

SYDNEY CHINESE LIONS



28 NOVEMBER 2010

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Editorial

We are pleased to report that the Sydney Chinese Lions Public Health Talk 2010 was well supported by over 400 in attendance. Many GPs and Traditional Chinese Medicine doctors were present. "Chronic Diseases Management: East meets West" clearly meant for the attendees to look for a second opinion. We heard that during the free consultation session, some participants sought a third, a fourth or even a fifth opinion. Someone suggested the theme for the Health Talk next year but I've forgotten what it was! Or was it "Aged related Dementia"?

Twenty members of Sydney Chinese Lions attended the Second Zone Meeting on 1 November at Emperor's Garden hosted by Sydney Inner West Lions. It was another opportunity for us to see other Clubs in the Zone in action. The next Zone Meeting is being planned for February. It will be hosted by Sydney Business Executives Lions. Tentatively, the meeting is scheduled for 6:30pm on Thursday, 17 February at the newly opened Chinese Restaurant in Market City.

The District 201N5 "Orientation Night" was held on 28 October in seven different locations in Sydney simultaneously. Eighteen Lions in-

cluding one each from Redfern-Waterloo and Western Sydney; two from Sydney Waratah and fourteen from Sydney Chinese attended the session held at Zilver Restaurant with Zone Chairman Dr Anthony Cheung being the presenter. Feedback from the participants has been rather positive.

Christmas is just around the corner. The Sydney Chinese Lions Christmas Party this year will be held on Wednesday, 8 December at Zilver Restaurant. The venue can accommodate only around thirty tables. Major Beneficiaries of current and recently past Charity Balls, viz, CareFlight, St John Ambulance, Australian Red Cross have all booked a table each. Tickets are only \$50 per head. We anticipate all the seats will be snatched up pretty soon. If you don't want to miss out on the fun and action, please contact Acting Secretary Janice Cheung at aw-ing83@hotmail.com as soon as possible, definitely no later than 29 November.

Finally, from the Board and the Editorial team, we wish you all a very Merry Christmas!!!!!!

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Sydney Chinese Lions and Guests at November 2010 Members Meeting



澳洲雪梨華人獅子會

The Lions Club of Sydney Chinese Inc.

District 201N5 of Lions Clubs International
P.O. Box K422, Haymarket Sydney NSW 2000, Australia
www.sydneychineselions.org.au

*The President and Members
of the Lions Club of Sydney Chinese Inc.
Request the pleasure of your company to attend their*

Christmas Party

*on Wednesday, 8 December 2010
7:00 for 7:30pm*

*at Silver Restaurant (同樂軒)
Level 1, 477 Pitt Street, Sydney 2000*

*\$50 per person/
\$500 for a table of 10*



RSVP

*Acting Secretary Janice Cheung
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A Message from Our International President

Dear Lion MEI,

It takes time to make a Lion. Certainly all Lions, even the newest, share in the same privileges and responsibilities as every other Lion, but to really understand what it means to be a Lion - that takes time.

Even experienced Lions sometimes underestimate the value of our service. That is not true of the people we serve. They fully understand the value of what we do and they will tell us about it if we listen with open hearts.

I can still remember hearing the words, "We can always count on you Lions," when my home club in North Carolina delivered holiday packages to families in need of food. I recall the gratitude of elderly people who received a flu vaccine at the annual health fair my club organized and I will never forget the joy on the face of a child who received her first pair of eyeglasses from a Lion. These were some of the most rewarding experiences of my life and they taught me what it really means to be a Lion.

It is our job as Lion leaders to ensure that all Lions have opportunities to experience the rewards of service. That feeling of accomplishment and connection to another human life is our "secret weapon" in the effort to build and retain our membership. The more moments like those that we provide to our members, the more satisfying their Lions experience will be. And satisfied members are the best ambassadors our clubs can have. They will surely attract other people of good will who are seeking the rewards of service that only membership in a Lions Club can provide.

The next Global Service Action Campaign will provide many opportunities for the kind of one-to-one interaction I have been describing. Please do all you can to ensure that as many Lions as possible participate in [Relieving the Hunger](#), scheduled for December and January.

Thank you for all you do.

Sid L. Scruggs III
International President



**International President
Sid Scruggs III**

***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



Health Talk 2010

The Lions Club of Sydney Chinese has recently held a full-day Public Health Talk on 30 October at the University of Technology, Sydney. This year's theme was "Chronic Diseases Management: East meets West". The focus was on metabolic syndromes which include diabetes mellitus, hypertension, and hyperlipidaemia.

The event attracted more than 400 participants from the general public. The Talk also served as a good platform for Western and Chinese Medicine professionals to exchange ideas. The organizing committee comprised Dr Danforn Lim as Chairman, President Ms Mei Cheng JP, Honorary President Dr Anthony Cheung JP, Ms Emily Hung, Ms Janet Hung JP, and Ms Wendy Lin as members. The function was supported by the three Australian major professional medical organizations (both Western and Chinese medicines) including The Australian Chinese Medical Association (Western Medicine), The Australian Traditional Chinese Medicine Association (Chinese Medicine), and The Chinese Medicine and Acupuncture Society of Australia (Chinese Medicine). Sponsors of the Talk included the Lions Club of Sydney Inner West, Beijing Tong Ren Tang Australia Pty Ltd and Kanion Nutrilife Australia Pty Ltd. CanRevive (NSW) Inc was also present on site to distribute health related information pamphlets.

In the Opening Ceremony, Dr Danforn Lim, Chairman of the Organizing Committee, pointed

out in his speech that according to data found in medical references, almost 30% of the population in Australia and other western countries including the US have metabolic syndromes, which are commonly known as diabetes, hypertension, and hyperlipidaemia. He extended his appreciation to the professional organizations that contributed and supported this event to enable the local Chinese community to be better informed about the subjects from the viewpoints of Chinese and Western medicines. President Mei Cheng, on behalf of the Lions Club of Sydney Chinese Inc, expressed gratitude to the public for their support for the club. Accompanied by Dr Danforn Lim and Dr Anthony Cheung, President Mei Cheng presented Certificates of Appreciation to all the participating communities. On behalf of Lions Clubs International, Zone 5 Chairman Dr Cheung made a brief explanation of the International Lions movement and the Lions motto "We Serve". Dr Stephen Li, Deputy President of ACMA, Mr Andrew Bin Guan, President of ATCMA and Mr Guoqing Wei, President of CMA-SA also delivered their speeches during the ceremony. Dr Li mentioned that all doctors in ACMA are rather active in their professional associations and they also provide assistance to a lot of community-based health care promotional activities. Due to the fact that Chinese medicine and natural therapies are quite popular in Chinese communities, and that the Australian Chinese Medicine Registration will be launched in 2012, ACMA recently established an Integrative Medicine Committee headed by Dr Danforn Lim to serve the public and uphold patients' rights. The Committee will use evidence-based medicine as its guideline to scientifically carry out evaluations



At the Opening Ceremony



Attendees at the Health Talk

on alternative therapies and treatments to integrate eastern and western medicines. Further, the Integrative Medicine Committee will hold regular inter-exchange visits to concerned government departments, professional organizations, and Chinese medicine universities.

President Andrew Guan expressed his gratitude to the Lions Club of Sydney Chinese for providing a platform to promote Chinese medicine. He remarked that although it has only been 30 years since Chinese Medicine first made its appearance in Australia, it has developed rapidly. Now we can see Chinese Medical clinics almost everywhere. One after another, Australian universities have opened their Chinese Medicine programs at Bachelor's, Master's and Doctoral levels. There is an increasing number of people going to Chinese Medicine practitioners seeking medical treatments. The number of rare cases receiving treatments by Chinese Medicine is continually on the rise. The national Chinese Medicine registration will be launched in 2012. As Chinese Medicine practitioners, we need to promote and make the news known. ATCMA is determined to better promote Chinese Medicine in the future. President Guoqing Wei emphasized the necessity and benefits for the

public to learn about the pathogenic mechanism and treatment methods from both the angles of Chinese and Western medicines. He acknowledged that in the process of promoting Chinese Medicine, the Lions Club of Sydney Chinese and other communities have an essential role to play as bridges.

Speakers of Western medicine on the day included Dr Stephen Li, Dr Danforn Lim, Dr Amelia Siu, Dr Andrew Wong, while speakers of Chinese medicine comprised Ms Rose Chen, Dr Henry Luo, Mr Jingbiao Li and Mr John Wu. Over lunch, free medical consultations were offered. Keen and active participation was evident and all doctors present had to work extra hard to answer questions raised by patients. The whole of the consultation area was extremely busy. Much positive feedback on the function was received afterwards. Participants expressed their wishes in seeing such events being held again soon.



Certificate Presentations

Free Medical Consultations

A Mid-Autumn Festival Visit to the Indo-Chinese Elderly Hostel

The Lions Club of Sydney Chinese Inc visited the Indo-Chinese Elderly Hostel in September to celebrate the Chinese Mid-Autumn Festival with the residents - April Zhang reports ...

In Chinese culture, the Mid-Autumn Festival is a time for family reunion," Mei Cheng, President of the

Lions Club said. "We are glad we had the opportunity to accompany the seniors like families and we tried to make them enjoy this special day with others. They were not alone."

The club prepared gift packs and festival food - moon cakes - for the residents. Unlike the past years, in addition to the members' performance, the club especially arranged kids' motivational shows to give the seniors a jolly time. President Mei said same as their first visit last year, the club still donated \$2,000 to help maintaining and expanding the hostel.

Most Indo-Chinese Elderly Hostel residents are aged 80 or above and have age-related illnesses and they need much social attention. "We hope more concern from the community will come to these old people," Mei said.

The Lions Club of Sydney Chinese Inc is a member of Lions Clubs International, an international non-profit community service organization

established in over 200 countries. The Club, set up in April 1995, is the first Chinese-based Lions Club in New South Wales, Australia.

Event: Indo-Chinese Elderly Hostel Visit
Where: 680A Cabramatta Road, Bonnyrigg NSW
When: 10:00 am, 19 September, 2010

For more informational about the Lions Club of Sydney Chinese please visit the Club's website at: www.sydneychineselions.org.au.



Some of the Elderly at the Indo-Chinese Elderly Hostel

May we Grow Old Together Stay Happy and Healthy



雪梨華人獅子會

十一月份例會

首先多謝各位參與十一月份舉行的週年會員大會的會員。 以下是當晚我們的一個簡短報告。

每月的會員通信將會由 Fluer Ye 透過郵寄方式傳遞給沒有電郵的會員。 而其他會員將會收到電子版本。 在此感謝 Fluer Ye 抽空為本會服務。

於十月三十日，一年一度的雪梨華人獅子會健康講座已圓滿結束。 得以順利完成有賴以

林奇恩醫生為首的籌委會全力支持。 當晚林醫生把一些有趣事情和大家分享，引得滿堂大笑。 在此必須多謝一眾醫師捐出他們寶貴的時間，為大家解決疑難。 他們無私的精神是我們必須學習的。

聖誕聯歡會將於十二月八日(星期三)在同樂軒舉行。 每位\$50 或 \$500 一桌十人。 有興趣參與的朋友必須與 Janice 預訂-電郵: awing83@hotmail.com.

獅子會 N5 區週年大會議將於十一月二十日及二十一日，於 Bankstown Sports Club 舉行

開會當晚我們請到 CareFlight 的 John Ebbot 先生為我們講解拯救隊的日常工作和事務，及醫護人員的訓練過程。 我們更明白到沒有各界的捐助，他們的工作是無法進行的。 各位會員必須緊記於明年三月十九日舉行的慈善餐舞會。



New Inductee together with Sponsor at November Members Meeting

November Members Meeting of Sydney Chinese Lions



我們一定要鼎力支持。

恭喜新會員 Carl Shen 獅兄的加入。

接下來的就是抽獎和十一月份生日的會員切生日蛋糕的時間。他們分別是 Jenny Chan, Sandy Chan, Roland Fong, Frances Huang, Eleanor Khaw, Wendy Lin, Virginia Lo, Stephanie Luo, Chris Zaslowski, Eileen Zhang 和 Karen Zhang. 祝各位生日快樂!



The Birthday Group

下一次晚飯例會將在十二月八日星期三，七點與聖誕晚會同時於同樂軒舉行。而理事會會議就將於十一月十七日星期三，七點於富麗宮酒樓舉行。 See You 再見!



Induction of New Member

虎年獅子座
(蔡獅虎)



Sydney Chinese Lions and Guests at November Members Meeting



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 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

Upcoming Events

Function	Venue/ Dress Code	Date & Time	Cost per person
District 201N5 Convention District N5	Bankstown Sports Club Club uniform	20-21 November 2010	Free of charge, hospitality extra
Christmas Party 2010 Sydney Chinese Lions	Zilver Restaurant Lounge suit	Wednesday 8 December 2010 7:00 for 7:30pm	\$50 per person/\$500 for a table of 10
Charity Ball 2011 Sydney Chinese Lions	Parkside Ballroom Sydney Convention & Exhibition Centre, Darling Harbour Formal/National costume	Saturday 19 March 2011 6:15pm Pre-dinner drinks; 7:00pm function commences	Dinner: \$168 per person/ \$1,680 for a table of 10
LCI 94th International Convention Lions Clubs International	Seattle, USA Club uniform	4-8 July 2011	US\$100 if register by 30 December