migrantvoice

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BBQ raises funds for migrant book

The Mackay and District Italian Association Inc. attend a BBQ in their new shirts.

The Mackay and District Italian Association Inc. held a very successful BBQ sausage sizzle on August 10 at the Andergrove Neighbourhood Centre. Attendees watched a presentation on different ships migrants have sailed on to come to Australia from WWII to today. The BBQ was held to help fundraise money to publish a book the Mackay and District Italian Association Inc are working on. Read more about the book on page 3.

Council has an ongoing responsibility to provide communications suitable to the needs of all residents. Anyone who wishes to receive council information in an alternate format or text-only version can phone 1300 622 529.

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A message from our Mayor Deirdre Comerford

It gives me great pleasure to welcome you to the September edition of Migrant Voice.

One of my favourite events of the year is Global Grooves. The event will take place on October 26 at Queens Park and it is our region's largest multicultural event.

Global Grooves gives residents the opportunity to experience and celebrate a wide range of cultures in their own backyard.

I would like to encourage the whole community to come along to this fun, family-friendly event and enjoy the authentic food, music, performances, market stalls and cultural activities on offer.

I also recently attended the official opening of the Torres Strait Islanders Garden. The garden is located in the Mackay Regional Botanic Gardens and has been created to recognise the culture, history and identity of this community. It has been designed to reflect natural elements of the Torres Strait archipelago.

I am grateful to live in a community that supports multicultural events and initiatives such as the ones I have mentioned above and I hope you enjoy reading this edition of Migrant Voice.

Cr Deirdre Comerford

Maltese Club celebrates seniors

On Sunday, June 29, the Mackay Maltese Club hosted their third annual seniors afternoon tea.

The function was held at the residence of Louis and Joan Bezzina at 8 Macalister Street, Mackay.

The afternoon tea was provided by the committee of the club and the entertainment this year included Phil Attard who sang a few numbers during the afternoon and Sam and Joe Camilleri of Homebush who entertained everyone with their beautiful guitars.

About sixty people attended the event and everyone had a chance to catch up with old friends especially some who are unable to go out.

This function is proving increasingly popular, with more and more people attending each year.

Lamp update ▪ Lamp update ▪ Lamp update

Welcome to the September edition of Migrant Voice.

We would like to congratulate the Mackay Filipino Australian Society Inc. on organising an enjoyable Independence Day celebration on June 28, 2014.

Preparations are underway for Global Grooves, Mackay's largest multicultural event, which will be held on October 26, 2014, at Queens Park from 12noon to 8pm.

Global Grooves is a wonderful celebration of cultural diversity in Mackay with a day of great food from many countries, cultural music and dance performances, market stalls and an international dress parade.

We encourage Mackay's multicultural community groups to participate and register for one or more of these activities at www.mackayecc.com.au/FESTIVALS.

We invite the whole community from Mackay Regional Council to attend this fantastic event!

In partnership with Ideal Placements, the second set of employment pathways workshops for migrant job seekers has taken place over the last five weeks. Another series of five workshops is planned for October. Please call Mandy on 4961 9596 for more information.

We hope you enjoy reading this edition.

Mandy

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One life, many cultures

by Prabha Srinivasan

Living in a home away from home and bringing up children can make parents question what type of a role model we choose to be. Yes ladies and gentlemen, our children model after us, whether we like it or not! So we might as well put some thought into this!

Being conscious of 'who' we are being, is critical. And that is so because unless we act consciously, the only way we will come to know of our short comings is by watching our children grow up and display them back to us! By then though it may be too late!

Conscious living requires focus. Overwhelming as it may seem, it can be achieved by breaking it down to:

1. Spending time contemplating what kind of a person we want our child(ren) to be when they grow up
2. Making a commitment to develop these qualities in ourselves, so our little ones can model us; and
3. Developing an action plan to make these improvements happen.

Are you finding this topic challenging? Perhaps you have found your balance and would do the rest of us a favour by sharing. Send us your opinion/your journey to shftinside@gmail.com and help us help the community.

Diversity Photo Competition

Enter the Eye For Difference – Cultural Diversity in Action Photo Competition for your chance to win an iPad!

Visit www.mackay.qld.gov.au/diversity for more information and to enter. The competition closes August 27, 2014. Competition results will be announced during Queensland Cultural Diversity Week August 30 - September 7, 2014.

Migrant mental health issues

Immigration has become increasingly common across the globe. While it might be initially exciting to settle into a new country, migrants adapting to a new cultural environment may encounter many challenges such as learning new customs and language while trying to maintain aspects of their traditional culture.

This process of adapting or adopting to a new culture is called acculturation. It has been reported in scientific literature that depression, anxiety and psychosomatic problems are common among people going through acculturation. Experiencing stresses that accompany acculturation may lead to poor mental health. If the stresses are not alleviated through a person's natural coping mechanism or through seeking professional help, the person may become at risk of developing mental illness.

If you think you, a family member or a friend may have mental illness, please contact Deb Parker or Maree Nolan, CALD Program Officers at Carers Queensland Mackay on 4944 0544. We can provide assistance in connecting you with culturally-appropriate services that can help you. All your information will be treated with utmost confidentiality. The CALD Program can also help people with disabilities, chronic medical conditions, the frail/elderly who are from another culture and their carers. Our services are free.

Share your family's story

The Mackay and District Italian Association Inc. are working on a book detailing the history of Italian migrants who came to Mackay from 1900 to 1960. They welcome families to come to their Tuesday morning workshops to share their stories and photos. The workshops are held at 26 Keelan Street, Mackay, from 9am to 11am. Contact Marice Perna on 0428 316 924 or email mariceperna@gmail.com for more details.The association also have monthly meetings starting at 3pm on the Corner of Central Park Drive and Titanium Drive, Paget, and everyone is welcome to attend.

If you're heading to Global Grooves on October 26 at Queens Park make sure you look out for the association. They are creating a setting similar to an Italian Piazza at the event.

Filipino Independence Day

Filipino Independence Day was held on Saturday, June 28, 2014, at Victoria Park State School's Hall. This evening was well-attended and local Filipino families treated guests to a variety of cultural performances and cuisine.

The guest speaker at the event was George Christensen MP Federal Member for Dawson who related his experiences from his recent visit to the Philippines.

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▪ World Cafe ▪

Do you want to meet people and make new friends? Do you want to practice your English? Would you like to share and learn about different cultures?

Attend the Culture Sharing Group at George Street Neighbourhood Centre, 4 George Street, South Mackay, every Tuesday from 10.30am to 12pm.

There is a different activity each week ranging from craft, cooking, conversational games and learning about health, legal and community issues. For more information contact 4957 7222 or email multi@georgestreetnc.org.au.

The Cultural and Linguistic Diversity (CALD) Program

Supports individuals (children and adults) from other cultures who have a mental illness, disability, chronic medical condition, or are frail/elderly and family members and friends who are looking after them.

For more information, please contact:

Deb Parker - CALD Program Officer

Ph: 4944 0544 Email: dparker@carersqld.asn.au
Mackay office: 4/19 Palmer St. North Mackay 4740

Carers QLD Australia – Placing Carers First | Australian Government Department of Health and Ageing | hacc home and community care

Become a volunteer home tutor today...

Mackay Institute of TAFE offers a FREE home tutor course. Learn the skills needed to assist migrants with low literacy to improve their English language and literacy skills in a one-to-one environment, within the Adult Migrant English Program (AMEP)* Home Tutor Scheme. You may also assist teachers in the classroom.

Duration: Ongoing
Location: Mackay and surrounding regional districts

Volunteer tutors make a valuable contribution to the community. Please contact Elizabeth on 4940 3414 for more details. The Adult Migrant English Program (AMEP) is funded by the Department of Immigration and Border Control.

CQUniversity Australia

Migrant Settlement Program

A Migrant Settlement Program is available at the George Street Neighbourhood Centre. This is a free service to help eligible migrants who have arrived in the last five (5) years. They provide information about driving, health services, public transport, schools and child care, renting, staying safe and making friends.

They can also help connect you to services in the community including employment, English classes, Centrelink, housing and volunteering.

Assistance is provided to help make appointments (eg Doctors and government departments). For more information or to make an appointment phone the **Migrant Settlement Worker on 4957 2626.**

Remember these dates

Ooralea Community & CQUniversity Fair / Car Boot Sale
Saturday, September 6
from 8am to 12noon
CQUniversity, 151-153 Boundary Road.

Northern Beaches Community Day
Sunday, September 7
from 11am to 2pm
Seaview Park, Bucasia Esplanade.

Global Grooves
Sunday, October 26
12noon to 8pm
Queens Park
The biggest multicultural event in Mackay featuring food, dance, music and culture from around the world. For more information visit www.mackayecc.com.au/FESTIVALS.

e-news! ***Sign up for regular updates.***
www.mackay.qld.gov.au/about_council/newsletters

Useful Contacts

> Local Area Multicultural Partnership Program
Phone: 4961 9596
Email: lamp@mackay.qld.gov.au

> Migration Agent Listing
www.mackay.qld.gov.au/residents/are_you_new_to_mackay

> Multicultural Community Program Officer
Phone: 4957 2626

Mackay Regional Council