



*Serving the Community since 1956*

Published by the Australian Asian Association of WA Inc.

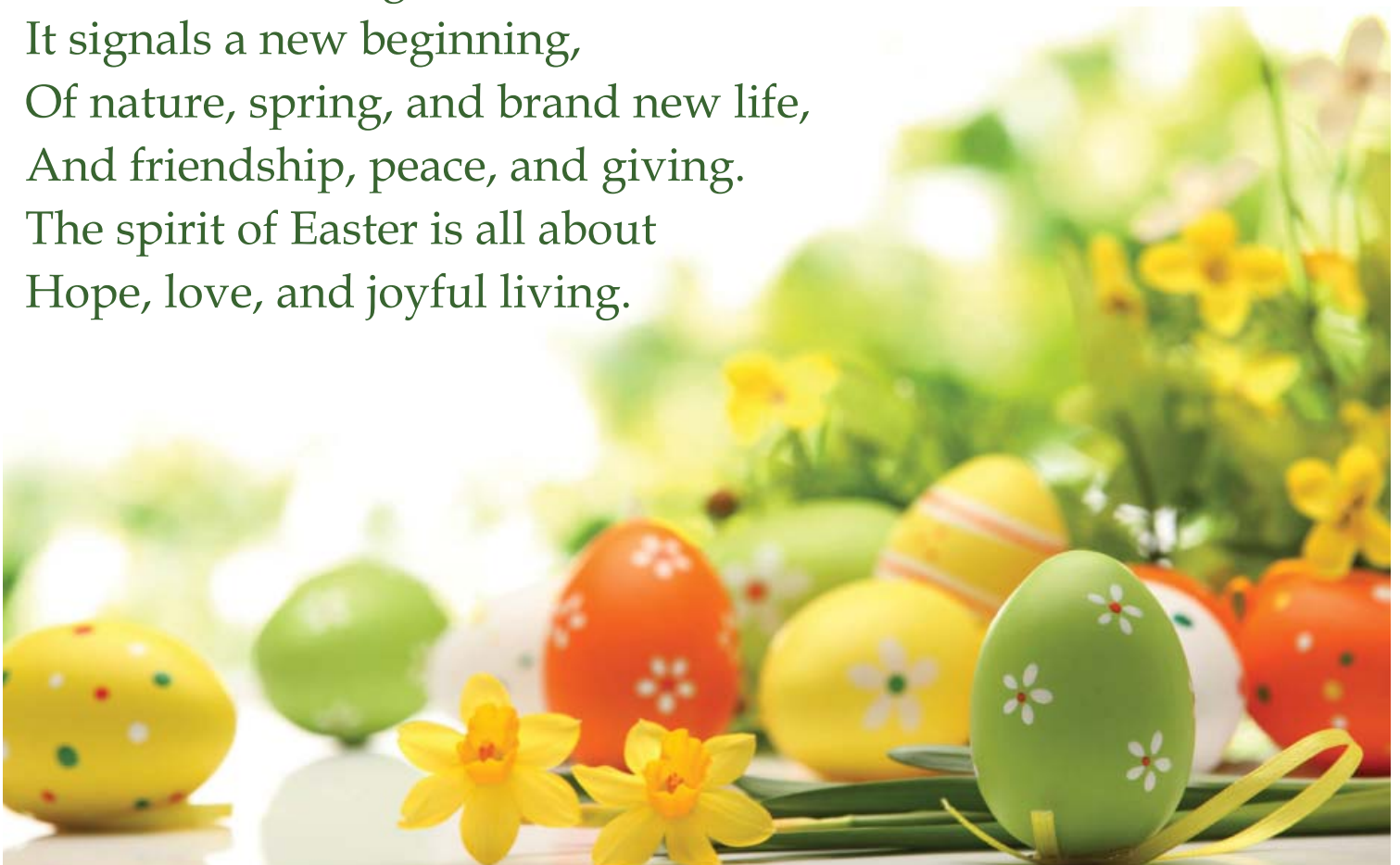
*Wishing you a very  
Happy Easter that is  
filled with plenty of  
love and happiness !*

The Easter Feeling does not end  
It signals a new beginning,  
Of nature, spring, and brand new life,  
And friendship, peace, and giving.  
The spirit of Easter is all about  
Hope, love, and joyful living.

## INSIDE THIS ISSUE

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

**Our Easter Holiday  
18 April - 23 April**



# 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 Manil De Mel  
CACP Coordinator on **(08) 9228 9833**

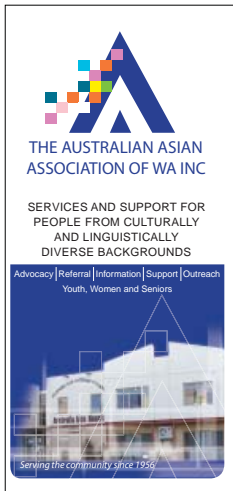
### HOME AND COMMUNITY CARE PROGRAMME (HACC)

**Funded by Department of Health (State).**

Contact Sarojini Fernando  
HACC Coordinator on  
**(08) 9328 7688**



## FACILITIES at AUSTRALIA ASIA HOUSE 275 Stirling Street, Perth 6000



### HALLS AVAILABLE

#### The Main Hall

seating capacity 200-250 people

- Stage
- Kitchen - Drinks, Fridge, Microwave
- Reverse cycle air conditioning
- Public Address System complete with music system
- Overhead Projector and Wide Screen
- 18 tables and 250 chairs

#### The Lesser Hall

seating capacity 40-60 people

- Wall mounted white board
- Reverse cycle air conditioning
- Tea making facilities/fridge
- 10 tables and 60 chairs

**Committee Room** seating capacity up to 14 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>
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



Welcome to the second edition of AUSTRALIAN ASIAN ASSOCIATION NEWS, but the first edition for 2014. I, the Executive Committee and AAA's staff wish our membership, friends and well wishers a HAPPY NEW YEAR. Welcome back to the interesting daily routine of working life after a well earned holiday period.

2013 was a very busy year for AAA but we are ready to offer our best services in 2014 to members and the community at large.

Home and Community Care (HACC) and Community Age Care Package (CACP) programs are running extremely well. These programs are managed by our very efficient team of Sarojini Fernando, Romello Anandappa and Manil de Mel. HACC and CACP

offers domestic assistance by trained and professional carers, social support where clients are assisted with shopping, banking and outings, and Centre based Day Care for clients 3 days a week. On Tuesday Iranians, on Wednesday Asian sub-continent, and on Thursday Spanish speaking clients. On Fridays our own seniors meet at AAA. They all enjoy a healthy lunch; participate in light exercises, listen to delightful music which brings them on their feet. Please pass on this information to the seniors from your community who are welcome to join. Just call AAA on 9328 6202.

Sarojini, the HACC Coordinator is leaving AAA after 10 years of service. She has been an asset to the Association, a pleasant and wonderful colleague and a dedicated employee. We will miss her. We wish her the best during her retirement. Sarojini is being replaced by Dushyanthi Fernando who brings with her a wealth of experience in the age care field. AAA looks forward to working with Dushyanthi and warmly welcome her to the AAA team. Chris Brama, CACP Coordinator retired last year after 13 years of services to our clients. He was farewelled by our past president Mr. Mel Failho at a dinner held in his honour. Chris was friendly, efficient and a quiet achiever. We will miss his politeness and friendship. Chris has been replaced by Manil de Mel who has vast experience in public relations and administration. AAA welcomes Manil to the team and we wish Chris a happy retirement.

Irina Tomson is currently on long service leave till mid-May, 2014. Irina is alert, efficient and a very capable manager of AAA's accounting system. We miss her but do wish her a pleasant holiday. Olga Sidorenko, our capable and excellent Graphic Designer, has been extremely busy during the Christmas Season helping our members with their printing and publishing needs.

AAA facilities are being used extensively by our members at subsidised rates and by non-members at normal rates. The facilities are used for AGMs, Weddings and Birthday Functions, dance practices by Scottish, Arabs, Indians, Latin Americans, and South East Asian groups.

AAA holds its annual cricket and soccer competitions for CALD Youth. KC Bahadur, the Youth Co-ordinator is the force behind this competition. 2014 Cricket competition starts on 22nd of March at Forest Park, Mt Lawley. It is an all day event and 8 cricket teams from different countries are taking part. AAA invites you and your family members to come along and support the team of your choice and enjoy the day's outing. The LAUNCH of the competition will be at 9 am sharp, Saturday 22nd of March 2014.

Special welcome back to AAA's CEO Olga Ramasamy who had a very enjoyable holiday in Sri Lanka celebrating her birthday with her family. We are very grateful to her for her loyalty and dedication to AAA over a long period of time and her continued efforts to improve and raise AAA's status within W.A.'s ethnic sector.

I would like to take this opportunity to thank my executive members for their willingness to continue to serve on the AAA committee. It is not possible for me to take the Association forward on my own. Whilst I realise and deeply appreciate the members' participation in the monthly meetings, I also rely heavily on them to share their talents and experience to progress the Association and its activities. Similarly, I welcome comments, suggestions and contributions from you, our members as well.

**Happy Easter to All !**

**Rahim Ghauri**  
AAA President





# Triple A Christmas Party 2013



Triple A clients and staff from the HACC and CACP Programmes enjoyed themselves at a special Christmas buffet lunch held at the Agni Restaurant on the 18th of December 2013.

The President of the Australian Asian Association committee Mr. Rahim Ghauri welcomed all on behalf of Triple A.

The afternoon ended with each client receiving a personal gift from Triple A.

**A good time was had by all!**







## Youth Coordinator's Message

We are delighted to host the Hon. Michael Sutherland MLA, Member for Mount Lawley who will be representing the Hon. Premier Colin Barnett MLA at the 'Opening Ceremony of the AAA CALD Youth Cricket Tournament 2014' for the Coin Toss.

A number of Officials from different government departments, diplomats from the participating countries and many community representatives have been invited. Eight teams are participating from our member communities: Afghanistan, Bangladesh, India, Nepal, Pakistan, Sri Lanka, Swami Vivekanada. The matches will start from 7am. The Opening Ceremony will be at 9.30am. After the ceremony, the qualifying matches will restart. You will find more details about the tournament in the flyer below.

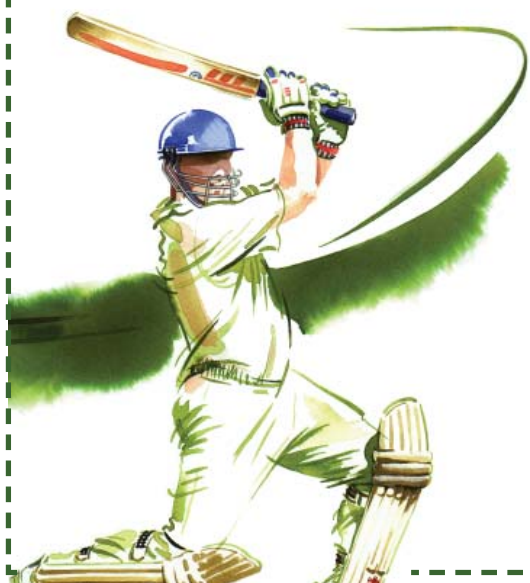
The Association is grateful to the Department of Sport and Recreation for the financial support to run the sport event. Similarly, the Association is also grateful to WACA for providing umpires, and the teams who have registered.

We would be delighted if you and your family, as well as your friends can join us for 'the Opening Ceremony'.

**Yam K.C.**  
Youth Coordinator



# AAA YOUTH CRICKET TOURNAMENT 2014



Forest Park, Mt Lawely, WA 6050

Opening Ceremony at 9.30 AM  
on Saturday 22nd March 2014

AAA has organised a Cricket Tournament supported by Department of Sport and Recreation among the youth from WA CALD communities as a part of Association's Youth and Sports Activities.

We would be delighted to welcome you to celebrate the Youth Carnival with us.



Department of Sport and Recreation

If you require any further information, please contact Youth Coordinator, Mr. K.C. Yam  
08 9328 1160 Youth.Coordinator@aaawa.org.au www.aaawa.org.au

## COTA Seniors' Housing Centre - Book Appointments Now!

COTA's Seniors Housing Centre is alive and well, at least until June 30th. Thank you for all your support in regaining funding. Contact us if you would like independent information on choosing housing options for seniors - granny flat, retirement village, lifestyle village or downsizing.

John and Diane can help you come to an informed decision. Become informed, avoid some of the pitfalls and choose the lifestyle you want.

Find out more by contacting us using the 'Hot Line' on 1300 734 838 or come and see us in person at our William Street office. Alternatively use email to reach John or Diane: [john@cotawa.org.au](mailto:john@cotawa.org.au) or [diane@cotawa.org.au](mailto:diane@cotawa.org.au)



## Honey, did you remember the milk? - Healthy Ageing Research Project

### HEALTHY AGEING RESEARCH PROJECT: HARP@UWA

Researchers from the University of Western Australia are seeking volunteers over the age of 50 for a study investigating a process called 'remembering to remember' or prospective memory. Often, during the day, we make plans that we have to remember to carry out later on. For example, you need to remember to pick up a litre of milk on the way home. First, you would need to store this in your memory. Then, on the way home, you would need to notice when you go past the shops and remember that you had to pick up the milk. Researchers are seeking volunteers to help in this new and exciting project. Participants will be asked to attend a three-hour session at UWA where they will undertake assessments in memory and other thinking skills.

For more information about this study please contact: Kevin Mo via email: [10316556@student.uwa.edu.au](mailto:10316556@student.uwa.edu.au)

Alice Gummery via email: [20386682@student.uwa.edu.au](mailto:20386682@student.uwa.edu.au) or leave a message on 0459 465 983



## Western Wilderness 4WD and Survival Training Courses

Western Wilderness 4WD and Survival Training is a Perth company that delivers quality and practical training in a relaxed safe environment.

Each 4WD training day is capped at three vehicles to ensure the quality of training reaches every customer in the group.

Survival Training is based around 4WD trips, but it is also suitable for bushwalkers, these courses are capped at 10 customers to allow for plenty of hands on experience.

There is also a two day course with an overnight camp for those who wish to travel with a four wheel drive, this covers 4WD, camping, and survival skills to prepare you for the journey. For more information visit [www.westernwilderness4wd.com.au](http://www.westernwilderness4wd.com.au)





## New look for old landmark

This 40 year old is getting more than just a facelift!

Wellington Street Bus Station is set to undergo a \$249 million transformation which will see City Busport Alliance (the Public Transport Authority, Brookfield

Multiplex and BG&E), build a state of the art underground station.

By 2031, an estimated 25,000 passengers will be using the underground bus station each day with more than 220 bus movements an hour in peak times. This calls for a modern and sophisticated bus station to meet demand and passenger expectations.

Moving the bus station underground allows the key thoroughfares of King and Queen streets to reconnect Perth to Northbridge and provides for unrestricted views from one side to the other for the first time in decades.

Work on sinking the new station will get under way shortly with the demolition of the existing building.



A temporary bus station on the Roe Street side of the site commenced operation on January 12 and will accommodate around 75 per cent of bus services from the old Wellington Street Bus Station. The remaining 25 per cent of buses will remain at Esplanade Busport until a second temporary bus station is built on Wellington Street.

The project is due for completion in mid 2016. Find out more about the temporary bus changes at [www.pta.wa.gov.au](http://www.pta.wa.gov.au)

## CAN YOU DO TWO THINGS AT ONCE?! UWA Research Project seeks participants



Researchers from the University of Western Australia are seeking people over the age of 50 who are currently experiencing major depression, as well as people who are not experiencing depression whom we will compare matched on age for a study investigating differences in our ability to perform two mental tasks at the same time. The researchers are looking at your ability

to hold two tasks in mind at the same time, and to control what information you concentrate on.

Participation entails coming to our Fremantle office for around 2 hours where you will be doing some assessments of your memory and other thinking skills. The aim of the research is to help understand if and in what ways mental control abilities change with age-related illnesses. With your help, we can add to our knowledge about abnormal ageing.

You will receive up to \$15 to help cover travel expenses. If you have a friend/partner who is also interested in participating, please let us know as you may be able to complete the tasks together.

To help, please leave a message for Talitha Lowndes on 08 6488 7341, or e-mail [talitha.lowndes@uwa.edu.au](mailto:talitha.lowndes@uwa.edu.au). Alternatively please visit our website: <http://tinyurl.com/multitaskingMD>

***Dear stakeholders,***

*I am writing to make you aware that Western Australians who do not wish to deal with uninvited door to door sellers are being urged to obtain a Do Not Knock sticker from Consumer Protection and display it on their front door or near the doorbell.*

*A WA sticker has been created following a Federal Court ruling in South Australia which confirmed you don't need to meet a door-to-door salesperson face-to-face to ask them to leave your house.*

*The case involved a salesperson representing an energy supplier who attempted to negotiate an agreement despite a sign on a consumer's front door that showed an image of a fist knocking and a line through it, along with the words: 'DO NOT KNOCK Unsolicited door-to-door selling not welcome here.'*

*According to the judge, that 'do not knock' sign conveyed a clear and unambiguous request for the salesperson to leave without knocking on the consumer's door.*

*Under the Australian Consumer Law (ACL) salespeople must leave immediately when asked to by the person who lives in the property or the consumer they are negotiating with on the doorstep.*

*The Court's decision that ignoring a 'do not knock' sign was a breach of the law, confirms that consumers can use a prominent sticker or notice to request uninvited salespeople leave their premises and that they do not need to meet the salesperson face-to-face to ask them to leave.*

*This is particularly important for vulnerable consumers, those from non-English speaking backgrounds, Indigenous, seniors or anyone who feels uncomfortable asking a person who*



*is already on their doorstep to leave. That's why Consumer Protection has produced a sticker for Western Australians.*

*Please note that the sticker only covers people selling goods and services door to door. It does not cover people calling for other reasons e.g. seeking donations to charity or promoting religion.*

*If you would like to know more about consumer rights when a seller calls at your home uninvited - such as the ten business day cooling off period to think over the deal - visit the Consumer Protection website [www.commerce.wa.gov.au/doortodoor](http://www.commerce.wa.gov.au/doortodoor).*

*If you would like to order stickers to distribute to your clients please call 1300 30 40 54 or email me your order and postal address and we will dispatch them as soon as possible. Please don't hesitate to contact me should you have any enquiries about the stickers.*

*Regards,*

***Merinda Willis on behalf of Consumer Protection***

*Community Education, Consumer Protection, Department of Commerce, Western Australia*

*A Level 7, 219 Georges Terrace, PERTH P Locked Bag 14 Cloisters Square PO, PERTH 6850*

*T 1300 30 40 54 F (08) 9282 0857  
E [cpseminars@commerce.wa.gov.au](mailto:cpseminars@commerce.wa.gov.au)  
W [www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)*

# Do you live with ongoing pain?



**Living Well with Pain** is a **FREE** program that will allow you to learn new skills to assist you to manage your pain, improve your quality of life and share your experiences with people in a similar situation.

## Is Living Well with Pain for me?

Do you live with ongoing pain, such as:

- Neck, shoulder or back pain
- Fibromyalgia
- Pain from injury, trauma or surgery
- Ongoing headaches
- Crohn's disease
- Severe muscular pain
- or any other ongoing pain?

Do you live in the regions of Fremantle, East Fremantle, Melville, Cockburn or Rottneest?

If you answered YES then **Living Well with Pain** is for you!

## How do I find out more?

Phone Fremantle Medicare Local on 9319 0555 or email [livingwell@fremantleml.com.au](mailto:livingwell@fremantleml.com.au)

## What will I gain from Living Well with Pain?

Over the six week course **Living Well with Pain** will help you develop skills and strategies to successfully manage your ongoing health issues, including:

- Dealing with frustration and lack of sleep
- Good exercises to help reduce pain
- Use of medications
- Healthy eating and physical activity
- Communicating your pain
- A number of take home resources



*Connecting health to meet local needs*

# AMEP

## ADULT MIGRANT ENGLISH PROGRAM



Does your community group help people learn English?  
We can offer free training and support

### Are you from a community organisation helping people learn English?

Would you like to learn more about how to support them in an informal class, a conversation group, or one to one tutoring?

Polytechnic West's Community Tutor Enhancement Program is funded by the Australian Government Department of Industry to provide other groups with free training and support.

We can offer a full 15-hour tutor training course, or three-hour professional development workshops tailored to your needs.

### Examples of possible workshop topics are

- Cultural awareness
- Beginning literacy
- Organising conversation groups
- Australia history, government and laws
- Using online language learning resources
- Road rules for new arrivals

### We provide:

- Ongoing advice and support, with free resources
- Regular news bulletins
- Training at your premises, if you wish

### Want more information?

Contact us on **9207 4281** or **1800 862 166**  
or email [htamep@polytechnic.wa.edu.au](mailto:htamep@polytechnic.wa.edu.au)

# AMEP

## ADULT MIGRANT ENGLISH PROGRAM



Learn English with AMEP at Polytechnic West  
Centres around Perth and throughout WA

### LOCATIONS

#### **AMEP Armadale - Polytechnic West**

145 Jull Street, Armadale  
Phone 9497 7084

#### **AMEP Carlisle - Polytechnic West**

Corner Oats St & Bank St, Carlisle  
Phone 9267 7335

#### **AMEP Thornlie - Polytechnic West**

Burslem Drive, Thornlie  
Phone 9267 7609

#### **Community-Based Classes**

East Fremantle, Rockingham, Mandurah  
Langford, Northbridge  
Phone 9267 7609

#### **Home Tutor Scheme - Polytechnic West**

Phone 9207 4281

#### **Rural and Regional Western Australia Polytechnic West**

Phone 1800 862 166

### SERVICES PROVIDED

- Registration and enrolment
- Full-time and part-time classes
- Saturday classes (Carlisle and Thornlie)
- Access to Home Tutor Scheme
- Free document translation service
- Free career and study advice
- Free childcare
- Onsite creche (most sites)
- Referrals to Distance Learning

To find out more, contact Polytechnic West's AMEP on 9267 7609 or 1800 862 166 email [amep@polytechnic.wa.edu.au](mailto:amep@polytechnic.wa.edu.au) or visit [polytechnicwest.wa.edu.au/amep](http://polytechnicwest.wa.edu.au/amep)