

Global Kitchen: Greek recipe

IT is well known that Greeks love to eat hearty home-made food. Meals in Greek culture brings families together and for Koula Nicolaou, who comes from the little island of Cyprus, it is the reason she cooks.

Many Greek households in Australia have two kitchens, one inside, and one outside.

You are also likely to find an impressive organic vegetable garden in the backyard.

Mrs Nicolaou is no different, and she is proud of the produce that comes out of her Greenacre home.

From her harvest she makes a traditional Greek casserole with a tuber vegetable called taro, juicy ripe tomatoes, crisp celery and lean pork pieces. She serves it with a Greek favourite, dolmades (mince wrapped in vine leaves).

The whole family is there to help with the preparation and cooking of the dish.

Koula prefers to eat this dish for a Sunday afternoon lunch, but says it is



Koula Nicolaou relishes traditional Greek home cooking. Picture: NICK BLOUKOS

also great for dinner with the family.

“Back in the village, we liked to cook with what the land offers, and taro was known as the vegetable of our village,” Mrs Nicolaou said.

“Over there I would have been cooking for 10 to 20 people at least, but here it is only on special occasions.”

The popular meals in Cyprus usually involve meat, and goat meat is very popular.

Because of fasting on Wednesdays and Fridays, vegetarian dishes are also very important, and most ingredients will be found in a typical Greek garden.

Unfortunately, we cannot all grow our own produce, but for those who can, the rewards are on the plate.

- BY JAMIE PERICLEOUS, work experience student Article from The Express



Fury over Yarra's flag rejection

Melbourne's Greek-Cypriot community has slammed Yarra Council for rejecting a proposal to fly the Republic of Cyprus flag to honour the nation's 50th year of independence.

Yarra councillors have unanimously rejected the request to raise the flag at the municipality's town halls, saying they did not want to be seen taking sides on a politically sensitive issue.

Cyprus gained independence from Britain in 1960, but has been the subject of diplomatic tension since Turkey invaded the northern portion of the island in 1974.

But the president of the Cyprus Community of Melbourne and Victoria, Harry Tsindos, said Yarra was out of step with municipalities like Stonnington, Port Phillip, Monash and Whitehorse, which agreed to fly the flag last week.

“Maybe Yarra Council is not up to speed with what's going on when it comes to the Cyprus flag,” Mr Tsindos said. “I am disappointed they have not consulted with us regarding the issue.”

“I think their actions are more controversial than raising the actual flag.”

Yarra councillor Geoff Barbour said the council did not want to exacerbate what could be a controversial issue for the local Cypriot community.

“There was very little information given to us in terms of the full diplomatic background to the situation,” Cr Barbour said.

“In that regard it certainly seems to me that we could be inflaming the situation or, on the other hand, supporting one side in a conflict that the City of Yarra has got nothing to do with.”

Spokespeople for Stonnington and Port Phillip councils confirmed to fifyarra Leader that they had raised the flag on their buildings in honour of the anniversary.

Yarra Council chief executive Andi Diamond said it was “unusual” for Yarra to fly the flags of nations other than Australia.

But she said council had raised the flag of North African territory Western Sahara in 2009, following a request from a community group.

“Council receives similar requests from time to time but does not always approve those requests,” Ms Diamond said.

YOUTH COMMISSIONERS TO PROMOTE CULTURAL DIVERSITY

The NSW Government is searching for two young people, aged 18 to 24 years, to become Youth Commissioners for the NSW Community Relations Commission (CRC).

“We are looking for bright young people who recognise and value the different linguistic, religious, racial and ethnic

backgrounds of residents of NSW,” Minister for Citizenship John Hatzistergos said.

“They will be appointed to the CRC to represent young people by working to promote equal rights and responsibilities as well as promoting the strength of our diverse community.”

Mr Hatzistergos said ex-

pressions of interest for young people who would like to become a Youth Commissioner close Friday, October 15.

“The NSW Government recognises that multiculturalism is one of our State's greatest strengths – culturally, socially and economically,” he said.

“Being a Youth Com-

missioner represents a wonderful opportunity for enthusiastic and ambitious young people to contribute to building on our strong commitment to a culturally diverse NSW.”

The Community Relations Commission has eleven commissioners, comprised of one chairperson, one deputy chairperson, two youth commissioners and seven commissioners. Regular meetings are held on the second Friday of every month. Youth commissioners receive sitting fees for their services and some travel expenses are also covered. Appointments are usually for a three year period.

Further information may be obtained from Ms Marte Tagle on telephone 02 8255 6788 or email marte.tagle@crc.nsw.gov.au or at www.crc.nsw.gov.au

Expressions of interest may be submitted by: email: commissioner@crc.nsw.gov.au fax: 02 8255 6868 post: The Chairperson

Community Relations Commission PO Box A2618 Sydney South, NSW, 1235

Deadline for submission: 15 October 2010

SMALL BUSINESSES HIGHLIGHT BENEFITS OF BEING WEB SAVVY

Four small businesses have shown how embracing e-commerce has brought immense benefits for their operations.

All four small businesses participated in activities run by service providers funded by the Australian Government's Small Business Online program.

They documented their experiences in vodcasts that have been loaded on to the AusIndustry website so that other small businesses can see the benefits of participating in the program.

Small Business Minister, Senator Nick Sherry, said the \$14 million Small Business Online program was designed to assist around 50,000 small businesses, including those in regional areas, gain the right skills to do better on the web.

“The Government has provided funding to 47 service providers Australia-wide to give free or low-cost IT skills development, training and mentoring services to small business owners and managers,” Senator Sherry said.

“It is great these small businesses, three of which are located in regional areas, have benefited from participating in the program and can use the skills and knowledge they have gained to enhance their businesses.”

“All small businesses should equip themselves with strong IT skills to take advantage of the immense opportunities that will come with the National Broadband Network.”

The vodcasts and information on the Small Business Online program and other Australian Government small business assistance measures are available at www.ausindustry.gov.au