

*Serving the Community since 1956*

Published by the Australian Asian Association of WA Inc.

*Giving and receiving Love  
is the only guarantee of having  
a truly **Merry Christmas**  
and a **Happy New Year!**  
We wish you and your  
family all the best!*

*Christmas is full of shiny things  
That sparkle, gleam and glow;  
These holiday pleasures dazzle us,  
And yet, deep down, we know...*

*That Christmas has its special gifts,  
But our year-round joy depends  
On the cherished people in our lives,  
Our family and our friends.*

*By Joanna Fuchs*



**Our office would be  
closed from  
23rd December 2015 to  
1st January 2016**

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# SERVICES AVAILABLE FOR THE COMMUNITY

## TRIPLE A CARE:

### HOME AND CARE PACKAGES (HCP)

Funded by Department of Health and Ageing.

Contact Manil De Mel

HCP 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**



## EMERGENCY RELIEF:

Funded by Lotterywest and Department of Family and Community Services.

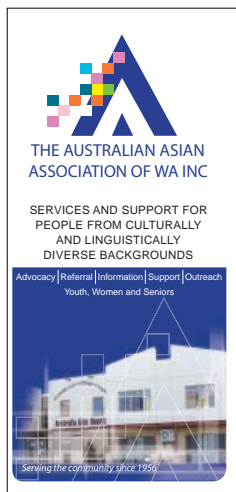
Available to those who find themselves in a crisis situation.

- 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



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



### HALLS AVAILABLE

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seating capacity 40-60 people

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- 10 tables and 60 chairs

**Committee Room** seating capacity up to 14 people (for members only).

**FOR BOOKINGS AND INFORMATION CONTACT (08) 9328 1160**

## AAA NEWSLETTER ADVERTISING COST PER ISSUE

 \$ 100 - FULL A4	 \$ 50 - FULL A4
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 \$ 25 - 1/4 A4	 \$ 15 - 1/4 A4

FOR FURTHER DETAILS AND TO  
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## President's Message



### *Dear Members*

*We have come to the end of another busy and successful year. It has been a year of transition and change. I have completed one year as President and I thank the Executive team, the HACC, HCP and Youth coordinators for their joint effort and tireless work in promoting the various programmes organised at the Australian Asian Association (AAA).*

*As mentioned previously in our news magazine I am eager to introduce The Community Languages Programme organised by the Office of Multicultural Interests. To implement this program we require expressions of interests from our ethnic youth who wish to learn the language of their mother country. The classes will be held at AAA during the weekend for 1-2 hours by qualified teachers.*

*The position of an Aged Care Manager will be advertised by the end of this month. If you know of any suitable candidate who has extensive experience in Aged Care Programmes please encourage them to apply. I take this opportunity to inform our members of our Home Care Packages that assist older people to live independently at home and prevent premature admission to long term residential care. Our support workers are from various ethnic backgrounds and hence provide culturally appropriate care to clients.*

*On behalf of the AAA, I take this opportunity to pay our tribute to Dr Amarjeet Singh and Mrs Joan Eddington who have freely given us their time to promote the values of our association. May God grant them their reward.*

*I would like to welcome the new members on our Executive committee and we are happy to have you back again Janaki as Treasurer. My sincere thanks to Mr Michael Perera for his contribution to AAA as Treasurer during his time with us.*

*We would like you our members to join us at our Christmas function on the 20th of December at 11.30am. If you would like further details please contact the office on 93286202 for your tickets. Bring your grandkids along. Cost \$10.00*

*I enjoyed my first year as Chairperson and look forward to working with the staff, and Executive Committee and our members to continue the important work at AAA.*

***All the best for the Xmas Season and Gods Blessings in the New Year!***

***Marlene Burnaby***  
*President*





## A Report from our Youth Coordinator Mr KC Yam



I am happy to inform our member that we have been successful in obtaining a grant from the Local Government, to organise The Financial Literacy Workshop for CALD women. To ensure that the grant is well used, I plan to contact the Presidents of various ethnic organisations to inform them about

the commencement of the workshop in February 2015. I intend to engage the services of a qualified trainer who will be responsible for organising the content of the workshop. The purpose of the workshop is to provide CALD women with a basic understanding and knowledge of managing their finance.



I have also been involved in organising the English Language classes for newly arrived migrants and refugees. I am thankful to our volunteers who have given us their time to help non English speaking migrants improve their literacy. The various skills achieved in the language classes enables them to apply for jobs and attend job interviews. This programme has benefitted more than 80 students from various ethnic communities improve their knowledge and use the language with confidence in their everyday life.

I am also responsible for the Emergency Relief Funding –this program enables us to offer temporary relief to individuals who encounter problems in paying their bills or facing a crisis in their lives. Some of our clients require counselling for which I direct them to the relevant service provider.

I would like to conclude my report by informing you are members my visit to the department of sports and recreation of WA Inc. This gives AAA an opportunity to improve our program and involve the CALD youth in various sporting activities.

**If you wish to offer your service as a volunteer, don't hesitate to call me on 93286202 or 93281160.**

## Business migrant of the Year Award

**Sponsor: The Australian Asian Association of WA**

**Presented By: Vice President Mr Mel Fialho, The Australian Asian Association of WA**

The Australian Asian Association is one of Western Australia's premier ethnic conglomerate bodies, providing rent free accommodation to 17 of their ethnic conglomerate associations from Asia, Africa, Latin America and Europe in their current building on Stirling Street. The building is used for services by the Chilean and Nepalese Consuls and the also some services of the Filipino Embassy. This building has a major and a minor function centre which are in constant use. The Australian Asian Association provides a range of services to their clients including Training, Legal Advice, Immigration Advice and Case Management, Welfare, Emergency Relief, Aged Care under the Community Aged Care Packages and Health and Community Care and an Ethnic Secretariat that provides amongst its many services, help to new and emerging groups in preparing their constitutions and registration. The membership and services continue to grow in geometrical proportions as evident from tonight's function.



## Winner: Australian Employment Force Pty Ltd

**Accepted by: Khoi Vo, Australian Employment Force Pty Ltd**

Australian Employment Force is a retailer and service provider. Their key products are mobile phone accessories, phone repairs, beauty, food and car washes. They have more than 80 shops which are located in more than 30 towns and cities throughout WA. They have also expanded into Queensland and the Northern Territory. In 10 years the business has grown from 5 to 500 employees. Business owner Khoi Vo is a migrant from Vietnam, and is proud to have enriched the multicultural community of WA.



## IN MEMORIAM - DR. AMARJEET

The Australian Asian Association, Western Australia's oldest conglomerate, established in 1956, has grown from very humble beginnings, to its present stature. Many faithful members with their generous donations of time and effort have contributed to making the association so robust. Amongst these early contributors Dr. Amarjeet has been an outstanding star, first serving on the committee and contributing his skills to the very early stages in the development of the association. This was at the time when he was extremely busy, as the Chief of Pathology at Fremantle Hospital. Such was the humility of the man, that when he retired, he volunteered as a bus driver for the aged and disabled, none of his passengers, even in their wildest imaginations would have guessed that their driver was the retired Chief of Pathology at the hospital.

As the Australian Asian Association began making its presence felt in ethnic aged care, Dr. Amarjeet together with Olga were greatly instrumental in applying for Federal and State aged care grants, which we successfully achieved. These grants were the pillar stones on which the success of our HACC and HCP Programmes rested. He was also part of the AAA Aged Care committee. With his leadership skills Dr. Amarjeet was also very helpful in setting up the associations outreach programme at the Sikh Gurdwara in Canningvale, which to this day operates as a very successful outreach Centre Based Day Care model.

At a well-attended funeral Dr. Amarjeet was laid to rest on Tuesday the 24th November. He leaves behind his wife, two sons and a daughter. The association salutes him for his advancement of multiculturalism in Australia, through his efforts with the Australian Asian Association of WA and the Sikh Association of WA.

**Mel. Fialho**

## IN MEMORIAM - JOAN EDDINGTON



Members of the Australian Asian Association have been very grieved over the death of a long, valued and esteemed member Joan Eddington. Over the many years that the association has been in existence, since 1956, Joan has been very instrumental in achieving the degree of grass root popularity the association now enjoys as one of Western Australia's oldest conglomerates and peak body. Joan was a member of the Pan Pacific Women's association with Paddy Firstenberg, another old valued member and Olga Ramasamy, who invited her to join the Australian Asian Association with her husband. Joan never looked back. I was privileged to serve with Joan on some of the previous committees. She put her heart and soul into this volunteer commitment. I remember Joan in many roles at AAA. In the kitchen, as the anchor for the very many functions organised by the association, helping at the Telethon Dances, the Forest Folk Fests and the other concerts organised by the association at the Burswood, The Perth Concert Hall and the Convention Centre. With her engaging smile and her open heart, Joan will be sorely missed by all our members. We salute you Joan. Our deep felt condolences to the family and friends. May you rest in peace.

**Mel. Fialho**





# Swami Vivekananda Association Inc (SVAI) celebrated the Durga Puja and Kali Puja festival at Australia Asian Association House. (Source: Internet)

## Durga Mata .....



SVAI members



New generation of SVAI



Durga puja celebration by SVAI



SVAI members

Goddess Durga symbolizes the divine forces (positive energy) known as divine Shakti (feminine energy/ power) that is used against the negative forces of evil and wickedness. She protects her devotees from evil powers and safeguards them. It is believed that Goddess Durga is the combined form of powers of Goddesses Lakshmi, Kali and Saraswati.

It is also believed that Goddess Durga was created by Lord Vishnu as a warrior goddess to protect good people (devas) for fighting the demon, Mahishasur. Her divine Shakti contains the combined energies of all the gods in the form of weapons and emblems (mudras).

Goddess Durga represents the power of the Supreme Being that preserves moral order and righteousness in the creation. The Sanskrit word Durga means fort or a place that is protected and thus difficult to reach. Durga, also called Divine Shakti, protects mankind from evil and misery by destroying evil forces (negative energy and vices—arrogance, jealousy, prejudice, hatred, anger, greed and selfishness).

Goddess Durga is depicted as a warrior woman with eight hands carrying weapons of different kinds assuming mudras, (symbolic hand gestures) that represent her teachings.

- Chakra in her 1st upper right hand symbolizes dharma (duty/ righteousness). We must perform our duty/responsibilities in life.
- Conch in her first upper left hand symbolizes happiness. We must perform our duty happily and cheerfully and not with resentment.
- Sword in her second right lower hand symbolizes eradication of vices. We must learn to discriminate and eradicate our evil qualities.
- Bow and arrow in her second left lower hand symbolizes character like Lord Rama. When we face difficulties in our life we

should not lose our character (values).

- Lotus Flower in her third lower left hand symbolizes detachment. We must live in the world without attachment to the external world. Just like the lotus flower stays in dirty water yet smiles and gives its beauty to others. This is the only way to receive Her blessings.
- Club in her third right lower hand is the symbol of Hanuman and symbolizes devotion and surrender. Whatever we do in our life we do with love and devotion and accept the outcome as the Almighty's will.
- Trident/Trishul in her fourth left lower hand symbolizes courage. We must have courage to eliminate our evil qualities and face the challenges in our life.
- Fourth Lower Right Hand symbolizes forgiveness and Her blessings. We must forgive ourselves and others for mistakes and/ or any hurt we may have caused.

Durga Maa is depicted as riding on a lion or a tiger. A tiger symbolizes unlimited power. Durga riding a tiger indicates that She possesses unlimited power and uses it to protect virtue and destroy evil. The lion is a symbol of uncontrolled animalistic tendencies (such as anger, arrogance, selfishness, greed, jealousy, desire to harm others etc.) and Her sitting on it reminds us to control these qualities, so that we are not controlled by them. She is usually shown wearing a red sari. The color red symbolizes action and the red clothes signify that She is destroying evil and protecting mankind from pain and suffering.

Thus, Goddess Durga symbolizes the Divine forces (positive energy) that are used against the negative forces of evil and wickedness. She represents pure energy (positive), known as divine light or jyoti that is the embodiment of feminine and creative energy.



## Kali Mata



Kali comes from the Sanskrit root word Kal which means time. There is nothing that escapes the all-consuming march of time. In Tibetan Buddhism Her counterpart is male with the name Kala. Mother

Kali is the most misunderstood of the Hindu goddesses. The Encyclopedia Britannica is grossly mistaken in the following quote, "Major Hindu goddess whose iconography, cult, and mythology commonly associate her with death, sexuality, violence, and, paradoxically in some of her later historical appearances, motherly love."

It is partly correct to say Kali is a goddess of death but She brings the death of the ego as the illusory self-centered view of reality. Nowhere in the Hindu stories is She seen killing anything but demons nor is She associated specifically with the process of human dying like the Hindu god Yama (who really is the god of death). It is true that both Kali and Shiva are said to inhabit cremation grounds and devotees often go to these places to meditate. This is not to worship death but rather it is to overcome the I-am-the-body idea by reinforcing the awareness that the body is a temporary condition. Shiva and Kali are said to inhabit these places because it is our attachment to the body that gives rise to the ego. Shiva and Kali grant liberation by removing the illusion of the ego. Thus we are the eternal I AM and not the body. This is underscored by the scene of the cremation grounds.

Of all the forms of Devi, She is the most compassionate because She provides moksha or liberation to Her children. She is the counterpart of Shiva the destroyer. They are the destroyers of unreality. The ego sees Mother Kali and trembles with fear because the ego sees in Her its own eventual demise. A person who is attached to his or her ego will not be receptive to Mother Kali and she will appear in a fearsome form. A mature soul who engages in spiritual practice to remove the illusion of the ego sees Mother Kali as very sweet, affectionate, and overflowing with incomprehensible love for Her children.

Ma Kali wears a garland of skulls and a skirt of dismembered arms because the ego arises out of identification with the body. In truth we are beings of spirit and not flesh. So liberation can only proceed when our attachment to the body ends. Thus the garland and skirt are trophies worn by Her to

symbolize having liberated Her children from attachment to the limited body. She holds a sword and a freshly severed head dripping blood. As the story goes, this represents a great battle in which she destroyed the demon Raktabija. Her black skin represents the womb of the quantum unmanifest from which all of creation arises and into which all of creation will eventually dissolve. She is depicted as standing on Shiva who lays beneath Her with white skin (in contrast to Her black or sometimes dark blue skin). He has a blissful detached look. Shiva represents pure formless awareness sat-chit-ananda (being-consciousness-bliss) while She represents "form" eternally supported by the substratum of pure awareness.



Treasurer, Bidhyut Bank and Religious Secretary Tandra Chatterjee with the members.

By not understanding the story behind Mother Kali it is easy to misinterpret Her iconography. In the same way one could say that Christianity is a religion of death, destruction and cannibalism in which the practitioners drink the blood of Jesus and eat his flesh. Of course, we know this is not the proper understanding of the communion ritual.

Attaching the idea of sexuality to Mother Kali has no basis in Her at all. There is nothing that associates Her with sexuality in the Hindu stories. In fact it is just the opposite. She is one of the few Goddesses who is celibate practicing austerity and renunciation!

The notion that She is the goddess of death, sex and violence is simply utter nonsense. When we study the life of the great saint Ramakrishna or the great poet saint Ramprasad (both famous Kali worshippers), or listen to the traditional Hindu devotional songs to Kali, there is no hint of this death-sex-violence notion. This can also be confirmed by going to any of the Hindu websites such as [www.hindunet.com](http://www.hindunet.com) and reading about Mother Kali. Also recommended is the book *Kali: The Black Goddess of Dakshineswar*, by Elizabeth Harding. Also there is a beautiful and genuine Kali temple in Laguna Beach, California and it may be visited on-line at [www.kalimandir.org](http://www.kalimandir.org). Kali is the goddess of enlightenment or liberation.



Dr. Ajay Chatterjee, President of SVAI with Hon. Ed Dermer, Mr. Badal Chandra Banik, Mr. Subhon Chatterjee and Mr. Sanjoy Dhar, Secretary Australian Asian Association Inc.



Sanjoy Dhar, Secretary of Swami Vivekananda Association Inc. with Honorable Martin Prichard MLC; Md. Jashim Uddin Rana Bangladeshi Youth Association Vice President, Dr. Jahar Choudhury President, BSPC Inc, Colin Johnson Executive Committee Member of AAA and Mr. NORMAN MENDES.

## THE UNITED ERITREAN ASSOCIATION



The United Eritrean Association dedicates itself to helping Eritrean Australians keep in touch with their roots, family culture and heritage. One of the most important and crucial task we take on as a community, is welcoming new arrivals and helping them assimilate and integrate happily and successfully into the Australian community. New arrivals are provided transitional support; they are given assistance in finding employment and housing.

Our community has experienced a whirlwind of year, full of fun and excitement. The year has been jammed packed with programs and community based activities. In order keep young Eritrean Australian youth in touch with their family heritage and roots; we hold a Tigrinya language school every Sunday. The school provides our students with tools and education necessary to knock down the cultural and language barrier between the elders of the community and the youth. Youth (drug and alcohol) awareness based programs are run to build character of young citizens in a lively and fun way.

As a community we are always looking for ways to grow and create an innovative and interactive learning environment. This year we have organized a trip to Melbourne to experience one of the largest Eritrean festivals of the year in Australia. Eritreans from Australia and New Zealand come to Melbourne to share and celebrate their culture with one another in a friendly and unique atmosphere.

Our community believes it is in our best interest to interact with different communities through cultural exchange; it helps break down barriers and strengthens the relations between communities. I would like to thank all the staff and committee members of the Australian Asian Association for their unreserved support demonstrated throughout the year. I'd especially like to give a special thank you to Marlene Burnaby for working hard to bring our communities together.

**On behalf of the United Eritrean Association we wish you a very merry Christmas and a happy new year.**

**Mehartab Berhe**



# Perth's suburbs that changed their names and the stories behind them



The Tradewinds Hotel in East Fremantle, which used to be called the Plympton Hotel.

## **RICHMOND AND PLYMPTON [EAST FREMANTLE, TOWN OF EAST FREMANTLE]**

Before 1897, what we know today as East Fremantle formerly comprised the localities of Richmond and Plympton.

Richmond took its name from Richmond House, the home of William Temple Graham, a settler of Fremantle in the 1830's. He became involved in WA's only duel fought in August 1832, as a friend of one of the combatants.

A street insult was believed to have sparked the duel between William Nairne Clark, a Scottish advocate and a businessman named George French Johnson.

Clark and Johnson faced each other with pistols at a short distance. They each turned sideways and fired simultaneously.

Johnson missed, but Clark didn't. Johnson died a day later after declaring he had no complaint against anybody involved.

Plympton was one of the first areas to be developed where a post office and workers cottages were established between 1890 and 1910. The Plympton Hotel was established in 1898.

## **WOODLUPINE [QUEENS PARK, CITY OF CANNING]**

The area now known as Queens Park was originally known as Woodlupine from around 1899. It was named after an English flower.

The rape and murder of an 18-year-old woman named Frances Elizabeth Compton finally prompted a name change to Queens Park in 1911.

David Horatio Smithson, alias Smith, alias Basil Davis was executed for those crimes on July 25, 1911.

Not wanting the crimes to jeopardise the development of the area, the name was amended to Queens Park to honour Queen Alexandra, wife of King Edward VII.

## **AVELEY [CITY OF SWAN]**

The new locality was created from a portion of the existing locality of Ellenbrook. The name derives from the Aveley district in the county of Essex, England, where the 'Belhus Estate' is situated.

This is relevant as Edward Pomeroy Barrett Lennard, who

arrived in the Swan River colony in 1829, purchased a large tract of land which included this area and he named the property 'Belhus'.

This new locality was approved on September 6, 2006.

## **ALBERT GROVE [BELDON, CITY OF JOONDALUP]**

Albert Grove was approved in December 1974. It was named after Sir Albert Jennings, a partner in early development of the area.

Objections to the name were received by the Department of Lands due to potential confusion with Alfred Cove.

The name Beldon was selected from alternative names put forward and the change was approved on August 25, 1975.

Beldon is believed to have been named in honour of A.W. Beldon whose name appears in a list of early landowners in the Wanneroo area.

However, it could possibly have been named to commemorate Arthur and Florence Beldon who ran the Wanneroo school between 1945 and 1962.

## **FLORIDA [WANNANUP, CITY OF MANDURAH]**

The name Florida was unofficially used by developers during the 1950s. The name was taken after its namesake in the US due to its coastal location. The name was widely accepted.

When attempts were made to officially name the area "Caddadup" in 1979, objections were raised by the local residents which led to the then Shire of Mandurah to request that the unofficial name Florida be formally approved.

This happened on May 16, 1980.

When the area was divided by the Dawesville Channel, the now City of Mandurah requested that the northern portion be renamed Wannanup, the original Aboriginal name for the area and that the southern area be absorbed into the existing Dawesville locality.

This was approved on August 24 1996.

## **HILBERT [CITY OF ARMADALE]**

This name was derived from the Hilbert family who were local dairy farmers. The area was formerly part of the Brookdale locality. The new locality was approved in April 2008.

## **KERALUP [CITY OF ROCKINGHAM]**

The name was derived from the Aboriginal name of a pool in the Serpentine River in the northern part of the locality.

While the name of the locality and the pool are spelt differently, the spelling of Keralup was proposed by Trevor Walley, a Noongar elder of Rockingham.

He said the name roughly translated to 'the place of the boomerang' and may refer to the hunting tactic of casting boomerangs across the wetland to scare ducks.

The locality and its current spelling were approved on July 11, 2007.

<http://www.watoday.com.au/>



# SERVICES FOR SENIORS PERTH AND WESTERN AUSTRALIA

## AGED AND COMMUNITY SERVICES WA

An independent body representing charitable, religious and benevolent not-for profit organisations and provides a forum for information exchange at State and Federal levels. Enquiries **1800 200 422**.

## CARERS WA

A non-profit community based organisation and registered charity dedicated to improving the lives of the estimated 200,000 family Carers living in Western Australia. Part of the National Carers Association, we are the peak body recognised both state and federally, as the voice of family carers, representing your interests in the Western Australian community. Enquiries **1800 242 636**.

## COTA WA

Connecting Over 50s Throughout Australia, formerly known as Council on the Ageing, is an independent consumer organisation run by and for senior Australians. Enquiries **08 9472 0104**.

## EQUAL OPPORTUNITY COMMISSION OF WESTERN AUSTRALIA

can help if you've been discriminated against in employment, education and many other areas. Enquiries **08 9216 3900**.

## INDEPENDENT LIVING CENTRE OF WESTERN AUSTRALIA

Non-government, not-for-profit, community based equipment information and advisory resource service. Enquiries **1300 885 886**.



## RETIREES WA

Formerly known as the Australian Pensioners League of WA, offers members information on all aspects of retirement and acts as a lobby group.

Enquiries **9362 0100**.

## SENIORS CARD – 1800 040 366

**Seniors' Recreation Council** publishes a directory of sport and recreation activities for adults called 'Add Life To Your Years'. Enquiries **08 9492 9773**.

**WA DAY CLUBS:** The Day Club program is designed to assist veterans, war widows and general members of the community to stay independent through participation in activities and develop social connections. Day Clubs offer their members an opportunity to

- Meet new friends;
- Participate in games and activities;
- Challenge their thinking with discussions and quizzes;
- Relax in a social setting;
- Get out and about;
- And most of all, have FUN!

There are several Day Clubs currently running in Western Australia, see the website for details.

Call **133 254** or, for Regional callers: **1800 555 254**.

## COMPUTER CLUBS

Find your nearest computer clubs for seniors who are interested in using computer technology for lifelong learning and communication.



<http://www.ascca.org.au/index.php/clubs-directory2/wa>

## FREE ONLINE FAMILY TREE

It's easy to build your family tree online. You can invite other family members to contribute too! Geni is the world's leading collaborative genealogy site.

Our world family tree contains more than 62,454,662 connected profiles. Search Geni to find out how your ancestors are connected.



<http://www.geni.com/>



## WALKING TRAILS NEVER GETS OLD



Sixty-four-year-old Pauline Lane (of Wanneroo) was first exposed to the wonders of trail walking as a girl guide at the age of 11.

After the hiatus of schooling and family life – she took it up again when becoming a leader as her own daughters became guides.

It was then that her passion for hiking started all over again and it has led her on more adventures than many experience in a lifetime.

“It’s so fabulous, just being outdoors, especially in wildflower season,” she said. “Even hiking through the bush in the rain has its uniqueness”.

“When my husband and I first retired we did quite a bit of hiking in New Zealand and then in South America, from Machu Picchu in Peru to Antarctica. And of course all around Australia. We’ve been to all seven continents on the earth now.”

Although she’s been hiking, kayaking and bike riding trails all around the world, Pauline still raves about her Western Australian adventures the most, talking with particular excitement about the Bibbulmun Track.

“I’d done bits of it with my daughters, but then I set myself the goal of doing the whole thing by the time I turned 60,” she said.

“A friend of mine and I soon realised to meet this goal, we pretty much needed to do the last 400kms in one hit, and I arranged to finish it in Albany on my 60th birthday, with celebrations being held at the caravan park.”

“Then my friend was unable to join me and I ended up doing the bit from Pemberton to Walpole on my own. I had 17kgs on my back, my husband was my trusty crew and there was a deviation at one point for a controlled burn, and mostly I was worried about falling”

“But I became very determined. It was a really big occasion to finish and a great feeling to have finally done the whole 1000km (from Kalamunda to Albany).”

Every year for the past 14 years Pauline has celebrated her birthday on the Bibbulmun with friends, doing day walks and hosting afternoon tea at the end of it – with the kettle on in the camper van.

Another favourite trails activity Pauline regularly participates in is the Over the Hill events, run by the Bibbulmun Track Foundation, specifically for over 55s.

“These are great because they are day hikes, with experienced guides who can show us short cuts to more unexplored areas. It’s also great to meet up with other walkers in this age group and explore together and hear about their hiking stories.

“At my age I just find it very enjoyable and it can all be done on a social level. You can make it as intense or as easy as you like. My doctor says it’s the best thing for you, because it’s less impactful on the body than other things.

“I never got picked for the sports teams at school. Most of my friends who did, now have hip and knee issues and I’m still hiking trails....but I do reckon the hills are getting slightly steeper every year.”

Check out the Trails WA website for information on hundreds of trail adventures for all ages and abilities at [www.trailswa.com.au](http://www.trailswa.com.au)

For further information contact: Carrie Parsons M: 0433 472 947 or [pr@trailtalk.com.au](mailto:pr@trailtalk.com.au)



# CHRISTMAS EVENTS AND FESTIVALS IN PERTH

Perth offers a range of events and activities for the festive season including Christmas lights and decorations, Christmas markets, Christmas carols and free community festivals.



## Christmas Projections on the GPO

3 - 20 December

GPO Building, Forrest Place, Perth

Brand new animated projections will colour the facade of the GPO each night after sunset. These award-winning large scale illuminations, custom designed to enhance the heritage building's features, will depict Queenie the Quokka in Christmas scenes from around the world.



## Perth City Festive Flicks

5 - 23 December

Northbridge Piazza, Northbridge

Share in some Christmas cheer with Festive Flicks at the Northbridge Piazza from December 5, 2015 right up to Christmas Eve. This year features a special double-feature of *The Muppet Christmas Carol* (1992, G) and *The Nightmare Before Christmas* (1995, PG).



## Symphony in the City

12 December

Langley Park, Perth

Join an audience of thousands under the stars for West Australian Symphony Orchestra's spectacular annual outdoor Christmas concert. This spectacular and family friendly free event will feature your classical and movie favourites performed by WASO and WASO Chorus.



## City of Fremantle Candlelight Carols

20 December

Fremantle Arts Centre, Fremantle

The City of Fremantle presents a spirited Christmas celebration for all the family. The Libby Hammer Quintet, WA's best loved jazz outfit, returns with Arcadian Voices to lead you through a Christmas carol sing-along spectacular. Dress warmly, bring a rug and plenty of Christmas cheer!



## Perth City Christmas Nativity

21 - 23 December

Forrest Place, Perth

Share in this enchanting annual event with the whole family and see the traditional story of Christmas told like never before. Over 100 performers from around WA star in a production with live animals, Christmas carols, remarkable new costumes and an all new stage design.





# Top 20 Christmas Movies

In many countries, watching Christmas movies is one of the most popular Christmas traditions. They help us laugh, cry, or even relax our way into a more festive disposition, ultimately allowing us to enjoy some parts of the Christmas holiday. So stop worrying about the pre-Christmas clean up or getting presents for your family and start planning a Christmas movie night with these 20 popular Christmas movies. Have you seen them all?

**1. It's a Wonderful Life**

Whether or not you have your own guardian angel hovering, the lesson here is that it's not money that makes you rich.

**2. Home Alone**

A game changer for the Christmas-movie category: it has action, like a zip line to the neighbors' house.

**3. Rudolph the Red-Nosed Reindeer**

This sixties stop-motion-animation movie is impossibly cute, right down to Sam the Snowman.

**4. A Charlie Brown Christmas**

Charlie Brown sets out to find the true meaning of Christmas in this animated anti-commercialism classic.

**5. National Lampoon's Christmas Vacation**

Decking the halls and other traditions are all colossal failures for the Griswold family -- riotous because it hits close to home.

**6. Elf**

It may star Will Ferrell as a dim-witted elf, but the movie's payoff is old-fashioned, familiar, and welcome.

**7. How the Grinch Stole Christmas**

Boris Karloff's dulcet baritone lends sinister charm to everyone's favorite Who hater in this short, sweet Christmas special.

**8. A Christmas Story**

This comedy satisfies two sets of audiences: kids (Ralphie gets his BB gun) and parents (it does exactly what they warned him it would).

**9. Miracle on 34th Street**

Uplifting without being cloying. It's no wonder that this movie is a much-beloved holiday chestnut.

**10. Frosty the Snowman**

This holiday staple features one of the most memorably catchy Christmassy theme songs ever.

**11. The Santa Clause**

Tim Allen deconstructs Saint Nick -- and reconstructs his waistline -- as a hapless Santa in training.

**12. White Christmas**

The follow-up to Holiday Inn is once again full of Irving Berlin tunes, with Bing Crosby providing the vocals. What's not to love?

**13. A Christmas Carol**

George C. Scott plays Scrooge in this classic made-for-TV version of the Charles Dickens holiday tale.

**14. Dr. Seuss' How the Grinch Stole Christmas**

It's rather hard to say who's the real star of this funny live-action version: is it Jim Carrey or Dr. Seuss?

**15. Holiday Inn**

Bing Crosby and Fred Astaire celebrate a year's worth of holidays, against a steady flow of Irving Berlin tunes.

**16. The Muppet Christmas Carol**

The Muppet adaptation of the classic story is fun, sweet, and definitely appropriate for the whole family.

**17. Scrooged**

The Bill Murray renaissance began with his turn as ultimate crank Frank Cross. A Solid Gold Dancers cameo helps get the lesson across.

**18. Christmas in Connecticut**

A war hero has Christmas dinner with the Martha Stewart-esque Barbara Stanwyck (who actually can't cook) in this holiday farce.

**19. The Nightmare Before Christmas**

Tim Burton and Henry Selick's enchanting tale has all the familiar, er, bones of a holiday classic: love, redemption, and Santa.

**20. Bad Santa**

Full of expletives and sexual innuendos, Bad Santa upends the feel-good tradition of holiday movies and it was about time.





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# Christmas Baby Names

This the season to be Merry... or Mary. The Christmas holiday offers plenty of inspiration for baby names. The nativity. Classic Christmas carols and hymns. Wonderful holiday movies and TV specials watched year after year. If you're expecting a little bundle of Joy near December 25th, consider some of these Christmas-inspired baby names.

- Angel:** a name used for girls and boys alike
- Balthasar:** one of the Three Wisemen Beth(lehem)
- Caspar:** some spell this wiseman's name Gaspar
- Frank(incense):** a gift from a wiseman
- Gabriel:** a feminine version is Gabriella
- Joseph:** try Josephe, Josefa or Josephina for a girl
- Joy:** what your baby girl will bring
- Magi:** a clever twist on Maggie or Madge
- Malachi:** Malachy is another spelling for God's messenger
- Melchior:** the third wiseman
- Myrrh:** more common names include Murray and Myrna
- Peace:** or Pearce for a boy
- Star:** Starr is one alternate spelling

## THE MAN IN THE RED SUIT

It doesn't matter what you call the jolly fellow with the white beard (Father Christmas, Mr. Kringle or Santa) just don't forget his milk and cookies.

- Claus:** the German spelling is Klaus Kris – variations include Kristine, Kristin, Kriss and Cris
- Nicholas:** the feminine version is Nichole

## POPULAR CHRISTMAS CAROLS

Holiday music brings back fond memories of Christmases gone by.

- Carol:** for a girl or a boy
- Christian:** proclaim your faith with this moniker
- Emmanuel:** add an A or E to this Hebrew name to make it feminine
- Gloria:** in excelsis Deo!
- Holly:** this name has both English and French roots
- Ivy:** Ivey and Ivo are masculine alternatives
- Jeanette:** Bring a torch!
- Isabella:** trace this name to Hebrew, Italian and Spanish origins
- Midnight:** It Came Upon a Midnight Clear
- Noell:** a French name for a girl or boy
- Suzu:** name your daughter after this famous snowflake
- Tannen:** a simpler version of Tannenbaum
- Wenceslas:** this good king went out on the feast of Stephen

## THE NORTH POLE

- Taken right from Santa's workshop.
- Alfredo:** this name (Alfreda for a girl) means "Elf" in some cultures
- Bell:** suitable for a boy or a girl
- Candy:** a sweet name for a baby girl
- Elden:** another name meaning Elf
- Forest:** imagine the splendors in the magical wood
- Garland:** a name used for both girls and boys
- Ginger:** Would you consider Bread for a middle name?
- Ice:** a cool name indeed
- Jack:** Mr. Frost would be honored
- Poinsettia:** another flower name like Rose or Daisy
- Snow:** the name of a dancer from the first season of So You Think You Can Dance?
- Yule:** an English name meaning "Born at Christmas"

## TV AND MOVIE CHRISTMAS CLASSICS

- We can watch these programs over and over again.
- A Christmas Carol: **Bob, Ebenezer, Fred, Tim**
- A Christmas Story: **Flick, Ralphie, Randy, Schwartz, Scut**
- Christmas Vacation: **Clark, Eddie, Ellen, Margo, Ruby Sue**
- Frosty the Snowman: **Hinkle, Karen**
- Home Alone: **Kevin**
- How the Grinch Stole Christmas: **Cindy Lou, Max**
- It's a Wonderful Life: **Bert, Clarence, Ernie, George, Harry, Mary, Zuzu**
- Miracle on 34th Street: **Kris, Susan Elizabeth**
- Rudolph the Red-Nosed Reindeer: **Clarice, Donner, Hermey, Rudolph, Yukon Cornelius**
- Santa Claus is Comin' to Town: **Jessica, Kris, Tante, Winter**
- The Little Drummer Boy: **Aaron**



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# JOB POSITION

## Full time AGED CARE MANAGER at Australian Asian Association of WA

### POSITION OBJECTIVE:

To manage and oversee the working and continuous improvement of the HACCC and Home Packages including CDC.

### DUTIES:

Research, develop and recommend changes, in consultation with the Executive Committee, to meet the standards for accreditation and continuous improvement.

Manage all aspects of Quality Management across the group including regulatory compliance.

### SELECTION CRITERIA:

- Knowledge of Quality Reporting and continuous improvement processes.
- Experience and knowledge of community care funding and budget planning.
- Knowledge and experience in delivering a customer focused programme (e.g. needs of clients from different cultures)
- Good communication skills - able to work as a team member, addressing customer complaints, etc.
- Working knowledge of Occupational Health and Safety legislation and the Aged Care Act, 1997.
- Knowledge and application of Information Technology.

A salary will be negotiated with the successful applicant commensurate with skills and experience. Ongoing appointment will be confirmed after 2 years subject to work performance and availability of funding.





THE AUSTRALIAN  
ASIAN ASSOCIATION OF WA, INC.

# Christmas Party

Sunday 20th December 2015

11:30am to 3:00pm

at

Australia Asia House  
275 Stirling Street, PERTH 6000

**Light entertainment for children**

**Sherry and Soft Drinks**

**Traditional Christmas Meal**

**Carol Singing**

**Santa for the Kids!!!**

Cost \$10

Children under 12 years FREE

Bring a Wrapped GIFT  
for your Child  
and for someone  
in need (optional)



RSVP by 14th December 2015 Ph: 08 9328 1160 Email: [Youth.Coordinator@aaawa.org.au](mailto:Youth.Coordinator@aaawa.org.au)