

2015

NSW Multicultural Seniors  
Association INC.

PO BOX 136 CONCORD NSW  
SYDNEY, AUSTRALIA

# ANNUAL WORK REPORT

**30.60.2014 to 01.07.2015**



**NSW MULTICULTURAL SENIORS  
ASSOCIATION INC.**

# COMMITTEE PROFILES



会长: 葛英蘭 (太平紳士)  
**PRESIDENT: Mrs Yin Lan Ge (Aga) J.P**



顾问: 陈小雲 (Jackie Chen)  
**Consultant: Xiao Yun Chen**



顾问: 郑康辉 Kang Hui Zheng  
**Consultant: Tom Zheng**



秘书: 李华  
*Secretary: Dian Li*



生活理事: 吴桂兰  
*General Affairs Duties: GLania*



宣传理事: 金雅珍  
*Publicity Officer:  
Ya Zhen Jin*



组织理事: 尚宝义  
*Affairs & Duties:  
Bao Yi Shang*



文体理事: 胡凤贞  
*CULTURE & ARTS: Feng Zhen HU  
(Georgia)*



会计: 吴先宏  
*Accountant: William Wu*



## LEGISLATIVE ASSEMBLY PRIVATE MEMBERS STATEMENT

### CABRAMATTA ELECTORATE SENIORS PROGRAMS

Mr. NICK LALICH(Cabramatta)[12.15 p.m.]: Older people in our community often live in isolation, imprisoned by their poor health , lack of transport options, the loss of loved ones or their fear of making new friends. In my electorate of Cabramatta many older people also are isolated because they speak little or no English. Fortunately, Cabramatta is blessed to have a range of community organisations that are helping older people stay connected to the community. The South West Sydney Seniors Group Established in May of 2003,The NSW Multicultural Seniors Association INC, which was incorporated by the wonderful Mrs Yin Lan Ge (Aga) on the 29Th May 2012.

Organises weekly lunches, social activities and monthly excursions for seniors in Cabramatta. Its mission is to help older people from culturally and linguistically diverse backgrounds to lead healthy, independent and happy lives.

Numerous national and international studies have shown that getting seniors involved in the community, socialising and taking part in physical activity will give them a better quality of life. It is not surprising that the NSW Multicultural Seniors Association's programs and activities are in great demand. Over the past year membership of the association has more than doubled. With our ageing population, demand for their programs and activities will only increase. The 2011 census showed that 14 per cent of Australians were aged 65 years and over, and this age group is projected to increase to at least 23 per cent by 2056.To make sure it can meet the demand for its services, the NSW Multicultural Seniors Association recently opened a new community centre in Auburn.

I attended the opening with many other community leaders, who also were there to show their support for the association. They included my colleague the member for Auburn, the Hon, Barbara Perry, Deputy Consul General Tong Xuejun from the consulate General of the Republic of China in Sydney, and the Hon, Ernst Wong, Member of the legislative Council. We were entertained by a range of performances, including Russian folk singing, Chinese songs, Cantonese opera, a yoga performance and traditional Mongolian dancing. Volunteers were on hand to ensure the event was a success. The amazing thing about an organisation like this is the fact that they are able to do so much for the community on a shoestring budget and with the support of mostly volunteers.

Organisations like this are the ones most impacted by the Federal Liberal Party's decision to abolish funding for multicultural community organisations. I will maintain pressure on the Liberal State Government to talk sense to their Federal Liberal colleagues, demanding that it reverses the funding cuts or make up the shortfall. This funding means everything to an organisation like the NSW Multicultural Seniors Association. Finally, I congratulate the founder and President of the NSW Multicultural Senior Association, Ms Age Ge on the opening of the new centre. I personally thank her for her tireless work to help older people in Cabramatta and now Auburn to lead happier and healthier lives.

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Noted by the NSW parliament on 27 May 2014



## LEGISLATIVE ASSEMBLY PRIVATE MEMBERS STATEMENT

### CABRAMATTA 选区老年人项目

NICK LALICH 先生 (Cabramatta) [12.15 p.m.]: 我们社区有许多孤寡老人，生活中会遇到许多困难，比如健康状况不佳，出行不便，失去爱人，害怕结交新朋友。在 Cabramatta 选区里，许多老年人由于不会说英语孤单生活。幸运的是，Cabramatta 有许多社区组织来帮助老年人融入社区。其中卡市“老年之家”是在 2003 年成立的，2012 年 5 月 29 日由葛英蘭 (Aga) 女士正式在政府登记注册命名为“新南威尔士州各民族中老年联友会”，组织的活动包括老年人的每周午餐，社交活动，月度短途旅行。协会的目标是帮助有着不同文化和语言背景的老年人培养健康独立快乐的生活。

许多国内和国际的研究表明社区活动、社交活动和体育活动能够帮助提高老年人的生活质量。正因为如此，新南威尔士州多元文化老年人协会组织的活动很受欢迎，在过去的一年协会的人数增长了一倍以上。随着人口老龄化，对这些活动的需求只会更加增长。2011 年的人口普查显示 14% 的澳大利亚人口年龄超过 65 岁，预计到 2056 年这个比例会至少上升到 23% 之多。为了满足更大的需求，新南威尔士州多元文化老年人协会最近于 Auburn 开设了新的社区中心。

我和许多社区的领导一起参加了开业仪式，表达对协会的支持，包括我的同事，Auburn 议员 Barbara Perry 阁下，中华人民共和国驻澳副总领事童学军，和立法委员会委员 Ernst Wong 阁下。我们欣赏了一系列演出，其中有俄罗斯民谣演唱，中国歌曲演唱，粤剧，瑜伽和传统蒙古舞蹈。所有的志愿者也在现场保障了演出的成功。协会有一点非常独特，那就是他们能够在只有少量预算的情况下，组织志愿者为社区做出很大的贡献。

澳洲自由党政府决定取消对多元文化社区组织的拨款后，类似这样的协会将受到最大的冲击。我将继续对自由党政府施压，要求他们取消拨款减少的政策，或者弥补经费的短缺，因为这些经费决定了许多像新南威尔士州多元文化老年人协会这样的组织的生存。最后，我向新南威尔士州多元文化老年人协会的创办者和主席葛英蘭女士表示祝贺，祝贺新社区活动中心的成立。葛英蘭女士为 Cabramatta 和 Auburn 地区老年人辛勤服务，帮助了老年人更快乐健康地生活，我对此也表达个人的谢意。

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Noted by the NSW parliament on 27 May 2014

We proudly introducing the ZEST Awards Nominee in 2015:



ZEST Awards Nominee

NSW Multicultural Seniors Association

Outstanding Voluntary Group/Organisation

In recognition of your capacity building, advocacy and leadership

Icons on the right side of the banner: a stylized tree with a person inside, a family (adult and child), a bus, a house, a group of three people, a lightbulb, a wheelchair symbol, and two interlocking gears.

The 2015 ZEST Awards are a partnership project between

Event partners



# NSW Multicultural Seniors Association Inc

yinlange60@hotmail.com

The South West Sydney Chinese Seniors Group was established in May of 2003 and incorporated in May 2012 when it was renamed the NSW Multicultural Seniors Association Inc. They are a non-profit organisation run by volunteers.

One of these volunteers is Yin lan Ge (Aga), born in 1950 in Hailar, inner Mongolia, Peoples Republic of China, who migrated to Australia in 1984. She had worked in China for 14 years, and in Australia for 16 years. In 2004 she was diagnosed with kidney cancer, and fortunately after successful surgery is still alive. In order to repay the Australian government for giving her a second life and to contribute to society, she participated in 2012 as volunteer with the elderly.

**It is very active in decreasing social isolation, trying to create a warm and inviting place with activities and support services that cater to the specific need of seniors in the South West Sydney region.**

The majority of the members of the association are of CALD backgrounds and averaging 70 years of age. It is very active in decreasing social isolation, trying to create a warm and inviting place with activities and support services that cater to the specific need of seniors in the South West Sydney region.

Referee: Nick Lalich MP - Member for Cabramatta

Membership of the association has more than doubled in 2014 and this influx of members has required improvements to the programs and activities delivered. Programs at the Cabramatta Centre include weekly Thursday meetings, lunch and a variety of social activities including monthly day trips for the elderly to decrease social isolation and promote physical activity and a healthier lifestyle.

Numerous national and international studies have shown that getting seriously involved in the community, socialising and taking part in physical activity will give the elderly a better quality of life.

It is not surprising therefore that the NSW Multicultural Seniors Association's programs and activities are in great demand. With our ageing population, demand for these programs and activities will only increase. The 2011 census showed that 14 per cent of Australians were aged 65 years and over, and this age group is projected to increase to at least 23 per cent by 2056.

To make sure the demand is met for its services, the NSW Multicultural Seniors Association opened new community centres in 2014 at Auburn and Artarmon.



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# 新南威尔士州各民族中老年联友会

新南威尔士州各民族中老年联友会前身“老年之家”成立于2003年5月，并在2012年5月正式在政府登记注册，命名为“新南威尔士州各民族中老年联友会”这是一个由志愿者参与运作的非营利组织。

葛英蘭（Aga）是其中一位志愿者，1950年出生于中国内蒙古海拉尔市，1984年移民到澳大利亚。她在中国工作了14年，在澳大利亚工作了16年。2004年她被诊断为肾癌，并成功地接受了手术治疗。为了感恩获得的第二次生命，她在2012年成为志愿者以回报社会和政府。中老年联友会致力于减少社会隔阂，并且热情而积极地服务于悉尼西南地区老年人。

我们联友会的大多数成员都拥有多元的文化和语言背景，平均年龄在70岁。我们协会致力于减少社会隔阂，并且热情而积极地地服务于悉尼西南地区老年人。

**Nick Lalich MP – Cabramatta** 议员

我们协会的人数在2014年增长了一倍以上，更大的规模也因此需要更多的活动。现在Cabramatta举办的活动有周四聚会，午餐和一系列社交活动，包括每月的老年人旅行，以减少社会隔阂并鼓励健康的生活方式。

许多国内国际的研究表明积极参与社区、社交和体育活动能够提高老年人的生活质量。

正因为如此，新南威尔士州各民族中老年联友会组织的活动很受欢迎。随着人口老龄化，对这些活动的需求只会更加增长。2011年的人口普查显示14%的澳大利亚人口年龄超过65岁，预计到2056年这个比例会至少上升到23%之多。

为了满足更大的对社区活动的需求，新南威尔士州各民族中老年联友会2014年在Auburn和Artarmon开设了新的社区中心。





# NSW MULTICULTURAL SENIORS ASSOCIATION INC.

## 新南威尔士州中老年联友会

99 Reserve Rd Artarmon NSW 2064, Australia

### The President speech in2015

The goal and duty of NSW Multicultural Seniors Association INC is abiding by Australian laws, promoting a culture of respecting and caring seniors, assisting the government in carrying out community services, and helping seniors walk out of home, forget the troubles in life, get involved in multicultural environment, and actively participate in all kinds of beneficial activities. The overall goal is to let the old have someone to depend on, to let the old have something to do, to let the old have something to be happy for.

The organisation was established on 29 May 2012, starting from a group of 10 members. After three year since inception, the activities we have now include:

- 1 Amy St, Regents Park NSW 2143, Every Tuesday Friday Healthcare & Regimen. YAZHEN JIN is in Charge.
- 1 Susan St Auburn NSW 2144, Every Friday Elderly Social Dancing. BAOYI SHANG is in Charge
- 22 Church St Burwood NSW 2134, Every Monday Elderly Social Dancing; Diana LI is in Charge.
- 99 Reserve Rd Artarmon NSW 2064. Every Sunday Yoga group and Every Friday Cantonese Opera. FENGZHEN HU is in Charge.
- Cnr Railway Pde & McBurney Rd Cabramatta NSW 2166 for some reason closed.

Total participants for above four activities amount to 180 people.

The guide of our organisation is based on charity. We request every member to show comfort and join together to make the organisation a better one in future.



# NSW MULTICULTURAL SENIORS ASSOCIATION INC.

## 新南威尔士州中老年联友会

99 Reserve Rd Artarmon NSW 2064, Australia

### 葛英蘭会长在 2015 年工作总结中的讲话

我们新南威尔士州各民族中老年联友会的宗旨和义务是：遵守澳洲法律法规，弘扬敬老，爱老，助老的传统美德，协助政府发展社区活动，让老年人走出家门，忘掉烦恼，融入多民族文化生活，积极参加有利于身心健康的各种活动。让老年人：老有所思，老有所想，老有所依，老有所乐。

我们自 2012 年 5 月 29 日在澳洲政府登记注册之后三年之久我从

10 名会员做起 现在发展成：

- 1 Amy St Regents Park NSW 2143，每周二，五，养生保健

负责人：金雅珍

- 1 Susan St Auburn NSW 2144，每周五，中老年人社交舞；

负责人：尚宝义

- 22 Church St, Burwood NSW 2134，每周一，中老年人社交舞。

负责人：李华

- 99 Reserve Rd Artarmon NSW 2064 每周五广东粤剧，周日瑜伽。

负责人：胡凤贞

- Cnr Railway Pde & McBurney Rd Cabramatta NSW 2166 暂时关闭。

四个活动中心参加活动人数达到 180 人。

我们的行动指南是：行善集德。我们的要求是：每一位会员都要宽容，大度团结一致共同把我俩会搞的更加美好。

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# **NSW Multicultural Seniors Association Constitution**

## A) NAME OF ORGANISATION:

Our organisation was formed in 2012- 29<sup>th</sup> May

It is officially called NSW MULTICULTURAL SENIORS ASSOCIATION INC

## B) OUR OBJECTIVE:

- i. To promote and expand our name as an organisation that respects and supports the social development of the elderly, physically and mentally.
- ii. Comply with Australian National laws and regulations.
- iii. Advocate the traditional virtues of respect and love for the elderly, to assist the National Government in the support of the senior social welfare development, and to help the developments which are beneficial to the mental and physical wellbeing of the elderly.

## C) MEMBERSHIP

- i. The Organisation shall be comprised of seniors or people who are willing to participate our weekly activity and voluntary compliance with our constitution and are living in Australia.
- ii. A person may be nominated for membership by filling in Application form set out in Appendix 1
- iii. Membership application must be lodged with the secretary
- iv. Membership fees must be duly paid.  
(Amount to be determined by committee – See Appendix1)
- v. A person ceases to become a member upon death, resignation, is expelled from Organisation or fails to pay the annual membership fee.
- vi. A person may resign from Organisation by giving the Secretary written notice. Upon the date of this notice, the person will be recorded as such in Registry.
- vii. All successful applicants for membership agree to be bound by this constitution.

## D) FINANCIAL LIABILITY OF MEMBERS:

The Financial Liability of a member of the Organisation to contribute towards the payment of the debts and liabilities is limited to the amount, if any, unpaid by the member in respect of membership of Organisation as required by Clause.

## E) COMPLAINTS AND DISPUTES:

- i. Complaints must be lodged in writing to the Secretary.
- ii. The committee may, by resolution, expel a member if all complaints and submissions with regards to the complaint have been satisfactorily proved.
- iii. A member has the right to appeal within 7 days in writing to the secretary against any expulsion or suspension.
- iv. This appeal is determined by a simple majority of votes cast by members of Association.
- v. All Internal disputes shall be determined by general meeting with simple majority votes cast by committee.
- vi. In such case as dispute is not resolved within 3 months, then the dispute shall be referred to Arbitration. (This is to be determined by resolution at General meeting)

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F) THE COMMITTEE:

- i. The Committee are comprised of members who are elected by each activity centre. They are: The President, The Secretary, The Accountant, Consultant, Publicity officer, The General Affairs and Duties Officer, Culture & Arts officer and The Transport and Organisation Officer.
- ii. The Committee is required to protect and put to proper use, the regulations of the Constitution.
- iii. An elected Committee Officer must upon leaving office, return all paper, monies and other property of the Organisation to the President.
- iv. The coming election of Committee Officers shall be elected by the vote with individual signature and telephone number.

G) AUTHORITY EXERCISED BY PRESIDENT:

- i. Preside and convene over all monthly and general meetings.
- ii. Administer all General Meeting resolutions.
- iii. May represent the Organisation on all functions and/or official proceedings.
- iv. Has the capacity to sign on behalf of Organisation.

H) AUTHORITY EXERCISED BY SECRETARY:

- i. Co-ordinate the progress of work between Committee Officers
- ii. Prepare and submit all records of meetings and scheduled activities.
- iii. Respond to and register all complaints.

I) AUTHORITY EXERCISED BY ACCOUNTS:

- i. Receive/Receipt all membership fees when due and payable.
- ii. Prepare and administer all financial records and obligations.
- iii. Prepare and administer all Grants/Donations.

J) AUTHORITY EXERCISED BY GENERAL AFFAIRS AND DUTIES:

- i. Prepare and administer all weekly activities plans.
- ii. Ensure the good working condition of all equipment and services used by Organisation on a weekly basis.

K) AUTHORITY EXERCISED BY TRANSPORT AND ORGANISATION:

- i. Responsible for all events and activities in accordance to plans endorsed by the Committee.
- ii. Responsible for all Health and Safety Issues

L) PERSONNEL OF THE ORGANISATION:

- i. President: Aga Ge
- ii. Consultant : Kanghui Zheng, Xiaoyun Chen
- iii. Secretary: Hua Li
- iv. Accountant: Xianhong Wu
- v. Publicity Officer: Yazhen Jin
- vi. Culture & Arts officer: Fengzhen Hu
- vii. General Affairs and Duties Officer: Guilan Wu

M) GENERAL ANNUAL MEETINGS:

- i. Announce the revised constitution, the General working report which includes the financial report and other reports. Announce the latest election consequence.
- ii. Annual general meetings to be held on 8th of August, 2015.

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N) FUNDS:

- i. Subject to any resolution passed by the association in general meeting, the funds of the Organisation are to be used in pursuance of the objects of the Organisation in a manner as determined by the Committee.
- ii. The funds of the Organisation are derived from membership fees, donations and applied Grants, and any other sources as the committee determines.
- iii. The Organisation must as soon as practicable after receiving any money issue an appropriate receipt.
- iv. All funds transactions must be authorised by selected Committee member/s as determined by resolution.

O) CUSTODY OF BOOKS:

The Secretary must keep in his or her custody or under his or her control all records, books, and other documents relating to the Organisation.

P) INSPECTION OF BOOKS:

The Constitution, Minutes of all Committee meetings, Records, books, and other financial documents are open for inspection free of charge by any member of the association at any reasonable hour.

Q) FINANCIAL YEAR:

The financial year of the Organisation is:

- a) The period of time commencing from the date of incorporation of the Organisation and ending on the following 30 June and
- b) Each period of 12 months after the expiration of the previous financial year of the Organisation. Commencing on the 1<sup>st</sup> July and ending on the following 30<sup>th</sup> June.

R) CURRENT ACTIVITIES:

- 1 Amy St, Regents Park NSW 2143, Every Tuesday Friday Healthcare & Regimen
  - 1 Susan St Auburn NSW 2144, Every Friday Elderly Social Dancing.
  - 22 Church St Burwood NSW 2134, Every Monday Elderly Social Dancing.
  - Cnr Railway Pde & McBurney Rd Cabramatta NSW 2166 temporarily closed.
  - 99 Reserve Rd Artarmon NSW 2064. Every Sunday Yoga group and Every Friday Cantonese Opera.
- i. It is each activity centre's duty to properly organise events and activities.
  - ii. Activity centre has no authority to represent NSW Multicultural Seniors Association in organising any public events.

S) AMENDMENTS: This constitution may be amended by majority vote of the members present at any meeting provided it has been recommended by its own members or Committee Officers.

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## NSW Multicultural Seniors Association Constitution

### 纽省各民族老年协会会章

#### A) 组织名字

我们的组织是 2012 年 5 月 29 日星期二，在纽省政府正式登记，成立及注册。

被命名为：新南威尔士洲各民族老年协会，也可称为 MSA.

#### B) 我们的宗旨

- i. 遵守澳洲国家法律，法规。弘扬敬老，爱老，助老的传统美德.
- ii. 协助政府让老年人走出家门忘掉家中的烦恼投入社会福利发展.
- iii. 利于老年人身心健康

#### C) 会员的要求：

- i. 每一位居住在澳洲，只要拥护本会、自愿参加本会活动的朋友都有权成为本会会员。
- ii. 入会之前一定要添报“会员入会申请表”。
- iii. 会员登记表要递交秘书保管。
- iv. 每一位会员必须按时交纳会费。
- v. 在会员死亡或退会之后可以停止交纳会费。
- vi. 每一位会员退会之前必须递交“退会申请表”经会长批准之后方可生效。
- vii. 每一位会员必须遵首会章章程。

#### D) 会员与本会的经济关系：

无论会里有任何债务与每个会员都没有任何关系。

#### E) 投诉及纠纷

- i. 每一为会员都有投诉权，投诉信须递交秘书
- ii. 会员被其他会员投诉后，如证据确凿可通过理事会开会决定处罚轻重。
- iii. 被处罚者在七天之内有权为自己提出辩护和申诉。
- iv. 被处罚者的最后处罚结果可以以全体会员表决的形式决定。
- v. 所有的内部纠纷都要通过理事会投票表决。
- vi. 如果有严重的纠纷可以递交有关部门解决。

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#### F) 理事会:

- i. 理事会是通过各活动中心推荐形成：有会长，顾问，秘书，会计，生活理事，组织理，宣传和文体事。
- ii. 所有理事的责任是保护和运用会章。
- iii. 在换界选举之前理事之间要做好一切交接工作。
- iv. 这解换界选举是以每位会员签名及联系电话的方式进行。

#### G) 会长的责任和职权:

- i. 会长必须主持和召开每月会议。
- ii. 会长必须管理 MSA 组织决议和实行行动计划。
- iii. 会长必须在外交会议和政府会议上代表 MSA.
- iv. 会长有权代表 MSA 组织签字。

#### H) 秘书的职责

- i. 秘书必须准备和提交所有会议和活动记录。
- ii. 秘书必须协调各理事之间的工作。
- iii. 秘书必须回复所有递交的意见和见意。

#### I) 会计的职责:

- i. 会计必须有详细的财务收支记录及会员收费记录。
- ii. 会计必须准备和管理会员注册和申请的文件。
- iii. 会计必须按时向会长回报本会的财务收支情况。

#### J) 生活理事的职责:

- i. 生活理事必须准备好每次活动用品
- ii. 生活理事必须保护好本会的工具及用品

#### K) 组织理事的职责

- i. 组织理事必须组织,计划，安排每次外出郊游活动。
- ii. 组织理事必须通知会员注意自己的安全及健康。

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L) 现在的组织编制为

会长：葛英蘭

顾问：郑康辉，陈小云

秘书：李华

会计：吴先宏

宣传理事：金雅珍

文体理事：胡风贞

生活理事：吴桂兰，共计 9 名。

M) 全体会员大会

- i. 宣读我们修改的新会章，宣读全年工作总结，宣读选举结果。
- ii. 本年会议定在 7 月 6 日举行。

N) 会员基金：

- i. 协会在大会上通过：该组织的资金是要依据组织对象，由理事会决定的方式使用。
- ii. 本会的基金将会由会员会费，其它单位或者个人捐献，以及向政府申请活动资金或其它机遇组成。
- iii. 每项资金来源都必须立即做好收支账目。
- iv. 所有资金的交易必须由会长批准或通过决议决定。

O) 账目保管：

秘书和会计必须人手一份账目。必须做到：保管好原始账单及所有收据（必须都有会长签字）。

P) 公布账目：

每三个月要向所有会员公布一次账目。

Q) 财政年度结算：

- i. 我会每年的财政年度结算期为六月三十日。
- ii. 下一年度的财政管理由七月一日开始。



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R) 目前各个活动中心活动情况:

- 1) 1 Amy St Regents Park NSW 2143, 每周二, 五 下午一点到四点参加养生保健。
- 2) 1 Susan St Auburn NSW 2144, 每周五下午三点半到六点半参加中老年人社交舞;
- 3) 22 Church St Burwood NSW 2134, 每周一上午十点十五到下午二点十五参加中老年人社交舞。
- 4) Cnr Railway Pde & McBurney Rd Cabramatta NSW 2166 暂时关闭
- 5) 99 Reserve Rd Artarmon NSW 2064 每周五上午十一点到下午六点参加广东粤剧, 周日上午九点到下午三点参加瑜伽训练。

各活动中心的责任是搞好本区域活动, 没有权力代表新南威尔士州各民族中老年联友会做任何对外活动。

S) 修改本章程:

现在本章程已在我协会理事会通过, 并定为我们协会的会章。如果有需要修改之处, 可在会议上通过多数表决的方法进行修改此章程。

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## Chinese Seniors Groups Introduction of NSW Multicultural Seniors Association

### CURRENT ACTIVITIES:

- 1 Amy St, Regents Park NSW 2143. Auburn Centre has **27** active members regular participate HealthCare & Regimen Group. In the future, we will establish an art/painting class very shortly. The activity time is scheduled on every Tuesday Friday Healthcare & Regimen. **YAZHEN JIN is in Charge.**
  - 1 Susan St Auburn NSW 2144, The scheduled activity is Elderly Social Dancing on every Friday from 3pm to 6.30pm and **27 members** take part in the activity. **BAOYI SHANG is in Charge**
  - 22 Church St Burwood NSW 2134. The scheduled activity is Elderly Social Dancing on every Monday morning from 10.15am to 2.15pm and **55 members** regularly participate; **Diana LI is in Charge.**
  - **Cnr Railway Pde & McBurney Rd Cabramatta NSW 2166 is temporarily closed.**
  - 99 Reserve Rd Artarmon NSW 2064. 27 members participate Cantonese Opera on every Friday morning start from 11am to 6pm. There are 9 members participate Sunday Yoga group from 9am to 3pm. **FENGZHEN HU is in Charge.**
- iii. It is each activity centre's duty to properly organise events and activities.
- iv. Activity centre has no authority to represent NSW Multicultural Seniors Association in organising any public events.

### 目前各个活动中心活动情况:

1) **1 Amy St Regents Park NSW 2143**, **27** 位会员每周二, 五下午一点到四点参加养生保健。

**Auburn 负责人: 金雅珍**

2) **1 Susan St Auburn NSW 2144**, **70** 位会员每周五下午三点半到六点半参加中老年人社交舞;

**Auburn 中心负责人: 尚宝义**

3) **22 Church St Burwood NSW 2134**, **55** 位会员每周一上午十点十五到下午二点十五参加中老年人社交舞。

**Burwood 负责人: 李华**

4) **Cnr Railway Pde & McBurney Rd Cabramatta NSW 2166** 暂时关闭

5) **99 Reserve Rd Artarmon NSW 2064** **27** 位会员每周五上午十一点到下午六点参加广东粤剧, **9** 位会员周日上午九点到下午三点参加瑜伽训练。

**Artarmon 负责人: 胡凤贞**

各活动中心的责任是搞好本区域活动, 没有权力代表新南威尔士州各民族中老年联友会做任何对外活动。

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# NSW Multicultural Seniors Association Inc.

## 2015 Auburn Activity Centre Annual Report

### (1) Members

In April 2014 we had 30 members. Due to relocation of office, 21 members stopped participating in our activities. Since then, we have 4 new members. At the end of May 2015, we have 13 members in total.

From January 2015 to May 2015, we have 40 people registered as temporary members. 17 out of 40 people regularly participated in our activities. 23 out of 40 people occasionally turned up.

For the first 5 months in 2015, the average attendance is 15 people weekly.

### (2) Cash Flow

Receipts – membership fee \$837

Less:

Expenditure - Insurance \$400

- Ginger Powder \$95 (\$495)

Cash On Hand \$342

### (3) Activities and Effectiveness

The main objective of Auburn branch activities is promotion of health care. We promote Yuan Shi Dian which was developed by a Taiwanese Dr. Chao-Han Chang.

With the awareness and practice of Yuan Shi Dian people, like the middle aged and the elderly, would not suffer so much pain which can be relieved quickly and effectively. By relieving body pain, people's mobility and their quality of life will be improved.

Currently we have 6 volunteers. In co-operation with Lotus Healthcare (a pain relief specialist) at Bankstown, we have held 3 training courses since the end of last year 2014. Each course had 10 trainees. We had trained 30 people in total.

Most of the trainees are above 50 years old. They all have some sort of body pain. They wish to experience the effectiveness of Yuan Shi Dian through the learning process. After completion of the training course, they looked forward to helping their families and friends as well.

Here below are some true cases that I have witnessed during our activities:

#### Case 1

One trainee who came to join our course suffered severe stiffness in his neck for years. He could hardly turn his head sideways and he had difficulties in reverse parking. Doctors and specialists could not offer real solution to his problem and suffering. One day he met one of our volunteers who applied Yuan Shi Dian's relieving method to his neck. Immediately he could turn his neck a bit. He was very excited about the outcome and he decided to join our training course. After finished the course, he came to our weekly class 17 times. Now the stiffness in his neck has gone, he can turn his head sideways and he has no problem in reverse parking.

## Case 2

One trainee got hip pain while she was walking. During a training session, she was selected as a “model” in demonstrating the methods and skills used to relieving pains from the lower part of the body. When she got up after the demonstration, she no longer felt any pain at all while walking. That was amazing!

## Case 3

One trainee used to find very hard to lift both of his legs while walking. On his first day of training course, he was given the opportunity to experience the techniques used to relieve leg pain. After a few minutes he got up. Magically he could easily lift his legs and walked.

Apart from the trainees, our volunteers/teachers had also helped about 43 people to relieve their various kinds of pain using the method of Yuan Shi Dian.

### (4) Promoting the spirit of selfless dedication to public service

We have organized a total of 3 training courses. There was no tuition fee and all the teaching materials were provided at no charge. We also provide free service to our visitors.

We currently have a total of 6 volunteers/teachers. We provide free service to trainees and visitors with love, care, patience, dedication and most importantly with our hearts. We pay attention to every single detail in teaching as well. Our fundamental principle is people oriented. We are humble to each other and we learn from each other.

The trainees felt the spirit of selfless dedications in the training courses and weekly classes. They felt that they had found a vibrant and happy family.

### (5) Future Plan

NSW Multicultural Seniors Association Inc. is a non-profit organization. So is this Auburn branch. We provide free health care activities for our members.

Due to small number of experienced volunteers/teachers, our service and activities are currently limited to 3 hours a day and two days a week.

We plan to organize more training courses in future, hoping to recruit more volunteers/teachers and then expand our services.



Auburn Branch

Jin Ya Zhen 15 June 2015

新南威尔士州各民族中老年联友会 奥本市活动中心

2015年1月至5月底活动总结报告:

(1) 会员基本情况

2014年4月初加入的会员共30人，后因地址更改变动，有21人不再参加活动，9位会员继续活动至今。2015年1月开始，我们增加了4个会员，现在奥本市分会 会员共13人。

临时登记会员从2015年1月至5月底，经常参加活动计有17人，偶尔来参加活动的有23人。

13位会员共出席活动有146人次，临时登记会员及其他偶尔来参加活动的人共103人次，总计249人次。1月到5月底总计活动17周，平均每周出席为15人次。

(2) 财务经费

会员费 \$50 x 12 \$600

临时登记会员费 \$237

2015年1月至5月 会员费总收入 \$837

保险费 (\$400)

姜粉 (\$95)

2015年1月至5月 总支出 (\$495)

2015年5月底 尚有余额 \$342

备注：一位会员去年9月才加入，因此到5月份只收得12人会员费

(3) 活动内容及效果

奥本分会的活动宗旨是养生保健，推广由台湾张钊汉医师研发的原始点为基本活动内容，致使中老年人因疼痛而身心受到损害得以减轻和舒缓，改善人们日常生活的活动能力，提高生活质量。为达以上目的，我们共有6名义工，与 Bankstown 的 Lotus Healthcare 合作举办了三期培训班，每期10人，共有30名学员。参加学习的学员年龄大都在50岁以上，他们自身或多或少带有某些病痛，例如颈、肩、腰、腿等部分不适，藉参加培训班，以体验原始点的简易而有效的减轻或去除疼痛的方法，学习以后一方面解除自身的病痛，其次将学到的原始点手法服务于家人、亲属和朋友。现举几个学员在学习中自身受益的例子：有一位学员，参加学习前颈部不能活动，以致影响他无法泊车。去中、西医治疗，都遭到回绝。来参加前，我们一位义工帮也推揉了一下颈部原始点，他立刻感到颈部僵硬松快了，头部能微转，试了一下后，便立即报名参加培训班。我们除了教授手法以外，还加上内外热源的辅助治疗，改善其本身的体能。他一共参加了17次学习和练习，现在开车泊车已无问题了。有一位学员，走路髌骨疼痛，在我们上培训课时，学习荐椎部的推揉，老师把她当做“模特”示范，当示范做完以后，

她站起来走路活动，感到髌骨部的疼痛消失了，她感到原始点的确有神奇的疗效。另一位学员在实习的第一天，走路提腿很困难，经按推臀部原始点后，马上感到能提腿走路，较轻松了。在学习班里，经过几次互相推揉学习，他疼痛已完全消失了，原始点的简易的特点和神奇的效果，使他积极参与学习，并争取做一名义工。除了学员收益外，我们还免费为其他访问者共计 43 人次，帮助他们减轻各种疼痛。

#### (4) 发扬无私奉献的精神为大众服务

1. 新南威尔士州各民族中老年联友会是一个非营利性质的组织，我们奥本分部本着这一组织原则，为会员进行养生保健活动。

1. 我们共举办了三期原始点培训服务班。所提供的教材，视听材料都是免费的，对来访者都是免费服务。

2. 我们共有六位义工为大家无私的服务。在每次教学与实践中，我们每一位义工都耐心、认真、仔细地教每个学员，使他们很快掌握要领，不断地提高。我们每一位义工都是用“心”来投入到每次每一细节的教学中。参加的学员感到来参加这样的培训班似乎他们找到了一块充满生气和快乐的园地。义工和学员们本着“以人为本，以病为师”的精神，互相探讨，共同分享，交流提高，乐在其中。

3. 我们的活动还刚起步，由於志工人数不足，教学和服务有限，今后我们需要不断开办培训班，增加我们的志工人数，进而扩大我们的服务。



奥本市活动中心

金雅珍 2015年6月15日

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# NSW Multicultural Seniors Association Inc.

**Artarmon Activity Centre:**

## 2015 Artarmon Activity Centre Annual Report

My name is Feng Zhen Hu, and I am the in charge of Artarmon activity centre which is a member of NSW Multicultural Seniors Association INC. Our activity centre has been established over half year, and during this period we have steady members participate our scheduled activity on every Friday. Meanwhile, there are some professional music performers accompany us with traditional Cantonese instruments when around twenty members regularly attend the Cantonese Opera activity. We have a volunteer Cantonese Opera mentor who trains our member with basic Cantonese Opera skills which include singing skills and dancing postures on every Saturday. We also have a Healthcare class on every Sunday. The trainer teaches the members about the general knowledge of the Healthcare.

Artarmon Activity Centre

Feng Zhen Hu



(Artarmon Cantonese Opera Group)



(Cantonese Opera Performance Poster)

# NSW Multicultural Seniors Association Inc.

Artarmon Activity Centre:

## 新南威尔士州各民族中老年联友会阿塔門市活动中心

### 2015年活动总结报告:

本人胡鳳貞，乃阿塔門分会的會長，自本分会成立以來，至今已有半年，在這半年期間，我们有定期的活动，逢星期五，我们有一棚面活动，我们有一班音乐師傅為我们一班粵劇粵曲愛好者拍和唱歌，每次都有大約二十人參加，逢星期六，有一粵曲班和基本功，有一義務導師教授入門粵曲及身段基本功，逢星期天有一保健班，導師会帶領學員一般的保健知识及保健的基本功。

阿塔門分会

胡鳳貞 2015年6月23日



Artarmon 粵劇全体会员合照



Artarmon 粵劇演出宣传海报



NSW Multicultural Seniors Association Inc.

Activity exhibition 活动展览

Burwood Activity Centre(伯伍德社交舞活动现场):

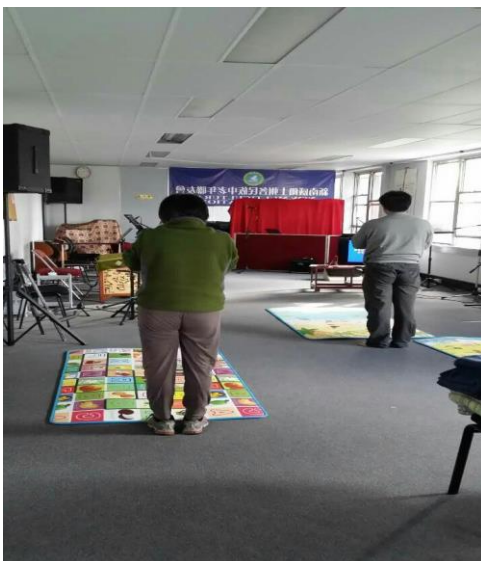


(Weekly Elderly Social Dancing)



(Aspire college Community Speech)老年人关怀讲座

Artarmon Yoga Activity 阿塔蒙瑜伽活动现场:



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Artarmon Cantonese Opera:阿塔蒙粵劇演出現場



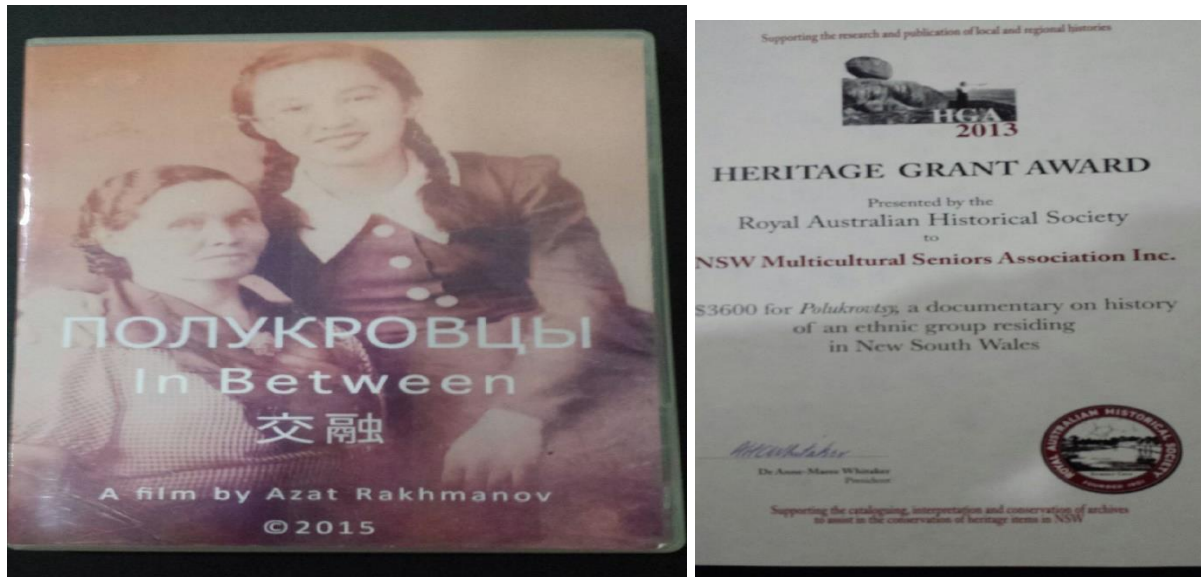
(Cantonese Opera Performance)



(Mrs.Aga with Feng Zhen Hu after the Performance)

At last but not least I want to mention is that a documentary film of Russian-Chinese:

最后我要提到的是一部关于中俄混血儿的纪录片：



The economic support for the documentary about Russian-Chinese Heritage come from the Grant Award Presented by the Royal Australian Historical Society. Mr. Evgueni Singatouline spend almost one year of his spare-time to help us to direct the film. The film expresses that:

- To state what is the history of Russian-Chinese Heritage
- To express appreciation of the assistance and support from Australian government to Russian-Chinese people.
- To express the cherish of hometown - China

这部纪录片是 Heritage Grant Award Presented by the Royal Australian Historical Society 给我们会的活动经济费，Evgueni Singatouline 先生用了自己一年的经历和心血帮助我们编导这部影片。这部记录片所要表达的是：

- 第一是说明中俄混血儿的历史。
- 第二是表达澳洲政府对中俄混血儿的帮助和支持。
- 第三表达中俄混血儿怀念自己的故乡-中国。