

2024 ANNUAL REPORT

01/07/2023 — 30/06/2024



**MULTICULTURAL SENIORS
ASSOCIATIO Inc**

Email: Yinlange60@hotmail.com

葛英蘭会长 President: 0416 824 699

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

秘书 Secretary:

Tracy Wu: 0416 196 362

年鉴用稿：

各民族中老年联友会及
中俄后裔友谊会

布闻撰稿

在澳大利亚悉尼市，有一个当地闻名的各民族中老年联友会及中俄后裔友谊会。现任会长是一位 74 岁的中俄后裔女士，她的中文名字叫葛英蘭。多年来，由葛英蘭牵头成立的各民族融合、中俄后裔联谊的两个社团，办的有声有色。这在澳大利亚应该是首家，或者说是唯一的一家。

2012 年 5 月 29 日，由葛英蘭等几位发起人，在澳洲政府注册了一个社会公益慈善组织：各民族中老年联友会。后来她们又注册成立了社团组织：澳洲中俄后裔友谊会、澳洲中俄后裔联合会。这些都在葛英蘭老人及其团队的统一领导和指挥下运行。这些中老年人，12 年如一日的开展各种公益慈善活动，收到了良好的社会效益。被称为中老年新移民的家。

葛英蘭老人是中国内蒙古自治区的一位滑冰运动员，1984 年携全家移民到澳大利亚悉尼。她在 2004 的一次体检中查出了肾癌，治愈后便投入到了创办公益慈善事业中，为各民族广大中老年移民、中俄混血后裔和社区养老服务贡献力量。

在各民族中老年联友会里，有来自世界各地的华人、越南人、俄罗斯人、蒙古人、韩国人等各民族的会员。联友会发展很快，由最初的十几人，再到几百人，现在已经达了注册会员 3000 多名。中俄后裔友谊会有注册会员 80 多名。根据悉尼地区的中俄后裔情况，她们又成立了一个中俄后裔联合会。使中俄后裔的联谊范围由卡市扩大到整个大悉尼地区，参加活动的人员更多了，影响力更大了。

各民族联友会、中俄后裔友谊会、中俄后裔联合会，三个组织一套人马。大家齐心协力，共同演绎着多元文化共融的公益慈善事业大戏，收到了众多荣誉和表彰。

多民族联友会共有四个常设部门，分别是：秘书办、财务办、后勤办、文化艺术团。

联友会的主要服务活动有三个方面：一是为会员服务。这点主要是开办英语学习班，为新移民进行英语培训，帮助其更好的融入澳洲社会生活。还有举办交际舞会，让中老年生活变得更加快乐，提高身心健康，减少疾病，降低政府的医疗成本。同时，还开展了唱歌班，舞蹈班，民族艺术团，居家养老等项目。他们为会员服务活动从每周一至周五，天天都有。二是接受政府委托管理带薪的社区义工，为居家养老和社区工作服务。现在已有固定义工 30 名。三是组织各种联欢晚会和节庆活动。组织会员表演各民族特色的文艺节目，促进多元文化交流、增加不同民族的团结。尤其是中俄后裔的活动为这些移居澳洲的人们创造了良好的交流机会。这些活动充分实现了他们组建社会组织的宗旨和初心。以上 3 个组织还在社会救灾、救助等方面积极组织捐款捐赠，受到了政府和社会的普遍好评。

新南威尔士州立法议会尼克拉克奇议员，这样评价各民族联友会：在我们社区中许多各族老年人因英语匮乏，缺乏锻炼，导致糟糕的健康状况。新州老年联友会，一直为我区老年人组织各种各样的跳舞、唱歌每月郊游等活动。它的宗旨是帮助来自不同文化和语言背景的老人过上健康、独立和快乐的晚年生活。许多国家和国际研究表明，老年人多参与社会活动、社交和各种锻炼身体，会让他们拥有更好的生活质量。所以，新州联友会的项目和活动极受欢迎。在过去的一年里该协会的会员人数增加了一倍多。随着人口的老齡化，老年人对该项目的需求愈来愈多。联友会还获得了新州议会颁发的“2018 年度新南维尔士州老年本地成就奖”。

俄罗斯驻澳大利亚大使，瓦罗 拉普洛夫斯基，在堪培拉发给中俄后裔友谊会会长葛英蘭的感谢信中说：我真诚地感谢您积极推动文化发展，旨在加强俄罗斯和中国社区在澳大利亚之间的友谊发展项目。您领导的协会享有应有的权威和尊重，为保存民族和文化特性做出了重大贡献。期待继续开展富有成效的合作。

此外，多年以来各民族联友会和中俄后裔友谊会、联合会，还获得各种不同的地区议会与政府的表彰和致谢。同时，也获了新州华人社团联合会等组织的嘉奖和广大华人社团的好评。

Multicultural Seniors Association Inc
Australian Russian-Chinese Friendship Association Inc
Unity of Russian-Chinese Association in Australia Inc

There is a well-known Senior Association of various nationalities in Sydney, Australia. The current president, Ms. GE YIN LAN, 74ys of Chinese and Russian descent, organized three associations of the integration of various ethnic groups, Russian-Chinese Friendship and Unity of Russian-Chinese over passed years which have been famous in Sydney. This is the first, or the only one senior association serviced for the ethnic nations in Australia.

Led by Ms. Ge and several other initiators registered a social welfare charity organization with the Australian government, "Multicultural Senior Association Inc" on 29th May 2012. Next the Australian Sino-Russian Descendants Friendship Association and Unity of Chinese and Russian Descendants was registered and established. These are all under the unified leadership and command of Ge Yinglan and his team. These elders have been carrying out various public welfare and charity activities for 12 years and have received good social benefits till now. Known as the home of middle-aged and elderly newcomers.

Ms. Ge was an ice skater when she was in Inner Mongolia Autonomous Region in China before 1984 who immigrated into Australia with her parent on 1984. The kidney cancer was diagnosed during a physical examination in 2004. After being cured, she devoted herself to the establishment of public welfare and charity, contributing to most middle-aged and elderly immigrants of all ethnic groups, descendants of Chinese and Russian mixed race, and community pension services.

The association members are assembled of various nationalities from all over the world in the associations, such as Chinese, Viet Nam, Russians, Mongolians and Koreans etc. Our organization has been developed rapidly, at beginning of a dozen of people spread to several hundred, and now it has reached more than 3,000 registered members. Over 80 registered members in the Sino-Russian Friendship Association. Based about Chinese and Russian descendants in the Sydney, Unity of Russian-Chinese and Russian Association was established also. The scope of members from Cabramatta region has been expanded the entire Greater Sydney. More and more people have joined in our organization and our influence has been greater.

Now three Associations organized by the same people. Everyone works together to perform the public welfare and charity drama of multicultural integration. Many Honors and commendations have been got.

There are four permanent departments of the Multi-ethnic Association, namely: the Secretariat Office, the Finance Office, the Logistics Office and the Culture and Art Troupe.

There are three main service activities of our association: 1) Service for

The members and new immigrants to provide the English learning classes to help their better integration into Australian social society. The dancing parties can make them happy to improve their physical and mental health, reduce diseases to save their medical costs. The singing learning classes, dance classes, national art troupes, home care and other projects have also been carried out. They serve their members every day from Monday to Friday. The second is to accept the government's entrustment to manage paid community volunteers to serve home care and community work. At present, there are 30 permanent volunteers. The third is to organize various galas and festivals. Organize members to perform cultural and artistic programs with the characteristics of various ethnic groups to promote multicultural exchanges and increase the unity of different ethnic groups. In particular, the activities of Chinese and Russian descendants have created good communication opportunities for these people who have moved to Australia. These activities have fully realized the purpose and original intention of their social organizations. The above three organizations also actively organize donations and donations in social disaster relief and relief, which have been widely praised by the government and society.

The New South Wales Legislative Assembly (NSW) Member of the Legislative Assembly of New South Wales (NSW) said of the Friends of All Nationalities: "Many elderly people of all races in our community suffer from poor health due to lack of English and lack of exercise. The NSW Senior Friends Association has been organizing a variety of dancing, singing, monthly outings and other activities for the elderly in our district. Its mission is to help seniors from different cultural and linguistic backgrounds live healthy, independent and happy old ages. Many national and international studies have shown that older people have a better quality of life when they are more involved in social activities, socialization and various physical activities. As a result, the projects and activities of the NSW Association are extremely popular. Over the past year, the association's membership has more than doubled. As the population ages, there is a growing demand for the project among the elderly. The Association also received the NSW Seniors Local Achievement Award 2018 from the NSW Parliament.

Russia Ambassador to Australia, Valo Arlovski, said in a letter of thanks from Canberra to President of the Sino-Russian Friendship Association Ge Yinglan: "I sincerely thank you for actively promoting the cultural exhibition, which aims to strengthen the friendship between Russia and the Chinese community in Australia. The association you lead enjoys the authority and respect it deserves and makes a significant contribution to the preservation of national and cultural identity. We look forward to continuing fruitful cooperation.

In addition, over the years, the Friendship Association of All Peoples, the Friendship Association of Chinese and Russian Descent, and the Federation have also received commendations and thanks from various regional parliaments and

governments. At the same time, it has also won awards from organizations such as the Federation of Chinese Associations in New South Wales and praised by the majority of Chinese associations.

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：窦兴家

Acting President: Xinjia Dou



副执行会长：于晓丽

Vice Executive President : Xiao Li Yu



副执行会长：于晓丽

Vice President : Xiu Mei Zhang



副会长：颜文广

Vice President : Wen Guang Yan

Email: Yinlange60@hotmail.com

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

葛英蘭会长 President: 0416 824 699

秘书 Secretary:

Tracy Wu: 0416 196 362



秘书长: 江秀萍
Secretary General: Xiu Ping Jiang



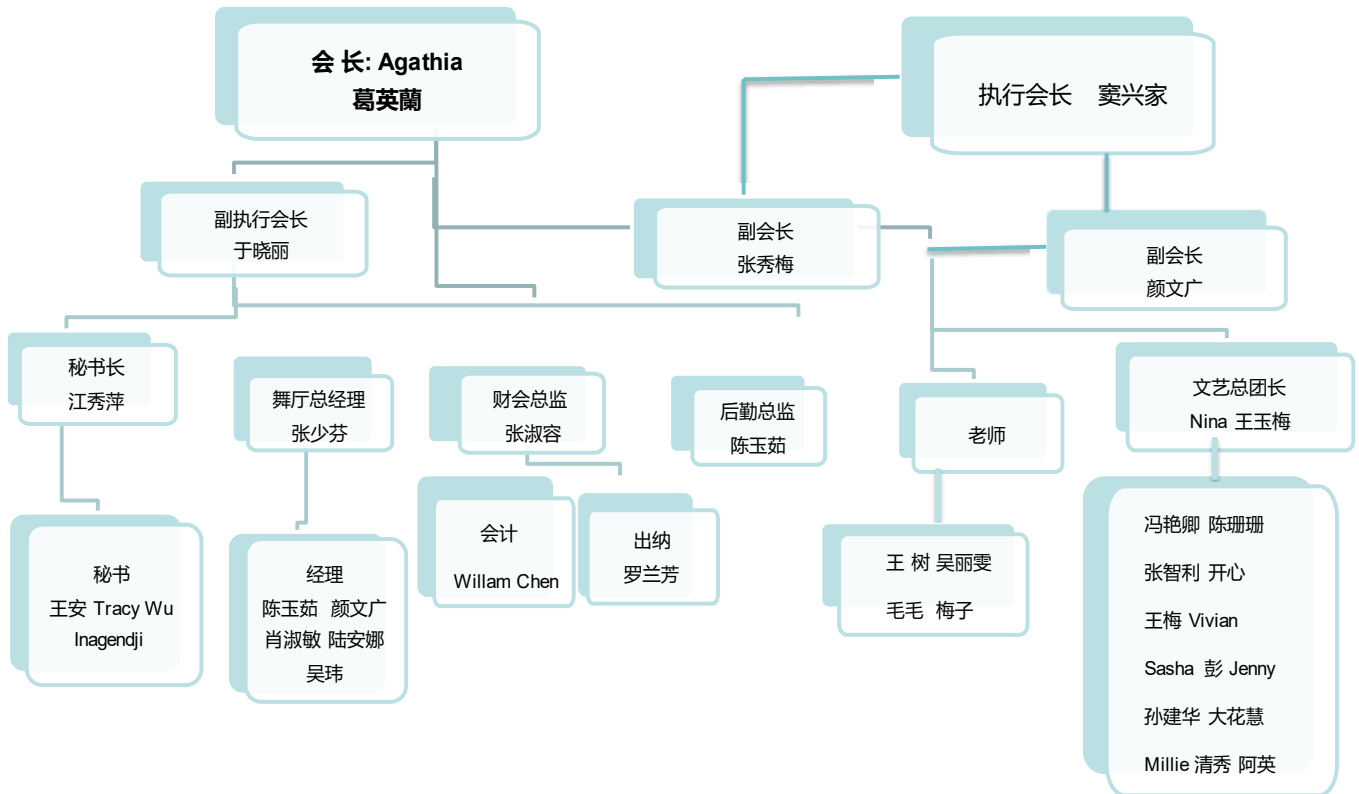
财务总监: 张淑荣
Financial Director: Shu Rong Zhang



后勤总监: 陈玉茹
Logistics Director: Yu Ru Chen



Multicultural Seniors Association Inc
各民族中老年联友会
18/06/2024
行政管理示意图

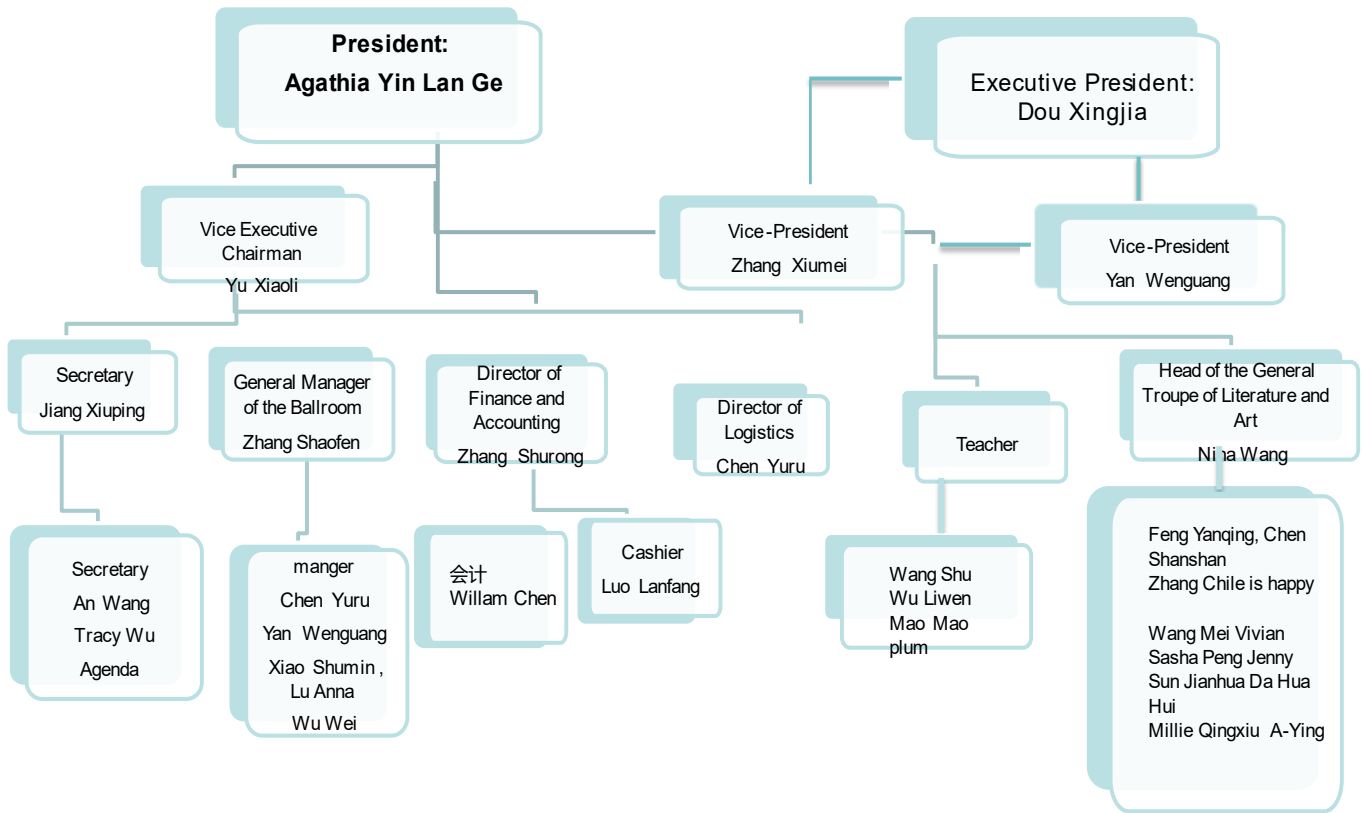




Multicultural Seniors Association Inc
各民族中老年联友会

18/06/2024

Schematic diagram of administrative management



窦兴家先生是《各民族中老年联友会》执行会长。他为人忠厚，做事认真。近十年的老年工作中，一直做义工，为大家无私奉献！他不但把联友会的各项工作安排的井井有条，而且还自己编拍舞场舞曲，经常工作到半夜。他今年已经78岁了，但还是精神飒爽，精力充沛。

Mr. Dou Xingjia is the executive chairman of the "Association of Friends of Middle-aged and Elderly People of All Nationalities". He was loyal and serious. In the past ten years of work for the elderly, I have been volunteering and selflessly contributing to everyone! He not only arranged the work of the Association in an orderly manner, but also choreographed his own dance music on the dance floor, often working until midnight. He is 75 years old this year, but he is still refreshed and energetic.



于晓丽副执行会长，十几年如一日的工作，她不辞辛苦，无论什么何时何地都以身作责，为集体和会里做出了贡献！舞场编舞曲和领导组织义工的工作分配，带领大家出游！她总是默默无闻的为大家服务，她的奉献感动着大家！

Yu Xiaoli, the deputy executive president, has been working day after day for more than ten years. She is not afraid of hardship or fatigue. No matter when, she takes responsibility and contributes to the collective and the association! She choreographs our dance floor, organizes the volunteer team, leads the volunteers, assigns volunteer work, and leads everyone on trips! She always walks in the front! Her silent work style and hands-on service attitude infect everyone!



张秀梅副会长，自 2014 年参加联友会以来，在联友会艺术团体的工作中起到顶梁柱的作用。她捐款捐物，为人忠诚可靠，正能量的发展了艺术团队！2020 年因某些原因，她带领的水兵舞团队一度停止了活动与排练。在 2022 年张秀梅副会长回澳后又在短短的一年半时间内重组团队。目前已经发展成为一个 30 人左右的联友会艺术团体。而且非常精彩的演出了新颖的节目！

Vice President Zhang Xiumei, the Sailor Dance Team once stopped activities and rehearsals. After returning to Australia in 2022, Vice President Xiumei reorganized the group in just one and a half years, starting with one person, and now it has developed into a friendly art group of about 30 people! And it performed very exciting and novel programs!



颜文广副会长，自参加联友会做义工以来，工作勤勤恳恳，任劳任怨，他担任着舞厅经理工作。每逢值班负责时，他早早的到舞场把所有准备工作做好摆好桌椅。然后他就会服务于中老年舞友中，给大家端茶倒水和递纸巾并热情迎送舞友。

除此之外，他还服务于卡市居家养老的老年人做午餐，每周一他离开舞场后立即去市场购买第二天午餐食材。然后每周二上午 8:00 他会准时不误的来到卡市居家养老活动中心准备午餐，他做的午餐美味可口，大家赞不绝口，许多老年人都慕名而来。是他的美味佳肴和无私奉献使得老年会员们有着温馨家庭的感受，

Vice President Wenguang Yan, since joining the Russian & Chinese Friendship Association Inc as a volunteer, he has worked diligently and hard-working, and he works as a dance hall manager. When he was on duty, he went to the dance venue early to make all the preparations and set up the tables and chairs. Then he will serve the middle-aged and elderly dancers, serving tea and water to everyone, handing tissues and welcoming the dancers warmly. In addition, he also serves the elderly in Cabramatta activities Centre to make lunches, and every Monday he leaves the dance hall and immediately goes to the market to buy ingredients for the next day's lunch. Then every Tuesday at 8:00 a.m., he will come to the Cabramatta activities Centre Home Care Activity Center on time to

prepare lunch, the lunch he makes is delicious and everyone praises, and many elderly people come to visit. It is his delicious food and selfless dedication that make the senior members feel like a warm family.



江秀萍秘书长，文武双全非常能干，正能量的女士。每次理事会会议一结束，她的会议记录已经完整无缺的记载的清楚，详细层次分明，主次有序。每次大型活动一结束，她的现场报道已经转发到各群。会里大事小情，只要秘书长在，什么事情都会变的有条有理。大家都亲切的称她江姐。

General Jiang Xiuping, a very capable and positive lady. As soon as each council meeting ended, her minutes of the meetings were clearly documented, with clear levels of detail and orderliness. As soon as each major event ended, her live reports were forwarded to the various groups. As long as the Secretary-General is there, everything will become orderly and reasonable. Everyone affectionately called her Sister Jiang.



张淑荣财务总监，自管理财务工作以来，工作认真负责，几年如一日，把财会工作做的账目清晰，进出账目明了。

Since Ms. Zhang Shurong managed the financial work, she has worked conscientiously and responsibly, and for several years, she has made the accounts of the financial and accounting work clear and the accounts clear.



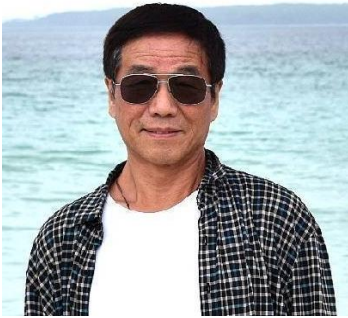
陈玉茹是我们会里最年轻的义工，她聪明伶俐，无论做什么看一眼就能上手做，而且不做便罢，一做就做的非常好！陈玉茹目前是担任舞厅经理和后勤总监工作，她管理舞厅收款从来都不差钱。她管理后勤工作一直是亲力亲为，无论是在舞场还是搞大型活动，她都能把美味的食品分配给参加大型活动的200多个人享用！

Chen Yuru is the youngest volunteer in our club. She is very skilful. She can do any job after just one look. She would rather not do it than not do it. Once she does it, she does it very well! Chen Yuru is currently the manager of the dance hall and the director of logistics! She manages the dance hall and never lacks money for collecting money! She has always been very hands-on in managing logistics. Whether it is at the dance hall or at a large event, she can always share the best food with more than 200 people!



吴丽文老师，从童年开始学习舞蹈，经她教授的宫廷舞从十几人开始发展到了 80 多人。她的教授方法得到学员们的喜爱。她的热情和无私奉献感动着大家。

Teacher Wu Liwen, the beautiful woman standing in the middle, she is a child in dance. The court dance she taught, starting with more than a dozen people, reached more than 80 people after she taught it. Ms. Wu Liwen has a method and the students like to take classes in her class. Her selfless dedication touched everyone.



王树老师是专业国标教练！他训练的团队，舞蹈动作标准，舞蹈姿势优美，他无私奉献，每次训练都会早来晚归！不厌其烦的帮助每个学员，他的身教胜于言教，他的学员们都努力训练，他们在国标表演赛上获得非好好的成绩！

Teacher Wang Shu is a professional national standard dance coach! The team he trains has standard dance moves and beautiful dance postures. He is selfless and dedicated. He comes early and leaves late every time he trains! He helps every student tirelessly. His example speaks louder than words. His students all work hard to train, and they get very good results in the national standard dance performance competition!



张少芬联友会舞厅总经理，见多识广，舞厅的带头人，是各种舞蹈的专家，她和丈夫在联友会各个舞场带领大家学习舞蹈，把每个舞场的工作都做的很好。

Zhang Shaofen, the general manager of the dance hall of the United Friends Association, is well-informed, is the dance leader of the dance hall, she is an expert in various dances, she and her husband will help everyone learn dance in the dance halls of the United Friends Association, and do a good job in each dance hall.



王玉梅联友会艺术团总团长，自 2014 年加入各民族中老年联友会以来，忠心耿耿的为联友会的艺术团做着无私奉献！她是上海艺术学院毕业的高材生，

无论是舞台经验还是舞台形象经 Nina 表演出来别有风情。

祝贺 Nina 成功的当选为：各民族中老年联友会艺术团总团长一职，相信凭她的实力和能力，一定会把联友会艺术团的各项工作推向更高水准。

在此希望联友会各艺术团的团长们能紧紧团结在 Nina 王玉梅总团长的周围，为联友会艺术工作做出贡献！

Nina, Director Wang Yumei has been loyal to the art troupe of the Multicultural Seniors Association Inc since 2014 and has made selfless contributions! She is a top student who graduated from Shanghai Academy of Arts. Whether it is stage experience or stage image, Nina's performance is very graceful! Congratulations to Nina on her successful election as the Multicultural Seniors Association Inc! I believe that with your strength and ability, you will definitely push the work of the Friendship Association Art Troupe to a higher level! I also hope that the heads of the various art troupes of the Friendship Association can unite closely around Director Nina Wang Yumei and contribute to the art work of the Multicultural Seniors Association Inc.



姗姗是联友会《蓝花楹》合唱团团长，她不但精通英语，还是教唱歌的好老师。她为《蓝花楹》合唱团付出了很多贡献。

Shanshan is the head of the "Jacaranda" choir of the United Friends Association, and is the third on the right side of the photo. Shanshan is not only proficient in English, but also teaches singing. She put a lot of manpower and material resources into the "Jacaranda" choir.



冯艳卿联友会《茉莉花》艺术团团长，在 2019 年联友会举办的舞蹈大赛中荣获冠军队称号。她领导的团队纪律严谨，团结一致是她们的宗旨，演出成绩优秀是她们的优势。团队的演出服装都由她自己制作并自己出钱出力带领大家演出！联友会为我们有这么优秀的团队点赞！

Director Yanqing is a member of the Lianyou Art Troupe. The team she leads is strict in discipline. Team unity is their pursuit! The outstanding performance of the team is their advantage! Director Yanqing made her own costumes, paid for it herself and led everyone to participate in the performance! Thumbs up for us to have such an excellent team!



开心团长，虽然加入各民族中老年联友会的时间不长，但她对我们的组织贡献也不少，她的团队经常出外演出与外团的关系友好，她的团队演出技能真的不错！她们表演的蒙族舞，藏族舞都得到观众热烈掌声！

Although the leader of the Happy Group has not been a member of the Multicultural Seniors Association Inc for a not very long time, but she has made a great contribution to our organization! Her team often goes out to perform, and she has a good relationship with other groups! The performance skills of the Happy Group Leader's team are really good! The Mongolian and Tibetan dances they performed received warm applause from the audience!

通过 Cumberland Council 社区资助项目，我们让本区管辖范围内的全体成员都收获颇丰：大家可以通过我们的网站看到：

今年，我们有：

- 1) 英语学习班，52 周，450 人次。
- 2) 手机学习班，50 周，600 人次。
- 3) 初级舞蹈班，52 周，14006 人次。
- 4) 交谊舞班，52 周，13020 人次。
- 5) 艺术团体排练，50 周，2566 人次

这些人通过日常的舞蹈活动，提高了身体素质。很多 80 岁以上的老人还在跳舞！舞蹈给他们的生活增添了乐趣！他们有了健康的体质，即为国家减少了医药费、住院费、治疗费，又减轻了子女的负担，给家庭带来了幸福和快乐！

通过手机课，很多老人学会了如何给孩子打电话，如何用手机拍照和制作小视频！通过学习英语，很多老人在商店购物时不再依赖孩子的帮助！

详细地址	仅一年的汇报	具体活动时间	每次参加活动具体人数	全年活动次数	各场地活动内容
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	01/11/2023 31/10/2024	每周一： 从下午 1:30 点至下午 2:30 点	49 周参加人数为： 588 人次	全年活动： 49 周	中级班： 巫兰香老师教授
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	每周一： 从上午 9:30 点至 11:30 点	51 周参加人数为： 3825 人次	全年活动： 52 周	中老年人 交际舞会
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周二： 从上午 9:30 点至 11:30 点	52 周参加人数为： 832 人次	全年活动： 52 周	中级班国标舞： 王树老师教授
1 Susan St Auburn NSW 2144	01/11/2023 31/10/2024	每周二： 从下午 1:00 点至 3:30 点	49 周参加人数为： 15698 人次	全年活动： 49 周	宫廷舞： 吴丽雯老师教授
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周二： 从上午 9:30 点至下午 12:00 点	49 周参加人数为： 2184 人次	全年活动： 49 周	蓝花楹合唱团 排练
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	01/11/2023 31/10/2024	每周二： 从上午 9:30 点至下午 12:00 点	48 周全年参加人数为： 576 人次	全年活动： 48 周	联友会水兵舞团 排练
1 Susan St Auburn NSW 2144	01/11/2023 31/10/2024	每周三， 从上午 9:30 点至下午 12:00 点	48 周全年参加人数为： 1056 人次	全年活动： 48 周	联友会交际舞会
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周三： 从上午 9:30 点至下午 12:00 点	52 周全年参加人数为： 1352 人次	全年活动： 52 周	联友会艺术团 排练

3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	01/11/2023 31/10/2024	每周三: 从上午 9:30 点 至 下午 12:00 点	52 周全年参加人数 为: 642 人次	全年活动: 52 周	联友会茉莉花团 排练
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周三: 从上午 9:30 点 至 下午 12:00 点	50 周全年参加人数 为: 450 人次	全年活动 50 周	英语班: 中老年人学习
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周三: 从上午 9:30 点 至下 午 12:00 点	50 周全年参加人 为: 600 人次	全年活动 50 周	手机应用班: 中老年人学习
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周三: 从下午 12: 00 点 至下午 2:00 点	50 周全年参加人 为: 600 人次	全年活动 50 周	联友会开心艺术团排 练
98-104 Woodburn Rd Berala NSW2141, Berala Community Centre	01/11/2023 31/10/2024	每周四: 从上午 11:00 点至 下午 1:00 点	52 周全年参加人 为: 572 人次	全年活动 52 周	联友会艺术团 排练
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	每周四: 从上午 9:30 点 至下午 12:00	52 周, 全年参加人 为: 936 人次	全年活动 52 周	联友会花样年华艺术 团排练
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	每周四: 从上午 9:30 点 至 11:30 点	52 周全年参加人数 为: 4569 人次	全年活动 52 周	中老年人 交际舞会
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	每周五: 从上午 9:30 点 至 11:30 点	50 周全年参加人数 为: 3959 人次	全年活动 52 周	中老年人 交际舞会
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	每周五: 从晚 7:30 点 至晚 10:00 点	49 周全年参加人数 为: 1862 人次	全年活动 49 周	联友会舞蹈 培训班
303 Mauriceville Town Hall NSW	01/11/2023 31/10/2024	每周二: 上午 9:30 点 至晚 5:30 点	49 周全年参加人数 为: 560 人次	全年活动 49 周	联友会花样年华艺术 团排练
165 Homebush Rd Town Hall	01/11/2023 31/10/2024	每周五: 从上午 9:30 点至 11:30 点	49 周全年参加人数 为: 560 人次	全年活动 49 周	联友会艺术团 排练
Crn of Railway Pde & McBurney Rd Cabramatta Community Centre NSW 2166	01/11/2023 31/10/2024	每周二: 从上午 9:30 点至下 午 12:00 点	50 周全年参加人数 为: 600 人次	全年活动 50 周	联友会居家养老服务 中心活动, 有接送老 人, 午餐及麻将棋类 活动等

Through the project of Cumberland Council community grants funding, we have made all members under the jurisdiction of this area gain a lot: everyone can see through our website:

This year, we have:

- 1) English learning class, 52 weeks, 450 people.
- 2) Mobile phone learning class, 50 weeks, 600 people.
- 3) Beginner dance class, 52 weeks, 14,006 people.
- 4) Ballroom dancing class, 52 weeks, 13,020 people.
- 5) Art group rehearsal, 50 weeks, 2,566 people

These people, through daily dance activities, have improved their physical fitness. Many elderly people over

80 years old are still dancing! Dance adds fun to their lives! Their physical health reduces the cost of medicine, hospitalization, and medical expenses for the country, reduce the burden on their children, bring happiness to their families!

Through mobile phone class, many elderly people have learned how to call their children, how to use mobile phones to take pictures, and make videos!

Address	Start to end period	Training time	Number of Attendance	Number of activities per week	Activity content
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	01/11/2023 31/10/2024	EVERY Monday From 1:30 pm to 2:30pm	588People	49weeks	Dancing Class's
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	EVERY Monday From 9:30am To 11:30 am	3825 people	51weeks	Ballroom dancing
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	Every Tuesday From 9:30am to 11:30 am	832 people	52 weeks	Dancing Class's
1 Susan St Auburn NSW 2144	01/11/2023 31/10/2024	Every Tuesday From 1:00pm to 3:30 pm	15698 people	49 Weeks	Dancing Class's for Beginner
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	Every Tuesday From 9:30am to 12:00pm	2184 people	52Weeks	Senior Citizens Choir
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	01/11/2023 31/10/2024	Every Tuesday From 9:30am to 12:00pm	576 People	48 Weeks	Dancing Class's for Beginner
1 Susan St Auburn NSW 2144	01/11/2023 31/10/2024	Every Wednesday From 9:30am to 12:00pm	1056 people	48 Weeks	Ballroom dancing for elderly
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	Every Wednesday From 9:30am to 12:00pm	1352 people	52 Weeks	Art troupe rehearsal
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	01/11/2023 31/10/2024	Every Wednesday From 9:30am to 12:00pm	642 People	52 Weeks	Art troupe rehearsal
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	Every Wednesday From 9:30am to 12:00pm	450 People	50 Weeks	English Class's
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	Every Wednesday From 9:30am to 12:00pm	600 People	50 Weeks	How to use mobile class For Elderly
98-104 Woodburn Rd Berala NSW2141, Berala Community Centre	01/11/2023 31/10/2024	Every Thursday From 1100am to 1:00pm	572People	52 Weeks	Art troupe rehearsal
10 Carton St Granville Town Hall	01/11/2023 31/10/2024	Every Thursday From 9:30 am to 12:00pm	936 People	52 Weeks	Art troupe rehearsal
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	Every Thursday From 9:30 am to 11:30pm	4160 People	52 Weeks	Ballroom dancing for elderly
1 Memorial Drive Granville NSW 2166 Granville Community Centre	01/11/2023 31/10/2024	Every Friday From 7:30pm To 10:00 pm	1862People	49 Weeks	Dancing Class's for Beginner

Email: Yinlange60@hotmail.com

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

秘书 Secretary:

葛英蘭会长 President: 0416 824 699

Tracy Wu: 0416 196 362

303 Marrickville Rd Marrickville Town Hall	01/11/2023 31/10/2024	Every Tuesday From 9:30am to 5:30pm	560People	49 Weeks	Art troupe rehearsal
165 Homebush Rd Strathfield NSW 2134	01/11/2023 31/10/2024	Every Friday From 9:30pm To 11:30 pm	560People	49 Weeks	Art troupe rehearsal
Crn of Railway Pde & McBurney Rd Cabramatta Community Centre	01/11/2023 31/10/2024	Every Tuesday From 9:30am to 12:30pm	600People	50 Weeks	Home Care Package for Elderly Activities pick up & takes them to their home.



12月19日，一场温馨而隆重的圣诞联欢会在联友会和中俄后裔会的共同主办下隆重举行。这次盛会邀请了市政要员和部分社团领导，使得活动更加具有社会影响力。

在会议期间，市长感慨地表示，这是他到目前为止见到的最 **COLOURFUL PARTY**。这个由葛会长领导的联友会和中俄后裔会领导团队策划的圣诞联欢会为整个社区注入了一股温暖和喜庆的氛围。

活动以澳洲国歌奏响拉开序幕，随后各艺术团的歌唱和舞蹈表演隆重上演，将整个联欢会气氛推向高潮。这些表演不仅展示了华人社区的艺术才华，更是澳洲华人热爱澳洲和多元文化真挚

的表达。各民族中老年联友会和中俄后裔友谊会在异国他乡成为中老年华人温馨的家园，为他们提供了各种文化交流辅导，参与澳洲社会起到了重要帮助与支持作用。

特别感谢葛会长联友会和中俄后裔会的众多组织者以及志愿者们辛勤付出！他们为这次活动的成功举办提供了坚实有力的支持。他们的不懈努力不仅在表演和组织上有目共睹，更在传递社区温暖、凝聚华人力量上起到了重要作用。

展望未来，我们期待明年的联友会能够更上一层楼，继续成为在澳中老年华人共度欢乐时光的重要平台。通过每年多次各项的联欢活动，将澳洲的中老年华人更加紧密团结在一起，传承中华文化，热爱澳洲多元化生活，为更美好的未来共同努力。

On December 19, a festive Christmas celebration was organized through the collaborative efforts of the Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc. Dignitaries from the municipal administration and Cumberland City Council Mayor Lisa Clr, graced the occasion, amplifying its societal impact.

The mayor, visibly moved, described the event as the most vibrant he had witnessed. The meticulous planning of the Christmas party by the Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc, under the guidance of President Agathia Ge, infused a warm and jubilant spirit throughout the community.

The event commenced with the rendition of the Australian national anthem, followed by captivating song and dance performances by various art troupes, culminating in an electrifying atmosphere. These presentations not only showcased the artistic prowess of the Chinese community but also expressed the genuine affection of Australian Chinese for Australia and its multicultural ethos. The Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc and Elderly People of All Nationalities have evolved into nurturing havens for middle-aged and elderly Chinese residents in this foreign land, providing them with diverse cultural exchange programs and playing a pivotal role in assisting and fostering their integration into Australian society.

Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc

Our heartfelt gratitude extends to the organizers and volunteers of President Ge's for their unwavering dedication. Their concerted efforts not only shone through in the flawless execution and coordination of the event but also served as a conduit for community warmth and a unifying force for the Chinese populace.

Looking ahead, we aspire for the forthcoming Friendship Association to ascend to greater heights and continue serving as a pivotal platform for fostering the camaraderie of middle-aged and elderly Chinese residents in Australia. Through a myriad of annual events and diverse initiatives, the middle-aged and elderly Chinese residents in Australia. Through a myriad of annual events and diverse initiatives, the middle-aged and elderly Chinese community in Australia will forge stronger bonds, uphold the legacy of Chinese culture, embrace the diverse tapestry of Australian life, and collaborate towards a brighter future.



联友会在 2024 年春节期间, **STRATHFIELD COUNCIL MAYA CLR KAREN** 在庆祝春节联欢会上致辞, 说我们社团为社会和华人团体做出了巨大的贡献.

2024 Chinese New Year, Strathfield Council Maya CLR Karen delivered a speech at the celebration of the Chinese New Year, saying that our MSA has made great contributions to the society and the Chinese community

Email: Yinlange60@hotmail.com

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

葛英蘭会长 President: 0416 824 699

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联友会在成立 10 周年庆典期间, CITY OF SYDNEY DEPUTY MAYOR – JESSICA D ARIENZO (LABOR) 致辞, 称赞我们有悉尼顶级的艺术团体.

During the 10th anniversary celebration of the Association, City of Sydney Deputy Mayor – Jessica D Arienzo (labor) Speech, praising us for having Sydney's top arts group.

澳大利亚华人华侨暨友好人士热烈庆祝 中澳友好三喜宴会 中国国庆75周年 澳华协会50周年 中秋佳节



这是华协会 2024 年九月份庆祝三喜宴会活动各个社团全体首领合影.

This is a group photo of all the leaders of each of the Chinese Association in September 2024 to celebrate the Sanxi Activities

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2024 年 9 月联友会庆祝中秋节活动, 由各个艺术团体的精彩节目表演和义工们精心制作的美味佳肴, 这是实况照片的一角。

In September 2024, the Association celebrated the Mid-Autumn Festival, with wonderful performances by various art groups and delicious dishes prepared by volunteers, which is a corner of the live photos.



2024 年联友会庆祝中秋佳节, 全体理事, 艺术团长和老师合影留念。

In 2024, the WSA Association celebrates the Mid-Autumn Festival, and all the directors, art troupe leaders and teachers took a group photo.



这是东方歌舞团郑丽莉团长第五届东方杯国际舞蹈旗袍大赛颁奖典礼，联友会葛会长被邀请参加剪彩并致辞。

This is the award ceremony of the 5th Oriental Cup International Dance Cheongsam Competition by Zheng Lili, the head of the Oriental Song and Dance Troupe. President Ge was invited to attend the ribbon-cutting and deliver a speech.



2024年5月2日星期四 Cumberland Council 活动咨询委员会会议参加人员合影

Events Advisory Committee Meeting Thursday, 2 May 2024 Cumberland Council Group
photo of participants at the event advisory committee meeting

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2024 年联友会参加 Strathfield Council 文艺演出, 由 Nina 团队, 开心团队和花样年华团队参加并与 Karen 市长合影留念.

In 2024, the Association participated in the Strathfield Council theatrical performance, which was attended by Team Nina, Team Happy and Fantasia Team and took a photo with Mayor Karen.

以上是各民族中老年联友会 2023 年 6 月 30 号到 2024 年 7 月 1 号的工作总结, 在这里感谢一年里所有义工们的辛勤付出, 所有老师们的辛勤耕耘, 所有艺术团体辛苦排练后的精彩表演, 所有舞厅经理的管理付出, 感谢大家庭会员们共同团结携手前进. 使得我们的团队在悉尼各个 Council 市政府有着非同凡响的优异成绩. 我们总结一年的工作经验, 发扬光大好的方面, 克服不足之处. 让我们在即将到来新的 2025 年工作中做得更好更加完善, 谢谢!!!

The above is a summary of the work of the Multicultural Seniors Association Inc from June 30, 2023 to July 1, 2024, and I would like to thank all the volunteers for their hard work in the past year, all the teachers for their hard work, all the wonderful performances after the hard rehearsal of all art groups, the management and dedication of all the dance hall managers, and thank the members of the big family for uniting and moving forward together. This has enabled our team to have an outstanding track record in various council councils in Sydney. We summarize the work experience of the year, carry forward the good aspects, and overcome the shortcomings. Let us do better and better in the new year 2025, thank you!!!

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