

# 2023 ANNUAL REPORT

01/07/2022 — 30/06/2023



## MULTICULTURAL SENIORS ASSOCIATION

Email: [yge1839@gmail.com](mailto:yge1839@gmail.com)

葛英蘭会长 President: 0416 824 699

Website: <http://nswmsa.org.au>

秘书 Secretary:

Wang an: 0470516520

# COMMITTEE OF NSW MSA



会长：葛英蘭（太平绅士）

***PRESIDENT: Mrs Yin Lan Ge (Agathia) J.P***



执行会长：

***Acting President: Xinjia Dou***



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艺术总监  
梁艺



后勤总监  
杨秀瑛

## “中俄后裔友谊会”“各民族中老年联友会”十周年庆典

Posted on [October 19, 2022](#) by [MSA Media](#)

2022年9月10日的中秋佳节，彩云追月，万家团圆，悉尼华人社区迎来了“中俄后裔友谊会”“各民族中老年联友会”十周年庆典。活动启幕，场内场外双狮飞舞，全场欢腾，把所有人带入缤纷多彩的欢乐世界。

进入 Marrickville Town Hall，红毯上礼仪小姐端庄大方、温雅亲和；多方嘉宾朋友、友好团队送来的祝贺花篮，美丽鲜艳、花团锦簇；特色的签字板块呈现出热烈祥和氛围；舞台边气球飞扬，喜庆洋洋；屏幕上光影闪烁、华采非凡，呈现出“双会”十周年走过的辉煌历程。但见整个会场 32 张红布圆桌围绕着贵宾台，场面盛大，令人惊喜又感慨。十年的历程、十年的风雨、十年的友谊、十年的感情把我们紧紧拥抱，我们用自己的传统方式庆祝 10 周岁的生日。20 位嘉宾带着喜悦的笑容融入我们欢庆的队伍。Cumberland 副市长黄堃在讲话中赞誉友谊会、联友会为活跃社区中老年人年活动提供了良好的服务。

这次庆典活动最值得骄傲是会场设有“澳州印象”直播。赵立江老师直播间的预告发出后，会里收到了来自各地知名人士发来的祝贺，给大会增添了热烈与光彩。他们有：著名表演艺术家孙维民、中国古典舞专业委员会副主任杨勇、国家一级演员中国戏剧家协会理事小香玉。

时值中华团圆佳节，这一台由梁艺担任总监，方圆老师、友谊会、联友会共同打造的中秋文艺展演，绚丽多彩，花开满园……。明月照人，千里婵娟，期望给大家留下了一份美好的回忆和吉祥的祝愿……

## Mid-Autumn Festival and 10th anniversary celebration

Posted on [24/10/2022](#) by [MSA Media](#)

September 10, 2022, during the Mid-Autumn Festival, iridescent clouds chased the moon, and thousands of families were reunited. The Chinese community in Sydney ushered in the 10th anniversary celebration of the “Australian Chinese Russian Friendship Association Inc” and the “Multicultural Seniors Association Inc”.

The event kicked off, with the two lions, which danced inside and outside the venue, and the audience cheered, bringing everyone into a colourful world of joy.

Entering Marrickville Town Hall, the Hostess on the red carpet was dignified, courteous, very helpful and friendly. The complimentary flower baskets sent by many guests, friends and associates were Spectacular in colour and fragrance.

The characteristic signature plate presents a warm and peaceful atmosphere, and the balloons flying by the stage, it was a festive feeling, with the lights and shadows flickering on the big screen, and the splendour of China's Culture was extraordinary, showing the glorious history of the tenth anniversary of the “Two Associations”.

But, seeing the 32 red cloth round tables surrounding the VIP table in the venue, and the scene was grand, refreshing and emotional. Ten years of history, wind, rain, friendship and the feeling of warmth, as we celebrate our 10th birthday in our own traditional way.

20 guests with happy smiles join our festive team. Huang Kun, Deputy Mayor of Cumberland, praised the Friendship Association for providing good services for the people in our active communities in his speech.

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The most celebration is that the venue has a live broadcast of "Australian Impression". After the announcement of Mr Li Jiang's live broadcast, the association received congratulations from famous people from all over the world, which added enthusiasm and brilliance to the festival.

They are Sun Weimin, a famous performing artist, Yang Yong, deputy director of the Professional Committee of Chinese Classical Dance, and Xiao Xiangyu, director of the National First-Class Actors Association of Chinese Dramatists.

At the time of the Chinese Reunion Festival, this Mid-Autumn Festival performance was jointly created by Liang Yi as the director, Teacher Fang Yuan, the Friendship Association and the Multicultural Seniors Association. It was colourful and full of flowers... The bright moon shines on people, thousands of miles of Chanjuan, I hope to leave you with a good memory and auspicious wishes...



大会合影



Cumberland Council 副市长黄堃为十周年庆典舞狮剪彩!

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澳洲中俄友谊会演出俄罗斯舞



Cumberland Council 副市长黄堃，和 Strathfield 副市长 Karen 给十周年庆典优秀会员颁发荣誉证书！

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澳洲中俄后裔友谊会合唱团演唱俄罗斯歌《小路》



葛会长，Marrlckville 副市长 **Jess D'Arienzo**，和梁艺艺术总监合影！

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Marrickville 副市长 **Jess D'Arienzo** 致辞



Strathfield council 副市长 Karen 致辞并给优秀会员颁发奖状



葛会长，顾会长，著名京剧演员王杰，俄罗斯舞蹈老师 Liuda 一起合影

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十周年庆典 32 桌



葛会长， 窦会长及所有理事为十周年庆典切生日蛋糕！

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# 春节联欢会

Posted on January 19, 2023 by MSA Media

2023年1月17日《中俄后裔友谊会》《各民族中老年联友会》在 Granville Town Hall 举办 " 春节联欢会 " 。

看会场红灯高挂 气球飞扬 彩灯闪烁 浓浓的节日气氛带着中国元素。这是澳大利亚 多元文化融入社会的体现 瞧！会场左边 的大厨房里，里里外外在宴会长的带领下，义工们忙碌着串羊肉串，升火开炉准备午餐 在前门小会议室里义工们在往那里送着凉菜

望！会场内副会长于晓丽正安排着联友会艺术团队的演出。各艺术团队正忙着化妆与走台 舞厅经理及义工们正在各自的岗位上完成 自己的任务个个好样的，一个团结奋进团队精神在联欢会活动中得到体现。

上午 9:40 分主持人：于杰身穿盛装宣布 " 春节联欢会 " 正式开始。首先由葛会长致词， 所有人春节快乐！身体健康！特邀代表俄罗斯博物馆长 Michael Ovchinnkov 也为春节联欢会致辞。接着艺术团队精彩演出

正式拉开，他们以朗诵、歌声、舞蹈的形式传递着节日快乐 中午丰富的自助午餐，大家品尝着中西结合和自制特色的家乡风味凉拌菜，很爽哦.....这次活动由宴会长总策划，全体义工共同完成的一项庆祝活动很独特。在此还特别感谢小红帽会长林刚和电脑手机老师 Sue 和友好人士易娅力的得力帮助。

午餐后 1:15 分会场响起优美动听的旋律 舞会正式开始，大家带着喜悦的心情 在舞场跳起欢快的舞步 。在联欢中传递着希望和温暖，感受到疫情三年后的生活回归，这也是我们盼望已久的生活，希望新年的喜气带给大家快乐与健康。

Posted on 19/01/2023 by MSA Media

On January 17, 2023, the "Australian Chinese Russian Friendship Association Inc" and the "Multicultural Seniors Association Inc" has held a Chinese New Year Celebration at Granville Town Hall.

An atmosphere of Chinese elements filled the venue, with red lanterns and balloons flying. Australia's multiculturalism is embodied in this community.

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Inside and outside the kitchen, President Dou was in charge. A small meeting room is used for serving food, and the volunteers are skewering lamb.

Inside the venue, vice president Yu Xiaoli is arranging the performances of the art teams of the Multicultural Senior Association Inc. The artistic teams are busy with their make-up and rehearsal.

Chinese New Year celebration officially launches at 9:40am with host Yu Jie in full costume. The first speech was given by President Ge. Happy Chinese New Year to all! Good health! Michael Ovchinnkov, Director of the Russian Museum, also gave a speech for the Spring Festival Gala. A performance was then given by the artistic team. Singing, dancing, and singing were used to convey the festival's happiness.

Everyone tasted a combination of Chinese and Western and homemade specialties of hometown-style cold dishes. The event was planned by President Dou. The event was a unique celebration by all the volunteers.

A special thanks to Little Red Riding Hood President Lin Gang, computer and phone teacher Sue and friendly people Yi Yali for their help.

Lunch was followed by a social dance at 1:15pm. There was a joyful mood in the party as everyone danced on the dance floor, spreading hope and warmth. Feeling the return of life three years after the epidemic. This is the life we've been waiting for. We hope that the joy of the Chinese New Year will bring happiness and health to all.



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## 2023 年 5 月综合简报

Posted on June 29, 2023 by MSA Media

5 月 1 日- 31 日 联友会各专属舞厅共举办各类舞会 39 场次。其中宫廷舞教学 9 场/次，拉丁舞教学 7 场/次。

《各民族中老年联友会》《中俄后裔联谊会》是专为中老年人服务的非盈利机构。两会在葛会长和窦会长的正确领导下，保持与政府部门的密切联系，在社区各舞场经常看到两位会长的忙碌身影，用无声的行动影响和带领大家走在健康快乐的道路上，也激励着全体人员积极进取努力工作。

五月伊始，进入冬季，天气转冷及外围环境影响，也使各舞场不同程度的有一点冷清。但大舞场得天独厚的环境和优势，仍然保持着不错的人气。

Granville Town Hall 为使舞场人气回拢，会领导决定周三设为宫廷舞专场，吴丽文老师带领学员前来捧场助力。吴老师亲自传授动作要领，并带领大家跳了一曲又一曲，舞场气氛良好！谢谢吴老师！辛苦了！

宫廷舞教学班新老学员在吴老师的耐心细致的教授下，人员稳定，场面温馨，精神面貌好！

拉丁舞教学班由 momo 老师授课，老师认真教学，课后回放视频辅导，学员认真学习，巩固了基础。

May 1<sup>st</sup> – 31<sup>st</sup> a total of thirty-nine dances were held in the exclusive dance venue of the Multicultural Senior Associations Inc. Among them, nine were held for the teaching of New Vogue dances, seven for the teaching of Latin dances.

Multicultural Seniors Association Inc and The Chinese and Russian Friendship Association Inc. is a non-profit organisation dedicated to the middle-aged and elderly. Under the correct leadership of President Ge and President Dou, the two associations maintain close contact with government departments and are often seen two presidents in various dance venues in the community.

At the beginning of May, we entered the winter season, the weather turned cold and the influence of the peripheral environment also made the dance halls a bit cold to varying degrees. Despite its unique environment and advantages, Granville Centre still enjoys a high level of popularity.

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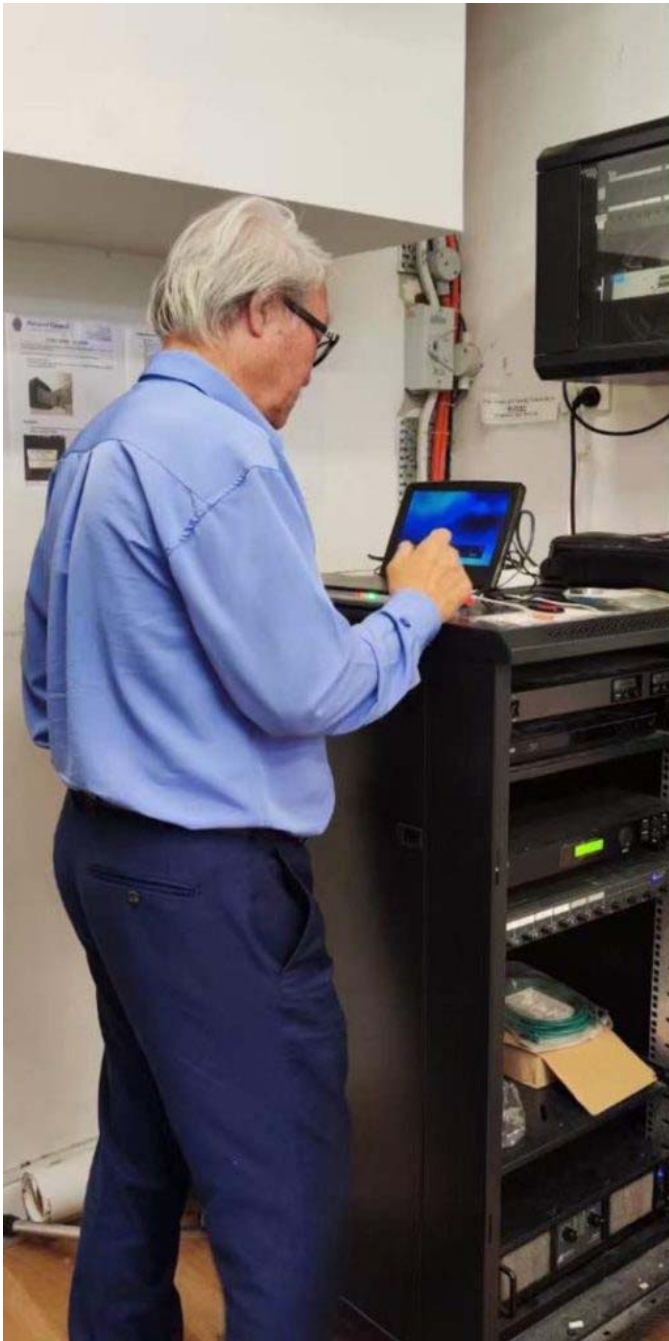
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葛英蘭(Agathia)



葛英蘭(Agathia)

这是昨天 Cumberland Council 社区常务委员会开会后合影留念!

5月5日 晚上18:23







5月21日 上午10:58



江 (悉尼)

最近星期三宫廷舞教学吴老师带领学舞队员参加星期三 Granville Town Hall 宫廷舞专场舞会。为舞场带来惊喜!



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葛英蘭(Agathia)

各位亲爱的家人大家好！  
我们圆满成功的结束了复活节  
庆宴活动！整个活动充满活力，  
正能量！所有参与者都感到非常  
开心快乐！很多人都纷纷表示  
这样的活动百参不厌！  
我们有自己的活动场地，有各  
种不同风格的活动内容！所有  
活动都深受广大群众喜爱！  
为了把我们会搞的更正规，我  
们从现在开始就要整顿自己的  
队伍，希望大家行动起来，积  
极参与我们的整顿工作！发动  
群众该填入会申请书的，立即  
填写，该入群的入群，我们会  
在6月末，7月初从新无记名  
投票选举我们的理事会理事！  
做出我们新一年的工作计划和  
过去的工作总结！以便能够更  
好的为广大会员服务！谢谢大  
家的支持！祝大家在《澳洲中  
俄后裔友谊会》里受益，得到  
温暖，得到快乐，能通过这  
些活动增强自己的身体健康！高  
质量的生活就是我们的方向！



葛英蘭(Agathia)

各位亲爱的家人大家好！  
我在国内买好：合唱团演出服装，俄罗斯舞演出服装，蒙古舞演出服装，新疆舞演出服装，鞋子，男生服装各 12 套，准备参加今年春晚筛选！欢迎喜欢参加的朋友报名！可以找阿孜老师，Alia 团长报名！

周二 09:08



葛英蘭(Agathia)

各位亲爱的家人大家好！  
兰色的蒙古服和白色衣服的头饰配成一套的蒙古服装已经买好！

《中俄后裔友谊会》葛会长亲力亲为，日夜为会里规划和操劳。经常带领团队前往社区与部门开展慰问演出使团队得到锻炼与提高，受好评。

葛会长探亲度假期间也为友谊会的发展做工作。

友谊会在 5 月份参加了如下活动，并取得圆满成功。

友谊会每周的活动丰富多彩，有手机授课，麻将游戏，俄罗斯舞蹈教学，居家养老服务等等。现在又在卡市开设了官庭舞舞场，由张少芬夫妇教授，得到了好评。

联友会下属有几个活跃的文艺团队，每周有固定排练的时间和场地。这个月为大家介绍联友会《快乐艺术团队》

联友会各舞场经常出现好人好事，这是工作认真负责的精神体现，值得表扬。

综上所述，2023 已过半，工作是辛苦的，成绩喜忧参半。我们深信，在葛会长、李会长的领导下，全体人员的齐心协力，我们的各项工作一定会完成得更好，也一定会迎来联友会的春天！

To bring back the popularity of the venue, Granville Town Hall has decided to host weekly New Vogue dance sessions on Wednesdays, and Ms LiWen Wu has led the students in helping. She taught the moves and led the students in dance after dance, and the atmosphere was great! Thank you so much Ms Wu! Thank you for all your hard work!

With a steady stream of students, a warm atmosphere, and a positive attitude, Ms Wu taught with patience and care!

Ms Momo taught the Latin dance class, she taught carefully and played back the video tutorial after the class, the students studied carefully and consolidated their knowledge.

The Chinese and Russia Friendship Association Inc President Ge is hands-on, planning and working day and night for the Association. He often leads the team to the community and departments to carry out condolence performances. The team was well-received for its training and improvement.

President Ge also worked on the development of the Friendship Association during her family vacation.

The Friendship Association took part in the following events in May and they were a great success.

A variety of weekly activities are offered by the Friendship Association, including mobile phone lessons, majong games, Russian dance lessons, and home care services. Mr and Mrs Shaofen Chang have opened a New Vogue dance workshop in Cabramatta, which is well received.

As part of the United Friendship Association, several cultural groups gather regularly for rehearsals and performances. Let us introduce you to the United Friends Association's "Happy Arts Team".

Dance venues at the Club are often populated by good people, which reflects the seriousness and responsibility of the work we do.

In summary, we are almost halfway through 2023 and the work has been hard. We are convinced that under the leadership of President Ge and President Dou, and with the concerted efforts of all our staff, we will definitely do better and usher in the spring of the Association.



京百万雄狮民族舞蹈服饰文化  
5117930038 13661252652



尚霓裳



民族服饰文化  
13661252652





葛英蘭(Agathia)

各位亲爱的家人大家好！  
给歌唱团和俄罗斯舞的服装已经买好！请大家看看！



托娅

@葛英蘭(Agathia) 會長姐：合唱團的演出服太美了，特別清新的感覺。👍👍👍



葛英蘭 (Agathia)

各位亲爱家人们大家好!  
首先祝贺四位美女代表演出成功! 为  
我们《澳洲中俄后裔友谊会》填加光  
彩!





燕子



燕子

葛会长送给俄罗斯俱乐部的大蛋糕 🍰🍰🍰🍰🍰🍰





Email: [yge1839@gmail.com](mailto:yge1839@gmail.com)

Website: <http://nswmsa.org.au>

秘书 Secretary:

葛英蘭会长 President: 0416 824 699

Wang an: 0470516520



Xinjia Dou--窦会长

两位老师教的太好了!

5月24日 上午10:06



葛英蘭(Agathia)

少芬夫妇的宫廷舞教的真棒!  
感谢! 二位辛苦了!

各民族中老年联友会一周舞会信息

♥星期一: **GRANVILLE (大舞场) 1 MEMORIAL DR GRANVILLE NSW 2142**

舞会开放时间: 上午 9: 15

交际舞. 宫廷舞

♥星期二: **GRANVILLE TOWN HALL 10 CARLTON ST NSW 2142**

时间: 上午 9:30~12:00

由王树老师教国标. 交际舞

♥星期二: **AUBURN TOWN HALL 1 SUSAN ST AUBURN NSW 2144**

时间: 下午 1:00~3:30

由专业舞蹈老师教宫廷舞

♥星期三: **AUBURN TOWN HALL 1 SUSAN ST AUBURN NSW 2144.**

舞会开放时间: 上午 9: 15~12:00

45 分钟教舞后交际舞. 宫廷舞

♥星期三: **GRANVILLE TOWN HALL 10 CARLTON ST NSW 2142**

舞会开放时间: 上午 9:30

(宫廷舞专场)

♥星期四: **GRANVILLE (大舞场) 1 MEMORIAL DR. GRANVILLE NSW 2142**

舞场开放时间: 上午 9: 15

♥星期五: **GRANVILLE (大舞场) 1 MEMORIAL DR. GRANVILLE NSW 2142**

舞场开放时间: 上午 9: 15

交际舞. 宫廷舞.

Check out our weekly venue and time update for dances and classes

A weekly venue and time for dances and classes has been updated for the Multicultural Seniors Association

Monday 9:15am-12pm, Social Dance & New Vogue, at Granville Centre, 1 Memorial Drive, Granville NSW 2142

Tuesday 9:30am-12pm, Mr Wang Shu teaches National Ballroom Dance, Modern Dance and Social dance, at 10 Carlton St Granville Town Hall Granville NSW 2142,

Tuesday 1:00pm-3:30pm, Professional dance teacher teach New Vogue, at Auburn Town Hall, 1 Susan St Auburn NSW 2144

Wednesday 9:15am-12pm, professional dance teacher will teach dance, and everyone is welcome to attend.  
10:00am-12pm Social Dance & New Vogue, at Auburn Town Hall, 1 Susan St Auburn NSW 2144

Wednesday 9:30am-12pm, New Vogue Only, at Granville Town Hall, 10 Carlton St Granville NSW 2142

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Thursday 9:15am-12pm, Social Dance & New Vogue, at Granville Centre, 1 Memorial Drive, Granville NSW 2142

Friday 9:15am-12pm, Social Dance & New Vogue, at Granville Centre, 1 Memorial Drive, Granville NSW 2142

All members are welcome to come

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## 俄罗斯传统复活节 2023

Posted on [May 1, 2023](#) by [MSA Media](#)

澳大利亚悉尼最美丽的 4 月，迎来了一年一度的俄罗斯传统复活节。今天《澳洲中俄后裔联合会》在卡市 " 天天渔村海鲜酒楼 " 举办盛大的午宴联欢。

葛英蘭会长担任总指挥并发表讲话。俄罗斯领事馆总领事 Lgor Nikolaievige, Fairfield Council 市长 Frank Carbone, 付市长 D.Le, 前新州上议院议员何沈惠霞以及《澳洲中俄后裔联合会》副会长 Vela 同我们一起共享节日的快乐并致辞。

会上由葛会长, Fairfield 市长为澳洲中俄后裔联合会 kenia 女士颁给会标设计奖。

紧接着神父为所有人祷告, 高歌一曲为本月份生日的朋友送上精美的蛋糕, 浓浓的爱意, 家的温暖在心中闪烁, 会场上掌声不断。

上午 11: 46 分盛大的联欢活动正式开始, 由《各民族中老年联友会》" 蓝花楹艺术团队 " 演唱的澳大利亚国声拉开序幕, 以俄罗斯的民族特色舞蹈, 独唱, 合唱, 魔术和各艺术团队精彩的表演给所有人带来欢乐与喜悦, 超赞。

大家一边观赏节目, 一边带着愉快的心情品尝着美味佳肴, 畅谈着人生的未来与友情, 大家举杯畅饮欢渡自己的节日! 在这里看到了朋友之间的友爱, 看到了一张张和祥美丽的笑脸, 像鲜花一样在人间盛开。

午宴中我们欣赏到 Dixon 老师团队的交际舞表演, 气质优雅, 优美自然,

接着舞会正式开始。场上响起动人欢快的旋律, 大家翩翩起舞, 为节日增添乐趣, 为幸福加分, 为快乐共舞。

下午 3: 00 大会圆满结束! 今天非常感谢二位双语主持人及到会的嘉宾, 为活动提供服务的所有工作人员, 演员和所有参与者。葛会长特向所有参加活动的朋友们表示衷心的感谢, 愿大家吉祥! 快乐!

## Russian Easter Festival 2023

Posted on [01/05/2023](#) by [MSA Media](#)

April is the most beautiful month in Sydney, the annual traditional Russian Easter Festival ushered in.

22nd April 2023, the Federation of Chinese and Russian descendants of Australia held a grand luncheon Russian Easter at the "Golden Palace Seafood Restaurant". President Ge Yinglan was the chief conductor and gave a speech.

Consul General of the Russian Consulate Lgor Nikolaievige, Mayor of Fairfield Council Frank Carbone, Mayor D.Le, former member of the NSW House of Lords He Shen Huixia and Vice President of the Federation of Chinese and Russian Descendants of Australia Vela shared the joy of the festival with us and delivered speeches. President Ge and Mayor Fairfield presented the logo design award to Ms. Kenia.

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The priest then prayed for all of them and sang a song to present a beautiful cake for the birthday friends of this month, with strong love and the warmth of home shining in their hearts, and the venue was filled with applause.



At 11:46 a.m., the grand gala started with the Australian National Voices sung by the “Jacaranda Artistic Team” of the “Multicultural Seniors Association Inc”, which brought joy and happiness to everyone with Russian ethnic dances, solos, chorus, magician and wonderful performances by various art teams.

While watching the program, everyone tasted the delicious food with a happy mood, chatting about the future of the life and friendship, everyone raised a glass and drank to celebrate their festival! Here we saw the friendship between friends and a peaceful and beautiful smiling face, blooming like a flower on earth.



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During the luncheon, we were treated to a ballroom dance performance by Mr Dixon's team, which was elegant and graceful.

Then the social dance was officially started. We all danced together to have fun, happiness and joy to the festival.

The conference ended at 3:00 pm. Thank you very much to the two bilingual hosts and the guests, all the staff, performers, volunteers and all the participants who provided services for the event. President Ge would like to express her heartfelt thanks to all those who participated in the event and wishes everyone good luck & happy.



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