

# SYDNEY CHINESE LIONS



28 SEPTEMBER 2010

VOLUME VII, ISSUE VIII

## Editorial

Nine years ago this month, two aeroplanes crashed into the twin towers of the World Trade Centre in Manhattan. Closer to home this month, Christchurch, New Zealand suffered from a 7.1 Richter scale magnitude earthquake and many powerful secondary quakes. We had a hung Parliament since the last one over 70 years ago. September is a month we have to be weary of.

We, at Sydney Chinese Lions, soldier on with our work as September is only 6 months prior to our next annual Charity Ball. We have seen to the formation of the 2011 Charity Ball Organizing Committee this month.

We have also confirmed to offer competitive scholarships to two UTS research students in Traditional Chinese Medicine (TCM).

Our Teal Ribbon Scholars Scheme will again be offered in 2010-2011.

A Public Health Talk Day will be held on Saturday, 30 October 2010 at the Haymarket campus of UTS. The Theme for this year's talk is "Chronic diseases management: East meets West".

Medical personnel from three supporting professional organizations: The Australian Chinese Medical Association (Western Medicine), the Australian Traditional Chinese Medicine Association (Chinese Medicine) and the Chinese Medicine & Acupuncture Society of Australia (Chinese Medicine) will give talks (some in Cantonese and others in Mandarin) on metabolic syndromes including hypertension, diabetes, high cholesterol and on TCM Dietary Therapy. There will be small groups Q & A sessions too.

On Sunday, 19 September, around 15 Sydney Chinese Lions members paid a visit to the Indo-Chinese Elderly Hostel in Bonnyrigg. Apart from delivering

our best wishes for the Mid-Autumn festival to the elderly, several Lions members sang karaoke to entertain the some 30 elderly residents. Small gifts were presented to them and a donation of \$2,000 was made to the Hostel. The Sydney Chinese Lions were warmly welcomed by the Hostel and we invite you to enjoy the beautiful photos on our website.

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Sydney Chinese Lions and Guests at September 2010 Members Meeting

# A Message from Our International President

Dear Lion Leaders,

Some of Lions proudest moments have involved our dedication to sight preservation and aid to those who are visually impaired. This October, we will create yet another proud moment in that long and distinguished history.

I invite you and your club to participate in our second Global Service Action Campaign: [Sharing the Vision](#). Please read below about some of the many ways there are to participate, and look for more ideas at the Lions Clubs International Web site.

I am sure you will find an activity that is right for your club and community. When you do, please let your light shine to the fullest by using the steps and tools linked below to publicize your activity. When your activity is complete use the new [Service Activities Reporting System](#) to report your success. Doing so will automatically place your activity into consideration for a [Beacon Award](#).

Sight preservation and service to the blind are among our oldest commitments to our home communities and to the world community. These commitments are also among our most important and our dedication must never waver. I hope that you will join me in October to write a new chapter in Lions legacy of leadership.

Thank you for all you do.

Best wishes,

Sid L. Scruggs III  
International President



International President  
Sid Scruggs III

## Beacon of Hope Highlights - Engaging our Youth

*Lions Clubs worldwide embraced the first Global Service Action Campaign with unprecedented enthusiasm. I shared with you, "Young people often need a beacon to help them find their way in the world. Lions can be that beacon." In result clubs worldwide responded to the call to shine a light on youth.*

*In addition to providing much needed services to children and young adults, the campaign also illuminated a way for young people to serve their communities as Lions recruited Leo club members and other youth to help with this campaign. Young people from around the world helped to restore playgrounds, collect school supplies and deliver care packages to children's hospitals.*

*Among the most innovative and successful activities were:*  
*Child Protection Project: Fingerprints were taken for identification purposes*  
*Youth drug prevention education*  
*Food, clothes and toy drives*  
*Environmental preservation projects such as tree planting*  
*Community restoration projects*

**Sydney Chinese Lions are privileged and honoured to have inducted  
International President Sid Scruggs III as Associate Member on 25 October 2009.**



# Sydney Chinese Lions

## WINS

### Club Bulletin & Club Website

## International Awards

Congratulations to Sydney Chinese Lions! Their monthly bulletins and website have both been awarded an Honorable Mention at the 93rd International Convention of Lions Clubs International held in June/July earlier this year.

Every year, LCI organises international contests for club websites and club bulletins to encourage Lions clubs to publicise their work and operations. These are judged according to



creativity in content and design.

This prestigious winning double brings much joy to the club's members. In particular, it is most encouraging and gratifying to the club's bulletin editorial and website teams whose members have been working on these projects consistently behind the scenes in a dedicated and professional manner.

# WELCOME

## to The Sydney Chinese Lions

# Annual Health Talk Day

***Talks given in Mandarin & Cantonese only***

*The Sydney Chinese Lions Annual Health Talk Day 2010 will be held on Saturday, 30 October 2010 at the City Campus of the University of Technology (UTS) from 10 am to 4 pm. The main venue will be at the Main University Hall while concurrent sessions in Mandarin will be run at a nearby lecture theatre. The theme for this year's talk is "Chronic diseases management: East meets West". The focus is on 3 common conditions: diabetes mellitus, hypertension and hyperlipidaemia. It will be a free entry event for the general public. It is anticipated to accommodate some 450-650 members of the public that day.*



While Sydney Chinese Lions is the Organiser of the event, there are four Supporting Organisations. These include the Australian Chinese Medical Association (ACMA), the Chinese Medicine & Acupuncture Society of Australia (CMASA), the Australian Traditional Chinese Medicine Association (ATCMA) and Sydney Innerwest Lions. Qualified practitioners will be delivering talks on various topics from western medicine, Chinese medicine and Chinese herbal medicine. Presentations and talks will be held at the lecture theatre and tutorial rooms. The Health Talk will be given by 6 doctors (in both Chinese medicine and Western medicine) on 3 topics in both Cantonese and Mandarin.

The Organising committee of the event include Dr Danforn Lim JP (Chairman), President Mei Cheng JP, Honorary President & Zone 5 Chairman Dr Anthony Cheung JP, Ms Emily Hung, Ms Wendy Lin, and Ms Janet Hung JP.

A Media Conference to promote the event will be held on 14 October at Zilver Restaurant. Speakers will be finalised by end of September by all 3 supporting professional organisations. Beijing Tong Ren Tang Australia Ltd and Kanion Nutrilife Australia Pty Ltd will both donate \$500 worth of medicine for this event and Sydney Innerwest Lions will be sponsoring 50 lunch boxes.

# 歡迎參加 雪梨華人獅子會 年度公眾健康講座

澳大利亞雪梨華人獅子會 2010 年度公眾健康講座茲定於 2010 年 10 月 30 日，星期六上午 10 點至下午 4 點在悉尼科技大學 UTS 雪梨市中心校區舉行。講座將以粵語及普通話共同進行。粵語講座將在大學主禮堂舉行，普通話講座則會在大學講座堂舉行。

今年講座的主題是：代謝綜合症—三高症之中西醫治療。講座主要涉及的內容包括高血糖、高血壓，及高脂血症這三種公眾廣為關心的常見慢性疾病。

此次講座公眾可免費入場，我們預計講座開辦當天共可容納 500-650 人。

此次講座主辦方為雪梨華人獅子會，組委會主席為林奇恩醫生(Dr. Danforn Lim JP)，成員包括張俊明博士 (Dr. Anthony Cheung JP)，鄭美霞會長 (Ms. Mei Ha Cheng JP) 及洪春芬女士 (Ms. Emily Hung)。我們同時還邀請到澳華醫學會 ACMA、澳大利亞中醫學會 CMASA，澳洲全國中醫藥協會 ATCMA 以及雪梨內西區獅子會共同協辦，發表有關西醫及中醫在各領域的主題演講。





# 雪梨華人獅子會 九月份例會

大家好。有賴各位參與及幫忙，九月份例會順利完成。以下是當晚我們討論過的事情和一些點滴，讓不能抽空前來參與的會員及獅友了解一下。希望下一次見到大家。

會議開始後，第一件談及的事就是會費問題。我們發現部份會員忘記呈交會費。希望大家可以盡快補上。請聯絡 Lion Tim Yuen 相討有關繳交事宜。我代表本會多謝各位多年來的支持。

經過多番商議後，本會正式決定把明年的慈善晚會定於三月十九日舉行。各位會必須緊記這日子。這次得到我們幫助的團體是 CareFlight 拯救隊。多年來他們已經拯救過

無數生命，希望在大家熱烈支持下 CareFlight 可以最佳狀態拯救更多有需要人士。

另外本會更決定在九月十九日，星期日上午十時，到印華老人中心進行探訪活動。請各位參與的會員盡量穿著本會 T-shirt 赴會。

新會員的訓練將會於十月二十八日，星期四晚上在同樂軒舉行。參與的會員必須於十月二十日前向 Lion Jaco Chan 報名。

一年一度的雪梨華人獅子會健康講座將於十月三十日，星期六舉行。而下一次第五分域會議將會於十一月一日，星期一於皇冠酒家舉行。



Sydney Chinese Lions and Guests at September Members Meeting

## September Members Meeting of Sydney Chinese Lions



New Members Induction



Birthday Cake

當晚最高興就是可以看到八位新血加入。分別是 Amy CHIA, Fleming LEE, Ja co CHAN, James TSE, Lok Yee SIU, Stephanie LUO 和 Sau Lin TSE. 新會員的加入是非常重要的和有意義的。希望他們可以繼續和我們一起將本會精神發揚光大。接下來的就是抽獎和九月份生日的會員切生日蛋糕的時候。她/他們分別是 Lions Linda CHEN, Ted CHEN, Janet HUNG, Arthur KWAN, Alice LU, Charles POON, Crystal SIU, Kitty TSE, Belinda WAN, Ernest WONG, Eliana XU 和 Jessica ZHANG.



Birthday Cake Cutting



Sydney Chinese Lions and Guests at September Members Meeting

在此特別恭喜 Jason 和 Crystal 找到新的工作。職位：爸爸媽媽。

下一次晚飯例會將在十月六日星期三，七點於同樂軒舉行。而理事會議就將於九月十五日，星期三於富麗宮酒樓舉行。

下次再見！

虎年獅子座蔡獅虎獅兄報導





## The Lions Club of Sydney Chinese Inc.

P.O. Box K422  
Haymarket NSW 2000  
[www.sydneychineselions.org.au](http://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 206 countries and geographical areas all over the world. In District 201N5, which covers the Sydney area and Norfolk Island, there are some 75 Clubs with around 1,750 members. Amongst these, there are around 6 Chinese-based Clubs. Sydney Chinese Lions is the first of these Chinese-based Clubs chartered in April 1995.

Over the past fifteen years, under the leadership of President Mei Cheng, Hon. President 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 \$400,000 to a number of charities including the Royal Flying Doctor Service of Australia, St John (NSW), the Australian Red Cross, 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 encouraging young adults to participate in humanitarian services, hence, since 2003, it has been offering its humanitarian scholarships. In 2009, they set up the Inaugural Sydney Chinese Lions Teal Ribbon Scholars Scheme to promote and facilitate experience sharing between medical doctors and medical personnel of the People's Republic of China and Australia.

Visit us at our Award Winning Website  
[www.sydneychineselions.org.au](http://www.sydneychineselions.org.au)

## Upcoming Events

Function	Venue/ Dress Code	Date & Time	Cost per person
October Members Meeting Sydney Chinese Lions	Zilver Restaurant After 5	Wednesday 6 October 2010 7:00 for 7:30pm	\$30
Annual Fundraising Dinner Sydney Northwest Lions	Fortune Palace Restaurant 618/372 Pennant Hills Rd Carlingford After 5	Tuesday 12 October 2010	\$68
Lions Training Forum District 201N5 RSVP essential: Lion Jaco Chan 0433 698 896, email: <a href="mailto:smallexample@hotmail.com">smallexample@hotmail.com</a>	Zilver Restaurant	Thursday 28 October 2010 6:45pm	Training: Free of Charge; \$20 for dinner (optional)
Annual Health Talk Day Talks given in Mandarin & Cantonese only Sydney Chinese Lions	UTS Club uniform	Saturday 30 October 2010 9:30am	N/A

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