

The Unity

Australian Anglo Burmese Society Inc

P.O.Box 277 MIRRABOOKA W.A. 6941

Visit:<http://angloburmese.com>

From the Presidents Desk

On Feb 28 we held a food fete at AAA to raise funds for the Bush Fires Appeal. After a shaky start we had 7 stalls and it was well attended and was a successful morning thanks to all the efforts of the committee members that attended.

We raised \$500 for the appeal so congratulations to all concerned.

On March 10 Terry and I attended the Centre Link Multicultural Consultative Forum representing AABA. Talks were given on the various facilities available at Centre Link and through the Multicultural Consultative Forum .

At the end of the meeting we were approached by the Multicultural Service Officer advising that she would be pleased to attend any of our seniors meetings to discuss any of the above topics.

Congratulations to Charles De Gois and Doug Siva all the Radio team in putting the radio programme together. The first broadcast was on

Wednesday 18 March at 3.30-4.30pm and was a very professional effort by all concerned. Keep our feet tapping with the great music.

On a less heartening note our last food fete whilst being well attended by the committee and sellers was sadly hampered by the local Council deciding to block off the roads to AAA whilst they carried out road works. I am sure this had a very detrimental effect on the attendance and subsequent proceeds which were very slim. However with continued support of our members I am sure this will improve.



Mothers day Maymyo style

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The New Mandurah Bus Service

Volume 15 Issue 2
April June 2009

Don't Forget Mothers Day

A Mothers Day Lunch has been organised on the 9th May at 11am.

SUNLIGHT CHINESE RESTAURANT,
Shop3 off Alexander Drive.

(First right into Bonner Drive, after Beach Road set of lights, coming from the south, next to the Cheese Cake Shop Malaga.)

Mandurah Day Trip

A day trip to Mandurah on the new train has been organised for Sunday 17th May. Lunch is at Ciccerelos for \$15 each consisting of :

Seafood Chowder,
Fish and Chips & Salad
Tea or Coffee and
A piece of cake

Meet at the Underground Station at the corner of Murray & William Streets, Platform 2 by 8.15 am, Train leaves at 8.30
Don't be late.
Snr Card Holders free

Contact Connie Linton on

0439 901 421 or

9277 5801

lintco@hotmail.com

CHARITY CORNER

Since returning to Perth from our recent trip to Burma we are pleased to advise that our society has made some further recommendations for ongoing assistance to the following organisations:

Hmawbi:

In our earlier report we advised that the children at the Hmawbi orphanage slept on rush mats and these were getting quite worn. At our the last committee meeting of the Society it was agreed to help the orphanage with an extra payment to help them purchase Mats, Mosquito nets and blankets for each of the 50 children. There was also enough money left for them to replace the badly worn lino in the common meals area.

Sister Joanne at St Marys

Sister Joanne is having a very hard time trying to cope with her new orphanage at Theinlar Myaungmya District. She is desperate for a well so they can get water without having to travel many Kilometres each day.

We understand that a bore and well cost approx \$2,000.00 so the Society is working towards raising this amount as soon as possible to assist her.

She is also in urgent need of a kitchen to cook for the children.



Any donation or offers of help please contact Connie Linton 0277 5801 or

Douglas / Carron Bicknell 9401 9568

Yanangyaung : Eric Trutwin

We were advised by Eric that the Societies family house was badly in need of maintenance and repair. The committee agreed to make special cash contribution to assist Eric Trutwin to rebuild this dilapidated building.

Eric also confirmed there had been a substantial increase in the price of staple foods that he was supplying. It was agreed by the committee that a further monetary contribution be made to assist him with the extra increased cost of supplying food to the families of Survival Aid. Our thanks go to John Taylor for his ongoing contributions to assist this shortfall



Societies sponsored family house.

Special thanks for the extremely generous donations from:

Gerald and Margaret Dawson arranged a special fundraiser for the victims of Cyclone Nargis and have donated all the collection to AABS to be used for Sister Joanne who is looking after children orphaned by the floods.

Rodney Henderson and Barney Hamid

All these funds will be allocated to our Charities in Burma.

The Committee would like to take time to thank the following sponsors and supporters who continually assist the Families of the Survival Aid programme. In these harsh financial times it is heart warming to see the continued support we receive from all the sponsors for which we are eternally grateful.

Daffy Wirth in USA

Wesley & Glenda Samuels

John and Wesley Allnut

Terry and Fran Bigwood

Lorraine Dudek

Colin and Connie Linton

Steve and Sharron Linton Davis

James and Coreen Linton -Samy

New Sponsor : Monica Eichner

John Taylor

Carron and Douglas Bicknell

Caroline Hunneybun

Doug and Olive Siva

Robert and Patricia Peters

Patrick and Anne Kelly (New Sponsors)

And not to forget our friends in Melbourne

Milton and Peggy and Catherine Bird

If there is any one who would like to sponsor a family or make any donations to the above Charities please contact Connie Linton by telephone or email :
Call 0439901 A/H 9277 5801

Personal fund raising by a member

The BBQ/fundraiser at my place in May was a great success. About 13 friends turned up throughout the night and were very generous in their support of raising extra money to support families in Burma. The sausages were cooked to perfection (for a change) or at least were not burned beyond recognition. People donated salads and yummy desserts, and everyone was happy to part with \$10 on the night for a taste of the fare.

We had a "guess how many coins are in the jar" competition with first prize being a bottle of top shelf red wine (a \$2 clean skin from Uncle Dan's but it was sitting on the top shelf). We are still trying to figure out if that was a look of disbelief, or disappointment, that she had won (come on, the wine doesn't taste that bad) on the look of the winner.

The monster raffle was just that. The prize on offer was a washing basket full of goodies such as more "top shelf" red wine, hand lotion, Aussie thongs, hand towel, coffee mug, stubbie holder, carry bag, chips, cake, shortbread bikkies and a whole lot more. Second and third prizes were Easter eggs and chocolates kindly donated by a friend. And the winner was....drum roll....me!! Bummer!!! I was the one trying to get rid of a lot of the out of date edibles and rubbish...er...quality items. However, someone quickly made an offer to buy the hand lotion and thongs for 5 dollars, which I was happy to take and donate to the cause, and the rest of the prize was handed back to be redrawn.

The generosity of those people attending was unbelievable. About \$80 was spent on the raffle and game. Combining this with the entry money, over \$200 was raised on the night.

A couple of weeks ago six of us were lucky enough to be invited to the Ascot races by a company that works for me. We did not have much luck picking the winners. Apparently it's not often a 500 to 1 chance wins (now they tell us. We thought the higher the number the

better the chances). But every now and then by some stroke of luck, our horse did come in (when all the ones in front fell over). At the end of the day everyone was kind enough to donate our winnings (almost \$50) to the cause.

At the last couple of functions the hat has been passed around and loose change collected to also help raise some funds. Once again friends have been very generous. In some cases people donated \$10 entry to the BBQ, even though they knew they couldn't be there.

The final amount raised over the last 2-3 weeks was \$301.15. Which is just absolutely fantastic. Although one Australian dollar goes a long way in Burma, with the current exchange rate people are missing out, losing 400 kyats to the dollar (33%). Any little extra amount that we can send will make a difference in someone's life.

Brian Woodley

With thanks to Caroline Hunneybun for this contribution and generous donation from Brian

Roberts 's Senior Moment:

We have just had a very successful morning tea held at Mary McKillup Church Hall.

Dr Bob Zigler gave a very informative talk on the problems associated with aging and the best way to slow the process. He also gave some very useful suggestions regarding medications and their careful use and accurate recording in the event of a serious accident.

Len Rathman explained the benefits of having and using a seniors card.

All those that attending remained after the talks to get together and share lunch and a good time was had by all.

Well done Robert and his committee.

Members Morning Teas

These are held at the Mary McKillup Catholic Church ,Cnr Pelican Parade and Cassowary Drive Ballajura. Come along and make new friends. All are welcome bring a plate to share.

Dates to note :

June 13th

August 8

October 10

SUPER PRIZE JUNE DANCE RAFFLE

Steve Guy and Associates from SDRS Enterprises and PT Rumah Pulau Saya Indonesia have kindly offered a fund raising opportunity to the Australian Anglo Burmese Society. As well as running an Information Technology Consultancy in Perth Steve operates a Villa in Central Kuta complete with live in staff. The villa will sleep 6 people and has all the modern conveniences.

Steve is offering 5 nights accommodation for up to 6 people gratis including airport transfers, all you need is a return air ticket.

The accommodation is available for use within the next 12 months (subject to availability of the property) and has a retail value of over \$800.

The accommodation will be our major raffle prize at our June Dance, so if you win book early to avoid disappointment.

Details of the property can be viewed online at <http://www.bali.sdrs.com.au> or if you have an IT problem you may consider ringing Steve and the team on 1300 242 050.



Radio 6EBA-FM 95.30

Wednesdays 3.30—4.30 pm Net. Angloburmesehour@hotmail.com

On Wednesday 18 March 2009 the very first broadcast was presented by our radio team: Charles De Gois ,Doug Siva, John Taylor and Terry Gieles. It was a very professional affair well put together and presented. The music was very catchy and soon had your feet tapping. The President of the Society had the honour of being one of the first guests on the show. Everyone on the committee is very excited about our new venture and are pleased that it has been well

received. As it can be heard on the internet we have had a number of people from England ,USA sending in their comments and

requests by email. As a result of this world wide connection we have been successful in linking up a number of people who had lost their friends and relatives . So please listen to our broadcasts and if you have any specific requests write in or email .

If you would like to send birthday or anniversary greetings please contact Charles on : 0417181963 or send an email to angloburmesehour@hotmail.com



Birthday Greetings

Our best wishes go out to all our members that have had birthdays in the months commencing April to June.

Similarly if you have had a special occasion or wedding anniversary we hope you all have a very happy day.

DANCE 13 JUNE
At the Alexander Heights Hall
Linto Way ,Alexander Heights
7.00pm—Late
Music by Superstition
Food available
BYO Grog
Admission \$15.00



Food Fetes

Held at AAA House 275 Stirling Street Perth

We hold food fetes every fourth Saturday in the month as Follows:

23 May

27 June

25 July Between 11.00 am and 1.00pm

Burmese curries, delicacies, sweets & snacks are available at very reasonable prices.

SUPPORTING CHARITIES IN AUSTRALIA AND BURMA

Anyone interested in holding a stall

Please contact Connie on 0439901421 or 92775801



Thought for the day :

A man came home from work late ,tired and irritated, to find his 5 year old son waiting for him at the door. His son said

"Daddy ,may I ask a question? Dad replied "yeah sure what is it ? His son said "daddy ,how much do you make an hour?

The man said angrily" That is none of your business. Why do you ask such a thing? His son said "I just want to know ,please

Tell me how much you make in an hour? His father angrily replied "Oh well if you must know its \$50 an hour.

Oh! Said the little boy with his head down ,Can I borrow \$25 ?

At this the man became furious and said." If the only reason you asked to borrow money was to buy some silly toy then you march yourself straight to your room and go to bed. Think about why you are being selfish .I don't work hard everyday for such childish frivolities.

The little boy went quietly to his room and shut the door.

After about an hour the man had calmed down ,and started to think. Maybe there was something he really needed to buy with that \$25 and he really didn't ask for money very often. The man went to the boys room and opened the door. "Are you asleep son? He asked. "No daddy I am awake replied the boy.

I have been thinking ,maybe I was too harsh on you earlier said the man. its been a long day and I took my aggravation out on you. Here's the \$25 you asked for. The little boy sat up straight ,smiling "Oh thankyou daddy! 'he yelled and reaching under his pillow pulled out a bundle of crumpled notes.

The man saw the other notes and started to get angry again as the boy started counting out his money. His father demanded why did you want more money if you already have some? " Because I didn't have enough but now I do. Daddy ,I have \$50 now. Can I buy an hour of your time ?Please come home early tomorrow .I would like to have dinner with you.

The father was crushed .He put his arms around his son and begged for forgiveness.

A short reminder to all of you working so hard in life. Do not let time slip through your fingers without spending time with those who really matter, those close to your hearts. Share the \$50 worth of time with the ones you love



"Share your time with the ones you love"

FLU VACCINE

Every year as winter approaches there is a drive by the Health Department to provide FREE vaccination for those who are most vulnerable to a flu attack. This group includes anyone aged 65 years and older, Indigenous Australians aged 50 years and older and Indigenous Australians between 15 and 49 years with a high risk medical condition. Some employers immunise their employees free-of-charge because they are aware that sick employees can cost them more than the cost of the vaccine.

What's in a Flu vaccine?

Flu vaccines are made up each year and its contents are determined each year by the [Australian Influenza Vaccine Committee](#) based on information and recommendations from the World Health Organisation (WHO). This once again depends on what Influenza strains were dominant during the winter months of the Northern hemisphere.

Following recommendations from the World

Health Organization (WHO) and the Australian Influenza Vaccine Committee (AIVC), the influenza vaccine for the Australian 2009 influenza season contains the following three virus strains:

- A (H1N1): an A/Brisbane/59/2007 (H1N1) - like strain,
- A (H3N2): an A/Brisbane/10/2007 (H3N2) - like strain,

B: a B/Florida/4/2006 - like strain,
Special Bonus

Following last year's success, all WA children aged six months to five years will again be able to receive a free influenza vaccination this winter. This is because of a 50% decrease in the number of children in that age group who were confirmed to have had the flu, in comparison to 2007.

IF YOU HAVEN'T HAD YOUR FLU SHOT YET, PLEASE SEE YOUR DOCTOR AS SOON AS POSSIBLE AND HAVE ONE.

REMEMBER IT TAKES TIME FOR YOUR BODY TO GET ITS PROTECTIVE MECHANISMS WORKING.

PREVENTION IS BETTER THAN CURE!