (Chad) Advent 1-24 (Christian)	2 Int'l Day for the Abolition of Slavery (UN) National Day (Laos/UAE/Myanmar)	3 International Day of Persons with Disability (UN)	4	5 King's Birthday (Thailand)
6 Good Neighbourliness Day (Turkmenistan) Constitution Day (Spain) Independence Day (Finland) Day of Remembrance & Action on Violence Against Women (Canada) Saint Nicholas Day (Western Christian Countries) Pearl Harbour Remembrance Day (USA)	7 King Tupou I Day (Tonga)	MOON LAST QTR 8 Constitution Day (Uzbekistan/Northern Mariana Islands/Romania) Bodhi Day (Rohatsu) - Buddhism Feast of the Immaculate Conception of Mary - Catholic Christian	9 National Day (Myanmer)	10 Constitution Day (Thailand) Int'l Human Rights Day (UN)	11 Fourth Republic Day (Madagascar) Republic Day (Burkina Faso) Hanukkah 11-18 (Jewish)	12 Constitution Day (Russia) Jamhuri/National Day (Kenya) Feast day - Our Lady of Guadalupe - Catholic Christian
13 Nat'l Day of Saint Lucia (Syracuse/Finland/Scandinavia/Sweden) Republic Day (Malta)	14 Martyred Intellectuals Day (Bangladesh)	NEW MOON 15 Bill of Rights Day (USA) Dhanu Sankranti (Hindu)	16 Day of Reconciliation (South Africa) Victory Day (Bangladesh) Posadas Navidenas 16-25 (Hispanic Christian) Independence Day (Kazakhstan, Bahrain)	17 Intl Day to End Violence Against Sex Workers Nat'l Day (Bhutan)	18 Int'l Migrants Day (UN) National Day (Qatar) Republic Day (Niger)	19 Saint Nicholas Day (Eastern Christian Countries)
20 Intl Human Solidarity Day (UN) Macau SAR Establishment Day (Macau)	21 Sao Tome Day (Sao Tome and Principe) Solstice Yule - Christian Solstice Yule - Litha * - Wicca/Pagan Northern and Southern hemispheres Pancha Ganapati 21-25 (Hindu)	MOON FIRST QTR 22 Dongzhi Festival (Macau) Unity Day (Zimbabwe)	23 HumanLight (Secular Humanism) Victory Day (Egypt)	Christmas Eve - Christian 24 Independence Day (Libya)	Christmas Day (Western/Orthodox Christian) 25 Feast of the Nativity ** - Orthodox Christian Quaid-i-Azam Day (Pakistan)	Proclamation Day (SA) 26 St Stephen's/Boxing Day (Christian/Intl) Independence & Unity Day (Slovenia) Synaxis of the Mother of God (Greece)
27 Saint John - Apostle and Evangelist - Christian Holy Family - Catholic Christian	28 Holy Innocents - Christian King Taksin Memorial Day (Thailand)	29 Constitution Day (Ireland) National Independence Day (Mongolia)	FULLMOON 30 Rizal Day (Philippines)	31 New Year's Eve/St Sylvester's Day (Christian) Watch Night (Christian) Restoration Day (Switzerland)	January 2021 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	

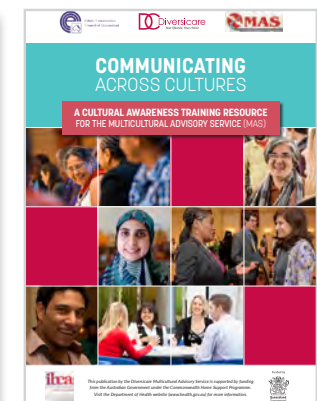
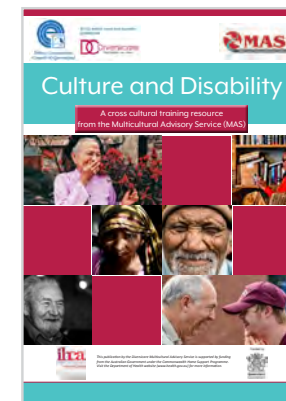
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January							February							March							April						
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1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	7		
8	9	10	11	12	13	14	8	9	10	11	12	13	8	9	10	11	12	13	8	9	10	11	12	13	14		
15	16	17	18	19	20	21	15	16	17	18	19	20	15	16	17	18	19	20	15	16	17	18	19	20	21		
22	23	24	25	26	27	28	22	23	24	25	26	27	22	23	24	25	26	27	22	23	24	25	26	27	28		
29	30						29	30	31					29	30						29	30	31				



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 in providing culturally appropriate care.

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(online & existing onsite booking)
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1800 131 450 (voice interpreting)
1300 655 081 (pre-booked interpreting)
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Absolute Translations

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Australian Interpreting Service Pty Ltd

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ONCALL Interpreters & Translators

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Email: bookings.qld@oncallinterpreters.com
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Support with Interpreting, Translating and Communication (SWITC)

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Deaf Services Qld

It is encouraged to use SWITC online
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While the above mentioned organisations and community members have exercised due care in ensuring the accuracy of the material contained in this document, the information is provided to offer an insight into cultures and their health beliefs. The information is in no way offering professional advice. Should you be suffering from an illness or ailment, we recommend to consult your local GP to discuss options available to you.