



'Wisdom in the Information Age' - 2nd night 28th April also sold out!

Philosophy Night at Ithaka Kafeneion, presented by Edward Spence

After a few years absence from the Greek Festival program Dr Edward Spence returned yesterday to a sell out Philosophy night where he talked about the origins and sources of Wisdom in ancient Greece and its contemporary relevance in the Information Age.

A performance of Edward's play *Wise After the Fact* accompanied the presentation, exploring the relationship between wisdom, the Internet and happiness. Ithaka Kafeneion provided the setting, serving guests a sumptuous selection of Greek mezedes.

The by popular demand 2nd night scheduled for the 28th April has also sold out!

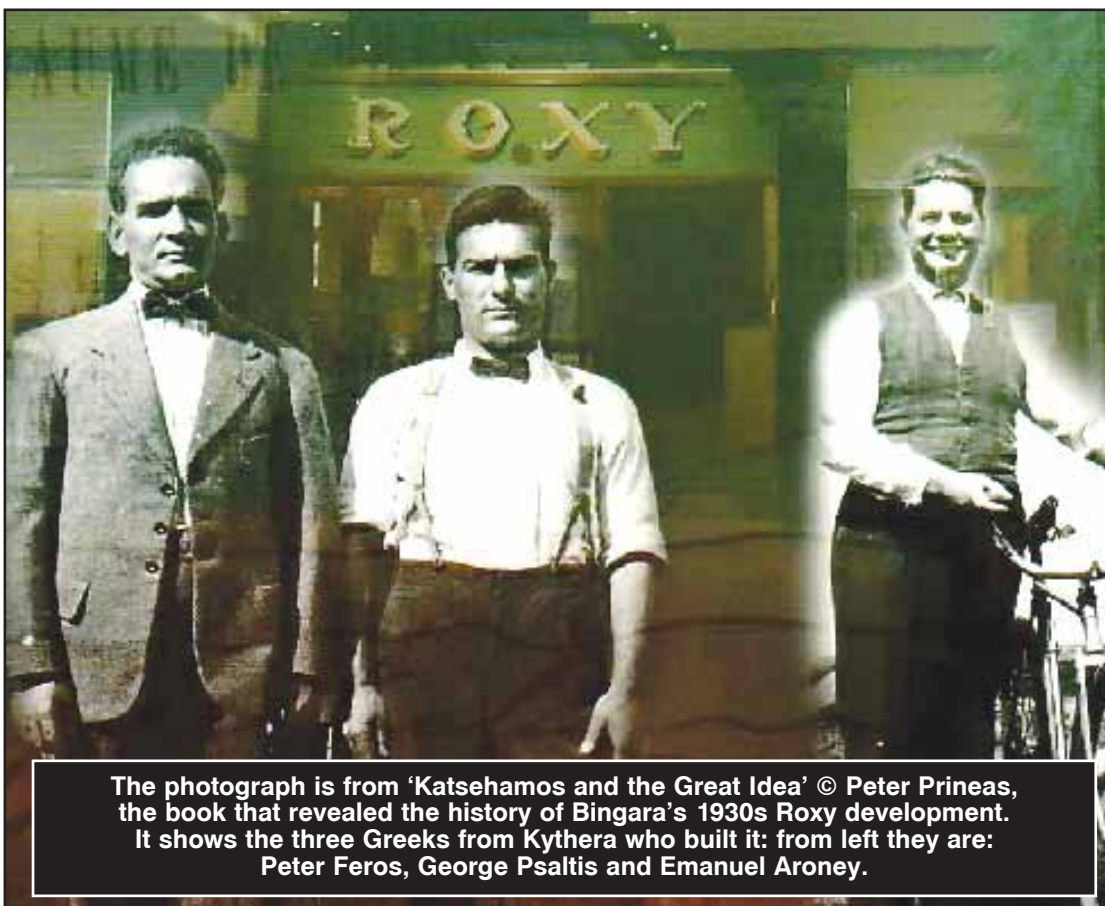
Play directed by Raymond Harding, School of Communication and Creative Industries, Charles Sturt University

Performers: Edward Spence, Centre for Applied Philosophy and Public Ethics, Charles Sturt University, Kathryn Koromilas as Ms Wise and Brendan Strobl as Mr Google.

*Ithaka Kafeneion
13/24-30 Springfield Avenue (above Harris Farm Market)*

Potts Point 2011

www.greekfestivalofsydney.com.au



The photograph is from 'Katsehamos and the Great Idea' © Peter Prineas, the book that revealed the history of Bingara's 1930s Roxy development. It shows the three Greeks from Kythera who built it: from left they are: Peter Feros, George Psaltis and Emanuel Aroney.

Bingara's Roxy will honour Greek contribution to Australian life and culture

On 9 April 2011, hundreds of people, many of them of Greek background, came to the little town of Bingara in North western New South Wales to celebrate the 75th anniversary of the Roxy Theatre and the launch of the restored Roxy Cafe and the new Museum of Greek Settlement in Country Australia.

The Roxy Cinema-cafe complex was completed in 1936 by the partners of Peters and Co. Emanuel Aroney, Peter Feros and George Psaltis.

In his welcome the Mayor of the local council, John Coulton, spoke of the "amazing foresight" of the council in taking the first step in purchasing the Roxy Theatre and restoring it.

He reminded his audience that the Bingara Roxy was built by three Greek immigrants from the island of Kythera and that today it is a symbol epitomizing the Greek migration experience, one that has made an outstanding contribution to the development of Australia.

"Greek cafés changed the course of Australia's cultural history and left a significant legacy on our culinary and cultural land-

scape" Mayor Coulton said.

The Mayor noted that the late Kevin Cork in his PhD thesis made a strong argument for maintaining Greek-Australian cultural and historical sites:

If we are to remember these Greeks for their contributions to Australia's social, architectural and technological advancement, then it is imperative that there be Greek landmarks which are acknowledged at local and state level - ones that point to the achievements of the Greek-Australian cinema exhibitors...

We cannot allow their histories to be forgotten, not when they provided services that positively affected millions of people, firstly, through their refreshment rooms and, secondly, through their picture theatres.

Mayor Coulton said Kevin Cork's vision would be realised in Bingara.

"The Roxy will become a place of national significance that conserves and protects the important cultural associations between people and place. It will provide opportunities for the celebration of Greek traditions that became embedded in Australia" he said.

Free in-language seminars to help bilingual seniors be medicinewise

Seniors from across Australia wanting to learn more about their medicines and managing pain can attend a free information session over the next three months, as part of a campaign by NPS to help people be medicinewise.

The seminars will cover two topics: 'safe and wise use of medicines' and 'managing pain' and will be held in Italian, Greek, Cantonese, Mandarin, Korean, Spanish, Vietnamese, Arabic and Macedonian.

"In any given week 90 per cent of Australians aged over 65 years take at least one prescription or non-prescription medicine. The risk of mishap increases with the number of medicines people take, and it's further heightened for people with low English proficiency," NPS clinical adviser, Dr Danielle Stowasser said.

Reasons for this include misunderstanding instructions given by a health professional, fear of or resistance to questioning the health professional, and cultural differences, which may include different definitions of what is a medicine.

"These information sessions have been designed to empower people so they can play a more active role in their own health care. People will learn what they need to know about their medicines, what questions to ask their doctor and pharmacist and tips for managing their medicines," Dr Stowasser said.

"In Australia, we have a high percentage of seniors who were born in other countries, and as they become older and their medicines use increases it's important they have the same access to information about their medicines as other Australians."

The managing pain seminars cover the different types of over-the-counter pain relievers, where to find the active ingredient on the medicine packet or label, why it's important to choose the best pain reliever for you and important things to discuss with your doctor or pharmacist before taking a pain reliever.

"If someone has a condition that affects their stomach, heart, liver, kidney or is related to blood pressure, some pain medicines could their symptoms worse or cause harmful side-effects. Many people don't realise that pain medicines which can be bought without a prescription are still medicines and can interact with other medicines they might be taking," Dr Stowasser said.

The seminars are funded by NPS and will be delivered by more than 25 community organisations. They will be presented by bilingual health professionals.

For more information about when and where seminars are being held visit www.nps.org.au/caldworkshops.

