



EXPLORING
Culture through
FOOD

2022
MULTICULTURAL CALENDAR 



Ethnic Communities
Council of Queensland



Diversicare



MAS
MULTICULTURAL ADVISORY SERVICE



OHN-NO KYAUK SWE

CHICKEN COCONUT NOODLES

MYANMAR

Ohn no kyauk swè is a perennial favourite in Myanmar. This fantastic soupy noodle dish is flavoured with coconut and chicken. The recipe was taught to me by my mother and is traditionally passed down from one generation to the next. I have also taught my daughter how to cook it. It is an easy dish to make, and the ingredients are readily available in the supermarket or from the Asian grocery store. Have a go, I'm sure you'll love it!

INGREDIENTS:

- 450 g boneless chicken, cubed
- 6 tablespoons fish sauce
- 60 ml (1/4 cup) oil
- 3 tablespoons ground onion
- 1 tablespoon ground garlic
- ½ tablespoon ground ginger
- ½ tablespoon turmeric powder
- 50 g (½ cup) chickpea flour
- 250 ml (1 cup) water
- 1.75 litres (7 cups) chicken stock
- 330 ml (1 1/3 cups) coconut milk

GARNISH:

- 4 hard-boiled (hard-cooked) eggs, peeled and sliced
- 1 medium onion, soaked and finely sliced
- 3 sprigs (1/2 cup) chopped coriander leaves
- 2 limes, quartered
- 2 kg fresh egg noodles, blanched in boiling water
- 350g fresh egg noodles, deep-fried in 250 ml (1 cup) oil until crisp, drained on paper towel, cooled and crumbled by hand into bite-size pieces
- 7 tablespoons (½ cup) chilli flakes
- Fish sauce

TO SERVE:

Arrange each garnish item on a separate plate on the table around a central bowl of chicken and coconut soup.

Take a portion of fresh noodles, add a little of whatever garnish you prefer (a dash of fish sauce if desired) and a generous helping of soup.

METHOD

- Marinate chicken with fish sauce for at least 15 minutes.
- Heat oil in large pan, sauté onion, garlic, ginger and turmeric for 5 minutes.
- Stir in chicken and chilli flakes. Cover and cook over medium - low heat for 10 minutes.
- Stir occasionally to prevent chicken sticking to pan.
- Meanwhile, add chickpea flour to water and whisk to remove lumps.
- Add chicken stock to the pan and bring to the boil.
- Reduce heat, add chickpea flour paste,
- Cover and simmer for a further 10 minutes.
- Add coconut milk and continue to simmer for 30-40 minutes.
- Stirring occasionally, until the sauce thickens slightly.

Interviewee: Evelyn Pe
Interviewer: Taryn Quach
Photo: Taryn Quach

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 28 World Leprosy Day (Worldwide)	31 29 Me-DAm-Me-Phi (India) Auckland Anniversary Day (New Zealand) Nelson Anniversary Day (New Zealand) Tet Eve / Vietnamese New Year's Eve (Vietnam)	February 2022 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		December 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	1 29 New Year's Day (Worldwide) Republic Day (Taiwan) Independence Day (Haiti, Sudan) Triumph of the Revolution (Cuba) Restoration Day of the Independent Czech State (Czech Republic) Day of the Establishment of the Slovak Republic (Slovakia) Solemnity of Mary, Mother of God (Catholic) Feast Day of St. Basil (Orthodox Christian) World Day of Peace (Roman Catholic Church) Shogatsu / Gantan-sai (Shinto) Global Family Day (Worldwide) Feast of the Holy Name of Jesus (Orthodox Christian)	
NEW MOON 2 30 Victory Day (Cuba) Ancestry Day (Haiti) Berchtold's Day (International) Winter Solstice (Bhutan) Kayin New Year Day (Myanmar) Mannam Jayanthi Birth Anniversary (India) Takai Commission Holiday (Niue) Carnival Day (Saint Kitts and Nevis) Traditional Day of Offering (Bhutan)	3 1 Revolution Day (Burkina Faso)	4 2 World Braille Day (Worldwide) Day of the Martyrs (DR Congo) Cavalry Day (Thailand) Independence Day (Myanmar)	5 3 Christmas Eve (Armenia) Twelfth Night (Christian) Devonport Cup (TAS, Australia) Tucindan (Serbia, Montenegro) Bridge Day (New Year's Holiday) (Russia)	6 4 La Befana (Italy) Iraqi Army Day (Iraq) Epiphany (Dominican Republic) Feast of the Epiphany (Orthodox Christian) (Greece) Dia de los Reyes (Three Kings Day) (Christian) (Mexico)	7 5 Jinjitsu Feast of Seven Herbs (Japan) Feast of the Nativity (Orthodox Christmas) Constitution Day (Ghana) Victory over Genocide Day (Cambodia) Martyrdom of Hazrat Fatimah (Islam) (Iran) National Flag Day (Italy)	8 6 Yinekokratia, feast of all women (Greece)
FIRST QUARTER 9 7 Martyr's Day (Panama) Republic Day (Srpska) Baptism of the Lord Jesus (Christian) Guru Gobind Singh Birthday (Sikh)	10 8 Majority Rule Day (Bahamas) Pope Agatho Feast Day (Catholic and Eastern Orthodox) Traditional Religions Day / Fete du Vodoun (Vaudoun) (Benin) Coming of Age Day (Japan)	11 9 Missionary Day (India) Proclamation of Independence (Morocco) Thank You Day (International) Republic Day (Albania) Prithvi Jayanti (Nepal)	12 10 Yennayer (Algeria) National Youth Day / Birthday of Great Swami Vivekananda (India) Zansibar Revolution Day (Tanzania)	13 11 Bhogi (India) Maghi (Sikh) Liberation Day (Togo) Democracy Day (Cape Verde)	14 12 Pongal (Sri Lanka) Maghe Sankranti (Nepal) New Year's Day (Christian Orthodox) Day of Defenders (Uzbekistan) Birthday of the Sultan of Negeri Sembilan (Malaysia) Tamil Thai Pongal Day (India, Sri Lanka) Revolution and Youth Day (Tunisia)	15 13 Tusu Puja (India) Thiruvalluvar Day (India) George Price Day (Belize) John Chilembwe Day (Malawi)
16 14 Heroes' Day (DR Congo) Kanuma Panduga (India) National Religious Freedom Day (USA) Uzharav Tirunal (India)	FULL MOON 17 15 Civil Rights Day (USA) Robert E. Lee's Birthday (USA) World Religion Day (Worldwide) Blessing of the Animals (Hispanic Catholic Christian) Martin Luther King, Jr. Day (International) Duruthu Full Moon Poya (Sri Lanka) Tu B'Shevat (Jewish Holiday)	18 16 Week of Prayer for Christian unity Begins (Christian) Thaipusam (Sri Lanka, Malaysia, Mauritius, Singapore, India) Mahayana New Year (Buddhism) Thaipusam Cavadee (Mauritius)	19 17 Timkat (Ethiopian Christian) Confederate Heroes' Day (USA)	20 18 Army Day (Mali) Martyr's Day Holiday (Azerbaijan) National Heroes Day (Guinea Bissau)	21 19 Errol Barrow Day (Barbados) Lady of Altigracia (Dominican Republic)	22 20 Plurinational State Foundation Day (Bolivia) Unity Day (Ukraine) Grandfather's Day (Poland)
23 21 Anniversary of the Inauguration of the First Philippine Republic (Philippines) Netaji Subhas Chandra Bose Jayanti (India)	24 22 Unification Day (Romania) Wellington Anniversary Day (New Zealand) Juan Pablo Duarte Day (Dominican Republic) National Heroes' Day (Cayman Islands)	LAST QUARTER 25 23 Revolution Day (Egypt) Betico Croes Day (Aruba) Conversion of St. Paul (Christian) Statehood Day (Himachal Pradesh Region) (India)	Australia Day (All States) 26 24 World Customs Day (Worldwide) Republic Day (India) NRM Liberation Day (Uganda)	27 25 International Day of Commemoration in Memory of the Victims of the Holocaust (United Nations) Saint Devote's Day (Monaco) St. Sava's Day (Serbia) Feast of St. Niño (orthodox christian)(Georgia)	28 26 National Army Day (Armenia)	29 27



POROTOS GRANADOS

CRANBERRY BEAN STEW

CHILE

Porotos Granados is a traditional Chilean vegetable stew made mainly of cranberry beans, maize kernels and pumpkin. Traditionally, Porotos Granados stew is cooked in clay pots and served in clay dishes. In Chilean culture, Sundays are special days to gather the family and to have a long lunch. It is more than just cooking and eating; it is a family event!

INGREDIENTS:

- 3 tablespoons oil
- 1 onion, chopped
- 2 – 3 cloves garlic, minced
- 1 paprika pepper
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 cup tomatoes chopped
- 3 cups stock or water
- 2 cups pumpkin, peeled and chopped into chunks
- 2 cups cranberry beans, cooked and rinsed (or 1 can of beans)
- 1 cup corn, fresh or frozen
- 2 – 3 tablespoons basil, chopped
- Salt and pepper



Graciela says: “this dish brings me special memories and happiness. The whole family used to gather at Grandma’s every summer for the school holidays. I would wait for the summer (January and February) school holidays with great excitement as I would see my Grandma and cousins! The kids would all help shell the beans. It was not a “job” for us, it was a game where we would race to see who would finish shelling the beans first!

There was no winning or losing at Grandma’s, we would all get carrot sticks as a prize.

METHOD:

- Heat the oil over medium flame in a large pot. Add the onions and sauté until translucent. Stir in the garlic, paprika, cumin and oregano and sauté for another 1 to 2 minutes.
- Add tomatoes and cook for another 3 or 4 minutes. Add the stock, pumpkin and beans, salt and pepper. Bring to a boil, then reduce heat to low and simmer for 15 to 20 minutes, or until the pumpkin is cooked through and soft.
- Stir in the corn and basil. Simmer for another 5 minutes, adjust seasoning and serve.



Interviewee: Graciela Anning
Interviewer: Marcela Fischer
Photo of Graciela: provided by Graciela

FEBRUARY 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NEW MOON	
Heroes' Day (Rwanda)	1
Federal Territory Day (Malaysia)	1
Abolition of Slavery (Mauritius)	
World Interfaith Week (1st-7th Feb)(All)	
National Freedom Day (USA)	
1st-7th Spring Festival (China)	
Imbolc - Lughassad (Wicca/Pagan) (Northern and Southern hemispheres)	
Saint Brigid of Kildare (Celtic Christian)	
Lunar New Year / Chinese New Year	
Seollal (1st - 3rd Feb) (South Korea)	

2	
Constitution Day (Philippines)	
Anniversary of the Tartu Peace Treaty (Estonia)	
Feast of Candlemas (Christian)	

3	
St. Blaise Day (Christian)	
Heroes' Day Holiday (Mozambique)	
Martyrs' Day / Commemoration of Batepa Massacre (Sao Tome and Principe)	
Day of the Virgin of Suyapa (Honduras)	
Four Chaplains Sunday (Interfaith)	
Setsubun (Shinto)	
Veteran's Day (Thailand)	

4	
World Cancer Day (UN)	
Liberation Day (Angola)	
National Day (Sri Lanka)	

5	
Unity Day (Burundi)	
Kashmir Solidarity Day (Pakistan)	
Liberation Day / St. Agatha's Day (San Marino)	
Constitution Day (Mexico)	
Vasant Panchami (Hindu)	
Birthday of Johan Ludvig Runeberg (Finland)	
Birthday of Mary, Crown Princess of Denmark (Denmark)	

6	
International Day of Zero Tolerance for Female Genital Mutilation (UN)	
Waitangi Day (New Zealand)	

7	
Independence Day (Grenada)	

FIRST QUARTER	
Preseren Day (Slovenia)	
National Sports Day (Qatar)	
Day of Russian Science (Russia)	
Prison Service Day (Poland)	
Scouts Day (USA)	

9	
St. Maroun Day (Lebanon)	

10	
Feast of St. Paul's Shipwreck (Malta)	

11	
Islamic Revolution Day (Iran)	
National Foundation Day (Japan)	
Lateran Treaty Day (Vatican City)	
Youth Day (Cameroon)	
Revolution Day (Iran)	

12	
Devil's Carnival / La diabla (Oruro, Bolivia)	
Union Day (Myanmar)	
Lincoln's Birthday (USA)	
Darwin Day (Atheist/Humanist)	

13	
Triodion (Orthodox Christian)	
Racial Justice Sunday (UK Christian)	

14	
St. Valentine's Day (Christian)	
Royal Hobart Regatta (State Holiday) (TAS, Australia)	
Purim Katan (Israel) (Jewish)	

15	
Nirvana Day (Buddhist Jain)	
Liberation Day (Afghanistan)	
Lui-Ngai-Ni (Manipur, India)	
National Day (Serbia)	
Heritage Day / National Flag Day (Canada)	
Nirvana Day (Buddhism)	
Birthday of Imam Ali Ibn Abi Talib (Iran) (Islam)	
John Frum Day (Vanuatu)	
Sydney Gay & Lesbian Mardi Gras (15th Feb - 7th Mar) (Australia)	
Hazrat Ali Jayanti (India)	
Lantern Festival (China)	

FULL MOON	
Magha Puja (Laos, Thailand, Cambodia, Myanmar, Buddhist)	
Restoration of the State Day (Lithuania)	
Birth Day of Kim Jong Il / Day of the Shining Star (North Korea)	
Guru Ravidas Birthday (India)	
Sovereignty Day of Serbia Holiday (Serbia)	

17	
Independence Day (Kosovo)	
Revolution Day (Libya)	

18	
Independence Day (Gambia)	

19	
National Democracy Day / Rashtriya Prajatantra Divas (Nepal)	
Chahhtrapati Shivaji Maharaj Jayanti (India)	

20	
World Day of Social Justice (UN)	

21	
Father Walter Lini Day (Vanuatu)	
International Mother Language Day (UN)	
Language Movement Day (Bangladesh)	
Robert Mugabe National Youth Day (Zimbabwe)	
Washington's Birthday / President's Day (USA)	
Family Day / Louis Riel Day (Canada)	
Birth Anniversary of His Majesty the King (21st - 23rd Feb) (Bhutan)	
Heroes' Day / Presidents Day (Puerto Rico)	
Birthday of King Harald V of Norway (Norway)	

22	
Independence Day (Saint Lucia)	

LAST QUARTER	
National Day (Brunei)	
Republic Day (Guyana)	
The Emperor's Birthday (Japan)	
Launceston Cup (TAS, Australia)	

24	
Independence Day (Estonia)	

25	
People Power Anniversary (Philippines)	
National Day (Kuwait)	
Revolution Day (Suriname)	
Memorial Day for the victims of the Communist Dictatorship in Hungary (Hungary)	
Soviet Occupation Day (Georgia)	

26	
Liberation Day (Kuwait)	

27	
Independence Day (Dominican Republic)	
Meatfare Sunday (Orthodox Christian)	

28	
Peace Memorial Day (Taiwan)	
Kalevala/Finnish Culture (Finland)	
Andalusia Day (Spain)	
Shrove Monday (Christian)(Germany)	

March 2022						
S	M	T	W	T	F	S
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27	28	29	30	31		





ZERESHK POLO

IRAN

Shirin Jedari, her husband and two sons live on the Sunshine Coast. They are originally from Iran and arrived in Australia in 2013.

Shirin shares the recipe of one of Iran's most popular and traditional dishes – 'Zereshk Polo'. It is a classic Persian dish made with 'zereshk' (barberries), 'morgh' (chicken) and 'polo' (steamed and fluffy basmati Persian rice). The saffron spice gives it the orange colour and lovely aroma. 'Zereshk Polo' is served at small casual get-togethers, as well as larger Persian dinner parties, weddings and most celebrations. This festive rice is steamed and garnished with a mixture of red 'zereshk' berries, fried onion, almonds or pistachios and saffron.



INGREDIENTS: FOR 4 PEOPLE

- 4 pieces chicken
- 4 tbsp barberries
- 2 cups rice
- 1 tbsp tomato paste
- 1 (chopped) onion
- 1 tsp black pepper
- 1 tsp turmeric powder
- 1 tsp saffron
- 2 tsp lemon juice
- 4 cups water for rice

Shirin remembers this dish being served weddings and almost at all family gatherings when she was young. She enjoys cooking and is most happy when people from other cultures enjoy her cultural food.

Ingredients continued

- 1 cup water for chicken
- 1 tbsp salt for rice
- 2 tsp salt for chicken
- almonds or pistachios for garnish



METHOD:

- Place chicken pieces, tomato paste, half of the onion, salt, pepper, water, lemon juice and turmeric in a large frying pan; Let the food boil over medium heat for 30 minutes. Then turn the chicken pieces, sprinkle the saffron powder on top of each piece and cook for another 30 minutes.

Zereshk mixture

- Fry the remaining onion in butter until golden brown. Add barberries and a pinch of saffron and saute over low heat for 1 minute until the barberries (may burn in high heat) are plumped up.

Cooking the Rice

- Wash the rice and cook it with saffron until the water is absorbed.
- Cover the pan and steam it for about 20 minutes.

TO SERVE:

Use a spatula to transfer the steamed rice to the serving platter and sprinkle the 'zereshk' mixture. The chicken can be served on the same platter or separately.

Sprinkle with chopped pistachios or almonds

Enjoy this delicious and festive 'zereshk polo' with a side of salad or pickled vegetables.

*Interviewee: Shirin Jedari
Interviewer: Thana Roysmith
Photos provided by: Shirin Jedari*

MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 2022 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	1 29 Zero Discrimination Day (UN) St. David of Wales (Christian) Republic Day (Switzerland) Independence Movement (South Korea) Shrove Tuesday (Christian) Independence Day (Bosnia and Herzegovina) Lailat al Miraj (Islam) Mahara Shivarati (Hindu)	NEW MOON 2 30 Beginning of Lent (2-20th Mar) / Ash Wednesday (Christian) Start of 19-day Fasting (2-20th Mar) (Baha'i) Adwa Victory Day (Ethiopia)	3 1 World Wildlife Day (International) Liberation Day (Bulgaria) Hinamatsuri Day (Japan) Martyr's Day (Malawi) Losar (Sikkim) (India) Ghyalpo Losar (Nepal) Hari Raya Nyepti / Bali Hindu New Year (Indonesia)	4 2 St. Casimir's Day (Lithuania) Belarusian Militia Day (Republic of Belarus)	5 3 Chief's Day (Vanuatu)
Clean Up Australia Day (Australia) 6 4 State Foundation Day (Australia, Norfolk Island) Independence Day (Ghana) Cheesefare Sunday (Orthodox Christian)	7 5 Independence Day Holiday (Ghana) State Foundation Day Holiday (Australia, Norfolk Island) H. Lavity Stoutt Holiday (British Virgin Islands) National Heroes and Benefactors Day (Belize) Clean Monday / Beginning of the Great Lent (Orthodox Christian)	8 6 International Women's Day (UN)	9 7 Decoration Day (Liberia) Teacher's Day (Lebanon)	FIRST QUARTER 10 8 Tibetan Uprising Day (Tibet) Holocaust Remembrance Day (Bulgaria)	11 9 King Moshoeshoe I's Day (Lesotho) Restoration of the Independence Day (Lithuania) World Day of Muslim Culture, Peace, Dialogue and Film (International)	12 10 Independence and Republic Day (Mauritius) Zambia Youth Day (Zambia)
13 11 Anniversary of the Election of Pope Francis (Vatican City) Orthodox Sunday (Orthodox Christian)	Canberra Day (ACT) Eight Hours Day (TAS) Labour Day (VIC) Adelaide Cup (SA) 14 12 Constitution Day (Andorra) Commonwealth Day (International) Taranaki Anniversary Day (New Zealand) Benito Juarez Day (Mexico)	15 13 Constitution Day (Belarus) Revolution Day (Hungary)	16 14 Fast of Esther (Jewish)	17 15 Sheikh Mujibur Rahman's Birthday (Bangladesh) St. Patrick's Day (Christian) National Close the Gap Day (Australia) Holika Dahan (Hindu)	FULL MOON 18 16 Hola Mohalla (18th - 20th Mar) (Sikh) Holi (Hindu) Marien Ngouabi Day (Republic of Congo) Shushan Purim (Jerusalem)	19 17 St. Joseph's Day (Christian) Lailat al Bara'ah (Islam) Shab e-Barat (Bangladesh, India, Pakistan) Imam Mahdi's Birthday (Iran)
20 18 International Day of Happiness (UN) Independence Day (Tunisia) March Equinox / Vernal Equinox (Australia) Ostara Mabon (19th-23rd Mar) (Wicca)	Harmony Day (15th - 21st Mar) (Australia) 21 19 Harmony Day (15th - 21st Mar) (Australia) International Day for the Elimination of Racial Discrimination (UN) International Day of Nowruz (UN) Independence Day (Namibia) Human Rights Day (South Africa)	22 20 World Water Day (UN) Bihar Divas (India) Emancipation Day (Puerto Rico)	23 21 Hungarian-Polish Friendship (Poland/Hungary) Shaheedi Diwas (India) Pakistan Day (Pakistan)	24 22 Commonwealth Covenant Day (North Mariana Islands) Truth and Justice Memorial Day (Argentina)	LAST QUARTER 25 23 Dante Day (Italy) Freedom Day (Belarus) Greek Independence Day (Greece) Feast of the Annunciation (Christian) Anniversary of the Arengo (San Marino) Annunciation of the Blessed Virgin Mary (Christian) Slavery Remembrance Day (UN) Prince Kuhio Day (Hawaii, USA)	26 24 Independence Day (Bangladesh) Khordad Sal (Birth of Prophet Zaranthustra) (Zoroastrian) Earth Hour Day (Worldwide)
27 25 Pesach / First Day of Passover (27th Mar - 4th Apr) (Israel) Pretzel Sunday (Luxembourg)	28 26 Boganda Day (Central African Republic) Martyrs' Day (Madagascar)	29 27 Land Day (Palestine) Spiritual Baptist Day (Trinidad & Tobago)	30 28 Freedom Day (Malta) Transfer Day (US Virgin Islands) Culture and Traditions Day (Micronesia)	April 2022 S M T W T F S 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		



KROFNE

BAKED DOUGHNUTS

SERBIA

Traditionally, we use Krofne to celebrate before the Great Lent observed by Orthodox Christians. Krofne can be fried or baked, we bake ours.

We eat them anytime – but especially enjoy making them with my children as a fun school holiday activity. To me they remind me of my childhood in Serbia and I want to make the same happy memories for my girls.

INGREDIENTS: FOR 4 PEOPLE

- 1 tablespoon dry yeast
- 200 ml warm water
- 150 g white sugar
- 150 g melted unsalted butter
- + 100 g extra for brushing
- 300 ml greek yogurt
- 4 eggs
- Orange zest (to taste)
- 800 g white spelt flour
- 100 g self-raising flour
- Pinch of salt
- Strawberry or apricot jam (optional)



METHOD:

- Combine yeast, water and sugar, allow to sit while you sift the flours into a bowl. Turn oven on to 175 degrees C.
- Add the eggs to the yeast mixture and mix, then add the melted butter, mix, add the yogurt and zest and mix. Begin to slowly add the flour and salt, the dough for about 10 minutes.
- Place dough in lightly oiled bowl and cover with a clean tea towel leave in a warm place to rise for 1 hour.
- Gently roll your dough with a little flour onto your bench to approximately 1.5 cm thick. Use a glass or cookie cutter to cut into rounds. Place on baking trays lined with lightly buttered baking paper. Allow the doughnuts to rise again for 20 minutes.
- Place doughnuts in oven to bake for 20-25 minutes. While still hot, brush them with melted butter and dust with sugar, or sugar and cinnamon, or make a small hole on the tops and add jam. When cool, sprinkle them with a little more sugar.

*Interviewee: Gordana Petrovic
Interviewer: Annalise Webb
Photos provided by: Gordana Petrovic*

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>				<p>March 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>NEW MOON</p> <p>1 1</p> <p>April Fool's Day (Worldwide)</p> <p>National Day (Cyprus)</p> <p>Odisha Day (India)</p> <p>Islamic Republic Day (Iran)</p> <p>Ghode Jatra (Kathmandu)</p>	<p>2 2</p> <p>World Autism and Awareness Day (UN)</p> <p>Ugadi (India & Mauritius)</p> <p>Malvinas Day (Argentina)</p> <p>Unity Day of Peoples (Belarus/Russia)</p> <p>Sizdah Be-dar/Nature Day (Iran)</p> <p>Thai Heritage Conservation Day (Thailand)</p> <p>Battle of Copenhagen Day (Denmark)</p>
<p>3 3</p> <p>Second Republic Day (Guinea)</p>	<p>4 4</p> <p>Peace Day (Angola)</p> <p>Independence Day (Senegal)</p>	<p>5 5</p> <p>Ching Ming Festival (Macau)</p> <p>Babu Jagjivan Ram Jayanti (India)</p> <p>Chung Myung Day (North Korea)</p> <p>International Day of Conscience (International)</p> <p>Children's Day (Taiwan)</p>	<p>6 6</p> <p>Self-Determination Day State Holiday (Australia (Cocos and Keeling Islands))</p> <p>President Ntaryamira Day (Burundi)</p> <p>Chakri Day (Thailand)</p>	<p>7 7</p> <p>World Health Day (UN)</p> <p>Day of Remembrance of the Victims of the Rwanda Genocide (UN / Rwanda)</p> <p>National Women's Day (Mozambique)</p> <p>Sheikh Abeid Amani Karume Day (Tanzania)</p> <p>People's April Revolution Day (Kyrgyzstan)</p> <p>National Flag Day (Slovenia)</p> <p>Battle of Nafels Day / Nafelser Fahrt (Glarus)</p>	<p>8 8</p> <p>Fast and Prayer Day (Liberia)</p> <p>Hana Matsuri/Flower Festival (Japan)</p>	<p>FIRST QUARTER</p> <p>9 9</p> <p>Day of National Unity / Independence Restoration Day (Georgia)</p> <p>Baghdad Liberation Day (Iraq)</p> <p>Constitution Day (Kosovo)</p> <p>Day of Valor / Araw ng Kagitingan (Philippines)</p> <p>Martyr's Day (Tunisia)</p>
<p>10 10</p> <p>Palm Sunday / Easter Sunday (Christian)</p> <p>Rama Navami (India) (Hindu)</p> <p>Hindu New Year / Ramayana (2nd - 10th Apr) (Hindu)</p> <p>Hung Kings Temple Festival (Vietnam)</p>	<p>11 11</p> <p>World Parkinson's Day (International)</p>	<p>12 12</p> <p>Day of Human Space Flight and Rocket Industry Workers (Ukraine, International)</p> <p>National Redemption Day (Liberia)</p> <p>Halifax Day (North Carolina, USA)</p> <p>Children's Day (Bolivia)</p>	<p>13 13</p> <p>Thingyan New Year in South and South East Asia (13th - 16th Apr) (Myanmar)</p> <p>Songkran (13th - 15th Apr) (Thailand)</p> <p>Sinhala and Tamil New Year Eve (Sri Lanka)</p>	<p>14 14</p> <p>Vaisakhi (India) (Sikh)</p> <p>Maudny Thursday (Christian)</p> <p>Bengali New Year (Bangladesh)</p> <p>Tamil New Year (Mauritius, Sri Lanka, India)</p> <p>Khmer New Year (14th - 16th Apr) (Cambodia)</p> <p>Nepali New Year (Nepal)</p> <p>Bun Pi Mai (14th - 16th Apr) (Laos)</p> <p>Mahavir Jayanti (India) (Jain)</p>	<p>Good Friday (All States)</p> <p>15 15</p> <p>Birth Date of Kim Il Sung (North Korea)</p>	<p>FULL MOON</p> <p>16 16</p> <p>Day following Good Friday / Black Saturday / Holy Saturday (ALL except TAS & WA) (Christian)</p> <p>Lazarus Saturday (Orthodox Christian)</p> <p>Theravada New Year (Buddhist)</p>
<p>Easter Sunday (ACT, NSW, QLD, VIC)</p> <p>17 17</p> <p>Independence Day (Syria)</p> <p>Easter Sunday (ACT, NSW QLD, VIC)</p>	<p>Easter Monday (All States)</p> <p>18 18</p> <p>Independence Day (Zimbabwe)</p> <p>Birthday of Guru Angad Dev (Sikh)</p>	<p>19 19</p> <p>Independence Declaration Day (Venezuela)</p> <p>Nuzul Al-Quran (Brunei & Malaysia)</p> <p>Southland Anniversary Day (New Zealand)</p> <p>Easter Tuesday (TAS)</p>	<p>20 20</p> <p>Chinese Language Day (UN)</p>	<p>21 21</p> <p>First Day of Ridvan (Baha'i)</p> <p>Tiradentes Day (Brazil)</p>	<p>22 22</p> <p>International Mother Earth Day (UN)</p> <p>Holy Friday (Orthodox Christian)</p>	<p>LAST QUARTER</p> <p>23 23</p> <p>English Language Day (UN)</p> <p>St. George's Day (Christian)</p> <p>Last Day of Passover (15th-23rd Apr) (Jewish)</p>
<p>24 24</p> <p>Orthodox Easter (International)</p> <p>Genocide Memorial Day (Armenia)</p> <p>Loktantra Diwas / Democracy Day (Nepal)</p> <p>Concord Day (Niger)</p> <p>Turkmen Horse Day (Turkmenistan)</p> <p>Kapyong Day / Battle of Jiaping (Canada / Australia)</p>	<p>ANZAC Day (All Australian States)</p> <p>25 25</p> <p>Sinai Liberation Day (Egypt)</p> <p>Liberation Day (Italy)</p> <p>Freedom Day (Portugal)</p> <p>Confederate Memorial Day (AL, GA, MS, USA)</p>	<p>26 26</p> <p>Union Day (Tanzania)</p>	<p>27 27</p> <p>Netherlands King's Birthday (Netherlands)</p> <p>Yom HaShoah / Holocaust Remembrance Day (Jewish)</p> <p>Independence Day (Sierra Leone / Togo)</p> <p>Resistance Day (Slovenia)</p> <p>Abolition Day (Mayotte)</p> <p>National Veteran's Day (Finland)</p> <p>Freedom Day (South Africa)</p>	<p>28 28</p> <p>Mujahideen Victory Day (Afghanistan)</p>	<p>29 29</p> <p>Showa Day (Japan)</p> <p>Ninth Day of Ridvan (Baha'i)</p>	<p>NEW MOON</p> <p>30 30</p> <p>Rincon Day (Bonaire)</p> <p>Carnival Day (Sint Maarten)</p> <p>Liberation/ Reunification Day (Vietnam)</p> <p>Dia De Los Niños / Children's Day (Mexico)</p> <p>Armed Forces Day (Georgia)</p> <p>King Carl XVI Gustaf's Birthday (Sweden)</p> <p>Martyr's Day (Pakistan)</p> <p>Walpurgis Night (Czech republic, Lithuania, Sweden, Germany, Finland, Estonia, Latvia)</p> <p>Children's Day (Colombia, Mexico)</p>



CHICKEN CURRY

FIJIAN INDIAN

This is a typical Fijian Indian style curry. It's a bit different to the traditional Indian chicken curry. It's a very popular dish and I usually cook it twice a week because my husband really likes it. My mother taught me how to make this dish when I was in my mid-teens. We would have a vegetarian type of this curry for religious festivals. It's really delicious!

INGREDIENTS:

- 1 whole chicken (prefer corn fed, medium size)
- 5 tablespoons of cooking oil
- 1 medium size onion – finely chopped
- ½ teaspoon of cumin seeds
- ¼ teaspoon of mustard seeds
- ¼ teaspoon of fenugreek seeds
- 2 teaspoons of turmeric powder
- 3 teaspoons curry powder

Ingredients continued

- 8 - 9 cloves of garlic
- chillies to your taste
- small piece of ginger approximately 2 centimeters
- salt to taste
- 1 cinnamon stick
- 3 cloves
- 1 cardamom pod
- 1 piece star anise
- 1 small fresh tomato, chopped
- 5 tablespoons of diced tinned tomatoes
- green coriander for garnish – finely chopped
- curry leaves (6 to 8 leaves) – break the leaves into two
- chilli powder (optional)

METHOD:

- Cut chicken into small pieces of your choice, wash and drain water.
- Crush the garlic, ginger, chillies in a pestle/mortar and set aside.
- Heat the oil in a saucepan on a medium heat.
- Add the cumin seeds, mustard seeds, fenugreek seeds and the chopped onions. Add the curry leaves, cinnamon stick, cloves, cardamom pod and star anise.
- When onions turn a bit brown in colour, add the paste (garlic, ginger and chilli).
- Fry for a few minutes, add the turmeric and curry powder. Keep stirring to avoid sticking to the saucepan.
- Add the chopped chicken and stir. Add the salt and chilli powder (optional) and cover it.
- Reduce the heat and let it simmer approximately for twenty minutes or till the chicken is tender. Keep stirring after few minutes till the chicken is dry.
- Once the chicken dries up, add the chopped and tinned tomatoes. Simmer for approximately twenty minutes or until the chicken is tender. Keep stirring after a few minutes until the chicken is dry.
- Add water to make gravy or your chicken curry is ready if preferred dry.
- If water is added then simmer for another fifteen minutes.
- Finally garnish with chopped coriander.



TO SERVE:

Serve with rice or Indian bread (roti).

**Chicken can be substituted for lamb, goat or just vegetables, but the cooking time will vary*



*Interviewee: Sanita Singh
Interviewed by: Taryn Quach
Photos by: Sanita Singh*

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>1</small> Maharashtra Day (India) Constitution Day (Marshall Island) Convocation of the Constitutional Assembly / Labour Day (Latvia) Labour Day Holiday (International) People's Solidarity Day / Unity Day (Kazakhstan) Wicca - Beltane - Samhain (Northern Hemispheres) (Wicca)	2 <small>2</small> Labour Day (QLD) May Day (NT) People's Solidarity Day Holiday / Unity Day Holiday (Kazakhstan) Eid Al-Fitr (Islam) Birth Anniversary of the third Druk Gyalpo (Bhutan) Constitution Day Holiday (Marshall Islands) Twelfth Day of Ridvan (Baha'i)	3 <small>3</small> UN World Press Freedom Day (UN) Constitution Memorial Day (Japan) Constitution Day (Poland) Feast of Saints Philip and James (Christian)	4 <small>4</small> Yom Ha'Atzmaut / Israeli Independence Day 4th - 5th May (Israel) (Jewish) Coronation Day of King Vajiralongkorn (Thailand) Declaration of Independence Day / Restoration of the Independence of the Republic (Latvia) National Remembrance Day / Dodenherdenking (Amsterdam, Netherlands)	5 <small>5</small> Constitution Day (Kyrgyzstan) Liberation Day (Netherlands) Patriot's Victory Day (Ethiopia) Cinco de Mayo / Batalla de Puebla (Mexico) USA National Day of Prayer (Interfaith) African World Heritage Day (UNESCO) AGFEST / Agricultural Festival (5th - 7th May) (Tasmania, Australia)	6 <small>6</small> St. George's Day / Army Day (Bulgaria)	7 <small>7</small> Defender of the Fatherland Day (Kazakhstan)
8 <small>8</small> Mother's Day (International) Veteran's Day (Norway) Truman Day (Missouri) Parent's day (South Korea) World Red Cross and Red Crescent Day (International) Birthday of the Buddha (Buddhism) Miguel Hidalgo's Birthday (Mexico) Mother's Day (International)	9 <small>9</small> FIRST QUARTER Europe Day in the European Union (International) Victory in Europe Day (Russia) Liberation Day (Jersey, Guernsey) Birthday of Rabindra Nath Tagore (India)	10 <small>10</small> Constitution Day (Micronesia) Independence Day (Romania)	11 <small>11</small> Death Anniversary of Zhabdrung (Bhutan) Human Rights Day (Vietnam)	12 <small>12</small> Saint Andrew the First-Called (Georgia)	13 <small>13</small> Rotuma Day (Fiji) Pretos Velhos Festival (Brazil) General Prayer Day (Denmark, Greenland, Faroe Islands)	14 <small>14</small> King Norodom Sihamoni's Birthday (Cambodia) National Unification Day (Liberia) President Kamuzu Banda's Birthday (Malawi) Independence Day (Paraguay)
15 <small>15</small> International Day of Families (UN) Vesak Day (Buddhist)	16 <small>16</small> FULL MOON Vesak Day Holiday (Buddhist) Discovery Day (Cayman Islands)	17 <small>17</small> International Day Against Homo/Trans/Biphobia (International) Constitution Day (Norway, Nauru) Liberation Day (Congo)	18 <small>18</small> Constitution/Magtymguly Day (Turkmenistan)	19 <small>19</small> Lag B'omer (18th-19th May) (Jewish) Royal Ploughing Ceremony (Cambodia) Pontian Genocide Remembrance Day (Greece) Ho Chi Minh's Birthday (Vietnam) Commemoration of Ataturk (Turkey)	20 <small>20</small> National Day (Cameroon) Independence Restoration Day (East Timor)	21 <small>21</small> World Day for Cultural Diversity for Dialogue and Development (UN) Afro-Colombian Day (Colombia) Culture Freedom Day (International) Independence Day (Montenegro)
22 <small>22</small> LAST QUARTER International Day for Biological Diversity (UN) Unity Day (Yemen)	23 <small>23</small> Labor Day (Jamaica) Sovereign's Day / Commonwealth day (Belize) Victoria Day (Canada)	24 <small>24</small> Declaration of the Bab (Baha'i) Anniversary of the Battle of Pichincha (Ecuador) Independence Day (Eritrea)	25 <small>25</small> African Liberation Day / Africa Day (Zimbabwe, Zambia, Ghana, UNESCO) Revolution Day (Argentina) Independence Day (Jordan)	26 <small>26</small> Ascension Day (Christian) Independence Day (Georgia, Guyana) National Sorry Day (Australia)	27 <small>27</small> Children's Day (Nigeria) Slavery Abolition Day (Saint Martin, Guadeloupe) Mother's Day (Bolivia) Bermuda Day (Bermuda) Martyrdom of Imam Sadeq (Iran)	28 <small>28</small> Republic Day (Armenia, Azerbaijan, Nepal) Derg Downfall Day (Ethiopia) National Flag Day (Philippines)
29 <small>28</small> Ascension of Baha'u'llah (Baha'i) International Day of United Nations Peacekeepers (UN) Yom Yerushalaim / Jerusalem Day (Israel)	30 <small>1</small> NEW MOON Reconciliation Day (Australia) Pesta Kaamatan Harvest Festival (Malaysia) Memorial Day (USA)	31 <small>2</small> Royal Brunei Armed Forces Day (Brunei) Castilla La Mancha Day (Spain) Pesta Kaamatan Harvest Festival (Malaysia)	June 2022 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 2022 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	





TEKWAN PALEMBANG

FISH SOUP

INDONESIA

Sesmanie Urbancik is originally from Jakarta, Indonesia. She migrated to Australia in 1976 and lived in Canberra until 2008. She then moved to the Sunshine Coast with her husband where she started a monthly multicultural cooking group at a community centre to make new friends. The group members cooked and enjoyed different cuisines for more than 12 years, and still gather casually to enjoy friendship and food.

Sesmanie mentioned that her recipe – ‘Tekwan Palembang’ originates from South Sumatra in Indonesia. She describes it as a simple, heart-warming dish, usually served at casual functions.

INGREDIENTS:

‘Tekwan’ (small dumplings) Mixture

300 grams minced fish (mackerel or any white fish)

150 grams tapioca flour

salt – according to your taste

water – add enough to make a firm dough

‘Tekwan’ Soup :

100 grams prawns, peeled and roughly chopped; and heads and tails of prawns to be boiled with 2 cups of water (strain and set aside) for prawn broth

Sesmanie remembers enjoying this dish cooked by her mother when she was young, and now enjoys cooking it for her friends when they get together.

Ingredients continued

5 black fungus (type of mushroom found in Asian grocery shops) - soak in warm water until soft and slice

3 cloves garlic

100 grams cellophane rice noodles (soak in warm water until soft)

salt and pepper (according to your taste)

celery, spring onion and fried onion to garnish



METHOD:

To make the ‘Tekwan’

- Add water to the ‘Tekwan’ mixture ingredients until combined evenly to make a soft dough
- Make small round balls and drop each one into the boiling water in a pot
- When they float to the top – remove the balls and put aside

To make the ‘Tekwan’ Soup:

- Sauté garlic until fragrant, then add to 1 litre boiling water and prawn broth (refer to ‘Tekwan’ soup);
- Add the ‘Tekwan’, fungus, salt and pepper.

TO SERVE:

Arrange cellophane rice noodles in a bowl and pour the soup into it;

Garnish with chopped celery, spring onion and fried onion.

Optional

If you like chilli (as most Indonesians do), you can make chilli paste by grinding 3 or 4 red chillies with vinegar or lemon juice, salt and white sugar according to taste.

Enjoy!



Interviewee: Sesmanie Urbancik
Interviewer: Thana Roysmith
Photos: Thana Roysmith



HAMUL PA JEON

KOREAN PANCAKES

SOUTH KOREA

My husband and I visited Queensland sightseeing five years ago. We had such good memories from our trip and enjoyed the beautiful nature so we decided on the Gold Coast as our retirement destination. We moved here just two years ago from Singapore, after my husband retired.

I like that the region has four distinct seasons, similar to Korea, and offers a variety of seasonal vegetables and fresh fruit. I enjoy the beach and my husband likes golf and hiking (golf is another popular sport in Korea).

I enjoy sharing Korean food and culture with friends. Because we are all global citizens, it's good for us to learn from each other. It makes us deeper and wider thinking people.

INGREDIENTS:

- 100g squid
- 100g prawns
- 200g spring onions
- 50g chives
- 1 red chilli, thinly sliced
- 50g glutinous (sticky) rice flour
- 150g plain flour
- 400ml water
- 2 eggs, beaten separately
- Cooking oil: as needed

DIPPING SAUCE (COMBINE INGREDIENTS)

- 4 tablespoons light soy sauce
- 1 tablespoon chilli powder
- 2 tablespoons white rice vinegar
- 1 tablespoon finely chopped spring onion
- ½ tablespoon minced garlic
- 2 tablespoons white sesame seeds
- 2 tablespoons sesame oil
- 1 tablespoon sugar

TO SERVE:

This tasty pancake has a chewy and crisp crust, and is flavoured with spring onions, a favoured vegetable in Korean cuisine.

It is an easy and simple dish that is a very popular snack on a rainy day served with wine or beer. It's also suitable for parties.

METHOD:

- Serves 4
- Separate squid head from body. Rinse and set aside. Clean squid tube by removing innards and pulling away as much of the skin as possible. Rinse well. Chop coarsely. Peel prawns and chop coarsely.
- Lay spring onions flat on a chopping board. Use the flat side of knife blade to bruise and flatten root ends by pressing down firmly. Cut spring onion and chives into lengths to fit pan. Set aside.
- Combine flours in mixing bowl. Gradually add the water and one beaten egg, mixing thoroughly until a smooth batter is formed. Add half the squid and prawns to batter.
- Add remaining portion of squid and prawns to the other beaten egg.
- Heat oil in a frying pan over medium heat. Pour in batter and swirl it so it spreads out evenly. Add the spring onions, chives and chili. When firm, drizzle over the remaining egg mixture.
- Reduce heat to low and carefully flip pancake over to cook on the other side. Pancake should be light golden brown on both sides.
- Serve pancake with dipping sauce immediately

Interviewer: Annalise Webb
Interviewee: Hye Mee Choi and
Hyun Wook Choi
Photos provided by: Hye Mee Choi

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 3</p> <p>Feast Day of Ignatius of Loyola (Christian) Flag Day / Ka Hae Hawai'i (Hawaii)</p>	<p>August 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>		<p>June 2022</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>	<p>1 3</p> <p>Republic Day (Ghana) Canada Day (Canada) Emancipation Day / Keti Koti (Suriname) Independence Day (Somalia/Rwanda/Burundi) Communist Party of China Founding Day (China) Territory Day (British Virgin Islands) Alice Springs Show Day (NT, Australia) Ra o te Uiriki (Cook Islands) Ratha Yatra (India)</p>	<p>2 4</p> <p>National Anthem and Flag Day (Curaçao) Day of Diplomatic Service (Kazakhstan)</p>	
<p>3 5</p> <p>Independence Day (Belarus) V.I. Emancipation Day (US Virgin Islands) Dombra Day (Kazakhstan) NAIDOC Week (3rd-10th July) (Australia) Bonalu (3rd - 24th Jul) (India)</p>	<p>4 6</p> <p>Army Day (Guatemala) Independence Day (USA) Liberation Day (Rwanda) Official Birthday of HM King Tupou (Tonga) CARICOM Day (Guyana) Constitution Day (Cayman Islands, Armenia)</p>	<p>5 7</p> <p>St Cyril & Methodius Day (Slovakia/Czech Republic) Tynwald Day (Isle of Man) Independence Day (Cape Verde/Algeria/Venezuela) Unity Day (Zambia)</p>	<p>6 8</p> <p>MHIP Day (Mizoram, India) Jan Hus Day (Czech Republic) Capital City Day (Kazakhstan) Battle of Fredericia Day (Denmark) Independence Day (Comoros/Malawi) Statehood Day / King Mindaugas' Day (Lithuania) Dalai Lama's Birthday / World Tibet Day (Buddhist) Teacher's Day / Dia del Maestro (Peru) Ivan Kupala Day (Belarus, Russia, Ukraine)</p>	<p>FIRST QUARTER 7 9</p> <p>Independence Day (Solomon Islands) Saba Saba Day (Tanzania) George Town UNESCO Heritage Day (Penang, Malaysia)</p>	<p>8 10</p> <p>Sunniva Feast Day (Norway) Day of Arafah (Islam) Tennant Creek Show Day (Australia (NT))</p>	<p>9 11</p> <p>Birth Anniversary of Guru Rinpoche (Bhutan) Hari Raya Haji (Malaysia & Singapore) Martyrdom of the Bab (Baha'i) Constitution Day (Australia) Nunavut Day (Canada) Independence Day (South Sudan/Argentina)</p>
<p>10 12</p> <p>Independence Day (Bahamas) Eid al Adha / Festival of the Sacrifice (Islam)</p>	<p>11 13</p> <p>National Culture Day (Kiribati) World Population Day (UN) Celebration of the Golden Spurs / Feast of the Flemish Community (Belgium) Orangeman's Day (Canada) Naadam Festival (11th-15th) (Mongolia) St. Benedict Day (Christian)</p>	<p>12 14</p> <p>Independence Day (Kiribati/ Sao Tome and Principe)</p>	<p>FULL MOON 13 15</p> <p>Sovereignty Day of Montenegro (Montenegro) Asalha Puja Day (Buddhist) Asahna Bucha Day (Thailand)</p>	<p>14 16</p> <p>Bastille Day (France) Vassa / Khao Phansa Buddhist Lent (Thailand) Republic Day (Iraq)</p>	<p>15 17</p> <p>H.M. Sultan's Birthday (Brunei) Feast of St. Rosalia (10th-15th July) (Italy) Democracy and National Solidarity Day (Turkey) Katherine Show Day (Australia (NT))</p>	<p>16 18</p> <p>La Paz Day (Bolivia) H.M. The Sultan's Birthday Holiday (Brunei) Manu'a Cession Day (American Samoa) Our Lady of Mount Carmel (Chile)</p>
<p>17 19</p> <p>Seventeenth of Tammuz (Jewish) King's Birthday (Lesotho) Independence Day (Slovakia) Constitution Day (South Korea)</p>	<p>18 20</p> <p>Nelson Mandela Day (UN) Eid al-Ghadir (Islam) Galla Bayramy (Turkmenistan) World Listening Day (UN) Constitution Day (Uruguay) President's Day (Botswana)</p>	<p>19 21</p> <p>Martyr's Day (Myanmar) Sandinista Revolution Day / Liberation Day (Nicaragua)</p>	<p>LAST QUARTER 20 22</p> <p>Independence Day (Colombia) Lao Women's Union's Day (Laos) Birthday of Haakon, Crown Prince of Norway (Norway)</p>	<p>21 23</p> <p>Independence Day (Belgium) Racial Harmony Day (Singapore) Liberation Day (Guam)</p>	<p>22 24</p> <p>Birthday of Late King Sobhuza (Swaziland) Revolution Day (Gambia) Sarawak Day (Malaysia) Darwin Show Day (NT, Australia)</p>	<p>23 25</p> <p>Revolution Day (Egypt) Renaissance Day (Oman) National Remembrance Day (Papua New Guinea) Emperor Haile Selassie Birthday (Rastafaria)</p>
<p>24 26</p> <p>Pioneer Day (USA) (Mormon Christian) Simon Bolivar's Birthday (Venezuela/ Ecuador/Colombia/Bolivia) Children's Day (Vanuatu)</p>	<p>25 27</p> <p>St. James the Great Day (Christian) Constitution Day (Puerto Rico) Guanacaste Day (Costa Rica) Baha'i Day (Jamaica) Republic Day (Tunisia) Carnival Monday (St. Eustatius & Saba, Bonaire) National Day / St. James' Day (Galicia, Spain)</p>	<p>26 28</p> <p>Day of National Rebellion (Cuba) Independence Day (Liberia/Maldives) Kargil Vijay Diwas / Kargil Victory Day (India)</p>	<p>27 29</p> <p>Iglesia ni Cristo Founding Anniversary Day (Philippines) Day of Victory in the Fatherland Liberation War (North Korea)</p>	<p>NEW MOON 28 30</p> <p>St. Olav's Eve (Faroe Islands) Independence Day (Peru) King Maha Vajiralongkorn's Birthday (Thailand)</p>	<p>29 1</p> <p>Territory Day (Wallis & Futuna) St. Olav's Day (Faroe Islands)</p>	<p>30 2</p> <p>International Day of Friendships (UN) Feast of the Throne (Morocco) Martyrs Day (South Sudan) Independence Day (Vanuatu)</p>

PARĀOA RĒWENA

RĒWENA BREAD OR MĀORI POTATO BREAD

NEW ZEALAND

I learned this recipe from my favourite auntie, Auntie Gen. To me it reminds me of love and good times with family, which is what my culture is all about. This recipe makes a really big loaf or two regular loaves - rēwena is meant to be shared!

When settlers first came to NZ they couldn't source yeast so they made bread this way, it was introduced to the Māori people and became part of our culture. The bread doesn't use any yeast, we use a fermented 'bug' (kind of like a sourdough starter)

The recipe varies from family to family, so the way we make ours may not be how another family makes theirs. The bug can live for a very long time and needs to be consistently fed. This is how to make a bug from scratch.

INGREDIENTS:

Making the bread

- 6 and a half cups of flour
- 3 tablespoons sugar
- 1 tsp salt
- 2 cups warm water

Bug

½ teaspoon baking soda – you will only need this the first time, while the bug is young

Making the bug

This takes a few days for the first time. Take 1 cup of lukewarm potato water (this is water left over from boiling potatoes) a cup and a half of flour and a teaspoon of sugar. Mix in a large plastic container until it is like a thick batter. Cover with lid, loosely, not sealed. Place in warm place, and "feed" the bug around the same time daily for 5 days, by adding 1 cup warm potato water, 1 cup flour 1 tsp sugar every day, mixing in thoroughly, until it is about double in size. From Day 3 you should see little bubbles forming.

METHOD:

- Mix dry ingredients, make a well, add 2 cups of bug mixture and 2 cups warm tap water. Mix dough together using a butter knife, making sure it is well mixed.
- dough with wet hands for about 10 minutes until dough is very elastic, this is important as it means the gluten is active. Place dough in lightly oiled bowl and cover with a clean tea towel, leave in a warm place to rise for 1-2 hours (depending how warm the room is) or until doubled.
- again for 1 minute, place in oiled loaf tin(s) cover and allow it to rise again for 45 mins. Bake for about 40 minutes at 180 deg C. Wrap loaf in clean teatowel while still hot for 1 hour, to prevent the crust being too hard

*Interviewee: Erin Williams
Interviewer: Annalise Webb
Photos provided by: Erin Williams*

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
<p>July 2022</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>Lammas (Christian) 1 4</p> <p>Kiribati Youth Day (Kiribati) Independence Day (Benin) National Day (Switzerland)</p> <p>Day of National Significance / Season of Emancipation (Barbados) First Sermon of Lord Buddha (Bhutan) Lughnassad - Imbolc (Wicca/Pagan) Picnic Day (NT, Australia) Bank Holiday (NSW, Australia)</p>	<p>2 5</p> <p>Our Lady of the Angels Day (Costa Rica) Republic Day / Ilinden (North Macedonia)</p>	<p>3 6</p> <p>Freedom Day (Equatorial Guinea) Independence Day (Niger)</p>	<p>4 7</p> <p>Constitution Day (Cook Islands) Founders Day (Ghana)</p>	<p>First Quarter 5 8</p> <p>Our Lady of Africa (Spain) Independence Day / National Day (Burkina Faso) Umuganura (Harvest Festival) (Rwanda) Constitution Day (Anguilla/Iran) Victory and Homeland Thanksgiving Day (Croatia)</p>	<p>6 9</p> <p>Tanabata Festival (6th-8th Aug) (Japan) Tisha B'Av/Fast of Ninth of Av (Jewish) Transfiguration of the Lord (Orthodox Christian) Transfiguration Sunday (Christian) Independence Day (Bolivia/Jamaica)</p>
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<p>7 10</p> <p>Aged Care Employee Day (Australia) Battle of Boyaca (Colombia) Independence Day (Ivory Coast) Tich'a B'av (Jewish)</p>	<p>8 11</p> <p>Augsburg Peace Festival (Germany) Ceasefire Day (Iraq) Nane Nane Day (Tanzania)</p>	<p>9 12</p> <p>International Day of World's Indigenous People (UN) National Day (Singapore)</p>	<p>10 13</p> <p>Independence Day (Ecuador) Ekka People's Day (QLD, Australia)</p>	<p>11 14</p> <p>Independence Day (Chad) Mountain Day 8th-9th (Japan) Raksha Bandhan (Hindu)</p>	<p>Full Moon 12 15</p> <p>H.M. Queen Mother's Birthday (Thailand) Varalakshmi Vratam (Hindu) Spirit/Ghost Festival (China/Taiwan/Singapore/Malaysia/Vietnam)</p>	<p>13 16</p> <p>Obon Festival 13th-15th (Japan) Gai Jatra (Nepal) Nag Panchami Festival (India) (Hindu) Women's Day (Tunisia) Independence Day (Central African Republic)</p>																																																	
<p>14 17</p> <p>Independence Day (Pakistan) Falklands Day (Falkland Islands) Oued Ed-Dahab Day (Morocco)</p>	<p>15 18</p> <p>Founding of Asuncion (Paraguay) National Mourning Day (Bangladesh) Constitution Day (Equatorial Guinea) Independence Day (India, Congo) Liberation Day/Gwangbokjeol (Liechtenstein, Korea) Vigil of Assumption Day (Christian) Dormition of the Theotokos / The Feast of the Dormition of the Mother of God (Romania) (Orthodox Christian)</p>	<p>16 19</p> <p>Restoration Day (Dominican Republic) Independence Day (Gabon)</p>	<p>17 20</p> <p>Independence Day (Indonesia) Prekmurje Union Day / Reunification Day (Slovenia)</p>	<p>18 21</p> <p>National Science Day (Thailand) Vietnam Veteran's Day (Australia) Virginia Dare (Roanoke Island, USA)</p>	<p>Last Quarter 19 22</p> <p>Krishna Janmashtami (Hindu) World Humanitarian Day (UN) Independence Day Jeshn (Afghanistan) Borroloola Show Day (NT, Australia) Gaura Festival (Nepal)</p>	<p>20 23</p> <p>Independence Restoration Day (Estonia) St Stephen's Day (Hungary) Revolution Day (Morocco)</p>																																																	
<p>21 24</p> <p>Ninoy Aquino Day (Philippines) International Day of Remembrance and Tribute to the Victims of Terrorism (UN)</p>	<p>22 25</p> <p>Flag Day (Russia) Feast of the Queenship of Mary (Roman Catholic) International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief (UN)</p>	<p>23 26</p> <p>International Day for the Remembrance of the Slave Trade and its Abolition (UN)</p>	<p>24 27</p> <p>Independence Day (Ukraine)</p>	<p>25 28</p> <p>Day of Songun (North Korea) Independence Day (Uruguay)</p>	<p>26 29</p> <p>National Day of Solidarity (Argentina) Heroes' Day (Namibia) Repentance Day (Papua New Guinea)</p>	<p>New Moon 27 1</p> <p>Independence Day (Moldova)</p>																																																	
<p>28 2</p> <p>Dormition of the Mother of God (Orthodox Christian)</p>	<p>29 3</p> <p>Beheading of St. John the Baptist (Christian) Slovak National Uprising Anniversary (Slovakia) Telugu Language Day (India) National Heroes' Day (Philippines)</p>	<p>30 4</p> <p>Constitution Day (Kazakhstan) Santa Rosa De Lima (Peru) Teej Festival (Nepal)</p>	<p>31 5</p> <p>National Day / Hari Merdeka (Malaysia) Independence Day (Kyrgyzstan, Trinidad & Tobago) Ganesh Chaturthi (Hindu)</p>	<p>September 2022</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										
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"Food is everything. Food, friends, family: those are the most important things in life."

- Zac Posen



TARTE TATIN

FRENCH APPLE TART

FRANCE

Tarte Tatin is an upside-down caramelized apple tart. It is commonly served with ice cream and a wonderful treat for Le Gouter (afternoon tea time).

For Annette, from Alsace in eastern France living in Cairns for more than 20 years, this dish brings special memories from her childhood. “One of my aunties used to make the most delicious Tarte Tatin and we were always hoping she would bring one along when she visited. She would serve it with lashes of vanilla ice cream. Heaven!”

INGREDIENTS:

300g all-butter puff pastry

plain flour, for dusting

6 dessert apples (about 900g), such as Braeburn, Cox’s Orange Pippin or Adam’s Pearmain

100g golden caster sugar

85g unsalted butter (60g/21/4oz chilled and diced, 25g/1oz melted)

crème fraîche (full-fat please!) or high-quality vanilla ice cream, to serve

The Tarte Tatin also featured in a very special moment in her love life.

“My first love won me over by baking a Tarte Tatin on our first date!” says Annette.

The Tarte Tatin was created in the 1880s by the Tatin sisters who owned a hotel in France. On a busy day, the sister in charge of the kitchen was particularly distracted and placed the apple tart in the oven the wrong way around. This is how the Tarte Tatin was born.

METHOD:

STEP 1: Roll the pastry to a 3mm-thick round on a lightly floured surface and cut a 24cm circle. Lightly prick all over with a fork, place on a baking sheet, then cover and freeze while preparing the apples.

STEP 2: Heat oven to 180C. Peel, quarter and core the apples. Put the sugar in a flameproof 20cm ceramic tatin dish. Cook the sugar for 5-7 mins to a dark amber caramel syrup that’s starting to smoke, then turn off the heat and stir in the 60g diced chilled butter.

STEP 3: To assemble the tarte tatin, arrange the apple quarters very tightly in a circle around the edge of the dish first, rounded-side down, then similarly fill in the middle. Gently press with your hands to ensure there are no gaps. Brush the fruit with the melted butter.

STEP 4: Bake in the oven for 30 mins, then remove and place the disc of frozen puff pastry on top – it will quickly defrost. Bake for a further 40-45 mins until the pastry is golden brown and crisp. Leave it to cool down.



*Interviewee: Annette Gaborit
Interviewer: Marcela Fischer
Photo provided by: Annette Gaborit*

SEPTEMBER 2022

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			August 2022 <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				1 6 Constitution Day (Slovakia) Revolution Day (Eritrea) Independence Day (Uzbekistan) National Wattle Day (NSW, Australia)	2 7 National Day (Vietnam)	3 8 First Quarter Republic Day / Feast of St. Marinus Day (San Marino) National Flag Day (Australia) Tokehega Day (Tokelau) Death anniversary (Hari Hol) of Sultan Iskandar of Johor (Malaysia)							
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4 9 Belarusian Written Language Day (Belarus) Fathers Day (Australia, New Zealand, Papua New Guinea, Fiji)	5 10 Umhlanga Reed Dance (Swaziland) International Day of Charity (UN) Saint Teresa Beatification Day (Albania)	6 11 Independence Day / Somholo Day (Swaziland, Eswatini) Defense Day (Pakistan) Bonaire Flag Day / Dia de Boneiru (Bonaire) Unification Day (Bulgaria)	7 12 Independence Day (Brazil) Constitution Day (Fiji)	8 13 National Day (Andorra) Independence Day (North Macedonia) International Literacy Day (UN) Nativity of Virgin Mary (Christian)	9 14 National Day (North Korea) Harvest Festival Holiday (9th - 11th Sep) (South Korea) Independence Day (Tajikistan)	10 15 Full Moon World Suicide Prevention Day (UN) National Day (Gibraltar, Belize) St. George's Caye Day (Belize)																																																	
11 16 Ethiopian New Year / Enkutatash (Ethiopia) Our Lady of Coromoto Day (Venezuela) Feast of the Exaltation of the Holy Cross / Khatchverats (Armenia) (Armenian Apostolic Church)	12 17 Mindfulness Day (UN) Ruhnama Day (Turkmenistan) Saint Patrick's Battalion Remembrance Day (Mexico)	13 18 Dia de los Niños Heroes / Boy Heroes Day (Mexico) National Cachaca Day / Dia Nacional da Cachaca (Brazil)	14 19 Elevation of the Life Giving Cross / Holy Cross (Christian) San Jacinto Day (Nicaragua) Cochabamba Day (Bolivia)	15 20 Magal de Touba (Senegal) Silpa Bhirasri Day (Thailand) International Day for Democracy (UN) Feast of Our Lady of Sorrows (Slovakia) Independence Day (Honduras/Nicaragua/Costa Rica/El Salvador/Guatemala) Battle of Britain Day (United Kingdom) Cry of Dolores / Grito de Dolores (Mexico) Restoration of Primorska to the Motherland Day (Slovenia)	16 21 Martyr's Day (Libya) Malaysia Day (Malaysia) Mayflower Day (USA) Independence Day (Papua New Guinea/Mexico) International Day for the Preservation of the Ozone Layer (UN) National Heroes Day (Saint Kitts & Nevis)	17 22 Last Quarter Vishwakarma Puja (Hindu) Citizenship Day (Australia) Constitution Day (USA) Birthday of His Royal Highness Crown Prince Tulpoto'a-Ulukalala (Tonga) Oktoberfest (17th Sep - 3rd Oct) (Germany) Arba'een (Iran)																																																	
18 23 Independence Day (Chile) National Music Day (Azerbaijan) Croatian Navy Day / Dan Hrvatske ratne mornarice (Croatia)	19 24 Independence Day (St Kitts & Nevis) Constitution Day (Nepal) Army Day (Chile) Day of the First Public Appearance of the Slovak National Council (Slovakia) Respect for the Aged Day (Japan)	20 25 Mabon Autumn Equinox (20th-24th Sep) (Neo-pagan, Wicca) Prince's Day / Prinsjesdag (Netherlands) Universal Children's Day (Germany) National Youth Day (Thailand)	21 26 International Day of Peace (UN) Independence Day (Armenia/Belize/Malta) Kwame Nkrumah Memorial Day (Ghana) Nativity of the Theotokos (Orthodox Christian)	22 27 Day of Languages of the People (Kazakhstan) Independence Day (Bulgaria/Mali)	23 28 Blessed Rainy Day (Bhutan) Autumnal Equinox Day (Japan) National Day (Saudi Arabia) Bisexual Pride Day (International)	24 29 National Day (Guinea/Bissau) Constitutional Day (Cambodia) Our Lady of Mercy Day / Dia De Las Mercedes (Dominican Republic) Republic Day (Trinidad and Tobago) New Caledonia Day (New Caledonia)																																																	
New Moon 25 30 Mahalaya Amavasye (India) Rosh Hashanah (25th-27th Sep) (Jewish) Pchum Ben Festival / Ancestor's Day (Cambodia)	26 1 World Environment Health Day (International) (IFEH) Navaratri (26th Sep - 4th Oct) (India) (Hindu) European Day of Languages (International) Queen's Birthday (Western Australia)	27 2 Independence Day (Turkmenistan) Meskel (Ethiopia, Eritrea) (Orthodox Christian)	28 3 Tzom of Gedaliah / Fast of Gedaliah (Jewish) Statehood Day (Czech Republic)	29 4 World Heart Day (International) The Feast of Saint Michael the Archangels / Michaelmas (Christian)	30 5 Botswana Day (Botswana) International Translation Day (International)	October 2022 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
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ASSIDA BE-MULAH TAGELYA

ASSIDA WITH TEGELYA STEW

SUDAN

Our names are Mohamed Ali and Shadia Mohamed and our children are Ruman, Marwan, Omran, Adnan, Eman and Lugman. We are originally from Sudan and came to Australia in July 2010, settling in Toowoomba.

The most famous traditional dish in our culture, is “Assida be-Mulah Tagelya”.

Assida is made of plain flour or semolina, cooked in boiling water then placed in a large bowl. Assida is the simplest part of the dish in terms of ingredients and the way of cooking; it is usually served steaming hot.

“Mulah Tagelya” or Tagelya stew, with the ingredients including: sun dried and roughly pounded beef; well fried onion in cooking oil; sun dried okra pounded into a fine powder; spices (coriander, cumin, garlic, tomato paste, table salt, water, etc.). some people may add hot chili.

- **Assida with Mulah Tagelya** is placed in the middle of a large flat steel plate called “Seinya” in Sudan, and surrounded by many side dishes.
- The most common side dishes include: “**Mahshi**” which is a filling of some stuff such as rice, mince, tomato paste, cooking oil, spices and table salt. These are all mixed and pushed into either an onion, zucchini, capsicum, tomato or potato.
- A second dish is a bowl of **lentils dish**, which is made of spinach, red lentils, beef or lamb, onion, tomato paste, cooking oil, table salt and spices.
- The third dish is “**Salatat Aswod**” or eggplant salad, and is also mixed with many other vegetables such as tomato, carrot, black olive, etc.
- Other side dishes may include **marinated chicken drumsticks** and **wings deliciously fried in cooking oil**; traditional fresh salad of sliced tomatoes, cucumber, carrots, beetroots, green beans, green olive, rocket leaves, lettuce, etc.
- There is always a side dish of home cooked **sweets for dessert**.

Traditionally, assida with tagelya must be available no matter what. However, side dishes are regarded variable; meaning that any or all of them may be absent depending on the environment and circumstances.

In Australia, a dish of assida with mullah tagelya is fundamental and the favourite food for older generation.



Interviewees: Mohamed Ali, Shadia Mohamed (wife) and children
Interviewer: Anyuon Liai
Photos: taken by Anyuon Liai

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 6</p> <p>Anniversary of the Declaration of the Slovak Nation (Slovakia) Chhath Puja (India) Day of Remembrance for the Victims of Political Repressions in Russia (Russia)</p>	<p>31 7</p> <p>World Cities Day (UN) All Hallows Eve / Halloween (International) (Christian) Reformation Day (Protestant Christian) Samhain (Wicca)</p>	<p>November 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>		<p>September 2022</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>1 6</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 7</p> <p>International Day of Non-violence (UN) Maha Saptami (India) Independence Day (Guinea) Mahatma Gandhi Birthday (India)</p>	<p>3 8</p> <p>First Quarter Labour Day (ACT, NSW & SA) Queen's Birthday (QLD) National Foundation Day / Gaecheonjeol (South Korea) Independence Day (Iraq) Unity Day (Germany) Semana Morazanica (Honduras) Territory Day (Christmas Island) World Habitat Day (UN)</p>	<p>4 9</p> <p>Yom Kippur (Jewish) Independence Day (Lesotho) Day of Peace and Reconciliation (Mozambique) Chung Yeung Festival (Hong Kong, Macau) St. Francis Day / Feast Day of St. Francis of Assisi (Christian) Blessing of the Animals (Christian) Commemoration Day of King Martyrdom of Imam Hasan al-Askari (Iran)</p>	<p>5 10</p> <p>Dussehra / Vijaya Dashami (India) Republic Day / Republic Implantation (Portugal) Constitution Day (Vanuatu)</p>	<p>6 11</p> <p>Memorial Day National Day of Mourning (Turkmenistan) Tishren Liberation Day (Syria) Royal Launceston Show (TAS)</p>	<p>7 12</p> <p>Thimphu Tsechu (Bhutan)</p>	<p>8 13</p> <p>International Lesbian Day (International) Al-Mouled Al-Nabawy (Egypt) Independence / Parliament Day (Croatia) Mawlid an Nabi (Islam) Hari Maulad Nabi (Cocos and Keeling Islands)</p>
<p>Full Moon</p> <p>9 14</p> <p>Hangul Day (South Korea) Independence Day (Uganda) Guayaquil Independence Day (Ecuador) Guayaquil Independence Day Holiday (Ecuador) Thadingyut (9th - 11th Oct) (Myanmar)</p>	<p>10 15</p> <p>Fiji Day (Fiji) Columbus Day (USA) Thanksgiving (Canada) Boun Ok Phansa (Laos) First Day of Sukkot (Jewish) World Mental Health Day (UN) White Sunday / Lotu-a-Tamati (Samoa) Independence Day (Cuba) Curacao Day (Curacao) Party Foundation Day (North Korea) National Day (Taiwan) US Indigenous People's Day / Native American's Day (USA) Day of Respect for Cultural Diversity (Argentina)</p>	<p>11 16</p> <p>Revolution Day / Day of People's Uprising (North Macedonia)</p>	<p>12 17</p> <p>Lady of Aparecida (Brazil) Independence Day (Equatorial Guinea) Hispanic Day / National Day of Spain / La Fiesta de Nacional (Spain)</p>	<p>13 18</p> <p>International Day of Natural Disaster Reduction (UN) Birth of Prophet Muhammad and of Imam Jafar al-Sadiq (Iran) Prince Louis Rwagasore in Burundi (Burundi)</p>	<p>14 19</p> <p>Liberation Day (Yemen) Day of Svetitskhovloba (Georgia) Chisinau City Day (Moldova) Julius Nyerere Day / Mwalimu Nyerere (Tanzania)</p>	<p>15 20</p> <p>International Day of Rural Women (UN) Father Norodom Sihanouk (Cambodia)</p>
<p>16 21</p> <p>World Food Day (UN) Prophet's Baptism (Mali)</p>	<p>Last Quarter</p> <p>17 22</p> <p>Shemini Atzeret and Simchat Torah (Jewish) International Day for the Eradication of Poverty (UN) Dessalines Day (Haiti)</p>	<p>18 23</p> <p>Feast Day of St Luke, Apostle and Evangelist (Christian) Independence Day (Azerbaijan) Alaska Day (USA) National Prayer Day (Zambia)</p>	<p>19 24</p> <p>Constitution Day (Niue)</p>	<p>20 25</p> <p>Revolution Day (Guatemala) Mashujaa Day (Kenya) Birth of the B'ab (Baha'i) Installation of Scriptures as Guru Granth (Sikh) Spirit Day to support LGBT Youth (International)</p>	<p>21 26</p> <p>St. Ursula's Day (British Virgin Islands) President Ndayaye Day (Burundi)</p>	<p>22 27</p> <p>National Santri Day (Indonesia) Feast Day of Pope John Paul II (International)</p>
<p>23 28</p> <p>Republic Day (Hungary) Liberation Day (Libya) Chulalongkorn Day (Thailand) Paris Peace Agreement Day (Cambodia) Day of the Macedonian Revolution (North Macedonia) Day of the Macedonian Revolution Holiday (North Macedonia)</p>	<p>24 29</p> <p>Deepavali (Singapore) United Nations Day (UN) Chulalongkorn Day Holiday (Thailand) Independence Day (Zambia) Labour Day (New Zealand) Deep Diwali (Jain)</p>	<p>New Moon</p> <p>25 1</p> <p>Vikram New Year (Hindu) Govardhan Puja (India) Thanksgiving (Grenada) Taiwan Retrocession Day (Taiwan) Sovereignty Day (Slovenia)</p>	<p>26 2</p> <p>National Day (Austria) Angam Day (Nauru) Intersex Awareness Day (International)</p>	<p>27 3</p> <p>Independence Day (Saint Vincent and the Grenadines) Birth of Baha'ullah (Baha'i)</p>	<p>28 4</p> <p>Milvian Bridge Day (Christian) Ochi Day (Greece) Independence Day (Czech Republic)</p>	<p>29 5</p> <p>Republic Day (Turkey) King's Coronation Day (Cambodia)</p>



BILTONG

SOUTH AFRICA

My wife and I were born in South Africa and emigrated to Australia in 2005. We lived in other parts of Australia before moving and settling in Toowoomba three and half years ago. We would like to share a South African traditional food called “**Biltong**”:

South African Biltong is an air-dried meat, especially beef and game meat. The meat is cut along its grain into thin long slices, sprinkled with salt and spices and then naturally dried in air. The best time for preparation is in the winter when the weather is cold and dry, as humidity may spoil the meat.

Biltong has its origin in the 17th century in South Africa when the European settlers had to find ways to preserve meat.

These days, Biltong is a popular snack in South African culture. Biltong also plays an important role in hospitality as it is usually ready to be eaten at any time and handy to be presented to visitors before the main meal is prepared, during social events and barbeques.

There are many recipes available for the spice mix. We have settled on the recipe below, which is per kilogram of raw meat:

INGREDIENTS:

- 16 ml salt
- 7.5 ml sugar
- 1 ml white pepper
- 1 ml black pepper
- 15 ml ground coriander seed

SERVING BILTONG

Either cut the dry meat into small pieces to be chewed; or crush/pound and sprinkle it over a maize porridge or toast

METHOD:

- Cut fresh beef or game meat along its grain into thin long slices.
- Sprinkle with salt and spices.
- Naturally dry it in air.
- Once completely dry, the spiced meat is ready to eat.



Interviewer: Anyuon Liai
Photos: taken by Anyuon Liai

NOVEMBER 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2022						
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					

FIRST QUARTER	1
	8
All Saints Day (Christian)	
Anniversary of the Revolution (Algeria)	
Druk Gyalpo Coronation Anniversary (Bhutan)	
Independence Day (Antigua and Barbuda)	
Día De Los Muertos / Day of the Dead (Mexico)	
Melbourne Cup (VIC, Australia)	

	2
	9
All Souls Day (Christian)	

	3
	10
Independence Day (Dominica/Panama/Micronesia)	
Independence of Cuenca Day (Ecuador)	
Culture Day (Japan)	

	4
	11
National Day (Tonga)	
Day of Unity (Russia)	
Naraka Chaturdasi (India)	

	5
	12
Guy Fawkes Night (UK)	
Colon Day (Panama)	
All Saints Day (Finland/Sweden)	

6
13
Green March Day (Morocco)
Bhai Dooj (India)
Constitution Day (Tajikistan)

7
14
Constitution Day Holiday (Tajikistan)
Recreation Day (TAS, Australia)
October Revolution Day (Belarus)
Day of History and Commemoration of Ancestors (Kyrgyzstan)
The Day Maldives Embraced Islam (Maldives)
Water Festival / Bon Om Touk (Cambodia)

FULL MOON	8
	15
Guru Nanak Jayanti (India)	
Karthika Purnima (Hindu)	
Days of History and Memory in Kyrgyzstan (Kyrgyzstan)	
National Aboriginal Veterans Day (Cambodia)	
Pohnpei Constitution Day (Micronesia)	
Tazaungdaing Festival (Myanmar)	

	9
	16
Allama Iqbal Day (Pakistan)	
Independence Day (Cambodia)	
Heir to the Throne's Birthday (Tuvalu)	
World Freedom Day (USA)	

	10
	17
Los Santos Uprising Day (Panama)	
Remembrance Day for Mustafa Kemal Atatürk (Turkey)	
Heroes' Day / Hari Pahlawan (Indonesia)	

	11
	18
Republic Day (Maldives)	
Independence Day (Poland, Angola)	
Armistice Day (Belgium/France)	
Remembrance Day (Commonwealth Nations)	
Birth Anniversary of the 4th Druk Gyalpo (Bhutan)	

	12
	19
National Youth Day (East Timor)	
Constitution Day (Azerbaijan)	

13
20
World Kindness Day (UN)
Volkstrauertag / People's Mourning Day (Germany)
Feast of Hundred Thousand Martyrs of Tbilisi (Georgia) (Orthodox Christian)

14
21
World Diabetes Day (UN)
Remembrance Day (Cayman Islands)
Readjustment Movement Day (Guinea Bissau)
Independence of Cartagena (Colombia)

15
22
Republic Day (Brazil)
St. Leopold's Day (Austria)
Independence Day (Palestine)
Descending Day of Lord Buddha (India)
Nativity Fast Begins (Orthodox Christian)
King's Feast / Feast Day of the German-Speaking Community (Belgium)
National Peace Day (Ivory Coast)
Shichi-go-san Festival / Seven-Five-Three (Japan)

LAST QUARTER	16
	23
International Day for Tolerance (UN)	

	17
	24
Freedom and Democracy Day (Czech Republic)	
National Revival Day (Azerbaijan)	
President's Day (Marshall Islands)	

	18
	25
National Day (Myanmar)	
Independence Day (Morocco)	
Battle of Vertières Day (Haiti)	
National Day (Oman)	

	19
	26
International Men's Day (International)	
Garifuna Settlement Day (Belize)	
National Day (Monaco)	
Discovery Day (Puerto Rico)	

20
27
Universal Children's Day (UN)
LGBTIQ Transgender Day of Remembrance (International)
Zumbi Dos Palmares / Black Awareness Day (Brazil)

21
28
Dignity and Freedom Day (Ukraine)
General Framework Agreement Day (Bosnia and Herzegovina)
Revolution Day (Mexico)
National Sovereignty Day (Argentina)

22
29
Saint Cecilia's Feast Day (Mexico)
Independence Day (Lebanon)

NEW MOON	23
	30
Saint George's Day (Georgia)	
Labour Thanksgiving Day (Japan)	

	24
	1
Martyrdom of Guru Tegh Badur (Sikh)	
Genghis Khan's Birthday (Mongolia)	
Thanksgiving (USA)	

	25
	2
International Day for the Elimination of Violence against Women (UN)	
Statehood Day (Bosnia/Herzegovina)	
Independence Day (Suriname)	

	26
	3
Day of the Covenant (Baha'i)	
Constitution Day (India)	
Thanksgiving Day (Turks and Caicos Islands)	
Republic Day (Mongolia)	

27
4
Teacher's Day / Day of San Jose de Calasanz (Spain)
National Health-Building Day (Thailand)
Lancashire Day (England)
Great Heroes Day / Maaveerar Naal (Sri Lanka)
First Sunday of Advent (Christian)

28
5
Ascension of Abdu'l-Baha (Baha'i)
Independence Day (Albania/Mauritania/Panama)
Republic Day (Chad/Burundi/Republic of Congo)
Proclamation of Independence Day (East Timor)
Chatham Islands Anniversary Day (New Zealand)
Westland Anniversary Day (New Zealand)

29
6
Intl Day of Solidarity with the Palestinian People (UN)
William Tubman's Birthday (Liberia)
Liberation Day (Albania)
Unity Day (Vanuatu)

FIRST QUARTER	30
	7
St. Andrew's Day (Christian)	
Thanksgiving Day (Norfolk Island)	
Independence Day (Barbados/Yemen)	
Bonifacio Day (Philippines)	
Independence Day (Yemen)	

December 2022						
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25	26	27	28	29	30	31





PIEROGI

POLISH DUMPLINGS

POLAND

This is a very popular dish in Poland. There are many different varieties, meat, vegetarian and even sweet ones. It's quite time consuming to make so we don't make it that often, when we do we always make a big batch! All of us ladies know how to make it and each family has their own favourite fillings.

Wigilia (Christmas Eve) is the most important day of the holidays for many Polish families, normally spent with close family, and traditionally eating meatless dishes. Nearly all Polish families will enjoy vegetarian pierogis on Christmas Eve. We love Pierogis!

INGREDIENTS:

Filling

- 1 kg beef cut into big chunks
- 2 medium carrots
- 1/2 head of celery
- parsley
- 1 tsp black pepper
- 1/2 tsp salt

- 4 bay leaves
- 5 allspice berries
- 2 eggs
- 1.5L water or enough to cover the meat and vegetables

Dough

- 2 cups plain flour
- warm water
- 1/3 tsp fine sea salt

Additional filling ingredients (to add when the filling is cooled)

- 1 tsp marjoram
- 1 tsp salt
- 1/2 tsp black pepper
- Optional - 1 bread roll soaked, wrung out and mashed
- 2 tbsp parsley chopped
- 2 eggs

Garnish: 2 onions chopped and 50g butter for frying

METHOD:

Filling

- In a large pot, simmer the meat, vegetables, parsley, salt, pepper, allspice and bay leaves together in hot water for 40-50 minutes, until the meat is soft. Drain the meat and vegetables, discard bay leaves, keep the broth aside and allow to cool.

Dough

- Prepare dough while the filling cooks.
- In a large bowl, combine flour and a bit of warm water, knead the mixture into soft dough. If the dough is sticky, add more flour. Divide dough in half, cover with cling film and set aside for 20 minutes.
- Mince the meat, vegetables and bread, mix with salt, pepper and marjoram to taste.
- Add eggs and a little broth if filling is too dry.
- mix well.

To assemble:

- Prepare: bowl of filling, tablespoon, dough, additional flour, a mug and rolling pin.
- Flour your work surface and turn out the dough
- Add salt then gradually add water using a large spoon
- Continue kneading until smooth and soft
- Cover and set aside for 20 minutes, then roll the dough out 2mm thick
- Using a mug cut circles and place 1 tablespoon of filling in the centre and fold.
- Press and seal into half-moon shapes, using a little warm water to seal the pierogi.
- If the dough sticks to your fingertips - put them in a bit of flour.
- Put your dumplings on a floured surface as you work, and cover them with a clean tea towel (even while making them!) so they don't dry out.
- Cook the pierogi in a pot of boiling, salted water until they float, then for another 3 minutes and drain.
- Melt butter in a pan, fry chopped onion until tender, add pierogi to the mixture and sear them for 2 to 3 minutes on each side, or until they are golden brown.

Interviewees: Ladies of the Diversicare's Polish Respite Group
Interviewer: Taryn Quach
Photos provided by: Taryn Quach

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January 2023</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>		<p>November 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>1 8</p> <p>World AIDS Day (UN) Republic Day (Central African Republic) Freedom and Democracy Day (Chad) Indigenous Faith Day (India) (Arunachal Pradesh) Restoration of Independence (Portugal)</p>	<p>2 9</p> <p>International Day for the Abolition of Slavery (UN) National Day (Laos) Asom Divas / Sukapha (India) National Day (United Arab Emirates) Farmer's Day (Ghana)</p>	<p>3 10</p> <p>International Day of Persons with Disabilities (UN) Feast of St. Francis Xavier (Spain)</p>	
<p>4 11</p> <p>Saint Barbara's Day / Eid Il-Burbara (Jordan/Palestine/Lebanon/Syria/Turkey) Epic of Manas Day (Kyrgyzstan)</p>	<p>5 12</p> <p>Good Neighbourliness Day (Turkmenistan) King Tupou 1 Day (Tonga) King's Birthday (Thailand)</p>	<p>6 13</p> <p>St. Nicholas Day (Christian) Quito Day / Foundation of Quito (Ecuador) Independence Day (Finland) Constitution Day (Spain)</p>	<p>7 14</p> <p>Eve of the Immaculate Conception / La Noche de las Velitas (Guatemala/Colombia) Feast of St. Ambrose (Italy)</p>	<p>8 15</p> <p>Bodhi Day (Japan) (Buddhism) Immaculate Conception of Mary (Roman Catholic) CARICOM (Caribbean Community) Cuba Day (Cuba/Guyana) Constitution Day (Northern Mariana Islands) Battle of the Falklands Day (Falklands Islands) Constitution Day (Uzbekistan)</p>	<p>9 16</p> <p>Independence and Republic Day (Tanzania)</p>	<p>10 17</p> <p>Human Rights Day (UN) Constitution Day (Thailand)</p>
<p>11 18</p> <p>Republic Day (Burkina Faso)</p>	<p>12 19</p> <p>Feast Day of Our Lady Guadalupe (Christian) Jamhuri Day (Kenya) International Day of Neutrality (UN)</p>	<p>13 20</p> <p>Republic Day (Malta) National Day of Saint Lucia (Syracuse/Finland/Scandinavia/Sweden)</p>	<p>14 21</p> <p>Forty-Seven Ronin Remembrance Day (Japan) Martyred intellectuals Day (Bangladesh) Alabama Day (USA)</p>	<p>15 22</p> <p>Kingdom Day Koninkrijksdag (Netherlands) Bill of Rights Day (USA) Homecoming Day (Alderney, Guernsey)</p>	<p>LAST QUARTER</p> <p>16 23</p> <p>Independence Day (Kazakhstan/Bahrain) Dhanu Sankranti (Hindu) Day of Reconciliation (South Africa) Las Posadas (16th-24th Dec) (Spain/Mexico/Guatemala/Southwestern united states) (Catholic Christian)</p>	<p>17 24</p> <p>National Day (Bhutan) International Day to End Violence Against Sex Workers (International)</p>
<p>18 25</p> <p>International Migrants Day (UN) Republic Day (Niger) National Day (Qatar)</p>	<p>19 26</p> <p>Saint Nicholas Day (Eastern Christian Countries) (Orthodox Christian) Hanukkah (Jewish) National Heroes and Heroines Day / Separation Day (Anguilla) Goa Liberation Day (India)</p>	<p>20 27</p> <p>International Human Solidarity Day (UN) Special Administrative Region Establishment (SARE) Day (Macau)</p>	<p>21 28</p> <p>Sao Tome Day (Sao Tome and Principe) St. Thomas's Day (Roman Catholic) Pancha Ganapati (21st - 25th Dec) (India) Dongzhi Festival (Hongkong, Taiwan, China, Macau)</p>	<p>22 29</p> <p>Yule / Winter Solstice (Northern Hemisphere) (Wicca) Unity Day (Zimbabwe) Sambisa Memorial Day (Nigeria)</p>	<p>NEW MOON</p> <p>23 1</p> <p>Tom Bawcock's eve (Mousehole, UK) Birthday of Queen Silvia (Sweden) Kisan Diwas / Birth Anniversary of Chaudhary Charan Singh (India) Night of the Radishes / Noche de Rabanos (Oaxaca Mexico) HumanLight (International) (Secular Humanism)</p>	<p>Christmas Eve (ALL STATES)</p> <p>24 2</p> <p>Independence Day (Libya)</p>
<p>Christmas Day (ALL STATES)</p> <p>25 3</p> <p>Constitution Day (Taiwan) Quaid-e-Azam Day (Pakistan)</p>	<p>Boxing Day (ALL STATES) Proclamation Day (SA)</p> <p>26 4</p> <p>Death of the Prophet Zarathushtra (Zoroastrian) Synaxis of the Mother of God (Greece) Independence and Unity Day (Slovenia) St. Stephen's Day (Christian)</p>	<p>27 5</p> <p>Saint John - Apostle and Evangelist (Christian)</p>	<p>28 6</p> <p>Holy Innocents (Western Christian Countries) (Christian) Incwala Day (Eswatini)</p>	<p>29 7</p> <p>Holy Innocents (Eastern Christian Countries) (Christian) Independence Day (Mongolia)</p>	<p>FIRST QUARTER</p> <p>30 8</p> <p>Feast of the Holy Family (Christian) Rizal Day (Philippines)</p>	<p>New Year's Eve (ALL STATES)</p> <p>31 9</p> <p>Restoration Day (Switzerland)</p>

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This Calendar is created by Diversicare's Multicultural Advisory Service. The Multicultural Advisory Service program (MAS) is supported by funding from the Australian Government under the Commonwealth Home Support Program.

The MAS Team:

- delivers free cross-cultural training to aged care service providers against the Aged Care Quality Standards
- provides culturally appropriate information regarding aged and disability care, health and wellbeing to CALD communities

We aim to increase the capability of service providers to deliver culturally appropriate care to CALD consumers, and to empower CALD communities to live healthier and safer lives. We hope you will find this Calendar a useful resource.

Contact us - we are here to help you and we would love to hear your feedback on the 2022 Calendar.



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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