



SPRING 2015

MCCSA Community VOICES



From the President

HELENA KYRIAZOPOULOS

Have you seen our new front window? Please drop by and take a look! As finances permit our building is getting a makeover, making it a little more inviting and comfortable for our communities to use.

It is so pleasing to see a diverse range of groups frequenting our hall, including Ethnic Link Services, the Spanish program; Arabic language classes; Polish Women's Federation; Persian program; Muslim calligraphy group; Russian art class; Filipino social group; Spanish art group; German Language classes; Disability Advocacy & Complaints Services meetings; Chinese Welfare Services Meetings; Disability Rights Advocacy Services meetings; Armenian dance classes; Indonesian seniors meetings and the Nepalese community meetings.

Most recently, the MCCSA hosted its first SALA art exhibition. What a great

event! Since its inception in 1998 the annual SALA Festival has celebrated and promoted the diverse talents of South Australian Living Artists. The artist for our very first SALA event was Lauryn Arnott; her paintings highlighted the journey and transformation that people made when fleeing from countries of conflict, to ultimately finding refuge in Australia. We will continue our relationship with SALA, and look forward to next year's exhibition!

Our constitutional review has begun, with the first changes being endorsed by our members last month. The MCCSA is seeking to gain Public Benevolent Institution and Deductible Gift Recipient status and the process has started. Phase two of the review has commenced and will be taking place in the coming months prior to our Annual General Meeting on the 3rd of December 2015. We hope that by the end of the year, we will be governed by a new constitution with a new way of working. Thank you to all our members for assisting us with this.

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BUS HIRE

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CARERS RETREAT

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Carers Retreat Program call
Megan on 8345 5266 or email
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COMMUNITY VISITOR SCHEME

If you would like to make use of our
service or join our team of volunteers
call Hee Young Lim on 08 8345 5266
or email heeyoung.lim@mccsa.org.au

MCCSA COMMUNITY HALL

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

RECONNECT

For any enquiries on this program
please call Megan on 8345 5266 or
email megan.hill@mccsa.org.au.

POSITIVE AGEING

For any enquiries on this program
please call Kristin on 8345 5266 or
email kristin.johansson@mccsa.org.au.

SUCCESSFUL COMMUNITIES

For more information or to register
interest for a future program please
call Megs on 8345 5266 or email
megs.lamb@mccsa.org.au



From the President (continued)

We are pleased to have been invited to be part of the Transforming Health conversation, recently being appointed to the Transforming Health Peak Consumer and Community Engagement Forum. We look forward to contributing to the transformation of our healthcare system for the benefit of all South Australians, which include those from a culturally and linguistically diverse background.

As part of our new direction and to be more proactive in the community, the MCCSA recently joined the Founding Partners of Together SA. Together SA inspires communities to create better futures through awareness raising, championing, facilitating and supporting community leaders seeking to tackle complex social problems, and through ensuring appropriate backbone support to local initiatives. We are excited about our involvement in the collective impact and look forward to supporting our communities.

We are currently working on a consultation for the Office for the Ageing (OFTA). OFTA commissioned the MCCSA to review what South Australia's culturally and

linguistically diverse communities need to age well. The project builds on the work of the World Health Organisation which looked at healthy ageing in cities in 33 countries and that of a South Australian "Thinker in residence – Alexandre Kalache". The project findings will help raise awareness of principles for active ageing and age-friendly priorities for South Australia's diverse ageing population. We see this as a very important project for our communities.

In closing, the MCCSA was recently asked for its position on the current consideration of Australia's First People's inclusion in the Constitution. The Management Committee was united in its voice, that Aboriginal and Torres Strait Islander People should be afforded the same respect and recognition as other Australian citizens are and that there is no place for racial discrimination in our Constitution. Let us make a change for the better, for all Australians.

Helena
MCCSA President

CALD Ageing Issues

BY KRISTIN JOHANSSON

It has been a busy winter season in the ageing area at MCCSA. The Community Visitors Scheme has a new coordinator Hee Young Lim who started on the 17th June.

In June we ran an extensive advertising campaign for new volunteers. There was a big response and so far Hee Young has interviewed 40 potential new volunteers speaking 25 different languages between them. Following on from the interviews she has held two induction training sessions for 26 volunteers with a third induction session on September 2nd for another 10 people. So far 18 people have been matched with a resident which is wonderful. This is a rewarding program which is of great benefit to residents who speak languages other than English. We would like to welcome all our new volunteers to this program.

The Informed Ageing Program which ran between 2013 and 2015 had its last session in July. Over 300 people attended 47 sessions at 23 workshops on a wide range of topics to do with ageing including: Advance Care Directives, wills, estate planning, home care options, accommodation options, palliative care, healthy living, Federal Government payments and benefits and State Government concessions. Multicultural group workshops sessions were also held for the Muslim community, the Korean and Vietnamese communities and for the Chinese community in Mandarin and Cantonese.

The Positive Ageing Program which is art, movement or music for six community groups has had a very positive response. Our downstairs hall has been busy with calligraphy, pottery classes and collage. The Spanish group from South America

and Spain are making a large piece with symbols from Spain, Australia and South America which will be eventually hang in MCCSA. We are watching the progress of this large piece of artwork with interest! Each group wants to continue and the Spanish group is in the process of forming a permanent art group and joining MCCSA as members.

on organizations if the difficulties being experienced at present are not resolved. So far it appears to have been a detrimental experience for people who speak a language other than English who previously could access an organization speaking their own language. There is less information around on how the changes are impacting people with minority languages.



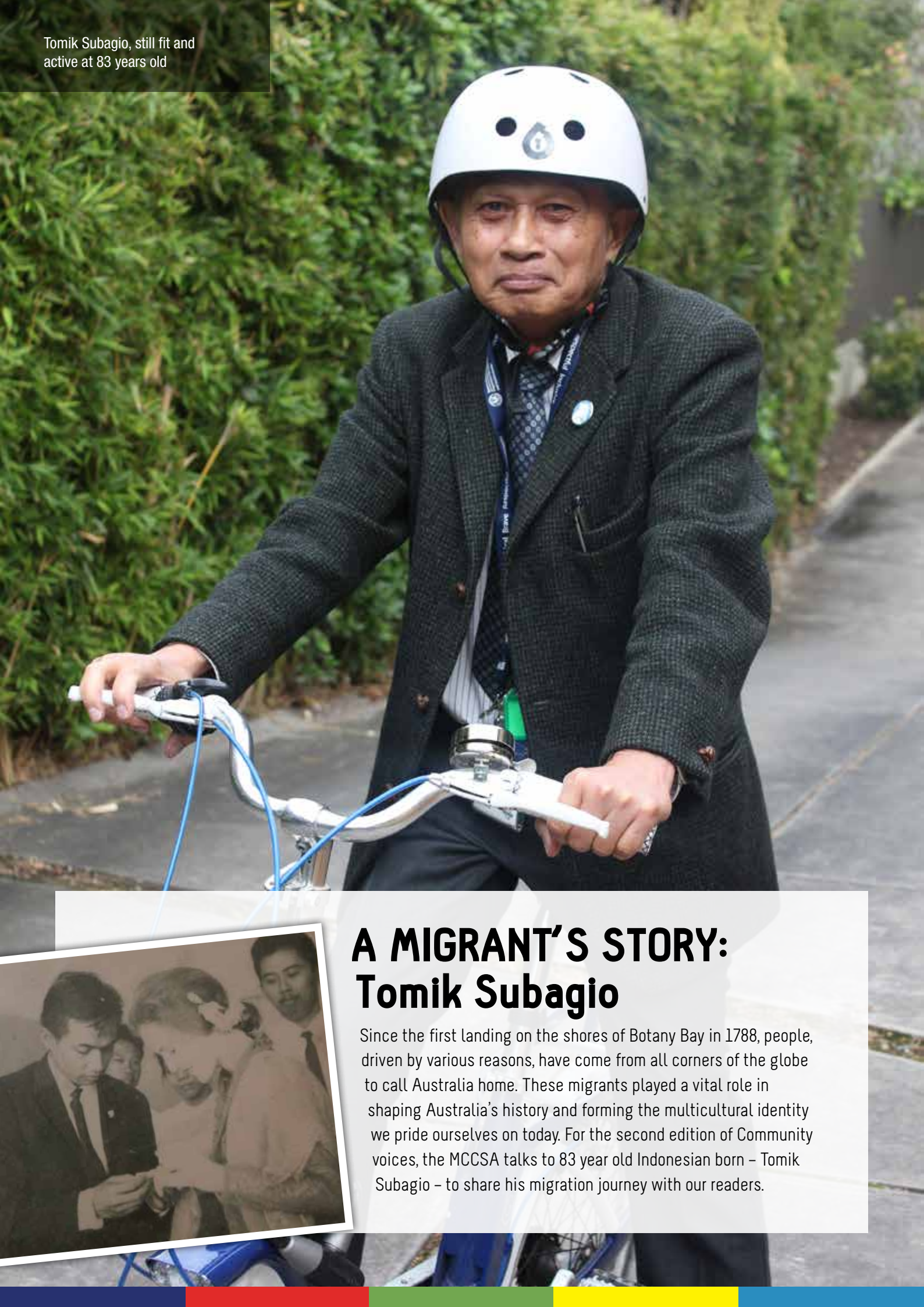
Start of the consultation process for CALD Aged Friendly SA at MCCSA.

Federal Government ageing reforms are continuing to create some problems for our ethno specific aged care organizations. We have been receiving many reports on the difficulties in accessing "My Aged Care", and of workers spending two hours or more helping people access it, as well as lengthy delays in assessment and referral to services. Worryingly, some organizations have had people come to them who want to use their services and after helping them through My Aged Care have not received a referral back. Whether they are in the system and simply delayed or whether they have been referred to another organization only time will tell. Client numbers are being affected and this will impact increasingly

There is a perception that with the My Aged Care changes and the shift to computers and phone access, rather than counter staff at Centrelink, Federal Government services are becoming increasingly unfriendly for older people, especially for those whose first language is not English. MCCSA will continue to monitor these changes and advocate for improvements on behalf of CALD communities and ethno specific service providers.

We have also been very busy on the CALD Age Friendly SA Project, more on this in our next issue.

Tomik Subagio, still fit and active at 83 years old



A MIGRANT'S STORY: Tomik Subagio

Since the first landing on the shores of Botany Bay in 1788, people, driven by various reasons, have come from all corners of the globe to call Australia home. These migrants played a vital role in shaping Australia's history and forming the multicultural identity we pride ourselves on today. For the second edition of Community voices, the MCCSA talks to 83 year old Indonesian born – Tomik Subagio – to share his migration journey with our readers.

Tomik originally arrived in Adelaide in 1955 to study mechanical engineering at the University of Adelaide. He was a founding member of the first Indonesian Student Association (PPIA), and later the Australian – Indonesian Association of South Australia Inc. (AIA) which to this day continues to support the local Indonesian community and strive to strengthen Australian/Indonesian friendship.

Over a local Indonesian black coffee in his office at Young Street, Adelaide, the cheerful Tomik who is commonly known as Subie by his (friends) and neighbours was all happy to recount his Australian story.

During his student years Tomik met Janet an Australian girl who ended up as his wife. When he completed his studies in 1962 he went back to Indonesia, Janet followed him and they tied the knot in Jakarta. The plan was to stay there and visit Australia once in a while, but as fate would have it his wife's sister fell ill with multiple sclerosis and her parents asked them to come back to Australia to help the family to look after her.

It was a challenging moment for Tomik whose mother was very ill as well with cervical cancer. "I didn't know how to make up my mind, it was the type of dilemma that the intellect cannot solve so I ask God to show me the way, I left it to God and waited, one day God spoke to me, 'just leave your mother to me', so I knew my mother will recover and I returned to Australia under the impression it would be only for a while and before I know it forty years has gone by (laugh)... "I'll be buried here" he added laughingly.

Tomik said since his return to Australia in 1968 he hasn't stopped working, which he attributes to his push bike that he has been riding for 40 odd years. "My bike was given to me by my wife, it keeps me fit, and she helped me refine my eating habits, that's how I keep healthy and keep serving the community, it is as simple as that"

Reminiscing on what Australia was like in the 50s and 60s Tomik conjures an idyllic settlement where everyone gets along. "Australia was very quiet, people very gentle and friendly, very softly spoken, and caring for one another. For instance, you meet a person for the first time they invite you to come to their house that sort of thing, very friendly countryIn those days you leave your bike or cars anywhere without been locked no one touches it"

On his return to Australia Tomik started looking for work and eventually secured a government job at the Department of Engineering and Water supply (now SA Water). "I loved the work in engineering and I achieved a lot during my 24 years of service, I was involved in the biggest infrastructure the South Australian government ever spent for the security of water supply and I was part of the team that designed the pipeline to run water from the Murray river to Adelaide and I actually did some invention of mine which was patented" pointing to the wall at a framed photo of a butterfly valve used for the control of water flow.

"I presented the Intellectual Property Right of my invention to the Government of South Australia. The former Premier, Mr. Rann, in 2004 long after my retirement invited me to a Cabinet Meeting to ask for my advice on Water Problems particularly related to River Murray that resulted in the formation of River Murray Authority in 2007".

"The last engineering work I did was already two years ago, I designed the air-conditioning system for the aged care facility at Ashford" he added.

At 83 Tomik still works as a translator and interpreter for the Interpreting and

Translating Centre (ITC) which was officially established in 1975 and was amongst the first volunteers for the Ethnic Affairs Department which is now part of the Department of Communities and Social Inclusion. He said his interest in language, combined with his talent and commitment, kept his passion for translating and interpreting going for so long. When the Interpreting and Translating Centre celebrated its 40th birthday recently, Tomik was a guest of honour and was asked to deliver the key speech.

Asked what multiculturalism means to him Tomik said he was there at the beginning when it all started. "To me it is all about learning from one another and getting acquainted with one another and actually the whole thing is about enriching the country. . . . when I came here the food variety was very simple, its only fish and chips, sandwich or hamburgers, but now there is no limit, the country is so enriched"

Tomik said he is happy to be part of the Australian history and is proud of the country's achievement, and his only disappointment is that the indigenous people haven't been recognised as they should be. "We are all tenants to them, by custom law this land belong to them".

His parting message for our interview was that "we have no choice where we are born, so we should accept, love and respect one another We should learn to plan for the days ahead instead of living day by day"

It was a pleasure talking to Tomik and we know there are many others out there like him who came to this country and contributed to its successes as one of the most liveable places in the world.

**If you or someone you know would like to share a migration story
with us contact us on 8345 5266 or email sidique.bah@mccsa.org.au with
a brief description and contact details.**



Reconnect through Sport

As part of our Reconnect program, we have been effectively engaging new migrants and other disadvantaged youth in healthy lifestyle activities.

Youth from culturally and linguistically diverse backgrounds face additional barriers due to language, cultural and socio-economic factors. They are generally seeking low cost and semi-structured sport and recreation activities.

Sport and recreation clubs give young people opportunities to learn and practice skills. These clubs also provide a safe and accessible environment where they develop self-respect and self-confidence and learn how to become responsible and valued members of their community. Participation in sports also helps these socially isolated young people to build networks and contacts that often lead to more diverse opportunities.

Basketball has been a very good sport to provide the young people chances to socialize, to exercise, to learn discipline and to build up teamwork and responsibility. The aims of the Basketball program that we run with our partners with Basketball Association of South Australia and 3Ball SA are to:

- Use Basketball as a medium to engage youth at risk and their families in healthy lifestyle activities;
- Help the project participants to become key members of their local community;
- Promote Youth Reconnect Program as a key part of building stronger and sustainable communities.

We support a range of events and activities such as the 3Ball Academy on Saturday in Adelaide Secondary School of English, regular 3Ball competitions, and Sunday Social Basketball competition to meet these goals.

We also use sport to encourage the participants to get more involved with mainstream society, for example:

- Volunteering in Australian Masters Games;
- Participating and showcasing basketball at Adelaide Fringe;
- Participating in basketball competitions held by local councils;

This Basketball program has also proved to be a very efficient way to engage and to develop participants' social skills. It has given our Reconnect program more opportunities to connect with young people and clients in a more relaxed environment. Contact James Lan — Reconnect Youth worker, Overseas Chinese Association on 84452500 for further information.



Celebrate Cultural Diversity, Say Welcome and Walk Together!

Australians from all walks of life will be joining *Welcome to Australia* in their annual 'Walk Together' event Saturday 31st October in cities and regional cities all over Australia. Everyone is invited to join this celebration of diversity and declaration that thousands of Australians believe we can become a nation known for compassion, generosity and welcoming nature.

Welcome to Australia hosts this event each year with a strong belief that Australia recognizes the equality and dignity of all people - no matter who they are, where they're from or how they arrived here.

One of the State Directors of Welcome to Australia Megan Lamb said this is an opportunity to say 'welcome' to people from all countries and celebrate Australia's diversity. "We want Australia to be a place where people of our First Nations, asylum seekers, refugees, international students, skilled migrants and every other human being can experience the joy and security of belonging".

"In Adelaide this year we will Walk Together on Saturday the 31st October and end the event at Whitmore Square with a celebration in the form of a Welcome Picnic, where people can share a family friendly afternoon together, with games, kids activities and entertainment".

MCCSA commends the Welcome to Australia team and will be part of the Walk to show our solidarity and support of the initiative.

WALK TOGETHER Saturday 31 October 2015

Are you interested in knowing more about Walk Together or would like to get involved? The team here in SA would love to hear from you! Email Megs and Ali, State Directors, at sadirector@welcometoaustralia.org.au or check out their facebook page

www.facebook.com/WelcometoAustraliaSA to find out more.



We welcome inspiring stories from our CALD community members. Send us a story about your settlement journey in Australia to sidiq.bah@mccsa.org.au to share with our readers.

Crossing the Bridge

The African community in South Australia has steadily grown over the past two decades. While some are overcoming the challenges and adjusting to their new environment, others are struggling to face their new challenges due to cultural and traditional beliefs.

MCCSA Community Voices recently spoke with a staunch advocate for Africans with a disability, Esther Simbi, a prominent member of the South Australia's African community in her office on Hutt Street, to gain an insight on her program and some of the challenges she faces reaching out to the community on such a sensitive issue.

Esther, after an unsuccessful attempt in the state elections secured a Federal government grant from the Department of Social services (DSS) under the auspice of the Young Women Christian Association (YWCA), to run a Sensitisation and Awareness program on Disability and Ageing for the African community in South Australia.

Esther affably explains her passion for the "Crossing the Bridge" project and its significance for the community. So far she has held several forums, and hopes to increase community participation as people get more comfortable addressing the issues. The next forum is planned for 19 September at the West Torrens Hamra Centre Library.

The project according to Esther is mainly focused on women. "Crossing the Bridge" is a project for African women with disabilities, African mothers of children with disabilities and wives or women with men with disabilities, our goal is to provide an environment where women can come together and share their experiences".

Esther elaborated by stating that there is a strong need within the African community for information about disability and ageing to help get rid of the stigma associated with people with a disability. "There are people in the community with traits of Autism or Asperger syndrome, but they don't want to go to see the doctor and get diagnosed".

Esther said the forums are there to inform the community about the symptoms, as most in the community don't know what to look for. "Some people in our community don't know what Dementia is, so they may be having memory issues not knowing that is another form of disability. It's common for people to forget where they left their keys but if it becomes more than that then its serious and something needs to be done".

Talking about ageing, Esther said that it is a challenging concept for the African community as most people are scared of been taken away from their families to aged care facilities and most will find it very difficult to access the services due to language impairment.

According to Esther, she is aware of few older people in her community that have

decided to return to Africa because of the fear of accessing aged care services here in Australia. "The forums are there to educate people, to provide information about Aged Care Services and how to access them and make informed decisions".

"In Africa people are cared for in their own environment by family members and relatives while here in Australia they have to go to an Aged Care facility to be cared for by another person. In my culture it's a no-no for a man to wash a woman, so this forum is there to address these issues with other stakeholders in the ageing sector".

The most challenging part for Esther in her role is getting people to attend the meetings. Many people shy away from the meetings, and she now has to resort to attending community meeting and church gatherings to reach out to the community. However interests in the issues, particularly ageing, are gradually increasing and more people are expected at the next forum.

"People shy away from the disability issue, but the ageing issue they are all drawn to it... the feedback I got from people is that whether you like it or not at some point you'll age, we are all ageing so we need to talk about it".

MCCSA commends the positive role Esther is playing in her community and we will be working with her in any way we can to reach out to the African community and raise awareness about ageing and living with a disability. To learn more about her program you can contact Esther on 8203 9400 or email esther.simbi@ywca.com.au

Building Successful Communities...

The MCCSA recently started our DSS funded "Successful Communities" program focused on providing individual support to vulnerable and emerging culturally-diverse communities and their members.

In collaboration with Volunteering SA and through various methods including access to individual support, training, mentoring, membership and online resources, the Successful Communities program will assist groups to thrive and grow, plan for their futures, with a strong leadership and engaged volunteers.

The purpose of the program is to supply practical support to people within specific community groups by working with them to plan for the future, develop strong leadership, engage people & volunteers, and execute successful projects and events.

We will work with communities to understand and identify their goals and provide them pathways through access to training, mentoring and support which we believe will nurture and improve the management skills of communities and their leaders via:

- Stronger Leadership,
- Connections and Membership
- Planning and Strategy,
- Access and Opportunities,
- Advocacy and Promotion
- Participation in Community Life.

The MCCSA encourages communities looking to improve their success and move forward, to get on board and register their interest. Our next information session will be held at our new MCCSA office space in Salisbury on Thursday, 17th September at 5.30pm. 63 Commercial Road, Salisbury SA 5108. **Get in touch!** megs.lamb@mccsa.org.au or call **Megs on 0421 192 822.**



MCCSA Transport

Hooray to all our transport user groups! The MCCSA has secured funding for continuation of our transport program for the next two years under the Community Home Support Scheme (CHSP).

For over twenty five years we have been providing a Transport Service for social activities to our elderly and disabled people from Culturally and Linguistically Diverse (CALD) community groups across Adelaide. Our service is also available to new and emerging community groups.

Our transport service has been heavily used by our members for excursions and Day Centre programs. Community groups use our service for trips to places of cultural, tourist or culinary 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 8345 5266 or email sidique.bah@mccsa.org.au

MCCSA Hosts SALA Exhibition 2015

MCCSA hosted our first SALA Art exhibition to celebrate and promote the diverse talents of South Australian Living Artists at 113 Gilbert Street Adelaide on the 3rd of August 2015, featuring drawings and paintings by internationally acclaimed African artist, Lauryn Arnott.

The annual SALA festival is an innovative open-access Visual Arts festival presenting thousands of artists through unique collaborations and exhibitions in hundreds of exhibition spaces throughout metropolitan and regional South Australia.

The MCCSA's exhibition's theme 'Conflict to Refuge' was about experiencing the journey and transformation that people make when fleeing from countries of conflict to ultimately find refuge in Australia.



Lauryn started drawing and painting at an early age in Zambia, and continued through her schooling in Zimbabwe and then later in South Africa, where she made the connection between art and life - using the canvas as a vehicle for expressing her thoughts about apartheid, injustice, and the politics of Africa.

Dissatisfied with the system in South Africa, she moved to Zimbabwe, where she was confronted by a reverse apartheid system- experiencing discrimination and disadvantage ... eventually losing her home to the whims of President Mugabe's policies.

The theme for this exhibition reflects her journey, symbolising the transformations she has to go through understanding life in Australia; the resettlement process, engaging with the wider community, running art workshops, and learning about different cultures as her journey continues.

It was great working with Lauryn on our first SALA exhibition, and we look forward to next year's event.

Community Visitors Scheme on a volunteer recruitment drive



It's already been 26 years since the MCCSA's 'Community Visitors Scheme' was ambitiously promoted to improve the lives of elderly people from multi-cultural background in South Australia. In the past two months, we have been busy recruiting new volunteers to improve the quality of service we deliver to our senior citizens. We held dozens of interviews, two rounds of inductions, and orientation sessions in July and August.

A 'Community Visitors Support Meeting' was held on 29th July. These regular meetings discuss community visits with volunteers who are visiting the elderly people living at aged care facilities as well as providing other information of interest to older people. The volunteers were delighted at the instructive information provided through the guest speaker's presentation about Centrelink payment in regards to aged care, carers' payment and what happens with their payments if they go overseas etc.

MCCSA hopes that the sense of isolation and loneliness of the multicultural elderly people staying at aged care facilities can be reduced, and the quality of their lives improved through the Community Visitors Scheme service provided by us. If you speak a foreign language and have a spare time to visit an elderly person in an Aged care Facility contact Hee Young Lim via email at heeyoung.lim@mccsa.org.au or call 8345 5266 for more information.



Cancer prevention presentations for community groups

In 2011 there were 9,398 new cases of cancer diagnosed in South Australia and 3,486 people lost their lives. The risk of cancer increases as we get older but did you know that at least one in three cancers diagnosed can be prevented?

Cancer Council SA encourages all South Australians to adopt behaviours that will reduce their cancer risk and to participate in regular screening. Cancer Council SA offers a range of FREE activities to promote important cancer prevention messages to your community including information sessions on:

- Reducing your cancer risk
- Skin cancer prevention and early detection
- Bowel cancer screening.

To learn more about lowering your risk of cancer, book FREE information session today by emailing prevention@cancersa.org.au

cancersa.org.au

MODERN DAY PUBERTY BLUES: The plight of Young Muslim Australians

by Sowaibah Hanifie

Being a teenager is tough, you've got the expectation to perform at school, the drama within friendship groups, peer pressure, adapting to your new body and often waking up to a face spotted with acne.

When you add this to the struggle of growing up as a young Muslim Australian in an age of Islamophobia, the struggle of teenhood becomes a lot more complex. What the news reports fail to acknowledge is the multifaceted concerns that contribute to youth, becoming involved in crime or the current concern of joining a foreign war. These apprehensions Muslim youth are faced with far more difficult than dealing with acne prone skin, with each case being unique amid multiple contributing factors. While the solutions are also much more elaborate than subscribing to ProActive, each one of us have the ability to support these youth in becoming the future generations of hope.

In times of racial attacks and discriminatory protests, political leaders should be role model citizens who exemplify and reemphasize the Australian values of 'fair go'. For example on the day of the Reclaim Australia protests, in South Australia 700 people turned up to tell youth like me, who have been born and raised in Australia, we do not belong.

Why should young Muslims be attacked for and questioned about acts they were not affiliated with? External parties need to voice their criticism, to rebuild the values of respect and tolerance, and to ensure youth who are affected by such hatred, disregard the ignorant minority.

Teens, regardless of the era they were born in, are prone to making mistakes and often live in a world of their own. Let's not forget the foolishness of our own younger selves. To assist them in selecting the best pathways and divert them from dangerous alternatives, be it violence, drugs or gangs, the political, emotional and social issues at

play must be addressed as these negative influences collectively and individually contribute to irrational life choices.

Ultimately it is a team effort. Not just a problem for the Muslim community, the resolution rests with every single one of us. These are our youth, our children and our futures. Growing up as a Young Muslim can be quite challenging at times, however they are just like any other youth who are wild at heart. They are susceptible to the proposal of changing the world and making a difference. That's not to say they can't be the heroes, but that they need help to do so. As their parents, our leaders, peers and fellow citizens, they need to feel accepted and appreciated. They need to know that through their struggles of teenhood they can count on your support. They need guidance and honesty through their decisions and their life choices. They are the future CEOs, politicians, journalists and community leaders. You are their guiding lights to help them achieve and exceed their potentials.

ABOUT THE AUTHOR



My name is Sowaibah Hanifie, I'm a nineteen year old Australian born Muslim of an Afghan heritage.

I am currently studying a bachelor of Journalism and International Relations student at the university of SA which has been my career goal since i was very young.

Working as a journalist will give me the opportunity to let my community and other minority groups have a voice in the media. I hope it'll give me the chance to help people

see the other side to Islam as opposed to what is currently portrayed in the media.

I am also an event organiser for the Islamic Society of South Australia and manage events such as the Al Salam festival and National Mosque Open day. Working for my community, means everything to me and through these events we are able to help educate people about Islam. Through our events at the Islamic Society we hope to build bridges with the wider community and welcome them to understand our traditions.

Volunteering Australia Announces New Definition for Volunteering

Since late 2013 Volunteering Australia has been challenging the concept of 'what constitutes volunteering in contemporary Australia?'

The new definition follows a review that included the release of an issues paper, national stakeholder information sessions and an online survey to gauge community views. The result is a broader and more inclusive definition that reflects the diversity of volunteering activities undertaken nationally.

The new definition states that 'volunteering' is time willingly given for the common good without financial gain. The definition is accompanied by a set of explanatory notes providing clarity on what is in and what is out.

Definition of Volunteering

Volunteering is time willingly given for the common good and without financial gain.

Explanatory Notes for Definition

Volunteering is part of the wider concept of civic participation. These notes clarify what Volunteering Australia considers volunteering is, but also lists a number of somewhat similar activities or areas that are outside of volunteering. These may also act as pathways for people to become volunteers.

The term 'volunteering' covers a wide diversity of activities in Australian society. It includes formal volunteering that takes place within organisations (including institutions and agencies) in a structured way and informal volunteering, acts that take place outside the context of a formal organisation.

While the vast majority of volunteering is undertaken by individuals, entities also donate employee time and this is included within this definition of volunteering.

Consideration of the term volunteering needs to also note best practice guidelines. Volunteering should not be exploitative, or be used to replace paid employment. While volunteering provides substantial benefits to society, importantly it also provides significant benefits to the volunteers themselves. The personal benefits of volunteering need to be recognised and fostered.

Further information regarding best practice and the appropriate involvement of volunteers in organisations and more widely is available on the VA website.

Without Financial Gain

- Volunteers can receive reimbursement of out of pocket expenses.
- Volunteers can be rewarded and recognised as part of good practice. While this process may introduce an element of financial or material benefit to the volunteer it does not exclude the activity from being considered volunteering.
- Volunteers may receive an honorarium, stipend or similar payment as recognition for voluntary services or professional services voluntarily rendered, in accordance with Australian Taxation Office rulings. Based on the nature of such payments and the recipient's circumstances, the receipt of this type of payment does not preclude the person from being considered a volunteer.



For the common good

- This definition aligns with the United Nations view that volunteering 'should be for the common good. It should directly or indirectly benefit people outside the family or household or else benefit a cause, even though the person volunteering normally benefits as well.'¹ Volunteering is often considered as contributing to community wellbeing and volunteering activities cover all sectors of society, leisure and hobby areas and include, but are not limited to:
 - » Animal-related including animal welfare
 - » Arts/heritage/culture
 - » Business/professional/union
 - » Education and training
 - » Emergency services
 - » Environment
 - » Faith-based
 - » Health
 - » International aid/development
 - » Law/justice/political
 - » Parenting, children and youth
 - » Sport and physical recreation
 - » Welfare/community
- Activism can be considered volunteering. This definition is aligned to the current UN position on volunteering that states: 'When people participate in peaceful activism, for or against animal research or building of a dam, both sides seek what they consider to be beneficial outcomes. They are included in our definition. Activities involving or inciting violence that harm society and actions not corresponding to the values attributed to volunteerism are not included in our definition'.¹
- Volunteers cannot be exploited for profit.
- Volunteering can include the concept of reciprocity such as participating in groups where a reciprocal exchange of help/services is undertaken for the benefit of others as well as the volunteer.

To view the information on the new definition and explanatory notes click [here](#).

Review

A structured process for the review of the Explanatory Notes has been established. The first review will be undertaken in 6 months, then annually thereafter.

Feedback can be directed to Volunteering Australia at admin@volunteeringaustralia.org.au



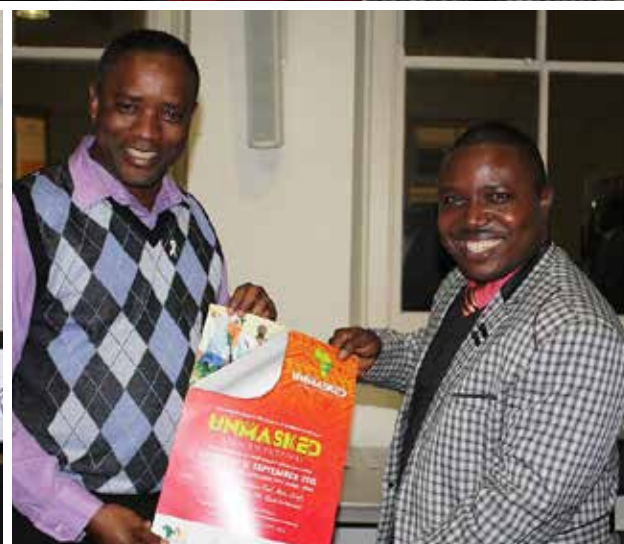
Unmasked African Festival website launch

On Friday 14 August 2015 the Unmasked African Festival website was officially launched by the Hon. Zoe Bettison, Minister for Multicultural Affairs at Relationships Australia, West Hindmarsh.

The Unmasked African festival 2015 will take place on Saturday, 12 September 2015 at the picturesque Victoria Square, Adelaide, South Australia.

The festival will showcase South Australia's rich African cultures and flavoursome cuisines. According to the Australian Bureau of Statistic census data 2011 there are now over 20,000 Africans living in South Australia and this year's much anticipated event promises a spectacular display of:

- traditional and contemporary African dancers
- drumming and singing
- talent shows
- settlement stories
- arts and craft exhibitions
- beauty and fashion parade
- authentic African food and cuisine, and
- A variety of family friendly activities



MCCSA PHOTOS



Adelaide Nepalese Society of Australia's fundraiser to help rebuild Nepal.



Kapamilya (Filipino Community) - MCCSA bus tour to the Yorke Peninsula



Graduation ceremony for MCCSA Organisation Development Program.



Lauryn Arnott speaking at the opening of her SALA Exhibition at MCCSA

UPCOMING EVENTS

FECCA 2015 National Biennial Conference

5 & 6 November, Sydney NSW

Multiculturalism in Action: Building a better future for all Australians.

This year's conference is organised jointly by the Federation of Ethnic Communities' Councils of Australia (FECCA) and the Ethnic Communities' Council of NSW (ECC NSW).

The conference will draw together leading decision makers, thinkers and practitioners to discuss and debate key issues that relate to Australia's multiculturalism.

MORE INFORMATION:

www.2015fecca.com

Graduate Presentation, MCCSA Organisational Management Program

1 October 2015, MCCSA Hall

October 1st is the final presentation for Graduates of the organisational management program – participants from across all three courses and their families will be invited to return and celebrate. – from 5.30pm at MCCSA hall

Anti-poverty week: MCCSA soup kitchen

15 October 2015, 11 – 2pm

MCCSA will be holding a multicultural soup kitchen in at MCC on October 15th from 11:00 am to 2pm.

113 Gilbert Street, Adelaide

\$10 for soup and a bread roll

All money raised will be split equally between Welcome to Australia and Foodbank.

Info session for Successful Communities

17 September 2015, 5.30pm

Life without Barriers - Salisbury

22 Salisbury Hwy, Salisbury SA 5108

Unmasked African Festival 2015

Saturday 12 September 2015
10am - 6pm, Victoria square

Moon Lantern Festival - Sunday 27 September 4.00-8.30pm at Adelaide Festival Centre

Part of the greater Adelaide Festival Centre's OzAsia Festival

From the 23rd Sep 2015 12:00am to the 4th Oct 2015 11:59pm

INDOfest

on North Terrace

5 October 2015

from 12:00 – 7pm

In and around the Art Gallery of SA, State Library of SA, Migration Museum, SA Museum. www.indofest.com.au

Miss Africa South Australia

10 October 2015

from 4:00 – 8pm

Fogolar Furlan Adelaide

69 Briar Road, Felixstow

www.missafricasa.com.au

Walk Together, hosted by Welcome to Australia

31 October 2015

Adelaide City Council Multicultural Festival

1 November 2015

11:00am – 5pm

Rundle Mall

MCCSA AGM

3 December 2015, 5.30pm

Latvian Hall, Wayville

MCCSA SERVICES



HACC funded Transport Service

Our transport service is heavily used and helps many 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 8345 5266 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 08 8345 5266 or email heeyoung.lim@mccsa.org.au



MCCSA Community Hall

A diverse range of community groups uses 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 Maria on 8345 5266 or email mccsa@mccsa.org.au for terms and conditions of use.

They have chosen different activities to reflect their own diversity including light movement and walking, calligraphy, pottery, collage, arts and crafts and music.

For any enquiries on this program please call Kristin on 8345 5266 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 8345 5266



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 8345 5266 or email megan.hill@mccsa.org.au



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 8345 5266 or email megs.lamb@mccsa.org.au



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.



Positive Ageing

To help reduce social isolation and increase networking amongst CALD elderly, MCCSA (funded by The Minister for Ageing) is hosting sessions for six community groups this year on art, music and movement. Participating community groups are from the Russian speaking, Spanish speaking, Indonesian, Lebanese Maronite, Muslim and the Coober Pedy multicultural community.

Justice of the Peace

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

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 South Australia

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

Compiled and edited by Sidique Bah, MCCSA Communications Officer