

Connection

THROUGH CULTURE

2021



MULTICULTURAL CALENDAR

*Know my
culture,
hear my
story*



Ethnic Communities
Council of Queensland



Diversicare
Your lifestyle. Your choice.



ABORIGINAL / ITALIAN

My name is Faustina Ludovici. I am bicultural. My mother is a Kamilaroi Elder and one of the Stolen Generation. My late father was Italian. I'm originally from Griffith, NSW and now live on the Gold Coast.

Health & Wellbeing

In my culture, health and wellbeing is not just physical, it is holistic and spiritual. It means closeness to family and country. There are great similarities in the cultural values of both my cultures, particularly when it comes to the importance of family. I treasure my heritage.

Culture & End of Life

As our Elders reach their golden years, it is important to listen to their needs and wants, be particularly close to them and help them through obstacles they face with health, loneliness and their independence. Love them unconditionally and support them with great love, respect and gratitude for all they have sacrificed. I will forever remember what each Elder has taught me with their love, words of wisdom and advice on how to live life. They are my heroes and I keep them alive in my heart, mind and life each day by living by the principles they have taught me. I am grateful!

Culture & Routines

I don't have a set routine, but to me, it is important to pray and meditate, get outside in nature daily and to make contact with family. I am an artist and most days I paint - my art reflects my culture and my faith.

INSPIRED IDEA...

Questions offer an insight into a person's values. Eg. "What is important to you?" "What makes you feel inspired?"

Interviewee: Faustina Ludovici
Interviewer and photos: Annalise Webb
Additional photos provided by interviewee



JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Me-Dam-Me-Phi (India)	December 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		February 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	New Year's Day (ALL STATES) 1 Republic Day (Taiwan) Triumph of the Revolution (Cuba) Restoration Day of the Independent Czech State (Czech Republic) Independence Day (Haiti, Sudan) Day of the Establishment of the Slovak Republic (Slovakia) Mary, Mother of God (Catholic) Feast Day of St. Basil (Orthodox Christian) World Day of Peace (Roman Catholic Church) Shogatsu / Gantan-sai (Shinto)	2 Berchtold's Day (International) Winter Solstice (Bhutan) Victory Day (Cuba) Incwala Day (Eswatini) Ancestry Day (Haiti) Mannam Jayanthi Birth Anniversary (India) Takai Commission Holiday (Niue) Carnival Day (Saint Kitts and Nevis)	
3 Revolution Day (Burkina Faso)	4 World Braille Day (Worldwide) Day of the Martyrs (DR Congo) Epiphany (Christian Practice) (Dominican Republic) Barahimizong (India) Independence Day (Myanmar)	5 Christmas Eve (Armenia) Twelfth Night (Christian) Guru Gobind Singh Birthday (Sikh) Tucindan (Serbia, Montenegro) Bridge Day (New Year's Holiday) (Russia)	LAST QUARTER 6 La Befana (Italy) Constitution Day (Ghana) Iraqi Army Day (Iraq) Devonport Cup (TAS, Australia) Bridge Day (New Year's Holiday) (Russia) Feast of the Epiphany (Orthodox Christian) Dia de los Reyes (Three Kings Day) (Christian)	7 Jinjitsu Feast of Seven Herbs (Japan) Feast of the Nativity (Orthodox Christian) Victory over Genocide Day (Cambodia)	8 Yinekokratia, feast of all women (Greece)	9 Martyr's Day (Panama) Republic Day (Srpska)
10 Majority Rule Day (Bahamas) Pope Agatho Feast Day (Catholic and Eastern Orthodox) Traditional Day (Benin)	11 Missionary Day (India) Coming of Age Day (Japan) Proclamation of Independence (Morocco) Thank You Day (International) Republic Day (Albania) Prithvi Jayanti (Nepal)	12 Yennayer (Algeria) Baptism of the Lord Jesus (Christian) Birthday of Swami Vivekananda (India) National Day (Romania) Zansibar Revolution Day (Tanzania) Memorial Day (Turkmenistan)	NEW MOON 13 Traditional Day of Offering (Bhutan) Democracy Day (Cape Verde) Bhogi (India) Maghi (Sikh) Kayin New Year Day (Myanmar) Liberation Day (Togo) Day of Defenders of the Motherland (Uzbekistan)	14 New Year's Day (Christian Orthodox) Day of Defenders (Uzbekistan) Pongal (Sri Lanka) Maghe Sankranti (Nepal) Birthday of the Sultan of Negeri Sembilan (Malaysia) Tamil Thai Pongal Day (India/Sri Lanka) Revolution and Youth Day (Tunisia)	15 Tusu Puja (India) Thiruvalluvar Day (India) John Chilembwe Day (Malawi)	16 Heroes' Day (DR Congo) Kanuma (India) National Religious Freedom Day (USA) Uzhavar Tirunal (India)
17 World Religion Day (Worldwide) Heroes' Day (DR Congo) Blessing of the Animals (Hispanic Catholic Christian) Martyrdom of Hazrat Fatimah (Iran) Birthday of the Sultan of Kedah (Malaysia)	18 Martin Luther King, Jr. Day (International) Week of Prayer for Christian unity Begins (Christian) Robert E. Lee's Birthday (USA) Civil Rights Day (USA)	19 Timkat (Ethiopian Christian) Confederate Heroes' Day (USA)	20 Army Day (Mali) Guru Gobin Singh Jayanti (India) Martyr's Day Holiday (Azerbaijan) National Heroes Day (Guinea Bissau)	FIRST QUARTER 21 Errol Barrow Day (Barbados) Lady of Altagracia (Dominican Republic)	22 Plurinational State Foundation Day (Bolivia)	23 Anniversary of the Inauguration of the First Philippine Republic (Philippines) Netaji Subhas Chandra Bose Jayanti (India)
24 World Leprosy Day (Worldwide) Unification Day (Romania)	25 Revolution Day (Egypt) Betico Croes Day (Aruba) National Heroes' Day (Cayman Islands) Conversion of St. Paul (Christian) Juan Pablo Duarte Day (Dominican Republic) Statehood Day (Himachal Pradesh Region, India) Wellington Anniversary Day (New Zealand)	Australia Day (ALL STATES) 26 World Customs Day (Worldwide) Republic Day (India) NRM Liberation Day (Uganda)	27 International Day of Commemoration in Memory of the Victims of the Holocaust (UN) Saint Devote's Day (Monaco) St. Sava's Day (Serbia)	28 National Army Day (Armenia) Thaipusam (Malaysia) Mahayana New Year (Buddhism) Thaiposam Cavadee (Mauritius) Tu B'Shevat (Jewish Holiday) Duruthu Full Moon Poya (Sri Lanka)	FULL MOON 29	30

CHINESE

Our names are Mengwei Hua (82 years old) and Renyi Gi (83 years old) and we are both from Mainland China. I came to Australia first before bringing my wife, Renyi and kids to settle here in 1990. We currently live in Brisbane but we like to go back to China for a few months every year if possible.

Health & Wellbeing

In our culture, we believe in Chinese medicine a bit. In Chinese medicine, it is believed you treat certain parts of the body for certain ailments. There was one time when mum couldn't move her arm at all, she had 3 acupuncture treatments and she was able to move her arm again. We were very happy with that. Also, Chinese people love their vitamins!

We think that the key to being healthy is you have to be happy with yourself before you can think about your physical health. Do things that make you happy and try not to worry about your children's problems, there is a Chinese saying that "children will have their own future and life".

Culture & End of Life

In our culture, not many Chinese people are religious. When a loved one passes away, we gather at a non-religious place with family and friends to say farewell.

There is a special festival in China called the Qingming festival, at this time we go to where our loved one is buried or where the ashes are. Usually, people bring flowers, food or fruit, and they clean the grave and visit with those that have passed away.

Culture & Routines

We go to bed very late, mum goes around midnight and I go to bed around 11pm, but we always have an afternoon nap. We wake up around 6 or 7 am but don't get out of bed until around 8 am. We have a big breakfast, Chinese food for lunch and a very light dinner, usually congee. There is a Chinese saying, "breakfast is king, eat lunch to be full and for dinner, eat like a beggar".



DID YOU KNOW...

93% of communication is made up of non-verbal language. Remember to observe verbal and non-verbal communication and be aware that cultures often express emotions in different ways.

Interviewee: Mengwei Hua and Renyi Gi
Interviewer: Taryn Quach
Photos supplied by: Mengwei Hua and Renyi Gi



FEBRUARY 2021

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7 Independence Day (Grenada)	8 Nirvana Day (Buddhism) Royal Hobart Regatta (State Holiday) (TAS, Australia) Independence Day Holiday (Grenada) Preseren Day (Slovenia) Thaipusam (Sri Lanka, Malaysia, Mauritius, Singapore, India)	9 St. Maroun Day (Lebanon) Fast and Prayer Day (Liberia) Guru Ravida's Birthday (India)	10 Feast of St. Paul's Shipwreck (Malta) Lunar New Year Holiday (Taiwan)	11 National Day (Yemen) Islamic Revolution Day (Iran) National Foundation Day (Japan) Korean New Year Holiday (South Korea) Lateran Treaty Day (Vatican City) 11th-17th Spring Festival (China) Tet Eve (Vietnam)	12 NEW MOON Chinese New Year* Lunar New Year Triodion (Orthodox Christian) Oruro First Day of the Carnival (Bolivia) Union Day (Myanmar) Lincoln's Birthday (USA) Seollal Holiday (North Korea) (South Korea 11-13th) Darwin Day (Atheist/Humanist)	13																																										
14 St. Valentine's Day (Christian) Racial Justice Sunday (UK Christian) Transfiguration Sunday (Christian)	15 Nirvana Day (Buddhist Jain) Liberation Day (Afghanistan) Lui-Ngai-Ni (India) National Day (Serbia) Heritage Day (Canada) Candlemas (Eastern Orthodox) Shrove Monday (Christian)	16 Vasant Panchami (Hindu) Restoration of the State Day (Lithuania) Birth Day of Kim Jong Il / Day of the Shining Star (North Korea) Sovereignty Day of Serbia Holiday (Serbia) Shrove Tuesday (Christian)	17 Beginning of Lent / Ash Wednesday (Christian) Independence Day (Kosovo) Revolution Day (Libya)	18 Independence Day (Gambia) National Democracy Day (Nepal)	19 Chahhtrapati Shivaji Maharaj Jayanti (India) 19 Feb-7th March, Sydney Gay & Lesbian Mardi Gras (Australia)	20 FIRST QUARTER World Day of Social Justice (UN)																																										
21 International Mother Language Day (UN) Triodion Begins (Orthodox Christian) Language Movement Day (Bangladesh) Father Walter Lini Day (Vanuatu) Birth Anniversary of His Majesty the King (Bhutan)	22 Independence Day (Saint Lucia)	23 National Day (Brunei) Republic Day (Guyana) The Emperor's Birthday (Japan)	24 Launceston Cup (TAS, Australia) Independence Day (Estonia)	25 People Power Anniversary (Philippines) National Day (Kuwait) Revolution Day (Suriname)	26 Purim (Jewish) Imam Ali's Birthday (Islam) Magha Puja (Laos, Thailand, Cambodia, Myanmar) Lantern Festival (China) Liberation Day (Kuwait)	27 FULL MOON Independence Day (Dominican Republic) Shushan Purim (Jerusalem)																																										
28 Peace Memorial Day (Taiwan) Kalevala/Finnish Culture (Finland)	March 2021 <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								
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* Chinese New Year applies to Bhutan, Brunei, China, Christmas Island, Hong Kong, Indonesia, Macau, Malaysia, Mauritius, Mongolia, Nepal, North Korea, Philippines, Singapore, South Korea, Suriname, Thailand, Taiwan, Vietnam. Commonly referred to as Chinese New Year, the holiday has different names in different countries: Spring Festival in China, Ten in Vietnam, Losar in Tibet, Nepal and Bhutan, Seollal in Korea, and Tsagaan Sar in Mongolia.

"Laughter is timeless. Imagination has no age. And dreams are forever."
 -Walt Disney

ZIMBABWEAN

My name is Mkhululi Sibanda. I am from Zimbabwe and I came to Australia in 2008. I currently live in Toowoomba with my family.

Health & Wellbeing

Zimbabwe is a multicultural country. However, there are two main tribes: Shona and Ndebele. Most of this article is about the Ndebele tribal culture.

In my culture, health and wellbeing is about being mentally sound and physically fit. It also means having access to preferred food. The preferred food that keeps us healthy is “Isitshwala”, which is maize meal porridge made out of white corn. We also like eating sorghum (flowering plant) and millet (cereal grass) because they don’t contain too much fat. But mostly our diet consists of veggies and game meat.

We value family in our culture because it is regarded as the main source of a healthy mental state. Sharing is also one of our fundamental cultural values.

Culture & End of Life

In my culture, visiting the sick is very important. Extended family members, relatives, friends and everyone known to the sick person must all visit them. We believe that only the immediate family should be told about the condition of the sick person. The ill person is never told, it is taboo to tell the person “you are dying”.

After someone passes away, everyone is allowed to come, sometimes in the hundreds, to celebrate by singing, dancing, viewing the body, talking about the qualities of the person and saying goodbye. This lasts for a week before the burial. A month after the burial, people come back and attend another ceremony in which the deceased clothes are distributed to the immediate and extended family. Other personal belongings are given to the children. If there’s a will, it goes according to the will. However, if there is no will, the older son takes control.

Culture & Routines

In my culture, there’s always someone around to help take care of our elderly people. However, this may not be possible in Australia because people are busy with work and study. Traditionally, when people retire they go back to their villages where they will look after the land and animals.



INSPIRED IDEA...

Be sensitive of cultural taboos. Ask questions to determine what information is appropriate to share with immediate family and friends.

Interviewee: Mkhululi Sibanda
Interviewer: Anyuon Liai
Photos: Anyuon Liai



MARCH 2021

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Clean Up Australia Day (Australia) 7 Meatfare Sunday (Orthodox Christian)	Canberra Day (ACT) Eight Hours Day (TAS) Labour Day (VIC) Adelaide Cup (SA) 8 International Women's Day (UN) Commonwealth Day (International) Taranaki Anniversary Day (New Zealand)	9 Tibetan Uprising Day (Tibet) Holocaust Remembrance Day (Bulgaria)	10 Lailat al Miraj (Islam) King Moshoeshoe I's Day (Lesotho) Maha Shivaratri (Hindu) Restoration of the Independence Day (Lithuania)	11 Mahara Shivarati (Hindu) Independence and Republic Day (Mauritius)	12 NEW MOON	13 Losar (India (Sikkim)) Ghyalpo Losar (Nepal) Anniversary of the Election of Pope Francis (Vatican City)																																										
14 Cheesefare Sunday (Orthodox Christian) Constitution Day (Andorra) Hari Raya Nyepi (Indonesia)	15 Clean Monday / Beginning of the Great Lent (Orthodox Christian) Constitution Day (Belarus) Labour Day (Christmas Island) Benito Juarez Day (Mexico) Revolution Day (Hungary)	16 Sheikh Mujibur Rahman's Birthday (Bangladesh) St. Patrick's Day (Christian)	17 National Close the Gap Day (Australia) Marien Nguabi Day (Republic of Congo) Waqf al Arafah (Islam)	18 St. Joseph's Day (Christian)	19 International Day of Happiness (UN) Independence Day (Tunisia) March Equinox (Australia)	20																																										
Harmony Day (Australia) 21 International Day for the Elimination of Racial Discrimination (UN) International Day of Nowruz (UN) Independence Day (Namibia) Human Rights Day (South Africa) Ostra Mabon (Wicca) Orthodox Sunday (Orthodox Christian)	FIRST QUARTER 22 World Water Day (UN) Bihar Divas (India) Emancipation Day (Puerto Rico)	23 Hungarian-Polish Friendship (Poland/Hungary) Shaheedi Diwas (India) Pakistan Day (Pakistan)	24 Commonwealth Covenant Day (North Mariana Islands) Truth and Justice Memorial Day (Argentina)	25 Greek Independence Day (Greece) Feast of the Annunciation (Christian) Anniversary of the "Arengo" (San Marino) Annunciation of the Blessed Virgin Mary (Christian)	26 Independence Day (Bangladesh) Khordad Sal (Birth of Prophet Zaranthushtra) (Zoroastrian)	27 Earth Hour Day (Worldwide)																																										
28 Lailat al Bara'ah (Islam) Lord's Evening Meal (Jehovah's Witness Christian) Palm Sunday (Christian) First Day of Passover (Jewish) Magha Puja Day (Buddhism) Holika Dahan (Hindu)	FULL MOON 29 Holi (Hindu) Hola Mohalla (Sikh) Shab e-Barat (Bangladesh & India) Boganda Day (Central African Republic) Yaosang Day (India) Martyrs' Day (Madagascar) Imam Mahdi's Birthday (Iran)	30 Land Day (Palestine) Spiritual Baptist Day (Trinidad & Tobago)	31 Freedom Day (Malta) Transfer Day (US Virgin Islands) Islamic Republic Day (Iran) Culture and Traditions Day (Micronesia)	April 2021 <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></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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SRI LANKAN

My name is Sugee Kannangara. I was born in Sri Lanka. I am 68 years old. I originally immigrated to New Zealand and lived there for 7 years before coming to Australia in 1996.

Health & Wellbeing

In the Sri Lankan culture, a life free of debilitating physical ailments and extreme mental stress is considered as vital for wellbeing in old age. Therefore, I try to stay physically and mentally active and connected with family, friends and community. I also believe leading a life respectful of the environment I live in promotes wellbeing.

Loving my birth country Sri Lanka and its rich tapestry of cultural diversity, I know, love for one's country of origin is transferable to one's country of migration, without diminishing, damaging or denying either. This 'knowing' is indeed conducive to my sense of wellbeing in retirement as it was in my younger days as a new migrant contributing to the nation of Australia (and New Zealand.)

Our national greeting 'aayubovan' means may you live long! The elderly are considered worthy of veneration. Therefore, families wish to provide the elderly with a stress free, safe and secure environment.

Culture & End of Life

In my culture, death in old age is accepted as the inevitable culmination of the life cycle. There is sorrow at the loss, but death is not considered morbid.

At Sri Lankan funerals, usually, the clergy are invited to offer blessings from the divine. Good deeds done during their lifetime are remembered. Community participation and public declaration of the goodness of the deceased by distinguished members of the community are essential elements at a funeral.

To remember those that have passed on, I make offerings to the clergy and the needy annually on the day of the passing away of loved ones.

Culture & Routines

Routines around mealtimes, ablutions and hygiene, sleep and social times have become very important as I get older. Daily religious observances and spiritual practices are important aspects in my life. I usually have three meals a day. Breakfast is the most important meal for me with fruits, nuts, bread or rice and tea. Lunch is usually traditional food such as three vegetarian curries with rice and dinner is very light, perhaps a few pieces of fruit or nuts and a cup of black tea.



INSPIRED IDEA...

Every culture has different significant months. Never assume that everyone follows the same calendar you do! Discover what your client's favourite month is, and why.

Interviewee: Sugee Kannangara
Interviewer: Taryn Quach
Photos provided by interviewee

APRIL 2021

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				April Fool's Day (Worldwide) Maundy Thursday (Christian) Greek Cypriot National Day (Cyprus) Odisha Day (India) Islamic Republic Day (Iran)	Good Friday (ALL STATES) World Autism and Awareness Day (UN) Malvinas Day (Argentina) Unity Day of Peoples (Belarus/Russia) Sizzah Be-dar/Nature Day (Iran)	Day following Good Friday (ALL except TAS & WA) Holy Saturday (Christian) Second Republic Day (Guinea)																																																	
LAST QUARTER Easter Sunday (ACT, NSW, QLD, VIC)	Easter Monday (ALL STATES)																																																						
Peace Day (Angola) Last Day of Passover (Jewish) Ching Ming Festival (Macau) Independence Day (Senegal)	Peace Day Holiday (Angola) Babu Jagjivan Ram Birthday (India) Chung Myung Day (North Korea)	Easter Tuesday (TAS) Self-Determination Day State Holiday (Australia (Cocos and Keeling Islands)) Easter Tuesday (Australia (Tasmania)) President Ntaryamira Day (Burundi) Southland Anniversary Day (New Zealand) Chakri Day (Thailand)	United Nations' World Health Day (UN) Day of Remembrance of the Victims of the Rwanda Genocide (UN) National Women's Day (Mozambique) Genocide Memorial Day (Rwanda) Sheikh Abeid Amani Karume Day (Tanzania)	Yom HaShoah/ Holocaust Remembrance Day (Jewish) Hana Matsuri/Flower Festival (Japan) National Health Day (Kiribati)	Day of National Unity (Georgia) Baghdad Liberation Day (Iraq) Constitution Day (Kosovo) Day of Valor (Philippines) Martyr's Day (Tunisia)																																																		
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Independence Day (Zimbabwe) Birthday of Guru Angad Dev (Sikh)	Independence Declaration Day (Venezuela)	Chinese Language Day (UN) 20-28, Festival of Ridvan (Baha'i)	Rama Navami (Hindu) Tiradentes Day (Brazil)	Earth Day (UN) Death Anniversary of Zhabdrung (Bhutan) Hung Kings Temple Festival (Vietnam)	English Language Day (UN) Veer Kunwar Singh Jayanti (India (Bihar)) St. George's Day (Christian)	Lazarus Saturday (Orthodox Christian) Genocide Memorial Day (Armenia) Loktantra Diwas (Nepal) Concord Day (Niger)																																																	
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GREEK

I am Mike Friganiotis. I am a first-generation Greek-Australian currently living in Cairns. I'd like to share what I have learnt from growing up with Greek parents.

Health & Wellbeing

In my culture, family, freedom and fun give me a sense of health and wellbeing. Greeks are very social and we enjoy meeting friends at a cafe, drinking Greek coffee, maybe eating a mezze, and having impassioned discussions.

Family is the most important aspect of my life, I believe families must stick together. Families should get together to celebrate important occasions such as Easter (the most important celebration for Greeks), as well as Christmas, weddings, baptisms and name days.

I try to follow a Mediterranean diet, which is a diet rich in plant-based food, olive oil and not too much meat. I also try to exercise to stay healthy

Culture & End of Life

In my culture, we would prefer to be buried, cremations are not as popular. In Greece, funerals are generally held in the Greek Orthodox Church, followed by the "Makaria" (mercy meal), where family and friends gather to celebrate the life of the deceased person. Traditionally, the widow would wear black for the rest of her life but nowadays, it is acceptable that they wear black for a much lesser time.

Generally, discussions about End of Life are open, however, I personally accept life as it is and avoid discussions about death, unless it is about someone that no one in the household knows.

Culture & Routines

In my culture, I would get up early and drink coffee. As a kid, it was a tradition to bring freshly brewed Greek coffee to my parents in bed before they would start their day.

I like to have three meals a day; breakfast, lunch and dinner. Dinner would normally be between 9 pm and 10 pm. Another important part of my routine is going for long walks and being outdoors.



INSPIRED IDEA...

Social isolation can be a real problem, especially when the person is from a culture that values social connection. Discuss ideas about how they can stay connected and social.

Interviewee: Mike Friganiotis
Interviewer: Marcela Fischer
Photos: Marcela Fischer



MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>30</p> <p>Trinity Sunday (Christian) Pesta Kaamatan Harvest Festival (Malaysia)</p>	<p>31</p> <p>Reconciliation Day (ACT, Australia) Memorial Day (USA)</p>	<p>April 2021</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></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>June 2021</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>30</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></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	30		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>1</p> <p>People's Solidarity Day (Kazakhstan) Constitution Day (Marshall Islands) Convocation of the Constitutional Assembly (Latvia) Holy Saturday (Orthodox Christian) Maharashtra Day (India) Labour Day Holiday (International) Wicca - Beltane - Samhain (Northern and Southern Hemispheres)</p>
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<p>2</p> <p>Birth Anniversary of the 3rd Druk Gyalpo (Bhutan) Martyrdom of Imam Ali (Iran) Orthodox Easter / Pascha (Orthodox Christian)</p>	<p>3</p> <p>Labour Day (QLD) May Day (NT)</p> <p>UN World Press Freedom Day Sham El Nessim (Egypt) Constitution Memorial Day (Japan) Constitution Day (Poland) Orthodox Easter Monday (Orthodox Christian) Saints Philip and James (Christian)</p>	<p>4</p> <p>LAST QUARTER</p> <p>Orthodox Easter Tuesday (International) USA National Day of Prayer (Interfaith) Coronation Day (Thailand) Declaration of Independence Day (Latvia) National Remembrance Day (Netherlands)</p>	<p>5</p> <p>Cinco de Mayo (Mexico) Patriot's Victory Day (Ethiopia) Europe Day in the European Council African World Heritage Day (UNESCO) Constitution Day (Kyrgyzstan) Liberation Day (Netherlands)</p>	<p>6</p> <p>St. George's Day (Bulgaria)</p>	<p>7</p> <p>Vesak Day (Buddhist) AGFEST (Tasmania, Australia)</p>	<p>8</p> <p>Victory in Europe Day World Red Cross and Red Crescent Day Laylat al Kadr (Islam)</p>																																																																																				
<p>9</p> <p>Mother's Day (International)</p> <p>Europe Day in the European Union Victory Day (Former Soviet Republics) Liberation Day (Jersey, Guernsey)</p>	<p>10</p> <p>Constitution Day (Micronesia) Yom Yerushalaim Jerusalem Day (Israel) Royal Ploughing Ceremony (Cambodia) Independence Day (Romania)</p>	<p>11</p>	<p>12</p> <p>NEW MOON</p>	<p>13</p> <p>Ascension Day (Christian) Rotuma Day (Fiji) Hari Raya Puasa (Islam) Eid Al Fitr (Islam) 13-15th King Norodom Shiamoni's Bday (Cambodia)</p>	<p>14</p> <p>National Unification Day (Liberia) Kamuzu Day (Malawi) National Unification Day (Liberia) 14-15th Independence Day (Paraguay)</p>	<p>15</p> <p>International Day of Families (UN) Culture Freedom Day (International)</p>																																																																																				
<p>16</p> <p>SPLA - Sudan People's Liberation Army Foundation Day (South Sudan)</p>	<p>17</p> <p>International Day Against Homo/Trans/Biphobia Discovery Day (Cayman Islands) Constitution Day (Norway, Nauru) Liberation Day (Congo) Shavuot / Pentecost (Jewish)</p>	<p>18</p> <p>Constitution Day (Turkmenistan) Tich'a B'av (Jewish)</p>	<p>19</p> <p>Birthday of the Buddha (Buddhism) Greek Genocide Remembrance Day (Greece) Remembrance Day (Sri Lanka) Ho Chi Minh's Birthday (Vietnam)</p>	<p>20</p> <p>FIRST QUARTER</p> <p>National Day (Cameroon) Independence Restoration Day (East Timor)</p>	<p>21</p> <p>World Day for Cultural Diversity for Dialogue and Development (UN) Afro-Colombian Day (Colombia) Day of Culture and Art Workers (Kazakhstan) Independence Day (Montenegro)</p>	<p>22</p> <p>International Day for Biological Diversity (UN) Unity Day (Yemen)</p>																																																																																				
<p>23</p> <p>Labor Day (Jamaica) Declaration of the Bab (Baha'i) Pentecost (Christian & Orthodox)</p>	<p>24</p> <p>Whit Monday (Christian) Independence Day (Eritrea) Sovereign's Day / Commonwealth day (Belize) Victoria Day (Canada)</p>	<p>25</p> <p>African Liberation Day (Zimbabwe, Zambia, Ghana, UNESCO) National Day (Argentina) Chuquisaca Day (Bolivia) Independence Day (Jordan)</p>	<p>26</p> <p>FULL MOON</p> <p>Day of Vesak Buddha's Day (UN) Independence Day (Georgia, Guyana) National Sorry Day (Australia)</p>	<p>27</p>	<p>28</p> <p>Republic Day (Armenia, Azerbaijan, Nepal)</p>	<p>29</p> <p>International Day of United Nations Peacekeepers (UN) Ascension of Baha'u'llah (Baha'i)</p>																																																																																				



INSPIRED IDEA...

Never assume someone wants you to do something for them, ask first! Often it's the little things like being able to make a cup of tea, that retains that sense of independence.

ITALIAN

I am Antonio Zaccaro. I was born in Puglia, Italy and originally migrated to Melbourne with my parents and brothers in 1967. I now live in Burleigh Waters, Queensland.

Health & Wellbeing

In my culture, health and wellbeing means good food, good friends, good wine and family, family, family! To be healthy I see my doctor for a check-up at least once a year, I try to keep fit as well, I walk my dog and swim most days.

Culture & End of Life

My babbo (father) has passed away now but mamma is 94 and thank God, she is still living independently at home. One of my brothers lives close by too. We call or visit her every day. It is very important for her to feel close to her family and to feel loved. It took us a long time to convince her to let a nurse come to help her bathe. As men, we did not feel this was appropriate for us. We help her with cleaning her house, doing the garden and all the rest.

Culture & Routines

In my culture, older people generally wake up rather early, the result of old habits from their working lives. They often start the day with a good coffee, maybe a prayer, tidy up, a small walk and then perhaps a visit with friends or family over lunch, TV or read the newspapers or a good book.

I am still working four days a week – I am not retired yet!

Being with my family is above all else in my life. We take good care of our beloved mamma, we take her shopping and out to lunch at the Italian Club or sometimes to a movie. Like most Italians, I am also an excellent cook and I love cooking nice meals for my family and dearest friends.



JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	May 2021 S M T W T F S 30 31 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	1 Reconciliation Day (Australia) Madaraka Day (Kenya) Pancasila Day (Indonesia) President's Day (Palau) International Children's Day (International) Independence Day (Samoa) Youth Day (Cape Verde)	2 LAST QUARTER Republic Day (Italy)	3 Corpus Christi (Christian) Mabo Day (Indigenous) Martyr's Day (Uganda)	4 Randol Fawkes Labour Day (Bahamas)	5 World Environment Day (UN) Constitution Day (Denmark) President's Day (Equatorial Guinea) Khordad Movement Anniversary (Iran)	
	6 National Day (Sweden) Queensland Day (QLD, Australia) Memorial Day (South Korea)	7 Western Australia Day (WA) Queens Birthday (NZ, Niue, Cook Islands)	8 World Oceans Day (UN) Bounty Day (Norfolk Island, Australia)	9 St. Columba of Iona (Celtic Christian) National Heroes Day (Uganda) Autonomy Day (Aland Islands)	10 NEW MOON Ascension Day (Orthodox Christian) Reconciliation Day (Congo) Portugal Day (Portugal)	11 Sacred Heart of Jesus (Christian)	12 Democracy Day (Nigeria) Chaco Armistice Day (Paraguay) Independence Day (Philippines) Queens Official Birthday (UK) Russia Day (Russia)
	13 International Albinism Awareness Day (UN) Race Unity Day (Bahai) Anthony of Padua Feast Day (Portugal, Spain, Brazil)	14 Queen's Birthday (All except QLD & WA) Dragon Boat Festival (China) Sacred Heart (Colombia) Flag Day (USA) Liberation Day (Falkland Islands)	15 Raja Sankranti (India) Dano Festival (North Korea) World Elder Abuse Awareness Day (UN) Saint Vladimir Day (Christian) Day of Valdemar and Reunion Day (Denmark) National Salvation Day (Azerbaijan)	16 Martin Miguel de Guemes Day (Argentina) Independence Day (Iceland)	17 King's Mother's Birthday (Cambodia) Constitutional Day (Seychelles)	18 FIRST QUARTER King Jong-il's entry to the WPK (North Korea) Bday of Jose Artigas and Never Again Day (Uruguay) Labor Day (Trinidad & Tobago) New Church Day (Swedenborgian Christian)	
	20 World Refugee Day (UN) Refugee Week 20-26th (Australia) National Flag Day (Argentina) Birth Anniversary of Guru Rinpoche (Bhutan) Pentecost (Orthodox Christian) Martyrs' Day (Eritrea)	21 Nirjala Ekadashi (Hindu) National Indigenous Peoples Day (Canada) World Humanist Day (Materialism) National Day (Greenland) Solstice Litha Yule (Pagan) Whit Monday (Orthodox Christian) June Solstice (Australia)	22 Litha / Yule (Wicca) Anti-fascist struggle day (Croatia)	23 Public Service Day (UN) Midsummer Eve (Latvia) National Day (Luxembourg) Victory Day (Estonia) St Johns Eve	24 St. John the Baptist (Christian) Battle of Carabobo Day (Venezuela) Sant Guru Kabir Jayanti (India) Jani (Latvia) Inti Raymi / Festival of the Sun (Peru) Manila Day (Philippines)	25 FULL MOON Independence Day (Mozambique) Statehood Day (Slovenia)	26 Midsummer Day (Sweden, Finland) Internation Day in Support of Victims of Torture (UN) Independence Day (Madagascar)
	27 Independence Day (Djibouti) Seventeenth of Tammuz (Jewish) Multiculturalism/Mixed Race Day (Canada/Brazil) National Unity Day (Tajikistan)	28 Constitution Day (Ukraine)	29 Feast Day of St. Peter and Paul (Christian) Independence Day (Seychelles)	30 General Prayer Day (Central African Republic) Revolution Day (Egypt) Independence Day (DR Congo)	July 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		

DUTCH

Our names are Marijka (66 years old) and David Bosma (72 years old), we are both from the Netherlands. David came to Australia in 1976 and I came in 1973. We met in the Netherlands when David went there for a holiday in 1972.

Health & Wellbeing

In our culture, we stay healthy by eating lots of fruits and vegetables and not too much meat. We like to get together with friends and it's important for us to attend church. If we lived in the Netherlands we would probably cycle everywhere and that would keep us healthy but here we just walk for exercise.

Culture & End of Life

In our culture, when we lose a loved one, the coffin is brought to the home and the family gather there to view the body. After a few days, the coffin is taken to the chapel at the cemetery where friends along with the family gather for a church service prior to the burial. It is not too different from what is done here in Australia.

Culture & Routines

We like to have 3 meals a day, plus morning and afternoon tea. We also like to have tea or coffee usually about 1-2 hours before going to bed.

In the Dutch culture, birthdays are very important, it is expected that you always visit family on their birthday. So for us, celebrating our birthdays is important, David always puts streamers up around the house on my birthday and we always go out for a meal.

Another important day that we celebrate is St Nicholas Day (6th Dec). On the eve of St Nicholas Day, we gather as a family and give each other, and especially the children, gifts in memory of the dear Saint. So no presents on Christmas Day! Christmas is a quieter event with attending church services and afterwards having a family meal together - for us, it is usually on Boxing Day so we don't clash with Australian in-law families who do give gifts at Christmas.



INSPIRED IDEA...

Understanding is key to communication and connection. Reading up on your client's cultural background prior to meeting, shows you care and provides a strong platform to build trust and rapport.

Interviewee: Marijka and David Bosma
Interviewer: Taryn Quach
Photo supplied by: Taryn Quach and Marijka and David Bosma

JULY 2021

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<p>June 2021</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>30</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></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	30		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>August 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p>1</p> <p>Emancipation Day (Suriname) Independence Day (Somalia/Rwanda/Burundi) Republic Day (Ghana) Canada Day Communist Party of China Founding Day (China)</p>	<p>LAST QUARTER</p> <p>2</p> <p>Alice Springs Show Day (NT, Australia)</p>	<p>3</p> <p>Independence Day (Belarus) V.I. Emancipation Day (US Virgin Islands)</p>
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<p>4</p> <p>Independence Day (USA) Liberation Day (Rwanda) NAIDOC Week 4th-11th (Australia) Official Birthday of HM King Tupou (Tonga)</p>	<p>5</p> <p>St Cyril & Methodius Day (Slovakia/Czech Republic) Tynwald Day (Isle of Man) Independence Day (Cape Verde/Algeria/Venezuela) CARICOM Day (Guyana) Constitution Day (Cayman Islands, Armenia)</p>	<p>6</p> <p>Jan Hus Day (Czech Republic) Capital City Day (Kazakhstan) Statehood Day (Lithuania) Independence Day (Comoros/Malawi) Dalai Lama's Birthday (Buddhist) Ra o te Ui Ariki (Cook Islands) Unity Day (Zambia)</p>	<p>7</p> <p>Independence Day (Solomon Islands) Tanabata Festival (Japan) Saba Saba Day (Tanzania)</p>	<p>8</p> <p>Sunniva Feast Day (Norway)</p>	<p>9</p> <p>Martyrdom of the Bab (Baha'i) Constitution Day (Australia) Nunavut Day (Canada) Tennant Creek Show Day (Australia (NT)) Independence Day (South Sudan/Argentina)</p>	<p>NEW MOON</p> <p>10</p> <p>National Culture Day (Kiribati) Independence Day (Bahamas)</p>																																																																																				
<p>11</p> <p>World Population Day (UN) Bonalu (India) Naadam Festival (Mongolia) St. Benedict Day (Christian)</p>	<p>12</p> <p>Ratha Yatra (India) Independence Day (Kiribati/ Sao Tome and Principe)</p>	<p>13</p> <p>Sovereignty Day of Montenegro (Montenegro)</p>	<p>14</p> <p>Bastille Day (France) First Sermon of Lord Buddha (Bhutan) Republic Day (Iraq)</p>	<p>15</p> <p>H.M. Sultan's Birthday (Brunei) Feast of St. Rosalia (Italy) St Vladimir the Great Day (Orthodox Christian) Democracy and National Solidarity Day (Turkey)</p>	<p>16</p> <p>Gergetoba Day (Georgia) La Paz Day (Bolivia) Katherine Show Day (Australia (NT)) Our Lady of Mount Carmel (Chile)</p>	<p>FIRST QUARTER</p> <p>17</p> <p>King's Birthday (Lesotho) Independence Day (Slovakia) Constitution Day (South Korea)</p>																																																																																				
<p>18</p> <p>Nelson Mandela Day (UN) Tisha B'Av/Fast of Ninth of Av (Jewish) Galla Bayramy (Turkmenistan) World Listening Day (UN) Constitution Day (Uruguay)</p>	<p>19</p> <p>Day of Arafah (Islam) President's Day (Botswana) Martyr's Day (Myanmar) Sandinista Revolution Day (Nicaragua)</p>	<p>20</p> <p>Eid al Adha (Islam) Hari Raya Haji (Malaysia & Singapore) Independence Day (Colombia)</p>	<p>21</p> <p>Independence Day (Belgium) Racial Harmony Day (Singapore) Liberation Day (Guam)</p>	<p>22</p> <p>Birthday of Late King Sobhuza (Swaziland) Revolution Day (Gambia) Sarawak Day (Malaysia)</p>	<p>23</p> <p>Darwin Show Day (NT, Australia) Revolution Day (Egypt) Renaissance Day (Oman) National Remembrance Day (Papua New Guinea) Emperor Haile Selassie Birthday (Rastafaria)</p>	<p>FULL MOON</p> <p>24</p> <p>Pioneer Day (Mormon Christian) Simon Bolivar's Birthday (Venezuela/Ecuador/Colombia/Bolivia) Asahna Bucha Day (Thailand) Guayaquil Day (Ecuador) Asalha Puja Day (Buddhist)</p>																																																																																				
<p>25</p> <p>St. James the Great Day (Christian) Constitution Day (Puerto Rico) Guanacaste Day (Costa Rica) Baha'i Day (Jamaica) Vassa, Buddhist Lent (Thailand) Republic Day (Tunisia)</p>	<p>26</p>	<p>27</p> <p>Day of National Rebellion (Cuba) Independence Day (Liberia/Maldives) Day of Victory (North Korea)</p>	<p>28</p> <p>Anniversary of the fall of Fascism and Freedom Day (San Marino) St. Olav's Eve (Faroe Islands) Independence Day (Peru) King Maha Vajiralongkorn's Birthday (Thailand) Eid al-Ghadeer (Islam)</p>	<p>29</p> <p>Territory Day (Wallis & Futuna) St. Olav's Day (Faroe Islands)</p>	<p>30</p> <p>International Day of Friendships (UN) Feast of the Throne (Morocco) Martyrs Day (South Sudan) Independence Day (Vanuatu)</p>	<p>LAST QUARTER</p> <p>31</p>																																																																																				

PAPUA NEW GUINEAN

I am Lily Dickson (Wong), 71 years young, was born in Rabaul, Papua New Guinea (PNG), of Chinese descent and live on the Sunshine Coast.

Health & Wellbeing

PNG is culturally and linguistically diverse with many languages and dialects. In Chinese and PNG culture, health and wellbeing means to have family, care and respect. To be healthy and well, I maintain an active body, mind and spirit.

In PNG, yam, sweet potatoes, taro and ibika are considered healthy food which are usually wrapped in banana leaves and cooked in coconut milk over hot coals. It is important to have a well balanced diet of fresh produce, herbal and medicinal plants. Tonic soups are important to cleanse and keep the body strong. Herbs such as goji berries, ginkgo, ginseng I believe contribute to good health.

Culture & End of Life

In PNG culture, upon death, many rituals and ceremonies are performed. Many people are of Christian faith and priests perform the last rites. People also believe that the spirit of the dead has an influence on living family members.

In Chinese culture, before death, the family takes care of the elderly. At the time of my father's death, we farewelled and wished father a good journey to the next life. Traditionally, the body is buried after 3 days. At the funeral, relatives placed a white piece of material over the body symbolising purity and death. Family members wore white garments with black armbands. The mourning period is between 7 - 49 days. Traditionally, the body is taken from home, passing the person's favourite haunts to the cemetery and after 100 days a final ceremony is held. A shrine with a photo of my late father is kept at home. The family gather annually at 'Ching Ming', a festival to remember and honour our ancestors to celebrate with prayers, food and the burning of incense and joss paper.

Culture & Routines

Older people in PNG start cooking in the morning with fire over hot coals and throughout the day. Later they do household chores and also plant and harvest crops.

Normally, I wake up happy, have breakfast (tea and porridge), exercise, greet the garden, and sometimes have lunch with friends. I also have my dinner early and sleep early. I am of the Catholic faith and pray daily. I also volunteer at my Church and Volunteering Sunshine Coast.



DID YOU KNOW...

In PNG culture, older people are looked after usually by female family members. People believe that spirits and sorcery could be the cause of illness. A spiritual healer may be sought to help the ailing person.

Interviewee: Lily Dickson (Wong)
Interviewer: Thana Roysmith
Photos: Thana Roysmith

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lammas (Christian) Independence Day (Benin) National Day (Switzerland) Lughnassad - Imbolc (Wicca/Pagan)	2 Picnic Day (NT, Australia) Bank Holiday (NSW, Australia) Our Lady of the Angels Day (Costa Rica) Republic Day (North Macedonia)	3 Freedom Day (Equatorial Guinea) Krishna Janmashtami (Hindu) Independence Day (Niger)	4 Constitution Day (Cook Islands) Founders Day (Ghana)	5 Independence Day (Burkina Faso) Victory and Homeland Thanksgiving Day (Croatia)	6 Transfiguration of the Lord (Orthodox Christian) Constitution Day (Anguilla/Iran) Umuganura (Harvest Festival) (Rwanda) Independence Day (Bolivia/Jamaica)	7 Aged Care Employee Day (Australia) Battle of Boyaca (Colombia)
New Moon 8 Augsberg Peace Festival (Germany) Cease Fire Day (Iraq) Mountain Day 8th-9th (Japan) Nane Nane Day (Tanzania)	9 International Day of World's Indigenous People (UN) National Day (Singapore)	10 Independence Day (Ecuador) Muharram / Islamic New Year Begins (Muslim)	11 Royal Queensland Show (Brisbane, Australia) Ekka People's Day (QLD, Australia) Independence Day (Chad)	12 H.M. Queen Mother's Birthday (Thailand)	13 Obon 13th-15th (Japan) Nag Panchami Festival (Hindu) Women's Day (Tunisia) Independence Day (Central African Republic)	14 Vigil of Assumption Day (Vatican City) Independence Day (Pakistan) Falklands Day (Falkland Islands) Oued Ed-Dahab Day (Morocco)
15 Liberation Day (Liechtenstein, Korea) Assumption of Blessed Virgin Mary (Christian) Founding of Asuncion (Paraguay) Constitution Day (Equatorial Guinea) Independence Day (India/Congo) Dormition of the Theotokos (Orthodox Christian)	First Quarter 16 Restoration Day (Dominican Republic) Independence Day (Gabon)	17 Independence Day (Indonesia) Prekmurje Union Day (Slovenia)	18	19 Day of Ashura (Islam) World Humanitarian Day (UN) Feast of the Transfiguration of Jesus (Orthodox Christian) Gai Jatra (Nepal) Independence Day (Afghanistan)	20 Independence Restoration Day (Estonia) Varalakshmi Vratam (Hindu) St Stephen's Day (Hungary) First Onam (India) Revolution Day (Morocco) Borrooloola Show Day (NT, Australia)	21 Ninoy Aquino Day (Philippines) Teej Festival (Nepal) International Day of Remembrance and Tribute to the Victims of Terrorism (UN) Raksha Bandhan (Hindu)
Full Moon 22 Spirit/Ghost Festival (China/Taiwan/Singapore/Malaysia/Vietnam)	23 International Day for the Remembrance of the Slave Trade and its Abolition (UN) Gaijatra (Nepal)	24 Independence Day (Ukraine)	25 Day of Songun (North Korea) Independence Day (Uruguay)	26 National Day of Solidarity - commemorating the birth of Mother Teresa (Argentina) Repentance Day (Papua New Guinea)	27 Independence Day (Moldova)	28 Dormition of the Mother of God (Orthodox Christian) Beheading of St. John the Baptist (Christian)
29	Last Quarter 30 Constitution Day (Kazakhstan) Krishna Janmashtami (Hindu) Santa Rosa De Lima (Peru) Gaura Festival (Nepal)	31 National Day / Hari Merdeka (Malaysia) Umhlanga Reed Dance (Swaziland) Independence Day (Kyrgyzstan, Trinidad & Tobago)	July 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		September 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	



VIETNAMESE

My name is Phung Quach. I am 70 years old. I was born in Vietnam, my family fled Vietnam as refugees after the Vietnam war. After spending some time at a refugee camp in Malaysia we were granted permission to come to Australia and arrived in 1979.

Health & Wellbeing

In my culture, I believe in herbal medicines. For example, in my family, when we have a cold, we mix up a combination of fragrant herbs such as ginger, garlic, lemongrass in a pot with water, boil it and then take it off the heat. We would sit and put our head with a towel over the pot to capture the steam and smell the herbs. This would make us sweat and we would feel better afterwards.

I think eating well is important to staying healthy. Vietnamese food is very healthy, it has a lot of vegetables and not much meat. As I get older I've become more religious than I used to be, so now as a devout Buddhist, I no longer eat meat.

Culture & End of Life

In my culture, at funerals, the immediate family wear white clothes and white headbands. Traditionally, a pinch of rice and a coin is placed in the mouth of the deceased because it is believed that this will prevent our loved one from leaving this world being hungry and wanting for anything. However when my mother died, we didn't do this, instead, we put a bunch of ladyfinger bananas on her tummy, which was for the same purpose.

When my mother passed away, I put a photo of her along with my husband's parents photos (who had already passed away) on an altar. I light incense and say a prayer for them every night before going to bed. On the anniversary of their death, we prepare food for them and place this on the altar or bring the food to the grave if we can visit.

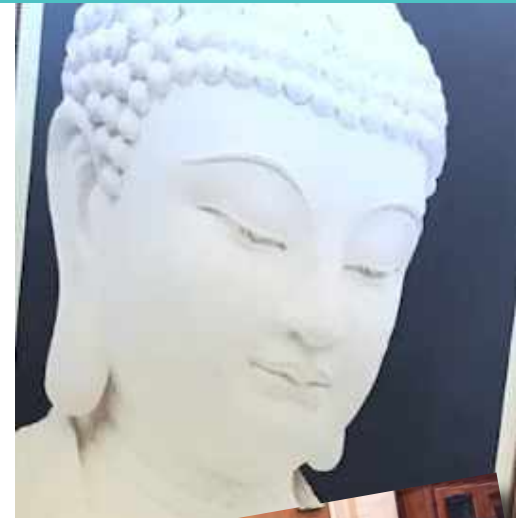
Culture & Routines

Being a Buddhist is important to me. I wake up early to pray and I also pray in the evenings. I like to volunteer at the temple and go there every week. I wake up early, go to bed early and I eat dinner early. I don't like to eat anything after 5 pm, as I think it best to go to bed with a lighter body and it's better for digestion.

INSPIRED IDEA...

What may be considered normal to one person, may not be to another. Be sensitive to people's history, we can never assume what someone has been through.

Interviewee: Phung Quach
Interviewer: Taryn Quach
Photo supplied by: Phung Quach



SEPTEMBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



August 2021						
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29	30	31				

1
 Constitution Day (Slovakia)
 Eritrea (Revolution Day)
 Religious Year Begins (Orthodox Christian)
 Independence Day (Uzbekistan)

2
 Tibet (Tibetan Democracy Day)
 National Day (Vietnam)

3
 Republic Day (San Marino)
 National Flag Day (Australia)
 Tokehega Day (Tokelau)

4

5
 International Day of Charity (UN)
 Fathers Day (Australia)
 Saint Teresa Canonisation Day (Albania)

6
 Rosh Hashanah 6th-7th (Jewish)
 Bonaire Flag Day (Bonaire)
 Unification Day (Bulgaria)
 Independence Day (Swaziland)

New Moon **7**
 Independence Day (Brazil)
 Constitution Day (Fiji)

8
 Victory Day (Pakistan)
 National Day (Andorra)
 Independence Day (North Macedonia)
 International Literacy Day (UN)
 Nativity of Virgin Mary (Christian)

9
 National Day (North Korea)
 Fast of Gedalia (Jewish)
 Independence Day (Tajikistan)

10
 World Suicide Prevention Day (UN)
 National Day (Gibraltar/Belize)
 Samvatsari (India)
 Ganesh Chaturthi (Hindu)

11
 Ethiopian New Year (Enkutatash)
 Our Lady of Coromoto Day (Venezuela)
 Paryushana Parva (Jain)

12
 Mindfulness Day (UN)

13
 Exaltation of the Holy Cross (Armenia)

First Quarter **14**
 Elevation of the Life Giving Cross / Holy Cross (Christian)

15
 International Day for Democracy (UN)
 Yom Kippur (Jewish)
 Feast of Our Lady of Sorrows (Slovakia)
 Independence Day (Honduras/Nicaragua/Costa Rica/El Salvador/Guatemala)

16
 Vishwakarma Puja (Hindu)
 Pchum Ben Festival (Cambodia)
 Independence Day (Papua New Guinea/Mexico)

17
 Thimphu Tsechu (Bhutan)
 Citizenship Day (Australia)
 Constitution Day (USA)
 Birthday of His Royal Highness Crown Prince (Tonga)

18
 Independence Day (Chile)
 Oktoberfest (Germany)

19
 Independence Day (St Kitts/Nevis)
 Constitution Day (Nepal)

20
 Respect for the Aged Day (Japan)
 Harvest Festival Holiday (South Korea)

Full Moon **21**
 International Day of Peace (UN)
 Chuseok (North Korea & South Korea)
 Independence Day (Armenia/Belize/Malta)
 Paryushana Parva (Jain)
 Kwame Nkrumah Memorial Day (Ghana)
 Nativity of the Theotokos (Orthodox Christian)
 First Day of Sukkot (Jewish)

22
 Mabon (Pagan)
 Independence Day (Bulgaria/Mali)

23
 Blessed Rainy Day (Bhutan)
 Autumnal Equinox Day (Japan)
 Bisexual Pride Day
 National Day (Saudi Arabia)

24
 National Day (Guinea/Bissau)
 Constitutional Day (Cambodia)
 Our Lady of Mercy Day (Dominican Republic)
 Republic Day (Trinidad/Tobago)
 Native Americans' Day (USA)
 New Caledonia Day (New Caledonia)

25

26
 World Environment Health Day
 European Day of Languages

27
 Queen's Birthday (WA)
 Independence Day (Turkmenistan)
 Meskel (Ethiopian Eritrean Orthodox Christian)
 Queens Birthday (Australia (WA))

28
 Statehood Day (Czech)
 Arba'een (Iran)
 Shemini Atzeret and Simchat Torah (Jewish)

Last Quarter **29**
 World Heart Day
 Michael and All the Ages (Christian)

30
 Botswana Day (Botswana)
 International Translation Day

31

October 2021						
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“Connecting to another is one of the most important things in the world and you can keep expanding that connection – one person, a family, a community, a country, a society, a culture.”

- Eric Fischl

MALAYSIAN

My name is Chandra Devi and I am of South Indian descent from Malaysia. I currently live on the Sunshine Coast.

Health & Wellbeing

In my culture, health and wellbeing means eating healthy food, practising good hygiene, breathing fresh air and enjoying nature. To be healthy, I walk, garden, sleep well, travel, read and cook which relaxes me. I believe that fresh herbs and vegetables, spices, rice, rice noodles and pulses such as lentils, mung beans and chickpeas contribute to good health.

Culture & End of Life

My father was a Hindu and my mother was a Catholic. According to Hindus, when a person is dying, the family members gather and pour droplets of holy water or milk into the mouth of the person who is dying in order for their soul to rest in peace. Many rituals are performed during the funeral. Family members place coins on the eyelids and oil on the forehead of the person who has passed. Widows usually wear white after their husband has passed away. When my mother died, she was buried. I have a photo of my mother where I place flowers and pray daily.

Traditionally, Indians do not tell the dying person about their imminent death. Personally, I believe that the dying person should be told so that their last wishes could be met.

After death, the mourning period is usually for one month. There is no entertainment during this time. At the end of the mourning period, family and friends gather to have food and prayers. Usually, favourite food of the person who has passed is served.

Culture & Routines

In my culture, older people usually start the day by waking up early, having breakfast, gardening or pursuing other interests and sleeping early. I usually wake up early, have breakfast, cook, clean, wash, water the plants, have my lunch, rest, read, watch television, have dinner and go to bed.

Every day, spending time with my husband is most important to me as we also share similar interests such as gardening, going for walks, watching television and travelling. I also love cooking and sharing food with everyone.



INSPIRED IDEA...

Every culture has different rituals and customs. Approach every interaction with a curious mind. What can you learn from this person? Everyone has a story to share and wisdom to impart.

Interviewee: Chandra Devi
Interviewer: Thana Roysmith
Photos: Thana Roysmith



OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
<p>31</p> <p>World Cities Day (UN) All Hallows Eve (Christian) Halloween (International) Sardar Patel's Birthday (India) Reformation Day (Protestant Christian) Deep Diwali (Jain) Samhain (Wicca)</p>	<p>September 2021</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>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> </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				<p>November 2021</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>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> </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					<p>1</p> <p>International Day of Older Persons (UN) National Day (China, Hongkong, Macau) Unification Day (Cameroon) Independence Day (Nigeria/Tuvalu/Palau/Cyprus)</p>	<p>2</p> <p>International Day of Non-violence (UN) Independence Day (Guinea) Mahatma Gandhi Birthday (India)</p>
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<p>3</p> <p>National Foundation Day / Gaecheonjeol (South Korea) Independence Day (Iraq) Unity Day (Germany)</p>	<p>Labour Day (ACT, NSW & SA) Queen's Birthday (QLD) 4</p> <p>St. Francis Day (Christian) Independence Day (Lesotho) Day of Peace and Reconciliation (Mozambique) Blessing of the Animals (Christian) Territory Day (Christmas Island) World Habitat Day (UN)</p>	<p>5</p> <p>Ancestors' Day (Cambodia) Portugal Republic Day Constitution Day (Vanuatu)</p>	<p>New Moon 6</p> <p>Tishren Liberation Day (Syria) Mahalaya Amavasye (India)</p>	<p>7</p> <p>Royal Launceston Show (TAS) Village and Tribe Day (Iran) Navaratri 7th-14th (Hindu)</p>	<p>8</p> <p>International Lesbian Day National Day (Maldives) Independence Day (Croatia)</p>	<p>9</p> <p>Hangul Day (South Korea) Independence Day (Uganda) Guayaquil Independence Day (Ecuador)</p>																																																																																			
<p>10</p> <p>World Mental Health Day (UN) White Sunday (American Samoa) Independence Day (Cuba) Curacao Day (Curacao) Fiji Day (Fiji) Party Foundation Day (North Korea) National Day (Taiwan)</p>	<p>11</p> <p>US Indigenous People's Day / Native American's Day (USA) Columbus Day (USA) Revolution Day (North Macedonia) Lotu a Tamati (Samoa) Thanksgiving (Canada) Day of Respect for Cultural Diversity (Argentina)</p>	<p>12</p> <p>Lady of Aparecida (Brazil) Maha Saptami (India) Independence Day (Equatorial Guinea) Hispanic Day / National Day of Spain (Spain)</p>	<p>First Quarter 13</p> <p>International Day of Natural Disaster Reduction (UN) Prince Rwagasore Day (Burundi)</p>	<p>14</p> <p>Liberation Day (Yemen) Chung Yeung Festival (Hong Kong, Macau) Navami of Durga Purja (India, Nepal) Day of Svetitskovloba (Georgia) Chisinau City Day (Moldova) Julius Nyerere Day (Tanzania) Intercession of the Theotokos (Russian Orthodox)</p>	<p>15</p> <p>Dashain Festival (India) Durga Puja (Bangladesh) International Day of Rural Women (UN) Commemoration Day of King Martyrdom of Imam Hasan al-Askari (Iran) Father Norodom Sihanouk (Cambodia)</p>	<p>16</p> <p>Day of Pope John Paul II (Poland) World Food Day (UN)</p>																																																																																			
<p>17</p> <p>International Day for the Eradication of Poverty (UN) Dessalines Day (Haiti)</p>	<p>18</p> <p>St Luke, Apostle and Evangelist (Christian) Independence Day (Azerbaijan) Alaska Day (Alaska) National Prayer Day (Zambia)</p>	<p>19</p> <p>Constitution Day (Niue) Mawlid an Nabi (Islam) Hari Maulad Nabi (Cocos and Keeling Islands) Al-Mouled Al-Nabawy (Egypt)</p>	<p>20</p> <p>Revolution Day (Guatemala) Mashujaa Day (Kenya) Unity Day (USA) Birth of the B'ab (Baha'i) Installation of Scriptures as Guru Granth (Sikh)</p>	<p>Full Moon 21</p> <p>St. Ursula's Day (British Virgin Islands) President Ndadaye Day (Burundi) Boun Ok Phansa (Laos) Spirit Day to support LGBT Youth Thadingyut (Myanmar)</p>	<p>22</p> <p>National Santri Day (Indonesia)</p>	<p>23</p> <p>Republic Day (Hungary) Liberation Day (Libya) Chulalongkorn Day (Thailand) Paris Peace Agreement Day (Cambodia) Day of the Macedonian Revolution (North Macedonia)</p>																																																																																			
<p>24</p> <p>United Nations Day (UN) Birth of Prophet Muhammad and of Imam Jafar al-Sadiq (Iran) Independence Day (Zambia)</p>	<p>25</p> <p>Labour Day (New Zealand) Constitution Day (Lithuania) Day of Basque Country (Spain) Thanksgiving (Grenada)</p>	<p>26</p> <p>National Day (Austria) Angam Day (Nauru) Intersex Awareness Day Prophet's Baptism (Mali)</p>	<p>27</p> <p>Independence Day (Saint Vincent and the Grenadines) Descending Day of Lord Buddha (India)</p>	<p>28</p> <p>Milvian Bridge Day (Christian) Ochi Day (Greece) Independence Day (Czech Republic)</p>	<p>Last Quarter 29</p> <p>Republic Day (Turkey) King's Coronation Day (Cambodia)</p>	<p>30</p> <p>Water Festival (Cambodia)</p>																																																																																			



GERMAN

My name is Marcel Stammeier. I was born in Germany and came to Australia 14 years ago. I currently live in Cairns where I am the president of the German Club. The Club intends to preserve the German culture as well as incorporating the tropic's lifestyle.

Health & Wellbeing

In my culture, meeting friends and having a sense of community is very important to me. I grew up on a farm in a small village, so I sometimes miss the sense of a small community.

In Germany, older people would stay healthy and well by going for long bush walks, having fika (afternoon tea) and they would also go to a restaurant with friends after church services on Sundays. Most restaurants would have Stammtisch for older people on Sundays. Stammtisch is a reserved area that has been set aside.

Culture & End of Life

In my culture, most Germans are either Protestants or Catholics and when someone is dying, it is common to call a priest. Once the person has passed away, there is a church service followed by a burial. However, cremations are becoming very popular. Germany has the most regulated laws on burials and cremations. We are not allowed to keep the ashes at home, and permission has to be granted before throwing the ashes in the sea. Usually, the urn has to be buried in the cemetery and a plaque be placed there. There are strict laws even for expatriates, and it can be complicated if you want to send a body back to Germany.

End of life can openly be talked about. Generally, the doctor will tell the bad news to the person. The person will then decide if they will tell the family or not.

Culture & Routines

I like to get up early and go for a walk. My daily walk keeps me happy and well. This must be followed by a coffee with condensed milk. I will have a proper lunch between 11.30 am–1 pm and a light dinner by 6.30 pm. We Germans also believe sauerkraut (fermented cabbage) must accompany every meal. Sauerkraut also has many health benefits such as strengthening your immune system, improving your digestion, and reducing your risk of certain diseases.



INSPIRED IDEA...

Sometimes there may be differing ideas between what somebody wants and what their culture (and family) expects. Conversation helps to uncover beliefs and opinions about these matters.

Interviewee: Marcel Stammeier
Interviewer: Marcela Fischer
Photos: Marcela Fischer

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<p>October 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></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> </table>	S	M	T	W	T	F	S	31					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<p>1</p> <p>All Saints Day (Christian) Anniversary of the Revolution (Algeria) Druk Gyalpo Coronation Anniversary (Bhutan) Independence Day (Antigua and Barbuda) Recreation Day (TAS, Australia)</p>	<p>2</p> <p>Day of the Dead (Mexico) All Souls Day (Christian) Melbourne Cup (VIC, Australia)</p>	<p>3</p> <p>Independence Day (Dominica/Panama/Micronesia) Independence of Cuenca Day (Ecuador) Culture Day (Japan) Sigd (Jewish)</p>	<p>4</p> <p>National Day (Tonga) Day of Unity (Russia) Naraka Chaturdasi (India) Sri Shayama Puja (Bangladesh) Tihar Festival (Nepal) Deepavali (Singapore)</p>	<p>NEW MOON</p> <p>5</p> <p>Guy Fawkes Night (UK) Genghis Khan's Birthday (Mongolia) Puno Day (Peru) Vikram New Year (Hindu) Govardhan Puja (India) Colon Day (Panama)</p>	<p>6</p> <p>All Saints Day (Finland/Sweden) Green March Day (Morocco) Bhai Dooj (India) Constitution Day (Tajikistan)</p>
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<p>7</p> <p>October Revolution Day (Belarus) Day of History and Commemoration of Ancestors (Kyrgyzstan) The Day Maldives Embraced Islam (Maldives)</p>	<p>8</p> <p>Remembrance Day (Cayman Islands)</p>	<p>9</p> <p>Allama Iqbal Day (Pakistan) Independence Day (Cambodia) Heir to the Throne's Birthday (Tuvalu) World Freedom Day (USA)</p>	<p>10</p> <p>Chhath Puja (India)</p>	<p>FIRST QUARTER</p> <p>11</p> <p>Republic Day (Maldives) Independence Day (Poland, Angola) Veteran's Day (Observed by multiple countries, under different names) Armistice Day (Belgium/France) Remembrance Day (Commonwealth Nations) Birth Anniversary of the 4th Druk Gyalpo (Bhutan)</p>	<p>12</p> <p>Birth of Baha'u'llah (Baha'i) National Youth Day (East Timor) Constitution Day (Azerbaijan)</p>	<p>13</p> <p>Jain New Year (Jain) World Kindness Day (UN) Feast of Hundred Thousand Martyrs of Tbilisi (Georgia)</p>																																										
<p>14</p> <p>World Diabetes Day (UN) Readjustment Movement Day (Guinea Bissau)</p>	<p>15</p> <p>Nativity Fast Begins (Orthodox Christian) St. Leopold's Day (Austria) King's Feast (Belgium) Republic Day (Brazil) Independence of Cartagena (Colombia) National Peace Day (Ivory Coast) Shichi-go-san Festival (Japan) Independence Day (Palestine)</p>	<p>16</p> <p>International Day for Tolerance (UN)</p>	<p>17</p> <p>Freedom and Democracy Day (Czech Republic) National Revival Day (Azerbaijan) President's Day (Marshall Islands)</p>	<p>18</p> <p>Independence Day (Morocco) Water Festival Ceremony (Cambodia) Battle of Vertieres Day (Haiti) Guru Nanak's Birthday (Nepal) Tazaungdaing Festival (Myanmar) National Day (Oman)</p>	<p>FULL MOON</p> <p>19</p> <p>International Men's Day Garifuna Settlement Day (Belize) National Day (Monaco) Guru Nanak Jayanti (India) Celebration of Guru Nanak Dev Sahib (Sikh) Kartik Poornima (Hindu) Discovery Day (Puerto Rico)</p>	<p>20</p> <p>Universal Children's Day (UN) LGBTIQ Transgender Day of Remembrance Zumbi Dos Palmares (Brazil)</p>																																										
<p>21</p> <p>Dignity and Freedom Day (Ukraine) Christ the King (Christian)</p>	<p>22</p> <p>Day of National Sovereignty (Argentina) Saint Cecilia's Day (Mexico) Independence Day (Lebanon)</p>	<p>23</p> <p>Saint George's Day (Georgia) Labour Thanksgiving Day (Japan)</p>	<p>24</p> <p>Martyrdom of Guru Tegh Badur (Sikh) Thanksgiving Day (Norfolk Island) Lachit Divas (India)</p>	<p>25</p> <p>International Day for the Elimination of Violence against Women (UN) Thanksgiving (USA) Vajiravudh Day (Thailand) Statehood Day (Bosnia/Herzegovina) Independence Day (Suriname)</p>	<p>26</p> <p>Day of the Covenant (Baha'i) Feast of the Holy Family (Christian) Constitution Day (India) Thanksgiving Day (Turks and Caicos Islands) Republic Day (Mongolia)</p>	<p>LAST QUARTER</p> <p>27</p> <p>National Pride Day (Mongolia)</p>																																										
<p>28</p> <p>World Compassion Day Ascension of Abdu'l-Baha (Baha'i) First Sunday of Advent (Christian) Independence Day (Albania/Mauritania/Panama) Republic Day (Chad/Burundi/Republic of Congo) Proclamation of Independence Day (East Timor)</p>	<p>29</p> <p>Intl Day of Solidarity with the Palestinian People (UN) Hanukkah (Jewish) William Tubman's Birthday (Liberia) Liberation Day (Albania) Unity Day (Vanuatu)</p>	<p>30</p> <p>St. Andrew's Day (Christian) Independence Day (Barbados/Yemen) Bonifacio Day (Philippines)</p>	<p>December 2021</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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INSPIRED IDEA...

We can learn so much from one another by being curious and asking questions. The world is brought a little closer together when just one more person understands a little more about another person's culture.

Interviewee: Nelly Ocena Blunck
Interview: Thana Roysmith
Photos: Thana Roysmith

FILIPINO

My name is Nelly Blunck. I am 72 years old and from the Philippines. I now live on the Sunshine Coast.

Health & Wellbeing

In my culture, being healthy and well means having strong faith, eating healthy food and being with family. To be healthy, I exercise, eat good food, be with people who have a positive outlook on life and pray every day. In the Philippines, I grew up on a farm and always ate fresh produce. I believe food such as coconut, rice, sweet potato, cassava, corn and fruits all contribute to good health.

Culture & End of Life

Being of the Catholic faith, when a person is at the end of their life, we pray for them. When my father died, we placed the rosary beads and 'scapular' (a chain made with chord or string) in the coffin. We had a wake and Novena, which is a 9 day period of prayer. After the burial, family and friends attended a gathering where food and special prayers were offered.

Every year, on November 2nd we celebrate 'All Souls Day' where we pray for the people who had passed. We also have 9 days of Novena and Mass is offered. In the Philippines, a Mass is held at the cemetery. I have a shrine at home for my late husband who passed away 25 years ago. I pray at home as well as offer a Mass at the church every year to mark his death anniversary.

Culture & Routines

In my culture, older people usually wake up early, pray, walk, meet friends and go to bed early. I usually wake up around 5 am, do some gardening, and then have breakfast. I then either go to Church (3 times a week) or volunteer at 3 nursing homes in Caloundra which I have been doing for the last 20 years. I also attend prayer groups, socialise with friends and help other elderly people who need transport or other assistance.

Cooking is important to me. I especially like to make something for morning and afternoon tea. I also love gardening.



DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		November 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	1 World AIDS Day (UN) Republic Day (Central African Republic) Freedom and Democracy Day (Chad) Indigenous Faith Day (India) Restoration of Independence (Portugal)	2 International Day for the Abolition of Slavery (UN) National Day (Laos) Asom Divas (India) Constitution Day (Iran) National Day (United Arab Emirates)	3 International Day of Persons with Disabilities (UN) Saba Day (Bonaire) Farmer's Day (Ghana) Feast of St. Francis Xavier (Spain)	4 NEW MOON King Tupou 1 Day (Tonga) Presentation of Mary (Orthodox Christian)
5 Good Neighbourliness Day (Turkmenistan) King's Birthday (Thailand)	6 St. Nicholas Day (Christian) Quito Day (Ecuador) Independence Day (Finland) Constitution Day (Spain)	7 Eve of the Immaculate Conception (Guatemala/Colombia) Feast of St. Ambrose (Italy)	8 Bodhi Day (Buddhism) Immaculate Conception of Mary (Catholic Christian) CARICOM Cuba Day (Cuba) Constitution Day (Northern Mariana Islands) Battle of the Falklands Day (Falklands Islands) Constitution Day (Uzbekistan)	9 Independence and Republic Day (Tanzania) National Day (Myanmar)	10 Human Rights Day (UN) Constitution Day (Thailand)	11 FIRST QUARTER Republic Day (Burkina Faso) Fourth Republic Day (Madagascar)
12 Feast Day of Our Lady Guadalupe (Christian) Jamhuri Day (Kenya) International Day of Neutrality (UN)	13 Republic Day (Malta) National Day of Saint Lucia (Syracuse/Finland/Scandinavia/Sweden)	14 Forty-Seven Ronin Remembrance Day (Japan)	15	16 Independence Day (Kazakhstan/Bahrain) Dhanu Sankranti (Hindu) Day of Reconciliation (South Africa)	17 National Day (Bhutan) Intl Day to End Violence Against Sex Workers	18 International Migrants Day (UN) Republic Day (Niger) National Day (Qatar)
19 FULL MOON Saint Nicholas Day (Eastern Christian Countries)	20 International Human Solidarity Day (UN) SARE Day (Macau)	21 Solstice Yule (Christian) Pancha Ganapati 21-25 (Hindu) Sao Tome Day (Sao Tome and Principe)	22 Yule / Winter Solstice (Wicca) Unity Day (Zimbabwe) Sambisa Memorial Day (Nigeria)	23 HumanLight (Secular Humanism)	24 Christmas Eve (ALL STATES) Christmas Eve (Christian) Independence Day (Libya)	25 Christmas Day (ALL STATES) Christmas Day (Christian) Feast of the Nativity (Orthodox Christian) Constitution Day (Taiwan) Quaid-e-Azam Day (Pakistan)
26 Boxing Day (ALL STATES) Proclamation Day (SA) Death of the Prophet Zarathushtra (Zoroastrian) Boxing Day (Australia) Synaxis of the Mother of God (Greece) Independence and Unity Day (Slovenia) St. Stephen's Day (Christian)	27 LAST QUARTER Saint John - Apostle and Evangelist (Christian)	28 Holy Innocents (Christian) Proclamation Day (Australia (SA))	29 Constitution Day (Ireland) Independence Day (Mongolia)	30 Holy Family (Christian) Rizal Day (Philippines)	31 New Year's Eve (ALL STATES) New Year's Eve (International) Watch Night (Christian) Restoration Day (Switzerland)	January 2022 S M T W T F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

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2022

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- Religion and Spirituality:** Explores the cultural differences between the Australian population and other countries.
- Health and Disability:** Explores the cultural differences between the Australian population and other countries.
- Ageing and End of Life:** Explores the cultural differences between the Australian population and other countries.
- Family and Community:** Explores the cultural differences between the Australian population and other countries.
- Work and Business:** Explores the cultural differences between the Australian population and other countries.
- Legal and Ethical:** Explores the cultural differences between the Australian population and other countries.
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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 in providing culturally appropriate care.

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Australian Interpreting Service Pty Ltd

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Web: www.switc.org.au

Email: switc@deafsq.org.au

AUSLAN Interpreters

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Ethnic Communities
 Council of Queensland



Diversicare



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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.