



Support Asian Women's
Friendship Association Inc.

INSIDE THIS ISSUE

本期主題

About SAWs 1 關於亞洲婦女聯誼協會

Mission 宗旨
Reason and purpose
理由和目的
Our activity 活動
Activity time 活動時間

Membership 2 會員

Volunteers Recruitment 2 招募義工

Health Tips 3 健康提示

Contributions Invited 3 徵文啟事

About SAWs

關於亞洲婦女聯誼協會

Mission 宗旨:

is to support and assist to ALL women specifically those from Asian backgrounds and share learning experiences thus improving their health and well-being.

支持和協助所有婦女, 特別是那些來自亞洲的背景。我們分享學習經驗, 從而提高婦女的健康和幸福。

Our activities 活動:

art and craft, cooking, exercise, sharing life journey, outing, children and women health information sessions and special events.

工藝, 烹調, 體育, 分享人生經驗, 戶外活動, 婦女健康知識。

Venue 地點:

Women's Centre for Health Matters Inc
Building 1, Pearce Community
Centre, Collett Place, Pearce ACT

Reason and purpose 理由和目的:

- share learning experiences together
分享學習的經驗
- reduce isolation
減少疏離
- strengthen social and family support
增強家庭支持
- provide access to health information and refer to relevant services, agencies and organizations
提供衛教資料和轉介至相關服務, 機構和組織
- building women confidence and social network
建立婦女的信心和社交網絡
- enhance women physical and mental wellbeing
提昇婦女精神及身體健全

Activity time 活動時間:

Day 天: Wednesday 星期三
(Fortnightly meeting)
Excluding school holiday

Time 時間: 10:30am -12.30pm

March to May Activity Dates:
三月至五月活動日期

Month 月	Day 日
March 三月	11, 25
April 四月	8, 29
May 五月	13, 27



NEWLY ARRIVED?
Looking for social network?

你是否新到坎培拉, 想找社交活動嗎?

WOMEN SUPPORT WOMEN

我們是婦女支持婦女的協會

If you say 'yes' to one of the above, then SAWs is welcome you to be part of this exciting social group.

如果你想的話, 我們歡迎你加入這個有趣的社交活動團。

Membership 會員

Women, Man and organizations which support SAWs' mission are welcome to join the association.

如果您和您的公司能支持亞洲婦女聯誼協會的忠旨, 我們鼓勵你加入成為會員。

Cost 費用 :

Individual 個人: \$5

Organisation 組織 / Company 公司: \$20

To enquire, please contact: 0422737751

如有問題請電: 0422 737 751

Or

Email: sawfriendship@bigpond.com

Volunteers Recruitment 招募義工

We are looking for volunteers who like to be involved in different levels of work for SAWs-building friendship, encouraging, helping and supporting our women's needs.

我們需要義工來幫忙有需要的亞洲婦女-

例如: 友誼, 幫助, 支持等等





Health Tips 健康提示

Contact Us 聯絡我們

Postal address:
PO Box 626 WODEN
2606

Email address:
sawsfriendship@bigpond.
com

Christine Wu
Phone: 0431578338

Prillisia Duignan
Phone: 0422737751

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We are on the Web!

See us at:

瞭解更多SAWs，請至網站：
www.sawsfriendship.org.au

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This project was made possible by the support of the ACT Government Multicultural Grant Program 2008-2009

Running to reduce ageing 慢跑能減緩老化

A study by the US Stanford University has found regular runners lived longer, compared to non-runners. Aerobic exercise helps improve cardiovascular health, which reduces risk of stroke and heart disease. 根據美國史丹佛大學研究發現：相較於沒有慢跑習慣的人，有規則慢跑習慣的人會比較長壽。有氧運動幫助改善心臟血管健康-能減少中風和心臟疾病的危險性。

Preventing bad health 預防有害的健康

Eating carrots and bananas may help prevent a heart attack, as the potassium and beta-carotene will help prevent plaque build up in the heart.

食用胡蘿蔔和香蕉能幫助預防心臟病發作，因為這些蔬果所含的鉀離子和β-胡蘿蔔素將會幫助防止血凝塊在心臟裡產生。

Iron deficiency 鐵質缺乏

Iron deficiency is the most common nutrient deficiency in Australia. Make sure you get enough iron by eating red meats, liver, dried beans, whole grains, eggs, and dark leafy vegetables.

鐵質缺乏在澳洲是最常見的營養缺乏。食用紅肉、肝臟、全麥、蛋和深綠色蔬菜能確保你攝取足夠鐵質。

Source: Daily health tips
<http://au.lifestyle.yahoo.com>

Contributions invited

徵文啟事

Do you want to share your life experiences, interests, stories or private recipes with other people? Please submit your articles to the SAWs.

想要其他人分享您的生活經驗、興趣、故事或私人的食譜嗎？請將您的文章寄到亞洲婦女聯誼協會。

Articles either in English, Chinese, Korean, Japanese or Vietnamese will be acceptable.

文章使用英文，中文，韓文，日文或越南文都可被接受。

If your articles have been accepted by the SAWs, you will receive the gift coupon from the SAWs for our appreciation.

假如您的文章被SAWs接受，我們將會送您一份禮卷以表達我們對你的感謝。

Please email your articles to Christine Wu.

請將您的文章寄給Christine Wu

Email address: christine.saws@gmail.com