

ILC/MACS MULTICULTURAL AGED CARE SERVICE EXPO



The "Multicultural Aged Care Expo" organised by ILC/MACS on 12th July 2011 was a unique opportunity that enabled multicultural aged care service providers the opportunity to showcase their services, whilst giving attendees access to information and resources on the broad range of culturally and linguistically diverse community services.

There were 30 exhibitors and approximately 250 people attended the event and below are just a few of the comments that were received:

"Extremely well set up"

"Great entertainment; Good food; Lot's of info"

"It was brilliant, very well organised. Thank you"

"Brilliant! I would love to see this type of Expo happen every year"

ILC MACS wishes to thank everyone who made the Expo such a successful event.



- AAA Services
- President's Message
- AAA News and Activities
- Media Release
- Advertisements

ATTENTION to all users/hirers of Australia Asia House

As a user of our facilities you will be acutely aware that due to regular use over the past 12 years, the condition of the equipment, floors etc need urgent repair/upgrading. Our negotiations with Lotterywest have been successful and we are awaiting official confirmation, building licences and any other regulatory requirements to be obtained.

This communication is therefore to advise you that the facilities will not be available for use/hire from

**19th of December to
30th of January 2012**

The office staff will be working as usual and the lesser hall will be available for meetings etc. As the kitchen is not available its use will be limited.

**Our apologies for the
inconvenience this may cause.**

SERVICES AVAILABLE FOR THE COMMUNITY

SETTLEMENT GRANTS PROGRAM:

Funded by the Department of Immigration and Citizenship.

Please contact Sophia Karutjindo in Joondalup Office on (08) 9300 2720 or austasia2@iinet.net.au

Office Hours: 9.00am - 5.00pm Monday to Friday, except Tuesdays: Sophia meets with CaLD women's group at Community Centre, Merriwa

EMERGENCY RELIEF:

Funded by Lotterywest and Department of Family and Community Services.

Available to those who find themselves in a crisis situation.

- AAA Perth 275 Stirling St, Perth (08) 9328 6202
- AAA Joondalup Lotteries Complex Office Suite 10/70 Davidson Terrace, Joondalup (08) 9300 2720
- AAA Gosnells Community Lotteries House Suite 3/2232C Albany Hwy, Gosnells (08) 9398 9156 Office Hours: Tuesday and Thursday 9.30am to 12.30pm

TRIPLE A CARE:

COMMUNITY AGED CARE PACKAGES (CACP)

Funded by Department of Health and Ageing.

Contact Chris Brama
CACP Coordinator on (08) 9228 9833

HOME AND COMMUNITY CARE PROGRAMME (HACC)

Funded by Department of Health (State).

Contact Sarojini Fernando
HACC Coordinator on
(08) 9328 7688

COMMUNITY PARTNERS PROGRAM:

Funded by Department of Health and Ageing.

Contact Manil De Mel
CPP Coordinator on
(08) 9328 3435

IMMIGRATION:

Qualified Migrant Agent available for free consultations and assistance.

Contact Olga Ramasamy on
(08) 9328 6202



FACILITIES at AUSTRALIA ASIA HOUSE 275 Stirling Street, Perth 6000



HALLS AVAILABLE

The Main Hall

has the capacity to seat 200-250 people

- Stage
- Kitchen
- Reverse cycle air conditioning
- Wall speakers and music system
- 18 tables and 250 chairs
- Charges from \$75 to \$275 + GST

The Lesser Hall

has the capacity to seat 40-60 people

- Wall mounted white board
- Reverse cycle air conditioning
- Tea making facilities/fridge
- 10 tables and 60 chairs
- Charges from \$75 to \$150 + GST

Committee Room available for meetings seating up to 12 people (for member only).

FOR BOOKINGS AND INFORMATION (08) 9328 6202

NEWSLETTER ADVERTISING COST PER ISSUE

 \$ 100 - FULL A4	 \$ 50 - FULL A4
 \$ 50 - 1/2 A4	 \$ 25 - 1/2 A4
 \$ 25 - 1/4 A4	 \$ 15 - 1/4 A4

FOR FURTHER DETAILS AND TO
BOOK YOUR PRINTING TIME

PRINTING AND PHOTOCOPYING FACILITIES

 Colour A4	 Black and White A4
 Members - 35 c	 Members - 7 c
 Non Members - 50 c	 Non Members - 10 c

Customise and Print your Newsletters, Flyers, Posters and Pamphlets in Colour or Black and White.

LAMINATING AND SCANNING SERVICES
ARE ALSO AVAILABLE!!!

CONTACT (08) 9328 6202

President's Message



Greetings once again to our family members. The Annual General Meeting went extremely smoothly with a quorum that was exceeded by affiliated and individual members, despite some inclement weather and CHOGM. Several members from the old committee have generously decided to voluntarily commit their time and effort for the next two-years.

We also welcome our new members and wish them all the best in their new positions. The new committee comprising members from Burma, Eritrea, Ethiopia, Latin America, Sri Lanka and Thailand, is truly representative of multicultural Australia.

As I informed you earlier the Association has succeeded in obtaining further funding in the Health and Community Care area. In collaboration with the Sikh Association Centre Based Day Care program was launched at the Sikh temple in Canningvale, by the Mayor of Gosnell's His Worship Dave Griffiths on Thursday 17th November.

Of particular concern is the damage being caused to the Association's premises by some of the hiring groups, this despite CCTV in constant use. The new committee is in the process of drawing up some new guidelines, which may see groups that constantly cause damage banned from using the hall.

I am pleased to be able to announce that we have been successful in obtaining Lotterywest funding to renovate the old much-used hall and the kitchen. A new commercial kitchen will be installed. This should be ready next year. The Hon. Liz Berghat will present the cheque at a Cocktail function in early December.

As part of our business involvement the Association sponsored The Business Migrant of the Year at the Ethnic Small Business Awards. This year I was happy to present the award to Spanish Flavours a Spanish restaurant in Scarborough, at a glittering function at the Burswood. Also in pursuance of our support for Telethon, it gave me great delight to present a cheque live to Telethon for \$ 2,000. It was with great pleasure that I attended the function to welcome the first flight from China Southern Airlines to Perth. The Premier and Deputy Premier praised the airline and hoped it would increase the prosperity of both nations. The Goan Overseas Association Ball in October was a momentous occasion and I was happy to be part of the celebrations.

I was able to attend the AGM of the Joondalup Lotteries House, where the Association has had office space and provides settlement services through the Department of Immigration, The Joondalup Lotteries committee is seeking to develop the building further to accommodate more clientele. I have nominated Sophia our SGP worker in Joondalup to serve on the steering committee.

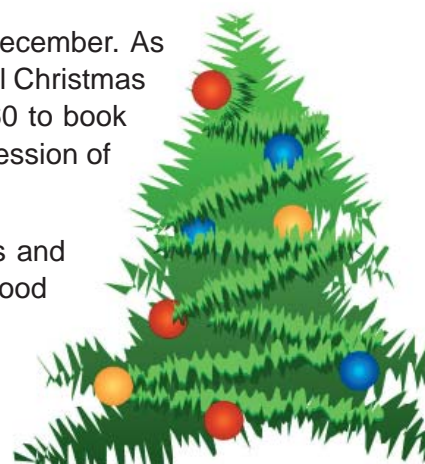
The Association continues to flourish and I am personally very excited to lead the Association for another two-year term. I promise to raise the bar even higher with the help of my excellent committee and hard working Chief Executive Officer and dedicated staff.

Could I urge you to please support our Christmas party on Sunday the 4th December. As usual we will celebrate it with festive cheer and for \$ 10 you will be treated to a full Christmas lunch with Plum Pudding. Children under 12 are free. Please contact 93281160 to book your place. Santa will distribute toys to the kids and later we will have a robust session of Carol Singing.

I take this occasion to wish you and your families a Holy and Happy Christmas and a Fantastic New Year 2012 of Health, Wealth, Prosperity and Peace. May the good Lord bless and keep you.

Unity in Diversity

Mel. Fialho





2011 BELMONT SMALL BUSINESS AWARDS - November 10th



BUSINESS MIGRANT OF THE YEAR AWARD

SPONSOR:

Australian Asian Association of WA

PRESENTED BY:

**President Mr Mel Fialho,
Australia Asia Association**

The Australian Asian Association of Western Australia has now been in operation for 55 years since 1955 and now serves as a conglomerate body for communities from every global continent. Our main offices are in East Perth, where we provide office space to 17 of our 120 member organisations. Our branch offices are located in Joondalup in the North and Gosnells in the South.

We provide services to a vast number of skilled, family and business migrants in all matters on which they need assistance, in areas pertaining to Federal, State and Local Government policies, directives and implementation. Our services also now include Training, Legal Advice, Welfare, Emergency Relief, Aged Care under the Community and Health Care packages. We also provide services from a very busy ethnic secretariat. Our membership base and services continue to grow in geometrical proportions.

WINNER:

MARIA ROSA GALISTEO, SPANISH FLAVOURS

Maria Rosa Galisteo came to Australia from Madrid in Spain in 1981 to help create a better life for her family. Neither Maria nor her husband could speak English when they arrived. At 50 years of age, Maria quit her job and started her first Spanish food produce outlet at the Wembley Food Hall. The business has now moved to Mt Hawthorn and is called Spanish Flavours. Maria's dream is to continue to service the people of Perth authentic food from Spain and Latin America, and to give her countrymen a taste of home.



Minister John Castrilli with Mrs Olga Ramasamy - CEO/ Australian Asian Association of WA and members from CaLD communities at a community event

CPP Information Session – “STAY ON YOUR FEET” for a Spanish Group of Seniors.



Australian Asian Association under the Community Partners Program conducted an information session “Stay on your feet” for a group of Spanish seniors on the 11th August 2011 at AAA. Twenty Spanish seniors participated at this session. The presentation was done by Ms. Sarai Stevely from ICCWA – Injury Control Council of WA. As the group was Spanish speaking we used the services of an interpreter. The information

session was well received by the participants. The presenter explained the 9 steps seniors need to follow to avoid falls which can cause injury. The 9 steps are Be Active, Manage your medicines, Manage your health, Improve your balance, Walk tall, Foot care and safe footwear, Regular eyesight checks and Identify, remove and report hazards.



Triple A Care Community Aged Care Programme

Members are advised that after a long time a few Vacancies are available. As you are aware all our 35 Packages were utilised and this month we have had a few **VACANCIES** due to clients moving into residential Care.

Members and Families are advised to see their G/P and ACAT if they wish to avail themselves of Care under the Community Aged Care programme.

If you have any queries you may contact **Chris Brama** – CACP co-ordinator on

08 9228 9833



FREE ENGLISH LANGUAGE COURSE



At the action.

I am delighted to contribute my experience as the Youth Coordinator at AAA since March 2011. I enjoy my responsibilities as I receive the cooperation and continuous inspiration as well as constructive feedback to perform professionally.

I organized Free 3 months English Language Courses for interested youth who have difficulty to get access to TAFE courses. It consists of 3 levels with a Certificate of Participation at each level. The Intermediate and Advanced level courses have completed in mid October. These courses will commence in January, 2012. The students who completed the Intermediate level course are confident to seek employment opportunities and attend interviews. Similarly others who completed the Advanced level course are ready to proceed to a higher level. Lin, one of the students, has written her experience which is a good example to show how competent they are in the English Language. Currently, only Beginner's Course is available.

The students and teachers joined farewell picnic program at King's Park on 18th October where Certificates of Appreciation was presented to teachers who provided their time and knowledge voluntarily. On this occasion, we also presented

Certificate of Participation to the Students who completed the three months course.

I would like to thank the CEO, Olga Ramasamy and Office Manager, Irina Tomson who helped me in my position as Youth Coordinator, to organize the language program.

Yam K. C.
Youth Coordinator



John May and Yam K. C.



The course was designed for persons having a reasonable understanding of both oral and written English.

The syllabus comprised:

- a consideration of some well known trouble spots in English grammar
- an overview of Australia, its history and culture
- a similar look at the countries of the members of the group.

Despite the racial and academic diversity of the members (two had masters degrees) I believe the course proved to be a success.

To me the most rewarding aspect was the groups enthusiasm and the willingness of the members to ask questions.

John May

It is a really good experience to study in Australian Asian Association of WA, with different friends and local teachers. The staff in AAA are very friendly and warmhearted, especially K.C., who is always care about what we need. Our teacher, John, is a knowledgeable professor of Edith Cowan University, and he has made a lot of efforts to teach us. At the beginning of our course, he introduced the basic knowledge about Australia and WA, which is very important helpful for immigrants like us to have a good understanding about the society. At the same time, John taught us about grammar, and writing as well. Being students, we are from different countries, including Nepal, Thailand, China, Spain, Japan, Vietnam, and Indonesia. And it helps us to understand more about other countries and learn from other people. We all spend a good time here and we appreciate all the things the AAA has done for us.

Lin





CPP Information session – “Healthy living, healthy food in relation to diabetes” for a group of Burmese Seniors.



This presentation was conducted by Ms. Myat N Soe from the Multicultural Services Centre at AAA on 1st October 2011. There were 40 Burmese seniors who attended this information session. The presenter’s theme was – Swap it don’t stop it. The presentation was based on eating healthy food with a lot of fruits and vegies, eating small portions instead of large portions, eating fresh food instead of fried food, drinking water instead of fizzy drinks, eating home made instead of take away, enjoying walking instead of sitting and so on. It was a very useful information session and she also explained how diabetes can set in. This session was arranged under the Community Partners program of AAA.

RAISING FUNDS TO HELP THE FLOOD AFFECTED VICTIMS IN THAILAND

Dear Friends and members,

The Thai-Australian Association of W.A. (Inc.) is seeking your assistance in raising funds to help the flood affected victims in Thailand. If you wish to donate you can contact us on 08 9367 9698 / 0428 969 811 or come in to Asia House and donate in person.

Best Regards,

Saowarak Srisukkho,

President Thai-Australian Association of W.A. (Inc.)



www.taawa.org.au

Email: contact@taawa.org.au

4/275 Stirling Street

Perth WA 6000

Flossy's 103rd Birthday



Flossy Theophilus - a long standing member of the Association and a regular member of our Seniors Group since its inception turned 103 this year.

It was a wonderful occasion to celebrate with many of her friends and friends of AAA at well attended luncheon at AAA House.

Good luck to Flossy and God Bless her for many years!





Presentation to WASLA Seniors – “STAY ON YOUR FEET”



WASLA – West Australian Srilankan Association celebrated Seniors Week with a lunch and many other activities for their seniors at the Victoria Park Bowling in Kent Street, Vic Park on the 6th November 2011. The Australian Asian Association under the Community Partners Program conducted an information session “Stay on your feet” for this group. One hundred and thirty seniors took part in the activities on that day. The presentation was done by Ms. Sarai Stevely and Alma Digwood from ICCWA – Injury Control Council of WA. The information session was well received by the participants.



Banksia Grove Multicultural Women’s Group

The Australian Asian Association runs a Multicultural women’s group at Banksia Grove Community centre during school term. The group meet every Wednesday from 9.30 -12.30 for sewing, embroidery and nutritional education.

The Group is open to all women in the surrounding suburbs with special emphasize on women from non- English speaking background.

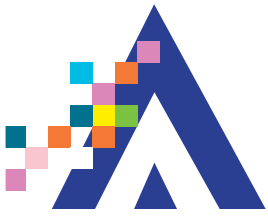
The aim of the group is to provide a meeting point for women to minimize social isolation and encourage participation in community activities.

The group provide a non threatening environment for women from CaLD background to practice English and acquire new skills that might enhance their future employment opportunities.

Speakers from various main stream service providers are invited to give information that are helpful to women and their families in settling and participating in their community activities.

The Group is currently looking for volunteers to help women with the sewing, if sewing is your passion and you have time, please call Sophia on 9300 2720.





Christmas Party

Sunday 4th December 2011

11:00 am to 3:00 pm

VENUE:

Australia Asia House
275 Stirling Street
PERTH 6000

Cost \$10
Children under
12 years FREE

Bring a GIFT for your
Child and for someone
in need (optional)

RSVP by 30th November 2011 -
08 9328 6202 / 9228 4696 - austasia1@iinet.net.au



I have recently developed a website called
www.mylifeinoz.com.au

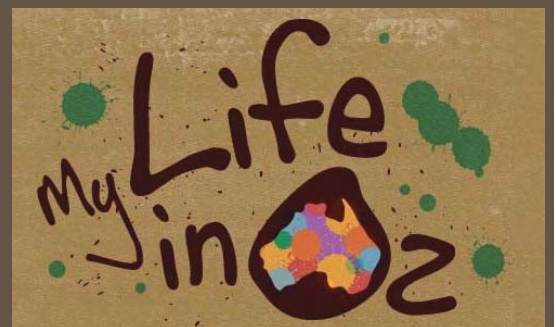
as my small attempt to give people from any number of different backgrounds who now live in Australia an opportunity to share about themselves by telling their story in their own words.

Whether you would like to tell your story of involvement with others, or give them the opportunity to share theirs, I hope that MLIO is will truly become a place where people can go to be heard and better understood. And possibly be better educated about the circumstances of those around us.

Kind Regards

Heather Saunders - MyLifeInOz Editor

Tell us about your life in Oz →





VOLUNTEERING STARTS BY RAISING HAND



Being part of the community and offering our services towards a good cause has never been more important than now, as a new study

shows people who volunteer may live longer.

University of Michigan researchers have found people who volunteer out of the goodness of their heart, live longer than people who do not volunteer at all. Those who put their hand up to make a contribution for no other reason than to gain some sort of personal benefit are said to live no longer than non-volunteers.

Lead researcher, Sara Konrath, says it has long been known that volunteering can have benefits to those receiving help, as well as those who dedicate their time and energy in volunteering roles.

“On the surface, volunteering seems to be a purely selfless act. But, in fact, people volunteer for a wide range of reasons, from getting out of the house and meeting new people to doing something good for people who need help and the groups they support,” Ms Konrath says.

The study, published online by the American Psychological Association, follows a random sample of Wisconsin high school students who graduated in 1957.

The data, which was collected in 2004, and included 3,376 men and women aged 65 years old at the time, revealed 57% of those surveyed reported engaging in at least some volunteer work in the past decade.

Researchers found just 2.3% of the volunteers had died compared with 4.3% of non-volunteers, when contacted again in 2008. But it will take more than just offering your services to live a longer life - you need to put in long hours as researchers found the duration of volunteering was equally as important in determining longevity. According to researchers, premature death was reduced even more for every hour older adults volunteered each month.

While the number of hours you put in may help, so too will your motives for volunteering; and if the volunteer offered their services for the benefit of the community – then their lifespan reportedly increased.

Those who rated motives related to personal benefit as more important were likely to have died after four years. In fact, those who volunteered solely for personal benefit were just as likely to die as those who did not volunteer at all, the researchers found.

Some reasons for volunteering for personal benefit included: volunteering because they enjoyed the social contact, to get out of the house, to escape their own problems, or to explore their own strengths.

Ms Konrath said the analysis demonstrated the importance of motives when considering the health benefits of volunteering.

Although the research did not examine exactly why motives were relevant to a person’s volunteering involvement, researchers managed to show that concern about others helped to “tap into” the role of volunteering.

“This research did not examine why motive matters so much, but work by my colleagues has shown that concern about others helps us tap into the same system that operates in mothers and other caregivers,” Ms Konrath said.

“This system is a suite of thoughts, emotions, and underlying neurological and psychophysiological circuitry that helps to deactivate stress responses and activate hormones, such as oxytocin, that restore physiological function. Basically, it buffers the stress of caregiving and promotes wellbeing,” she added.

Despite the findings, Ms Konrath said volunteering for personal benefit would not hurt.

“Some groups emphasise that it’s okay to want some benefits for yourself, and encourage people to think of volunteering as an exchange rather than something you do for other people who aren’t as fortunate as you are. Some groups even emphasise the health benefits received through volunteering,” she said.

<http://www.agedcareguide.com.au/news.asp?newsid=6410>

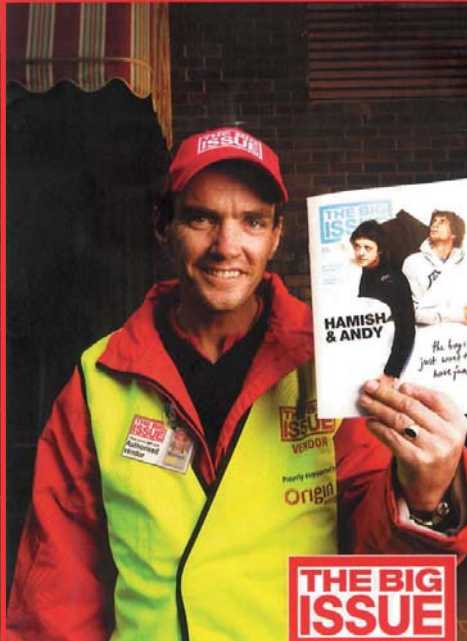
FOR SALE

KENSINGTON MANGO TREES
HEALTHY 1.5M TALL PLANTS
READY TO GO IN THE GROUND
\$39.00 EACH
PHONE: GRETA: 0439 837 357



EVERY ISSUE SOLD MAKES A POSITIVE CHANGE

**SELLING
THE BIG ISSUE
HELPS PEOPLE
FEEL GOOD.**



It's easy to start earning money!

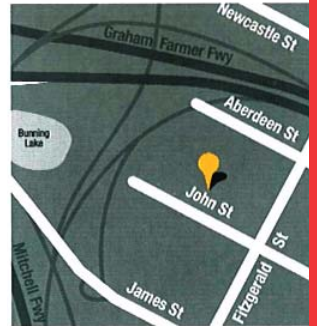
Whether you are homeless or just going through a tough time, give us a call and we can help you get started right away. For every magazine you sell, you get to keep \$2.50. There's no need for a lot of training or forms to fill out.

Ted sells The Big Issue

"Look, it's really great - people should just give it a go. What have you got to lose? It's a bit of money and gives you some integrity, self esteem and a job"

When you sell The Big Issue, you:

- Start earning \$\$\$ straight away.
- Choose your own hours and days.
- Don't need anything to get started.



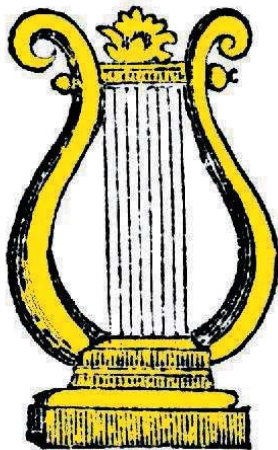
IT'S EASIER THAN YOU THINK.

To talk to someone about becoming a vendor, visit or call your local office today.

PERTH
60 John Street
Northbridge WA 6003
(rear St Brigid's Centre)
Phone (08) 9228 2711

www.bigissue.org.au

**A
P
O
L
L
O**



DJ SERVICES

For all types of functions including Weddings, Socials, Parties & Dances

Michael Hutton – 0417 988447

michael.hutton@live.com

Reasonable rates

Please call for a quote

ABN : 3306 7229 028 PPCA:630023



AMEP

ADULT MIGRANT ENGLISH PROGRAM

LEARN ENGLISH WITH AMEP AT POLYTECHNIC WEST

We have centres around Perth and throughout Western Australia

**AMEP Armadale
Polytechnic West**
145 Jull Street
Armadale
Phone 9497 7084

**AMEP Perth CBD
Polytechnic West**
170 Wellington St
East Perth
Phone 9221 5531

**AMEP Carlisle
Polytechnic West**
Corner Oats St
& Bank St
Carlisle
Phone 9267 7335

**AMEP Fremantle
Polytechnic West**
The SMYL Building
7 Quarry Street
Fremantle
Phone 9336 7173

**AMEP Thornlie
Polytechnic West**
Burslem Drive
Thornlie
Phone 9267 7609

**Community-Based
Classes
Polytechnic West**
Phone 9267 7609

**Home Tutor Scheme
Polytechnic West**
Phone 9267 7609

**Rural and Regional
Western Australia
Polytechnic West**
Phone 1800 862 166

Services Offered to Eligible Clients

- Registration and Enrolment
- Free Childcare
- Access to Home Tutor Scheme
- Free Document Translations
- Free Career and Study Advice
- Referral to national Distance Learning provider

phone 9267 7609 or 1800 862 166
amep@polytechnic.wa.edu.au
www.polytechnic.wa.edu.au/amep

The Adult Migrant English Program (AMEP) is funded by the Department of Immigration and Citizenship.

Version 6/11



**POLYTECHNIC
WEST**
AMEP



AMEP

ADULT MIGRANT ENGLISH PROGRAM

Learn English in our Wellington Street AMEP Centre

(Near Royal Perth Hospital)

170 Wellington Street, East Perth

- Full-time and part-time English and Settlement courses
- Free Childcare
- Free computer use
- On free Yellow CAT route (stop 27)
- Student study resources available for loan
- Free document translation service
- We also have classes in Armadale, Carlisle, Fremantle and Thornlie, as well as community-based classes in the south metropolitan area (including CBD) and throughout Western Australia.
- Ask us about the Settlement Language Pathways to Employment/ Training (SLPET) Course

**Call 9267 7609 or
1800 862 166**

Email
amep@polytechnic.wa.edu.au

Visit our website
www.polytechnic.wa.edu.au/amep

**AMEP Classes and services are FREE to eligible clients,
so contact us now!**

The Adult Migrant English Program (AMEP) is funded by the Department of Immigration and Citizenship.

Version 6/11



**POLYTECHNIC
WEST**
AMEP



AMEP

ADULT MIGRANT ENGLISH PROGRAM

Learn English on a Saturday morning

The AMEP offers Saturday morning English classes in Carlisle

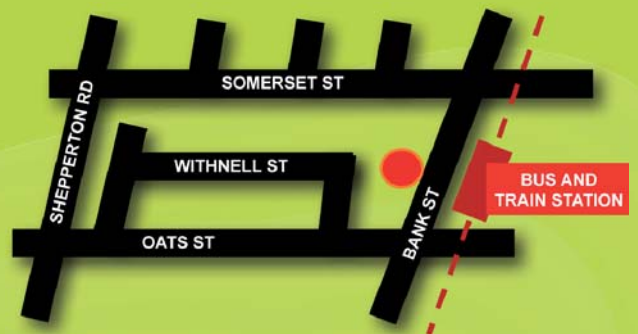
What time?

9.30am – 12.30pm, Saturdays

Where?

Carlisle Campus
corner Oats and Banks Street
(opposite Carlisle Train Station)

For more information, and to check if you are eligible, call 9267 7335 or 1800 862 166 or email amep@polytechnic.wa.edu.au



www.polytechnic.wa.edu.au/amep

The Adult Migrant English Program (AMEP) is funded by the Department of Immigration and Citizenship.

Version 6/11

