



Sydney Chinese Lions

**MONTHLY
BULLETIN**

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Editorial

In this world there is only one Bill Gates Foundation because there is only one Bill Gates. The level of resources at a single Lions Club is a far cry from that of the Bill Gates Foundation. The Chinese has an adage: "Gathering intent builds castle." 众志成城. The success of any service organization is leveraged not on the personal wealth and resources of its founder, its President or any of its individual members. It is leveraged on the intent, or the support of ALL its members for the common cause.

The Lions Clubs International Foundation (LCIF), the official humanitarian service arm of Lions Clubs International, contributes hundreds of millions of dollars to eyesight protection as well as various health protection and disaster relief projects year after year. Where does the money come from? It mainly comes from donations of Lions Clubs worldwide. On top of that, annually, membership dues paid by each individual Lion are contributed to Lions Clubs International (LCI) at the International, Multiple District and District levels to help run the organization.

Put simply, Lions Clubs membership dues are annual donations made by each and every member of Lions Clubs to LCI. This means that every Lion pays and plays a part contributing to the worldwide hu-

manitarian services offered by LCI.

In Australia, the legislation requires each association to finalize its accounts and to convene its Annual General Meeting (AGM) within 6 months from the end of each fiscal year (end of June). The Hon Treasurer, Deputy Hon Treasurer and Auditors of Sydney Chinese Lions are at the moment all working hard to finalize the financial statements of the Club in order to be able to present them at the AGM at the November dinner meeting. All Lions who are not yet financial for this year please contact any of our Club's officers to contribute their annual donations ASAP. Otherwise the Board will have no alternative but to omit the names from the members' roll of those who are not yet financial.

Money is not the full story. Apart from gathering money or donations we also gather support for common interests. The 2013 Sydney Chinese Lions Health Talks Expo organized by a small Committee led by Lion Dr May Wong was a great success. The presentations in Cantonese (on 28/9/2013) and in Putonghua (on 5/10/2013) both had attendance in scores. Apparently, health is a common interest to many.

For the 70+ Lions Clubs in the Greater Sydney District and Nor-

folk Island (District N5) their AGM will be held at the Bathurst Convention on 15-17 November 2013. One of the highlights of this District Convention is the election of the District Governor (DG), the top post of the District, for the 2014-15 Lions Year. Our Past President Lion Dr Anthony Cheung, the current First Vice District Governor, being the only candidate allowed by the Constitution for the nomination of this position on this occasion, requires over half of the confidence votes of all Delegates present. Your support for Lion Dr Anthony, the very first Chinese Australian for this elected position by your attendance at the Bathurst Convention will be highly appreciated. At the Convention it will also be re-affirmed that Sydney Chinese Lions are hosting the next Convention at Castle Hills, Sydney in November 2014. Not only "Gather intent builds castles", we even gather all the Sydney Lions at Castle Hills in 2014!

Finally, we will be having our Christmas Party on Wednesday, 11 December at the Zilver Restaurant. Tickets are still at \$50 per head. As always, our Christmas Party is a preview to say welcome to the New Year and to start mobilization for the Charity Ball in March. Come join us to show a warm welcome to 2014.

By Lion Henry Leung

Special Points of Interest:

Sydney Chinese Lions (SCL) Annual Health Talks Expo Week 2013 was held successfully

SCL next Charity Ball on Saturday, 15 March 2014 at Allphones Arena, Sydney Olympic Park

District N5 Convention in Bathurst: 15-17 November 2013

SCL Christmas Party 2013 on Wednesday, 11 December 2013

Gentle Reminder: payment of outstanding annual dues



Sydney Chinese Lions and Guests at October 2013 Members Meeting

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A Message from International President

Lion Barry J Palmer AM

Fellow Lions:

I hope you enjoyed your time at the International Convention in Hamburg, Germany.

Like you, I have some very good memories with fellow Lions from around the world. As a result of these good times and thinking about Toronto next year, I want to issue you a challenge. Why not share your experience with somebody else? Sponsor a new Lion this year and take them with you to Toronto. What a great way to educate and inform, as well as expose them to what Lions are all about.

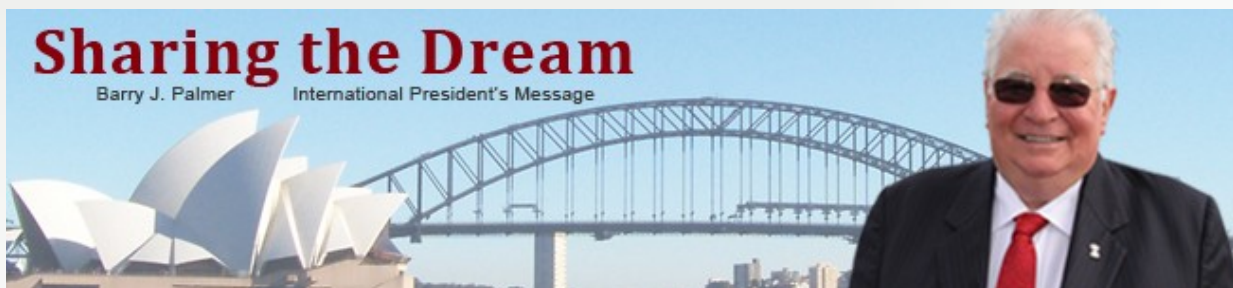
That is my challenge - - - make a big difference in the life of another person by exposing them to Lions.

We will have an exciting range of speakers and entertainment for you. This is truly an event not to be missed.

I look forward to seeing you in Toronto and meeting your new member.

Your President,

Barry Palmer



***Sydney Chinese Lions are privileged and honoured to have inducted
Lion Barry J Palmer AM as Associate Member on 5 August 2009***

A Message from Chairperson Lions Clubs International Foundation

Dear Lions,

During this time of year, I look forward to meeting many of you at the region-specific forums. It is inspiring to see Lions come together to discuss relevant topics, share ideas, learn from workshops and seminars, renew friendships and form new bonds. Forums also allow Lions to learn more about [LCIF](#) and how we can support Lions globally through our [four pillars of service](#).

Another highlight during this time of year is visiting LCIF projects completed by Lions. When the [earthquake devastated Haiti](#) in January of 2010, Lions met immediate needs, and also provided for long-term needs and reconstruction. I was able to see these long-term efforts when I visited Port-au-Prince a few weeks ago.

In [this video](#) taken during my trip to Haiti, you can view the progress of projects like the Montfort Institute for the Deaf, which provides basic education and vocational training for children in Haiti who are deaf. New classrooms and dorms are being constructed, and an LCIF grant is rebuilding the vocational training center on site. You will also see the rebuilt homes of community members who lost everything in the disaster, as well as other construction sites through the rebuilding efforts.

It is this commitment to helping others for which Lions and LCIF are known. We live in communities all over the world, and can meet needs for people in many places.

Sincerely,

Lion Wayne A. Madden
Chairperson, Lions Clubs International Foundation



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

Health Talks Expo 2013

Health Talks Expo 2013 report

On September 12, 2013 we had our press release for the 2013 Sydney Chinese Lions Health Talks Expo Week. It was hosted by Lion Dr May Wong, who is this year's chairperson. The event was attended by medical specialists, including Dr Tony Kuo, Dr Elis Choy and Dr Kenneth Ho; Lions Club members and Committee members, including President Lion Jason Zhang, and Past presidents Lion Mei Cheng and Lion Anthony Cheung; our sponsors, as well as our media partners.



The press release re-iterated the relevance of the Health Talks given the rise in chronic diseases due to our lifestyles habits including consuming processed foods high in sugar and salt, indulging in alcohol and compounded by a sedentary lifestyle. This has resulted in disease processes such as diabetes as well as obstructive sleep apnea. The theme for this year's talks is "Ask the Specialist: Conditions moving from the East to West". Sydney Chinese Lions Club is privileged to have the presence of several Sydney medical specialists who will speak in Cantonese and Mandarin about conditions, which are prevalent in the Western World and bear importance to a Chinese population. They will talk within their expertise on the pathophysiology, signs and symptoms and management options. Through these talks, the public will learn about prevention and methods to improve our health. These specialists are involved with teaching for universities within their hospitals. This year, the health talks expo will be spoken in Cantonese on the 28th September and Mandarin on the 5th of October. The event will start at 9:30am and finish at 4pm. Our speakers include Dr Ken Loi, an obesity and Bariatric surgeon who will discuss surgical options for obesity in diabetic patients, Dr Ellis Choy, a Plastic and Breast Reconstructive Surgeon who will discuss breast reconstructive options as a treatment modality. On that day, we also have Dr Eric Wong, a respiratory physician who will deliver a talk on his interest; disordered sleep breathing. Finally, Dr Aaron Yeung, an interventional cardiologist will provide an introduction to coronary artery disease. In the consecutive Saturday, we will have again 4 specialists; Dr Muh Geot Wong a nephrologist providing a talk on diabetic kidney disease, complimented by Dr Kenneth Ho, providing an overview of "Diabetes and You". Dr Tony Kuo, an Ear Nose and Throat Surgeon who will be talking about Common ENT diseases and health. Finally, Dr Audrey Wang is a urologist who will explore benign prostate hypertrophy.

In addition, it was announced that a special focus of this year's Health Expo Week was chronic Hepatitis B. This is a condition which is prevalent in many Chinese migrants as they are asymptomatic carriers. It can have the potential to cause damage, resulting in liver cancer and even death. With this in mind, they have arranged a talk by a gastroenterologist who will talk about the prevention, transmission and treatment of Hepatitis B. Following that, they will offer free blood tests to screen for Hepatitis B in the blood of consented participants. These results will be sent out to the participant and their family doctors for further follow up. As a study that is approved by the UNSW Ethics Committee, all results will be strictly confidential.

Lion Dr May Wong elaborated on the details of the day. During the extended lunch break, there will be one-on-one health consultations with doctors who will measure baseline characteristics such as height, weight, blood pressure and pulse rate. We will be giving out free glucometers to eligible participants, supplied by Abbott Diabetes Care. Furthermore, they will be available to answer questions regarding health. There will also be activities from our other sponsors; Blackmores will be providing samples from their extensive product range including Kaloba, a non-pharmaceutical way in treating acute bronchitis, BreastScreen will have a live booking system for women aged 50-74 to have interpreter based breast screening sessions.

Finally, Lion Dr May Wong expressed her gratitude towards the event's Sponsors, which range from local (Hurstville City Council, St George Private Hospital), national (Cancer Council, Breast Screen, Cancer Institute, Blackmores, Conrad Properties, Highlakes Property and China Venture, and global (Abbott Diabetes Care). Furthermore, she acknowledged the influence of our supporters (Hurstville Club Central, Omron, Douglass Hanly Moir) as well as our Media supporters (TVBA, Sing Tao newspaper and The Leader).

She concluded the press conference with a personal statement about how the event has endowed her with invaluable experiences for her clinical pathway as she hopes to be a doctor that is intertwined with her community.

Health Talks Expo 2013

2013週年健康講座

繼連續三年成功舉辦公眾健康公益講座後，各界反應熱烈，澳洲雪梨華人獅子會基於「我們服務」的信念，玆決定分別在9月28日星期六(粵語)和10月5日星期六(普通話) 在Hurstville好事園之 Club Central舉辦一個公開的健康公益講座周。籌委會成員包括黃茹蔚醫生（籌委會主席）、張重元會長、前會長張俊明博士及鄭美霞太平紳士。



此次健康公益講座提出大家日常生活方式和習慣，高糖和高鹽的加工食品的攝取，酒精的依賴，以及久坐不動的生活方式與慢性疾病的息息相關。這些不良的生活習慣便是導致如糖尿病以及阻塞性睡眠呼吸暫停等的主要原因。今年講座的主題是“問問我們的專家：從東方到西方的變化”。雪梨華人獅子會榮幸的邀請到幾位說廣東話和普通話的醫療專家們，來和大家探討在西方社會普遍的一些狀況對東方人尤其是中國人群的重要性。專家們將和大家討論專業範圍內的病理，體徵和症狀及對應的辦法。通過這次會談，市民可以了解到一些預防的方法，來改善我們的健康。這些專家也都是同時在不同的醫院執業和大學任教的。

今年的“健康講座”周將分為9月28日廣東話專場和10月5日普通話專場。均為週六上午9點30分開始，下午4點結束。講演嘉賓包括肥胖癥外科醫生Dr Ken Loi，他將同大家討論手術來解決糖尿病患者中肥胖癥的可行性；整形和乳房重建外科醫生Dr Ellis Choi，他將為大家闡述乳房重建作為治療方式的選擇。當天我們也邀請到了呼吸系統專家Dr Eric Wong，他會與大家探討睡眠呼吸紊亂的問題；介入心臟病學家Dr Aaron Yeung將為大家介紹一下冠狀動脈疾病。

在接下來的週六，我們還將榮幸的邀請到另外4名專家：腎臟病學家Dr Muh Geot 他會為大家講解糖尿病腎病有關知識；Dr Kenneth Ho為大家提供題為“糖尿病與你”的概述；耳鼻喉科外科醫生Dr Tony Kuo，將談論常見的耳鼻喉疾病與大家的健康關係。最後，泌尿科醫生Dr Audrey Wang將與大家探討良性前列腺肥大的有關問題。

這次健康公益講座有一個跟以往不同的焦點，那就是針對慢性乙型肝炎，因為這是一個盛行於許多中國移民的病癥，因為許多人是乙肝病毒的無症狀攜帶者。如果不加注意，也是可能導致肝癌甚至死亡的。考慮到這一點，我們也榮幸的邀請到胃腸病專家為大家講解乙型肝炎的預防，傳播和治療，在這之後他們將為一些自願參與的朋友提供免費的乙型肝炎抽血化驗。化驗結果會送至各個參與者的家中和其家庭醫生處以便有需要的人士日後的治療。此次化驗經由新南威爾士大學倫理委員會的批准，所有的結果均會為參與者嚴格保密。

在講座中場休息其間，會有一對一的諮詢項目。專家們將會為大家測量一些基本特徵，如身高，體重，血壓和脈搏。我們也將給予一些參與者雅培糖尿病護理提供的免費血糖儀。專家們將回答大家有關健康的問題。Blackmores作為此次的贊助商之一，也會為大家發放一些樣品，例如包括非藥品治療急性支氣管炎的Kaloba；BreastScreen將會為50-74歲的女性現場預訂乳房篩檢，並提供口譯員。

SCL Christmas Party 2013



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, 11 December 2013
7:00 for 7:30pm

at **Zilver Restaurant** 同樂軒
Level 1, 477 Pitt Street, Sydney 2000

\$50 per person

RSVP President Jason Zhang
by 1 December 2013
Mobile: 0414 726 001
Email: zzdan@hotmail.com

**MERRY
CHRISTMAS**

Over the past several years, the Sydney Chinese Lions Christmas Parties have been a well sought after event. Year after year, we had full house after full house. We had to turn down a good number of bookings closer to the event dates as there were no more places left.

Places are available on a first come best dressed basis. To avoid disappointment, please RSVP as soon as you can.



The Lions Club of Sydney Chinese Inc.

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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 208 countries and geographical areas all over the world. In District 201N5, which covers the Sydney area and Norfolk Island, there are some 70 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 eighteen years, under the leadership of President Jason Zhang, Past President & 1st Vice District Governor Dr Anthony Cheung, Past President Mei Cheng 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 \$550,000 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 the 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 |
|--|-------------------|-------------------------------|------------------------|
| November Members Meeting Sydney Chinese Lions | Zilver Restaurant | Wednesday 6 November 2013 | \$30 per person |
| District N5 Convention 2013 | Bathurst | 15-17 November 2013 | Check District website |
| Sydney Chinese Lions Christmas Party 2013 | Zilver Restaurant | Wednesday 11 December 2013 | \$50 per person |

For bookings please contact:
Secretary Sophie He (email:sophietinghe@gmail.com)