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WORKSHOP BY A FINANCIAL TRAINER FINANCIAL LITERACY TRAINING FOR YOUNG CALD WOMEN AT AAA

12th - 14th April 2016



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Dictionary

FREE ENGLISH LANGUAGE CLASSES

at the Australian
Asian Association
commencing
July, 2016
2.00 pm to 4.00 pm

Monday to Friday
at the
AAA Committee Room

Classes in Reading, Writing,
Listening and Speaking to
improve your confidence
and access employment.

For more information contact
Yam KC, Youth Coordinator on
(08) 9328 1160

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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

The Main Hall

seating capacity 200-250 people

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

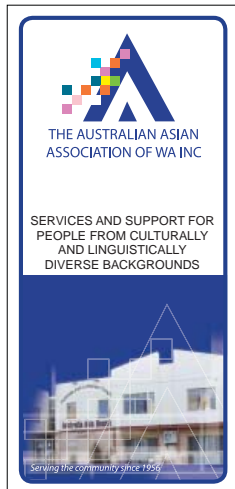
The Lesser Hall

seating capacity 40-60 people

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

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

FOR BOOKINGS AND INFORMATION CONTACT (08) 9328 1160






PRINTING AND PHOTOCOPYING FACILITIES

	Colour A4			Black and White A4	
	Members	- 50 c		Members	- 10 c
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	\$ 100 - FULL A4
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FOR FURTHER DETAILS AND TO BOOK YOUR PRINTING TIME

CONTACT (08) 9328 6202

President's Message



Dear Members

My greetings and Good wishes to all of you.

The Financial Literacy program organised in April at AAA for Young CALD women was well attended with positive feedback. The programme was sponsored by the Department Of Local Government and was conducted by a Business Studies teacher - Mr Ven Akella who tailored the programme to suit the needs of the class. We hope to continue offering similar programmes in the future, as the participants showed great interest in the classes.

The Bangla Language classes are increasing in numbers and the students and teachers are making steady progress. The Oromo Community Language School is also progressing under the auspices of AAA. The Office of Multicultural Interests is offering professional learning programmes for all Language teachers to equip themselves with current practices in teaching languages.

The Coordinators of the Aged programs are working extensively to improve the quality of services offered to clients. This is evident in the positive feedback received at the recent Quality Review for the Home Care Packages (HCP) and the steady increase of clients in the HACC program. I would like to acknowledge your commitment to the Aged care programmes and also a special thank you to the members of the Aged Care Management Committee – Thanks for volunteering your time, we appreciate your valuable contribution and it does make a difference as each one of you have varied experiences and knowledge.

I would like to remind you our members that this year marks our 60th Anniversary. We intend celebrating this event some time in November to look back at the incredible achievements of AAA and also reflect on the years gone by. We look forward to your presence on this occasion.

I thank you our members for your contribution and support to AAA over the years and on behalf of the Executive Committee I wish you all the best.

My sincere good wishes to you and Gods Blessings.

Mrs Marlene Burnaby
President



WORKSHOP BY A FINANCIAL TRAINER FINANCIAL LITERACY TRAINING FOR YOUNG CALD WOMEN AT AAA

Greetings to you once again and special wishes,

Thank you for your valued support in making 'The Financial Literacy Training 2016 for Young CaLD Women at AAA' a motivational workshop, representing youth from culturally and Linguistically Diverse WA communities. The program commenced on Monday 12th, and was completed on Thursday 14th April at Olga Ramasamy Hall in Australia Asia House 275 Stirling Street, Perth WA 6000. Participants were warmly welcomed by Marlene Burnaby, President-the Australian Asian Association of WA Inc. The Trainer Mr. Ven Akella was in charge of the programme. The participants were awarded with certificate of Appreciation by Mr Romello Anandapa, Office Manager, as a Program Coordinator, I proposed a vote of thanks.

The program was highly successful as the participants enjoyed the workshop and found it extremely beneficial. The workshop mainly focused on increasing knowledge and skills to gain confidence, motivation, and manage financial resources effectively to improve a lifetime of financial wellbeing. The participants left the program looking forward to similar programs in the future.

I am really indebted to all the participants, volunteers, colleagues, Executive Committee, The Department of Local Government and Communities and friends who helped me to organise 'The Financial Literacy Training 2016 for Young CaLD Women at AAA'. I sincerely thank all the participants who have displayed great interest in learning and sharing ideas. I am proud of bringing 11 various diverse communities altogether for workshop to learn and share their knowledge and skills integrating with each other as a part of multicultural community.

Yam K.C., Youth Coordinator



Government of **Western Australia**
Department of **Local Government and Communities**



THE AUSTRALIAN
ASIAN ASSOCIATION OF WA, INC.



Triple A Care

The Australian Asian Association of WA Inc

Client survey – Centre based Day Care programme

Triple A recently conducted a survey with Clients who attend the Centre based day centre. The survey was conducted in the form of a questionnaire that basically gave us an indication as to the level of satisfaction of clients on various aspects of the programme.

We received a 100 % response rate to the survey forms distributed with 86% of the clients responding positively that they agree to the manner in which the Day Centre is planned, coordinated and conducted and includes a response rate of 56% of responses reflecting that they are extremely happy with the services.

The areas with room for improvement are to look at ways of organising a wider range of activities and social outings for the group.

100% of the clients responded that the day and time for the Centre based day care programme is suitable to them.

It is evident from the results of the survey that overall, clients are very happy and satisfied with the programme and look forward to attending it as often as they can, every week if possible.

Triple A Care recognises the importance of carers and their role and uphold the Charter of Rights and Responsibilities.

1. Carers must be treated with respect and dignity
2. The role of carers must be recognised by including carers in the assessment, planning, delivery and review of services that impact on them and the role of carers.
3. The views and needs of carers must be taken into account along with the views, needs and best interests of people receiving care when decisions are made that impact on carers and the role of carers.
4. Complaints made by carers in relation to services that impact on them and the role of carers must be given due attention and consideration.

Farewell To Our Project Officer

Triple A Care hosted an afternoon tea on 15th June 2016 for Deanne Regan-Smith who had been the HACC Project Officer (from the Department of Health) for the past five years. The President took the opportunity to thank Deanne for all her assistance and support during the last few years and wished her a happy retirement.



Triple A Care recognises and supports people with disabilities. We offer the same opportunities to those with and without disabilities. We use a person centred approach to Plan and deliver quality services. Our Day Centre is on the ground floor and easily accessible for people with disabilities. Our clients and their carers are given the opportunity to provide feedback regarding our services. Information regarding our services is available on www.aaawa.org.au and also available in Pamphlet form.

The Australian Asian Association trading as Triple A Care provides services to older people and those people with a disability to be assisted with remaining independently in their homes. For Home Care Packages please contact Manil de Mel (HCP Coordinator) on 9328 3435. For Home and Community Care Services (HACC), please contact Dushyanthi Fernando (HACC Coordinator) on 9328 7688.

The following services are available:

Home and Community Care (HACC)

- Domestic Assistance
- Meal preparation
- Social Support (one to one)
- Respite
- Personal Care
- Group Social Support
- Centre Base Day Care

Home Care Packages (HCP)

- Domestic Assistance
- Meal preparation
- Social Support (one to one)
- Respite
- Personal Care

95th Birthday Celebration

Congratulations to Olga on her 95th Birthday!

Olga celebrated the occasion with her friends at the Day Centre on 15th June 2016.

There was fun and games for all followed by a delicious lunch. Olga's sense of humour was apparent when she dressed up to perform a skit which had everyone in fits of laughter!

The staff and clients presented Olga with a bouquet of flowers and wished her the very best.



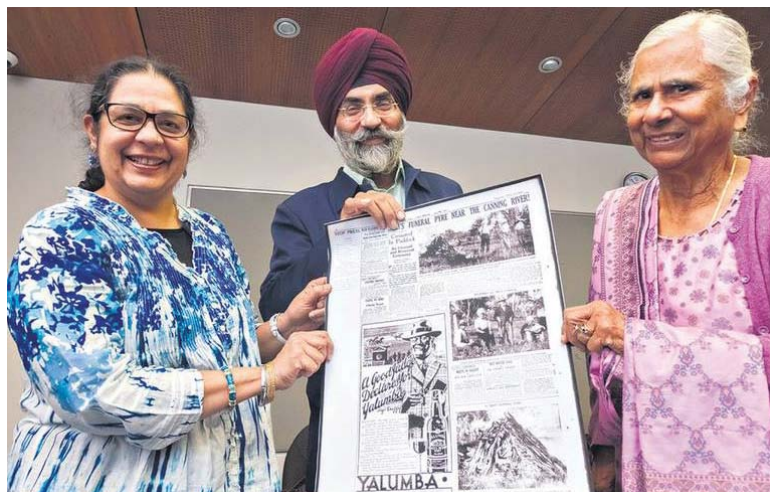


GRANT FOR SIKH TRAIL

We would like to express our sincere gratitude to Lotterywest and the WA State Government for the grant of **\$149,635** to the City of Canning for the second phase of the Australian Sikh Heritage Trail!

Australian Sikh Heritage is excited to be working with the City of Canning, Department of Parks and Wildlife, Sikh Association of WA Inc, Sikh Gurdwara Perth Inc and many others to deliver a great new addition with to WA's heritage scene.

The Sikh Community has had a long and significant history in WA, with the panels guiding visitors from the historic WA Sikh cremation site, which is just down the road at Adenia Reserve, towards the Canning River via the heritage trail.



VOLUNTEERING



Giving your time to a worthy cause can be an incredibly rewarding experience. The YourLifeChoices Volunteering page has information about volunteer work, whether you are looking for something local, Australia-wide, international or even online.

You will find information about environmental volunteering, mentoring students, working on conservation projects and much more below. So why not make the world a better place and find out how you can help?

Ten best volunteering websites

www.volunteeringaustralia.org.au

www.volunteer.com.au

www.greatconnections.com.au

www.woof.com.au

www.earthwatch.org

www.australianvolunteers.com

www.onlinevolunteering.org

www.Centrelink.gov.au

www.vise.org.au

www.abv.org.au





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SNAPSHOTS AT SEA

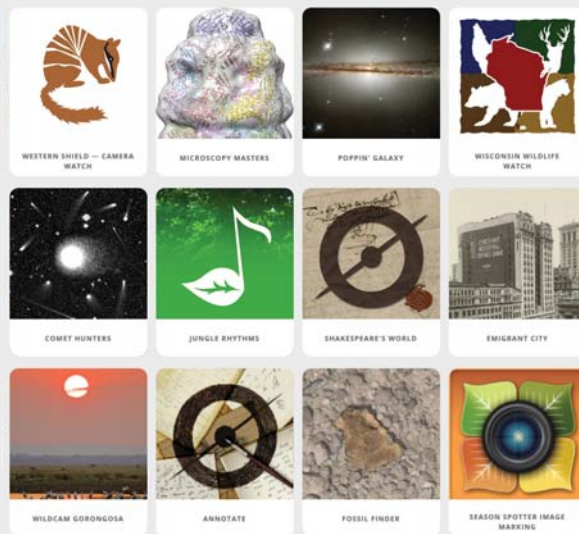


MEASURING THE ANZACS

CITIZEN SCIENCE

Provided by Zooniverse

If you're connected to the internet, you can help scientists in many different ways. Sort gorgeous images of galaxies from NASA's Hubble Space Telescope into their shapes to help research at Oxford University. It's a job that humans are much better at than computers and the oldest person doing it is 96! Or you might like to help transcribe old ships' logs to help scientists better understand the climate of the past. Another favourite is to identify animals caught on automatic cameras in Serengeti National Park in Africa. You don't need any experience to begin, just a sense of adventure!



Volunteers and professionals make real discoveries together.

<https://www.zooniverse.org/>

RESTART - help to employ mature workers



Australian Government
Department of Employment

The Restart Programme is an Australian Government wage subsidy that encourages businesses to employ mature age workers.

Restart can help you to expand your business and employ workers who are 50 years or older.

What is the Restart wage subsidy?

The Restart wage subsidy is a payment of up to \$10,000 (GST inclusive) if you employ eligible mature age job seekers for 12 months or more.

\$6,500 (GST inclusive) is payable if the employment is for at least 30 hours per week over 12 months.

You can receive a pro-rata wage subsidy starting from \$3,250 (GST inclusive) if you employ an eligible mature age worker for 15–29 hours per week.

In addition, a bonus of up to \$3,500 (GST inclusive) will be paid for employment which lasts the full 12 months, making it a total of up to \$10,000 (GST inclusive). If you employ 10 or more mature age workers, you can bundle the Restart Wage Subsidy Agreements and negotiate with your jobactive provider to receive a portion of the wage subsidy as a lump sum payment to help cover the upfront costs of hiring multiple employees.

Who can attract the wage subsidy?

To receive this wage subsidy, you need to employ a job seeker who:

- is 50 years of age or older
- has been on income support for six months or more
- is registered with a jobactive or Disability Employment Services or Community Development Programme provider.

To ensure you do not miss out on the wage subsidy, you should contact the job seeker's employment services provider within 28 days of employment to complete the application process for the wage subsidy.

If you have employed an eligible mature age job seeker who is not registered with an employment services provider, they will need to direct register with a jobactive provider as a Volunteer in order for you to receive a wage subsidy. Please note that you should ensure the job seeker registers with a provider within 28 days of starting work, otherwise you will not be able to access the subsidy.

Want more information?

- Call the Employer Hotline on **13 17 15** or visit the jobactive website to find a local provider and ask them about Restart
- For a version of this information to print, download the Restart Employer wage subsidy for mature workers fact sheet <https://docs.employment.gov.au/node/34083>
- Email restart@employment.gov.au



Activities - Ten best hobby websites

1. CONNECT WITH LIKE-MINDED COLLECTORS

Collecting, whether it's stamps, postcards, figurines or coins has long been a pastime of children, young and old. If your collection has stood the test of time, and is maybe just a little out of the ordinary, then you can find links to others who share your passion.

www.hobby.net.au

2. DISPLAYING YOUR MEMORIES

Scrapbooking has become incredibly popular over the last few years and is a great way to display your memories, or create a thoughtful gift for someone special. Get some tips on your latest project, show off your own handy work or are looking for the best-priced materials.

www.aussiescrapbooking.com.au

3. MODEL RAILWAYS

Model railways are not just for kids. The Australian Model Railway Association Incorporated has a broad network that spans across the country and is a vibrant community. This website is regularly updated and contains lots of useful information. It also explains how to become a member, which will help you to keep up-to-date with all the latest developments of the hobby and also connects you to like-minded enthusiasts.

www.amra.asn.au

4. MOTORCYCLING

The Ulysses Club is 'a social club for motorcyclists over the age of 40'. It is a very friendly and well organised motorcycle club that welcomes anyone on a motorcycle or scooter of any sort. And it is not a male dominated environment with lots of women and couples as members.

www.ulyssesclub.org

5. CHESS

Chess is a fantastic 'mind sport' for people who already play regularly or for those wanting to start playing. The Australian Chess Federation's site has links to details of chess tournaments and includes a very popular chess forum.

www.auschess.org.au

6. VIDEO GAMING

Video games are no longer just for children—26 per cent of all gamers are over 50 years of age. At Gamespot you can find the latest news and reviews about games coming on to the market. You can also use the forums to connect with like-minded people to discuss your favourite games, or to get advice as a new gamer on where to start and what to play.

www.gamespot.com

7. FISHING

Fishing is a favourite pastime of many and can be done by people of all ages. Unfortunately, not all of us live close by to our favourite fishing spots so we don't always get to indulge in our favourite hobby. That's what makes the Tackle Box website so great. It is a nationwide fishing forum where you can go online and talk fishing all day long.

www.tacklebox.com.au



8. BELLRINGING

One of the lesser known hobbies in Australia is bellringing. While not all of us are lucky enough to be located near a bell tower, it's not just the major cities that offer this unique pastime. The website for The Australian and New Zealand Association of Bellringers includes a detailed directory that will tell you where to find your nearest tower. There are towers in country towns, cities and suburbs across the country.

www.anzab.org.au

9. BOATING

"There is nothing—absolutely nothing—half so much worth doing as simply messing about in boats" – Ratty, Wind in the willows. Whether you prefer lazy days paddling around on a lake or the thrill of the high seas, it's easy to see that some of the most beautifully crafted boats on the water are the wooden vessels. The Vintage Wooden Boat Association is a place where you can share your passion for boating, and more specifically for older wooden boats.

www.vwba.org

10. PHOTOGRAPHY

Australian Photography is a website for photography beginners, enthusiasts and budding professionals. It is your one-stop-shop for information on new cameras, how-to guides for cameras and photography computer programs and up-to-date photography competition details.

www.australianphotography.com

Upcoming Ethnic, Multicultural Events in Perth

SOWETO GOSPEL CHOIR

Perth Concert Hall, 5 St Georges Terrace, CBD, Perth
 Sunday 24 July 2016 7:00pm – 9:30pm

Since its formation in 2002, Soweto Gospel Choir has won more accolades than any other choir in the world. It has won a total of four Grammy Awards, 2 in its own right and 2 in collaboration with other artists, an Emmy Award for its work with Bono and U2 as well as an Academy Award nomination for its collaboration with Peter Gabriel on the Disney Pixar film Wall E.



Buy Tickets - 9231 9999

Soweto Gospel Choir has recorded and performed with some of the world's greatest artists including Bono and U2, Queen, Peter Gabriel, Aretha Franklin, Stevie Wonder, Robert Plant, Celine Dion, Red Hot Chilli Peppers, Jennifer Hudson, Dianna Ross, Josh Grobin, Johnny Clegg as well as Andre Rieu.

Soweto Gospel Choir's 2016 Australian tour is called "Faith" in recognition of its personal faith as well as in recognition of the Choir's journey since 2002. Faith also relates to the title of the latest song incorporated in its 2016 repertoire, Have a Little Faith best known through the recording of the late Joe Cocker. The Choir's Australian repertoire includes a mix of Gospel, South African traditional, international classics as well as freedom songs.

Leslie Hinton Entertainment proudly presents



Spanish guitar virtuoso **Paco Peña** returns to Australia in 2016 with this company of dancers as they bring the magic and traditions of the Flamenco to stages across Australia.

Bringing to life the intoxicating rhythms, colours and sounds of Andalucía, **Paco Peña** and his dancers, singer and musicians set the stage alight in bursts of glorious improvisation and virtuoso flamenco technique. The first half of the performance features the solo guitar by **Paco Peña**. The second half sees the dancers join Mr Peña for the full flamenco experience.

HIS MAJESTY'S THEATRE

FRIDAY 30 SEPTEMBER 2016

Tickets from [Ticketek](#): 132849
 Group Bookings available on 1300 364 4001

www.lesliehintonentertainment.com

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Direct from Italy the Italian Tenors are three of Europe's most successful operatic Tenors that formed in 2012 and released their successful album "Viva la Vita" in 2014. They are now a worldwide pop-opera phenomenon. The three gorgeous Italian Opera Singers Mirko Provini, Sabino Gaita and Evans Tonon do an unbelievable balancing act between Classical arias and Popular Pop hits.

The Australian tour promises all the Italian charm and vocal power of their recently sold out European tour, together with their live band that includes live strings, the evening promises to be an incredible Musical Montage of vocal passion and excellent entertainment.

THE ASTOR THEATRE

SATURDAY 10 SEPTEMBER 2016

Tickets from [Ticketek](#): 132849
 or from the [Astor Theatre](#): 9370 1777

www.lesliehintonentertainment.com

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HOW TO STAY WARM AT HOME WITHOUT A HEATER

1 Close all of your windows properly.

This includes making sure storm windows are installed and closed in place if you have them. Windows should be latched. Open them during the day if the outside temperature is higher than the inside temperature.

Keep your windows air-tight. You may want to purchase removable window-caulk or plastic to better seal them. At a minimum, stuff a towel or shirt in front of any noticeable leaks.

2 Use cheap clear shower curtains over the windows that receive sunlight.

This will keep the cold air out, and the warmth from the sun will heat your house without cold air coming in. You could also cover your windows with clear plastic sheets.

3 Put up curtains.

A set of heavy curtains can block heavy drafts of air. Open them when the sun is shining and close them when it's not.

4 Seal your doors.

Check around the door frame and also under the door. You may want to buy weather stripping or a door sweep. Again, at minimum, make a draft dodger or stuff a towel at the bottom of the door.

5 Let as much sun hit your house as possible.

Check for obstructions (e.g. plants, sheds) that might keep the sun's rays from reaching your house. Remove items leaning against walls on the sunny side of your house. (Ideally, put them back again at night for additional insulation).

6 Close off any unused rooms.

The closed door makes that room another barrier between you and the frigid outdoors. It also stops air from circulating as much, which reduces heat loss.

Home improvement stores sell magnetic register covers to 'shut off' forced air furnace registers in unused rooms. That way when the heater does click on, only the registers in the rooms you use will pump out heat. This makes for more efficient use of the heater.

Check that all heat registers are adjusted open, especially where plumbing pipes might freeze. Unblock cold air returns in heated rooms (they may be blocked with furniture or rug) so heat can circulate efficiently.

7 Put down a rug or carpet.

Rugs and carpets help prevent heat loss through the floor. They are generally warmer to the touch than wood or stone, and so offer a warmer surface to walk on.



8 Add insulation in the attic and the crawl space.

A lot of heat escapes through the attic, as warm air rises and cold air sinks. Make sure that your attic has enough insulation.

9 Cook.

Cooking can help you to keep warm as an activity, through the oven's warmth and by eating something nice and warm after.

Bake cookies or a pie. Your oven will help to dry the air and heat the kitchen. The kitchen will be warm while you are cooking, and then you can have a great home cooked meal too!

After, leave the oven on and open the oven door to let some heat in the house. Only leave the oven on for 10 to 20 minutes, so you don't waste energy.

Limit cooking that gives off steam, as this will increase the humidity in the air and make your house damp. Lowering humidity in the wintertime helps you to feel warmer. Water vapor (humidity) has a greater heat capacity (ability to absorb heat) than dry air. As a result, humid air feels colder in winter than does dry air and it takes more heat to make damp air feel comfortable.

10 Light a candle.

A candle/candles can produce a lot of heat, just be mindful of where they are placed and do not leave them unattended. A trip to most any grocery store or discount store can provide you with a number of candles cheap!

Use a candle heater. It doesn't create as much heat as a fireplace or real heater, but will create warmth very cheaply.

11 Turn on some incandescent lights.

The average incandescent light bulb releases up to 95% of its energy as heat rather than light, making it an extremely efficient heat source.

Compact Fluorescent and LED lights are not helpful in warming your room, so save them for warmer days and use the money you saved to pay the heat bill.

<http://www.wikihow.com/Stay-Warm-at-Home-Without-a-Heater>



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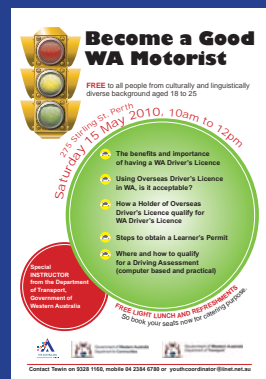
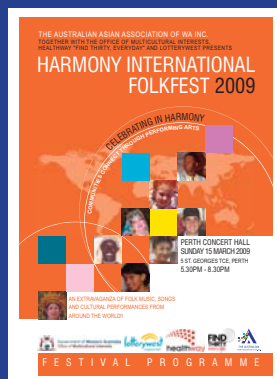
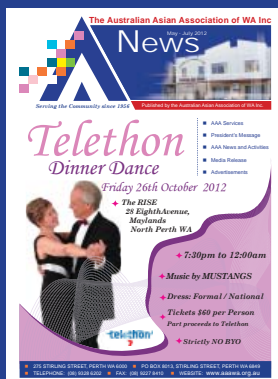
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IMMIGRATION PROBLEM?

CONTACT



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