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AAA CALD YOUTH SOCCER TOURNAMENT 2014

SUPPORTED BY



As the Youth Coordinator of The Australian Asian Association of WA Inc., I organised the 'AAA CALD Youth Soccer Tournament 2014' which was funded by the Department of Sport and Recreation. It was held on Saturday, the 6th September 2014 at Forest Park, Mount Lawley. The Chief Guest, Hon. Michael Sutherland MLA, Member for Mt Lawley representing the Premier the Hon. Colin Barnett MLA, gave a speech and tossed the Coin at 9.30am to commence the match: Afghanistan Vs China.

The Hon. Peter Watson MLA, Shadow Minister for Sport and Recreation representing Hon. Mark McGowan MLA Leader of the Opposition gave a short speech and tossed a coin to commence the match: Fiji Vs Oromo. John Carey Mayor, City of Vincent also gave a short speech and tossed the coin to begin the match: ABC Club Vs Sri-Lanka. Fred Brown, Honorary Consul of Nepal tossed the coin to start match: Nepal Vs Mauritius. All the speakers appreciated organising tournament and conveyed that their support for the culturally and Linguistically Diverse (CALD) Youth Sports Activities will continue in the future as well. Other participating guests: Frank Crowley, Honorary Consul for Sri-Lanka, Dr Bishnu Devkota, President of Nepalese Association, Mr Bhairab Dhakal, ICC member of Non-Resident Nepalese Association, Mr Raj Thapaliya, Vice President of NRN Australia, Saowarak, Thai Association, Ranjit Ratnayke member of WASLA, Haroon, President of Afghanistan, Suman Adhikari from Perth Journal, members from participating teams inspired and encouraged the players.

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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**

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

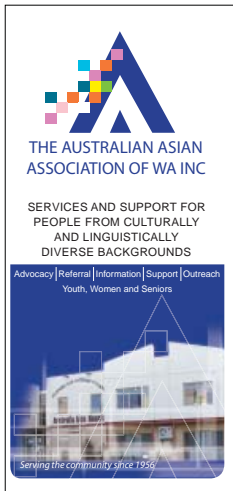
HOME AND COMMUNITY CARE PROGRAMME (HACC)

Funded by Department of Health (State).

Contact Dushyanthi Fernando
HACC Coordinator on
(08) 9328 7688



FACILITIES at AUSTRALIA ASIA HOUSE 275 Stirling Street, Perth 6000



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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

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CONTACT (08) 9328 6202

President's Message



Welcome to the October Edition of AAA News Bulletin. The past three months have been extremely busy. AAA's Ethnic soccer tournament held on 6th September was an intense competition among 8 teams. The teams showed a great competitive spirit, though it was a rainy day but the teams were determined to play the games. Hon. Michael Sutherland MLA, Speaker of the WA Parliament representing the Hon. Premier, tossed the coin to give a start to the competing teams. Other guest present were Hon. Peter Watson MLA, shadow Minister for Sport and Recreation, representing the leader of Opposition Hon. Mark McGowan MLA, the Mayor of City of Vincent His worship John Carey, honorary Consulate of Sri Lanka Mr. Crawley, of Nepal Mr. Fred Brown, a representative of Indian Consulate, of Bangladesh Mr. Graham Drappert and presidents of affiliated organisations.

The tournament finished after 5 pm. The final game was played between the Afghanis and the Burmese in pouring rain but it did not dampen the spirit of competition. Afghani team was the Champion of the tournament and received a replica winner's trophy. The Champion's trophy is a Perpetual Cup retained by the Australian Asian Association with inscription of the winner's name and the year on it. The Burmese team, the Runner up received a runner up trophy. AAA thanks all the participants of the tournament and congratulates the Afghanistan's team for being the winner of the tournament for 2014.

With a grant provided by the Department of Health of \$34,890 Verso Consulting Pty Ltd was appointed to undertake the organisation's structure and governance arrangements and strategic directions. The executive committee was really busy with three meetings in 5 weeks. The Finance and Admin Committee met to re-evaluate the financial situation of AAA and the increasing cost of running the complex. The executive committee met to hear the presentation by Doug from VERSO consultancy; it also discussed to place a team of young solicitors under the supervision of AAA's honorary solicitor Mr. Jaswant Singh. To provide a sickbay in the building is also under consideration to meet the needs of our elderly members who use the complex three days a week. We hope to have these facilities soon up and functioning.

Due to the work load and professional commitments three of AAA's executive committee members resigned. The Association will be inviting fresh nominations to replace the three executive committee members to be elected at the AGM.

To meet the escalating cost of running the Australian Asian Association's complex the executive is seriously considering changes to the Hall's hiring fees and the rent for office space provided to affiliated organisations. The hiring rates will still be much cheaper and competitive than the venues in the neighbourhood.

My thanks to the members of executive, the office staff, HACC and CACP teams for the good work and all those who are assisting the Australian Asian Association.

Rahim Ghauri
AAA President

NOTICE !

The 57th Annual General Meeting of the Australian Asian Association of WA Inc will be held at 275 Stirling Street on **Thursday 30th October 2014** at 6.30pm (Registration 6.00pm - 6.30pm).

Invitations have been mailed.

Thank you.

Olga Ramasamy OAM (Chief Executive Officer)



AAA CALD YOUTH SOCCER TOURNAMENT 2014



The Forest Park Pavilion was full of players, friends and families, fans of the Soccer, 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 ten teams were from Afghanistan, Bangladesh, Burma, China, Fiji, Nepal, Mauritius Sri Lanka, Oromo, and Perth Dream. The tournament was played in the League format. Nepal, Vs Burma and Perth Dream Vs Afghanistan, qualified for the Semi-Final. Burma and Perth Dream became the finalists. Perth Dream won the tournament defeating Burma. Gerkler Htoo from Karen Club of Burma was awarded 'The Best Keeper'. Hamidulla Fidayi from Perth Dream was awarded 'The Leading Scorer'. Ali Khari from Perth Dream was awarded 'Man of the Series'.

On behalf of the Organising Committee, I would like to express my sincere gratitude to the Chief Guest, Hon. Michael Sutherland, Guest, Peter Watson, John Carey, and Fred Brown for their presence and Coin Toss at the 'Opening Ceremony'. I would like to express my sincere gratitude to Frank Crawley, Saowarak, Greg and the many

community leaders for their presence at the Opening Ceremony. I would like to convey my sincere appreciation to our President Mr. Rahim Ghauri, Mel Fialho, Ranjit Ratnayake, Dr. Bishnu Devkota, Bhairab Dhakal, Raj Thapalia, for presenting all the Trophies, medals and Certificates of Appreciation to the winners, and umpires including the volunteers. My deep gratitude to Mr Dawa Sherpa, President of Nepalese United Football Club for his contribution as a volunteer referee. My thanks to Gordon Duus and Mathew Cheeseman from Football West for providing Soccer Gear and the referees respectively and Simon Hoang from Western United Football Club for providing soccer nets. We extend our appreciation to diplomatic representatives, members of The Ethnic Communities and government officials who attended the event. We extend our gratitude to journalists Rabindra Hemanta from Himalnews.com and Kamal Timilsina from Hamro Nepali Ineternet, and Suman Adhikari for collecting sport news of the tournament. In particular, I thank the ten teams, umpires and the Soccer fans that contributed to the success of the 3rd AAA Youth Soccer Tournament.

Mr Yam K.C.
Youth Coordinator





HALF AUSTRALIAN, HALF THAI (BELINDA'S EXPERIENCE)



Fourteen-year-old Belinda describes her experience of learning her Mother's first language and the impact it has had on her.

The Thai Australian Association of Western Australia provides educational programs for children to help them learn the language and culture of their Thai background. My name is Belinda Donovan and I am fourteen years old. My mother enrolled me along with a brother and a sister, in the Thai schooling program held at Australian Asian Association's complex, for one term, going into my second. There are many benefits of the school, helping me understand the Thai side of my cultural background and in communicating with my family.

At first I was very nervous; I would be behind in the class as my Thai language is limited. As it turned out it didn't matter because my classmates and teacher were very helpful and accepting of who I was and how much, or how little I knew about Thailand.

I found it very difficult growing up, being half Thai and half Australian, to communicate and converse with my family when visiting Thailand. However, since starting the program, and over a short period, I am now able to conduct a basic conversation. I have obtained opportunities such as participating in Thai dancing, and entering and being crowned Miss Songkran and Miss Popularity at the Songkran Festival in April. The pageant required I speak in Thai, and without being enrolled in Thai school, I most certainly would not have come close to winning the title as well as competing in the competition in the first place.

The Miss Songkran beauty competition took a lot of hard work and planning. Going into the competition, I did not expect to win the title, as I was still very new to the whole experience of the school and the organization. However the leaders and particularly the President of the Association made it very easy to feel welcome and accepted amongst the group of contestants. Come Songkran day all seven contestants participating looked beautiful; bright and vibrant colours were on show in all different varieties in each of the ladies costumes.

The public was invited to buy balloons and flowers for their favourite contestant in a separate

competition called 'Miss Popularity'. I was fortunate enough to win that title because of the support of my friends and family, as well as some very generous people attending the event. The crowning of Miss Songkran however was very unexpected and very surprising to me but marvellous nonetheless. It was a truly amazing experience and I am naturally very proud of myself and overjoyed at the outcome.

The Thai Language Centre of Perth (TLCP) provides for anyone of any age, whether they be Thai or not, to better communicate with Thai people. Not only do you learn the language, you are also introduced to a new world of events, festivals and opportunities, as well as exploring new, exciting and different cultural experiences. I am very grateful to my mother for enrolling me in the program. It is an amazing opportunity and I have learnt so much from the experience.

Belinda Donovan





NEPAL MY COUNTRY MY PRIDE

“Mother and motherland are greater than heaven.” It is true statement. We are highly patriot. country is like a heaven to us. We are born in this country which is full of natural beauties. The word Nepal means the country of peace and love. This is a country where lord Gautam Buddha ‘light of Asia’ was born. This is a country of Bir Gorkhalies. There are many mountains in Nepal including the highest peak in the world Mt. Everest, therefore it is called mountainous country. Many rivers flow from mountain to the hills and plain land of terai.



Nepal is one of the most beautiful places in the world. It is really a paradise on earth. It is one of the richest countries in the world in bio-diversity; in hydropower or water resources; in land-structure, people friendly and are proud of their rich and colourful customs and culture. Nepal offers excitement and adventure to thrill seekers such as, boating, rafting, mountaineering, paragliding, jumping and trekking. Although majority of the people live under poverty line and are uneducated; they are aware of politics around them and are conscious to preserve their customs and cultures.



My country's present need is educational and economic development, and democratic norms and values. Nepal, which is very small in the world map but to me my country whether it is small or big it is world for me. Many national personalities are born in country life: Prithivi Narayan Shah, Bahadur Shah, Balbadra Kunder and so on. History of country Nepal is very powerful. All the pages of history are filled with hot and red blood of national heroes. My country Nepal is the Yam between two big stones. I mean it is between the two biggest country India and China. Nepal's populations consists of many ethnic groups, it is multi-caste, multi-culture, multi-tradition and multi-religious country. This multicultural, multi-religion society is an example of living in ‘unity in diversity’ without any in-fights in the name of culture, religion or caste.

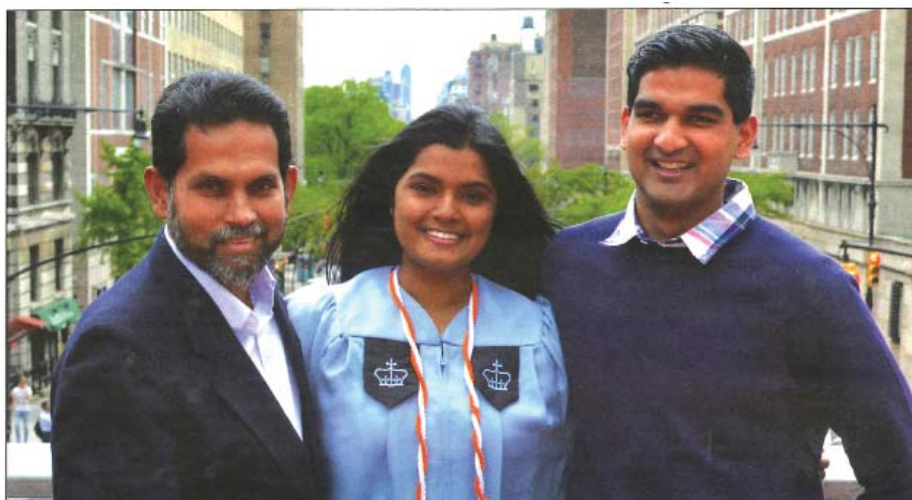


There are times when things change in individual's life or in country's circumstances. Be it a ‘mother’, the ‘motherland’ or the ‘Mother Nature’, all mothers are in a state of anguish going through extreme torment. At present, in Nepal, the life of every individual overtly or covertly is adversely affected by the ongoing crisis. However, to a larger extent the adversities can be seen or felt in the life of a mother. Down through the years, our Motherland Nepal has been going through constant ups and downs. The period of insurgency, the times of conflicts, political strife, bloodshed etc. has left our motherland terribly wounded. On one hand she is flooded with the blood of her own children, whereas on the other she is desolated as a reason of brain drain. All mothers are in distress and it is our prime responsibility to ease their pain by being genuinely concerned. The reasons for this are manifold, but we can play our respective role in order to avoid further crisis for the betterment of our tomorrow.



By Raj Thapaliya

ACADEMIC EXCELLENCE A FAMILY TRAIT



MYAREE Catholic Ben Anandappa says he's both excited and nervous as he prepares to move to the United States to study chemistry at Harvard University next month.

Ben graduated from Christian Brothers' College (CBC) in Fremantle last year with an incredible Australian Tertiary Admission Rank (ATAR) of 99.85.

In April, Ben was notified of his acceptance into Harvard on a full scholarship, making him one of just a handful of Australian students at the prestigious university.

He told *The Record* he has had a passion for chemistry since he first studied the subject in Year 8, and he plans to turn that passion into a career.

"I hope to go into academia, so maybe become a professor in chemistry, and also to be involved in youth science initiatives because they were really helpful in inspiring me to do science in high school," he said.

Ben's older sister, Annabelle, also excelled in Year 12, obtaining an ATAR of 99.90 and going on to study and graduate from a biomedical engineering degree at Columbia University in New York.

She will also study at Harvard this year, as she commences a post-graduate course.

Ben and Annabelle's father Romello Anandappa said he was pleased that Ben had excelled in his studies and would be joining his sister in the United States.

"I didn't think that he would do so well but, because of his sister, he got encouragement and her exam-

ple helped him," Mr Anandappa told *The Record*.

During his children's early years at school, Mr Anandappa, who was caring for his sick wife, supplemented their studies when they were at home, often teaching them material from a higher grade.

"Although they went to school, I taught them virtually everything at home," he said. "It gave them a good foundation and it gave them the right skills to be able to concentrate and study.

"[Ben and Annabelle] like to do their best, they're not happy with just doing it for the sake of doing it, whatever they want to do they'll do it to the best of their ability."

Ben said his father had played an important role in the pair's academic achievements.

"Without him we wouldn't have been able to do it," he said. "He's been educating us since a young age and helping us to go beyond the school curriculum."

The 18-year-old said the education he and Annabelle received at home inspired them both to continue pursuing their studies.

"Dad taught us to enjoy studying rather than think of it as a chore, and eventually we did it because we wanted to, rather than because our dad was making us," he said.

The family have been actively involved at Myaree parish since their arrival in Australia in 1997.

BY MATTHEW BIDDLE

ACTIVE SENIORS FESTIVAL 15TH NOVEMBER - SAVE THE DATE!

The inaugural Active Seniors Festival hosted by COTA WA will be on

**SATURDAY 15TH NOVEMBER
10.00 AM - 3.30 PM**

Perth Cultural Centre in
Northbridge

This FREE festival will include a program of entertainment and information as well as showcasing the 2014 Living Longer Living Stronger Excellence Awards (celebrating the achievements of our LLLS participants, instructors and providers).

Speakers will include Ron Alexander, Director General of the Department of Sport and Recreation.

So come along! We will also have onsite coverage from Channel 7, and totally integrate with WA Seniors' Week.

For information about the event, contact Phil on 9321 2133.



**Active Seniors'
Festival 2014**



DO YOU KNOW SOMEBODY WHO WOULD BENEFIT FROM GETTING OUT AND ABOUT?

Tell them about this university study!



Researchers at Curtin University are looking for people aged 60+ who are not working to participate in a study on health and well-being in older Australians.

Participants will be reimbursed \$200 for their participation and at the conclusion of the study will receive a free detailed report on their health and wellbeing.

For more information, please contact study coordinator Dr Michelle Jongenelis at: michelle.jongenelis@curtin.edu.au or ph: 9266 4396.



“HEALTH THREATS: FEELINGS, THOUGHTS AND BEHAVIOURS” STUDY

PhD Researcher Rebecca Pedruzzi from James Cook University is looking for people to participate in a study consisting of an online survey which will examine “Health Threats: Feelings, Thoughts and Behaviours” - the health problems under investigation are Bowel cancer and Type II diabetes.

Participants will be asked to read some facts about one of these health problems and will then be asked a few questions about their thoughts on this information. They will also be asked some questions about their general health and how they feel about these illnesses. No identifying information of research participants is required

Rebecca is looking for participants aged over 18 - but especially in the 30 - 70 age bracket. Participation is entirely voluntary and participants may withdraw from the study at any time without explanation or prejudice.

Or contact Ms Rebecca Pedruzzi School of Psychology, James Cook University Email: rebecca.pedruzzi@my.jcu.edu.au

RUSSIAN FOR ADULTS (BEGINNER COURSE)

New term is starting soon!

Cultural Learning Centre MOSAICA located at Corner Murray Street and McNabb Loop, Como, WA, continues RUSSIAN FOR ADULTS (beginners and continuing learners) starting from 18 October.

The classes will be held every Saturday from 11:00 to 12:00.

If you would like to learn more, we will be happy to share our knowledge. If you have always wanted to learn Russian, here is an excellent opportunity to start. The course is taught by Nina Tchernova, a teacher with many years of experience of teaching Russian at such institutions as Tuart College, UWA extension courses etc., using effective and innovative teaching methods, and other great teachers, giving you a wonderful opportunity to practice what you have learned in many different ways.

Please bring: a folder for handouts, a notebook and a pen.

Don't put off enrolling to ensure you get a place and are included in an appropriate group (there could be more than one!)



Franco Smargiassi
WA Multicultural Assoc Inc - Secretary
Tel - 9444 6944 Mob - 0407 160 287



Office of Multicultural Interests—Information Alert

HUMANITARIAN SETTLEMENT SERVICES (HSS) BILINGUAL WORKERS WANTED

The Metropolitan Migrant Resource Centre (MMRC) is looking for enthusiastic bilingual workers across different languages to join their team on a casual basis.

Bilingual workers are needed to assist case coordinators, housing and accommodation staff and the orientation coordinator in supporting newly-arrived refugees or humanitarian entrants to settle in Australia. Bilingual workers act as assistants to the case coordinators; they need to speak the clients' language but also be proactive in assisting HSS Staff and clients.

Responsibilities will include assisting and accompanying clients to AMEP, Centrelink, setting up bank accounts, health appointments and include local orientation for shopping, visit the library, use of public transport, places of worship, dentist and linking with community groups, sporting organisations and ethnic communities and how to access key available services including use of Translating and Interpreting Service (TIS).

Bilingual workers are needed for the following languages: **Karen Sgaw, Burmese, Chin, Farsi, Dari, Arabic, Hazaragi, Somali, Amharic, Tigre, Tigrinya.**

Employment minimum criteria:

- Current Working with Children Check and Police Clearance

- Background education and experience in working with migrants and refugees
- Effective written, oral, communication and organisational skills with ability to prioritise assignments
- Ability to use supervision and to handle confidential and sensitive issues appropriate to the culturally diverse populations.

To apply contact the centre for an Application Package on (08) 9345 5755, email christelle.collet@mmrcwa.org.au, or pick up from 1/14 Chesterfield Road, Mirrabooka.

Written applications should be forwarded by post to the address below or by email to christelle.collet@mmrcwa.org.au

Christelle Collet

Bilingual Workers and Volunteers Coordinator
Metropolitan Migrant Resource Centre
PO Box 642
Mirrabooka WA 6941

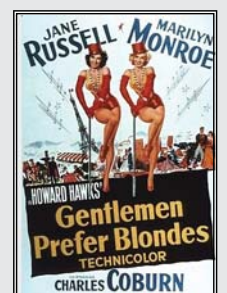
For more community news, events, training and other interesting information regarding CaLD communities, please see OMI's website www.omi.wa.gov.au

MEMORABLE MOVIES IN MIDLAND

is hosted on the third Tuesday of each month.

■ Three coins in a fountain (1954)
18th November 2014

■ Gentlemen prefer blondes (1953)
16th December 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



COMMUNITY EDUCATION



SEMINARS

As well as providing information direct to individuals, COTA's Senior Housing Centre runs a number of free seminars around the Metro area.

In addition our Community Education Officer can attend your local group and provide these free, informative seminars which are designed to increase seniors understanding of the available housing options to them. These seminars usually run from an hour to an hour and a half, depending on the needs of your members.

We are open 8:30am to 5:00 pm Monday to Friday, so please contact us on 1300 734 838 for information and bookings.

We are currently offering seminars on these topics :

MAKING INFORMED HOUSING DECISIONS – An essential overview of the housing options available for Seniors, covering key questions and information to ask for while contemplating changes. Some of the areas covered are retirement villages, strata titles, granny flats, home modifications, residential aged care and more.

Dates for the seminar are:
Wednesday 5th November 2014 at Karrinyup Library, Davenport Street, Karrinyup. 6.30 pm until around 7.45 pm. Please telephone 9205 8816 to book a seat (recommended).

Monday 10th November 2014 at Citiplace Community Centre, Wellington Street railway station, Perth. 10.30 am until around noon. Please telephone 9321 2133 to book a seat (recommended).

RETIREMENT VILLAGES AND RESIDENTIAL PARKS – both are called "Lifestyle Villages"... but knowing the difference, and what to expect from these communities, is vital before you sign anything. Come and learn about your rights, obligations, and what to expect in this free, in-depth seminar.

Dates for the seminar are:
Tuesday 11th November 2014 at 81 Forrest Street, Cottesloe, Perth. 6.00 pm until around 7.30pm. Please telephone 9321 2133 to book a seat (recommended).

DOWNSIZING – A FIELD GUIDE – This seminar aims to help you decide if downsizing is the correct option for you – examining alternatives, building a new place or modifying a purchase, and housing options such as strata titles and residential park.

Dates for the seminar are:
Thursday 13th November 2014 at 81 Forrest Street, Cottesloe, Perth. 10.00 pm until around 11.30 pm. Please telephone 9321 2133 to book a seat (recommended).

ACCESSING EQUITY – An independent guide to some of the financial products available for accessing the funds stored in your property, covering both the positive aspects of these services and the things to watch out for.

Dates for the seminar to be advised:

MODIFYING YOUR HOME – An overview of the enormous range of services aimed at helping Seniors stay in their homes for longer... ranging from home modifications and improvements, accessing carers and helpers, to new and exciting technologies that can improve your quality of life.

Dates for the seminar are:
Tuesday 21st October 2014 Darius Wells Library, Corner of Chesham Ave and Robbos Way, Kwinana. From 10.30am. Contact Diane on 9321 2133 to book a place.

Wednesday 29th October 2014 at 97 Waratah Avenue, Dalkeith. 10.00 am until around 11.30am. Please telephone 9321 2133 to book a seat (recommended).

LOW COST HOUSING OPTIONS – this seminar looks at some of the options available to Seniors seeking low cost housing solutions, ranging from Community and Affordable Housing (such as shared equity home ownership models), to Residential Parks, Boarding and Lodging, and forming new sharing agreements.

Dates for the seminar are:
Thursday 4th December 2014 at South Perth Learning Centre. Civic Centre, corner of Sandgate Street and South Terrace, South Perth. 1.30 pm until around 2.45 pm. Please telephone 93671254 to book a seat (recommended).

Monday 8th December 2014 at Citiplace Community Centre, Wellington Street railway station, Perth. 10.30 am until around noon. Please telephone 9321 2133 to book a seat (recommended).

DOWNSIZING OR MOVING INTO STRATA TITLE PROPERTIES – An overview of what is strata title. Covering – Green or Purple; why colour makes a difference! Pluses and minuses of strata living, Strata Companies, Committees, Things to look out for; Strata managers – The Good, The Bad and the Ugly! Places to get more information and help.

Dates for the seminar are:
Thursday 27th November 2014 at South Perth Learning Centre. Civic Centre, corner of Sandgate Street and South Terrace, South Perth. 1.00 pm until around 3.00 pm, Please telephone 93671254 to book a seat (recommended).



Remember, all of these seminars are free and we will come to your group! We can help your members make the correct choices about their housing future.

Call us today on 1300 734 838, or email us at housing@cotawa.org.au.

Old People Jokes

GOOD NEWS BAD NEWS

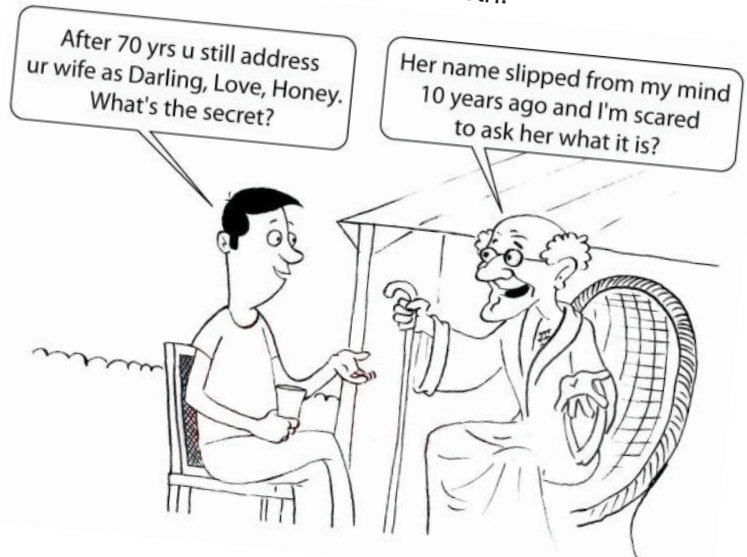
An old man visits his doctor and after thorough examination the doctor tells him: "I have good news and bad news, what would you like to hear first?"
Patient: "Well, let me have the bad news first."
Doctor: "You have cancer, I estimate that you have about two years left." Patient: "Oh no! That's just awful! In two years my life will be over! What kind of good news could you probably tell me, after this?"
Doctor: "You also have Alzheimer's. In about three months you are going to forget everything I told you."



"Should I get you a shopping cart?"

YOUNG MAN

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup. As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then he poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap. The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs. The old gentleman said, "Oh no. We've been married 50 years, and everything has always been and will always be shared, 50/50." The young man then asked the wife if she was going to eat, and she replied, "It's his turn with the teeth."



ELDERLY WOMEN DRIVERS

Two elderly women Marie & Edith were out driving in a large car-both could barely see over the dashboard. As they were cruising along they came to an intersection. The stoplight was red but they just went on through. The Edith in the passenger seat thought to herself "I must be losing it, I could have sworn we just went through a red light." After a few more minutes they came to another intersection and the light was red again and again they went right though. This time Edith was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, sure enough, the light was definitely red and they went right through and she turned to the Marie and said, "Marie! Did you know we just ran through three red lights in a row! You could have killed us!" Marie turned to her and said, "Oh, am I driving?"

NEWBORN BABY

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?" Slim says, "I feel just like a newborn baby." "Really! Like a newborn baby?" "Yep. No hair, no teeth, and I think I just wet my pants"





Triple A

HOME AND COMMUNITY CARE PROGRAM (HACC)

The Australian Asian Association trading as Triple A Care provides Home and Community Care Services (HACC) to older people with long term illness or disability. HACC works within the Wellness Framework and seeks to assist those eligible to continue to live independently to prevent premature admission to long term residential care.

We have support workers from different ethnic backgrounds such as Burmese, Sri Lankan, Indian, Russian, Iranian, African and Indonesian who provide support to clients from culturally and linguistically diverse backgrounds.

At present, we have Centre Base Day Care (CBDC) Service at 275 Stirling Street, Perth on a Tuesday for the Middle Eastern community and on a Wednesday for the South East Asian group, which consists of clients from Sri Lanka, India, Burma, Bangladesh, Singapore, Malaysia, Philippines, and Pakistan. On a Thursday the CBDC runs for the Spanish speaking communities. We also run a Centre Base Day Care at the Canning Vale Temple for the Sikh community.

In addition, we provide domestic assistance with household tasks such as cleaning, meal preparation, and laundry as well as social support for shopping, taking clients to pay their bills and going out for coffee.

Assistance with personal care activities such as showering, dressing and grooming are also available.

We are government funded and therefore can provide services at \$8.00 per hour for domestic assistance, social support, and personal care. Centre Base Day Care charges are \$16.00 per occasion inclusive of transport and meal.

If you wish to access our services, we can assist you with a referral to have you assessed for eligibility.

Please contact: Dushyanthi Fernando, HACC Coordinator on Tel: 9328 7688

