

Harmony Day, Asian Festival & Breast Scening

Harmony Day is about belong. It is a day to celebrate Australia's diversity and respect the many cultures who call Australia home.

Did you know?

*around 45% of Australians were born overseas or have at least one parent who was

*85% of Australian agree multiculturalism has been good for Australia

*more than 60 Indigenous languages are spoken in Australia

*apart from English the most common languages spoken in Australia are Mandarin, Italian, Arabic, Cantonese, Greek, Vietnamese, Tagalog/Filipino, Spanish and Hindi

*92% of Australians feel a great sense of belong to our country (<http://www.harmony.gov.au/about/>)



WATCH THIS SPACE

This year I am working with the Manning Regional Art Gallery to hold an **Asian Festival!** The festival will be held from 31st May to the 7th June.

The week will begin with the official opening on the 31st May and then be followed by a week of films, workshops and other activities. The week will end with a bang on Sunday 7th June with a Market Day which will include lots of food stalls, market stalls, cooking demonstrations and lots of entertainment.

We are almost ready to print the program which will be distributed as soon as possible.



I hope everyone has a happy and safe Easter. Happy Easter!



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An Evening of Harmony

This year I had the pleasure of joining with Tracey Anderson the Aboriginal Community Officer from Greater Taree City Council to organise our Harmony Day Celebrations. We decided to put on 'An Evening of Harmony' which we themed 'Art Beyond the Canvas'. This was an evening which showcased the richness in diversity of culture through stories, traditional games, song, poetry, music and languages from within our local Biripi and migrant community. There are so many hidden talents in our community.

I would like to thank all those who were involved and were brave enough to stand up in front of a crowd and share a part of their culture with us. I know a number of people in the audience were surprised at some of the cultures living in our community. Did you know we have people from about 90 different cultures living in this area?

Tracey felt the evening was a big family gathering showing a strength of relationships between the first people of the land and all the children who have come to this land to learn and grow. Jane felt the evening had a strong sense of honesty, openness and enjoyment which was fantastic.



Above: What a great time!

Below: Dina sings a beautiful Russian love song.



Above: Interactive Aboriginal community art work organised by Joan Mc Donald. Joan (left) generously shared her personal story & sang for us.



Above: Bharti & Hailee share some information about their culture in India.

Left: Eunice & Young talk about Korean culture & traditional dress. Young surprised us with a beautiful Korean love song.



Above: Our fabulous Taree Filipino dancers performed the Candle Dance.

Breast Screening

Some Statistics about Breast Cancer

- 1 in 8 women in NSW will develop breast cancer in their lifetime.
- 9 out of 10 women who develop breast cancer do **not** have a family history of breast cancer.
- Breast screening can find cancers before they can be felt or noticed - you have a better chance of survival when breast cancer is found early.
- We target women aged 50-74 to have a screening mammogram every two years.
- 30 minutes every two years can offer peace of mind.

What is a screening mammogram?

A screening mammogram is an x-ray of the breasts for women who have not noticed any symptoms or changes in their breasts.

Screening mammograms usually involve two x-ray pictures of each breast. The x-ray pictures can find cancers as small as a grain of rice before you or your doctor can feel any changes in your breasts.

Why have a screening mammogram?

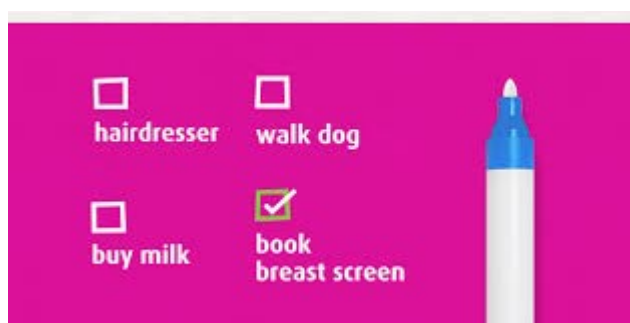
When breast cancer is found early, most women will get better and get back to their normal lives with their families and loved ones. This is because breast cancer treatment works best when the cancer is still small and has not spread outside the breast to other parts of the body.

A screening mammogram is the best method to detect breast cancer early for women over the age of 50.

Early Detection is Vital Brochure This brochure promotes the benefits of two yearly mammograms and answers commonly asked questions about breast screening

Available in Italian, Arabic Chinese (simplified), Greek , Korean and Vietnamese.

If you would like a brochure please contact Jane on 6553 5121 or at rmw@mvns.org.au



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!!!!



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

