

## GREEK ORTHODOX COMMUNITY OF NSW LTD

# Information and Awareness Seminar Mental Health Week 2009

The Welfare Department of the Greek Orthodox Community of NSW held an Information and Awareness Seminar as part of Mental Health Week 2009.

The event which was held on Tuesday 6th October at the Greek Community Club at Lakemba saw a large number of participants listen to Greek speakers representing various organizations and services, including: Antonia Kapsalis- Transcultural Mental Health, Vivi Koutsounadis- Greek Orthodox Community of NSW Welfare Convenor, Vicky Mylona- Rockdale Community Health, Mahi Koutzoumis Dunne- Greek Orthodox Community NSW Welfare Department, Mary Petropoulou- Greek Mature Aged Support Group of Dolls Point, and Tasoula Akritidou- Yoga Instructor.



privileged to take part in basic yoga and relaxation techniques

shown on the day by Ms Akritidou.

The event culminated with a performance by popular Greek Australian entertainer Matthew Dunne, prior to light lunch and refreshments being served.

The Welfare department Staff received much positive feedback and are looking forward to hosting such events again in the future.

The Greek Orthodox Community of NSW Welfare Department would like to thank all those who participated on the day, the Guest Speakers and the Mental Health Association of NSW for making the event possible.



Management/Coping Skills, Stigma, Participating in Groups, and Yoga and Relaxation Techniques.

Topics addressed on the day were: Social/Emotional Well being, Stress

Participants, speakers and Welfare Department staff were



## "The Australian Hellenic community looks forward to a final resolution being reached between Athens and Skopje"

In a recent letter to the Australian Hellenic Council the Minister for Foreign Affairs Mr. Stephen Smith reassured the Australian Greek community that the government's position concerning the naming of FYROM remains unchanged.

The letter states, "the Government provided advice to the Australian Hellenic Council in June this year that Australia's position on the name issue remained unchanged. This advice stands. Australia continues to use the UN provisional name as an interim measure pending resolution of the dispute between Athens and Skopje. Our approach to the social security agreement between Australia and the Former Yugoslav Republic of Macedonia is consistent with this long-standing policy. We will conclude the agreement by exchange of letters, and Australia's letter will use the UN provisional name. This approach was also used to conclude the Stabilisation and Association Agreement between the European Union and the Former Yugoslav Republic of Macedonia".

Ms Drivas/AHC National Co-ordinator, acknowledged the fact that this undertaking was given to the AHC during this years June meetings in Canberra. However given the overwhelming concerns of the Australian Hellenic Community a further clarification was necessary. Ms Drivas said, "the Australian Hellenic community looks forward to a final resolution being reached between Athens and Skopje, a resolution acceptable to both sides. The Australian Hellenic Community supports the Governments position".

## Two more names proposed officially to ERT

As of the beginning of September, the record labels began their proposals to the Greek national broadcaster for the 2010 national final, after ERT's sounding call for proposal submissions. So far we knew that Universal proposed Katerine Avgoustakis (Greek Belgian) and Minos EMI proposed Despina Ricci (Greek French). Today we can reveal the two bids offered by another record label, officially confirmed by the label itself.

### THE TWO NAMES

Maro Lytra (Greek Canadian) and Natalia Mavrogiannis (Greek Australian) seem to conclude the bidding cycle of the 2010 Eurovision Song Contest as they are both proposed to ERT by the new record label "DREAM" (the new name of the specific record label soon to be announced)

### MARO LYTRA

After the success of her debut album "Mikres Amarties",

Maro Lytra releases her second much anticipated studio album, entitled "I Michani Tou Chronou"! The Greek-Canadian pop star, who became famous through the Greek version of Fame Story music reality game, returns with a strong album, which contains great smash hits! The new album is written by talented songwriter Phoebus, Andreas Lambrou, Christos Papadopoulos and singer/songwriter Stamatis Gonidis. Housing 11 modern laika hits, Lytra's brand new album has already hit the top



of the Greek charts! Yiorgos Lianos performs guest vocals in a hot duet with Maro entitled "Ine Trela", written by Stamatis Gonidis.

### NATALIA MAVROGIANNIS

Natalia Mavrogianni was born in Melbourne Australia on the 4th of January 1987. Over 4 years ago she moved to Athens Greece. She started singing lessons at the age of 11 and has been singing professionally since the age of 14. Natalia has done many world tours in the USA, Canada, Australia, South Africa, Germany, Cyprus and also she has toured around the whole of Greece. She worked with a lot of Greek artists, such as: Giorgos Mazonakis, Elena Paparizou, Kostas Karafotis, Giorgos Alkaio, Vassilis Karas, Glykieria, Petros Imvrios, Giorgos Daskoulidis, Nikos Kourkoulis, Giorgos Margaritis, Panos Kallidis, Eirini Merkouri, Stelios- Aggelos Dionisiou.