



# 澳洲塔省華人聯誼會

Chinese Community Association of Tasmania Inc.

會訊 October 2020 Newsletter

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## Coronavirus/COVID-19 update

### 新型冠状病毒情况更新

As all CCAT members are aware, Tasmania still have significant COVID-19 restrictions in place and thus there are limitations on the activities and services that the CCAT Committee can provide for members. However, the Committee have continued to be busy and active on behalf of the members. This Newsletter will provide an update of important activities for members.

正如联谊会所有成员所知，塔斯马尼亚仍然严格执行 COVID-19 的限制措施，因此 CCAT 委员会只能为成员提供有限的活动和服务。但是，委员会将继续代表各成员进行忙碌和积极的工作。本期会讯将为会员提供重要活动的最新消息。

- Lunar New Year Festival 2021, Year of the Ox. The Committee has reviewed the pros and cons of holding the Lunar New Year Festival during mid-February 2021. In view of the COVID-19 restrictions on the number of people allowed at outdoor events, social distancing and general community uncertainty and concerns, it is unlikely that a Lunar New Year Festival will be feasible for 2021.

- 关于 2021 年农历新年(牛年)，委员会认真权衡了在 2021 年 2 月中旬举办农历新年嘉年华会的利弊。鉴于新冠病毒对户外活动人数的限制、社交距离的保持以及社区普遍存在的不确定性和担忧，2021 年春节嘉年华活动很可能不会举行。

- The Committee plans to have a Chinese New Year Dinner with enhanced entertainment in February 2021 and will investigate options at Wrest Point.

- 委员会计划在 2021 年 2 月期间举办晚宴，并具娱乐表演节目，与大家一同庆贺农历新年。将会考虑在 Wrest Point 酒店内合适的场地举行。

## CCAT membership payment for 2020 塔省华人联谊会 2020 年度会费

The Committee has decided to "Roll-over" the 2020 membership fees into 2021 because the COVID-19 restrictions have reduced the level of service provided to members during 2020. This means that members who have paid their fees for 2020 will not need to pay any fees for 2021. Hence, please ensure that you pay your fees for 2020 as soon as possible as this payment will cover you for 2021 as well.

委员会决定将 2020 年的会费“延续”到 2021 年，因为 2019 新型冠状病毒病限制了 2020 年期间联谊会向会员提供的服务。这意味着已经缴纳了 2020 年会费的会员将无需缴纳 2021 年会费。因此，请确保您尽快支付 2020 年的费用，因为这笔费用的有效期延长到 2021 年。

Renewal payment can be made as shown in our webpage: [www.ccat.asn.au](http://www.ccat.asn.au) or via direct transfer.

续费详情参见我们的网页 [www.ccat.asn.au](http://www.ccat.asn.au) 或通过直接转帐的方式。

Bank: ANZ Bank

银行: ANZ 银行

Account Name: Chinese Community Association of TAS Inc

账户名称: Chinese Community Association of TAS Inc

BSB (银行和分行码) : 017324 Account Number (账号) : 396385233

**Please remember to include your name in the direct payment details.**

请记得在付款备注中写上你的名字。

## MRC Day Centre reopened at CCAT Clubhouse

### 长者俱乐部重启联谊会聚会



The MRC Day Centre has made a very welcomed return to the CCAT Clubhouse during early October following an extended period of absence due to COVID-19. The group enjoyed a very tasty lunch, an opportunity to chat with friends and be updated on current news by Nicole and Maggie from the MRC. Members who are 65 or older are most welcomed to join this MRC Day Centre group which meets every Thursday. Please contact Nicole if you are interested to join this group:

由于新型冠状病毒的原因，移民资源中心的活动有一段时间不能照常举行。在 10 月初 MRC 长者俱乐部欢迎长者们重归到塔省华人联谊会会所参加活动。当天，所有的到场人员都享受了一顿非常美味的午餐，还可以有与朋友们聚会聊天的机会以及了解到由 Nicole 和 Maggie 提供的最新关于 MRC 的信息。每个周四小组都会举行聚会，欢迎六十五岁或以上的会员加入 MRC 日间活动中心。如果您有兴趣加入这个小组，请联系 Nicole:

Nicole Turner, MRC Aged Care Day Centre Coordinator

Phone (电话) : 6221 0999

Email (邮箱) : nturner@mrctas.org.au

## CCAT visit to the Cascade Female Factory Historic Site

### 塔省华人联谊会参观 Cascade 女工工厂遗址

CCAT is planning a visit to the Cascade Female Factory Historic Site on Friday 13 November 2020. This is an opportunity for members to join in an outing at a very interesting local historic site and we will have Sandra Lo as our volunteer guide for this visit. Please RSVP as shown below to assist with the planning of this outing.

CCAT 计划于 2020 年 11 月 13 日星期五参观 Cascade 女工工厂历史遗址。这是让会员有机会参与到一个非常有趣的当地历史古迹的郊游活动，我们会请 Sandra Lo 担任义工导游。请按照如下信息预定，以保证本次郊游顺利进行。

#### CCAT visit to the Cascade Female Factory Historic Site

16 Degraeves Street, South Hobart (地址) Ph 1800 139 478 (联系电话)

Date: Friday 13 November 2020  
日期: 2020 年 11 月 13 日周五  
Time: 10.45 am on site  
时间: 早上 10.45 到场

Heritage Tour with Sandra Lo is \$18/person; Australian Seniors, health or Pension card \$12.00 and Sandra Lo 一起历史遗址旅行: 每人\$18; 拥有老年健康补助卡的参与者: 每人\$12

Optional live show from 12.00 midday to 12.30 pm; \$25.00/person, a small discount may be available

现场表演 (可选择性参加) 从中午 12 点到 12.30: 每人\$25, 可能会有小量的打折

**RSVP by Monday 9 November 2020 to:**

**预定截止时间: 2020 年 11 月 9 号周一**

**联系方式:**

**Brian Chung:** [bfc.chung@gmail.com](mailto:bfc.chung@gmail.com); 0408 127 016

**Lily Chan:** [aaalilchan@gmail.com](mailto:aaalilchan@gmail.com); 0402 410 481



## Tasmania Chinese School HSK Prize Presentation

### 塔州中文学校 HSK 颁奖典礼

The Tasmania Chinese School has integrated the Chinese proficiency test into the teaching content, truly escorting children's Chinese learning and creating more opportunities for children's future. Each year, there are students from the Tasmania Chinese School who register and pass the Chinese Proficiency Test.

长期以来，塔州中文学校将汉语水平考试融合到每学期每堂课的教学内容中，真正做到了为孩子们的学习保驾护航，为孩子们的未来创造更多的机遇。塔州中文学校每年都有学生报考并通过汉语水平考试。

In 2019-2020, 17 TCS students participated the HSK level 1 to 6 and achieved very impressive results. The total pass rate is 100% and the excellent rate is 88.2%.

在 2019/2020 年度，我校参加 HSK 的同学有 17 位，他们分别参加了 1 到 6 级所有六个级别的汉语水平考试，取得了非常优异的成绩。我校学生的总合格率高达 100%，优秀率高达 88.2%。

The Tasmanian Chinese School held a Prize Presentation on 19 September 2020 for all participated students. This was a very successful event held outdoor at Ogilvie High School to minimise risks associated with COVID-19. CCAT contributed to the costs associated with these prizes, a very worthwhile event.

塔州中文学校在今年 9 月 19 日为所有参加汉语水平考试的学生举行了颁奖典礼。为了减少新型冠状病毒感染的机率，仪式在 Ogilvie High School 室外的草坪上举行。塔省华人联谊会如常般提供奖金支持，这是一项意义重大并且值得去做的事情。







**The Hon. Alan Tudge MP**  
ACTING MINISTER FOR IMMIGRATION, CITIZENSHIP,  
MIGRANT SERVICES AND MULTICULTURAL AFFAIRS

October 2020

## MESSAGE FOR MID-AUTUMN FESTIVAL 2020

I send my warmest greetings to all Australians celebrating Mid-Autumn Moon Festival this year.

Widely celebrated throughout Asia and the world, Mid-Autumn Moon Festival has become one of the brightest multicultural events in Australia, with parades, lanterns and moon cakes the centrepieces of celebrations around the country.

This year, like many other festivals and events, Mid-Autumn Moon Festival will be celebrated very differently. I thank all Australians for your understanding, patience and efforts during this time, adhering to the range of measures introduced to reduce the spread of COVID-19.

While some Australians may be able to gather in small groups with family and share mooncakes and tea, others, particularly those in my home state of Victoria, may have to observe the festivities while complying with physical distancing restrictions.

Cultural events like the Mid-Autumn Moon Festival are an opportunity to recognise Australia's diverse, rich and vibrant multicultural heritage. As one of the most successful multicultural societies in the world, we have welcomed migrants from across the shores and in the process we have all been enriched.

I wish you and your families a Happy Mid-Autumn Moon Festival.

ALAN TUDGE

2020 年 10 月

## 2020 年中秋節賀詞

我向所有慶祝今年中秋節的澳洲市民送上溫馨問候。

在亞洲以至全球均有市民慶祝中秋節，這亦已成為澳洲多元文化中最色彩燦爛的節慶之一。全國各地的精彩慶祝活動包括巡遊、彩燈和月餅。

然而，正如其他許多節慶和活動一樣，今年中秋節的慶祝方式也將大為不同。我感謝所有澳洲市民的諒解、忍耐和在這段期間的努力，遵守為減低 COVID-19 傳播而採取的一系列措施。

有些澳洲市民可能仍然可以與少數家人團聚共享晚餐和月餅，但有一些人在慶祝的同時仍須遵守社交距離限制，尤其是在我的州份維多利亞州的市民，。

中秋節等文化活動確認了澳洲的各種豐富和充滿活力的多元文化遺產。作為全球最成功的多元文化社會之一，我們歡迎來自各地的移民，在此過程中，我們所有人的生活都更豐盛。

我謹祝您和您的家人中秋節快樂。

ALAN TUDGE

(澳洲移民、公民、移民服務及多元文化事務署理局長)



Dear friends,

To celebrate the 71st anniversary of the founding of the People's Republic of China, the Chinese Consulate General in Melbourne now presents a special edition of the E-Newsletter, which includes a video speech delivered by Consul General Long Zhou and two video clips featuring China 2020 and Beautiful China.

We would like to extend festive greetings and sincere appreciations to all overseas Chinese, Chinese students and staff members of Chinese companies in Victoria and Tasmania, as well as all friends supporting China-Australia friendship.

Wish you and your families a happy Chinese National Day and Mid-Autumn Festival! May the health, peace and prosperity be with everyone!

The Chinese Consulate General in Melbourne

**Consul General LONG Zhou's Speech & Blessings from Chinese Communities, Companies and Overseas Students** 龙舟总领事致辞及华人社区，企业和海外留学生的祝福:

<https://www.youtube.com/watch?v=LyZZgHhMPf8&feature=youtu.be>

**What do we see in China in 2020? Let's find answers through this short video.**

我们在 2020 年在中国看到什么？让我们通过这段简短的视频找到答案。

**China 2020:** [https://www.youtube.com/watch?v=\\_BBZbXv7a9w&feature=youtu.be](https://www.youtube.com/watch?v=_BBZbXv7a9w&feature=youtu.be)

**Discover more beautiful scenery and splendid culture of China through the video**

通过视频发现更多美丽的风景和灿烂的中国文化

**Beautiful China:** <https://www.youtube.com/watch?v=JYs-yek8zZY&feature=youtu.be>

## Consul General LONG Zhou's Speech

Dear friends,

On the occasion of the 71st anniversary of the founding of the People's Republic of China, I wish to extend festive greetings to all overseas Chinese, Chinese students and staff members of Chinese companies in Victoria and Tasmania, Australia. To all the friends who have the unfailing care and support of China's development, and China-Australia friendship, I give you my heart-felt thanks and sincere appreciations.

Over the past 71 years, New China has travelled an extraordinary journey and forged ahead despite challenges. Under the leadership of the Chinese Communist Party, we the Chinese people have earned a better life with courage and through hard work. China has met the basic needs of its 1.4 billion people, and the per capita GDP has exceeded US \$10,000. By the end of this year, we will have lifted all rural population living under the current poverty line out of poverty and completed the building of a moderately prosperous society.

This year, COVID-19 is raging across the globe. People's lives are under grave threat. The world economy is in deep recession. In the face of the unexpected pandemic, the Chinese government, under the strong leadership of the CPC Central Committee with President Xi Jinping at its core, has declared a "people's war" against COVID-19 with firm courage and unyielding resolve. And we have made major strategic achievement in fighting the pandemic. In this fight, the 1.4 billion Chinese people shared a common destiny and fought side by side. Together, we have demonstrated the great strength of unity. We Chinese and the nation have forged a great spirit of putting life above everything else, rallying the whole nation, braving danger, respecting science and safeguarding our shared future, and erected another everlasting monument in the history of the development of the Chinese nation.

China will always remember the invaluable support from many countries and friends throughout the world at the most difficult time in our battle against COVID-19. In the face of the global spread of COVID-19, China has adhered to the vision of "One world, One family" and engaged in a global emergency humanitarian action on a scale unseen in the history of New China, thus injecting momentum into the global pandemic prevention and control. Up to now, China has provided two batches of cash support totalling US \$50 million to the WHO, provided timely medical supplies assistance to more than 150 countries and international organizations. We have organized thematic video conferences between Chinese health experts and their counterparts in over 180 countries, and sent 34 medical teams to 32 countries. China has also pledged to make its vaccines global public goods when available. China has fully showcased its image as a major country that places high importance on credibility, friendship, justice and morality in concrete actions. It has demonstrated the responsibility of a major country to seek common development for the world and build a community with a shared future for mankind.

At present, all countries in the world are faced with the arduous task to fight the pandemic, stabilize the economy and protect livelihood. China has made coordinated efforts in the pandemic prevention and control and promoting economic and social development. China's GDP grew by 3.2 percent in the second quarter, making China the first economy in the world to register positive growth. We are fostering a new development architecture with domestic circulation as the mainstay and mutual reinforcement of domestic and international circulations. China will open its door even wider. Its mega-sized domestic market and release of the potential in domestic demand will open up greater space for other countries' cooperation with China and provide a stronger underpinning for regional and global growth. In early September this year, China successfully held the International Trade in Services Fair and will host the third China International Import Expo in November. Despite many

difficulties in preparation, we decided to hold these important events as scheduled. It shows China's willingness to work with other countries in this difficult time and push for an early recovery of the world economy.

Dear friends,

This year marks the 48th anniversary of the establishment of diplomatic relations between China and Australia. Over the past 48 years, the overall relationship between the two countries has made continuous progress despite ups and downs. We do have differences and problems, but we have more common interests than differences. History has proved that when China and Australia enjoyed mutual trust and respected each other's core interests and major concerns, our relationship would make progress; otherwise, it would suffer setbacks. We always hold that the sound and steady development of the China-Australia relationship serves the common interests of both countries. We hope that Australia would work with China in the same direction, uphold earnestly the principles of mutual respect, equality and mutual benefit, and move forward our bilateral relations along the right track, thus bringing about a better future for the two peoples and people all over the world.

Sub-national cooperation plays a fundamental and important part in bilateral relations. In recent years, the cooperation between China and Victoria, Tasmania in the areas of economy, trade, culture and education have achieved fruitful results. Although the pandemic may have prevented us from meeting face to face, it can't affect our cooperation in fighting the virus. Five landmark buildings in Melbourne were lit up in the colours of the Chinese national flag in solidarity with China. A banner "Stay Strong China" was also lit up in Melbourne Town Hall in support of China. Mr. Jack Ma, the founder of the Chinese company Alibaba, donated to the Peter Doherty Institute for Infection and Immunity to support vaccine research and development. Jiangsu, Sichuan and Fujian provinces of China, and their sister states Victoria and Tasmania have offered mutual support in various ways to fight the pandemic together. A series of online events were held to celebrate the 40th anniversary of establishment of sister-city relations between Tianjin and Melbourne. I'm confident that under the strong leadership of Premier Daniel Andrews and the Victorian government, Victoria will prevail over the disease and return to normal work and life at an early date. In the future, we will continue to strengthen contacts with all walks of life in Victoria and Tasmania, promote practical cooperation in various fields, and further enhance people-to-people exchange and friendship between the two sides.

Dear friends,

Since the outbreak of COVID-19, many overseas Chinese, Chinese students and companies in Victoria and Tasmania have made great efforts to support China's fight against COVID-19 through donations and other means, demonstrating the blood connection and spirit of mutual help. I would like to express my heartfelt thanks to you all. At present, the pandemic is still spreading in the world. The Chinese government and Chinese people have always been concerned about the health and safety of the overseas Chinese and provided as much help as possible, including pandemic prevention materials. I hope that overseas Chinese in Victoria and Tasmania will continue to abide by the local regulations, strengthen solidarity and mutual assistance, and fight the pandemic together. I also hope you will continue to make contributions to the friendship between the Chinese and Australian peoples. The motherland will always be your backbone!

To conclude, may our great motherland be prosperous and strong, and the Chinese people be happy and healthy! May the friendship between our two peoples last forever!

Wish everyone a happy Chinese National Day and Mid-Autumn Festival, and health, happiness and prosperity. Thank you!



# 龙舟总领事致辞全文

各位侨胞、各位朋友：

大家好！

值此中华人民共和国成立 71 周年之际，我谨向旅居澳大利亚维多利亚州和塔斯马尼亚州的广大侨胞、中国留学生和中资机构工作人员致以节日的问候，向所有关心中国发展、支持中澳友好合作的朋友们致以诚挚的感谢。

71 年来，新中国风雨兼程，砥砺前行。在中国共产党的领导下，中国人民以非凡的勇气、勤劳的汗水创造了幸福美好的生活。中国解决了 14 亿人口的温饱问题，人均国民生产总值已突破 1 万美元，今年将实现现行标准下农村贫困人口全部脱贫，全面建成小康社会。

今年新冠肺炎疫情席卷全球，各国人民生命健康面临前所未有的挑战，全球经济陷入前所未有的衰退。面对突如其来的严重疫情，中国政府在以习近平同志为核心的党中央坚强领导下，以坚定果敢的勇气和坚忍不拔的决心，打响了疫情防控的人民战争，取得了抗疫斗争重大战略成果。14 亿中国人民同呼吸、共命运，肩并肩、心连心，绘就了团结就是力量的时代画卷！中国人民和中华民族以敢于斗争、敢于胜利的大无畏气概，铸就了生命至上、举国同心、舍生忘死、尊重科学、命运与共的伟大抗疫精神，树立起中华民族发展史上又一座不朽丰碑！

在中国抗击疫情最艰难时刻，世界上许多国家和朋友给予我们宝贵支持，我们铭记于心。面对疫情全球蔓延，我们秉承“天下一家”的理念，发起了新中国历史上规模最大的全球紧急人道行动，为全球疫情防控注入源源不断的动力。截至目前，中国向世界卫生组织提供两批共 5000 万美元现汇援助，向 150 多个国家和国际组织提供紧急医疗物资援助，为 180 多个国家举办卫生专家专题视频会议，向 32 个国家派出 34 支医疗专家组，并承诺中国的疫苗作为国际公共产品。中国用实际行动充分展示了讲信义、重情义、扬正义、守道义的大国形象，生动诠释了为世界谋大同、推动构建人类命运共同体的大国担当！

当前，世界各国都面临着抗疫情、稳经济、保民生的艰巨任务。中国统筹推进疫情防控和经济社会发展，第二季度经济增长 3.2%，成为世界上第一个恢复增长的国家。中国正在加快形成以国内大循环为主体、国内国际双循环相互促进的新发展格局，中国开放的大门只会越来越大，超大市场优势和内需潜力将不断释放，为各国对华合作提供更广阔空间，为地区和世界经济增长提供更有有力支撑。今年 9 月初，中国成功举办了国际服务贸易交易会，并将于 11 月举办第三届中国国际进口博览会。中方克服困难如期举办上述活动，就是要同各国携手努力、共克时艰，推动世界经济尽快复苏。

各位朋友，

今年是中澳建交 48 周年。48 年来，两国关系经历起伏，但不断向前发展。两国虽存在一些分歧和问题，但共同利益始终大于分歧。历史证明，只要双方相互信任，尊重彼此核心利益和重大关切，中澳关系就会向前发展，否则就会遭遇挫折。中方始终认为，一个健康稳定的中澳关系符合两国共同利益。我们希望澳方同中方相向而行，切实秉持相互尊重、平等互利原则，推动双方关系沿着正确轨道向前发展，为两国人民和世界人民创造美好未来。

地方合作是中澳关系的基础和重要组成部分。近年来，中国同领区维多利亚州和塔斯马尼亚州在经贸、文化、教育等各领域合作取得丰硕成果。今年疫情虽然阻隔了我们的相聚，但无法阻断我们合作抗疫的行动。墨尔本市五大地标性建筑上演了精彩的五星红旗“灯光秀”，墨尔

本市政厅亮起了“中国加油”的横幅。中国企业阿里巴巴创始人马云先生向墨尔本多尔蒂感染与免疫研究所捐款积极支持疫苗研发。中国江苏、四川、福建等地方政府同友好省州维州、塔州也通过不同形式互相支持，同心抗疫。天津市与墨尔本市还通过一系列线上活动来共同庆祝双方建立友城关系 40 周年。我相信，在安德鲁斯州长和维州政府的坚强领导下，维州一定能早日战胜疫情，恢复正常工作和生活。未来，我们将继续同维州和塔州各界加强联系，推动各领域务实合作，进一步增进双方友好交往和人民友谊。

各位侨胞、各位朋友，

疫情发生以来，领区内广大侨胞、留学生和中资机构心系祖（籍）国，通过捐款捐物等各种方式倾力支援祖（籍）国抗疫斗争，彰显了血脉相连、守望相助的同胞亲情。在此，我谨向大家表示衷心感谢。当前，全球疫情仍在蔓延，祖国始终关心和牵挂广大海外同胞的健康和安全，也为海外同胞提供包括防疫物资在内的尽可能的帮助。希望领区内侨胞朋友继续遵守当地防疫规定，加强团结互助，同舟共济，共抗疫情，并继续为中澳两国人民友谊贡献力量。无论何时，祖国永远是大家坚强的后盾！

最后，让我们共同祝愿伟大的祖国繁荣昌盛，伟大的人民幸福安康！祝愿中澳两国人民友谊地久天长！

祝大家国庆、中秋佳节快乐，平安健康，事业顺利，阖家幸福！谢谢！



## Chinese Museum Melbourne call for stories of Chinese Australian who enlisted in WW II

### 墨尔本华人博物馆搜集参加过第二次世界大战的澳洲华人故事

The Chinese Museum Melbourne is undertaking research into the loyal participation of Chinese Australian men and women in WWII. 2020 marks the 75<sup>th</sup> year since the end of WWII and the Museum is looking for general information such as personal memories, photos and memorabilia from families of these members who enlisted for publication in a new book. If you are interested, please contact CCAT or the Chinese Museum in Melbourne: [marketing@chinesemuseum.com.au](mailto:marketing@chinesemuseum.com.au)

墨尔本华人博物馆正在对曾效忠参与第二次世界大战的澳大利亚华裔男性和女性进行研究。2020 年是二战结束后的第 75 个年头，博物馆现正在寻求二战华裔军人的家属提供一些信息和线索，如个人记忆、照片和纪念品，这些资料整理后将会出版成一部新书。如果您对此研究感兴趣，请联系 CCAT 或墨尔本华人博物馆（电邮）：[marketing@chinesemuseum.com.au](mailto:marketing@chinesemuseum.com.au)

## COVID-19 Testing Update from the Australian Government

### 澳大利亚政府的 COVID-19 测试更新

Message from the Australian Government, Canberra	以下訊息，由坎培拉澳洲政府提供
Did you know the COVID-19 test is available for everyone in Australia, even if you are not an Australian citizen or permanent resident?	你知唔知道，無論你係唔係澳洲公民或者永久居民，澳洲每一個人其實都可以接受 COVID-19 新冠檢測嘅呢？
This includes people without a Medicare card, overseas visitors, international students, migrant workers and asylum seekers. If you are unwell with cold or flu like symptoms get a COVID-19 test. The test results will not affect your visa status	佢哋包括嗰啲冇 Medicare 國民保健卡的人士、海外訪客、海外留學生、移民工作者同埋尋求庇護者。 如果你覺得唔舒服，有傷風或者感冒嘅病徵，請你就做新冠檢測啦。你嘅檢測結果，唔會對你嘅簽證狀況構成任何影響。
To find a free testing clinic near you, call the National Coronavirus Helpline on 1800 020 080. For translating and interpreting services call 131 450.	想知道就近你嘅免費檢測診所，請致電全國新冠病毒求助熱線，電話 1800 020 080。至於尋求翻譯及傳譯服務，請致電 131 450。

## Aged care services 老年护理服务



**Aged Care Services at Migrant Resource Centre Tasmania**

Our Aged Care Services are available to anyone registered with My Aged Care or HACC in Southern Tasmania. We support people to remain living at home as long as possible, and encourage independence with a focus on mental and physical health, social connections, community involvement and physical activity. We provide assistance to migrant communities and families to register and understand the Government's My Aged Care system. We also offer cultural education and support to aged care service providers.

Email: [agedcare@mrcatas.org.au](mailto:agedcare@mrcatas.org.au)  
Phone: 03 6221 0999  
[www.mrcatas.org.au/aged-care/](http://www.mrcatas.org.au/aged-care/)

**We specialise in supporting culturally and linguistically diverse older people**





**塔州移民资源中心长者照顾服务**

我们的长者照顾服务提供塔州南部任何已在我院的老人护理 My Aged Care 登记的本者。我们是援长者尽可能留在家中生活，以及促进长者保持独立自主，同时关注长者身心健康，社交联谊，社群参与及体能活动。我们协助移民社群和家庭去登记及认识政府的我的老人护理 My Aged Care 体制。我们同时提供对文化认知的训练及支援给提供老年照顾服务的机构。

电邮: [agedcare@mrcatas.org.au](mailto:agedcare@mrcatas.org.au)  
电话: 03 6221 0999  
网站: [www.mrcatas.org.au/aged-care/](http://www.mrcatas.org.au/aged-care/)

**We specialise in supporting culturally and linguistically diverse older people**



该论获得一些额外的帮助永远都不会太早。在需要服务之前了解可以使用哪些服务可以帮助您做好准备，为未来做出决定。

## 都有哪些服务？

### 居家护理

myagedcare 可以帮助您获得居家服务，改善您的福祉并帮助您继续独立生活。在适当的时候获得日常生活的帮助有助于您在家里过得更好。

您可能有的福利服务包括：

- 个人护理，如剃须和洗澡
- 交通
- 家政服务，例如安装扶手或斜坡
- 护理、理疗及其他服务
- 膳食
- 家政服务，如家政服务或园艺
- 设备，如步行器
- 社交活动。

### 短期援助

myagedcare 还可以帮助您获得短期护理服务，适用于以下情况：

- 从事您或您的亲属的短期护理，包括出院后
- 当您感到您需要重新建立独立生活时
- 当您或您的亲属需要长期护理时（紧急护理）。

### 养老院护理

如果您觉得需要持续的长期生活或医疗保健服务，长期老年护理可以让您住在一个支持性环境中，每天 24 小时都有人提供援助。



### 您有资格获得服务吗？

请拨打 myagedcare 帮助您了解：

- 您是否有资格服务
- 服务费用是多少
- 如何申请这些服务。

myagedcare 可以安排谁对您进行评估并确定护理需求。

### 谁来支付服务费用？

澳大利亚政府为老年护理服务费用付费，如果您符合资格，但您可能需要支付一部分费用。您支付多少可能取决于：

- 您的财务状况
- 您获得的医疗服务类型
- 您的资产状况。

## 如何获得服务

1 拨打 myagedcare 热线或向老年护理专员（1800 200 422\*）

- 在电话上会问您一些问题，了解您的需求和护理安排——至少需要十分钟。
- 需要面对面讨论的 MyAgedCare 卡。
- 如果您愿意别人打电话，他们会安排出访。

### 2 进行需求评估

- myagedcare 可能会安排一位训练有素的评估员到您家。
- 在访问您的情况下，他们将评估您的护理需求和现有技能。然后他们会与您一同制定一个满足您需求、目标和偏好的支持计划。
- 在此过程中可以有人陪您。

### 3 了解选项

- myagedcare 和服务提供机构可以提供有关费用的信息。我们将告诉您是否需要支付费用。

### 4 选择服务

- myagedcare 网站上的页面会列出可以帮助您找到并比较您所在地区的一些服务。
- 您的评估员 myagedcare 也可以帮助您找到满足您需求的本地服务提供机构。

## myagedcare

myagedcare 是负责老年护理服务和以下服务的入口点：

- 可以提供的不同类型的老年护理服务
- 您的服务费用
- 转介到能满足您需求的养老服务提供机构
- 您与老年护理服务的联系。

### 欲了解更多信息

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

或拨打 1800 200 422\*

周一至周五 上午 8 点至晚上 8 点

周六 上午 10 点至下午 2 点

星期日及公共假期休息

全国中德电话 1800 200 677\* 若无法拨打 1800 200 422\*

新南威尔士州电话 131 456 若无法拨打 1800 200 422\*

### 如果您是退伍军人或战争受害者或失

您也可以有资格获得退伍军人事务部的服务或计划。请与 myagedcare 询问更多信息。

\* 1800 电话和固定电话拨打是免费的，但使用此卡拨打或从移动电话拨打时可能会产生费用。请拨打 1800 电话以了解详情。请与您的手机服务提供商联系。



通过 myagedcare  
找到您需要的帮助

免费电话：1800 200 422\*



# **Harvey Norman<sup>®</sup>**

## **HOBART CITY**

171 MURRAY ST  
HOBART



# **Harcourts**



**WREST POINT**





## Christmas "B Y O" Luncheon

“自備食物”聖誕午步聯歡

**Date: Sunday 6 December 2020**

日期: 2020 年 12 月 6 日星期日

**Time: 12:00 noon**

時間: 正午 12 時

**Venue: CCAT Clubhouse, 7 Burnett**

地點: 塔省華人聯誼會會所

**Place, North Hobart**

The CCAT Christmas Luncheon will be held at the Clubhouse on Sunday, 6 December 2020 commencing at 12 noon. As usual there will be no charge BUT each attending adult will be required to bring a plate of food to be shared at the luncheon. The Club will provide steamed rice, fruits, tea and coffee.

In order to make the occasion more festive, can each adult please bring a wrapped but unnamed present (costing not less than \$10) to be put under the Christmas tree. He/she will then be given a numbered ticket. When the number is drawn, the ticket holder will have the opportunity to select a present from the pile of presents that have been contributed.

Adults bringing children are requested to prepare for each child a wrapped Christmas present clearly marked with the child's FULL NAME. The presents will be grouped under the Christmas tree for "Santa Claus" to give away to the child.

All members and friends are welcome to attend this joyous event with good food and lively entertainments. **\*\*\*RSVP is required as per COVID-19 regulations.\*\*\***

2020 年 12 月 6 日星期日, 中午 12 時正, 塔省華人聯誼會將在會所舉辦一年一度的聖誕自助午餐聯歡聚會, 如往常般, 費用全免, 但要求每位參加者(成人)帶一盆食物與大家分享。聯誼會將提供白飯, 水果, 茶與咖啡。

為了增加節日氣氛, 請每位出席者帶一份包好而不署名的聖誕禮物 (價錢不要少過十元), 置於聖誕樹下後, 會被發一張有號碼的票。派禮物時, 將以抽籤方法定先後, 優先選擇聖誕樹下的禮物。

如孩子與您一起來參加聚會, 請您為您的每位孩子準備個別禮物, 用聖誕花紙包好及清楚註明孩子的姓名。置放於聖誕樹下, 等待聖誕老人將禮物派出。

會上更有精彩的娛樂節目, 歡迎所有會員與親友參加。根據新冠病毒規例, 敬請預訂座位

**RSVP by Monday 30 November 2020 to:**

**預定截止時間: 2020 年 11 月 30 號周一**

**联系方式:**

**Brian Chung:** [bfc.chung@gmail.com](mailto:bfc.chung@gmail.com); 0408 127 016

**Lily Chan:** [aaalilchan@gmail.com](mailto:aaalilchan@gmail.com); 0402 410 481