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GREEK TRIBUNE

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LETTER TO THE EDITOR

Advice after stroke is a phone call away

Stroke touches people of all ages and from all walks of life.

It strikes the brain and its impact can be devastating and life changing, not only for the individual but for those who love them most.

While time-critical treatments have improved stroke outcomes significantly in recent years, there is no doubt recovering from stroke can be a long and challenging process.

For some people this means learning how to talk and walk again, while others experience hidden disabilities and mental struggles.

Fatigue, anxiety, sensory issues and depression can challenge stroke survivors. The adjustment to life after stroke can also be tough for families and carers.

With more than 56,000 strokes in Australia each year, I wanted to remind anyone struggling after stroke there is help available.

StrokeLine is a free telephone service, staffed by health professionals, who provide information on stroke

prevention, treatment and recovery.

The team provides confidential advice and can find the support and services you need, whether you are a stroke survivor, carer or family member.

You do not have to go through this alone.

Please call Stroke Line on 1800 787 653 if you need to talk about how stroke is impacting your life and want some guidance on managing your health and living well.

StrokeLine operates Monday to Friday 9am to 5pm, Eastern Standard Time.

For crisis support, Lifeline is available 24 hours a day, seven days a week 13 11 14.

And please don't hesitate to call triple zero (000) if you think someone is having a stroke and needs help straight away. After a stroke, every minute counts. The best outcomes are achieved when treatment is received quickly.

Sharon McGowan
CEO
Stroke Foundation

AUSTRALIA AND GREECE To Commence work and holiday arrangement

Young Australians will more easily be able to holiday, work and study in Greece with reciprocal Work and Holiday arrangements set to commence on 1 July 2019.

Five hundred places each will be available annually for young Australians and Greeks to visit each other's country for up to twelve months.

Minister for Immigration, Citizenship and Multicultural Affairs, David Coleman, said he appreciated the efforts of visiting Greek Deputy Foreign Minister, Terens Quick, in finalising the arrangement.

"The Morrison Government is committed to the working holiday program which provides regional areas and farmers with access to more workers," Mr Coleman said.

"Australia enjoys a great friendship with Greece and there has been much interest from Greece in partici-

pating in the Work and Holiday visa program. This announcement will provide more opportunities for work and cultural exchange between our nations."

While on their first visa, Greek nationals may undertake specified work in regional areas to become eligible for a second Work and Holiday visa and extend their stay.

The option of a third year stay will also be available to them if they undertake six months of regional work in their second year in Australia.

The Work and Holiday visa requires first-time Greek applicants to hold or be studying towards tertiary qualifications and to have a functional level of English.

The commencement of the arrangement with Greece will take the number of countries participating in the Working Holiday Maker program to 43.

ADELAIDE COMMUNITY IN SOLIDARITY WITH GREECE

"With Greece and Cyprus, united we stand"

The Greek Orthodox Community of S.A. honoured Greek National Day 25th March during the weekend holding separate events on the 23rd and 24th of March.

On Saturday night the Community held a reception at Olympic Hall in honour and in memory of Greek National Day, welcoming Greece's Deputy Foreign Minister the Hon Terence Nikolaos Quick and Commissioner for Humanitarian Affairs, Overseas Cypriots Hon Fotis Fotiou.

The reception was attended by the Hon David Pisoni, Minister for Industry and Skills, on behalf of the State Premier Hon Steven Marshall, the Greek Ambassador to Australia Hon Ekaterini Xagorari, Deputy Minister to the Premier Hon Jing Lee MLC, Dr Susan Close, Deputy Leader of the Opposition, Mr Steven Georganas, Federal Member for Hindmarsh, The Hon Frank Pangallo MLC, Member of the Legislative Council, The Hon Irene Pnevmatikos MLC, Member of the Legislative Council, the Consul General of Greece in Adelaide Hon Giorgos Psiahas, Mr Norman Schueler OAM, Chair of the South Australian Multicultural & Ethnic Affairs Commission, Mr Bill Gonis, OAM, President of the Greek Orthodox Community of S.A., Prof. Andreas Evdokiou, President of the Cyprus Community of S.A., the Mayor of Charles Sturt Council Ms Angela Evans, and the Mayor of West Torrens Council Mr Michael Coxon.

In his opening speech Mr Gonis spoke about the multi-dimensional action plan of the Greek Community and the tight bond with the national centre, as he welcomed the Government officials from Greece, Cyprus and Australia as well as the hundreds of invited guests.

Addressing the invited guests, Greece's Deputy Foreign Minister Terence Quick talked about the current developments and the geopolitical crisis regarding the energy resources in the eastern Mediterranean region and the Aegean sea.

Mr Quick also said that an attempt to bring stability in the politically unstable region of the eastern Mediterranean and the Aegean sea is under way with a tri-partisan agreement between Greece, Cyprus and Israel as well as Greece, Cyprus and Egypt, also aimed at protecting Greece and Cyprus' rights.

"We don't see any enemies on the other side, all we are doing is to secure our freedom and protect our borders, both in Greece and Cyprus expecting our "nervous" neighbour to respect International and European rights," he said.

At the same time, the Greek Official thanked the Australian Government for defending the Cyprus issue as well as supporting Greece on various national and international affairs.

Making reference to the 1821 Greek Revolution Mr Quick said that Greeks abroad always take initiative and put things in motion when their homeland is under threat.

"It was the Greeks of Europe who not just funded but lobbied in favour of the Revolution trying to get the allied forces to come for aid," he said.

Apart from going through the political agenda, Mr Quick Mr Quick announced the Greek Government is relaunching a youth program where in the past, Greek youngsters from Australia were able to travel to Greece for a holiday.

The program will start during the European summer.

Concluding, the Greek Deputy Minister said that the Greek Orthodox Community of South



Warm welcome: Consul General of Greece in Adelaide Giorgos Psiahas, the Greek Ambassador to Australia Ekaterini Xagorari, Andreas Evdokiou, President of the Cyprus Community of S.A., High Commissioner of Cyprus Martha Mavrommatis, Commissioner for Humanitarian Affairs, Overseas Cypriots Fotis Fotiou, General Secretary of GOCSA Peter Ppiros, the Deputy Foreign Minister of Greece Terence Nikolaos Quick, Bill Gonis President of GOCSA and Treasurer Peter Gardiakos

Australia is the most active and best organised Community he's ever seen.

"Straight after the deadly fires in Mati July last year, it was this Community here that rang my office first, letting me know that they were raising funds for the victims," he said, also thanking the Greek Orthodox Community of S.A. for its long-running support and solidarity towards Hellenism.

The latest political developments in the sensitive areas of the Mediterranean and the Aegean seas as well as the ongoing provocations of Turkey were the key points in the agenda of Mr Fotiou, Commissioner for Humanitarian Affairs, Overseas Cypriots.

"Hellenism is going through some very difficult times. With your presence here, Greeks and Greek-Cyprians, we send a strong message out there, that our nations join their forces in order to face these difficulties successfully," he said.

The Hon David Pisoni MP,

Minister for Industry and Skills, on behalf of the State Premier Hon Steven Marshall, Dr Susan Close, Deputy Leader of the Opposition on behalf of the Leader Mr Peter Malinauskas and Federal Member for Hindmarsh Mr Steven Georganas all extended a welcome to all guests.

Mr Quick and Mr Fotiou were accompanied by the Greek Ambassador in Australia Hon Ekaterini Xagorari, the High Commissioner of Cyprus in Australia Hon Martha Mavrommatis and the new Consul General of Greece in S.A. Hon George Psiahas.

The evening concluded with a bright cultural program featuring Cretan dances performed by the Community's Dance Academy as well as live music by Dr Demeter Tsounis and vocals by Maria Vouis and Vasilis Ioannidis, performing two of Mikis Theodorakis' songs, "Small nation and yet they fight" and "Everyone is thirsty".

MC for the event was the Community's General Secretary Peter Ppiros.

Mary Mangos honoured by Council

Mary Mangos longtime member and former President of the Greek Women's Society of SA "Taxiarhis", was honoured by the West Torrens Council for her services at their Australia Day Awards Ceremony which took place on 26 January 2019.

The West Torrens Council conferred the Anniversary Award 2019 to Mary Mangos for her services to the Greek migrants and their families as well as the community at large.

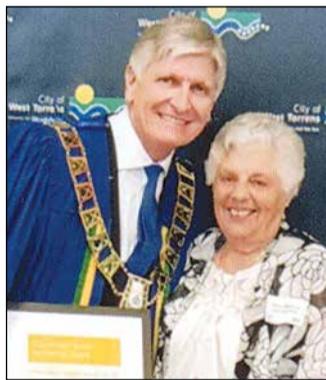
For more than 70 years Mary has been raising funds to support the Greek and wider communities and providing not only her time to worthy causes, but opening up her home and its garden as a fundraising venue for afternoon teas, fashion parades and other charitable events.

She has served on the Board of the Greek Women's Society of SA (founded by her mother more than 80 years ago) and for many years was considered as the "quiet achiever" and support for her late mother.

National Day of Greece

Hundreds of Hellenes from across Adelaide joined the Greek Orthodox Community of South Australia in a number of

Community Life



Mary Mangos former President of the Greek Women's Society of SA "Taxiarhis", was honoured by the West Torrens Council for her services to the community. In the photo with Mayor Michael Coxon.

celebrations for Greek National Day on Sunday 24th of March 2019 from 11am.

Official guests, parishioners (from the Community's four churches) and students alike gathered at the Cathedral of Archangels Michael and Gabriel in Franklin Street to attend the Great Doxology and the memorial service.

On a day of remembrance filled with national pride, the Greek flag dominated the interior

of the Cathedral as a reminder of the heroic efforts of those who fought against the Ottoman oppression.

Young students from various Greek Language Schools dressed in traditional costumes added to the celebrative atmosphere, reflecting the younger generations of Greeks who carry the same eternal values and aspirations of the heroes of the 1821 epos.

The Great Doxology was followed by a memorial service and ceremony in memory of the fallen heroes, conducted at the war memorial of the Cathedral.

During the ceremony, official guests and representatives from local Greek clubs and associations laid wreaths at the memorial, paying tribute to the heroes of 1821.

In his message Mr Gonis said that Hellenism across the globe ought to remember the heroes of the 1821 Epos and the titanic efforts they made to restore freedom and peace in our home land.

The President's message was followed by the Last Post and one minute silence and the ceremony concluded with the singing of the national anthems.

Among the official guests who attended the celebrations were the Hon Rachel Sadneron MP,

Minister for Child Protection, on behalf of the State Premier Hon Steven Marshall, the Hon David Pisoni, Minister for Industry and Skills, the Leader of the Opposition in South Australia Mr Peter Malinauskas, Steve Georganas MP, the Hon Frank Pangallo, Member of the Legislative Council and SA Best party, Ms Jayne Stinson, Member for Badcoe, Councillor Mary Couros on behalf of the Lord Mayor of Adelaide Ms Sandy Verschoor, and Dr Valdis Toumanis from the South Australian Multicultural and Ethnic Affairs Commission on behalf of the Chair of the Commission Mr Norman Schueler.

The formal wreath laying ceremony was followed by celebrations through performance and music by students of the Greek Language Schools and students from the Community's Dance Academy, held at St Mary's College Performing Arts Centre to great applause by parents and dignitaries alike.

The Hon Terence Quick, Deputy Foreign Minister of Greece, the Presidential Commissioner for Humanitarian Affairs, Overseas Cypriots Hon Fotis Fotiou, the High Commissioner of Cyprus Martha Mavrommatis, the Greek Ambassador of Greece in Australia Hon Ekaterini Xagorari and the Consul General of Greece in Adelaide Hon Giorgos Psiahas attended the Schools event.

GREEK COMMUNITY TRIBUNE

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Cultural, social and political events in South Australia

Contact: Harri on 0484 387 818 - or email your community's news or a photo: info@greektribune.com.au



At the reception given by GOCSA at Olympic Hall in honour of the National Day of Greece, special guests were the deputy Foreign Minister of Greece Terence Quick and Presidential Commissioner of the Cyprus Republic Fotis Fotiou. Also in the photo, David Pisoni Minister for Industry and Skills, Jing Lee MLC, Dr Susan Close, Deputy Leader of the Opposition, Greek Ambassador Ekaterini Xagoraris, Cyprus High Commissioner Martha Mavrommatis, Consul General of Greece George Psiachas and Cyprus Community President Andreas Evdokiou



More than forty wreaths were laid at the formal ceremony at the war memorial of the Cathedral of Archangels Gabriel and Michael, by Federal, State, and Local Government representatives and leaders of Greek clubs and Associations. In the photo, amongst others are, Rachel Sadnerson MP, Minister for Child Protection, on behalf of the State Premier, David Pisoni MP, Minister for Industry and Skills, the Leader of the Opposition in SA Mr Peter Malinauskas, Steve Georganas MP, Frank Pangallo MLC and SA Best party, Ms Jayne Stinson MP Member for Badcoe, Councillor Mary Couros on behalf of the Lord Mayor of Adelaide and Michael Louca Secretary of Cyprus Community.

Outstanding achievement by Community aged care workers

The outstanding achievements of the age services industry in Victoria, Tasmania, South Australia and the Northern Territory have been recognised at LASA's Excellence in Age Services Awards, presented at the 2019 Tri-State Conference in Albury. Sponsored by HESTA, LASA's 2019 Excellence in Age Services Awards have promoted

ed and recognised excellence across all fields of age services in Victoria, Tasmania, South Australia and the Northern Territory.

Two of the finalists in the Rising Star category are from Greek Orthodox Community South Australia. They are Marianthi Kosmarikou of the Community Care Services and

Bill Papazafiroopoulos of the Ridleyton Greek Home for the Aged. Bill also won the SA/NT Rising Star award and will enter into the contest with winners of other States for the National

Award.

We are proud of the nominations of Marianthi and Bill and we congratulate them for their achievements and contribution to older people in our Community.



The two GOCSA Award winners in Age Services, Bill Papazafiroopoulos and Marianthi Kosmarikou

Greek Orthodox Community SA OLDER PEOPLE SERVICES HELPLINE

WE SPEAK YOUR LANGUAGE - 7088 0500

At GOCSA, we operate a free Helpline to provide information and to assist referrals relating to aged care services and support that are important to older people living in the Community. Our knowledgeable Greek and English speaking staff can assist you to,

- Navigate My Aged Care website to access community services
- Understand your rights as an older person in the Community
- Understand how the new Adult Safe Guarding Unit may help protect your rights and safety
- Provide your feedback to the CALD communities for service improvement
- Understand the variety of home and community services available to you at GOCSA

NEW GREEK SERIES "My Greek Odyssey" airing on channel 7

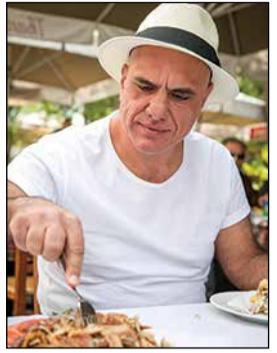
Be prepared to be wowed by the beauty, uniqueness and sheer splendor of Greece when new TV series, My Greek Odyssey, commenced on Sunday, March 24, screening on the Seven Network at 1:30pm in Sydney, Melbourne, Perth, Hobart and in regional areas, plus 5pm in Darwin. In SA it will be screening on 7 HD.

Hosted by charismatic and larger-than-life character, Peter Maneas, the 13-part travel series will take viewers to some of the most spectacular and unique islands in Greece. But don't be mistaken in thinking My Greek Odyssey is just another travel show – this journey is far from ordinary!

Peter has sailed his super yacht Mia Zoi (translated from Greek meaning One Life) amongst the Saronic and Ionian Islands, visiting fascinating destinations including Hydra, Spetses, Corfu, Zakynthos and Kythira. Throughout the series, he visits some jaw-dropping, colourful sites as well as little-known gems that rarely get a mention. Along the way he explores the rich history, culture and cuisine of Greece and meets some truly unique people.

"Being of Greek heritage myself, I just love Greece so much," he said. Over the years, whenever my wife and I visited, she'd take videos of me where I'd describe the sights. That gave me the idea to put together a show where I could share all these amazing places that I love to visit with other people."

With 6,000 islands, 27 of which are inhabited, Greece is truly a fascinating place. "Every island has its own personality, so the diversity is endless, Peter said. "For instance, the 17sqkm island of Oinousses is home to 30 shipping families and is completely unique. Most people look at Greece and think of the usual top destinations of Santorini, Mykonos, Corfu, Crete and Athens. They forget about all the other islands. I really wanted



"My Greek Odyssey" host Peter Maneas

to show people that there's so much more to experience.

Peter's personal story is an inspiring rags to riches tale. Born to Greek migrants Peter is the co-founder and CEO of one of Australia's most successful companies in the design and construction industry, Ganellen, taking on major throughout Australia and New Zealand.

When he is not overseeing the business, Peter spends every chance he can get to explore Greece and has the ultimate ambition of visiting all 227 inhabited islands. In addition to series one, series two has also been shot, and will take viewers to the Northern Aegean and Western Cycladic regions, from the centre of the Eastern Orthodox faith in Mt Athos, to the islands of Thassos in the north.

Series one has already gained enormous interest throughout the globe having secured licensing rights in 40 countries so far including Greece, Spain, Egypt, Russia and the UAE.

"You only live once, so it's important to get the most out of your life and have incredible experiences no matter what," says Peter. "I can't wait to entertain, educate and inspire viewers to make the Greek Islands their next holiday destination!"

Produced by top TV production company The Rusty Cage, My Greek Odyssey, commences on Sunday March 24 and will run for 13 one-hour long episodes.

Are you providing cleaning or courier services?

If you are one of the many businesses in Australia providing cleaning or courier services, you need to lodge a Taxable payments annual report (TPAR) to the Australian Taxation Office (ATO) to report payments made to contractors, including subcontractors, who provide these services on your behalf.

Lodging your TPAR protects honest businesses by strengthening the ATO's ability to identify and deal with those who try to hide their income.

What information is needed in the TPAR?

To prepare for the TPAR, you need to keep records about the payments you make to contractors for cleaning or courier services. For each contractor, you'll need to report: Australian Business

Number (ABN) (where known) name and address the total amounts you paid them (including any GST).

This information is generally available on the invoices you should receive from your contractors for payment.

You only need to report payments you make to contractors. Payments to employees are not included in your TPAR.

When is the due date for the TPAR?

The TPAR is due by 28 August each year. Businesses providing cleaning or courier services will need to lodge their first TPAR by 28 August 2019 for contractor payments between 1 July 2018 and 30 June 2019. You'll be able to lodge your TPAR either by paper form or online if your software is TPAR ready.

The Greek Orthodox Community of S.A. presents

Dimitris BASIS

LIVE show

SATURDAY 4 MAY 2019

OLYMPIC HALL | 288 FRANKLIN ST | ADELAIDE | 8.00pm

ENTRY: \$100 SEATED & WITH MEZE, \$65 GENERAL ENTRY (standing- no food included)

Tel: 82314307 for information & bookings