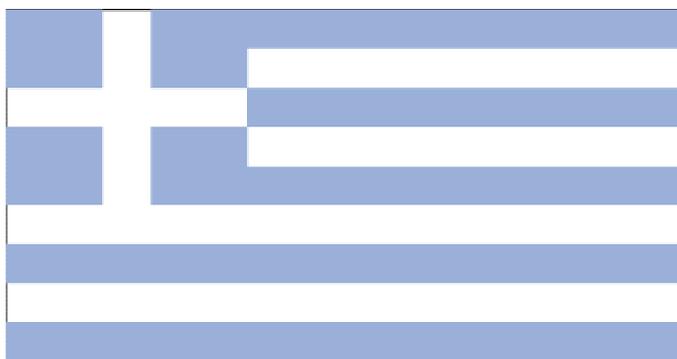


Greek Culture Profile



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Greek Culture Profile

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Disclaimers

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Please note there may be costs associated with some of the resources and services listed in this profile.

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INTRODUCTION

This profile of the Greek cultural community is one of the projects undertaken by the Community Partners Program (CPP). The Community Partners Program aims to promote and facilitate increased and sustained access to aged care support services by culturally and linguistically diverse communities with significant aged care needs.

Funded by the Commonwealth Department of Health and Ageing, the project in Queensland is managed by Diversicare under the auspice of the Ethnic Communities Council.

Population trends within Australia are increasingly characterised by a diversity of people, languages and culture. Coupled with this trend is an ageing population, also with a rich diversity of languages and cultures.

It's not surprising then, that residential aged care service providers are faced with increasing demands for culturally responsive facilities and care.

This profile aims to assist by enhancing:

- staff knowledge of the cultural and linguistically diverse needs of persons from a Greek background. It also seeks to facilitate the professional competence and development of staff in the provision of culturally inclusive care; and
- the organisation's compliance with the Residential Care Standards and National Aged Care Standards as they pertain to the issue of cultural and linguistic needs.

The profile provides useful information about a range of topics, resources including books, articles, audio-video aids, services, and so on.



This symbol is used to indicate a 'tip', which **YOU**, as the caregiver of a person who was born in Greece, may find useful in your day-to-day support of that person.

In an effort to maintain the accuracy of this profile and improve its contents, for all stakeholders, we encourage readers to complete the feedback form on the last page to inform us of any inaccuracies or other resources available. It is considered that this feedback will assist us maintain a user relevant and quality resource.

Yours Sincerely

Margaret Hess
Director

Dearne Mayer
CPP Project Officer

BACKGROUND

Migration Experience

Greece covers 1,228 sq kilometres in Southern Europe, bordering the Aegean Sea, Ionian Sea and the Mediterranean Sea, between Albania and Turkey.



Source: CIA World Factbook

The first major arrival of Greek migrants in Australia commenced in the 1850's, enticed by gold discoveries in Australia.

Between World War I and World War II migration increased. Post World War II the Greek Government actively encouraged migration and in 1952, the Australian Government gave assisted passage thousands of Greeks. The 1960's saw a continued increase in Greek migration.

Australian Statistics

The 2001 census identifies 116, 530 Greece-born people had settled in all Australian States, with Queensland (3,990 people) being the fourth-largest State behind Victoria, NSW and South Australia.

Of the total Greece-born population in Australia (2001 Census):

- 31.4% are aged over 65 years;

- 21.6% have an occupational or educational qualification, which is lower than for the Australian-born population (at 46%);
- 47% were employed in a Skilled occupation; 25% in a Semi-skilled and 28% in Unskilled jobs;
- Males comprised 50.5% and females 49.5%; and
- Their ancestry includes Greek (92%) and Macedonian (2.1%)

Customs in everyday life

Greetings

A handshake is appropriate when greeting someone you do not know.

If you know the person, a hug may be appropriate. For both men and women who are greeting close friends or relatives, kissing on both sides of the cheek is common.

When meeting an elderly person you have not seen for some time, introduce yourself first, using words such as "Remember me Andru Dimitrios?".

Referring to others

It is an important matter of respect to call an elder "Aunty" (theia) or Uncle (theios). Except with close friends, most Greeks prefer the use of titles (eg Mr (Keerios) and Mrs (Keeria)).

Entering a room

It is courteous to say hello (yiasoo) to everyone when you enter a room, otherwise people could take offence.

Attire

Sloppy or overly casual clothing in public is inappropriate.

When attending Church it is important to be dressed appropriately out of respect to the Church. Shorts, thongs, short skirts or strapless clothing are NOT to be worn to Church.



The above customs are from a time in which the older generation lived and were raised. They may

not be evident in the younger generations, nor do they necessarily apply to every Greece-born aged person. It is important YOU check on whether adherence to these, or other customs unique to their region of origin, is to be used with that Greek-born person.

FAMILY

Family structure

Family is very important to Greeks, including their extended family. Traditionally the male is head of the family and historically families were large.

Attitudes to residential care

Generally Greek families care for their elderly parents as it is traditionally seen as the children's duty to care for aged parents and not to do so is to dishonour.

Shame is often felt by family members who place a aged parent in residential care. Residential care is often viewed as a last resort when the family can no longer look after their aged parent.

Language barriers, cultural differences and dietary requirements often experienced in residential care can cause great anxiety.

Another major problem faced in residential care is privacy and the desire for their own room.

PERSONAL HYGIENE

The routines and preferences surrounding personal hygiene activities greatly impact on the person's sense of self, pride, dignity and confidence.

Bathing, Dress & Grooming

Same gender persons should do personal care, as privacy is very important to a Greek person. Elderly Greek-born people like to be well dressed and groomed.

PENSIONS

People who lived and paid taxes in other countries are often eligible for a partial pension payment from that country. Australia has reciprocal arrangements in place with Greece regarding the payment of pensions. The Australian Government supplements that payment if it falls below the level of the Australian pension. Problems with Centrelink can arise for the person if he/she fails to notify Centrelink of any increase in the foreign pension amount. In this situation the Australian supplement is reduced according to the increase amount. Failure to notify Centrelink can result in a debt and fine being imposed by Centrelink. The pension scheme in Greece commenced in the 1960's.



For information on claiming a pension from another country, call Centrelink on 13 1673.

LEISURE AND RECREATION

Generally Greeks avoid solitude, preferring to socialise in large groups and often centred around food.

Men and women tend to separate at social events, with women preparing the food.

Many Greek-born people enjoy playing cards and men often play Tavli (Greek backgammon).



Rules for Tavli are found as Appendix A, or can be easily accessed by searching on the internet.

Pattern to day

Greece-born persons have a similar routine to Anglo-Australians (ie. three main meals a day, mid-morning and mid-afternoon tea).



You will need to establish with each individual his/her preferences related to his/her daily routine and timings.

Social groups

Largely due to the length of time in Australia and the large numbers of Greeks who emigrated, there are large well-established social groups and community support services in Queensland's major cities.



In Townsville the Greek Senior Citizen Group meeting is held at the local Greek Church hall every second Tuesday morning. The group has a social lunch and often has outings around the Townsville area. Contact: Andrea Mahlouzaridis (Chairperson) Phone (07) 4773 2224

Greek Orthodox Community of St George,
36 Browning Street,
South Brisbane
Phone: (07) 3844 3669
This organisation can provide contact details for Greek social, religious and community services across Queensland.

Television

The SBS television network is available in Townsville and provides a Monday to Friday news bulletin (currently at 10.30am) via satellite from ERT Athens, in Greek (no subtitles). Other major cities of Queensland also receive SBS television.

SBS television programming can be downloaded from their website by going to the following address:
<http://www.sbs.com.au/whatson/index.php3>
then choose what you are interested in from the listed menu.



Check your TV program guide or the website for local viewing time as they may change in rural areas or across time zones.

Movies

Greek language DVD's are often available for purchase at large Department stores (eg Big W). It is important you check on the back of the DVD for the list of languages in which it is available.



The Orthodox Church in Brisbane has a range of movies which may be borrowed through the Townsville Greek Senior Citizens Group, Andrea Mahlouzaridis (Chairperson), phone (07) 4773 2224.

It is also possible to purchase Greek-language movies from the website:
<http://multilingualbooks.com/foreignvids-greek.html>

Radio

SBS radio programming can be downloaded from their website by going to the following address

www.sbs.com.au/radio/

then use the "Choose a language" drop down box from the right side of the screen radio schedule" on the left side of the screen to select Greek and you can download various broadcasts in Greek.



Check your radio program guide or the website for local listening times as they may change in rural areas or across time zones.

Newspapers

Unfortunately there are no newsagents in Townsville that supply Greek newspapers. In Brisbane, the Greek Orthodox Community of St George knows those newsagents stocking Greek newspapers.

The Greek Orthodox Community of St George also produces a monthly newspaper in Greek called "Logos" and it is available from their offices.

There are a large number of Greek newspapers (some in English as well) available online at

<http://www.onlinenewspapers.com/greece.htm>



If the person can't use a computer, don't forget you can access the internet and load these newspapers and print all or some pages which can then be given to the person to read at their leisure.

Books

Every council library in Queensland borrows from the Qld State Library. The State Library has many Greek-language resources (books, videos, CDs), which your local library can arrange to borrow for a small fee.



You can do a search of the State Library resources (which will list the resource, type of resource and call number) by going to the following web address:

<http://www.slg.qld.gov.au/find/cat>

You can search the Townsville City Council or Thuringowa City Council library catalogue at the following website for books, videos and DVD's on various Greek subjects:

<http://www.townsville.qld.gov.au/libraries/spydus.asp>

<http://library.thuringowa.qld.gov.au/>

The Greek Orthodox Community in Brisbane also has a small range of books which may be borrowed through the Townsville Greek Senior Citizens Group, Andrea Mahlouzaridis (Chairperson), phone (07) 4773 2224.

Music

Greek people are passionate about their music and take it very seriously because their folk music and songs mirror geographic locations, peoples and particular events.

There are distinct Greek songs for different occasions such as weddings, feasts, lullabies and funerals.

Some Greek music can be sourced through Sanity's website using their search engine at web address: <http://www.sanity.com.au/>



Establish each individual's preferences and check whether family members can assist in finding Greek language books, videos, DVD, music etc.

For more information

Refer to Diversicare's Cultural Diversity Resource Directory (2004) for more detailed information about sources and other options.

RELIGION

Profile

Of the total Greek-born population in Australia the major religions are:

- Greek Orthodox (92.2%);
- Macedonian Orthodox (1.2%);
- Western Catholic (0.6%)

(Source: Greek Community Information Summary, DIMIA, 2003)

Greek Orthodox is the dominant religion with the Church being more than a place of religious worship. The Church is often the centre of cultural activities of the local Greek community. There are a large number of Greek Orthodox Churches across Queensland.



YOU need to establish each person's religious preferences and link him/her into a local minister of that religion.

Important days

Greek name days

Name Days (or Saint Days) are the feast day of a saint who an individual is named after and are important to older Greeks.

A person's actual birthday could pass without much notice, but his/her Name Day is celebrated traditionally with a party, giving of small gifts and perhaps attendance at Mass. For younger generations in Australia Name Days are losing their significance.



You can find a list of Name Days on the internet by conducting a search.

Festivity	Month / Date	Customary practices
New Year's Day	1 st January	The Feast of St Basil is associated with a good start for the new year. An old Byzantine custom of slicing the <i>Vassilopita</i> (Basilcake or New Year Cake) gives the person who finds the hidden coin in his slice, good luck for the year.
Epiphany Day	6 th January	Epiphany (when John the Baptist baptized Jesus in the river Jordan) is celebrated throughout Greece when the Blessing of the Waters takes place. A cross is thrown into the sea, lakes or rivers and retrieved by swimmers who are then entitled to good luck. This is celebrated by the Townsville Greek community at the Strand Rock Pool.
Independence Day	25 th March	Formal proclamation of the Greek War of Independence against Turkish rule on 25 March 1821.
Labour Day	1 st May	Labor day and the Feast of the Flowers in Greece this is the beginning of Spring and celebrations include maypole dancing, country picnics and kite flying.

Orthodox Shrove Monday		Shrove Monday is the commencement of fasting, although not all Greek people fast, especially if they are ill.
Orthodox Good Friday		Greek families are likely to take a resident home during the Easter period. No meat is consumed on Good Friday and fish is commonly eaten.
Orthodox Easter Sunday		Easter Sunday is the biggest church holiday in Greece. After Church families usually gather for a festive lunch. Red eggs are cracked against each other and the person with the last remaining uncracked egg will have good luck.
Assumption of Mary	15 th August	The day of the Panagia (Virgin Mary) is the second biggest religious holiday after Easter, celebrated on 15 th August after two weeks of lent.
Greek National Day	28 th October	The 28 th is Ochi Day, celebrating the Greek refusal to let Italy occupy the country during WWII. The Italians invaded and were driven back into Albania and nearly back to Italy. There are military parades in the major towns and cities. In Townsville the local Greek community have a big celebration on this day.
Christmas Day	25 th December	Some Greeks may fast (no eating meat) for 40 days before Christmas. The Christmas meal is usually roast pork, vegetables, salads and cake.
Boxing Day	26 th December	Usually a day for picnics.



The above listing is not intended to be exhaustive; rather it lists the major shared 'special days', you should check with the person or his/her family if there are other special days, which is important to that person.

FOOD AND DIET

Meals in the Greek culture are social events, with all components of the meal (bread, salads, olives, dips) placed on the table for people to serve themselves. Appendix B contains some recipes for key foods.

Large quantities of fish are eaten, and lamb is also popular, with meats being served with sauce from their juices. With most meals salads are served and dressed with olive oil and lemon juice or vinegar.

Breakfast is often coffee, toast (perhaps with feta cheese), white crusty bread (with honey, jam or cheese) or eggs served as an omelette.

Lunch was once the main meal of the day, but for some Greek-born people dinner has replaced it.

Lunch can include salads, fish, chicken, pasta, crusty white bread with anchovies; olives, cheese and salami or sliced cucumbers and tomatoes. White crusty bread is served at each meal.

Dinner is now the main meal of the day and can include soup (lentil or bean); meat (eg roasts or marinated meat); pasta or fish. Vegetables are flavoured with spices and herbs such as peas with basil, thyme or chives; potatoes with rosemary, dill, lemon or oregano or tomatoes with basil or mint.

Wine is enjoyed at both lunch and dinner. If a person is unable to have wine cranberry juice can be used as a substitute for wine.



It is important to establish each person's food preferences, cooking style (eg fried versus poached), quantity and timing of meals and recorded as part of their care plan.

More and more of the larger food stores eg Woolworths, Coles are stocking Greek foods, and you should check what is available at these types of stores in the first instance.



To find other local sources of food make contact with your local Greek Orthodox Church, if one is present in your community

HEALTH

Attitudes to illness and pain

It is common for Greek-born people to verbalise their feelings of distress or pain.

Although most are accepting of pain relief, if someone is uncooperative it may be helpful to patiently explain the benefits of taking the prescribed medication.

Perception of health professionals

Greek people readily utilise doctors, but some older Greek-born people may be unfamiliar with allied health services and tend not to view them as useful.

It is very important for Greek-born people to have a good, trusting, relationship with their doctor or other health professional. For many Greek men it is vital to have a male doctor, especially if they have to undress. Likewise, older Greek women should see female health professionals. For both sexes privacy is of utmost importance.

DEATH AND DYING

Palliative Care

Many Greek-born people are very sensitive on death and dying issues so it is very common that Greek families do not want the dying person to be told of their diagnosis and prognosis, believing that it will only burden the dying person further.

Greek families prefer to be informed first of the diagnosis and then decide if the ill person should be told. Sometimes it may be the eldest son that would tell his parent of the diagnosis.

There is fear of cancer and often the word 'cancer' is not used, instead many use an alternative word, such as 'the growth'. In the

final stages of dying gender rules about personal care are less important.

Death and Dying

Someone of the Orthodox faith will want a priest to read the last rites and to provide them with their final communion.

Before the funeral the deceased may be displayed in an open coffin for family and friends to offer last respects. Cremation is against Orthodox beliefs.

Close family may wear black for the first year after the death, with friends wearing black for 40 days.



It is important to establish each person's wishes in the event of palliative care or death and recorded as part of their care plan.

LANGUAGE

The main language is Greek, using the Greek alphabet, which is a Cyrillic alphabet.

Of the total Greek-born population in Australia, Greek was the main language spoken at home for 107,920 persons (88.5%).

A small percentage of Greeks speak Macedonian. Some older generation Greeks may not be able to read or write in Greek.

In addition, 64.6% of this population spoke English very well or well and 34.1% spoke English not well or not at all. (Source: Greek Community Information Summary, DIMIA, 2003)



YOU need to be aware that just because they once could speak English, this does not mean a) they necessarily spoke it fluently or extensively OR b) they have retained these skills as he/she aged OR c) that it is their preferred language as speaking English can be tiring to the elderly.

Greek language guides targeted at health and everyday activities is available at a cost from:

HENDRIKA (HEalth aND Rapport
Interactive Kommunikation Aid)

P O Box 326, Beaudesert, Qld, 4285 Phone
(07) 55446606

KEY WORDS

Pronunciation advice:

a = **u** in **but**
ch = **ch** in **chair**
j = **j** in **jam**
e = in **met**
ee = **ee** in **meet**
g = **g** in **go**
G = **ch** in **loch**

i = **pit**
o = in **top**
oa = **oa** in **boat**
oo = in **book**
r = slightly trilled r
th = **th** in **thin**
TH = **th** in **this**
y = **y** in **yes**

Greetings	Pronunciation of Greek words for English speakers	Greek
Hello	yiasoo	γεια σου
Good morning / Good evening / day	Kalimera	
Good evening	Kalispera	
How are you?	Ti' Kanis	
Yes	ne	ναι
No	oGi	οχι
Please	para-kalo	παρακαλω
Thank you	efGa-risto	ευχαριστω
My name is ...	me lene ...	με λενε ...
Good bye	yia soo	γεια σου

Conditions		
Hot	zestos	ζεστος
Cold	kreeo	κρυο
Noisy	thori-vodis	θορυβωδης
More	peris-sotero	περισσοτερο
Less	leegho-tero	λιγοτερο
Hungry	peenao	πειναω
Thirsty	dipsas-menos	διψασμενος
Wet	vregmenos	βρεγμενος

Emotional states		
Sad	lipi-menos	λυπημενος
Tired	kooras-menos	κουρασμενος
Good	kalos	καλος
Bad	kakkos	κακκος
Ill	arostos	αρρωστος

Body parts		
Leg	poTHi	ποδι
Foot	poTHi	ποδι
Toe	Gaktilo podhioo	δαχτυλο ποδιου
Arm	bratso	μπρατσο
Hand	Geri	χερι
Fingers	THaGtilo	δαχτυλο
Face	prosopo	προσωπο
Head	kefali	κεφαλι
Tooth	THondi	δοντι
Throat	lemos	λαιμος
Eye	matee	ματι
Hair	malya	μαλλα
Chest	steethos	στηθος
Stomach	stomaGi	στομαχι
Intestines	endero	εντερο
Bladder	keesti	κυστη

Directions		
Right	THeksya	δεξια
Left	aris-tero	αριστερο
To come	ela	ελα
To go	pingene	πηγαινε
To stand	stekome	στεκομαι
Outside	ekso	εξω

Activities		
Telephone	tile-fono	τηλεφωνο
Radio	raTHio-fono	ραδιοφωνο
Television	tileo-rasi	τηλεοραση
Music	moosikee	μουσικη
Knitting	pleko	πλεκω
Pray	prosef-Gome	προσευχομαι

Rooms		
Bed	krevvati	κρεββατι
Bedroom	krevvato-kamara	κρεββατοκαμαρα
Toilet	tooa-leta	τουαλετα
Dining room	trape-zareea	τραπεζαρια
Chair	karekla	καρεκλα
Table	trapezi	τραπεζι

Clothing		
Dress	forema	φορεμα
Trousers	panTHE-loni	παντελονι
Underwear	eso-rooGa	εσωρουχα
Shirt	pooka-miso	πουκαμισο
Cardigan	zaketa	ζακετα
Hat	kapelo	καπελο
Glasses	gealya	γυαλια
Pyjamas	pitsames	πιζαμες
Sock	kaltses	καλτσες
Shoe	papoo-tsia	παπουτσια

Drinks		
Tea	tsai	τσαι
Coffee	kafes	καφες
Wine	krasee	κρασι
Beer	Beera	μπυρα
Water	Nero	νερο
Juice	gimos	χυμος
Milk	yala	γαλα
Sugar	zaGari	ζαχαρη

Meals		
Breakfast	proyevma	προγευμα
Lunch	mesime-riano	μεσημεριανο
Dinner	Theepno	δειπνο
Snack	proGiro faghito	προχιρο φαγητο

Food		
Bread	psomee	ψωμι
Toast	friganya	φρυγανια
Butter	vootiro	βουτυρο
Cake	gleekisma	γλυκισμα
Biscuit	biskoto	μπιοκοτο
Lolly	kara-meles	καραμελες
Chocolate	soko-lata	σοκολατα
Beef	voTHhino	βοδινο
Chicken	koto-poolo	κοτοπουλο
Pork	girino	χοιρινο
Fish	psari	ψαρι
Salad	salata	σαλατα
Fruit	froota	φρουτα
Vegetables		λαχαωικα
Salt	alati	αλατι
Pepper	piperi	πιπερι

Utensils		
Knife	maGeri	μαχαιρι
Fork	pirooni	πηρουνι
Spoon	kotali	κουταλι
Glass	poteeri	ποτηρι
Cup	fleedzani	φλυτζανι
Plate	pyato	πιατο
Bowl	bol	μπωλ

Personal activities / items		
Bath (ie to take a bath)	kano mpano	κανω μπανο
deodorant	aposmee-teeko	αποσμητικο
Razor	ksira-faki	ξυραφακι
Comb	Gtena	χτενα
Powder	poonTHra	πουνδρα
Toothbrush	oTHondo-voortsa	οδοντοβουρτσα
Wheelchair	anapi-rikee karekla	αναπηρικη καρεκλα

Special occasions		
Birthday	yene-thlia	γενεθλια
Christmas	Gristoo-yenna	χριστουγεννα
Easter	pasGa	πασχα
New year	proto-Gronia	πρωτοχρονια

Relations		
Father	pateras	πατερας
Mother	mitera	μητερα
Grandfather	papoose	παππους
Grandmother	yiayia	γιαγια
Husband	seezeegos	συζυεγος
Wife	seezeegos	συζυεγος
Mister	Keerios	κυριος
Mrs	Keeria	κυρια
Son	yios	γιος
Daughter	kori	κορη
Child	peTHee	παιδι

Appendix A How to play Tavli

Tavli is a game consisting of three other individual games. One of them is the well known [backgammon](#) (BG) with the exception of the doubling and usually the backgammon rule (3 points win). The same applies to all three games. It is played to five (5) or seven (7) points rarely three(3) points. The equivalent of BG is the game called "[Portes](#)", the other two are "Plakoto" and "Fevga". The exact equivalent of BG is "Vidos".

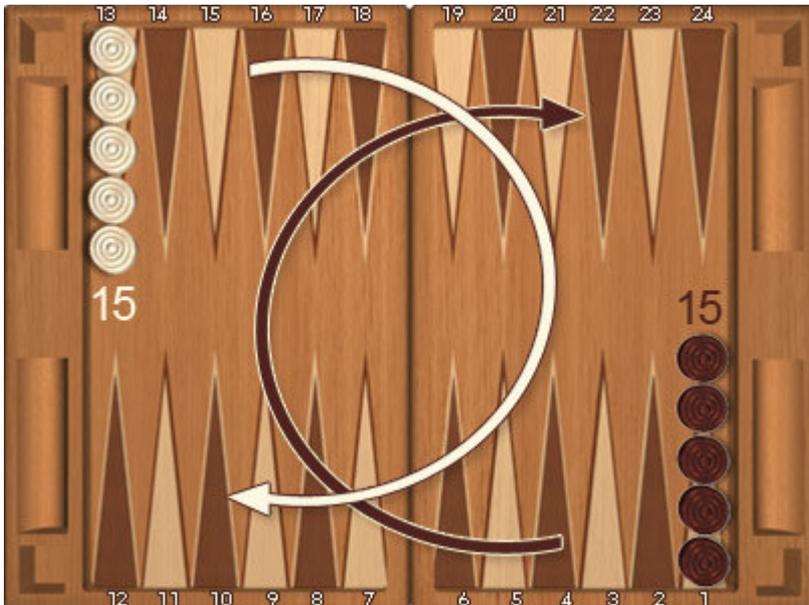
The object of all three games - like BG - is to move all your checkers in the designated quarter of the board (home area) and collect them. BG has the most difficult setting of the checkers, and on the board at the starting point.

"Plakoto":

You put all the checkers at point 1 and 24 equivalently, as shown bellow. As with BG if two or more pieces are in one position they form a barrier, "porta". However when there is only one checker in a position it can be "frizzed" by a checker of the opponent. That means, if a white checker say, can be placed on top of a single black checker then until it is removed the black checker can not be removed.
Note 1: More than one white checkers, in the example above, can be placed on top as well.
Note 2: The starting positions (1 & 24) are the master positions, "mana". If a single, (the last obviously) checker - the master checker - is caught there by the opponent the game is won as a backgammon.



"Fevga":



That's maybe the most difficult one to explain and to play well. The checkers are set in two opposite corners. It's a game of speed and positioning. Both players play in the same direction, let's say counter clock wise. The two setting corners are for instance positions 12 and 24 as in the figure left. The first thing to do is to place a single checker in the opponent's starting quarter. Each player can only move that checker until then. Once you do that you may start moving the other 14 checkers. A single checker here blocks a position.

Note 1: A player can not at any point block all six positions of its starting quarter.

Note 2: When one of the players has formed a six position barrier and the other player has collected all of his/hers checkers at the single position behind the barrier then the first player has to create a playable position for the second player.

Note 3: A variation of "Fevga" is "Giul". The only difference to "Fevga" is that when you roll a double you have to play that double and all the others in an increasing manner, e.g. if you roll 4x4 then you have to play 4x4, 5x5 and 6x6.

Appendix B Recipes

Greek Red Easter Eggs

Ingredients:

6 fresh white eggs; red food dye or colouring;
¾ cup of white vinegar; olive oil

Method:

Wash eggs with soap and water then carefully dry them. Boil sufficient water to cover the eggs in a saucepan. Once the water is boiling, add the red dye and vinegar to the water and boil for two to three minutes. Then carefully lower the eggs into the boiling solution, lower the heat and simmer for 15 minutes. Remove the eggs and cool them on paper towel. Once cool, wipe the eggs with some olive oil and wipe the excess oil off.

Vasilopita (St Basil's New Year Cake)

Ingredients:

1 cup butter; 3 cups plain flour; 2 cups white sugar; 6 eggs; 2 teaspoons baking powder; 1 cup milk; ½ teaspoon baking powder; ¼ cup blanched slivered almonds; 1 tablespoon lemon juice.

Method:

Heat oven to 200 degrees. Wrap a gold coin in aluminium foil. Grease a 27cm round cake tin with butter. Cream 1 cup of butter and 2 cups of sugar until light in colour. Add the flour and mix until it resembles coarse breadcrumbs. At one egg at a time blending in the mixture as you go.

In another bowl mix 2 teaspoons of baking powder and 1 cup of milk. Now add this to the cake batter. Pour this batter into the greased tin and place the foiled coin inside. Bake for 20 minutes. Remove the cake from the oven and sprinkle almonds and 2 tablespoons of sugar over the cake and then return the cake to the oven for another 20 to 30 minutes (until the cake springs back to the touch). Cool on a rack for 10 minutes then serve.

The cake should be served warm with the most senior Greek person receiving the first slice. Whoever gets the coin is blessed!

Roast Lamb

Ingredients:

½ cup oil; 3 tablespoons dried rosemary; 3 tablespoons dried oregano; juice from 6 lemons; 1 ½ cups dry red wine; 4.5kg leg of lamb; 2 teaspoons salt; 2 teaspoons pepper; 10 new potatoes; 10 garlic cloves.

Method:

Preheat the oven to 250 degrees. To make the marinade finely chop one quarter of the garlic and mix with one quarter of the olive oil, ½ of the rosemary and oregano and ½ of the lemon juice and the red wine. Marinate the lamb in this mixture (cover and refrigerate for 6 to 12 hours, turning the lamb every few hours). Once marinated place the lamb in an oiled baking tray. Crush the remaining garlic (except one clove) and herbs. Remove the lamb from the marinade (preserve for later use) and insert the mix into 3cm slits cut into the marinated lamb, leaving a little of the mix to rub over the lamb, along with some olive oil. Sprinkle salt, pepper and juice of lemons over the potatoes (either whole or halved). Pour the marinade over the lamb and place uncovered in an oven at the reduced heat of 180 degrees. Bake about 30 minutes for each ½ kg. Paste every 15 minutes with the pan juices.

Additional resources

Diversicare Resources

Cultural Diversity Resource Directory for Residential and Community Care Agencies, 2005. Lists all known resources under chapter headings of – Communication, Cultural background, Health and Personal Care, Lifestyle, Legal, Management, Resources. Phone Margaret Hess, Director, Diversicare for these resources on 07-38491099

Useful Websites

Western Australia

www.health.wa.gov.au/mau/

New South Wales

www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/resources/index.html#top

Victoria

www.healthtranslations.vic.gov.au/bhcv2/bhcv2.nsf/CategoryDoc/PresentCategory?Open

Federal Government

www.ageing.health.gov.au/publicat/multilin.htm
www.ageing.health.gov.au/publicat/pubindex.htm

Cross Cultural Health Program (USA)

www.xculture.org/resource/order/index.cfm?Category=Articles

Centre for Culture Ethnicity and Health - Video Catalogue

http://www.ceh.org.au/video_catalogue.htm

Alzheimers Australia

www.alzheimers.org.au/content.cfm?categoryid=14

Alzheimer's Australia NSW

www.alzheimers.org.au

Tavli

<http://users.hol.gr/~mmagirou/>

Queensland Health – Multicultural Health Publications

www.health.qld.gov.au/publications/restopicmaster.asp?Rec=40&frmHealthTopic=MulticulturalHealth

Queensland Transcultural Mental Health Centre

www.health.qld.gov.au/pahospital/qtmhc/multilingual_resources.asp

Cancer Foundation

<http://www.cancerindex.org/clinks13.htm>

Nutrition Australia

www.nutritionaustralia.org

Information Lines

Aged and Community Care Information Line:
1800 500 853

Carelink: 1800 052 222

Libraries

Organisations must be registered to borrow

Diversicare Phone: (07) 3846 1099

Blue Care Phone: (07) 3377 3327

St Lukes Nursing Service Phone: (07) 3421 2846

Queensland Transcultural Mental Health Centre Phone: (07) 3240 2833

HACC Resource Unit Phone: (07) 3350 8653

Alzheimers Association Phone: (07) 3857 4043

Correction / Addition Form

Please complete the following page if you are aware of either incorrect details or you know of additional resources that should be included.

Correction

Listed item	Correction
Title: Page:	

Additional Resources / contact

Contact details	Description of resource
Title: Publisher: Address: Phone: Website:	(include whether Person contact, Book, tool, video, article, course)

Send this form:

Post	Fax
Diversicare P O Box 5199 West End Qld 4101	Attention: Margaret Hess Diversicare FAX: 38461107

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