



GREEK TRIBUNE

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AUSTRALIAN NEWS

New machine helps treat cancer, Alzheimer's patients

The State Government has provided a first-hand look at one of the new, state of the art pieces of medical equipment that will be used at the new Royal Adelaide Hospital.

The \$2.5 million Positron Emission Tomography (PET) Scanner is now in operation at the RAH.

The high-tech, full body scanner can identify cancer cells, as well as detect neurological, inflammatory and cardiovascular disorders.

The new machine is one of the most advanced of its kind in the country and will be relocated to the purpose built facility at the new Royal Adelaide Hospital alongside another new PET scanner.

"PET scanning provides more accurate tumour detection and that reduces the need for unnecessary surgery and allows for more targeted treatment", Minister for Health Jack Snelling said.

"By having the new machine operational at the current RAH, clinicians will be ready to

use it and another brand new PET scanner when we move in to the new hospital, which will double scanning capacity".

Senior Nuclear Medicine Physician, Associate Professor Dylan Bartholomeusz said the new scanner has 4 detector rings for improved resolution, detection and efficiency, and allowing for less radiation per patient, per scan.

"The new model is also more comfortable for patients and will have significantly improved image quality, accuracy and safety.

"We already see nearly 3000 patients each year for PET scanning at the RAH and the demands are increasing, particularly with new treatments in Prostate cancer.

Having two brand new PET/CT scanners in the public system will enable us to meet the growing demand for this service, providing more flexibility in patient bookings, resulting in shorter waiting times", he said.

Dried fruit production diminishes due to extra rain

Riverland apricot growers claim they had one of the worst seasons they can remember because of extra rain last year.

When apricots are soaked by frequent rainfalls, their skins can split and turn dark, reducing its market value substantially.

Speaking at the Riverland's ABC radio, the chair of the South Australian Dried Tree Fruits Association, Kris Werner, said frequent wet weather had downgraded the crop.

"Probably the worst season I've had as long as I've been in the industry. It just seems to want to rain every week," he said.

"At this point it's probably a 50 per cent loss of income."

Mr Werner said primary producers had already sustained substantial crop losses because of a freak hailstorm late last year.

"Anyone who's doing dried fruit for instance is certainly suffering," he said.

"Fifty per cent of the crop was lost with hail in November already. So for them to lose another 25 per cent — it's just not good for industry and it's not good for the grower."

The Riverland was

drenched by an above-average 299 millimetres of rain last year and, with more rain forecast before the apricot season ends, the impact is being felt across the community.

Renmark fruit grower Phillip Sims has spent more than 50 years in the dried apricot industry and said although fruit sizes had been excellent, he had never experienced a season so bad.

His property is normally filled with hundreds of drying trays but this season he has struggled to get enough fruit to dry.

He said the variety of apricot he grows, moorpark, needs frost to produce fruit, but there had been hardly any in recent times.

"From a patch where I'd normally get a few tonnes of apricots [it's] down to well under a tonne this year."

Mr Sims said he was disappointed to have to knock back workers who would have learned valuable skills on his property, but he had no choice.

"That's sad in a way because it's the sort of job where a lot of local children, school age, have been able to come and apricot cut, but it's not there this year."

'Near future decisive for Cyprus problem'

The near future will be decisive to efforts to resolve the Cyprus problem, President Nicos Anastasiades (photo) said last Tuesday addressing the Parliamentary Assembly of the Council of Europe.



He said he was absolutely convinced that if all parties, and in particular Turkey, come up with a creative and constructive approach, the solution to the Cyprus problem could be achieved on the basis and within the framework of European principles and values.

He also reiterated his determination to work for a solution that will actually reunite Cyprus, will protect all citizens, Greek Cypriots and Turkish Cypriots, creating a modern state fully compatible with its status as an EU member and will rise and create the prospects for peaceful coexistence among the inhabitants of the island.

Referring to the efforts to solve the Cyprus problem in the last 20 months, he said that despite the observed remarkable progress, there are still differences and disagreements on a number of issues, most notably those involving property. He noted that during recent months, the efforts of the government focused on the debate on two key chapters, territorial adjustments and Security and Guarantees.

Saying that without to ignore that the need for the safety of a community cannot be a threat to the other, the government has submitted a complete and comprehensive proposal that effectively addresses the concerns of both communities.

Referring to the convergences achieved, he said that the internal structure of the Republic will evolve on the basis of a bizonal, bicommunal federation with political equality of the two communities.

The President also said that any military guarantees or worse, intervention rights of any third country towards a country member of the EU, were not necessary any more and were an anachronism.

Referring to Cyprus' Presidency of the Committee

of Ministers of the CoE, he said the island will work even more intensively to highlight the role of the Council of Europe in meeting the major challenges facing Europe today.

"The major challenges facing Europe today, the economic crisis, terrorism, migration flows have fostered insecurity and uncertainty feelings to the citizens. They have unfortunately reintroduced disturbing phenomena such as xenophobic rhetoric and hate speech, the rise of populist and extremist elements," he said.

He added that "given the challenges that Europe is currently facing, it is time to engage in a creative dialogue with the citizens, to listen to their concerns and seek to jointly tackle them."

Greek Community celebrates the "Blessing of the Waters"

Henley beach and Henley square had their Greek colours on, on Sunday 8th of January as the Greek Orthodox Community held its annual Blessing of the Waters Festival as part of the Epiphany celebrations.

The celebrations combined the Divine Liturgy conducted at all the Community's churches and the blessing of the waters service conducted at the Henley jetty.

Meanwhile, Henley reserve was yet again turned to an open-air funfair ahead of the Blessing of The Waters festival, featuring grilled food, live music and dancing.

Food tents, outdoor settings, grills, tables and umbrellas by the seaside created a family atmosphere and the first summer event was underway.

According to a press release sent to the Greek Tribune by the General Secretary of GOCSA Dimitris Dimopoulos, the official part of the celebrations began around 12.15pm with visitors and official guests gathering at the end of Henley jetty to attend the Epiphany ceremony where the clergy purify and sanctify the waters, following the tradition of thousands of years.

"His Eminence Bishop Chrysostomos, during the sanctification ceremony threw the cross in to the rather calm waters of Henley beach where Dimitrios Matsouliadis proved the strongest and most skilled swimmer in the race to retrieve the cross.

"At the same time, following the tradition, ten white doves were released in

the sky as a symbol of purity and enlightenment, sending a message for peace and prosperity.

"His Excellency The Hon Hieu Van Le, Governor of South Australia, The Chief Justice of South Australia Hon Chris Kourakis, Deputy Premier Hon John Rau, representing the Premier of South Australia Hon Jay Weatherill, Hon David Ridgway MLC, Liberal Leader in the Upper House, representing the Leader of the Opposition Mr Steven Marshall, the Hon Michael Atkinson, Speaker of the House of Assembly and member for Croydon representing the Minister of Multicultural Affairs Hon Zoe Bettison, Mr Paul Caica, Member for Colton, Ms Angela Evans, Mayor of the City of Charles Sturt, Mr John Trainer, Mayor of West Torrens Council and Councillor Paul Alexandrides were amongst the official guests who attended the Epiphany celebrations".

Back at Henley Square, the lucky swimmer was presented with a trophy by Bishop Chrysostomos, the Governor of South Australia and the Community's President Mr Gonis and the formalities continued with speeches by official guests.

"Your culture is so vibrant and so rich and your contribution to this State's cultural life is absolutely phenomenal," said Mr Rau.

By that stage long queues had formed at the food stations as hundreds of people lined up for the best lunch in town.



The lucky swimmer who retrieved the cross at the Henley ceremony, is presented a trophy by the President of GOCSA Bill Gonis, the Governor of SA Hieu Van Le and Bishop Chrysostomos

The favourite Greek culinary aromas dominated the Square and along with the summer breeze it was the perfect Greek summer day...only thousands of miles away from Greece!

The official part concluded at around 1.00pm and the festival continued with dancing and live music.

The entertainment part began with a dance ritual by Indigenous cultural group Yelaka.

The ritual's origins are found thousands of years ago, and portray the close relationship of the indigenous people of the area with the ocean and the land.

But fun really heated up when a unique dance/fitness group showed how Greek dancing combined with aerobic exercises can burn serious

calories and help lose weight... just by having fun.

The crowd seemed to be enjoying the novelty and many joined the instructors as they were...well, performing!

But guests equally enjoyed the talented students of the Community's Dance Academy who, once again showed their dancing skills by performing traditional Greek dances.

Meanwhile band Trio Zorba had in store a full entertainment package for the guests until late afternoon.

"The Greek Orthodox Community of S.A. sincerely thanks the South Australian Government for sponsoring this event and for their ongoing support towards the Community's events", the Secretary Mr Dimopoulos concludes.

GOCSA supports people in need

The Greek Orthodox Community of SA believes and practices 'charity starts at home'. Since its foundation 85-year years ago, GOCSA continues its social welfare fellowship activity. With this spirit, our worshippers are ready, willing and happy to make donations and collect food items at each church.

On 23 December 2016, GOCSA members Mr John Antoniou, Mr John Lesses and Mrs Georgia Vlahos from the Saints Constantine and Helen Church Committee and Women's Filothos, met and prepared food parcels for distribution to needy community members.

As the food items exceeded the requirements, there was a quantity of food items able to be donated to the Hutt Street Centre

Community Life



Greek Community volunteers visit the Hutt Street Centre

on behalf of GOCSA for distribution by the Centre to the wider Adelaide community. GOCSA supports the

Centre's community's efforts of offering meals for over 200 persons daily i.e. 50,000 people each year.

Christmas is a special celebration for all. In GOCSA's letter to the Centre, Mr Dimitris Dimopoulos General Secretary acknowledged "that your Centre's dedication to providing social work and support services to nearly 2,000 people during Christmas and New Year is both remarkable and exemplary".

"The Community's parishioners conducted their annual Christmas food hamper appeal for parish members who are in need.

Given our community's need were fulfilled we are pleased to assist the Hutt Street Centre by providing the remaining donated of food items", the letter said.

Mr. Dimopoulos wished the Centre, its staff and volunteers a happy and safe Festive Season. He expressed the view that the Community would be pleased to work closer with the Centre in future.

GREEK COMMUNITY TRIBUNE

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Cultural, social and political events in South Australia

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LEFT: In a perfect summer's night, hundreds of Greek community members from all over the Metropolitan area welcomed 2017 in true Greek fashion at Olympic Hall on Saturday 31 December 2016. The New Year's Ball was the last event of the Community for 2016 and was sealed with great success.

BELOW: At the New Year's Eve dance, following a lucky draw, 12 people, representing all 12 months of the year, were given a share of the traditional New Years cake, with the opportunity to win a gold pound. The gold pound was won by Mrs Spatharos.

Meanwhile, the cutting of the official GOCSA New Year's cake was held Monday, January 2, 2017 at the Community Hall, in Adelaide, in the presence of clergy, dignitaries and many members of the Greek Orthodox Community of South Australia. Winner of the gold pound in this occasion, was Mrs Angela Lesses.



Amongst the thousands of people attending the Blessing of the Waters ceremony at Henley Jetty, was the Chief Justice of SA Chris Kourakis



ABOVE: The South Australian Government was represented at Henley Beach by Attorney General John Rau. Also in the photo, David Ridgeway on behalf of the Opposition, Charles Sturt Mayor Angela Evans and GOCSA Vice President (and Greek Tribune editor) Peter Ppiros



ABOVE: Dimitrios Matsouliadis proved the strongest and most skilled swimmer in the race to retrieve the cross thrown into the calm waters of Henley Beach by his Eminence Bishop Chrysostomos, spiritual leader of the Autocephalic Church of Australia

Up to \$3 million available for multicultural communities

Up to \$3 million is available for community organisations to upgrade community facilities or deliver community projects that improve the lives of culturally diverse South Australians.

Grants of up to \$200,000 are available for community projects through Stronger Families, Stronger Communities grants, and up to \$100,000 for infrastructure projects through Multicultural Infrastructure grants.

Stronger Families, Stronger Communities grants prioritise strengthening families and helping people from culturally diverse communities to feel included, accepted, respected and able to access opportunities to improve their lives. Infrastructure grants prioritise funding for projects that make community facilities more accessible to culturally diverse communities.

The Multicultural Infrastructure grants make \$1 million in one-off funding available to eligible community organisations to upgrade, extend or build community facilities for use by South Australia's culturally diverse communities.

Grants of up to \$100,000 are available for projects that are ready to be delivered, can begin by 1 July 2017 and completed by 30 June 2018.

The Stronger Families, Stronger Communities grants make up to \$2 million in one-off funding available for training, developing skills, strengthening families and building social connections that support a sense of belonging and wellbeing.

Grants of up to \$200,000 are available for projects delivered over two years that begin by 1 July 2017 and conclude by



Communities and Social Inclusion and Multicultural Affairs Minister Zoe Bettison

30 June 2019.

Online application forms and guidelines are available at www.dcsi.sa.gov.au/grants

"I encourage culturally and linguistically diverse communities and community organisations to apply for these grants, for projects that strengthen families, support positive social connections and deepen cultural understanding", Communities and Social Inclusion and Multicultural Affairs Minister Zoe Bettison said.

"These grants will help to build and increase accessibility to the places where communities connect and thrive.

"I encourage communities and organisations that need funding for important community projects or infrastructure to apply for a grant before 17 February 2017", the Minister concluded.

For more information, including guidelines and application forms visit www.dcsi.sa.gov.au/grants or contact the grants team on grantssa@sa.gov.au or 1300 650 985.

Applications are open until 5pm, Friday 17 February 2017.

Davine Interventionz Productions 'Violet' being staged during Adelaide Fringe

Are you on the way or are you in the way? This is the question central to the story contained in the musical Violet being staged at Star Theatre during Adelaide Fringe 2017.

Violet, is the collaboration of Tony Award-winning composer Jeanine Tesori (Thoroughly Modern Millie and Shrek The Musical), and librettist Brian Crawley (The Little Princess).

"This is show number six from my production company and I couldn't be more excited," says producer/director David Gauci.

Based on the short story 'The Ugliest Pilgrim' by Doris Betts, the musical tells of the emotional journey of Violet Karl, a disfigured girl traveling through the segregated American South in the 1960s. She is on her way to meet a televangelist she hopes can make her beautiful. On the journey she gets to experience a very different kind of salvation.

Musically, Violet encompasses various genres including show-stopping anthems, American roots, Soul and

Gospel. The multi award winning production house, Davine Interventionz, is presenting Violet during Adelaide during Fringe 2017.

"I am thrilled to be bringing VIOLET to Adelaide for the first time," said Gauci.

"This is the Broadway revival adaptation of this sensational musical. Often Musicals are described as having 'heart' and never has that been truer than with Violet. A stunning show with a compelling book and beautiful score that will have audiences laughing and crying, often at the same time. I know I speak on behalf of the whole creative team and the amazing ensemble cast when I say we can't wait to share Violet's journey with everyone"

Violet runs for ten shows at the Star Theatre Hilton from February 22 to March 4, 2017. Tickets through AdelaideFringe.com.au.

For more information, videos and photos from rehearsals go to our Facebook page; www.facebook.com/DavineInterventionz/

LETTER

Mental health signs not to be ignored

Dear Editor,

When I think back to the start of a new school year, I can still remember the buzzing feelings of excitement, anticipation and nerves. Am I going to have classes with all my friends? Will I get better results than last year? Which teachers will I have?

Millions of young people across the country heading into primary and secondary school over the coming weeks may be facing similar feelings – whether they are starting another school year or commencing a new school for the first time.

Some students can adjust to the changes and settle into things quickly. However, some young people may find this a daunting and challenging time.

There can be a number of reasons why it might be hard to go school: trying to make new friends, pressure to get the best marks, dealing with bullying, or perhaps going through a mental health issue such as anxiety or depression. These worries can make the next few weeks an uncertain time.

Whether you are a young person struggling, or a parent with concerns about your child, headspace is here to help. As the National Youth Mental Health Foundation, headspace

provides support for young people aged 12-25 years old who are struggling with their mental health and wellbeing.

No matter where you are, you can access help at headspace – either through one of our 95 centres in metro, rural and regional areas of Australia, or via ehespace.org.au where you can receive online and telephone support between 9am-1am (AEDT), seven days-a-week. There are also general mental health and wellbeing resources available on our website: headspace.org.au.

We wish you and your families a safe and healthy school year ahead.

Dr Natalie Gray
Chief Medical Officer
headspace

Advice for parents: Warning Signs:

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new and noticeable changes in the young person, lasting at least a few weeks, including:

- * Not enjoying, or not wanting to be involved in things that they would normally enjoy
- * Changes in appetite or

sleeping patterns

- * Being easily irritated or angry for no reason
- * Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol
- * Seeming unusually stressed, worried, down or crying for no reason
- * Expressing negative, distressing, bizarre or unusual thoughts

Tips for parents:

- * Talk openly and honestly with them, and let them know that you are concerned.
- * Reassure them that you will be there for them, and ask what they need from you.
- * Let them know that there is lots of help available.
- * Help find an appropriate service, such as a headspace centre and support them in attending.
- * Help them build a support network.
- * Look after yourself as well. Get some support by talking to someone you trust, and seek professional help for yourself if you need it.
- For more tips and information visit the parents section on our website: headspace.org.au/friends-and-family/information-for-parents-and-carers/

Mental health and mental health issues in young people:

* Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way

* A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

* Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem.

* Mental health issues can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

* If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

For more information about mental health visit: headspace.org.au/young-people/what-is-mental-health/