



15 October 2012

Volume VIII, Issue X

Editorial

On the second Sunday of October, the Sydney Chinese Lions Annual Health Talks were held at the Burwood RSL Club from 9:30 a.m. to 4:30 p.m. The theme of the Talks this year was on mental health. Topics of talks included negotiation with children; pros and cons of Tiger Mother Education; survival in middle aged career scene and work cover; how to establish perfect marriages and senior physical and mental health and food therapy. All are interesting topics and the Talks (in Cantonese and Mandarin) were open to the public free of charge.

At the October Lions Meeting we had two new members - Sophie He and Cynthia Xiang were inducted as Lions. Congratulations and a warm welcome to both of them.

November will be another busy month for Sydney Chi-

nese Lions. In the first week of the month (7 November) we will hold our Annual General Meeting and Members Dinner Meeting. During the Members Meeting, we will also have the opportunity of listening to the two candidates for VD62 (2013-14), Lions Dennis Halpin and Joanne Sim, canvassing for support of their candidacies.

In the second week (16 to 18 November) over 15 Sydney Chinese Lions members will be attending the District N5 Lithgow Convention. On the Monday following the Convention (19 November) we will be attending a dinner in honour of International President Wayne Madden.

In the third week (24 November) we are featuring a Wealth Management Seminar at the Club Burwood. Sydney Chinese Lions will be seeing each other at least 6 days in November, that is

one-fifth of the month!

After the busy month we will be having our Christmas Party (and December Members meeting) on Wednesday, 19 December at the Zilver Restaurant. Tickets are still \$50 per head. As always, our Christmas Party is a fun way to say good-bye to the year. Come join us to say good-bye to 2012 which is predicted to be "the End of the World" by some.

Finally, an appeal from the Charity Ball 2013 Organising Committee - as you are aware, we need lots of prizes for auctions and raffles every year. It would greatly help if each member could kindly donate a prize for this purpose. Please bring a prize in to the November meeting so that it will be duly recorded and acknowledged in the Ball Commemorative Booklet.

By Lion Henry Leung

Special points of interest:

- > SCL Health Talks 2012 proves to be a success
- > New members inducted at Oct Members Meeting
- > SCL AGM on 7 Nov 2012
- > District N5 Lithgow Convention on 16-18 Nov 2012
- > Dinner with International President Wayne Madden on 19 Nov 2012
- > SCL Wealth Management Seminar on 24 Nov 2012
- > SCL Christmas Party on 19 Dec 2012



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Sydney Chinese Lions and Guests at October Members' Meeting 2012

Message from International President Madden

Dear Lions,

In my travels to the area forums I have had a chance to visit with many of you about things I would like you to consider doing or accomplishing during your year.

I want all of our clubs to be excellent clubs. My formula for excellence: Dedication + Preparation + Team work = excellence.

The first thing is teamwork. Are you getting all or most of your club involved in your service projects? Isn't it more fun and productive to have 20 Lions working a service project as opposed to just two or three? With more Lions involved the work becomes much easier for all and you have more Lions expertise to draw upon. So get your Lions engaged in your club activities.

Second, my goal for all of our clubs this year is to achieve excellence. I want each of your clubs to achieve the club excellence award. It is a great roadmap to success! Take a look on the LCI Web site to get started. Make it your goal to pay your club bills on time, submit your reports on time, do at least three service projects and advertise them in your local media, make a contribution to LCIF, have a net growth in membership for the year (so if you started the year with 25 members by the year end you need to have at least 26 members), attend zone meetings, have your key officers attend officers training, and make sure your secretary files the PU 101 report on time next spring. With dedication, preparation and team work, every club can be on track to achieve the Club Excellence Award. Your club will receive a nice banner patch and you will receive a nice lapel pin recognizing you as a Club Excellence President.



International President
Wayne Madden

Message from International President Madden (cntd.)

Third - get your club involved in the Reading Action Program - RAP. Twenty-Six percent of the world's population is considered illiterate - unable to write their name or read as well as a 10 year old child. This problem not only exists in developing countries but developed countries as well. In my own country - the USA - one out of seven is considered to be illiterate by the aforementioned definition. Go to LCI's Web site and take a look at the suggested ways your club can get involved in the RAP program.

To make sure your club achieves the goals you set out for them to achieve I have instituted four quarterly pit stops this year - one every three months. Just like in the INDY 500 auto race when a race car needs to come in periodically to receive new tires, a fresh tank of gas, and to have the engine tweaked to make sure it is running competitively - your club needs to stop periodically and have a pit stop to make sure everything is running smoothly. Gather your fellow officers and check to see if you are on pace to achieve the goals you set out to achieve. If not decide what you need to do to get back on pace to achieve those goals. Don't wait until June 1st and realize you did not come close to achieving you goals - take a pit stop NOW and make sure you are on pace to have an excellent year.

I look forward to having an excellent year as international president. But for that to happen you must have an excellent year. Together we can achieve success!!!

Sincerely,

Wayne A. Madden
International President



***Sydney Chinese Lions are privileged and honoured to have inducted
International President Wayne Madden as Associate Member on 7 July 2011***

A Message from Chairperson

Lions Clubs International Foundation

Dear Lion,

Throughout this month, I have enjoyed meeting many of you at the annual Lions forums. While I was in New Zealand for the ANZI forum, I had the honor of opening a transitional community facility at St. Albans in the city of Christchurch. This facility will support the ongoing needs of a community that was impacted by the earthquakes in 2010 and 2011. It was inspiring to see the hard work and the generous donations of Lions result in this project that will help so many people. This is what Lions do so well - we help people in need all over the world.

When Hurricane Isaac flooded parts of the United States, I was proud to know that many Lions made donations and supported relief efforts for this disaster. The same is true for the typhoons in MD300 Taiwan, Japan and Korea, as well as the flooding in the Philippines. Because of you, Lions can help these communities affected by disasters.

I am excited to share with you some of the other amazing things that Lions are doing through our Foundation. Just last month, LCIF awarded grants that expand Lions' efforts towards blindness prevention. SightFirst grants will treat diabetic retinopathy, equip hospitals, provide cataract surgeries and promote targeted eye health initiatives.

At the same time, Lions are expanding their support for youth through Lions Quest. The program is now in 72 countries, reaching more students than ever. Through grants awarded last month, students all over the world are learning important life skills, like how to deal with problems in school, avoid substance abuse and treat each other with respect.

In addition to Lions Quest and SightFirst projects, Lions continue to meet needs worldwide through the One Shot, One Life: Lions Measles Initiative. We are close to meeting our goal of raising US\$10 million for measles to meet the Gates Foundation challenge grant. With each dollar raised, we can vaccinate a child against measles. With each vaccination, a child will not have to experience measles or its side effects - including blindness, and even death. I believe that as Lions, together we can make a difference.

Sincerely,

Wing-Kun Tam
Chairperson, Lions Clubs International Foundation



Wing-Kun Tam
Chair, LCIF

***Sydney Chinese Lions are privileged and honoured to have inducted
International President Wing-Kun Tam as Associate Member on 26 June 2010***

Congratulations

***To the Lions Club of Sydney Chinese Inc
for successfully holding
the Annual Public Health Talk
on 14 October 2012***

A Gentle Reminder

***The 2012-13 fees were due on 30 June 2012.
If you are yet to pay the \$150,
please do so at your earliest convenience.***

By Direct Transfer: **BSB: 012 071 (ANZ Bank)**
A/C Number: 197614021
A/C Name: The Lions Club of Sydney Chinese Inc

By Cheque: in favour of **The Lions Club of Sydney Chinese Inc**
Post cheque to **PO Box K422, Haymarket NSW 2000**

Invitation

***To the Sydney Chinese Lions Christmas Party
on Wednesday, 19 December 2012
at Zilver Restaurant
RSVP Club Secretary Janice 0424 616 017
By 1 December 2012***

May looks back to Sars calamity

Sydney Chinese Lion May Wong recounts her eye-opening return to her birthplace Hong Kong as a humanitarian scholarship recipient

At the end of last year, I was given the opportunity to undertake a two-month elective placement anywhere in the world and I chose my home of Hong Kong.

I swapped the sweltering Australian summer for tightly regulated, 4 degree Celsius research laboratories.

It was surreal stepping foot inside the laboratory where they discovered the SARS coronavirus in Hong Kong.

I was struck by the anecdotes that my supervisor, a patient and survivor of SARs, shared. He stated that the SARS calamity, which claimed 300 lives, was a double-edged sword. While it revealed the failings of the existing medical system with overcrowded wards and poorly ventilated hospitals, at the same time it saw Hong Kong become better prepared than any other country to combat another infectious disease epidemic.

My experience at Queen Mary Hospital, one of the largest acute regional hospitals, was an eye-opener. Despite being a developed country, Hong Kong citizens unfortunately do not experience the same calibre of health care that we receive in Australia.

In fact, the discrepancies between the public and



Lion May at work in the laboratory in Hong Kong (above) – and doctors in respirator masks and personal protective equipment (below) re-enact the testing times of the 2002 SARS epidemic.

private health sectors are quite large. Queen Mary Hospital provides general medical and surgical services to the residents of Western and Southern districts and is a tertiary referral centre for the whole territory of Hong Kong and beyond. Driven by

the high case loads (hepatitis clinics treated over 100 patients in one afternoon), the patient turnover is almost 20 times what a typical doctor would see in Australia.

As a medical student and the humanitarian scholar winner with Sydney Chinese Lions in 2011, I wanted to follow through with what the very scholarship was awarded for. During my attachment, I was involved with a larger team which looked at the recurrence of hepatitis B-related liver cancer, a disease which has a high morbidity and mortality and is more prevalent in Hong Kong.

I extended my efforts to a societal level. One of the major projects that I assisted in, in conjunction with other like-minded medical students, was the Heart-to-Heart Charity Walk. In its 12th year, the theme of "Heart-to-Heart, Be-a-Part" saw all participants walk in pairs with a bracelet binding them. This symbolised the shared feeling of care, tolerance and acceptance – a reflection of the sacrifice parents make for their sick children.

This reminded me of the Lion Purposes – to embrace bonds of friendship, good fellowship and mutual understanding. Situated at the Peak, one of Hong Kong's most scenic locations, it attracted over 2,500 participants and raised HK\$900,000. This money will go to research into cyanotic heart disease in children. I believe medical research directly translates into the social welfare of a community.



October - November 2012

*The above article is taken from LION
Australia Papua New Guinea Edition, October-November 2012 issue.*

“给心灵减压，为人生添彩”

—澳洲雪梨华人狮子会成功举办周年健康讲座

秉持服务社区、服务公众的宗旨，澳洲雪梨华人狮子会自多年前起每年均在悉尼不同地点举办免费公开健康讲座，并得到各界媒体支持。今年雪梨华人狮子会于**2012年10月14日**周日上午**9点半**至下午**4点半**在博物（**Burwood**）**RSL Club**再次成功举办周年健康讲座。今年讲座的主题是：“给心灵减压，为人生添彩”。当日吸引逾**300**人次民众到场参加。现场人潮涌动，互动积极，热闹非常。

本次活动由澳洲雪梨华人狮子会与澳华心理学会联合主办。组委会成员包括林奇恩医生博士（主席）、洪春芬女士、澳华心理学会会长马信诚注册心理学家、国际狮子会**201N5**第二副总监张俊明博士及雪梨华人狮子会会长郑美霞女士。本次活动得到了澳华医学会**ACMA**、澳大利亚注册中医联合会**AURCMP**、**Love Wellbeing**以及**Office YOGA**的大力支持。

此次讲座为粤语/国语健康讲座，涉及主题包括西医、中医同心理学家与您分析探讨儿童情商-如何赢在起跑线；虎妈教育的利与弊；中年职场求生法及工伤赔偿；如何营造美满婚姻；长者生理心理健康及养生食疗。讲员包括林奇恩医生博士、陈曙仪中医师、马信诚注册心理学家、吴昭熙医生、黄贝尔女士、米莎女士、来晓云女士。

心理健康对个人生活、家庭幸福和社区安定都有非常重要的意义。本次活动涵盖从童年到老年不同年龄阶层，从生活到工作不同环境的心理健康议题，与公众利益密切相关，且内容深入浅出，贴近生活，讲解生动，题材新颖，切入点准确，具有很强实用性，当日参加活动的公众纷纷表示受益匪浅，很有启发。

雪梨华人狮子会作为一个非盈利性质的慈善组织，再一次证明了该会在社区公益活动方面的杰出能力和社会影响力。本次活动圆满举办也体现了公众对于雪梨华人狮子会活动的响应和支持。

Sydney Chinese Lions Annual Health Talks 2012

The Lions Club of Sydney Chinese Inc held a full day of Public Health Talks on 14 October 2012 at the Burwood RSL Club. This year's theme was "Maintaining a Holistic Health". With esteemed speakers ranging from psychiatrists to psychologists, the day proved to be an enlightening education event focused on maintaining a balance between mental and physical well being.

The event attracted more than 300 participants from the general public. The Talks was also an opportunity for Western and Chinese Medicine professionals to rebound ideas as well as to recognise the trend towards "Integrative Care" which describes a convergence of the two dichotomies. The Supervisory Committee comprised Lion Dr Danforn Lim JP as Chairman, Club President Lion Mei Cheng JP, Second Vice District Governor Lion Dr Anthony Cheung JP and Lion Emily Hung. The Organizing Committee comprised Lion Danforn and Lion Emily from Sydney Chinese Lions as well as key representatives of the Australian Chinese Psychology Association.

This year's function was also supported by major Australian professional medical organizations, including the Australian Chinese Medical Association (Western Medicine), Love Wellbeing, and Office Yoga.

The day's proceedings started with the Official Opening Ceremony at 9:30 am. The talks and presentations lasted until 4:30 pm with an hour's lunch in between. Altogether there were 7 speakers (in order of presentation); Dr Richard Wu, Mrs Beier Huang, Dr Danforn Lim, Ms Shuer Chen, Ms Sha Mi, Ms Loy Lai and Mr Noris Ma. Topics included an exploration into how to maintain a healthy mental wellbeing from childhood through to old age. Specific topics included how to sustain and maintain a healthy and enduring marriage, EQ training for children, controversies surrounding traditional Chinese parenting methods in the Western world, also known as the "Tiger Mum", and "How do Chinese survive in the Australian workplace".

The delivery styles of the speakers were both interesting and engaging. This year, an interactive forum led by Dr Danforn Lim and other speakers was conducted around two topics: "Tiger Mum" and "Chinese in the Australian workplace" which proved to be most successful as the audience were invited to direct questions to the panel.

With the success of the preceding Health Talks, Sydney Chinese Lions are planning to hold another similar event next year exploring a different facet of "Integrative" healthcare.

Reported by Lions May Wong and Lion Emily Hung



SCL Health Talks 2012 Photos



澳洲雪梨華人獅子會主辦 2012 投資理財百家談

繼今年二月成功舉辦投資理財公益講座後，各界反應熱烈，澳洲雪梨華人獅子會(www.sydneychineselions.org.au)基於「我們服務」的信念，茲決定在十一月廿四日(星期六)於 Burwood 寶活市之 Club Burwood 二樓會議廳(97 Burwood Rd, Burwood)舉辦另一個開放給公眾的投資與理財公益論壇。是次論壇為雪梨華人獅子會第二次舉辦理財類服務項目，亦是此領域中唯數不多的無銷售、持中立立場的教育性論壇。籌委會成員包括李順頤先生(主席)、鄭美霞會長太平紳士、張俊明博士、張重元先生、鄭仔捷女士和林宵丹先生。此次論壇由鄭仔捷女士和林宵丹先生主持。

此次論壇是面向家庭和個人的教育性投資與理財論壇。當天的講者匯集會計師、理財規劃師、投資銀行高級合夥人、主流地產開發商以及大學金融系教授，共同探討現今澳洲及全球經濟、理財策略、交易心得和與投資理財相關的稅務和法律問題。力求全方位、多視角，客觀中立地向大眾提供最實用的理財投資資訊。此次論壇將以簡短的主題演講和與觀眾面對面交流與討論的型式深入探討投資理財相關的各種問題，並將側重點放在向公眾披露行業及交易中存在的隱形風險，引導公眾避開在投資與理財時經常遇到的誤區。

當天邀請到的演講嘉賓包括有:

1. 鄒怡雯會計師(Tax Master),
2. 劉俊理財規劃師(AMP),
3. 陳浩庭投行高級合夥人(RBS-Mogan),
4. 于佳一地產管理董事, 律師(Longton Group),
5. 王建新金融系副教授(UTS).

此次論壇得到包括雪梨華人獅子會在內的社會各界高度重視，並邀請到龍騰集團作為此次活動的獨家贊助機構，喂喂雜誌為媒體支持機構以及 TaxMaster 國際會計師事務所和 Sydney City Lexus 為本次活動的廣告支持機構。

溫馨提示: 敬請注意，本論壇所提供之所有資訊(包括問答時間)只可作參考之用。在任何情況下，與會人士以此自行作出任何投資決定所引發的任何直接或間接損失，雪梨華人獅子會及所有演講嘉賓一概不負上任何法律上之責任。

是次公益論壇不設門票，免費入場，不設午餐，先到先得，位滿即止。因保安原因，場地要求參加人士帶備有相片之證件登記入場。歡迎華人朋友踴躍參加。

活動詳情如下:

語言: 中文普通話

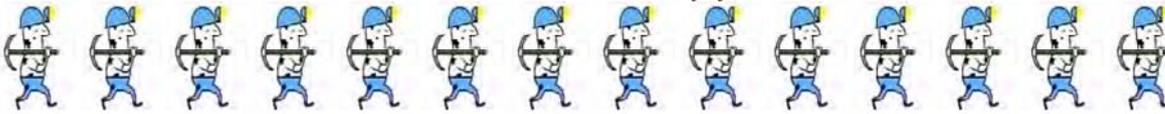
日期: 2012年11月24日(星期六)

時間: 12:00 am 至 4:45 pm

地點: 寶活市之 Club Burwood 二樓演講廳 - 97 Burwood Rd, Burwood

查詢: 請致電 0433108615 李先生

HI HO, HI HO, We're off to old LITHGOW



THE 201-N5 CONVENTION



IS AT



LITHGOW

16th . 17th . 18th
November 2012

Motels are on notice
The Community is worried
But we're coming anyway
Hope you're coming also!!!!

Fill in the hospitality form now to maximize the discounts
Or please:

If you don't want to pay now, Fill it in and pay later so that we
can get an indication of numbers

More details later

Prize to use or raffle (value \$250) for the Club with the highest percentage of members attending.
Percentage relative to Club total membership numbers as per October WMMRs.



The Lions Club of Sydney Chinese Inc.

P.O. Box K422
Haymarket NSW 2000

www.sydneychineselions.org.au

We Serve

The Lions Club of Sydney Chinese Inc. is a member of Lions Clubs International, an international non profit community service organization, upholding a common motto "WE SERVE". Today, there are Lions clubs in 207 countries and geographical areas all over the world. In District 201N5, which covers the Sydney area and Norfolk Island, there are some 71 clubs with around 1,650 members. Amongst these, there are around 7 Chinese-based clubs. Sydney Chinese Lions is the first of these Chinese-based clubs chartered in April 1995.

Over the past seventeen years, under the leadership of President Mei Cheng, Past President & 2nd Vice District Governor Dr Anthony Cheung and other Past Presidents, in conjunction with the relentless effort of its members, and on top of all these, the generous donations and sponsorships received from the community, the club has donated over \$500,000 to a number of charities including the Royal Flying Doctor Service of Australia, St John (NSW), the Australian Red Cross, Lions Clubs International Foundation, CareFlight, the Sir David Martin Foundation, the Fred Hollows Foundation, Westmead and Concord Hospitals, the Children's Mobility (Hart Walker) Foundation and the Elderly Australian Chinese Homes. Thousands have reaped the benefits. The club is also mindful of the well being and good health of our community, hence they have in place their annual health seminars, teal ribbon scholarships and traditional Chinese Medicine Research Scholarships.

Visit us at our Award Winning Website
www.sydneychineselions.org.au

Upcoming Events

Function	Venue/ Dress Code	Date & Time	Cost per person
Sydney Chinese Lions Annual General Meeting and Members dinner Sydney Chinese Lions	Zilver Restaurant	Wednesday 7 November 2012 7:00 for 7:30pm	\$30 per person
District 201 N5 Convention District 201 N5	Lithgow	16-18 November 2012	Click link below to register: http://www.lionsclubssydney.org.au/DownloadDocuments/Conventions/Registration%20form%20with%20Hospitality%20V2_Lithgow.pdf
Dinner with International President Wayne Madden	Venue TBA	Monday 19 November 2012 Exact time TBA	Cost per person \$35
Sydney Chinese Lions Wealth Management Forum Sydney Chinese Lions	Club Burwood 97 Burwood Rd, Burwood	Saturday 24 November 2012	Free of charge
Sydney Chinese Lions Christmas Party and December Members Meeting	Zilver Restaurant	Wednesday 19 December 2012 7:00 for 7:30pm	\$50 per person

For bookings please contact:
Secretary Janice Cheung (mobile: 0414 616 017, email: awing83@hotmail.com)