

# SYDNEY CHINESE LIONS



28 OCTOBER 2010

VOLUME VII, ISSUE IX

## Editorial

Over the last twelve months, under the leadership of our President Lion Mei Cheng and Honorary President Lion Anthony Cheung, our club has seen steady growth in membership. This means there are new members and potential members who are interested to know more about our Club. They would like to know what are expected from them as dedicated Lions. A training session for new members will be held at Zilver Restaurant on Thursday, 28 October 2010. New members should sign up with Lion Jaco Chan for this session to find out all they need to know about Lions.

*"Prevention is better than cure"* - To promote awareness of health issues, particularly the age related ones, Sydney Chinese Lions is organising an Annual Public Health Talk Day for the Chinese speaking public.

This year's talk will be held on Saturday, 30 October 2010 at the Haymarket campus of the UTS. The Theme is *"Chronic diseases management: East meets West"*.

Medical personnel from three spon-

soring 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 (in Cantonese and Mandarin) on metabolic syndromes including hypertension, diabetes, high cholesterol and on TCM dietary therapy. After the talks, the audience will have opportunities to pose their personal health questions to the medical practitioners on a one-to-one basis.

The Annual General Meeting 2010 of the Sydney Chinese Lions will be held on the same day as their November Members meeting. It is to be held at 7:00 pm for 7:30 pm on Wednesday, 3 November, 2010 at Zilver Restaurant. All members are urged to attend the AGM.

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Sydney Chinese Lions and Guests at October 2010 Members Meeting

**Congratulations**  
to 1st VP Jason and Secretary Crystal  
on the birth of their baby girl Lindsay!

日期: 2010年10月30日(周六)  
時間: 9:30am – 5pm  
地點: UTS University Hall L2 Bld 4  
雪梨科技大學第四號大樓  
2層大禮堂(毗鄰唐人街)  
查詢: 洪小姐 (電話 92675977)

**講員包括:**

李超浩醫生、林奇恩醫生、蕭穎茵醫生、  
Vincent Wong 醫生、韋國慶中醫師、  
陳曙儀中醫師、羅曉峰博士、  
李景標中醫師、鄔敬遠中醫師。

**協辦單位**

澳洲雪梨內西區獅子會  
澳華醫學會ACMA  
澳洲全國中醫藥協會ATCMA  
澳大利亞中醫學會CMASA

**禮品贊助商**



The Lions Club of  
Sydney Chinese Inc  
澳洲雪梨華人獅子會

## 慢性疾病調理 之中西醫治療

三高症  
糖尿病、高血壓、高血脂

**公開健康講座**  
**免費入場**

*We Serve*

三大華人中西醫學專業團體攜手合作共同探討  
現今三高症(代謝綜合症)之中西醫治療方法

*The Club Monthly Bulletin Editorial Panel comprises 3 members:  
Lions Anthony, Henry and Dennis. You are most welcome to join this  
exciting and creative team. Just tell Anthony if you're interested.*



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](http://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  
Mobile Phone: 0414 616 017  
email: [arwing83@hotmail.com](mailto:arwing83@hotmail.com)*



# A Message from Our International President

Dear Lion MEI,

It was a great pleasure to be with Kunio Hiramatsu, the mayor of Osaka and a Lion, for [World Sight Day](#). It was the 12th World Sight Day in which Lions have played a leading role. In Osaka I was proud to help the mayor dedicate a new feature of the city zoo for the visually impaired and to participate in outreach activities at the Nippon Lighthouse for the Blind.

The second Global Service Action Campaign was scheduled to support Lions participation in World Sight Day, but I have asked Lions around the world to focus on sight -- one of our oldest and most important service areas - for the entire month of October. If your club or district has not yet participated there is still time to collect eyeglasses, organize a vision screening or help visually impaired individuals participate in community activities. Read [20 Ideas for Vision Service Projects](#) for more ideas.

October has always been an active month for Lions Clubs International. It is traditionally the month in which we focus on [membership growth](#), and it is appropriate that we do so this month as well. In fact, it goes hand-in-hand with our October service initiative. A club program of service activities that are enjoyable, visible and [effective](#), is the most potent membership growth tool a Lions Club can have. The formula is pretty simple: more and better service activities equal more and more satisfied Lions who are proud to be a Lion.

The next opportunity for our clubs to participate in a highly visible and highly effective worldwide service project will come in December. I urge you to learn all you can about the third Global Service Action Campaign: [Relieving the Hunger](#). Please help meet that most fundamental human need and keep our Beacon of Hope burning bright for all to see!

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.*

# District Governor's Digest

District Governor John Harrison – Lions District 201N5  
18 October 2010



District Governor  
John Harrison

My apologies for not communicating with you earlier. It has taken me a little longer than I anticipated to settle into this role and despite the excellent training provided to the incoming District Governors there are still many things to learn once you take office.

It is hard to believe that we are now into the fourth month of this Lions year and the Lions International Convention in Sydney seems ages ago. I hope that all those who participated, either by attending or acting as volunteers, gained as much as I did.

Like many of you I have attended District and Multiple District Conventions and have always come away with renewed enthusiasm for the work that we do and a greater appreciation of the people who make up our organisation.

I have attended a number of Zone Meetings and I would like to thank the Region and Zone Chairs and the Clubs that have hosted these evenings. They have given me the opportunity to meet many of our members and learn about the activities and culture of the Lions outside my immediate area. They have also made me realise that you cannot define a Lion or a Lions Club. As in every walk of life you are all different and yet you combine to perform the most amazing acts of generosity and assistance to a wide variety of causes. My congratulations and thanks to all of you for your efforts.

By way of a lighter note I was very happy with the results of the Rugby League Grand Final. At half time I was trying to work out how quickly I could redesign my bannerettes and what sort of positive slant I could provide if Saints had lost again. Fortunately that was not required and I promise that I will be a generous winner. There is no truth to the rumour that my bannerettes are being overprinted with 'Premiers 2010'.

As you know our District Convention is getting very close and the number of registrations to date is very disappointing. Yes I know that Lions leave things to the last minute but I do urge you to register and come along. We have an excellent program of speakers and the 'Bandstand at Bankstown' dinner dance on Saturday evening will be a great night with a fabulous venue, excellent food and great entertainment. Don't forget that you are welcome to bring friends to this night and it will prove an excellent opportunity for them to see Lions having fun.

Remember 'Be The Change You Want to See'

Best Wishes – John Harrison

# 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. Danform 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 十月份例會

大家好. 多謝各位參與令十月份例會順利完成. 以下是當晚我們的一個簡短報告,沒有前來參與的會員希望下一次見到大家.

會議開始後,第一件談及的是明年一年一度的慈善餐舞會,各位會員必須緊記這日子. 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. 希望大家熱烈支持 CareFlight, 令他們可以最佳狀態拯救更多有需要人士.

另外更提及到在九月十九日到印支高齡宿舍的探訪活動. 有賴各位參與的會員,活動順利完成.

新會員的訓練將會於十月二十八日(星期四)在同樂軒舉行,可自行選擇進餐與否. 餐券為 \$20 一位. 有志參與的會員必須於十月二十日前向 Lion Jaco Chan 報名 -- 0433 698 896, email: [smallexample@hotmail.com](mailto:smallexample@hotmail.com)

年度會員大會將於十一月三日(星期三)在同樂軒舉行. 各會員請於七時三十分之前到達.

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則將於十一月一日(星期一)在皇冠酒家舉行.

另外聖誕聯歡會將於十二月八日(星期三)在同



New Inductees together with Sponsors at October Members Meeting



## October Members Meeting of Sydney Chinese Lions



New Members Induction



Lions Stephanie and Howard at Work

樂軒舉行. 每位\$50 或 \$500 一桌十人.

當晚有三位新會員加入. 分別是 Roland Fong, Donald Hartono 及 Nicholas Lau. 恭喜他們加入我們的大家庭.

接下來的就是抽獎和十月份生日的會員切生日蛋糕的環節. 他們分別是 Lions Philip



Birthday Cake Cutting



Chai, Ray Chan, Anthony Cheung, Sylvia Chong, Scarlet Fung, Carolyn Gan, Nicholas Lau, Siew Yi Lee, Howard Shi, Andy Tse, Connie Tse, Sau Lin Tse, Jasmine Wong 及 Bonny Yeung. 謹祝他們生日快樂!



下一次晚飯例會將在十一月三日(星期三), 七點於同樂軒舉行. 而理事會會議則將於十月二十日(星期三)於富麗宮酒樓舉行.



See You 再見!

虎年獅子座 (蔡獅虎)

Sydney Chinese Lions and Guests at October Members Meeting



## 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
Annual Health Talk Day <i>Talks given in Mandarin &amp; Cantonese only</i> Sydney Chinese Lions	UTS Club uniform	Saturday 30 October 2010 9:30am	Free of Charge
Zone 5 Meeting District N5 hosted by Sydney Innerwest Lions	Emperor's Garden After 5	Monday 1 November 2010 7:00 for 7:30pm	\$30 for dinner
November Members Meeting + AGM Sydney Chinese Lions	Zilver Restaurant After 5	Wednesday 3 November 2010 7:00 for 7:30pm	Dinner: \$30
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