

Our vision is a joyous, diverse and inclusive community that celebrates its uniqueness and strengths

Beach Safety and Christmas Around the World

Beach Safety this Holiday Season

Make sure you stay safe this holiday season when you are visiting the beach

Last year there were more than 6.4 million visits to NSW beaches. Our lifeguards and volunteer lifesavers performed over 5,000 rescues, 26,000 first aid treatments and 440,000 preventative actions. To make your next trip to the beach safer, be aware of some of the main hazards and follow these simple tips:

- Always swim between the red and yellow flags
- Read the safety signs
- Ask a lifeguard or lifesaver for safety advice
- Swim with a friend
- If you need help, stay calm and attract attention by raising your arm above your head
- Never enter the water if you have been drinking alcohol or are under the influence of drugs
- Wear sunscreen, seek shade and stay hydrated
- wear a lifejacket



Remember to swim between the flags!!

- Boat skippers and rockfishers should check the local forecast, seek advice from NSW Maritime and always

- If witnessing an in-water emergency dial Triple Zero (000) – Police

For information on Beach conditions or to find a patrolled beach near you, check out the BeachSafe website or download the mobile app (www.surflifesaving.com.au/beach-safety)

Christmas Around the World

All over the world, Christmas celebrations reflect local culture and traditions. The festivities can be very different but also have many similarities from country to country, focusing on different aspects of the Christian nativity story.

How do you celebrate Christmas? In Australia, December 25 falls during summer holidays, so many of the country's Christmas festivities take place outdoors. If you don't celebrate Christmas it is still a great time to relax and enjoy the summer and the holiday season with friends and family.

Next time you are with friends ask them how they will be celebrating their Christmas. You might be surprised at how many different traditions from around the world are celebrated in Australia. See page 3 for some Christmas traditions from around the world.

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Beach Safety in the Water & the Rock Pools

When you go to the beach not only do you need to stay safe in the water but what about the rock pools and the many creatures you see in them and on the beach such as jelly fish? The Hastings Multicultural Group participated in 2 beach safety sessions this year. The first session in October focused on being safe in the water looking at things such as rips, what to do if you get caught in a rip and different types of waves. The second session in December focused on what's at the beach looking at rock pools, walking on rocks and what creatures live at the beach including blue bottles.

Rock pools are great fun to go in exploring in but it's good to know what you might find. Remember not to put your hand where you can't see what might be hiding in the seaweed. If you would like some information on some of the marine creatures or stingers you might find at the beach or in the rock pools go to <http://beachsafe.org.au/surf-ed> and look under marine creatures and marine stingers. You can also find information on rips and waves at this Surf Life Saving website.



Left: Jelly fish all over the beach

Right: The spiky sea urchin



Left and right: the wonder of the star fish in red, blue, brown and yellow!



Left: Checking out the slippery rocks and the kunji

Right: Everyone!



Some of the many Christmas traditions from around the World

Brazil: The Christmas Fiesta season is solemnly heralded by an open air mass at midnight on Christmas eve. Under brilliant tropical sky, midsummer weather, a colourful altar is set up in the Cathedral churchyard, where the worshipers pray and chant religious hymns, in a fiesta atmosphere of banners and religious trappings. After devotions the families have Christmas eve supper in their homes.

Ireland: On Christmas Evening, candles are lightened and placed in every window of the house, and doors are kept ajar. The candlelight and open door are symbols of welcomed hospitality assuring the Irish that no couple seeking shelter for a baby who is the son of god will be homeless. The candlelight must shine forth all night long, and may be snuffed only by those having the name Mary. A cup and a saucer is placed on the table in each home for the entertainment of wandering souls from purgatory, who are believed to come home for Christmas. 'Feeding the Wren' is a custom that is based upon the legend of St Stephen who was hiding in a furz bush and betrayed to his enemies by a wren. On St Stephens day the 26th of December, the young children gather together, obtain a wren, and place it in a cage on top of a furze bush while they go from door to door collecting money which will be used for charity.

Denmark: 'Jul-Nisse' the benevolent little man of the attic, is the essence of Christmas for many people in Denmark. Although he is seen by no one except the family cat, this little man, who lived in the attic and tends to the farm animals, is responsible for many mischievous happenings in the house. Before going to bed on Christmas Eve, the Danish children climb the attic stairs and place a bowl of porridge and a pitcher of milk before the door. They arise early the next morning to find that the food mysteriously disappeared during the night. One of Denmark's prettiest customs is the remembrance of the birds. A sheaf of grain is saved from the fall harvest and on Christmas morning, every gable, gate-way and barn door is decorated with this bundle of grain—the Birds Christmas Dinner.

Mexico: A week before Christmas, street vendors display hand carved religious figures in their booths and stalls, and tapestries of religious design are used as banners. Shepherds, following an old tradition, dress in grotesque clothes and go dancing and singing from house to house. A pretty custom of the country is the game 'piñata' on which the children find great joy. The 'piñata' is an elaborate and colourful earthenware bowl resembling a face or an animal, filled with fresh fruits, peanuts, candy and good luck charms. When all is ready the children gather around in a circle and one after another is blindfolded and has his turn in breaking the 'piñata'. After many attempts, the 'piñata' is finally broke—then the scramble begins, and each child can keep what ever he finds.

**Where ever you come from, wherever you are this
Christmas, stay safe and enjoy the holiday season**

Merry Christmas!



English Language Classes at TAFE

TAFE contact numbers for those wanting to enroll in AMEP (Australian Migrant English Program) and other English language classes.

Taree TAFE:

Contact Robyn Lee on 6591 3705 or Janette Miller on 0422 005 508

Tuncurry TAFE:

Contact Janette Miller on 6555 0619 or 0422 005 508

Port Macquarie TAFE:

Call Leonie Nilson on 6581 6224

Kempsey TAFE:

Contact Lorraine Williams on 6560 2953 or Patsy Mitchell on 6560 2934

Interpreting in NSW Public Hospitals

Free interpreting services are available to all patients using NSW public health care services. All patients and their families have the right to request a health care interpreter, even if they are not offered one.

To access a professional health care interpreter ask the health staff to call the:

Health Care Interpreter Service on 1800 674 994

Hastings Multicultural Group

Meets once a month at the Port Macquarie Neighbourhood Centre at Muston St Port Macquarie from 12.30-2.30pm. For further details contact Jane on 6553 5121.

2015 Dates:

To be announced next year!!!!

Any inquires call Jane on at Manning Valley Neighbourhood Services on 6553 5121.



Ethnic Programs on 2BOB Radio 104.7FM

Monday 2-3pm Dutch Hour

Monday 3-4pm German Hour

Wednesday 2-3pm Filipino Hour

Wednesday 3-4pm Greek Hour

Thursday 7-8pm French Hour

For more information contact the Station on 6552 6200 or

email global@2bobradio.org.au.



Other English language options To discuss English language classes through the Adult Migrant English Program (AMEP) at TAFE, other English classes at TAFE or the Language, Skills for Educations and Employment Program (SEE) call Jane on 6553 5121.

Migrant Settlement Project Worker

The Migrant Settlement Project (MSP) Worker provides an information and referral service for migrants who have arrived in Australia in the last five years, and Culturally and Linguistically Diverse (CALD) residents in the Greater Taree, Hastings, Kempsey, Great Lakes and Gloucester local government areas.

The MSP worker also provides support to organisations to deliver culturally appropriate services and host cultural activities such as Harmony Day.

The Migrant Settlement Project Worker can be contacted at:

Manning Valley Neighbourhood Services Inc.

4 Farquhar St

Wingham

Phone: 6553 5121

Fax: 6553 5121

Email: rmw@mvns.org.au

