

# SUPPORT ASIAN WOMEN'S FRIENDSHIP ASSOCIATION INC.



## 亞洲婦女聯誼協會

Newsletter February Issue 2017

二零一七年二季刊

Hello, Happy New Year for 2017. I hope you are all able to stay cool in the recent extreme hot weather.

你好，2017年新年快樂。我希望你們能夠在最近極端炎熱的天氣保持涼爽。

Happy Chinese New Year of the Rooster. SAWs wishes you all have a healthy and happy life throughout the year of 2017. On the 31<sup>st</sup> January, SAWs' Multicultural Seniors Cooking and Wellbeing Club members celebrated the Chinese New Year at Pearce Community Centre. At the meeting, we played games and people got prizes. Many seniors used this special occasion to catch up with old friends and rekindle their friendships. Apart from the fun part, we also had a great feast. From the start, we had various Chinese New Year snacks, then came the lunch. We had sweet and sour pork, chicken wings cooked in a special sauce, spicy pork and vegetable puff and special Chinese dessert. Yum .....!

愉快的雄雞農曆新年。婦女聯誼協會希望你們在2017年都有健康快樂的生活。1月31日，婦女聯誼協會的多元文化長者烹飪和健康俱樂部成員在Pearce社區中心慶祝農曆新年。在會上，我們玩遊戲和人們獲得獎品。許多老年人使用這個特殊的時刻趕上老朋友，重燃他們的友誼。除了有趣的部分，我們也有一個挺好的節日。從開始，我們有各種農曆新年小吃，然後來了午飯。我們吃了酸甜的豬肉，雞翅煮熟在特別的醬汁，辣豬肉和蔬菜泡芙和特殊的中國甜點，味道很不錯

In the new year, SAWs will be continuing to run our weekly programs. These include:

**Tuesdays** – Basic English Classes in Woden Library. Started on 7th Feb. 2017

**Wednesdays** – Learning Workplace Computer and English Skills in Gungahlin Library. Started on 8th Feb. 2017

**Seniors monthly Activity** – Multicultural Seniors Wellbeing and Food Club meet on the 3<sup>rd</sup> Tuesday of each month in Pearce Community Centre, large meeting room.

The Tuesday English Classes cater for people from non-English backgrounds with limited English skills.



新的一年，婦女會將繼續運行我們的每週節目。這些包括：

週二 - 沃登圖書館的基本英語課。於2017年2月7日開始

週三 - Gungahlin的圖書館-學習工作場所電腦和英語課。於2017年2月8日開始

每月長者活動 - 多元文化長者福利和食物俱樂部是在每月的第三個星期二在Pearce社區中心，大型會議室舉行會議。

The Class is facilitated by our team of volunteers, Mrs Karen Green and Mary McNeice.

Stepping Up – Learning Workplace Computer and English Skills for CALD Adult Learners. This Class is conducted in Gungahlin Library for people who want to gain computer recognition facilitation and workplace English skills.

Our seniors' monthly gathering continues, meeting in Pearce Community Centre from 10:30am to 1:00pm, to provide an opportunity for our senior members to connect and enjoy activities with wider community members. We encourage all seniors to take advantage of our social networking and activities.

SAWs would like to encourage both new and old volunteers to join us this year. If you have any suggestions or comment on our services, please contact us on 0422 727 751 on email to [info@sawsfriendship.org.au](mailto:info@sawsfriendship.org.au).

SAWs Information Team

**星期二英語課程為有限英語能力的非英語背景的人提供有限的英語能力。該課程由我們的志願者-，凱倫·格林和瑪麗·麥凱推動。**

**學習工作場所電腦和英語技能課程是為為多元文化成人學習者。本課程在 Gungahlin 圖書館為想要獲得電腦識別便利和工作場所英語技能的人進行。**

**我們每月長者活動聚會繼續為我們的成員提供一個機會，連接和一起享受活動。我們鼓勵我們的長者繼續利用我們的社交網絡和活動。**

**婦女會要感謝我們新舊的志願者繼續支持婦女會。如果您對我們的服務有任何建議或意見，請通過電子郵件聯繫我們：0422 727 751 或 [info@sawsfriendship.org.au](mailto:info@sawsfriendship.org.au)**

**婦女聯誼協會信息團**

## SAWS' PROGRAMS

### Multicultural Community Singing Group

On the 18<sup>th</sup> February, SAWS Multicultural Community Singing Group performed at the Multicultural Festival.



Singers: Rachel, Karen, Alison, Patricia and Prillisia  
Pianist: Sarah

### ENGLISH CONVERSATION CLASS FOR CALD BACKGROUNDS ADULT LEARNERS

This course aims to teach basic conversational English skills as well as providing assistance in writing English .

**Where:** Woden Library

For more information, please call: 0422737751

### STEPPING UP -LEARNING COMPUTER AND ENGLISH SKILLS FOR CALD BACKGROUNDS ADULT LEARNERS

This course aims to teach modern communication technology computer skills and provide students with workplace conversational English.

**Where:** Gungahlin Library, Gungahlin

These projects were made possible with assistance from the ACT Government under the Adult Community Education Program.

Proudly supported by the ACT Public Library

For more information, please call: 0422737751

## 婦女聯誼協會活動

### 多元文化社區唱歌組

在2月18日，婦女會的多元文化社區歌唱團在多元文化節上演出



歌手歌手和鋼琴家

### 成人英語學習課程

本課程旨在教授基本的會話英語技能以及提供英語寫作方面的幫助。

地點: Woden 圖書館

欲了解更多信息, 請致電: 0422737751

### 學習工作場所電腦和英語技能課程

本課程旨在教授現代通信技術電腦技能, 並為學生提供工作場所對話英語。

地點: Gungahlin 圖書館,

這些項目是在 ACT 成人社區教育計劃的協助由 ACT 公共圖書館支持

欲了解更多課程信息, 請致電 0422 737 751

## WHAT'S ON IN CANBERRA?

### Return to Work for Women Training at CIT

Do you or a female friend or family member want to return to work after an extended break?

CIT's Return to Work for Women training is specially designed for women who are looking to re-enter the workforce after an extended absence. This successful training has helped numerous women regain confidence, brush up on professional skills, and learn computing and digital literacy skills. On completion of this training you will receive a Certificate II in Skills for Work and Vocational Pathways (FSK20113).

For more information or enrolment advice, contact us today:

Phone: (02) 6207 3188 Email: [infoline@cit.edu.au](mailto:infoline@cit.edu.au)

### Concession Travel on the NSW Opal Public Transport Network

Concession travel on the NSW Opal public transport network is now a whole lot easier for ACT Seniors Card holders.

From Monday 31 October 2016, Transport Canberra has partnered with Transport NSW to automatically validate ACT seniors' eligibility for concession travel in NSW. Transport NSW has also removed the 60 day expiry on ACT seniors' Gold Opal Cards.

COTA ACT has been working with Transport Canberra for close to a year to make applying for a NSW Opal Card easier for Seniors Card holders in the ACT. The new process is just one example of how COTA ACT partners with government to improve services for seniors in the ACT.

Seniors with an early ACT Seniors Card (i.e. one that has six numbers, as opposed to nine in the current cards) will need to apply for a card upgrade in order to apply for an Opal Card. New, replacement and upgrade ACT Seniors Cards are available from the COTA ACT office in Hughes, ACT Libraries and Access Canberra shopfronts.

## 堪培拉有什麼活動？

### CIT 的返回工作婦女訓練

你或女性朋友或家庭成員是否想在長時間休息後重返工作？

CIT 的“返回工作崗位”婦女培訓是專為那些希望在長時間缺勤後重新進入勞動力隊伍的婦女而設計的。這個成功的培訓已經幫助許多女性重拾信心，刷新專業技能，並學習電腦和數字素養技能。完成本次培訓後，您將獲得工作和職業道路技能證書 II (FSK20113)。

如需更多信息或註冊建議，請立即聯繫我們：

電話：(02) 6207 3188 電子郵件：

[infoline@cit.edu.au](mailto:infoline@cit.edu.au)

### 特許經營旅行在 NSW Opal 公共交通網絡

堪培拉 老年人卡持有者現在在新南威爾士州 Opal 公共交通網絡上的特許旅行更容易了。

從 2016 年 10 月 31 日星期一起，堪培拉交通局與新南威爾士州交通局合作，自動驗證 ACT 老年人在新南威爾士州享有特許經營旅行的資格。新南威爾士州交通局也取消了堪培拉老年人 Opal 卡的 60 天限定期。

新的，更換和升級堪培拉老年卡可從位於休斯的 COTA 堪培拉辦公室，堪培拉圖書館和 Access 堪培拉店面。

如果您超過 60 歲，堪培拉的永久居民，每週工作 20 小時或更少，您有資格領取堪培拉老年人卡和金色蛋白石卡，給您特許旅遊上限每天 \$ 2.50 \*悉尼，藍色山，獵人，伊拉瓦拉和南部高地。

\*不包括悉尼機場車站接送費。

## Email Scam Warning

The Federal Court has been contacted by a large number of people who have received emails (example below), purportedly sent by the Federal Court on behalf of the Federal Circuit Court, subpoenaing them to attend court at a specified time.

Concession Travel on the NSW Opal Public Transport Network

Concession travel on the NSW Opal public transport network is now a whole lot easier for ACT Seniors Card holders.



## 電子郵件詐騙警告

聯邦法院已經接觸到許多收到電子郵件的人（下面的例子），據稱是聯邦法院代表聯邦巡迴法院送交的，他們在指定的時間出庭。

聯邦法院和聯邦巡迴法院都不以這種非正式方式發出傳票。這些電子郵件沒有由法院簽發並且是欺詐性的。

如果您收到其中一封電子郵件，則不應點擊任何包含病毒或惡意軟件的鏈接。您還應該從您的收件箱和已刪除的文件夾中刪除電子郵件。