

MCCSA Community VOICES

AUTUMN 2018



From the CEO

HELENA KYRIAZOPOULOS

Welcome to our autumn edition of Community Voices! I am very pleased to announce that the MCCSA has achieved certificate level in the *Australian Service Excellence Standards* accreditation.

This means that as an organisation we are operating confidently and efficiently with sound management principles meeting legislative, industry and government guidelines. Our Board is committed to providing a safe, flexible and transparent organisation supporting South Australia's ethnic communities, government agencies and other stakeholders to meet community needs.

The second great piece of news is that earlier this year we were awarded a *Community Infrastructure Grant* from the State Government to *effect much-needed maintenance and improvements* to our building, enabling us to better deliver the facilities and services you have told us you require. Look forward to extensive building repairs and upgrades and after many years in the darkness, our outside MCCSA sign is finally illuminated at night!

The need for additional multifunctional space and office accommodation for our communities is still of high priority for the MCCSA Board and we will work with our communities and the new Government towards the development of a new purpose built building to house our MCCSA Community Hub.

Our recent State Government election sees us with a new Government. I would like to extend our congratulations to our new Premier, the Honourable Steven Marshall, MP, and as well, to the Honourable Ms Jing Lee, Assistant Minister to the Premier on Multicultural Affairs. Additionally, we extend congratulations to the honourable Michelle Lensink, MLC, as Minister for Human Services, and indeed the whole Cabinet in addressing issues affecting our multicultural communities.

I would like to also thank the former Minister for Multicultural Affairs, the Honourable Zoe Bettison, MP, for her past help in

developing a strong working relationship with the MCCSA and our ethnic communities over the last four years.

For International Women's Day this year we held our first *Quiet Achievers Award* recognising the remarkable work that women from CALD communities have contributed within our South Australian community. Our patron for this event is The Lady Mayoress of Adelaide, Genevieve Theseira-Haese, a leading woman in South Australia who supports a range of issues, including the advancement of women and multicultural concerns. I must also recognise the assistance which has been provided by the Adelaide City Council, and the Lord Mayor, Martin Haese not only just for this event but generally, as the Council has been very supportive of the MCCSA.

Our *Harmony Day* event this year was celebrated with the assistance of the iconic Adelaide Central Market. The Markets kindly provide space for us to show, through colourful multicultural performances the diversity of cultures present in South Australia. For more on this event please go to our website.

A call for help for our *Community Visitors Program*. We are in dire need of volunteers from the following language groups *Bosnian, Burmese, Cantonese, Croatian, Estonian, Farsi, German, Greek, Hindi, Hungarian, Indonesian, Irish, Italian, Latvian, Lebanese, Lithuanian, Macedonian, Maltese, Mandarin, Persian, Polish, Portuguese, Scottish, Serbian, Slovenian, Ukrainian and Vietnamese*, to support the growing need of people in residential care. If you are able to personally assist or know of someone who might be interested please refer them to our Community Visitor Coordinator, Mrs Heeyoung Lim.

Warmest wishes

Helena
MCCSA CEO

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MCCSA MANAGEMENT COMMITTEE

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian Harmstorf OAM

Treasurer: Silvio Iadarola

Committee Members

Daniela Costa

Margota Pukitis

Gosia Skalban OAM

Rajendra Pandey

Rene Grypma

Patrizia Kadis

UPCOMING MULTICULTURAL EVENTS



WHEN: 6 May 2018

TIME: 11am - 4pm

WHERE: Thebarton
Community Centre

www.jafa.asn.au



WHEN: 17 April to 16 May
2018 - various screenings

WHERE: Palace Nova
Eastend Cinemas

www.spanishfilmfestival.com



WHEN: 7 April 2018

TIME: 9.30am - 8.30pm

WHERE: Wigley Reserve,
Glenelg

FREE ENTRY





MCCSA celebrate International Women's Day 2018

On March 8 the international community celebrated the achievements of women across the world. Recognised by the United Nations in 1975, International Women's Day has been observed for more than 100 years and this year theme was #PressforProgress.

The Multicultural Communities Council of SA marked the day by the introduction of the Quiet Achievers Award to celebrate and acknowledge hard working women from CALD communities whose enormous contribution to the South Australian society which often at times goes unnoticed.

The event was hosted at the Adelaide Town Hall by the Lady Mayoress, Genevieve Theseira-Haese and her husband the Lord Mayor Martin Haese.

In this edition of Community Voices the MCCSA would like to share a brief history of the twelve proud award recipients who were nominated by the diverse communities we work with.



Wendysia Sen

Temple Christian College School Prefect Wendysia Sen is a leader within the Multicultural Communities Council of SA youth group. With passion and drive that is well beyond her years, Wendysia has a genuine interest in promoting and supporting the Cambodian youth and wider Cambodian community in South Australia. The 17 year old has played an active role in recent years at running community events and assisting with fundraising and activities for children. Wendysia's peers have praised her for her active engagement with young people in relation to various large scale events, including the Australia Day Parade, Walk Together and the Harmony Day celebrations. She also attended the 2017 Multicultural Youth Parliamentary Reception. For her work in the multicultural community sector, as a House Leader and School Prefect, Wendysia has been nominated for the 2018 Channel 9 Young Achievers Award.



Shahla Rostami

Following a 20-year professional career in translation, procurement and project and event management in Iran, Shahla Rostami and her family migrated to South Australia in 2013. Shortly after completing the Multicultural Women's Leadership course, Shahla founded the Iranian Women's Association in 2015, an organisation which has since grown to 20 female members and has since organised more than 50 innovative projects to create community cohesion and social inclusion while also promoting the Iranian culture amongst the South Australian multicultural community.

Shahla was fortunate enough to enhance her knowledge in the areas of leadership, event management and industrial cooking through various vocational courses in South Australia. Shahla has been praised by her peers for empowering women, being an active member in the South Australian multicultural sector and for standing up for women's rights at every opportunity.



Vivien Shae

Registered nurse Vivien Shae has played an instrumental role in the Chinese community in South Australia, including serving as President of the Chinese Welfare Services of SA. This organisation exists to give the wider Chinese speaking community a place to come to in times of special need, for social contacts and the sharing of cultures with other organisations.

After being initially asked to teach adult English classes in 2004, her desire to assist in serving the needs of people of Chinese speaking background grew. Vivien took on the role as coordinator of the Gambling Awareness Project which saw her elected to the Board of the Chinese Welfare Services of SA in 2005, and then being elected President in 2007. Her time as President continues to see a period of rapid change and growth for the organisation and the relocation to a larger premise near China Town on Grote Street in Adelaide's CBD.

Vivien believes the greatest strength of the Chinese Welfare Services of SA is the renewed collaborative community strategies and the forming of friendship networks within the Chinese speaking communities.

Margota Pukitis



Born in a German bomb shelter during WW2, Margota and her family fled to Australia in 1945, eventually residing at Plympton in the western suburbs of Adelaide.

Following her University studies in English and History, and with a passion for the Latvian culture, teaching and education, Margota commenced her 28-year professional career as an English teacher at the Norwood Girls Technical High School. She also taught English as a second language at the Latvian Daugavpils Pedagogical University in Latvia and the Hunan Agricultural University in China. In 2009, Margota was recognised as the Teacher of the Year for Ethnic primary schools in South Australia.

Margota also played a key role in establishing the Latvian language program during her time as a Board Member of the Senior Secondary Assessment Board of South Australia.

Outside of her teacher career, Margota is heavily involved in the Latvian community throughout South Australia. Margota represents the Latvian community through Ethnic Link and on the Board of Multicultural Communities Council of SA. She is a life member of the Adelaide Latvian Association, a member of the Latvian choir and works with the Latvian primary school as their cultural events coordinator. Margota is also a Board Member of Amber Aged Care.



Patricia Whitelaw

Born in Mexico City, Patricia was inspired by several family members to gain a temporary Visa in regional Australia 2008 and now currently works in the South Australian disability sector. Patricia completed her Diploma of Enrolled Nursing in 2013 and currently works in the Brain Injury Unit at the Hampstead Rehabilitation Centre. She is currently doing her Masters in Occupational Therapy.

With a love of traditional Mexican dance dating back to her childhood, Patricia founded the dance group Mexican Revolution in 2015 with the aim to showcase and promote the Mexican culture to the wider South Australian community and to work towards social inclusion amongst migrant communities.

Patricia's dedication to Mexican Revolution since 2015 has seen the group double its membership with a vast increase in regular stage performances. The group has had the privilege to participate in a variety of events, from the Multicultural Awards ceremony at

Government House, the Adelaide Fringe, the Multicultural Festival and many other South Australian, African and Latin American community events. Patricia's community work with the language and culture of Mexico has inspired other communities to have their own dancing groups and to also proudly promote their culture amongst the South Australian community.

Buoyed by her passion, work ethic and attitude, Patricia also ran successful fundraising events in Adelaide last year to raise financial assistance for those affected by the earthquakes in south-west Mexico in 2017.



Vera Sočković

Vera emigrated from Croatia to South Australia in 1986 after meeting her Adelaide-born future husband and quickly started working as an Office Manager for a Doctors surgery.

As her children became more independent, Vera began volunteering with the Ethnic Schools Association where she taught Croatian language classes for adults. Vera became further involved in the Croatian community through the Croatian Club, the Croatian Club newsletter and managing membership, ticket sales, general hospitality and event operations. Vera also teaches at the Croatian Ethnic School, serves as a Board Member of Croatian Care for the Aged, is the Function Coordinator of the Croatian Women's Auxiliary SA and acts as the librarian for the Croatian Club Adelaide Library.

In 2001, Vera was awarded a 'Certificate of Appreciation' by the Federal Government for her work in assisting migrants and refugees settle into Australia.



Lily Michailov

Lily Michailov was a student at the Donetsk University in eastern Ukraine when she met her future Adelaide-born husband in 1974. Following her physiology studies, she and her future husband moved to Adelaide and have since married and started a family.

With her main interest being female infertility, Lily pursued her career in the South Australian medical industry, working for almost 30 years as the Endocrine Diagnostic Centre coordinator at the Flinders Medical Centre. Lily is also a Russian-speaking tour guide.

Lily is the founder and inaugural President of the Russians Women's Association of SA. She has also volunteered for over two decades of her life with several other community organisations, including the Russian Ethnic Representative Council, Multicultural Communities Council of SA, the Unley Council, the Adelaide Botanic Garden, COTA and the Seniors Information Service (now Catalyst Foundation).



Nilda Centurion

Nilda Simmons (nee Centurion) was born in southern Paraguay and following her University studies in accountancy and business administration, followed members of her family to Australia through the Skilled Migration Program where she soon met her future husband, another newly arrived immigrant from England. With no local schools able to accommodate Nilda's request for her children to speak, read and write in Spanish, Nilda and three other mothers established the Gabriela Mistral Spanish Speaking School and Cultural Centre.

With a passion for helping people in the community, Nilda has also helped establish the Paraguay Community and was the coordinator of the Paraguay Dance Group. Nilda is currently involved in the seniors art group Buena Amistad Group and the Spanish Speaking Inspirations Group as a volunteer assistant coordinator. In the past few years, Nilda has also joined the Spanish Speaking Communities Network of SA.

Today Nilda manages the finance of their family auto electrician business.



Krystyna Kubiak

In 1947, Krystyna Kubiak and her family fled Germany to Australia. Initially living in Bonegilla and then the Woodside Migrants Hostel, Krystyna and her family finally settled in Royal Park in Adelaide's western suburbs.

Krystyna pursued a long and successful career in the South Australian media sector, working and producing shows for ABC Radio and volunteering with Polish Radio (5EBI FM and 5PBA FM).

She also volunteered with many community organisations and served as President for both the Adelaide and Amity Red Cross Clubs and Kiwanis Club of Adelaide. Krystyna also served as a Board Member for the Dom Polski Centre, the Polish Hill River Church Museum, the Federation of Polish Organisations and the Polish 'Kolo Polek' Women's Organisation.

Krystyna also helped establish the Polish Dozynki Festival and taught English to newly arrived Polish and Czech immigrants into Adelaide. She is also a member of the Polish 'Cantores' Choice which performs at various functions and at Polish Nursing Homes throughout the South Australia community.



Tina Karanastasis

As the daughter of Greek immigrants who settled in South Australia in the 1950s, Tina's experiences of the hardship and discrimination experienced by 'new Australians' left a very strong imprint, which ultimately led to a long and fulfilling career in multicultural and ethnic affairs.

In a professional career spanning almost four decades, Tina has held senior management and policy positions within the State and Federal Governments, as well as the Not-For Profit sector. She has worked with the Migrant Resource Centre, Ethnic Affairs Commission, Migrant Health Unit of the SA Health Commission, Multicultural Communities Council of SA and Ethnic Link Services at Uniting SA. Tina was also a founding member of the Migrant Women's Emergency Support Service, the Multicultural Respite and Dementia Service within Woodville Domiciliary Care and the Multicultural Advocacy and Liaison Service of SA.

Tina is perhaps best known for her role as Regional Coordinator with the Office of Multicultural Affairs within the Department of the Prime Minister and Cabinet, a position she held for seven years in the 1980s and 1990s. The National Agenda for a Multicultural Australia, the commissioning of an extensive collection of Policy Options Papers, and the roll out of the Australian Government's Access & Equity and Community Relations Strategies resulted in what many have described as the 'Golden Years of Multiculturalism'. As the Regional Coordinator for South Australia, Tina was responsible for implementing these strategic initiatives on the ground and for consulting widely with all sectors of the South Australian community. This included establishing and chairing the Commonwealth Agencies Access and Equity Network to oversee the implementation of departmental Access and Equity Plans.

In 1989, Tina was awarded an Australia Day Achievement Medallion by the Australia Council for her contribution to the work of OMA and for her service to South Australia's multicultural communities.

In her voluntary capacity, Tina has held the positions of Senior Deputy Chair with the Federation of Ethnic Communities Councils of Australia (FECCA) and National Chair of Welcome to Australia.



Maria Dnistrjanski (OAM)

Maria Dnistrjanski OAM manages the Commonwealth Home Support Program, providing home support services for elderly Ukrainian men and women. In 1990, Maria was awarded an OAM for her Outstanding Contribution in the Ukrainian Community and in 2014 was a recipient of The Governor's Multicultural Awards for Senior Volunteer.

Maria continues to have extensive involvement with a large number of Ukrainian-based community organisations, some for more than 40 years of voluntary community service. She serves on the management committee for the Association of Ukrainians in SA, the Seaton Aged Care Facility, the Ukrainian Senior Citizens Club in SA and the Ukrainian Community Radio Committee of SA.

She also volunteers with several community programs, including the Multicultural Communities Council of SA 'community visitor scheme', the migration committee assisting newly arrived immigrants from Ukraine and performs Ukrainian Memories at a Croatian, Ukrainian and Belarusian Residential Care Facility.

Other organisations Maria volunteers at includes the Ukrainian Dancing Group, Ukrainian Community School, Ukrainian Youth Assoc. Ukrainian Youth Association, Ukrainian Catholic churches, Ukrainian Women's Association and the USC Lion Soccer Club.



Etty Garabelli Rosales

Chairperson of Andes Support Association of South Australia

Founder of Happy Mindful Community

Etty was born in Uruguay where she lived until she was 3 years old when her parents decided to move to Peru.

At the age of 17, just after finishing high school, Etty came to Adelaide, Australia full of dreams and felt blessed that Australia opened their doors, friendship, kindness and

support to her and offered opportunities that did not exist in her home country. Etty now works as a counselor and early childhood educator and lives with her husband Francesco and children, Nicko and Arianna.

An advocate for vulnerable communities, Etty ran free monthly workshops known as Thriving in Australia and helped support newly arrived immigrants from Spanish speaking countries settle into Australia.

Etty is currently working with the not for profit organisation Andes Support Association of SA, which supports Spanish speaking migrants settle into Australia and disadvantaged children from northern Peru settle into Australia. The organisation also promotes the Peruvian culture, art, cuisine, multicultural diversity and social inclusion in Adelaide.

She currently also runs her own business, Happy Mindful Community, which runs free monthly mental health focused workshops for parents. Through her business, Etty has also created a parenting course and child-focused wellbeing program. This program is being promoted to schools and multicultural community groups as well.

In July 2017, Etty ran a donation and fundraising program in Adelaide which saw children from disadvantaged communities in Peru receive clothes and educational material. In October 2017, Etty returned to Peru to run eight free wellbeing workshops for the elderly.

Etty is passionate about her work because she believes in a world whereby people working together to promote kindness, harmony and peace can triumph violence and war.



Governor's Multicultural Award 2017

On Tuesday 27 March 2018 His Excellency, the Honourable Hieu Van Le AC, Governor of South Australia and Mrs Le hosted service providers and leaders from various multicultural communities at the annual Celebration of South Australia's cultural diversity and presentation of the Governor's Multicultural Awards for 2017 in the grounds of Government House.

These important awards celebrate South Australians who promote multiculturalism and increase understanding of the benefits of cultural diversity in our community.

The Awards are administered by the Department of Human Services and Multicultural SA. They are presented by the Governor of South Australia on the advice of an independent judging panel chosen in consultation with the Multicultural Communities Council of SA.

There were 34 nominated finalists for this year's awards in 13 categories, and the 17 award recipients are;

ARTS AND CULTURE **Mr Fahim Hashimy and Indofest Adelaide 2017**

COMMUNITY SECTOR (Individual and Organisation) **Mr Deepak Bhardwaj, Mr Kamal (Joint winners) Dahal and Ahmadiyya Muslim Association SA**

MEDIA **Ms Rhiannon Elston**

PRIVATE SECTOR **Spotless**

PUBLIC SECTOR **Department for Child Protection**

VOLUNTEER **Dr Nayana Parange**

SENIOR VOLUNTEER **Mr Kruno Batrac & Mr Vladas Lazauskas**

YOUTH (Individual and Organisation) **Mr Jemal Mussa**

AGED CARE (Individual and Organisation) **Dr Meera Goel and Helping Hand Aged Care / The Centre for Languages, University of South Australia / Southern Cross Care SA/NT**

FAMILY SAFETY (Individual) **Ms Nagita Maureen Kaggwa**

ECONOMIC DEVELOPMENT (Organisation) **Community Corporate Pty Ltd**

OUTSTANDING INDIVIDUAL ACHIEVEMENT **Mr Keyvan Abak**

As we look forward to the 2018 awards MCCSA acknowledge and congratulates all award recipients, nominees and their nominators for their work in promoting the benefits of cultural diversity, social harmony and inclusiveness in our South Australian community.



CALD Women Health and Wellbeing project

MCCSA is currently running fitness sessions for isolated young mothers of CALD background. The Project is aimed at promoting the health and wellbeing of young mothers.

The project is funded by the Port Adelaide Enfield Council. The sessions are conducted every Friday between 9:30am to 12:30pm during the school term. The program is aimed at relieving social isolation for young mothers with religious and cultural beliefs that prevents them from mixing with men in the mainstream gymnasium.

The sessions are run by a qualified female instructor. There is onsite crèche, so participants can have their young ones looked after as they train.

Occasionally, information sessions are conducted on key services such as:

- » Legal/migration info sessions
- » Domestic violence info sessions
- » Centerlink/Medicare
- » Breastfeeding
- » Countering violence extremism training.
- » Suicide prevention.
- » Council services info sessions
- » Financial management info sessions

For more info contact ukash.ahmed@mccsa.org.au



Screening Saves Lives!

By Pam Singh

“The inspiration for me being part of the CALD Ambassador Project was my mum.

My mum was diagnosed 20 years ago with Breast Cancer, if it wasn't for the early detection and screening program, she would not be here today to see her children get married and her three amazing grandsons. My GP recommended because of my family history that I should start having breast screens when I turn 40. So now my mum and I go together to have mammograms.

Breast cancer has affected so many women in the Punjabi community. Not all have been fortunate like my mum and survived. This is why I am so determined to raise awareness about the importance of breast screening. Even though there

is a stigma about discussing cancer, I think women should be encouraged to talk about it and be aware about breast cancer. I tell women cancer does not mean death, early detection can save lives. So take the time every two years and have a breast screen, don't put it off. Invest in your health so that you are around for those who love you the most.”

It is recommended that all women aged 50 – 74 have a free screening mammogram every two years. Women are invited to participate from the age of 50, but women from the age of 40 are also eligible to book their mammogram. No GP referral is required.

For more information go to **www.breastscreen.sa.gov.au** or to make an appointment, phone BreastScreen SA 13 20 50.



Beacon Foundation

For the past two years MCCA has been actively supporting Multicultural students across the western suburbs by supporting staff time to engage as Industry mentors within the “High Impact”, employment readiness programs delivered by the Beacon Foundation.

The Beacon Foundation works to create an Australia that understands, cares and is motivated to support young people to successfully transition from education to meaningful employment. They build connections between industry, education and the community to create real world education in schools that is relevant and engaging for young people in the 21st century. For further information please see: <https://beaconfoundation.com.au/> <https://www.facebook.com/BeaconFoundation/>

MCCA staff have consistently mentored students at three very culturally diverse Western High schools that are embracing the Beacon Foundation programs, Plympton International College, Woodville High and the Adelaide Secondary School of English. They have provided mentoring around self-branding and networking, opportunities to diverse career pathways, and mock interview skills. Not only is it a great opportunity for our staff to see and

hear directly from young people, but they are building their own networking and engagement skills. “I really enjoy finding out about the thoughts and concerns of the students – I get a lot of personal fulfillment helping to grow their confidence in themselves”

Most recently staff attended the Plympton International College Speed Careering event – with 34 year 10 students and 21 Industry Mentors representing 14 varied organizations. Students rotated through the mentors in small groups discussing the various careers – and the career pathways and journeys of their mentors.

Of the 34 students who attended the day, 27 out of the 34 said the day was VALUABLE with 7 noting the day was LIFE CHANGING, with some of the take away messages included;

“We should keep learning and look out for different careers in our lives. Also not to be afraid to change careers and it is okay to go into completely different pathways. Also be passionate about your job.”

“That your first job, won’t be your last job for the rest of your life and that if you’re passionate, success will come your way. And that failing can lead to success”

“If an opportunity comes your way, say yes!”

COMMUNITY FUNDRAISING OPPORTUNITY

Sturt Football Club Multicultural Festival

Multicultural vendors selling cultural food, crafts and other market goods are invited to submit expressions of interest to participate in Sturt Football Club’s Multicultural Festival at Unley Oval Monday June 11, 2018

Expressions of interest applications must be submitted to the Sturt Football Club by 5.00pm on Monday 14 May 2018.

To proudly represent the wide range of cultures in South Australia at the Festival only applicants selling food or goods from a particular culture or nation are permitted to be part of the event

Sturt Football Club expects to notify applicants of the outcome of their expression of interest by 21 May 2018.

*Please note that submitting an expression of interest form does not guarantee you a place.

More information

To find out more about vendor operating times, fees, site location and equipment

Call Kristy on (08) 8271 4611 or email general@sturtfc.com.au



Urgent!! Community Visitors Wanted!

We have been working very hard to support our lonely and isolated multicultural elderly residents in aged care facilities.

We have increased the number of people visited since the expansion of MCCSA's Community Visitors Scheme in November 2017.

At present, we need volunteers who can speak Italian, Greek, Polish, German, Bosnian, Burmese, Czech, Hungarian, Serbian, Vietnamese, Croatian, Ukrainian, Latvian and Vietnamese.

If you want to join MCCSA volunteers or want further information about being a Community Visitor volunteer, please contact Heeyoung on 8213 4604 or email at heeyoung.lim@mccsa.org.au



Red Cross – Emergency Response

Emergencies can happen anytime, anywhere, to anyone. Are you prepared for an emergency?

People from diverse cultural and linguistic backgrounds can be more susceptible to the impacts of emergencies, due to language barriers and limited knowledge of the emergency management practices in Australia. Since 2017, Red Cross's multilingual RediPlan volunteer community educators have reached 800 South Australian migrants in community meetings at mosques, halls and even cricket clubs, helping them to become more prepared for any kind of emergency, whether it be an unexpected trip to hospital or a bushfire.

Red Cross Emergency Services Manager in South Australia, Nelson Sanz-Cadena, highlights that, "the more prepared you are for an emergency, the better you will respond, the faster you will recover". RediPlan not only helps to

build an emergency plan for you and your household, it helps you to prepare your mind, connect with your neighbors and community and identify and protect important items and documents. The session will also help to identify what the risks are in your new location as well as the different agencies that help in times of crisis.

Red Cross is currently recruiting community educators to help build the resilience of their communities to emergencies. As well as being equipped with the skills and knowledge to help their community in times of emergency, volunteers will develop leadership and employability skills.

If you think that RediPlan will benefit your community or you would like to be trained as a community emergency preparedness educator, please contact 08 8100 4602 or email sarediplan@redcross.org.au





Investigating the Mediterranean diet in Australia

The Mediterranean diet may be one of the best diets for your health, rich in extra virgin olive oil, vegetables, fruits, nuts, legumes, fish, whole grains, and red wine.

Compared to Western countries like Australia, Mediterranean populations in Greece, Italy, France and Spain live longer lives, and experience lower rates of heart disease and dementia.

With a growing concern for our ageing population, our research team at the University of South Australia is interested in whether Australians can follow a Mediterranean diet, and whether it will improve our health, despite living outside of the Mediterranean basin.

In 2015, our team demonstrated that older Australians largely enjoyed following the Mediterranean diet, and were able to incorporate Mediterranean foods into their day-to-day lives. After six months, we also found that the Mediterranean diet led to a significant reduction in risk of cardiovascular disease, by reducing blood pressure and improving blood vessel health.

However, we noted that Australian guidelines for calcium were not met by the Mediterranean diet. Calcium is a vital nutrient and plays a role in our muscle, digestive, circulatory and bone health. As Australians experience higher rates of osteoporosis than Mediterranean populations, we were concerned that long-term adoption of a Mediterranean diet might not be feasible.

The Mediterranean diet is typically low in dairy food. As dairy is a rich source of calcium, we decided to investigate the effect of adding extra dairy to the diet.

Our latest study demonstrated that Australians consuming a Mediterranean diet with 3 serves of dairy each day improved their blood pressure and cholesterol over an 8-week period. We also found that the Mediterranean diet with added dairy improved mood, reducing tension and confusion.

If you are thinking about adopting a Mediterranean diet but are unsure where to begin, consider these tips:

- » Use extra virgin olive oil as your main dietary fat in cooking, dressing salads and as a replacement for butter and margarine;
- » Eat a variety of fruits and vegetables each day;
- » Enjoy at least two legume-based meals each week;
- » Consume at least two oily fish meals per week (tuna, salmon, mackerel);
- » Enjoy 3 to 4 serves of dairy foods daily;
- » Replace refined, white grains with wholegrain breads and cereals;
- » Avoid discretionary foods and beverages, including highly processed and fast foods;
- » Enjoy red wine in moderation

For more information regarding this research please contact:

Alexandra Wade and Dr Karen Murphy
School of Health Science and School of
Pharmacy and Medical Sciences
University of South Australia

alexandra.wade@mymail.unisa.edu.au



SA WATER: RESIDENTIAL CUSTOMER ADVISORY GROUP

What matters to you?

Water Talks is your opportunity to have your say about the future of water services in South Australia. As part of Water Talks, we are running a survey about what matters to you.

The online survey is open from Tuesday 3 April until Friday 1 June and takes about 20 minutes to complete. All customers are invited to have their say.

Key points

- » SA Water provides water and sewage services for around 1.6 million people.
- » Every four years SA Water provides the Essential Services Commission with a plan outlining how it will deliver water services for its customers.
- » SA Water, together with customers, is planning how to best deliver those services into the future.
- » Between Tuesday 3 April and Friday

1 June, have your say online about what matters to you.

- » The online survey will ask you about what service you want SA Water to prioritise to best meet your needs.
- » Your feedback will be used by SA Water to develop its plan for 2020-24.
- » This plan will outline how it plans to operate, invest and deliver customer services.
- » The plan will then be considered by the Essential Services Commission of South Australia, the economic regulator of the South Australian water industry.
- » Tell SA Water what you really think. What it does well, what needs improvement, and what you value most.
- » Everyone in South Australia can take part and have their say.
- » So, help shape the future direction of your water services.

To support the online survey, we will be out and about across the state in April and May to talk to customers and help people take part. You will find us at:

Elizabeth Civic Centre

Tuesday 10 April, 9am – 3pm

Port Lincoln Library

Thursday 19 April, 9.30am – 3.30pm

Clare SA Autumn Garden Festival

Clare Showgrounds, Sunday 29 April, 9am – 4pm

Victor Harbor Library

Wednesday 2 May, 9.30am – 3.30pm

SACOSS Disability and Essential Services Conference

Monday 14 May

Mount Gambier Library

Thursday 24 May, 9.30am – 3.30pm

Berri Library

Thursday 31 May, 9.30am – 3.30pm

We need to talk about water

SA Water is inviting all its customers to have their say and help shape the future of water services in South Australia.

The online survey – [What matters to you?](#) – is open until Friday 1 June 2018 and will ask you about your priorities for different levels of service and investment SA Water could make.

Feedback from the survey will be used by SA Water to develop its plan for 2020-24.



Open House Adelaide - Sunday 29th April 2018

GOVERNMENT HOUSE OPEN DAY

Sunday 29th April 2018 from 10:00 am to 4:00 pm

ADMISSION IS FREE

His Excellency the Governor and Mrs Van Le invite you to Government House to view the public rooms, learn about the current workings of the House and explore the gardens.

South Australia's 2018 History Festival Open Doors program in celebration of the 15th anniversary of the History Festival.

Come and see:

- » specially set up displays and memorabilia of historic significance
- » the State dining table set with silver and crystal for a formal dinner
- » South Australian paintings on loan from the Art Gallery of SA
- » where a police inspector was murdered in 1862.

Staff and friends of Government House available as in-House guides.

Government House is located on the corner of North Tce & King William Rd, Adelaide

**For more information, please call (08) 8203 9800 or
visit www.governor.sa.gov.au**

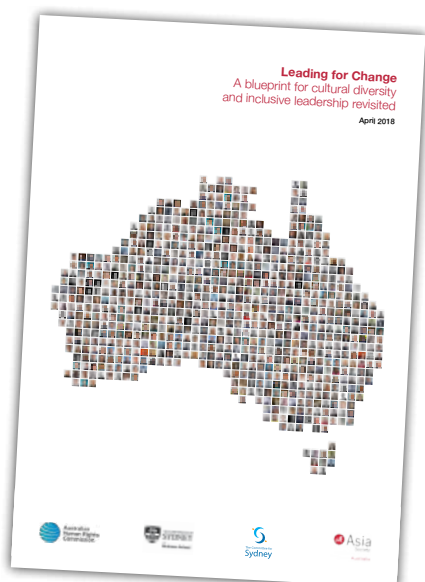


The Buena Amistad Spanish Speaking Art Group

The Buena Amistad Spanish Speaking Art Group receives auspice from the Gabriela Mistral Spanish Speaking School and Cultural Centre. The Group's main purpose has been that of providing a gathering space for people over 50 where they can enhance their artistic knowledge and develop art workshops through different mediums like clay, wool, and mosaic work. However it has become much more than that. It has brought seniors together to share their artistic knowledge and talents where they feel free to express themselves and socialise, talk about their migration experiences, laugh about their comical life experiences, listen to their music and also share their sad and difficult moments. Made up of men and women but mostly women, they talk about old remedies, exchange cooking recipes, research on plants and their medicinal benefits and with opportunities for going out on excursions, they have truly developed meaningful friendships based on love and caring for one another.

With an intergenerational focus and coordinated by volunteers with professional backgrounds working pro bono, the group is still growing and gaining momentum and popularity within the circles of the Spanish speaking communities.

They are very appreciative of the MCCA that has given them a home, a sense of belonging, a warm welcome and ongoing support. For more information, contact Patricia Rios on 0412046792. Muchas gracias MCCA!



Leading for Change Report - Cultural diversity and leadership

Just recently the second Leading for Change report on cultural diversity and leadership was released. The report finds a significant under-representation of cultural diversity within the senior leadership positions in Australian business, politics, government and higher education.

The report has been produced in partnership with the University of Sydney Business School, Asia Society Australia and the Committee for Sydney. Follow link for more information Leading for Change Report 2018.

You can download the full report here -

<https://www.humanrights.gov.au/our-work/race-discrimination/publications/leading-change-blueprint-cultural-diversity-and-inclusiv-0>



400,000 REASONS TO ATTEND POLIO AUSTRALIA'S FREE POST-POLIO WORKSHOPS

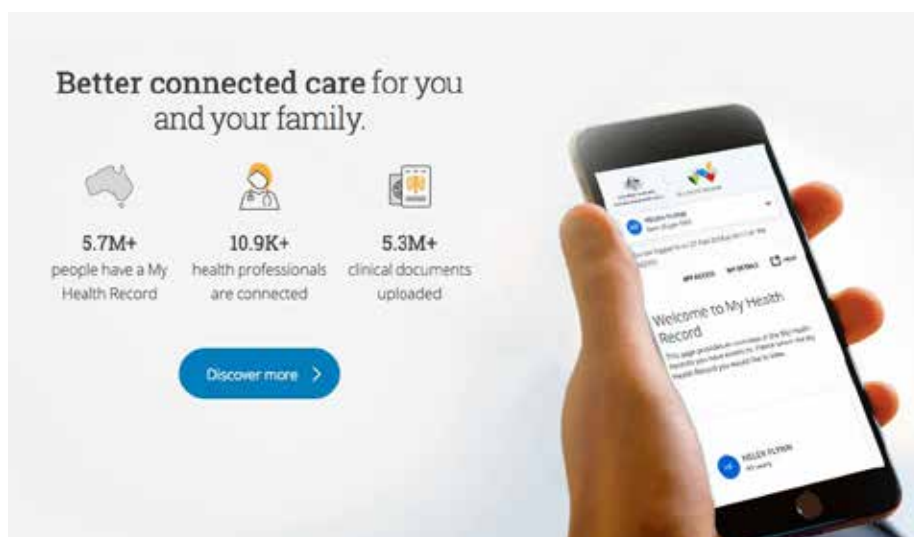
[Polio SA](#) is inviting all individuals and families who have been impacted by polio, to attend a FREE information session facilitated by Polio Australia's Clinical Health Educator, Paul Cavendish.

Years after the poliomyelitis epidemics in Australia, the aftermath of the disease is now becoming evident in our ageing 'polio population'. There are an estimated 400,000 people who may be experiencing the Late Effects of Polio (LEoP) or Post-Polio Syndrome (PPS), often up to 50 years after the initial infection.

The FREE information session for polio survivors, on Saturday the 12th of May, will cover:

- » The latest research regarding managing the Late Effects of Polio
- » Education on what makes the Late Effects of Polio different from the ageing process
- » Key information on how to work with your health professional
- » Proven self-management strategies to help maintain function and independence
- » An opportunity to ask questions and discuss your post-polio health

Come along to our Information Session for Polio Survivors - Saturday 12 May 2018 at 1:00pm (3 hours), Tea Tree Gully Community Learning Centre, 571 Montague Rd, Modbury, SA, (RSVP's required).



My Health Record

The Australian Digital Health Agency, on behalf of the Australian Government, has responsibility for improving the health outcomes for all Australians through the delivery of digital healthcare systems and the national digital health strategy. One way to achieve better health outcomes is by creating a safe and secure digital health service, which is designed to help improve healthcare for patients and their healthcare provider. My Health Record is the name of the new secure online health summary of an individual's medical information. It is patient controlled meaning the patient chooses what goes into their record and who can access it. People who are permanent residents and who hold a Medicare card can register for a My Health Record through their My GOV account, they will need their Medicare Card number, date of birth and can register online. Parents or guardians can register their children too.

There are many benefits to having a My Health Record. If you are travelling interstate your medical records can be accessed

by a healthcare provider in case of an emergency. If you are travelling overseas and you have the My Health Record app on your phone, you could share your health information with the doctor overseas in the case of an emergency. A GP's referral letter to a specialist can be uploaded as can your pharmacy scripts and diagnostic imaging. It improves efficiency, helps you be at the centre of your health care, and ensure your healthcare providers can understand all your health needs. You can share your My Health Record with your GP, Pharmacist, Specialist and Allied Healthcare Provider, don't forget you decide who can upload health information and you choose who can view your record.

If you are having difficulties registering call the My Health Record helpline: 1800 723 471 or visit the website www.myhealthrecord.com.au

For a community information session on MY Health Record please contact William Logue, Regional Communications Coordinator on 82195900.



Australian Government
Australian Digital Health Agency



My Health Record



Hi, my name is Maggie. I come from Egypt. I have a Bachelor degree of Applied Arts. I worked for five years as a designer. I arrived to Adelaide in 2016 and fell in love with the quiet atmosphere, the natural and beautiful scenery of Adelaide and the welcoming people. I lived in the countryside (Coomandook) South Australia for one year with my husband. We moved to Adelaide in 2017 to study English at TAFE, where I heard about volunteering for community visitors' scheme (CVS) with the Multicultural Communities council of SA.

The scheme is a very important project for the community of South Australia as it helps the non-English speaking elderly people. It helps them by connecting the volunteers who speak their languages with them to reduce their loneliness and isolation. I started as a volunteer in May 2017 visiting people from an Arabic background. Volunteering helped me a lot to get involved with the community, allows me to meet new people and make friendships. Every time I visit them, I learn something new and I really enjoy being with them. Volunteering is a good opportunity to give back to the community through helping others.

MCCSA SERVICES



MCCSA CHSP Transport Service

Our transport service is well used and helps many of our frail and older members of the CALD community go on excursions and attend Day Centre programs. Community groups use our service for trips to places of cultural or tourist interest. This provides their members with an opportunity to socialise in comfort and tranquility.

To hire our buses at very reasonable rates, call us on 8213 4608 or email sidique.bah@mccsa.org.au

The languages currently spoken by our volunteers are: Bosnian, Cantonese, Croatian, Filipino, French, German, Greek, Hungarian, Hindi, Italian, Japanese, Latvian, Mandarin, Lithuanian, Polish, Russian, Spanish, Ukrainian, Hungarian, Serbian, Swedish, Danish, Arabic, Farsi (Persian), Dari and Vietnamese.

If you would like to make use of our service or join our team of volunteers call Hee Young Lim at MCCSA on 8213 4604 or email heeyoung.lim@mccsa.org.au



Carers Retreat

Our Carers Retreat programs help fund planned short-term breaks for unpaid care givers of the frail and elderly. CALD community organisations that work with carers of the frail and elderly should contact us to discuss applying for this funding, as we want as many carers as possible to access the benefits of having a retreat.

For more information call Megan Hill on 8213 4605 or email megan.hill@mccsa.org.au



MCCSA Community Hall

A diverse range of community groups use our 50 seating capacity hall for meetings, forums, workshops and functions

Free of charge if they are a registered MCCSA community group. A donation is appreciated for rubbish removal and electricity.

The Hall is also available for commercial hire.

For more information in accessing the MCCSA hall call Lena on 8345 5266 or email mccsa@mccsa.org.au for terms and conditions of use.



Community Visitor Scheme

Our Community Visitor Scheme facilitates one-on-one friendship between older people in residential care and community visitors speaking their language. They visit at least twice a month to build relationships. They add some warmth to the life of our senior citizens by reducing their loneliness and isolation.



Healthy Ageing

MCCSA supports communities to stay connected through their ageing years by enabling a range of services such as social programs, advice, advocacy and specialist workshops and forums.

For any enquiries on this program please call Kristin on 8213 4603 or email kristin.johansson@mccsa.org.au



Reconnect Services

MCCSA provides individual support to young people that are having trouble at home. This is an early intervention program to prevent youth homelessness and can provide information, support, counseling, mediation, practical support, and group activities.

For further information or referral please contact Megan megan.hill@mccsa.org.au or Savvy savvy.ouk@mccsa.org.au on 8213 4605.



Successful Communities

Successful Communities is focused on providing individual support to vulnerable and emerging culturally diverse communities and their members.

For further information please call Megs Lamb on 8213 4610 or email megs.lamb@mccsa.org.au



Multicultural Playgroup

MCCSA is currently running a multicultural playgroup for children from diverse background in South Australia to give them the best possible start in life and we want parents to feel supported.

If you would like more information or want to attend with your child, please contact Hee Young Lim on 8213 4604 or Heeyoung.Lim@mccsa.org.au

Justice of the Peace

MCCSA also offers the services of a JP, to book an appointment, call the office on 8345 5266.

MCCSA PHOTOS



MCCSA International Women's Day celebration at the Adelaide Town Hall hosted by Lady Mayoress, Genevieve Theseira-Haese and her husband the Lord Mayor Martin Haese.



Governor's Multicultural Awards 2018 at Government House

Interested in volunteering for MCCSA?

Visit www.mccsa.org.au for more info or contact us on 8345 5266.

www.mccsa.org.au



Multicultural Communities Council of SA Inc.

113 Gilbert Street, Adelaide Phone 8345 5266 www.mccsa.org.au

Compiled and edited by Sidique Bah, MCCSA Communications Officer