



Serving the Community since 1956

Published by the Australian Asian Association of WA Inc.

*May 2013 bring
you good health,
happiness and
prosperity!*

*We wish all our
members Peace
and Joy for the
festive season!*

From the AAA Staff

INSIDE THIS ISSUE

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



SERVICES AVAILABLE FOR THE COMMUNITY

IMMIGRATION:

Qualified Migrant Agent available for free consultations and assistance.

Contact Olga Ramasamy on
(08) 9328 6202

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 Gosnells Community Lotteries House
Suite 3/2232C Albany Hwy, Gosnells
(08) 9300 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 (CCP)

Funded by Department of Health and Ageing.

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



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

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

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

FOR BOOKINGS AND INFORMATION CONTACT (08) 9328 1160

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



Dear members,

2012 has certainly gone by at supersonic speed. It seems only yesterday that we began the New Year. I take this occasion to wish the Fijians and Cambodians on their National Day, Our Indian and Bangladeshi communities on the feasts of Dusera and Deepavali and our Muslim community groups on the celebration of Eid.

Thank you to all the members that attended the 54th Annual General meeting held on the 31st October. I am extremely pleased to inform the membership that the new committee has had their first meeting and comprises members from India, Sri Lanka, Bangladesh, Burma, Thailand, Ethiopia and Eritrea. Your new committee is here to serve you.

A very successful Telethon Dinner Dance was held at the new venue, The Rise, in Bayswater on the 26th October. It was well supported, by members, friends and politicians. Minister Helen Morton presented a cheque for \$70,000 and the Leader of the Opposition Mark McGowan set the floor on fire with the Mayor of the City of Vincent Alanah Mctiernan. A cheque for \$ 2,000 was presented live during the Telethon weekend.

Through the auspices of Football West a very successful International Soccer tournament was organised by our Youth Coordinator at Curtin University. It was a competition held in good spirit and KC hopes to build on this for 2013. The association was once again delighted to sponsor the Ethnic Small Business Awards at the Burswood on the 12th of November. We congratulate the winner Rosh Jalage who runs 3 very successful psychiatric nursing homes and a real estate business.

The association is now very pleased to announce that after the refurbishment of the hall, members have once again begun to use these brand new facilities. Most of the teething problems concerning Power Points has now been sorted. We urge members to use these facilities with care and to please report any problems to the administration. As the hall rentals are extremely cheap compared to similar facilities, we urge members not be extravagant in the use of electricity, water and other utilities.

The associations HACC Programme was appraised by the department as part of their review. The report suggests that the association was meeting its standards. A new improvement plan was submitted outlining areas for the future. The CEO Olga Ramasamy and Manil attended a three-day conference in Melbourne, regarding the governments new reform package. The Federal Government's reform package is being implemented in stages. In the new model funding is made available directly to the client, with a small amount given to the provider to cover administrative costs. Manil has certainly been working very hard arranging symposiums, fire drills and completing his tertiary studies. The CACP and HACC clients are well looked after with visits to Parliament House, Museum and Kings Park and the celebration of Deepavali. The numbers in the Canningvale Sikh temple have grown slightly. There are now 28 clients registered with the CACP with one in hand and 7 vacancies.

The association was represented at the German Day celebrations, The West Australian Award Night and several other conglomerate member functions. As the sounds of Carols wafts through the Shopping Malls, I take this occasion to wish all our members a Holy and Happy Christmas and a fabulous 2013. May all your dreams come true.

Unity in Diversity

Mel. Fialho





*Wish you all and
your families the
Compliments of
the Season!!!*

*Wish you all a
Happy and
Peaceful
New Year!!!*

Thank you

*Olga Ramasamy OAM
Chief Executive Officer*

DRUG FREE HEALING FOR PAIN AND GENERAL WELL BEING

Over the past few weeks, the AAA was able to bring new information to our senior aged care groups. This information is not yet available in the market and is a testament to the AAA's commitment to help our community with new information.

P-Stim is a nerve stimulator used on the ear to promote reduction in chronic pain whilst providing overall general health and well being benefits. Two candidates were chosen to use this device which is placed on the ear for four consecutive days. Not only did the device provide instant benefits to these two candidates, but they were able to continue with their normal lifestyle except for getting the device wet. As P-Stim is drug free, it assists people to slowly come off the use of drugs. P-Stim became an instant hit and people are now keen to utilise this form of treatment.

For further information, please contact Shahid Ghauri by email at: shahid@pstimaustralia.com.au

Benefits with P-Stim™

- Quick installation (between 10 to 15 minutes)
- Non-invasive treatment
- Complete mobility (weighs only 7 grams!)
- Increased energy levels
- Calmness
- Increased blood flow
- Reduction in pain (Dramatic results often observed)
- Sustained nerve stimulation for four days
- Release of the body's own natural pain killers





SOCCER TOURNAMENT

SATURDAY 22ND - 30TH SEP 2012



Dear All,

The Australian Asian Association (AAA) of WA Inc., which was supported by Football West's Out reach Diversity Program, organized a Soccer Tournament which commenced on Saturday 22nd September at Edinburgh Oval, Curtin University, and Bentley as part of the association's Youth Sports Activities. President of the Association, Mel Fialho initiated this match between Congo Vs Sri Lanka at 10.30am on Saturday 22nd September and welcome speech was given by Vice-President, Rahim Ghauri.

The contest was between Afghanistan, Bangladesh Congo, Eritrea, Ethiopia, India, Nepal and Sri Lanka who expressed an interest of participation. Four games were played in first round on 22nd and another 4 games were played in the second round on 23rd. Congo and Eritrea from Group1 and Nepal and Bangladesh from Group 2 were in semi-final of the League on 29th. Eventually, Nepal and Congo were qualified for the final which was played on 30th Sunday. Nepal was defeated by Congo with the score (1:5).The award for the best player was presented to Christian Mpunga from Congo. All the well wishers of Soccer attended the event and enjoyed watching games. The tournament was successfully concluded with Congo as the winner and Nepal as Runner up.

I am happy with the success of the competition and am inspired to run similar sport programs for the Youth from CALD communities this year to show their talent as well as have social fun. I am grateful to Gordon Duus, Inclusive Development Officer of Football West who contributed to the success. I am also grateful to all executive members specially Rahim Ghauri and office staff, Romello who directly and indirectly supported to make the tournament successful. Moreover, I would like to thank Ms. Holly Stockton, the voluntary English Language Teacher and Mr.Dealer, an English language student for their assistance. I wish to thank the Football West for providing financial support for the event and also all the umpires from Football West including Safari, Coacher of Congo Soccer Club.

I wish you all a Merry Christmas 2012 and a wonderful 2013! May all your dreams change into reality!



Gordon Duus - Inclusive Development Officer (Football West), Yam KC-Youth Coordinator, President-Mel Fialho, Vice-President - Rahim Ghauri



President, Mel Fialho is presenting Winner Trophy to Republic Congo



President presenting Runner up Trophy to Nepalese Youth Club



Congo Vs Afghanistan



Gordon Duus- Inclusive Development Officer is presenting the award of Best Player to Christian from Congo



Gordon and Yam KC with Nepalese Youth Club

AAA YOUTH ACTIVITIES

EXPRESSION OF INTEREST IN 'AAA YOUTH CRICKET TOURNAMENT, 2013'

The Australian Asian Association of WA Inc. is interested in continuing to foster participation in sports activities for the benefit of our member groups. Our first attempt, to organise AAA Youth Cricket Tournament 2012 at Lilac Hill-North Oval, Midland on 14th April 2012, was extremely successful. Similarly, our second attempt, for a Soccer Tournament held at Edinburgh Oval, Curtin University on 22nd, 23rd 29th and 30th, was also successful. As a result, we plan to continue 'AAA Youth Cricket Tournament 2013' which will take place in March or April.

This letter is, therefore, to seek Expressions of Interest from our member groups wishing to participate in this event. It will consist of 8 teams. The sports activities are focused on youth between 18 and 25 years.

We would be grateful, if you can get back to us by 6th January 2013 if you are willing to form a team. As the Tournament is limited to 8 Teams, we will accept the interested teams on a "first come, first serve" basis. It is our plan to make the Cricket and Soccer Tournaments annual events, gradually expanding on the number of teams and participants. More information on the venue, equipment, transport etc will be provided when we hear from the teams.

Thanking you in anticipation for your help and cooperation in this regard. Should you require any further information, I may be contacted on 08 9328 1160 or youthcoordinator@iinet.net.au

Mr. K.C. Yam - Youth Coordinator



President and Organizers with Winning Team - Sri Lanka



Participating Teams



2nd Match - Sri Lanka Vs India



Teletthon

Dinner Dance 2012







NEW HEALTH PROFESSIONAL RESOURCE



The Heart Foundation has developed a new flip chart resource which highlights the fat content of different foods (using teaspoons) and suggests healthier food swaps.

This tool can be used in a variety of settings, for example one-on-one consultations and group education settings.



The flip charts will be available in mid December. To pre-order please contact Maddy Kelly on 9382 5939 or email Madeleine.kelly@heartfoundation.org.au

GOVERNMENT'S CULTURAL DIVERSITY STATEMENT

A recent Government House Open Day showcasing international foods, dance and entertainment provided a perfect opportunity to announce the government's adoption of a cultural diversity statement.

"The Western Australian government proudly acknowledges and celebrates our cultural diversity as one of our State's great strengths.

Throughout its history Western Australia has been enriched and enhanced by people from diverse cultures.

The State Government values the social and economic benefits that cultural, linguistic and religious diversity brings to our society.

It is this diversity that enriches all aspects of our community through the sharing and understanding of diverse cultures, experiences and knowledge and that has contributed to our enviable way of life built on respect for our rights and liberties, upholding and obeying our laws, understanding and a shared commitment to continuously improve Western Australia.

Cultural, linguistic and religious diversity fosters creativity innovation and achievement and contributes to Western Australia as a place of choice."

This acknowledgement of the value of the economic and social benefits of cultural diversity will be promoted at every opportunity by the government and its representatives.

I also announced the release of a research paper commissioned by government and entitled *The Economic and Social Contribution of Migrants to Western Australia*. The document details the significant economic benefits from migration and also reflects on the immeasurable social and creative contributions that influence the taste, style and entertainment of our diverse population.



With Hon Liz Behjat MLC and Community Leaders
Government House Open Day
Gardens of Government House
18 November 2012



FOODBANK WA CHRISTMAS HAMPER APPEAL

AT FOODBANK WE ARE ALREADY THINKING ABOUT CHRISTMAS AND WHAT WE NEED TO DO TO HELP DISADVANTAGED FAMILIES ENJOY THEIR FESTIVE SEASON.

THIS YEAR WE HAVE PARTNERED WITH THE ROTARY CLUB OF HIERISSON TO RAISE ENOUGH FUNDS TO PURCHASE AND SUPPLY 1000 HAMPERS TO FAMILIES IN NEED THROUGHOUT WA.

THE COST OF THE HAMPERS IS ONLY \$20 AND THEY WILL INCLUDE ALL THE STAPLE FOODS, AND TREATS, REQUIRED TO MAKE CHRISTMAS A SPECIAL DAY.

THE FOLLOWING LINK WILL TAKE YOU TO A SECURE WEB PAGE WITH A BIT MORE INFORMATION ON HOW YOU CAN HELP.

PLEASE FORWARD THIS TO YOUR FRIENDS AND COLLEAGUES AND TOGETHER WE CAN SHARE A LITTLE CHRISTMAS SPIRIT.



www.helpfeed1000.com.au



HELPING CANCER CARERS PINPOINT OWN CARE NEEDS

Carers make an extraordinary contribution to the health and well-being of the Australian community. However, caring can affect their own health and well-being. Carers need to take care of themselves, as well as the person they love.

These carers will have many needs - for information and training, for support, or for respite (taking a break). And, these needs can change over time. Being able to identify their needs can help carers to seek relevant information or to reach out to their GP, community nurse or other health professional for support.

A special tool called the Needs Assessment Tool for Carers, or NAT-C, has been developed and tested to help carers supporting someone with cancer pinpoint their own needs. This tool is now available for use by all carers who are supporting someone with cancer.

The NAT-C can be accessed on the CareSearch website. There is also trustworthy material that carers and family members can use to support them in their caring. The CareSearch website and the NAT-C tool are free to use and available when they are needed at www.caresearch.com.au

CareSearch is funded by the Australian Government Department of Health and Ageing.



CULTURAL HERITAGE POLICY AND OTHER HERITAGE ACHIEVEMENTS

In February 2011, I released Western Australia's first Cultural Heritage Policy.

A key policy objective was the protection of heritage places. This is being achieved through a number of initiatives.

Previous penalties for illegal works on heritage-listed places in Western Australia offered little deterrence to deliberate unauthorised destruction. Amendments to the Heritage Act increased the penalties from \$5,000 to \$1 million, with the possibility of a ten year moratorium on the development of the land.

To encourage conservation through the provision of practical support for property owners, this year heritage grant funding was increased by 25% to \$1.25 million a year, the first increase since the grants were established in 1996/97.

Property owners affected by the Goldfields earthquake received assistance of \$5 million for repair and conservation works.

This has led to the rejuvenation of the Burt Street precinct in Boulder.

A further grant of \$250,000 to St Mary's Church in South Perth is assisting with preservation of this landmark church.

I introduced regulations to reduce red tape for owners seeking development approval for minor works and maintenance on their heritage properties.

Another key objective of the policy is ensuring that heritage legislation is open, transparent, simple to operate and understand, and reflects best practice.

The current Act reflects 1970s and 80s heritage thinking which takes a very antagonistic and confrontational approach to heritage.

There have been discussion papers and two rounds of public consultation in the development of the policy positions to be encapsulated in a Green Bill.

Work is continuing on a Bill to provide a suitable legislative framework for recognising and protecting our important heritage sites into the future.

I am proud of all that has been achieved in the Heritage portfolio.



COTA WA and the Conference Organising Committee are pleased to announce that the 3rd Annual Western Australian Active Ageing Conference will be held on Weds 5th and Thurs 6th June 2013 at the Esplanade Hotel, Fremantle

More details will be available soon.

Please email conference@cotawa.org.au to be added to the conference mailing list



Antibiotic resistance is one of the biggest threats to global health today. Our continued overuse and misuse means that one day and sooner than you think, we risk losing these miracle medicines. A world without antibiotics is barely worth contemplating.

Over recent months NPS Medicinewise has been at the forefront of the fight against antibiotic resistance. Please take a couple of minutes to watch this film and then share it with your contacts, colleagues, friends and family.

The more people know about this problem, the less we'll misuse antibiotics and the more we'll preserve these miracle medicines.

CARER COUNSELLING AND SUPPORT

Carers WA offer free telephone counselling on **1800 007 332** for you to call when you need to talk things over with someone who is not directly involved in your situation. The Counsellors at Carers WA are non-judgmental and respect that you know your circumstances best. They do not give direct advice; however, they can assist you to develop new strategies for coping with carer-related difficulties through problem-solving, encouragement and insight. Carers WA also offer low-cost face-to-face counselling in both regional and metropolitan locations, as well as free email counselling - **chat@carerswa.asn.au** for those who prefer to put it in writing. Fees for face-to-face counselling can be waived, dependent on your financial situation.



Do you or one of your family members have progressive memory loss such as dementia?

Are you interested in participating in a study about how people and family members experience dementia or Alzheimer's? 'Examining perceived stigma in persons with progressive memory loss such as dementia: An Australian study'. Conducted by Queensland University of Technology, Griffith University and Curtin University with funding from QUT. Please contact

Katrina Fyfe at Curtin University on (08) 9266 9939 or email **K.Fyfe@curtin.edu.au** to find out how to participate. For more information, click here to view the poster. This study has been approved by the Human Research Ethics Committees of Queensland University of Technology (0800000747), Curtin University (HR 42/2010) and Griffith University (NRS/43/11/HREC)

After hours GP Helpline

If you or someone you care for has an urgent health concern at night or over the weekend and you are not sure what to do, there is an after hours GP helpline that can give you the reassurance and practical medical advice you need.

Available through healthdirect Australia, the after hours GP helpline is open when your GP may not be – at nights, on weekends and on public holidays – 365 days a year.

Call the after hours GP helpline on 1800 022 222.

Operating times:

- 6pm to 8am Monday to Friday
- 6pm Friday to 8am Saturday
- 12noon Saturday to 8am Monday
- public holidays

For more information visit

<http://www.yourhealth.gov.au/gphelpline>

Calls from landlines are free. Mobile charges may apply. A joint initiative of the Australian Government and state and territory Governments. All information in this publication is correct as at 1 May 2012.



Salt and Blood Pressure study needs volunteers

The School of Medicine & Pharmacology, (RPH) needs men and post-menopausal women who are overweight for an important study examining how genetic make-up affects a person's blood pressure response to salt.

If you are 20-70 yrs, a non-smoker, not diabetic, not on cholesterol or blood pressure lowering drugs, and willing to participate in a 6 week study, reducing salt intake contact:

Venus Chavez: 9224 0239

Email: vchavez@meddent.uwa.edu.au

Approved by the University of Western Australia Human Research Ethics Committee



GOLDEN OPPORTUNITY @ AAA!!!

FREE ENGLISH LANGUAGE COURSE 2013



It is with pleasure that we advise all interested youth who have difficulty to access English language lessons because of cost involved, that we plan to commence English classes free of charge. The classes will commence in January to April 2013 and will run for three months at a time. It consists of 3 levels - with a Certificate of Participation at each level.

Group 'A': Beginner's course for persons who need to gain basic English language skills.

Group 'B': An intermediate course sufficient to attend an interview with confidence to access employment opportunities.

Group 'C': An advanced course which is designed to enable the students to understand and speak the language with confidence and to have the capacity to read, write and comprehend the language at a higher level.

If you are interested, please come and fill the form.

Although the classes will be free of charge, it is necessary to obtain a bond of \$50 to ensure regular attendance at classes and completion of each level. The bond will be returned with a Certificate of Participation at the end of each three month course.

YAM KC - YOUTH COORDINATOR

Australian Asian Association, 275 Stirling Street Perth 6000

Email: youthcoordinator@iinet.net.au Tel: 08 9328 1160 Web: www.aaawa.org.au/news.html

etax local[®] *making tax easy*
ACCOUNTANTS



**A TAX ACCOUNTANT WHO COMES
TO YOU?**

NOW THERE'S A BRIGHT IDEA!

San Wong
Etax Local Accountant



P: 08 6161 2436
M: 0405 414 066
san.wong@etaxlocal.com.au
4/163 Edinboro Street
Joondanna WA 6060

THE AUSTRALIAN ASIAN ASSOCIATION

Is happy to advise that we have engaged a Lawyer to provide Professional Legal Advice and Counselling. The initial consultation will be free of charge. Representation in court can be provided at a subsidised rate.

CONSULTATIONS

Time: 10:00am - 1:00pm

Days: Tuesdays and
Thursdays

For further details and appointments
please contact us on 9328 1160

Australian Asia Association of WA Inc
275 Stirling Street, Perth WA 6000

ENGLISH CLASSES @AAA



MS. HOLLY STOCKTON

I have been running free English classes at the AAA for the past 6 months. I am from England and came to Perth nearly two years ago. And through the AAA I have met lovely people from different backgrounds, both from the AAA and those attending the classes. The classes last a couple of hours a week and so far we have worked on pronunciation, and sentence structure as well as cultural and social issues to improve vocabulary and speech. I thoroughly enjoy working with the AAA in this and hope all those who attend the classes not only enjoy them but also benefit from them. The good attendance shows this to be true and I hope the classes continue to be beneficial to all involved!



AMEP

ADULT MIGRANT ENGLISH PROGRAM

Learn English in the Perth CBD

(Near Royal Perth Hospital)

170 Wellington Street, East Perth

- Full-time, part-time and evening English and Settlement courses
- Free childcare for eligible clients
- On-site crèche for students studying up to 12 hours per week
- Free computer use
- Home Tutor Scheme
- On free Yellow CAT route (stop 27)
- Career and study advice
- Free document translation service
- Classes in Armadale, Carlisle 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 6330 4555 or
1800 862 166**

Email
amep@polytechnic.wa.edu.au

Visit our website
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 4/12



**POLYTECHNIC
WEST**
AMEP