



Serving the Community since 1956

Published by the Australian Asian Association of WA Inc.

# Teletthon Dinner Dance

- AAA Services
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Friday 26th October 2012



◆ *The RISE*  
28 Eighth Avenue,  
Maylands  
North Perth WA

◆ 7:30pm to 12:00am

◆ Music by MUSTANGS

◆ Dress: Formal / National

◆ Tickets \$60 per Person

◆ Part proceeds to Telethon

◆ Strictly NO BYO



# 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**

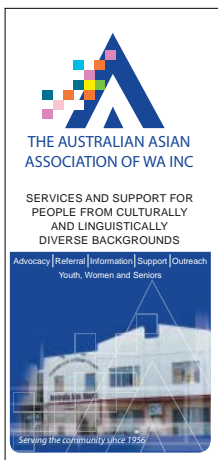
### COMMUNITY PARTNERS PROGRAM (CPP)

**Funded by Department of Health and Ageing.**

Contact Manil De Mel  
CPP 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

 <b>Colour A4</b>	 <b>Black and White A4</b>
 <b>Members</b> - 35 c	 <b>Members</b> - 7 c
 <b>Non Members</b> - 50 c	 <b>Non Members</b> - 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 ever expanding family and best wishes to our community groups from Eritrea and the Congo on their Independence Days and to Argentina, Ethiopia and Russia on their National Days.

As our members were made aware the main hall and kitchen were undergoing a refurbishment made possible through a Lotterywest Grant. We thank members for their understanding and patience in dealing with all the inconvenience caused. However the process is now complete and there are brand new facilities to be enjoyed, as community groups from Burma, Eritrea and Thailand who have recently used the hall and kitchen would testify. We urge all users to help maintain the new facilities in good condition.

On the 14th July our members and member groups were invited together with our executive members to contribute to the finalization of the Association's Strategic Plan, which will guide the policy and direction of the Association towards 2017. As we considered this an extremely valuable exercise we had an external independent facilitator Mr. Gordon Maher to guide us. The outcome of the meeting and the planning for our future will be published in the next issue.

This year we will be holding the Telethon Dinner Dance at The Rise, 28th Avenue, Maylands on Friday the 26th of October. As usual it will be a fun filled night for a great charity. Please put on your dancing shoes, let down your hair and get ready to party the night away till midnight to the lilting music of Mustang. Dinner will be a smorgasbord of eastern and western cuisine. Tickets have been posted out to our supporters. Tickets are also available by calling 93286202 or 93281160.

The Centre Based Day Care programs for our HACC clients continue to be very successful with the Iranian groups on Tuesday, the Spanish groups on Thursday and the groups from the sub continent on Wednesday. The HACC program for the Sikh Community at the Canning Vale temple is well patronised. There are 2 vacancies in the Community Age Care Packages (CACP) program as existing clients transfer to residential care, when CACP cannot meet their needs. We urge you to spread the word among your members and your community medical doctors to refer eligible members. After the very successful Cricket competition in Summer we are planning a Soccer Competition this winter in an effort to encourage our youth to participate in sport. Contact our Youth Coordinator - Yam K.C on 93281160 if you are interested. The association was disappointed that Federal funding for the Settlement Grants Programme was not renewed. This would severely affect our service delivery capacity in the northern corridor, which has been well respected and sought in the past.

It was a great delight to present the Sporting Awards to the Eritrean Association team at their recent Independence Day celebrations and to partake in the launch of Hoang's publication on Boat People by Allanah Mactiernan and John Hyde. Hoang was one of the Boat people from Vietnam and a recent recipient of an American Award for her publication. We congratulate her.

I take this occasion to wish you and your families well and remind you to have a ball at our Telethon Dinner Dance on the 26th October. Please also contribute your views to the implementation of the Strategic Plan.

Unity in Diversity

**Mel. Fialho**





## CEO'S Message



*I have just returned from a restful and enjoyable holiday overseas which included joining a tour to Jordan, Palestine and other memorable places in the Holy Land. On my return in early July it was back to the grind, getting the annual accounts*

*ready for the auditors, preparing accountability statements and reports for the funding bodies and following up on the building work. Elsewhere in this publication you will see what we have done to make our facilities more efficient and user friendly thanks to funding from Lotterywest. The kitchen is a delight to work in, with plenty of 'easy to clean' stainless steel bench space.*

*At this time of the year our staff are availing themselves of their annual leave. Currently the HACC Coordinator Saro and our Graphic designer, Olga Sidorenko are overseas. Next, Irina our Office Manager goes away in August and the CACP Coordinator in September. Fortunately we have Manil who will look after the Age Care sections.*

*You will note on the front cover that AAA is planning to revive the annual Telethon Dinner Dance which was one of our main fund-raising efforts. We have hired an excellent venue, a very popular Cabaret Band, and a Buffet of both Eastern and Western Cuisine. I can assure you that at \$60.00 per head it will be value for money.*

*The HACC Day Centre held at Asia House on a Wednesday has a few vacancies which we would like to fill. Clients who live on their own or who lack opportunities for social interaction will greatly benefit by attending and participating in activities, outings, and craft. You will be provided transport to and from the Centre. If you are interested please contact: Saro on 9 328 7688 to make the necessary arrangements.*

**Olga Ramasamy OAM**  
Chief Executive Officer

## AAA RENOVATION

As no doubt our members are aware, the hall and kitchen at Asia House badly needed attention due to constant use by our members, clients, and supporters. We made an application to Lotterywest for funding to upgrade the facilities, to ensure that we comply with

the Occupational Health and Safety legislation as well as meet the needs of our community members.

**We wish to thank LOTTERYWEST publicly for their grant of approximately \$ 300,000 to upgrade the Hall floor, the kitchen, the lift, the sound and lighting.** We regret the inconvenience caused to our members, clients and supporters while this important work was being carried out, but we are confident that you are all pleased with the result.

We wish to remind our members that the facilities at AAA house belong to you – our members and therefore we expect the facilities to be used and cared for like your own.

Brand new **WOODEN BOARDS** replaced the old floor boards. They were sanded, sealed and finished. Please try not to drag the tables and chairs because the scratch marks damage both the sealer and the finish.

The ground floor **ELECTRICAL SYSTEM** was completely re-wired.

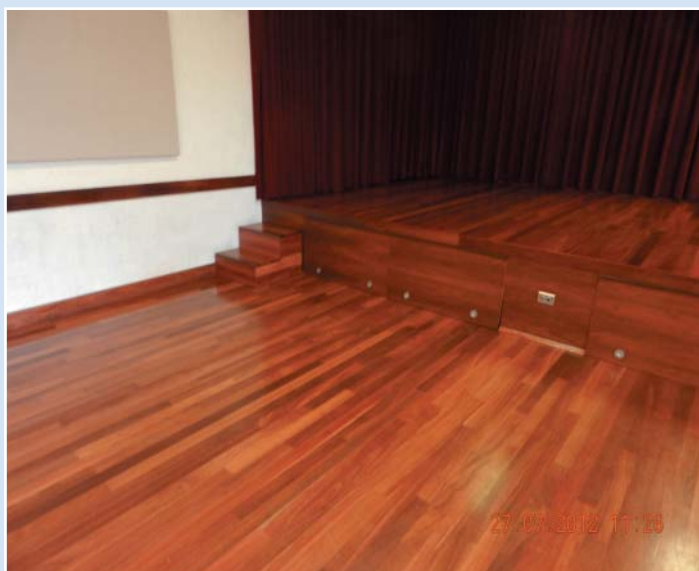
The interior of the **LIFT** has been re-conditioned and it is electrically powered. The lift can be called from both the ground floor and the first floor. This would be a great help especially for our elderly clients and mothers with babies in prams.

The **KITCHEN** has been remodelled with stainless steel benches and shelving providing plenty of work spaces. The sinks are deep allowing users to wash large pots and pans with functional modern Tapware.

Two severies have been provided so that food from the kitchen can be served to the Main Hall and the Lesser Hall.

**Conditions for use of our new facilities are placed in different locations in the building. Please respect our request to use the facilities with care and always remember to leave the premises in the same condition as you would like to have it, when you wish to use it.**

**We will be commencing the upgrade of the sound and lighting very soon.**





## INFORMATION SESSION ON DIABETES – SPANISH COMMUNITY

The Spanish community expressed an interest to learn about Diabetes. An information session was arranged on the 7th June 12 for the seniors from the Spanish Community at AAA. This talk was delivered by Dab Barnes from Diabetes WA. The information talk was good and very informative. We had 16 seniors for this session.



## DAY CENTRE PROGRAMS ORGANISED BY AUSTRALIAN ASIAN ASSOCIATION

**Tuesdays each week -** Iranian Groups at AAA

**Wednesdays each week -** Mixed Group of Srilankan, Indian, Burmese

Pakistani and Bangaldeshi at AAA

**Thursdays each week -** Spanish Speaking Group at AA House; a Sikh Group at the Canning Vale Sikh Temple.

**The Program for each day is as follows;**

**Transport -** We have one van picking up clients from their homes from the North Metro area and another van from the South Metro area. Clients are dropped off at their homes after the completion of the program.

**Activities -** We provide wellness programs, excercises and other activities including games also.

**Lunch -** We have our own cooks who prepare a tasty lunch for all participants. If anyone requires vegetarian meals these too can be provided.



# TRANSCULTURAL MENTAL HEALTH SEMINAR

A seminar on Transcultural Mental Health was organized by our CPP Coordinator on the 21st March 2012 at the ILC MACS Niche Conference Room next to Sir Charles Gairdner Hospital. The seminar was a great success. The welcome address was given by Mrs Olga Ramasamy the CEO/AAA and thereafter excellent presentations were made by Dr. Bernadette Wright and Angelo Scala from Royal Perth Hospital on "Attitudes towards Mental Health among the older adults from CALD backgrounds: Sensitively navigating the cultural differences". The next presentation was by Mrs. Andrea Creado from Ishar Multicultural Women's Health Centre on "Migrant Women and Mental Health". This was followed by a presentation from Mrs. Dianne Barker from Advocare on "Mental Health Residents Rights and Responsibilities". We had 28 participants, mostly from service providers who attended this seminar. The seminar was moderated by Ms. Amar Varsani from ILC MACS.



Ms. Amar Varsani



Mrs. Andrea Creado



## INFORMATION SESSION ON DIABETES – SIKH COMMUNITY



An information talk on Diabetes was arranged for the Sikh Community at the Sikh Temple at Canning Vale on the 26th April 12 at 11.00 am. We had 17 seniors from the Sikh Community at this talk. The talk was delivered by Ms. Randy Baker from Diabetes WA. The talk was very interesting and informative.





# CRICKET COMPETITION SATURDAY 14TH APRIL 2012



**President and Organizers with Winning Team- Sri Lanka**



The Australian Asian Association of WA organized a Cricket competition on Saturday 14th April 2012 at Lilac Hill-North Oval (Pavilion) Midland as part of the Austrlian Youth Week celebrations. The match was initiated by the President Mel Fialho and welcome speech was given by VP Rahim Ghauri.

The contest was among Sri Lanka, Nepal, India and Pakistan which are considered to be good Cricketers. They are also affiliated members of the Association. The match commenced at 8.00am and happily concluded at 6.00 pm. The first match was between Nepal and Pakistan. The latter was beaten by the former (Nepal 125 Pakistan 98) and Subodh Dahal was awarded 'Man of the Match'. In the second Match, India was beaten by Sri Lanka (Sri Lanka 98 and India got 91) in which Dishan Perera was awarded 'Man of the Match'. In the final, Nepal was defeated by Sri Lanka (Sri Lanka 166 and Nepal 95 for 2) in which Shafraz Haniffa was awarded 'Man of the Match'. Man of the Series was won by Dishan Perera. More than 300 cricket fans attended the venue to support the players.

I am happy with the success of the competition and was inspired to run similar sport programs for the Youth from CALD communities, to show their talent as well as have social fun. I am grateful to WACA umpires Mr Andrew Mollott and Mr Ranjit Ratnayake, VP-

Rahim Ghauri who sponsored the Ghauri Cricket Award for the winners and all those who cooperated, friends including Subdh Dahal and Fayyaz Raja. Similarly, I would like to thank all the volunteers specially Dilear who supported me the whole day to distribute the lunch and drinks to players. I have to thank the Department of Communities for providing the grant for the program and all the program coordinators of our Association. I would like to convey my gratitude to all of those who helped me to make this tournament a success.

**Yam kc**

**Youth Coordinator**



**With WACA Umpires Andrew Mollatt and Ranjit Ratnayake**







VP- Rahim Ghauri, President Mel Fialho and Youth Coordinator – Yam K.C. with Captain of Winning Team - Sri Lanka



Inaugural Match – Nepal Vs Pakistan



2nd Match – Sri Lanka Vs India



Executive members and Staff with visitors



Participating Teams





# AAA YOUTH ACTIVITIES

## EXPRESSION OF INTEREST IN AAA YOUTH SOCCER TOURNAMENT, 2012

The Association has been interested to foster participation in sports activities as a continuation of our efforts to provide services/activities for the benefit of our member groups. Our first attempt in the summer season to organize a Cricket tournament was extremely successful. As a result we have been inundated with requests to organize a Soccer Tournament during winter.

We had discussions with the Inclusive Development Officer of Football West, Gordon Duus, who has assured us that football west will support us in numerous ways. He was very enthusiastic to be involved with the idea of working with the CALD communities and will promote the event as best as possible.

This letter is therefore to seek EXPRESSIONS OF INTEREST from our member groups wishing to participate in the first AAA Soccer Tournament to be held on the weekends between September 15th and 14th October. It will consist of 8 teams with 9 a side. 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 August 2012 if you are willing to form a team. As the tournament is restricted to 8 teams, we need to accept the interested teams on a "first come, first serve" basis. It is our plan to make the Cricket and Soccer Tournament annual events, gradually expanding on the number of teams and participants. More information on venue, equipment and transport will be provided, when we hear from you.

Thanking you in anticipation for your help and cooperation in this regard. For further information, please contact Youth Coordinator - Yam K.C on (08) 93281160 or [youthcoordinator@iinet.net.au](mailto:youthcoordinator@iinet.net.au)



# THE OPENING OF RUSSIAN COMMUNITY LIBRARY IN MAYLANDS



The opening of the new premises for the Russian library at The RISE, office # 8, 28 Eighth Avenue, Maylands at the new Bayswater building was a gala affair. In attendance were Mr Jon Vines from City of Bayswater, Ms Alla Belski- President of The Russian Club of WA, Mr Jerry Kabelka- President of Czech and Slovak Association of WA and Mr Zdenek Cihelka, Honourable Council for Czech Republic in Perth as honoured guests to officiate this new progressive step for the Russian community of Perth. Everyone who attended inspected the modern, spacious premises of the Russian library which also incorporates the Czech library collection who are sharing space within the Russian library. Patrons of Western Australia can enjoy a bright airy atmosphere when using the new expanded facilities.





## 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](mailto:vchavez@meddent.uwa.edu.au)**

Approved by the University of Western Australia Human Research Ethics Committee

## 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](mailto: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.



## The WA Carers Conference 2012 program is now online - register now!

The exciting program has many interactive question and answer sessions covering topics that carers have told us they would like to know more about. Plus we have a whole team of advisors with expertise in a wide range of carer issues. If you need a break from talking and listening, we can provide you with a quiet space for a massage, or to learn some self-care skills. Carers and service providers - Register for the conference now! If you are a carer, you can apply for a subsidy to cover your registration costs. If you are travelling from the country, you can apply for subsidies to cover your travel and accommodation too.



[http://www.wacarersconference2012.com.au/WaCarers/Documents/CARERS%202012%20Preliminary%20Program%20V1%20\(2\).pdf](http://www.wacarersconference2012.com.au/WaCarers/Documents/CARERS%202012%20Preliminary%20Program%20V1%20(2).pdf)



## 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](mailto: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)

## Seniors Week Awards Nominations are OPEN

The WA Seniors Awards recognise individuals and organisations for their commitment to Western Australian society in the following categories:

- **COMMUNITY AWARD**
- **INTERGENERATIONAL AWARD**
- **BEYONDBLUE INSPIRATION AWARD**
- **THE WESTSCHEME/COUNCIL ON THE AGEING CHAMPION FOR SENIORS AWARD**
- **THE BENDIGO BANK ACTIVE AGEING LEADERSHIP AWARD**
- **THE 2011 BURSWOOD WA SENIOR OF THE YEAR**

COTA WA t: 9321 2133

Department for Communities t: 6551 8700

Entries close Friday 10 August 2012

## FREE WORKSHOPS FOR FAMILY CARERS

As part of the Carers WA Education and Training program, we are holding a series of FREE workshops for family carers in Mundaring. These workshops will cover all aspects of being in a caring role, from looking after yourself to communicating effectively. They are also a great opportunity for you to meet other carers in your area while relaxing and enjoying a delicious lunch on us!

Dates of workshops (all Thursdays):

- 2 August
- 30 August
- 20 September
- 11 October
- 8 November
- 29 November

For further information and to register for these workshops, please contact the Carers WA Events team on **1300 CARERS (1300 227 377)**.





## THE AUSTRALIAN ASIAN ASSOCIATION

*Is happy to advice 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

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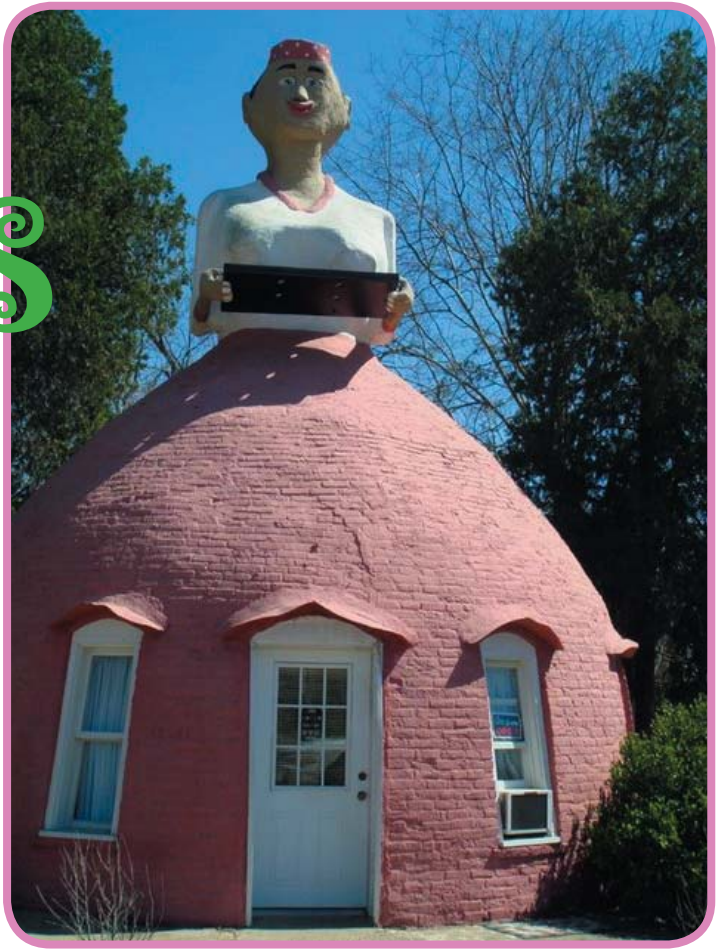


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4/163 Edinboro Street  
Joondanna WA 6060

# HUMOR - UNUSUAL HOUSES



Piano House in An Hui Province, China



Mammy's Cupboard (Natchez, MS, United States)



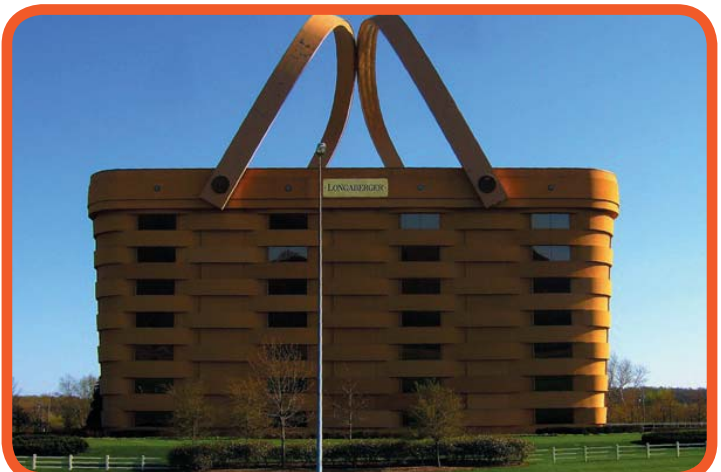
Upside Down House in Szymbark, Poland



The Crooked House (Sopot, Poland)



The Haines Shoe House, Hallem, Pennsylvania, USA



The Basket Building (Ohio, United States)



# AMEP

## ADULT MIGRANT ENGLISH PROGRAM

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170 Wellington Street, East Perth

- Full-time, part-time and evening English and Settlement courses
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- Home Tutor Scheme
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- 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  
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**Email**  
[amep@polytechnic.wa.edu.au](mailto:amep@polytechnic.wa.edu.au)

**Visit our website**  
[polytechnic.wa.edu.au/amep](http://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  
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AMEP