

Monthly Newsletter

RODINA

The Bulgarian Cultural and
Social Association



December: The Magical End to the Year

December is here, bringing the spirit of Christmas and the promise of joyful moments spent together. But before we dive into the festive season, let's take a moment to reflect on the wonderful events we shared in November.

At the gathering to celebrate the Day of the National Revival Leaders, we came together as a community to honor the great Bulgarians who have preserved our national spirit through the ages. It was a warm and meaningful event that reminded us of the importance of our heritage.

The Bulgarian Rhythms dance group received fantastic feedback following their participation in the End of Year Get Together event organized by Willoughby Council. Even better, the council followed their Instagram page and reposted their post on their feed and stories, increasing the group's visibility and reach.

We also celebrate the kids from the Bulgarian Language School "Dr. Petar Beron", who performed on stage for the first time at the Children's Festival and were awarded certificates. Their talent and effort made us all proud.

Now, Christmas is just around the corner! The holiday markets in Sydney are in full swing, but we're especially excited for our Christmas Picnic on December 8th at St. Leonards Park. With music, dancing, games, and, of course, Santa Claus bringing gifts for the children, it promises to be a magical day. Let's share these special moments and enjoy the warmth of the festive season together.

Happy holidays!

Rodina Team x

In this newsletter
you can expect:

A Magical
Christmas in the
Park

Once upon a
time...
The story of
Silvia Rashkova

The Christmas
Events in
Sydney

Festivals in
Bulgaria in
December



Once upon a time, in a beautiful park in Sydney, the magic of Christmas would come alive for children and adults alike. On December 8th, at St. Leonards Park, the magic will happen again! Santa Claus will arrive with special gifts for all the little guests, spreading joy and smiles on this festive day.

While the kids receive their presents, adults can join an open Bulgarian dance class with Bulgarian Rhythms, enjoy music and games, and bask in the warmth of the holiday spirit.

The gifts for the children are lovingly prepared by Rodina, and light snacks will be provided by Irena Gospodinova, whose details you can find in the Bulgarian Businesses Yellow Pages on our website. Everyone is encouraged to bring a sharing plate, whether homemade or store-bought—everything is welcome!

Join this holiday fairytale, and let's create memories to cherish long after Christmas has passed!



Google Calendar for Bulgarian Events

The public Google Calendar "Bulgarian Events in Sydney" is back in action! You can easily keep track of:

- Activities of the Bulgarian Language School "Dr. Petar Beron"
- Rehearsals of the Bulgarian Rhythms dance group
- Special events like picnics, concerts, movie screenings, and dance performances

Add the calendar to your Google Calendar and access it conveniently from your phone or computer. The link is on the facebook page of Rodina



Support Bulgarian Businesses in Sydney!

We are excited to announce that Rodina's initiative to promote Bulgarian businesses in Sydney is now live! On our website, you can find a list of services and products offered by members of our community. Check it out and remember to use it next time you're looking for a service, advice, or a gift for a loved one.

If you're a business owner, you can easily join the list by filling out the form with your details on Rodina's website. Let's support and grow the Bulgarian community together!

"Once upon a time..." - legends in the making

Silvia Rashkova – the woman who does everything in one breath

Once upon a time, there was a girl from Burgas who couldn't resist the magic of the sea. Her father would take her along on his dives, passing on not only his love for the water but also a deep respect for its power. That girl grew up to become Silvia Rashkova – a woman who conquers the depths of the sea and the limits of human potential in a single breath.

At the age of 24, Rashkova decided to pursue freediving professionally. She became an instructor at the only school for this sport in Bulgaria – Seanomad Freediving School.

Freediving is diving on a single breath – just the air in your lungs – descending into the depths and then returning to the surface. No tanks, no devices, just the silence of the water and the beat of your own heart. Freediving is a journey not only into the sea but also into yourself.

In 2023, Silvia participated in the ****Freedom Depth Competition AIDA 2023**** in Larnaca, Cyprus. There, she broke four national records for Bulgaria. On the first day, she reached 42 meters on a single breath using two fins. On the second day, she surpassed herself, diving to 45 meters. The third day brought another milestone – 49 meters, using a rope to pull herself down. And on the fourth day, she achieved the remarkable depth of 50 meters, once again with two fins.



But Silvia's story doesn't end there. In June 2024, she participated in the ****Freedom Depth Games AIDA****, once again in Larnaca. The path to success, however, was not easy. The waters of Cyprus were cold, and the horizontal currents drained her energy and reduced her oxygen levels at critical moments. Additionally, Silvia competed with a shoulder injury, which raised doubts about her ability to complete her final dive. Over three competition days, she achieved the incredible – a depth of 60 meters on a single breath, staying underwater for nearly three minutes without breathing. These accomplishments added three more national records to her collection, bringing her total to eight. Furthermore, she took first place in all three disciplines of the competition, earning her the title of ****Overall Winner Women****. In the cold Cypriot waters, she proved that limits exist only in our minds.

But Silvia is more than just a competitor. She is a teacher and an inspiration. To her, freediving is much more than a sport. It is therapy for the mind and body, a form of meditation, tranquility, and a way to find inner balance.

She is an example of how a person can overcome their own limitations, conquer fear, and connect with nature – all in just one breath.



Things to do this month

Christmas Events

- **Tinseltown** - pop up Christmas bar
When: until 30 Dec
Where: Glebe Point
Cost: starts at \$15
- **European Christmas market**
When: 1 Dec, 10 am - 4 pm
Where: Polish Club, Ashfield
- **Martin Place Christmas market**
When: 1, 5-7, 12-14, 19-21 Dec
Where: beside the xmas tree
- **The Rocks Xmas market**
When: every Sat & Sun, 10 am - 5 pm
Къде: The Rocks
- **Ryde Christmas market**
When: 8 Dec, 10 am - 4 pm
Where: Anderson park, Meadowbank
- **Christmas at the Cathedral – food, drink and entertainment**
When: 12 - 25 Dec
Where: St Mary's Cathedral
- **Mosman Twilight Christmas market**
When: 12 Dec, 4:30pm-9pm
Where: Mosman Square



- **Hornsby Twilight Markets**
When: 14 Dec, 4 pm-8:30 pm
Where: Florence St & Hunter St, Hornsby
Cost: Free
- **The Coal Loader Artisans Market**
When: 15 Dec, 9 am - 3 pm
Where: The Coal Loader Centre for Sustainability, Waverton

Other Events



- **Japan Expo** - food, tourism, workshops
When: 14 Dec
Where: Sydney Town Hall
Cost: \$28
- **Carriageworks December Markets**
When: 07 Dec - summer seasonal market and live cooking demos
21 Dec- Christmas market
Where: Carriageworks, Eveleigh
Cost: Free
- **Blak Markets** - aboriginal art, jewellery and others
When: 17 Dec, 10 am - 4 pm
Where: Tallawoladah Lawn in the Rocks Precinct
Cost: Free
- **Machu Picchu and the Golden Empires of Peru**
When: now until 23.02.25
Where: Australian Museum
Cost: starts at \$38
- **"Pick your own cherries"**
When: 1 - 25 Dec
Where: Roth Family Orchard, Mudgee



Festivals in Bulgaria in December

- VII Folklore Festival "From Ignazhden to Christmas - Traditions and Modernity"
Where: Dalboki village, Stara Zagora
When: 07 Dec
- III Music and Culinary Festival "Nikuldenko Veselie"
Where: Medovina village, Popovo
When: 07 Dec
- Culinary Adventure "Pumpkin Rachele in the Eastern Rhodopes"
Where: Plevun village
When: 07 - 08 Dec
- Festival of Salted Fish
Where: Sozopol
When: 07 Dec



- Culinary Fest "The Delicious Dishes of Strandzha"
Where: Burgas
When: 07 Dec
- Festival of Fish Soup
Where: Shabla
When: 07 Dec
- Culinary Duel "Upper vs. Lower Mitropolia"
Where: Pleven
When: 15 Dec
- Culinary Celebration "Traditional Bulgarian Dough Foods – Trahana, Yufka, Couscous, Trienitsa, and More :)"
Where: Sofia
When: 21 Dec



Reflecting Back, Looking Forward

As this year draws to a close, filled with unforgettable moments and achievements, we want to express our heartfelt gratitude to all of you who supported the work of Rodina Sydney. Together, we created events that brought our community closer, showcased talents, and preserved the Bulgarian spirit in Australia. Your support and participation are the heart of everything we do. Everyone can contribute with their fresh ideas and enthusiasm by becoming a volunteer in our organization - you are the one we are looking for!

We are excited to look ahead to 2025, which already promises some thrilling events! In January, we'll host a workshop for traditional Bulgarian dancing led by prof. Gergana Panova - a member of BAS, in February, we welcome the exceptional folklore singer from the Pirin Ensemble, Dimana Boyanova, and in April, we

will enjoy a performance by Milena Slavova, the icon of Bulgarian rock music. Let's make the new year not only rich in cultural events but also a time for personal and community growth.

As we do every year, many of us will make New Year's resolutions – but this time, let's make them more meaningful and achievable. Let's promise to stop racing against time, to live more in the moment, to avoid comparisons with others, and to love and care for ourselves.

Rodina Sydney wishes you health, shared moments, and great joy in the new year. May it be filled with love and Bulgarian spirit, wherever you may be!

Warm regards,
The Rodina Sydney Team

Happy Holidays!

RODINA	FOLLOW US:
www.rodinasydney.org.au	 @RodinaSydney  @rodinasydney