



Hello everyone, I hope you are all keeping warm in this freezing cold weather.

I am very excited to let you know that SAWs will be running many exciting programs in the next 6 months:

- ACE Program- Stepping Up: CALD Adults Learning Workplace and Computer and English Skills In Woden Library starting 24th July every Wednesday (school terms only) This project welcomes women and men
- Be Connected program. The program is Australia government initiative to help all Australian over 50 to be connected. It was a good turned out on the day. This Program will be running more often during the year. SAWs welcomes to conduct session/s to any community group/s and it is free. If you know any groups of people over 50 would like to have their private session/s, please do not hesitate to contact SAWs information Team.
- Community Chinese Festival Come To You. This Project is to celebrate Chinese Moon Festival on 27th September with local, new and emerging community members. A lot of fun things during the event. Keep this day free.
- New Seniors Group – Connections 55 Plus (Multicultural Social and Wellbeing Seniors Group) in Calwell
- Multicultural Seniors Wellbeing and Food Club – This group meets once a month and go out to various restaurants for lunch, social interaction and friendship.

By the end of Term 2, SAWs current English Class in Woden and Tuggeranong library will be ceased.

SAWs Information Team

大家好，**婦女會**希望你們在這個寒冷的寒冷天氣裡保持溫暖。

我很高興地告訴您，**亞洲婦女聯誼協會**

將在未來 6 個月內運行許多令人興奮的計劃：

1/ ACE 計劃 - **婦女會** Woden 圖書館設計為成人學習工作場所電腦及英語技能學習班。每週三從 7 月 24 日開始。該項目歡迎女性和男性參加

2/ 連接計劃。該計劃是澳大利亞政府倡議，以幫助所有 50 歲以上的澳大利亞人聯繫。該計劃將在這一年中 更多頻繁活動。歡迎任何社區團體進行參加連接計劃，並且是免費的。如果您知道任何超過 50 人的團體想要參加他們的私人連接計劃，請隨時聯繫**婦女會**信息團隊。

3/ 社區中國節日來到你身邊。該項目旨在於 9 月 27 日與當地，新興社區成員共同慶祝中國中秋節。活動期間有很多有趣的事情。請保持這一天參加這個活動，這個活動是免費入場的。

4/ 新的的老年人組- 位於 **Calwell** 的。這組呼叫連接 - 超過 55 歲多元文化社會和健康老年人組。

Community News:

Stamp duty changes for first home buyers.

If you're a first home buyer and buy a home after 1 July 2019 and if your household income is below \$160,000, you won't pay stamp duty.

The new scheme will replace the current First Home Buyer Scheme from 1 June 2019.

Find out more at revenue.act.gov.au

Tips to stay safe and warm this winter

Electric Blankets

When using your electric blanket make sure you turn it on half an hour before going to bed and then turn it off when getting into bed. Don't leave your electric blanket turned on during the day, because items like clothes, bedding on top of the blanket can cause overheating and fires.

If you remove your electric blanket during the summer months, make sure that it is stored correctly. Get more information on [electric blankets](#).

Kitchen Fire Dangers

It is important that you keep an eye on your cooking and don't leave it unattended. Keep stoves, ovens and exhaust fans free of

grease and fat build-up, and ensure tea towels are kept away from the stove.

If a pan does catch fire, place a lid on it and do not pick it up and carry it. It is also important to have a fire blanket and extinguisher (e.g. CO2 or dry powder) in the kitchen. Get more information on [kitchen fire safety](#).

Open Fires

It is important to remember to use a fire screen in front of open fires and clean

5/ 多元文化老年人福利和美食組- 這個小組每月開會一次，前往各種餐廳享用午餐，社交互動和友誼。

婦女會目前在 Woden 和 Tuggeranong 圖書館的英語課程將到第 2 學期完成時結束。

婦女會信息團隊



Be Connected Program for Filipino Women in May

社區新聞：

首次購房者的印花稅變更。

如果您是 2019 年 7 月 1 日之後是首次購買房屋者，如果您的家庭收入低於 160,000 元，您將不會支付印花稅。

新計劃是將取代目前的首次置業者補助金，該補助金將於 2019 年 6 月 30 日結束。

這個冬天保持安全和溫暖的提示：

電熱毯

使用電熱毯時，請確保在睡覺前半小時轉動，然後在睡覺時將其關閉。不要在白天打開電熱毯，因為毯子頂部的衣服，床上用品等物品會導致過熱和火災。

out your flues and chimneys once a year. For more information visit esa.act.gov.au.

Heaters

Heaters are a great way to stay warm in the winter, but ensure that it is installed correctly and regularly maintained and children and pets who may be playing nearby are supervised.

Your heater should also be a safe distance (one metre) from clothes, bedding furniture, curtains and other similar items. Get more information on [heater safety](#).

Candles

Make sure that when lighting your candles, they are placed one metre away from furniture, drapes, bedding, carpet and other flammable items. Use a proper candleholder that is heat resistant, sturdy and large enough to hold dripping wax, and always extinguish the candles when leaving the room or going to sleep.

If you are using matches or lighters, make sure they are placed out of the reach of children. Get more information on using [candles](#).

More information: assistance.act.gov.au

Top up MyWay Card

Top up your MyWay card using new Transport Canberra ticket vending machines at major bus stations and light rail stops.

The machines are stationed at the Belconnen, City, Gungahlin, Tuggeranong and Woden major bus stations.

More information: transport.act.gov.au

ACT Government "Free bulky waste pick up"

This service is available to the eligible concession card holders every 12 months:

如果您在夏季取下電熱毯，請確保正確存放。獲取有關電熱毯的更多信息

廚房火災危險

重要的是要注意烹飪，不要讓它無人看管。保持爐子，烤箱和排氣扇沒有油脂和脂肪堆積，並確保茶巾遠離爐子。如果平底鍋著火，請蓋上蓋子，不要撿起並隨身攜帶。有一個防火毯也很重要廚房裡的滅火器（例如 CO2 或乾粉）。獲取有關廚房消防安全的更多信息 - on [kitchen fire safety](#)。

開火

重要的是要記住使用防火屏，開火前面，每年清理一次煙道和煙囪。欲了解更多信息，請訪問 esa.act.gov.au。

加熱器

加熱器是冬季保暖的好方法，但要確保正確安裝並定期維護，並且可能在附近玩耍的兒童和寵物受到監督。

您的加熱器也應與衣服，床上用品，窗簾和其他類似物品保持安全距離（一米）。獲取有關加熱器安全的更多信息

蠟燭

確保點燃蠟燭時，它們與家具，窗簾，床上用品，地毯和其他易燃物品相距一米。使用適當的燭台，耐熱，堅固，大到足以容納滴蠟，並在離開房間或睡覺時總是熄滅蠟燭。

- Centrelink Pensioner Card
- DVA Gold Card
- ACTION Gold Card
- Seniors MyWay Card (over the age of 70)

Call them on 6249 7974 Mon-Fri 9am-5pm
 Details: bulkywaste.com.au

Return containers and More returns points

Container Deposit Scheme started in the ACT on 30th June 2018. There are 18 return points where located across Canberra, for returning aluminium, glass and plastic,

For bulk deposit, you can find the depots in Fyshwick and Phillip.

More information: actcds.com.au

Express return points

- Anglicare Jamison: Until 2/3 Jamison Centre, Macquarie ***NEW***
- ACT Basketball: 42 Oatley Court, Belconnen ***NEW***
- Anglicare Fyshwick: 8 Wiluna Street, Fyshwick ***NEW***
- Recycling Drop Off Centre Gungahlin: 3 O'Brien Place, Gungahlin ***NEW***
- Vinnies Belconnen: Cnr Rae and Purdue Streets, Belconnen
- Vinnies Dickson: 1/9 Woolley Street, Dickson
- Vinnies Tuggeranong: Cnr Pitman Street and Athllon Drive, Tuggeranong
- Salvos Tuggeranong Square: Unit 1-3 Cnr Anketell and Reed Streets, Tuggeranong
- Salvos Phillip: Unit 7/48 Botany Street, Phillip
- Salvos Mitchell: 32 Hoskin Street, Mitchell
- Salvos Fyshwick: 15 Mildura Street, Fyshwick

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充值 MyWay 卡

使用主要巴士站和輕軌站的新堪培拉運輸自動售票機充值您的 MyWay 卡。

返回容器和更多返回點

集裝箱存款計劃於 2018 年 6 月 30 日在 ACT 開始。在堪培拉有 18 個返回點，用於返回鋁，玻璃和塑料，

對於體積大回收，您可以在 Fyshwick 和 Phillip 找到倉庫。

更多信息：actcds.com.au

Something Fun

Create Happiness If You Cannot Find It.



Please keep in mind, SAWs always focuses to improve our programs and happy to hear from you what works and what don't. We also welcome any new ideas. So, let to share your views.

If you want to be added to our Newsletter mailing list (email or postal), or if you have an article or community information would like included in our future Issues, please email to info@sawfriendship.org.au

Feel free to pass on information about this newsletter to your friends and colleagues.

有趣的文化事

廣州粵語的 "雞" 文化

有種失敗叫走雞,
有種忙亂叫騰雞,
有種惡女叫佻雞,
有種懶惰叫偷雞,
有種工具叫辣雞,
有種指揮叫吹雞,
有種車輛叫野雞,
有種結束叫謝雞,
有種偷吃是叫雞,

有種飲食叫糯米雞,
有種環境叫靜雞雞,
有種貨幣叫一蚊雞,
有種幸運叫執死雞。

有種竹籤叫香鷄
有種青蛙叫田鷄
有種哨子叫銀鷄
有種起重車叫吊鷄

SUPPORT ASIAN WOMEN'S FRIENDSHIP ASSOCIATION INC.

亞洲婦女聯誼協會

Empowering Women From Culturally and Linguistically Diverse (CALD) Backgrounds

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