

Our Golden Years

A welcome from the editor

Dear Our Golden Years Readers

A warm welcome to the autumn 2020 edition of *Our Golden Years*.

In this edition we have an interview with Kim Hassan, President, Hampton Park Turkish Seniors on “Why it is important that the Victorian Government provides funding to ethnic senior citizens groups” and event information about the *Shepparton Albanian Harvest Festival* on 22 March.

On page 3 you will find an ECCV crossword of capital cities and the crosswords answers on page 4.

I wish you all the best for the 2020 autumn.

Nikolaus Rittinghausen, Editor

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“Intuition is really a sudden immersion of the soul into the universal current of life, where the histories of all people are connected, and we are able to know everything, because it’s all written there.”

— Paulo Coelho, poet and writer

*From: Kyle Kowalski, 15 Legendary Themes & 75 Quotes from “The Alchemist” by Paulo Coelho (Book Summary),
website: <https://www.sloww.co/alchemist-book/>*

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Interview with Kim Hassan: Why it is important that the Victorian Government provides funding to ethnic senior citizens groups?

“I think it is very important because it helps them to get out the house, make friends, join in the activities and go for outings. Healthwise, they do exercise, use their muscles, and keep their brains active when we do activities which helps them with different health issues.

Funding is important, so that people can live longer and stay at home, instead of going into an aged care facility. I just see them happier when they come to the club, they share any issue they may have with the doctors or the government; we fill in forms, put them in the right direction, where they can get help from – such as the local council and the SMRC.

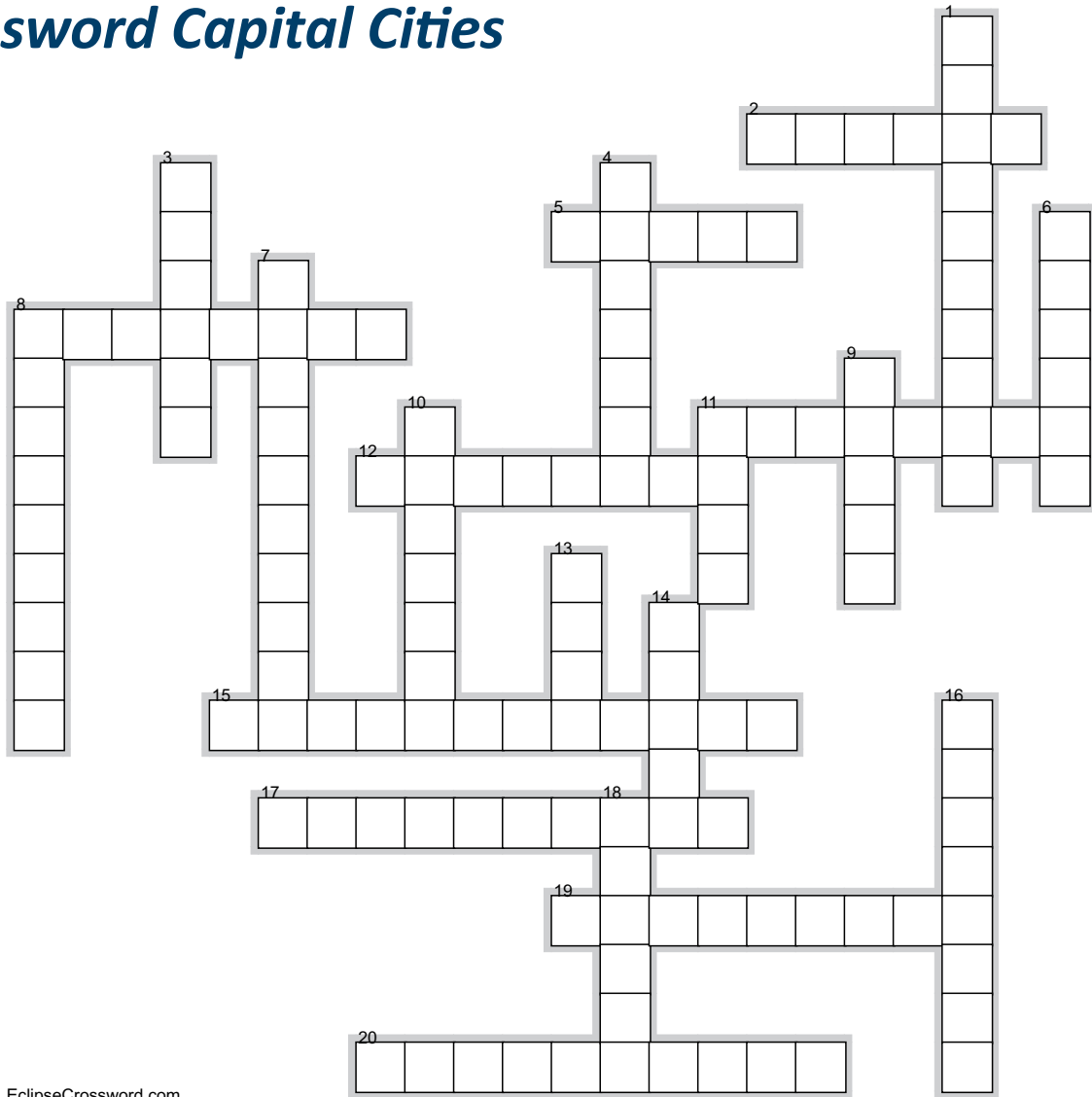
We started in 2009 with 7 members and this year we have 290 seniors, not just from the City of Casey, also Dandenong, the City of Monash, and Springvale. We are volunteers, but we need trained and qualified people to do the activities, such as fitness exercise and computer lessons.”



Kim Hassan is the President of Hampton Park Turkish Seniors

The interview was conducted by Nikolaus Rittinghausen in Dandenong, at the Southern Migrant and Refugee Centre (SRMC), on 19 February 2020.

Crossword Capital Cities



EclipseCrossword.com

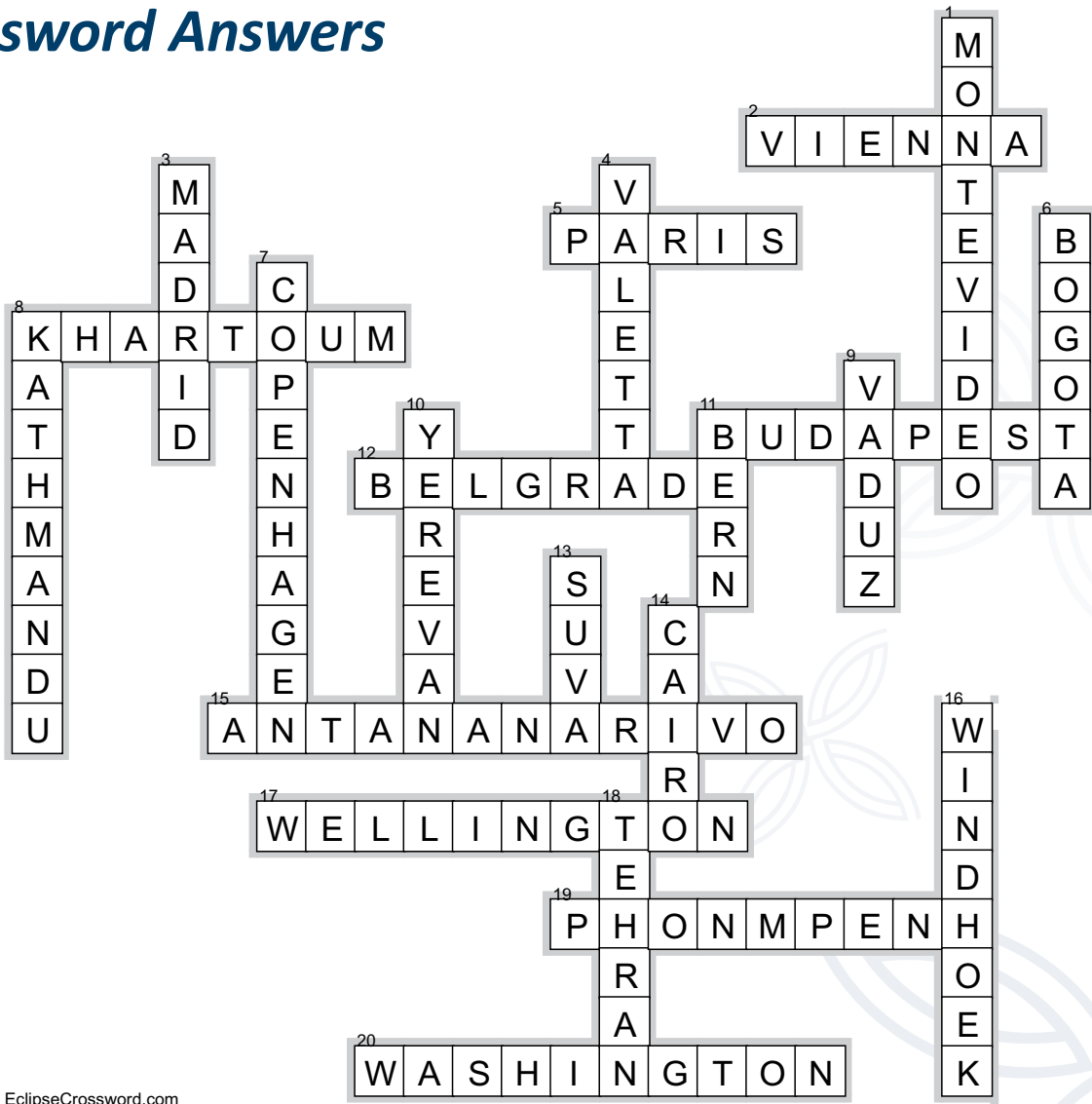
Across

2. Capital of Austria
5. Capital of France
8. Capital of Sudan
11. Capital of Hungary
12. Capital of Serbia
15. Capital of Madagascar
17. Capital of New Zealand
19. Capital of Cambodia
- (Note and instruction: The name of the capital city of Cambodia is composed of 2 words. Don't use a space in between)*
20. Capital of the United States of America

Down

1. Capital of Uruguay
3. Capital of Spain
4. Capital of Malta
6. Capital of Colombia
7. Capital of Denmark
8. Capital of Nepal
9. Capital of Liechtenstein
10. Capital of Armenia
11. Capital of Switzerland
13. Capital of Fiji
14. Capital of Egypt
16. Capital of Namibia
18. Capital of Iran

Crossword Answers



EclipseCrossword.com

Shepparton Albanian Harvest Festival

The 2020 Shepparton Albanian Harvest Festival, held at the Shepparton Showgrounds on Sunday, 22 March, showcases the Albanian culture unlike any other event in Australia.

Held annually each March in Shepparton, the Harvest Festival entertains audiences with traditional Albanian music and dancing, along with a fruit and vegetable market that offers produce grown and packed by local farmers.

Supported by the Shepparton Albanian Moslem Society and the Shepparton Albanian Women's Committee, the festival also features traditional Albanian food available for purchase. There is also plenty of entertainment for the family. Entry is by gold coin donation.

For more information, please visit the Shepparton Albanian Harvest Festival Facebook page on <https://www.facebook.com/SheppartonAlbanianHarvestFestival/>