



News

April - June 2014



Serving the Community since 1956

Published by the Australian Asian Association of WA Inc.

2014 AAA YOUTH CRICKET TOURNAMENT



On behalf of The Australian Asian Association of WA Inc., I organised the 'AAA CALD Youth Cricket Tournament 2014' funded by the Department of Sport and Recreation. It was held on Saturday, 22nd March 2014 at Forest Park, Mount Lawley, in the City of Vincent. The Chief Guest, Hon. Michael Sutherland MLA, Member for Mt Lawley representing the Premier the Hon. Colin Barnett MLA and Terry Waldron the Hon. Minister for Sport and Recreation, tossed the Coin at 9.30am to commence the match: Sri- Lanka Vs Bangladesh ABC Club. Hon. Mr Steve Irons MP, Federal Member for Swan and Ron Alexander Director General from Department of Sport and Recreation also tossed the coin for the match between Pakistan Vs Swami

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'Men in Green' Pakistan Cricket Club



Afghanistan Cricket Club



Nepalese Cricket Club



ABC Club

SERVICES AVAILABLE FOR THE COMMUNITY

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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.

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- 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

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COMMUNITY AGED CARE PACKAGES (CACP)

Funded by Department of Health and Ageing.

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

Office Hours:
Monday, Wednesday and Friday
9:00am to 5:00pm

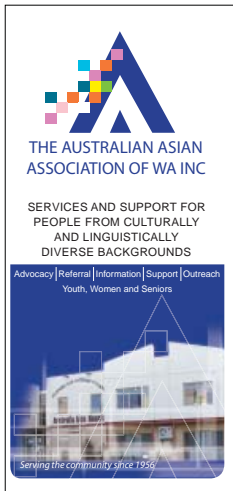
HOME AND COMMUNITY CARE PROGRAMME (HACC)

Funded by Department of Health (State).

Contact Dushyanthi Fernando
HACC Coordinator on
(08) 9328 7688



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- 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

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 \$ 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
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CONTACT (08) 9328 6202

President's Message



Dear members,

The Australian Asian association of WA Inc. presents 2014 April-June edition of its quarterly publication.

This quarter has been an exciting as well as a tiring one. Exciting because our senior's programme is running extremely well. The seniors have been on excursions and enjoyed outings and tasty picnic lunches. Thanks to our HACCC Team for their interest in organising outdoor activities. Professional trainers are regularly keeping house-based seniors physical and mentally fit. Carers are continuously providing services to seniors their residences and are attending to their needs.

Ms. Irina Tompson our Accounts Officer resigned in January this year after 10 years of service. We thank Irina for streamlining the accounting system on MYOB. She has been replaced by Mrs Belwinder Kaur who was working with AAA in a part time capacity assisting our seniors section of HACCC and CACP. She is a competent worker and has experience in accounts. She is a friendly person and has fitted in with the administration team well. I welcome her as a valuable addition to AAA's administration team.

Our dearest and very hard working lady, CEO Mrs. Olga Ramasamy unfortunately took ill. She was in Hospital for 9 days and the doctor's advice was to have complete rest for a few weeks. All of us prayed for her full recover. Her absence from the office increased the work load on other members of the team. We missed her guidance and efficiency of controlling the work load. I made myself available in the office regularly assisting with office work as much as I could. Thank Heaven she is back in the control seat. My special thanks to all the office administration members particularly to KC Yam Bahadur Youth Co-ordinator who shared the work load willingly.

This quarterly publication of AUSTRALIAN ASIAN NEWS contains information about AAA's activities. We would like to make it more interesting so that our members may enjoy reading it. We ask our partners (affiliated member organisations) to contribute to this magazine by sending us information of their successful activities and informative and interesting articles of their country of origin. We also welcome articles on your national festivals and important events as well as short stories about the community or an individual, of which they are proud. Your experiences about settling in Australia and finding your way into the Australian way life as compared to the country you have migrated from would be a very interesting topic. A political or a racial article will not be published in AAA's publications.

Rahim Ghauri
AAA President

FROM CEO

Sorry I have had loads of work to get through as a result of my absence from work for nearly 5 weeks on sick leave. This is just a request to let us know if there is any one in the community who is interested in understudying my job with a view to taking over when I retire next year. Please get in touch with me or the President.

IT IS ESSENTIAL THAT THIS POSITION IS HELD BY ONE OF THE CALD COMMUNITIES.

Thank you.

By order of the Executive.





Farewell for Sara



Sarojini Fernando who had been the Home and Community Care Coordinator from 2004 to 2014 was farewelled by the Australian Asian Association on the 28th of March 2014. Speeches were made by Olga Ramasamy - CEO, Rahim Ghauri - President of the Board, and Mel Fialho - Vice President of the Board. Board members and the Staff enjoyed a buffet dinner followed by dancing. The CEO presented Sarojini with a special award in appreciation of the services rendered from the inception of the Australian Asian Association Home and Community Care Programme.







2014 AAA YOUTH CRICKET TOURNAMENT



Department of Sport and Recreation

Vivekananda Association (SVA) of WA Inc. Hon. Alanah Mac Tiernan, MP for PERTH indicated that her support for the culturally and Linguistically Diverse (CALD) Youth Sports Activities will be continued. Other participating guests: Fred Brown, Honorary Consul for Nepal, Mr Matthew Kavanagh Multiculturalism Officer and members from participating teams inspired and encouraged the players.

The Forest Park Pavilion was full of players, their friends, families, fans of Cricket, Community representatives including guests from different social organisations, and government officials. The atmosphere was quite emotive and full of inspiration for the players. The communities were cheering their own teams in a competitive spirit. The participating 8 teams were from Afghanistan, Bangladesh, India, Nepal, Pakistan Eagle, Men in Green, Sri Lanka and Swami Vivekananda Association of WA Inc. Of WA Inc. The tournament was played in the knock-out format.

India, (Nepal Vs India) Pakistan - Men in Green (Afghanistan Vs Men in Green), Bangladesh - ABC Club (Sri-Lanka Vs ABC Club) and Pakistan Eagle (Pakistan Eagle Vs SAVI) teams were qualified for Semi-Final. India and Pakistan became the finalists. India won the tournament defeating Pakistan Eagle. Meharan Khan from Pakistan Eagle and Rohan D'Sylvia from India were awarded Man of the Match

in the two semi-finals. Simon Jepson was awarded Man of the Match in the final. Vijay Singh was awarded the Best Bowler, and Oswin D'sylva was awarded The Best Batsman and The Man of the Series. All of them were from India.

On behalf of the Organising Committee, I would like to express my sincere gratitude to the Chief Guest, Hon. Michael Sutherland, guests Hon. Steve Irons, Mr. Ron Alexander, Fred Brown for their presence and Coin Toss at the 'Opening Ceremony'. I would like to express my sincere gratitude to the Guest Hon. Alanah MacTiernan MP for PERTH for presenting all the Trophies, medals and Certificates of Appreciation to the winners, and umpires including volunteers. Similarly we extend our appreciation to diplomatic representatives, members of ethnic communities and government officials for their presence. Moreover, our appreciation to Navin Bhandari - General Manager of Bassendean Fresh and Grocer in sponsoring Sports drinks and Water to all the players and umpires during the event. In particular, we thank the eight teams, volunteer umpire Mr. Ranjit Ranayake and Mr. Nick Walter and the cricket fans that contributed to the success of the 3rd AAA Youth Cricket Tournament.

Mr Yam K.C.
Youth Coordinator



Rahim Ghauri-AAA President, Dr. Bishnu Devkota-NAWA President, Youth Coordinator, AAA Vice President, Umpires from WACA with the Winning team



Hon. Michael Sutherland, Ron Alexander Director General from DSR, Mr. Fred Brown Honorary Consul of Nepal among the distinguished guests...



Hon. Steve Irons MP, Federal Member for SWAN, between AAA President Rahim Ghauri (Right) and Vice President Mel Fialho (Left of the Flag)



Hon. Alanah MacTiernan presenting Trophy to Captain of Winning team- Indian Cricket Club



Yam KC Youth Coordinator presenting trophy 'The Best Bowler' to Vijaya Singh



Dawa Sherpa, Photographer of the Tournament displaying his Certificate



Youth Coordinator presenting trophy thanking to Nick Walter-Umpire, WACA



Hon. Alanah MacTiernan presenting Medal and Vice President Mel Fialho to Runner up 'Pakistan Eagle'



Hon. Alanah MacTiernan presenting Medal 'The Man of the Series' to Captain Oswin D'Sylva from Winning team India



President Ghauri presenting trophy to Ranjit Ratnayake, Volunteer Umpire (WACA)

How is your memory? Exercise may help - Research study seeks volunteers

How is your memory? Exercise may help.

Can exercise improve our memory and how well our brain works?

This is the question that researchers from UWA are asking in a novel exercise program that will have people walking on land and in water.

Participants in the study will undergo tests such as blood pressure, fitness, brain blood flow, memory and cholesterol at the start of the program and after six and 12 months. This will help researchers to understand how exercise can improve brain function and health.

Volunteers will be allocated to one of three groups – an education group, a land-based walking group, or a water-based walking group. The exercise groups will have an individually designed fully supervised exercise program conducted three times a week at the UWA Nedlands campus for 6 months.

Researchers are looking for healthy, non-smoking, inactive men and post-menopausal women over 50 who live in the Perth metropolitan area and who have concerns about their memory but do not have diagnosed cognitive impairment or Alzheimer's disease. Inactive is defined as not doing more than 30 minutes of moderate intensity exercise per week.

People concerned about their declining memory and who meet the criteria above should contact Elisa on 6488 2379 during office hours, or email elisa.robey@uwa.edu.au.



PAID PARKING AT TRANSPERTH TRAIN STATIONS



Transperth are introducing a \$2 per day fee to park at all station carparks on weekdays (excluding public holidays) from July 1st 2014. There will be no concessions for seniors.

However there latest news is that there will be no charge for the use of ACROD parking bays.

Conditions for using Transperth car parks

- A flat fee of \$2 applies for all vehicles including motorbikes and motorised scooters parked between 5am and 9pm, Monday to Friday excluding public holidays. The fee applies whether you're parked the whole day or any part of it. SmartRider discounts and concessions do not apply for parking.
- If you're a SmartParker, the \$2 parking fee will be deducted from your SmartRider and parking attendants will use licence plate recognition software to check if parking has been paid for. If you've used the Pay 'n' Display machine, a valid parking ticket must be displayed, correct side up, on the car's dashboard at all times.
- Car parks will be patrolled daily by parking attendants who will issue a \$50 fine if a car doesn't have a valid ticket on display, or doesn't have the \$2 parking fee deducted from a linked SmartRider.
- Because we want to offer as many parking bays to our passengers as possible Transperth car parks are, as always, strictly for Transperth passengers only.
- When you're using your SmartRider to pay for parking, you must tag on a Transperth bus or train on the same day. If you don't, you won't be able to use your SmartRider to pay for parking the next time you attempt use SmartParker or a Pay 'n' Display machine. If this happens to you, you'll need to make a Transperth journey using your SmartRider to reactivate your card. You'll then be able to use your SmartRider for parking the following day.

Third National Elder Abuse Conference

The Third National Elder Abuse Conference will be held on September 3 and 4 2014 at the Hyatt Hotel in Perth.

The Conference Programme is now available, and registrations are open at a special price.

Advocare Incorporated, the peak Western Australian organisation in the promotion of older people's rights and prevention of elder abuse, is proud to be hosting the Third National Elder Abuse Conference at the Hyatt Regency Perth, from the 3rd to 5th September 2014.

Unless we take real action now, elder abuse will continue to become one of the biggest social issues in Australia. The Third National Elder Abuse Conference will offer delegates from health, aged care, medical, legal and finance sectors the most comprehensive information, research and best practice to address elder abuse.

This will be the first conference of its kind in Perth, and the biggest in Australia and will help you unlock the solutions to prevent elder abuse and protect vulnerable older people.

The two day conference will be followed by a 1 day World Café where delegates can apply the skills and learnings from the conference, transform it into real action and become the architects of possibility.

Protect yourself, protect your loved ones - get the flu shot.

Protect yourself, protect your loved ones - get the flu shot.



Western Australians are being encouraged to take advantage of this year's flu vaccine in the lead up to the winter flu season to avoid catching and passing on the virus to vulnerable groups.

Communicable Disease Control Director Dr Paul Armstrong says because influenza viruses are always changing, scientists try to match the flu vaccine to the influenza strain most likely to cause the flu each year, making it important to have the vaccine every flu season.

People who are particularly susceptible to influenza include children aged six months to five years, Aboriginal people aged 15 years and older, pregnant women, people aged 65 years and older and those with chronic medical conditions. These groups are eligible for a free flu vaccine, available from GPs, Aboriginal Medical Services and community immunisation clinics (attendance at some private clinics may incur a fee).

For more information visit healthywa.wa.gov.au

Medical alarms and the NBN network - Important information

Medical alarms register

Care recipients who use medical alarms should be aware of how these devices will interact with the rollout of the National Broadband Network (NBN).

Eighteen months after an area has been declared NBN-ready, existing landline phones, ADSL internet, and Telstra cable internet services, will be switched off. This will begin to occur – initially only in a small number of areas – from 23 May 2014.

Not all existing medical alarms are compatible with the NBN, and some alarm providers have not yet adopted products more suitable for a fully digital environment. As such, there is a risk that medical alarm users will be left with alarms that will not work.

In response to this, NBN Co has launched a medical alarm register (<http://www.nbnco.com.au/medical-alarm-register.html>), which is designed to help support medical alarm users during the transition to the NBN. It is important that medical alarm users visit this website as soon as possible.

People who have medical alarms should:

- register their alarms with NBN Co;
- contact their alarm providers to check compatibility with the NBN and confirm if any wiring changes are required;
- contact phone or internet providers to advise that they have medical alarms; and
- confirm that their alarms are working correctly after the NBN is installed.

Further information about the medical alarm register can be found at: <http://www.nbnco.com.au/medical-alarm-register-faqs.html>



It's a good idea to know cultural taboos before you speak!

There are certain things you just shouldn't talk about.

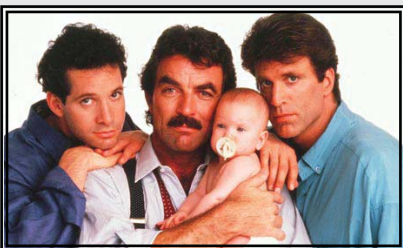
What is acceptable in one country, may be taboo in another. Sometimes it's not until you've made the mistake that you learn the rules.

- In some countries, including the United States, Indonesia, and Sierra Leone, asking adults about their age is generally considered taboo. In Vietnam, however, it is an important inquiry. The way you address someone older than you is different from how you address people younger than you.
- "Are you married?" is a harmless question most places, but, in Afghanistan, it is considered rude to ask a woman this question.
- Politics, religion, economic and social issues? Many avoid these topics when first meeting someone. In Nigeria, people love to discuss these topics and more—and strangers will join right in conversations to share their opinions.
- Have a good joke? In places like Venezuela and Uganda, simple jokes are welcome. But if you are a man meeting a Yemeni woman in a business situation, jokes will not only fall flat, but they may also be seen as inappropriate and strain the meeting.
- In many places like Taiwan, Sudan, and Syria, asking about one's family is a welcome topic, but, in rural Thailand, it should be avoided until the speakers are well-acquainted.
- Discussing one's weight is considered appropriate in Ecuador; in the Democratic Republic of Congo being overweight is a sign of good health and mentioning it can be considered a compliment. Don't try this in the United States.
- Calling people by their names without their permission is offensive in Cambodia.
- In Costa Rica, avoid talking about investments, money, or the market.
- "How much do you make?" is considered a rude question in countries like Croatia, Germany, and the United States; in China and Ecuador, it is a normal topic of conversation.
- In Thailand, it is actually against the law to criticize the royal family.

**So how do you avoid cultural taboos when chatting around the world?
It's always safe to talk about the weather!**

MEMORABLE MOVIES IN MIDLAND

is hosted on the third Tuesday of each month.



Memorable Movies in Midland Volunteer Group continue in their SIXTH year of monthly movies in the Midland Town Hall with a screening of

Three Men and a Baby (1987)

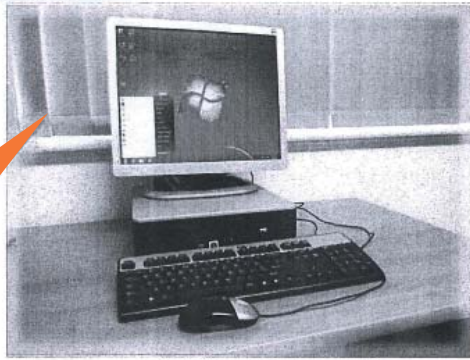
Tuesday 15th July 2014.

Midland Town Hall

Entry \$5. Tea/coffee available. Doors open at 9.15 am

Tickets and parking permits available from: "Friendship Cafe", Centrepont Shopping Centre.
Contact Details: Jan - (08) 9294 2008





• Note: Pictured for demonstration purposes.

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1st JULY - 30th OCTOBER

**COMMITTEE ROOM
(UPSTAIRS)**

YAM KC - YOUTH COORDINATOR

Australian Asian Association, 275 Stirling Street Perth 6000

Email: Youth.Coordinator@aaawa.org.au Tel: 08 9328 1160 Web: www.aaawa.org.au/news.html

AN EXPRESSION OF INTEREST IN AAA CALD YOUTH SOCCER TOURNAMENT 2014



The Association has been keen to nurture participation in sport activities as a continuation of our efforts to conduct sport activities for the benefit of our member groups. As you know, Third Tournament was tremendously successful in September 2013 at Forest Park, Mount Lawley. As a result, we have been beset with requests to organise a Soccer Tournament during this winter time as well. Association encourages to be involved with the idea of working with the CALD Communities and will stimulate the event as best as possible.

This letter is, therefore, to seek the EXPRESSIONS OF INTEREST from our member groups wishing to participate in the AAA CALD Youth Soccer Tournament to be held on the weekends first and possibly second weekends as well in September. The sport activities are focused on Youth under 30 years old. It is our regular plan to make the Soccer and Cricket Tournament annual events, gradually expanding on the number of the teams and participants.

We would be grateful if you can get back to us by 7th July 2014 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 service" basis. More information on venue, equipment, and transport will be notified, when we hear from you.

Thanking you in anticipation for your help and cooperation in this regard.

For further information, please contact on (08) 93281160 or youthcoordinator@iinet.net.au



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