



Sydney Chinese Lions

Monthly Bulletin

VOLUME VIII, ISSUE VII

28 AUGUST 2011

We Serve!

Editorial

Starting from 2010, Sydney Chinese Lions have been holding a full day of Health Talks for the Chinese-speaking public in Sydney once a year. This year we are joined by CanCare Centre as Co-organizers.

The theme of the public talks (in Cantonese) this year is "Therapy for the body and mind; a holistic care to carcinogenic diseases and chronic diseases patients".

The public talks will be held at the Club Central of Hurstville, 2 Crofts Avenue, Hurstville on 27 August 2011 from 10 a.m. to 5:00 p.m. Please refer to the Annual Health Talks section in the Sydney Chinese Lions website for more details.

The much heralded Cheque Presentation ceremony of funds raised at Charity Ball 2011 will be held on 25 August 2011 at the Headquarters of CareFlight in Northmead. Sponsors, members of Sydney Chinese Lions and the media have been invited to attend the ceremony.

The August Members Meeting of our Club was re-scheduled to 2 August and was held concurrently with other clubs in Zone 4 as District Governor Lion Stephen Coleman's first visit to the Zone. Presidents and members of all 5 clubs in Zone 4, over 130 attended the meeting. Cabinet Secretary John Daley and Lions Lady Sandra Daley formed

part of the District Governor's party while the Chair of the Hearing Dogs and Peace Posters, Lion John Chate also attended the meeting.

At the June 2011 Board meeting, the Board has resolved to nominate Lion Dr Anthony Cheung for the position of Second Vice District Governor of District 201 N5 for 2012-13. Subsequently, nomination documents were forwarded to the Cabinet Secretary and Lion Dr Anthony's candidacy has now been confirmed.

The general election of District N5 will be held at the District Convention at Norfolk Island from 24 to 27 November 2011. Those who wish to attend this conference and those who wish to be there to support the candidature of Lion Anthony are invited to get in touch with President Mei.

The \$150 membership fee for the 2011-12 Lions year was due on 30 June 2011. We would greatly appreciate it if those members who are yet to pay their fees settle their accounts soon. The preferred payment method is by direct bank transfer: BSB: 012 071 Account Number: 197614021 Account Name: The Lions Club of Sydney Chinese Inc.

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Sydney Chinese Lions and Guests at Zone 4 Meeting

Message from our International President

Dear Lion MEI-HA,

There is an old prescription for keeping a happy home: "Treat your guests like family and treat your family like guests." That may seem a bit impractical in daily life but I think it contains a central truth. It means that warm compassion and respectful courtesy are due in equal measure to those who are closest to us as well as to those we wish to know better.

I believe we can apply this lesson to the way we behave as Lions. Let us not forget that the members of our own club deserve the same compassion as those we hope to serve. They too, are our neighbors, members of our community and merit -- in a special way -- our service. They are our Lions family.

Just as we would not ignore a request from a family in need, we should remain open and responsive to ideas and suggestions from new members.

Just as it would be rude to expect a visitor to our homes to know our family history and customs, we owe an effective orientation to those who join our clubs.

Just as we wish to serve our guests the best possible food and drink, it is our task as Lion leaders to ensure that our members have the highest quality experience possible. That might mean taking your club through the [Club Excellence Process](#) (pdf).

Lions Clubs International has developed many tools and programs to help clubs become more family oriented. They are summarized in a new publication, [My Club, My Family](#) (pdf), which I hope you will view on the LCI Web site.

I thank you for being a part of our Lions family. I know we share a common belief that we can change the world through service.

Sincerely,

Wing-Kun Tam
International President 2011-2012



International President
Wing-Kun Tam

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



Sydney Chinese Lions Information Night

Sydney Chinese Lions

An Information Meeting was held by Sydney Chinese Lions on 9 August at Zilver. There were 2 purposes. First, it was to raise awareness of Lions and the club and second, to recruit more members. 12 enthusiastic members of the club were invited. They were asked to bring a guest or two to the meeting.

Some 30 members and guests attended the meeting. 5 membership application forms were collected at the end of the function while a few more are in the pipeline. It is planned that further Information Dinner Meetings be held once a month in 2011.

The Information Meeting was the first ever Sydney Chinese Lions' function that Olivia Luo & Lesley Wang attended.

海纳百川 有容乃大

第一次与悉尼华人狮子会会员相聚



2011年8月9号，这一个略有寒意的初春，是我第一次参加悉尼华人狮子会的聚会。时虽短暂，却为一个只身异地，怀抱梦想而独自打拼的澳洲留学生打开了一片充满希望的广阔视野，传递了一份意想不到的浓浓的温暖。

聚会之初，我那因为陌生而产生的稍许紧张和怯懦，在狮子会成员那充满关爱的眼神中，不知不觉的消退。虽然初次相逢，但温柔亲切的会长美姐就像妈妈一样，用久违的温暖，招呼着我，仿佛带我回到了家。

悉尼华人狮子会前会长兼狮子会201N5区第四分域张主席用他那热情洋溢富有感染力的声音宣布聚会的正式开始。通过张主席简短精辟又深情款款的对狮子会的介绍，让不论是如我一般初识狮子会的学生，还是服务多年的资深会员，都被他的对狮子会的热情所围绕，被他对狮子会的深情所打动。

这一次短暂的聚会，让我明白了悉尼华人狮子会强大的真正原因，这一次深入的交流，也加深了我对悉尼华人狮子会在悉尼社会中举足轻重的地位的认知。悉尼华人狮子会的成员，在社会不同阶层领域中如中流砥柱一般，奋斗着，带领着不同行业的进步，在狮子会也收获着，分享着他们的耕耘和梦想。虽然在人生中的轨道不同，但是相同的是狮子会成员共同的信念：回馈社会；相同的是成员们不懈的追求：服务社会。

通过会长和主席的介绍，与会员们的交谈，我体会到狮子会心系祖国的情真意切。在祖国大陆汶川地震之后，悉尼华人狮子会第一时间向受灾地区捐款，用最真挚的行动表达着他们的关怀。这一种不求回报无私付出深深的触动了我。汇聚着悉尼华人赤子之心的狮子会也汇聚着爱的力量，悉尼华人精英们的智慧和那一份绵绵不断的无私付出的崇高精神。海纳百川，正是这一种精神才将澳洲的华人狮子会凝聚的如此坚定，如此强大。

By Lion Olivia Luo 罗喆

Sydney Chinese Lions - Information Night

Lion Lesley Wang writes ...



Since established in 1995 as the first Chinese-based Lions club in Sydney area and Norfolk Island, The Lions Club of Sydney Chinese Inc now has more than 130 members. Despite this, they have plans to bring in even more members to the club.

On Tuesday, 9 August 2011, an Information Dinner Meeting was held at Zilver restaurant, Chinatown. It was a very good opportunity for Lions to meet with potential members and for invited guests to become interested in becoming a Lion. Around 30 members and guests including President Mei Cheng, Zone Chairman Dr Anthony Cheung and Vice Presidents Jason Zhang and Wendy Lin attended the meeting.

Zone Chairman Anthony hosted this special meeting which was the first of its kind ever hosted by Sydney Chinese Lions. He firstly welcomed everyone and made a brief introduction to the history and purposes of Lions Clubs International. He propounded that the Lions motto is "We Serve" and Lions are always looking for an increasing number of like services minded individuals to help serve the community. Lion Anthony also reviewed the history and major past events of Sydney Chinese Lions Club, and the key projects that the club is currently working on, for example the Annual Health Talk Day, and their very successful Charity Balls.

After attending this Information meeting, invited guests have a better understanding of who we Lions are and what we Lions do. During the meeting Membership application forms were provided to guests who were interested in joining the club.

Zone 4 Meeting

2 August 2011

On 2 August 2011, Zone 4 Lions of District 201N5 got together for their first Zone meeting in 2011-12. They were there to meet and welcome their new District Governor Stephen Coleman. Zone 4 held a distinct honor as it was Lion Steve's first ever Zone meeting as District Governor.

The meeting was chaired by Zone Chairman Dr Anthony Cheung and hosted by Sydney Inner West Lions held at Emperor's Garden. Members and guests from all the 5 clubs in the Zone showed up in force to support their District Governor. There were over 130 attendees at the joint gathering.

Sydney Chinese were led by President Mei Cheng, Sydney Pacific by President Eric Tam, Sydney Inner West by President Jonathan Yee, Sydney Executive Business by President Benjamin Chow AO, while NSW Parliamentarian was represented by Charter President the Hon Helen Sham Ho.

DG Stephen was accompanied by Cabinet Secretary John Daley and Lions Lady Sandra Daley. The meeting started with 1st VP Jason Zhang of Sydney Chinese lead singing the Australian National Anthem. ZC Anthony then called the meeting to order, followed by the reading of Lions Purposes by President Benjamin Chow and Lions Ethics by Past President Eugenia Lieu of Sydney Pacific. President Jonathan Yee then made the Official Welcome, followed by Cab Sec John introducing DG Stephen. Subsequently, DG Stephen gave his Official Address. He encouraged Lions to continue to do good and to be mindful of membership retention and growth. At the conclusion of his speech, he presented International President Tam's lapel pins to the club presidents in exchange of their club's bannerettes.

After District Chairman John Chate delivered the Invocation and Loyal Toast, dinner was served.

During dinner, Lion Serena Lee of Sydney Inner West performed a couple of English songs as entertainment. Each club president in turn

gave a brief account of their club's highlights and activities. DG Stephen also conducted new members induction: Pamela Ling, May Wong, Milly Yang were inducted into Sydney Chinese while Jian Sheng Wu and Kai Meng Cheng were inducted into Sydney Inner West.

"Members and guests from all the 5 clubs in the Zone showed up in force to support their District Governor..."

"DG Stephen Coleman encouraged Lions to continue to do good and to be mindful of membership retention and growth..."

"the excitement index was even higher for those who were lucky enough to win a few dollars!"



District Governor Stephen Coleman, President Eric Tam, President Benjamin Chow AO, President Mei Cheng, Charter President Sham Ho, President Jonathan Yee and Zone Chairman Dr Anthony Cheung

Zone 4 Meeting (contd.)

The function was capped with much fun and laughter. 2nd VP Howard Shi of Sydney Chinese did the Tail Twisting. His jokes were stirring and funny. For the attendees, there was an even more interesting twist in-installed. Quite unlike the majority of meetings and community dinners, no raffles sales were organised that evening. This meant that the attendees did not have to fork out an extra few dollars. Instead, after the Tail Twisting, each attendee was handed a free \$1.10 scratchy. One could easily imagine the excitement in the room that followed as everyone scratched their tickets. Clearly, the excitement index was even higher for those who were lucky enough to win a few dollars!

The party ended after



**Sydney Inner West Lions with District Governor Steve
District Officers and Club Presidents**

official group photos were taken. A big THANK YOU to President Jonathan Yee and Sydney Inner West Lions for hosting such a wonderful party and to all the presidents and members of Zone 4 clubs for supporting the function. It is envisaged that each of the other clubs will in turn host a Zone meeting in Q2, Q3 and Q4 of the 2011-12 Lions Year.



**Sydney Pacific Lions with District Governor Steve
District Officers and Club Presidents**



**Sydney Chinese Lions with District Governor Steve
District Officers and Club Presidents**

Lions Clubs International

District 201 N5

Zone 4 Meeting

Tuesday, 2 August 2011

Hosted by Sydney Inner West Lions

Programme

Master of Ceremonies: Lion Dr Anthony Cheung JP, Zone 4 Chair

Australian National Anthem

Lead Singer – 1st VP Jason Zhang of Sydney Chinese Lions

Call to Order

Master of Ceremonies

Lions Purposes

President Benjamin Chow, AO of Sydney Executive Business Lions

Lions Ethics

Past President Eugenia Lieu of Sydney Pacific Lions

Official Welcome

President Jonathan Yee, JP of Sydney Inner West Lions

Introduction of District Governor

Lion John Daley, Cabinet Secretary

District Governor's Address

DG Stephen Coleman, District 201N5

Exchange of Bannerettes

DG Stephen Coleman and Club Presidents

Invocation and Loyal Toast

Lion John Chate, Chair - Peace Posters & Hearing Dogs

Dinner Served

Dinner Money Collection

Treasurer Lion Anson Chung of Sydney Inner West Lions assisted by others

Entertainment

2 English songs performed by Lion Serena Lee of Sydney Inner West Lions

Club Activities Reports

Sydney Executive Business Lions – President Benjamin Chow AO

Sydney Inner West Lions – President Jonathan Yee JP

Sydney Pacific Lions – President Eric Tam JP

Sydney Chinese Lions – President Mei Cheng JP

Induction of New Members

Pamela Ling, May Wong, Milly Yang, Kai Meng Cheng and Jian Sheng Wu

Conducted by DG Stephen Coleman

Tail Twisting

Group Photos

Reflections of 2 New Lions

My Thoughts on the Zone 4 Meeting as a New Lion Lion May Wong writes...

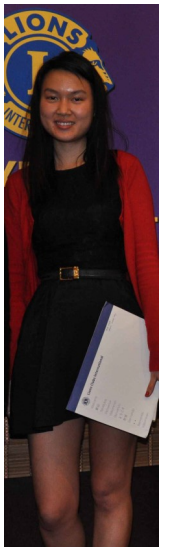
Located at Emperor's Garden Seafood Restaurant, the Zone Meeting took place above a bustling Chinese Restaurant where customers ordered crabs over countless bottles of Tsing Tao beer. This was a contrast to the formalities of the Zone 4 Meeting upstairs where the congregation of more than 130 Lions took place. The speeches from District Governor Stephen Coleman and Club Presidents of the 5 clubs in the Zone reminded me that I was about to be inducted into an organisation with much prestige and global reputation.

Members from all of the 5 clubs in the Zone attended the function, demonstrating how Lions Clubs is an active group in all parts of Sydney. I was overwhelmed by the hospitality towards my induction and the induction of four other members. After making the Lions Pledge led by DG Stephen, existing Lions came forward and warmly shook our hands one by one.

Lions is a dynamic gathering of individuals from all walks of life who are united under the common goal of serving the needy and the general community. On the night I met a plastics surgeon, an optometrist and an architect, who all fervently support the purposes and ethics of Lions.

To offset the formalities of the event, a 'tail twister' provided some jokes and humour to finish the night. I am humbled to be part of Lions as I am confident that it will be the beginning of a long relationship, at least facelifts and reading glasses will be more accessible now.

Lion May Wong is a final year Medical student at the University of NSW. She was inducted into Sydney Chinese Lions on 2 August 2011 by DG Stephen Coleman.



感恩与责任

又是一个星期二的傍晚，华灯初上，皇冠酒楼二层的圆桌上早已铺上了白色的桌布，摆好了洁净的餐具。宾客们络绎不绝，其乐融融。相逢、握手、拥抱、问候，尽情享受团聚的喜悦。我微笑着走在他们中间，注视着这一切，虽然这已经不是我第一次参加狮子会的晚宴了，然而对我而言今天却是个特别的日子。

今天，是我正式加入狮子会的日子。回顾过去，每一次参加狮子会慈善活动的情景历历在目。第一次，是作为志愿者的角色参加一年一度的悉尼会议中心举办的慈善餐舞会的。一切的一切对我而言都是那么新鲜，盛装出席的人们、美仑美奂的灯光、令人眼花缭乱的节目还有精致美味的食物。就像进入了大观园，强烈的新鲜感刺激着我的眼球，冲击着我的内心。狮子会，对我而言，是一个五彩斑斓的世界，而我像一个孩子一般，探着脑袋，透过门缝，好奇地注视着外面的这个世界。

第二次参加狮子会晚宴，想到要和很多朋友重聚，心底流淌着温暖和愉悦。作为留学生的我，远渡重洋来到异国他乡，心底最需要的还是一种归属感。亲不亲，故乡人，在蓝眼睛白皮肤的世界里，有一个小群体是专属于黑眼睛黄皮肤的炎黄子孙的。每个月都会有个小小的聚会，在这里，重逢老朋友，相识新朋友，时而谈笑风生，时而倾诉衷肠，似乎永远有说不完的话题，时间总是过的很快。此时，狮子会之于我，好似一个大家庭，兄弟姐妹们之间相互关爱，相互照顾，虽然身在异国，我在这里却感受到了浓浓的真切的情谊。

今天我站在台上，接受入会仪式，手捧着证书，宣读着誓言，成为了正式的会员，心中除了激动之外，更多感受到的是肩上的责任和义务。怀着感恩的心态去生活，珍惜现在拥有的一切，勇敢创造属于自己的一片天空。与此同时，不要忘记身上肩负的使命，尽自己最大的能量去回馈社会。滴水之恩当涌泉相报。在这个世界上，有一些人饥寒交迫，有一些人贫困潦倒，有一些人身体残缺，有一些人病入膏肓。他们是社会中的弱势群体，需要每个人的关爱和帮助。伸出我们的援手，设身处地地为他们提供服务，减轻他们的痛苦，增加他们的快乐，是我们义不容辞的职责所在。

凌晨

Lion 凌晨 Pamela Ling was inducted into Sydney Chinese Lions on 2 August 2011 by District Governor Stephen Coleman



District Governor Steve Inducting 5 New Members into Sydney Chinese Lions and Sydney Inner West Lions at the Zone 4 Meeting on 2 August 2011

Sydney Chinese Lions Health Talk Day 2011



雪梨華人獅子會 康恩關懷中心 聯合主辦
 2011 年度 「雪梨華人獅子會週年健康講座日」
 身心醫治 全人關懷 慢性病與癌病之綜合治療及護理



27-8-2011 星期六 10am - 5pm 粵語健康講座 不設門票 先到先得 免費入場 好市圍 Club Central 二樓演講廳
 澳華醫學會 澳大利亞中醫學會 澳洲全國中醫藥協會 協辦

Time 時段	Topic 講題	Speaker 講員
1000-1030		Opening 開幕式
1030-1100	Chinese Medicinal Dietary for Elderly with Chronic Diseases 老年慢性病患者之食療湯水	Rose Chen 陳曙儀中醫師 澳洲全國中醫藥協會秘書長
1100-1130	Holistic Care 全人關懷	Pastor Jackie Chan 陳偉雄先生 康恩關懷中心培訓總監 前香港醫院院牧
1130-1200	Proper Use of Medication 如何正確使用藥物	Dr Amelia Siu 蕭穎恩醫生 澳華醫學會社區健康委員會副主席
1200-1230	Legal Issues in Chronic Diseases and Cancer Management 慢性病及癌症病人應注意之法律事項	Lawyer Carl Ku 顧璋律師 新州執業律師 雪梨華人獅子會法律顧問
1230-1245		Q&A 問答時間
1245-1330		Lunch 午餐(自備)
1330-1400	Mindfulness Based Treatment 正念治療法	Ruby Chan 陳鄭鳳儀女士 專業心理輔導師
1400-1430	Symptoms Management in Chronic Diseases and Cancer 慢性病及癌症症狀之治療	Dr Danfor Lim 林奇恩醫生 澳華醫學會綜合醫學委員會主席 RPA 醫院舒緩醫學科醫生 維州註冊中醫
1430-1500	Nutritional Needs in Chronic Diseases & Cancer 慢性病及癌症患者之營養需求	Angel Chan 陳鈺晶女士 資深顧問營養師
1500-1515		Interval 中場休息
1515-1545	Chinese Herbal Dietary Intake for Chronic Disease & Cancer 慢性病及癌症患者之中醫食療	Dr Henry Luo 羅小峰博士 新南威爾斯大學博士 澳大利亞中醫學會理事兼奠基資深會員
1545-1615	Psychological Consideration in Chronic Diseases and Cancer 慢性病和癌症患者及其看顧者之心理健康	Noris Ma 馬信誠先生 註冊心理學家 認可心理學督導師
1615-1645	Chronic Diseases Management Plan 慢性疾病之治療計劃	Dr Fred Leung 梁福榮醫生 康恩關懷中心會長 家庭醫學專科醫生
1645-1700		Closing Ceremony & Panel Q&A 閉幕式及問答時間

溫馨提示: 敬請注意, 本講座所提供之所有資訊(包括問答時間)只可作參考之用, 並不能以此構成任何醫患之關係。若與會人士以此自行作出任何臨床決定而未經閣下之主診醫生或專業健康從業人員認可, 雪梨華人獅子會與康恩關懷中心及所有講員一概不負上任何法律上之責任。

We sincerely thank the Supervisory & Organizing Committees of the Sydney Chinese Lions Health Talk 2011 for their efforts and dedication in putting together this very successful and meaningful function.

The Sydney Chinese Lions Health Talk 2011 Supervisory Committee

Chairman: Lion Dr Danfor Lim JP
 Secretary: Lion Emily Hung
 Members: President Lion Mei Cheng JP
 Zone Chairman Lion Dr Anthony Cheung JP
 Lion Dr Janet Hung JP
 Lion Wendy Lin



雪梨華人獅子會
康恩關懷中心
聯合主辦



雪梨華人獅子會週年健康講座日

講員

林奇恩
醫生



梁福榮
醫生



蕭穎恩
醫生



陳曙儀
中醫師



羅小峰
博士中醫師

陳偉雄
康恩培訓總監



馬信誠
註冊心理學家

陳鄭鳳儀
心理輔導師



陳鈺晶
營養師

顧 璋
律師

《重新了解生命系列》之

『身心醫治 全人關懷』

慢性病與癌病之綜合治療及護理

語言 粵語

日期 2011年8月27日(星期六)

時間 10:00am - 4:45pm

地點 好市圍 Club Central (Hurstville)
2 Crofts Avenue, Hurstville 2220
(Westfield商場及巴士總站旁)

查詢 9267 5977 (洪小姐)

不設門票，先到先得，不設午餐
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

協 辦 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)

支持單位 新州癌症協會 (NSWCC)
更生會 (CanRevive)
晨光關懷協會 (FLCA)
澳華療養院基金 (ANHF)
雪梨華人宣道會 (SCAC)
Carbonelle Consulting

獨家贊助商 神農集團





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 206 countries and geographical areas all over the world. In District 201N5, which covers the Sydney area and Norfolk Island, there are some 76 clubs with around 1,750 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 sixteen years, under the leadership of President Mei Cheng, Past 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 \$450,000 to a number of charities including the Royal Flying Doctor Service of Australia, St John (NSW), the Australian Red Cross, 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 encouraging young adults to participate in humanitarian services, hence, since 2003, it has been offering its humanitarian scholarships. In 2009, they set up the 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

Upcoming Events

Function/Organizer	Venue/ Dress Code	Date & Time	Cost
Sydney Chinese Lions Health Talk 2011 Sydney Chinese Lions & CanCare Centre	Club Central Hurstville 2 Crofts Avenue, Hurstville casual	Saturday 27 August 2011 10:00am to 5:00pm	Open to the public Free of Charge
September Members Meeting Sydney Chinese Lions	Zilver Restaurant Chinatown After five	Wednesday 7 September 2011 7:00 for 7:30pm	\$30 per person for dinner
ANZI Forum LCI Constitutional Area VII	Jupiter Hotel Gold Coast	9-11 September 2011	\$100 for registration others extra
District N5 Convention LCI District 201N5	Norfolk Island No ties please!	25-27 November 2011	Register at Accreditation at Norfolk