





28 SEPTEMBER 2009

## **Editorial**

In this issue, you'll find correspondence from International President Eberhard Wirfs on Page 2, DG Beryl Payne on Pages 4-6 and Past President Pirkko Naukkarinen of LC Järvenpää Ainot on Page 3

At our September Members Meeting, Dr David Zhan Wu and Ms Jasman Pang were inducted as our newest members. Congratulations to them!

At our October Meeting, Lion Dr Danforn Lim will be speaking about Liver Cancer and Cervical Cancer. The session promises to be an interesting one as we still have fond memories of Danforn's amusing yet businesslike presentation on the Swine Flu in the July meeting.

The deadline for applying for our Teal Ribbon Schol-

arship Scheme 2009 is 30 September. Please help promote the project with interested parties. At the September Board Meeting, members of the Vetting Panel were nominated and approved. They are Dr Danforn Lim, Dr Lisa Cheng, Dr Anthony Cheung, Ms Janet Hung and Ms Eileen Zhang. Details of the Scholarship in Chinese are provided on Pages 7 - 9.

On 5 September, we visited the Indo-Chinese Elderly Hostel. Both the elderly there and our members had a lovely time. 4 students from the University of Sydney accompanied us as reporters. They are Rachel Lam, Joanna Liu, Ntsiuoa Sekete and Trang Pham. Their reports on the visit are published on Pages 9-13. We thank them for their contribution and efforts.

Looking ahead - there are 2 functions that President Mei would like to invite you to attend. The first is the District Convention on 13-15 November at Bomaderry and the second is our Christmas Party on Wednesday, 9 December at Zilver Restaurant. Do join us if you can and don't forget to RSVP Secretary Crystal if you are coming.

Currently, preparation for Charity Ball 2010 is well underway. President Mei is appealing to all members to donate prizes for silent auction and raffles. The former should have a value of \$300+ and the latter \$50+. Our help in this major Serving project of our Club is much needed. President Mei can be reached on 0412 336 323 and she looks forward to hearing favorably from each one of us soon.

THE LIONS CLUB OF SYDNEY CHINESE INC.

SPECIAL POINTS OF INTEREST:

- Correspondence from IP, DG & LC Järvenpää Ainot
- Teal Ribbon Scholarship Scheme
- Visiting the Elderly
- District Convention & Christmas
   Party
- Prizes for Charity
   Ball needed

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Sydney Chinese Lions and Guests at September 2009 Members Meeting

## A Letter from

## **Our International President**

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Dear Lion Mei-ha,

As we know, growth requires movement -- but not just random movement! Movement without a plan wastes time and energy, and because time is short and our responsibilities are great, we can afford to do neither.

As leaders we must focus our energies and coordinate our movements in specific areas, especially the critical task of increasing membership in existing clubs and improving the retention of members. While we have had a great start to our Lionistic year, with a record number of new clubs and an overall net



International President Eberhard Wirfs

growth of 3,750 members worldwide through August, I have just now challenged our DG Teams to focus on increasing growth in existing clubs between September and December of this year. Let me share some ideas with you because it is you - our club leaders - who know the challenges and how to succeed.

A good place to start is the Family Membership Program which has had great success. The program has done much to invigorate existing clubs and help form new ones, but sometimes clubs need help in implementing the plan. So below you will find some excellent quidelines and new materials.

Just imagine if our 45,000 clubs grew by only one or two members in the next four months? It would not only make history for our great association, but it would also create a brighter future for the millions who need our service. I know you can do it.

With gratitude and best wishes for success in all you do.

With cordial regards,

Eberhard J. Wirfs, International President Lions Clubs International

## A Letter from our Twin Club Järvenpää Ainot, Finland

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Dear Lions friends in LC Sydney Chinese!

Best greetings from your twin club LC Järvenpää/Ainot. My name is Pirkko Naukkarinen and may be you remember my name, because I wrote you two years ago.

Now it is my turn to tell about our club and about our happenings.

Our 38 women members have been in meeting just once in August in our president's home. Our sweet President Tuulikki organized a very nice party with eating and wine. Beside enjoying that meal we decided the future. The next week we have our September meeting in our old place in Restaurant Rivoli in Järvenpää.



Naukkarinen

The next weekend some members of our club will be in Tampere-city (in Finland) in Lions European Forum. It will be an enormous great meeting!

In November our club will organize a very big concert in Järvenpää-house. There will sing one of the most popular artists in Finland: Arja Koriseva. Soon we are starting to sell the tickets. It is our biggest "happening" in this year. Next March we will organize dancingparty in the year 60s-style. (last year we had the 50s-style). It was a success! We all had fun!

Those two are the most biggest things to do. Of course we do many little ones also. We also try to meet our members in exercising our bodies and "head" once in the month. We go to swim or to bowling or to forest together. It is nice to meet lions out of formal meetings. We learn better to know each other. Some of us have started to dance "latinos" together. One member of us is a teacher of dancing and we try to learn the right steps of each dance. It is good to body and head and fun! (I like it).

Next February we celebrate our 15 years birthday. We have started to plan how to celebrate that day. I think that our feeling and energy in our club is so good in this year that we shall have a nice year! I hope it same to you also!

Best regards to everyone in your excellent Club

Pirkko Naukkarinen LC Järvenpää/Ainot

## Out & About with Beryl

## August 2009

#### Out & About with Beryl

District 201N5
The Lions Clubs of Sydney and Norfolk Island

Volume No1

August 2009







Hi everyone, and welcome to a new Lions Year. I do hope you are all daring to serve and ready to "Move to Grow"

The International Convention held in Minneapolis was FANTASTIC!! What a wonderful experience this was. All those wonderful Lions from around the world, all with the same ethic, "to make a difference!". The opening and closing ceremonies were so incredible and something I will never forget. Being entertained by the Beach Boys was certainly a wonderful experience. Listening to Colin Powell, who spoke at the convention, was another highlight.

IPP Al and Maureen were quite emotional at the end, and received a wonderful ovation for their dedication to the Lions organisation

International President Eberhard Wirfs was inspiring with his "Move to Grow" theme, Challenging all Lions to" stretch in our dreams" our plans and our ACTIONS. He also entertained us by playing the piano. Music is one of President Eberhard's loves and he played his "theme" song "Wooden Heart" quite often and we all sang along. As incoming Governors from all around the world, many friendships were formed, often by sign language. I would like to encourage you all to attend the International Convention in Sydney being held from 28 June to 2 July 2010. You will be so sorry if you miss it.



International President Eberhard & Margit Wirfs

. The Incoming Club Officers Forum was held on 31 May and was well attended and I believe all who attended left with new ideas and lots of enthusiasm. Congratulations to all our Forum Presenters, especially Martin Orchard, Doreen Moore and PDG Carol Alderson, Cab Sec Margaret & Reg Walker.

At the Cabinet Officers Training at the weekend in Newcastle we became a TEAM. There was FUN and lots of learning. YOUR CABINET IS READY TO SERVE OUR DISTRICT.

Since returning to Australia I have conducted a change over for Redfern-Waterloo Lions Club and inducted two new members. Welcome and Congratulations



Inducting new members



Special Guest Toni Larmond

Also, Sydney Inner West Lions Club invited me to conduct their changeover and induct two members. Welcome and Congratulations



Presenting the Gong & Gave



## Out and About with Beryl

## August 2009 (continued)

#### Out & About with Beryl

District 201N5 The Lions Clubs of Sydney and Norfolk Island

Volume No1

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In the Hawkesbury I conducted the Changeover for the Hawkesbury Bells Line, Hawkesbury South, Riverstone, Richmond & Windsor Lions Clubs, and inducted two new members to Windsor Lions Club. Welcome and Congratulations

Our District Changeover was well attended and thanks to IPG Elvio many Lions were recognised for the contribution to our District during the year.

Congratulations to all.

Some of our guys were really in their element dancing along with the belly dancer. Two of the Waratahs showed their expertise as well





#### Home Club Visit

I was made very welcome at my home Club and we had a really fun night. I thank them all for their continued support. There was a cake and lots of tail twisting, mainly from the bus trip. How I wish I had been on that bus!!





#### LIONS IN SIGHT

Lions are known for their SIGHTFIRST activities. But they are not IN SIGHT of the general public, International President Eberhard has asked that during the last two weeks of January 2010, (11-24), all clubs

to organise one significant public relations activity. This date was chosen as a mark of respect to our founder, Melvin Jones whose birthday falls within this period.

You are encouraged to be creative. You Can have a theme. Showcase your favourite service program, or unique project in your community.

Invite the general public. Provide "giveaway" items. Call attention to your project by using special signage and banners. Anything that makes people ask, "WHO ARE THE LIONS?'

#### LIONS - MAKE YOURSELF VISIBLE WHILE MAKING A DIFFERENCE IN YOUR COMMUNITY!

Why not start planning for this now, maybe join with other clubs, have a Zone or Region activity.

Share our message of global humanitarian goodwill with others and Move to Increase Public Awareness!

"The Power of Peace" is the theme of the 2009-2010 Peace Poster Contest. Please contact Lion John Chate for further

International President Eberhard is a great supporter of our Youth Projects. He has launched the Lions Clubs International Global Youth Music Competition. A global music competition, especially for the youth. This year the instrument is the violin, so if you know of a talented violinist under 25 years of age, we need to hear from you. There are wonderful prizes and the final judging will be held in Sydney at the International Convention.



Those Who Dave Do

## Out and About with Beryl

## August 2009 (continued)

#### Out & About with Beryl

District 201N5 The Lions Clubs of Sydney and Norfolk Island

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The music competition will promote social and cultural understanding and appreciation and also emphasise our commitment to our youth.

There will be more details after the MD Council Meeting at the end of August I have commenced my Zone Visits and we were warmly welcomed by Zone 3 Chair Janey Tham recently. Ern and I had a lovely night full of fun and fellowship! I was very honoured to welcome into the Lions family 6 new members to Sydney Inner West Lions Club and 2 new members to Sydney Central Lions Club. Welcome and congratulations to these new Lions.

A reminder of the District Convention at Bomaderry, November 13,14,15. is **ONLY TWELVE WEEKS AWAY!!** This should be a wonderful weekend, please consider attending. Also, for Partners a fantastic bus trip with lots of surprises.



**Bomaderry Bowling Club** Worth Going Out Of Your Way For

Recently, Ern and I attended the opening of the new 60 room Aged Care Facility Yallambee Village at Reevesby. This village is a state of the art, it has every thing to make the residents feel at home. We were shown around the building and were entertained by the "Andrew Sisters" much to the delight of the residents. The Lions Clubs of Bankstown, Greenacre and Yagoona support both Yallambee Village and Gillawarna Village at St George's Hall. Lion Harvey Worth from Greenacre Club has been involved for over 30 years and is a member of the Board of Directors.

These facilities are part of the Bankstown City Aged Care Ltd. Lion Harvey took us on a tour of the Gillawarna Village and the coffee shop run by Lion Helen Williams and her trusty band of volunteers. We were so impressed with what we saw and the commitment of Lions Harvey, Helen and Barbara Bellenger.

All funds from the Coffee Shop and the Trading Table are used to make life more comfortable for the residents of Gillawarna. Congratulations to the Lions from Greenacre, Bankstown and Yagoona Clubs for their commitment to the care and support of the aged in their community.





Gillawarna Village

The village coffee shop

Thank you to all Lions who participated in the field work at Balmain and Rouse Hill Shopping Centre. We received a very positive response of over 200 interested folk to attend Lions Information Nights.

Congratulations to Lions Martin Orchard and 2<sup>nd</sup> VDG Steve Coleman on the awards they received from IPDG Elvio at the Cabinet Meeting.



Take care of each other

Beryl Sayne DG 201 N5



Those Who Date Do

## 雪梨華人獅子會

## 藍綠然帶學入計劃

## 二零零九年「雪梨華人獅子會藍綠絲帶學人」計劃

#### 引言

雪梨華人獅子會所創辦之「雪梨華人獅子會藍綠絲帶學人」計劃,旨在鼓勵中國大陸素有經驗的專家,到澳洲雪梨進行有關治療及預防藍綠絲帶包含的疾病之培訓或研究活動。藍綠絲帶所包括之疾病有卵巢癌,子宫癌,子宫頸癌,食品過敏,性侵犯,毒品依賴,多囊卵巢綜合症,疼痛及悲痛缺亂(包括創傷後壓力心理障礙症),强迫症,人格分裂症,妥端症,×染色體易裂症。



#### 目的

推行學人計劃的目的, 主要是為促進中國大陸及澳洲雪梨人員分享經驗,治療及預防 藍綠絲帶包含的疾病方面交流技術, 並鼓勵共同合作和組織網絡。

#### 申請資格

- 1. 申請人必須是在中國大陸居住的中華人民共和國的公民
- 2. 申請人的現時必須從事醫務、公共衛生或相關專業, 並已從事該專業超過三年。
- 3. 申請人必須在過去從事的專業當中,包括至少一年在國內推行有關治療及預防藍綠 絲帶包含的其中一種疾病的工作經驗,並且在完成學人計劃活動後,將繼續推行有 關的防治工作。
- 4. 申請人須為國內其中一個疾病防治或研究計劃的負責人或工作人員。如有需要,而 位推行相同的計劃的人員可在同一時期来澳洲雪梨進行而星期的研究實習。
- 5. 申請人必須負責該計劃的策劃或推行工作。如每項計劃多於一人參與,則各申請人 應是来自不同的職系為佳。推行計劃的前線工作人員將獲優先考慮。

#### 資助

每俭申請人的最高資助款項為澳幣一千元正;如兩個申請人同行的話,最高的資助款項為每人澳幣五百元正。受助人士要自行安排在澳的住宿、交通及其他一切费用。另外,建議受助人士自行購買在澳期間之旅遊保險,本資助計劃將不負責受助人士在澳一切意外或醫療之費用。

## 雪梨華人獅子會

## 藍綠然帶學入計劃

#### 建議研习活動内容及評估方式

申請人須建議他/她在澳洲雪梨的研究活動, 然後由評選委員會批核並協助安排適合的行程。受助的人士可能會被派遣到指定的機構, 履行實習交流工作, 策動社區計劃, 或進行研究及討論, 甚至包括推行上述多項類型活動。有關這個學人研習項目進度, 將會在活動期間作出評估。

受助之人士在澳洲雪梨的雨星期中,需要出席一個新聞發佈會及參與兩個研討會,一個是開放給業內人士而另一個則是開放給公眾。研討會內容是著重在受助人士地區對所選擇之疾病的情況、預防及治療研究成績和方向,以及介紹該研習計劃的內容及/或在澳洲雪梨期間交流的經驗等。而受助人在離澳前必須撰寫及遞交一份初步報告,在完成整個計劃後,受助人將會獲領予「雪梨華人獅子會藍綠絲帶學人」出席證明書。受助人亦需在完成整個計劃後三個月內,呈交詳盡之全面計劃報告。本中心在收到面計劃報告後會把「雪梨華人獅子會藍綠絲帶學人」證書寄到貴工作單位。

另外, 雨俭申请相同研习計劃人員的申請表會被一同審核, 若申請成功, 二人會同時 来澳洲雪梨進行交流, 而他們只須主持同樣的研討會, 並遞交一份研究報告書。

#### 申請程序

- 1. 合乎上述申請資格的人士,必須用申請書遞交建議計劃書,内容包括下列資料:
  - i. 姓名(包括中文姓名和英文拼音)
  - ii. 通訊地址及聯絡號碼(包括電話號碼、傳真機號碼及電子郵件號碼)
  - iii. 現時工作機構及職位
  - iv. 學歷、專業資格及有關經驗
  - v. 過去出國學術交流的經驗
  - vi. 個人的抱負及專業目標
  - vii. 是次國内推行計劃名稱及詳細内容
  - viii. 建議在澳洲雪梨主要研究課題或活動及其他有關的特別安排。如建議的研習 計劃屬研究探討類型, 請列出擬採用的方法及步驟, 和冀望得出的結果
  - ix. 提議的到雪梨及離開雪梨日期
  - x. 如 所屬工作單位的工作人員過往曾參與雪梨華人獅子會之其他計劃, 須列 出其姓名及来雪梨之日期

## 雪梨華人獅子會

WAXAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA

## 藍綠然帶學入計劃

2. 每位申請人須填寫一份書。若同一計劃有兩位申請者,請分別填寫兩份申請表並一 併寄出。每位申請人必須請兩位推薦人遞交推薦信各一封。(如該建議計劃是與其 他機構合作,申請人宜遞交一份由該機構發出的推薦信。)

#### 窝妥之建議計劃畫及推薦信必須交回下列地址:

Lion Dr Danforn Lim PO BOX 3159, Liverpool, NSW 2170 AUSTRALIA (請在信封面上寫明申請「雪梨華人獅子會藍綠絲帶學人」計劃 字樣)



#### 申請截止日期及接納通知

遞交申請書的截止日期是二零零九年九月二十八日。獲接納申請予以贊助人士將於二零 零九年十月十八日前透過郵件/雷子郵件取得結果; 如申請不被接納,將不另行通知。

#### 特別注意事項

- 1. 受助的人士必須於二零零九年十一月至二零一零年一月內到達澳洲雪梨完成「雪梨華人獅子會藍綠絲帶學人」計劃,並且要自行向當局申請批准以便獲得簽證到澳洲雪梨。受助人若未能在二零一零年一月十五日前到達澳洲雪梨, 贊助則會自動註銷。
- 2. 雪梨華人獅子會是「雪梨華人獅子會藍綠絲帶學人」計劃的獎項授與單位。雪梨華 人獅子會一概不負有任何受助人士在澳洲之各項法律責任。
- 3. 受助人士申請到澳洲之簽證所需的邀請函應由在澳相對應之學術單位或圍體發出, 雪梨華人獅子會不負責簽發邀請函。
- 4. 申請人如未能完成整個兩星期的研習而中途離開,將不獲頒發証書,並須向雪梨華 人獅子會發選資助款項。本獅子會亦會通知其上級或推薦人。
- 5. 如受助人士須印錄有關「雪梨華人獅子會藍綠絲帶學人」計劃所協助產生的全部或部份研究及著作時,或與在澳相對應之學術單位或圍體簽署合作備忘錄時,他/她必須註明「雪梨華人獅子會藍綠絲帶學人」計劃出處,並向雪梨華人獅子會致意。

# A Visit to the Indo-Chinese Elderly Hostel

While it may be common belief in the Chinese community that the nursing home is only a place where the frail elderly await their final years, the Lions Club of Sydney Chinese begs to differ .....

Sydney, NSW, 9 September 2009 - The Lions Club of Sydney Chinese has kick-started an intense empowerment campaign for Chinese elderly homes by visiting the Indo-Chinese Elderly Hostel, in a bid to change the misconception of nursing homes in the Chinese community.

After engaging in a home tour, intimate conversations and motivational activities with the staff and thirty residents, most of whom aged over 80 and had age-related illness, the Club left behind gift packs for the elderly and a donation of \$2,000 for their home.

Dr. Anthony Cheung, Immediate Past President of the Club, said: "Many Chinese may still think that nursing homes are places where the elderly are abandoned by their family and live their life miserably with no hope left. In reality, nursing houses help make the seniors feel better about themselves and enjoy life."

In fact, those in doubt would be amazed at how happy and relaxed the residents at the hostel were despite their physical problems. They gave a warm round of applause after each performance; they laughed at the jokes; they were excited about the

magic tricks; they even sang karaoke for the Lions as a thank-you gift.

The manager of the hostel revealed that many new residents were resistant to the idea of living in a nursing home at first; yet upon gaining first-hand experience after a few weeks, some even admitted they did not even want to go back and live with their families. In a nursing home, they enjoy traditional dishes, making friends, outings, handicraft activities and frequent family visits. More importantly, they are well taken care of by qualified staff who speak various Chinese dialects.

Dr. Danforn Lim, a doctor at Westmead Hospital and also a member of the Lions Club, said: "We believe this way of living is beneficial for the modern Chinese family. The children will be relieved from the enormous stress of work and family matters; while the seniors will be looked after and won't suffer from problems such as language barriers, social isolation or loneliness. It's a win-win situation for all."

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



Sydney Chinese Lions with the Elderly at the Indo-Chinese Elderly Hostel



# 送图爱傳溫暖

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一年一度的中秋佳節又快要到了。日前,雪梨華人獅子會一如往年的傳統, 在會長鄭美霞女士的帶領下,到印支高齡宿舍進行送關愛傳溫暖活動, 探訪了居住該處的數十名長者

會長鄭美霞女士,名譽會長張俊明博士以及一眾理事和會員等,攜帶著應節禮品于早上10時準時抵達位於Bonnyrigg 的印支高齡宿舍。除宿舍的工作人員外,不少長者早早就守候在門口,以熱情的笑容迎接訪客的到來。長者們早已把宿舍當作一個大家庭,不僅熱情招呼訪客,還主動帶各獅兄獅姐四處參觀。

最後,雪梨華人獅子會把一張兩千元的支 票贈與印支高齡宿舍,以作鼓勵。

爲答謝獅子會溫暖來訪,多位老人更破天 荒站上舞臺合唱一曲『萬水千山總是情』 以表謝意。全場所有的長者,獅友以及工 作人員均隨著音樂打起了拍子,帶出一片 樂也融融的溫馨景象。

居於宿舍內的一名長者陳敬表示: "子女工作忙,沒時間照顧我們,高齡宿舍卻給予我們無微不至的關懷和照顧,定期還有像獅子會這樣的慈善團體來探訪慰問,住在這裏,我覺得非常開心!"

會長鄭美霞女士也表示道: "在【我們服務】的獅子精神下,會員們不僅把歡樂帶給這些長者,在奉獻的同時,自身感到更加快樂。這是一次非常有意義的活動,也希望更多人參與到當中。"



到訪印支高齡宿舍的雪梨華人獅子會一眾獅友與長者合攝

## 長者讚 家人樂























## **Our New Members**

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At our September 2009 Members Meeting, Dr David Zhan Wu and Ms Jasman Pang were inducted into our Club as members. Lion David's Sponsor is Lion Eileen, his better half. Lion



Lion Dr David Zhan Wu

Jasman's Sponsor is VP Wendy.

We warmly welcome them and look forward to Serving together with them.

We would also like to encourage all our members to keep up this wonderful



**Lion Jasman Pang** 



year-round membership effort. Although our Club has the largest membership in the District, we need more members to Serve in the increasingly diversified projects of ours.

Flanked by their Sponsors, Lion Dr David Zhan Wu and Lion Jasman Pang at Induction Conducted by IPP Dr Anthony Cheung



## The Lions Club of Sydney Chinese Inc.

P.O. Box K422 Haymarket NSW 2000

Australia

email: sydneychineselions@yahoo.com.au

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 205 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 1,700 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 fifteen years, under the leadership of 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 \$350,000 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.

Visit us at our Award Winning Website 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 7 October 2009	\$30 per person for dinner
District Convention  District 201N5	Bomaderry Bowling Club 154 Meroo Road Bomaderry	13 - 15 Novem- ber 2009	\$120 for full registra- tion & hospitality package; accommodation extra
AGM & November Members Meeting Sydney Chinese Lions	Zilver Restaurant After 5	Wednesday 4 November 2009	\$30 per person for dinner
Christmas Party 2009  Sydney Chinese Lions	Zilver Restaurant  After 5	Wednesday, 9 December 2009	\$45 per person / \$450 per table of 10

For bookings please contact:
Secretary Crystal Siu (mobile: 0400 228 823, email: ccsiu@hotmail.com)