

年终工作总结

Annual Report

Russian & Chinese Friendship
Association Inc

澳洲中俄后裔友谊会



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

30/06/2024 - 01/07/2025



会长： 葛英蘭（太平绅士）
President: Mrs Yin Ian Ge (Agathia) J.P

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顾问: 张我华
Advisor: WoHua ZHANG



执行会长: 肖淑敏 (VEIA)
Executive President: ShuMin XIAO



副会长: 张智利 (Alia)
Vice President:
Zhili ZHANG(Alia)



副会长: 辽尼亚 (Kolesniko)
Vice President:
Leonid KOLESNIKO



副会长: 达莎 (Tasia Liu)
Vice President:
Tasia LIU

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秘书: 林淑琴 (Tamarra)

Secretary:
Shuqin (Tamarra) LIN



会计: 丛托雅

Accountant:
TuoYa CONG



监事: 肖淑琴 (Shula)

Supervisor:
Shuqin XIAO



出纳: Nina 陆

Cashier:
Nina LU



合唱团团长: 彭萨莎

Chorus master: **Sasha PENG**



后勤理事: 陆安娜

Logistics: Anna LU



后勤理事: 崔朝华

Logistics: Nadja CUI

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在中国历史文献的永久纪实纪录片中，我们中俄后裔联谊会多元文化团队取得了令人欣喜的成绩。我们去莫斯科寻根演出结束后，受到中国驻俄罗斯大使的亲切接见，这是一次意义非凡的荣誉时刻。

In the permanent documentary records of Chinese historical literature, our multicultural team of Sino-Russian descendants has achieved remarkable results. After our root-seeking performance in Moscow, we were warmly received by the Chinese Ambassador to Russia, marking an extraordinary moment of honour.

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2025 年 6 月 14 日，应俄罗斯驻堪培拉大使馆邀请，中俄后裔友谊会出席了俄罗斯国庆节庆祝活动。活动现场充满节日氛围，来宾身着各具特色的俄罗斯民族服饰，展示了俄罗斯丰富多元的民族文化风貌。照片定格下了这一珍贵时刻，记录了多元文化交融的和谐画面。

On June 14, 2025, at the invitation of the **Embassy of the Russian Federation in Canberra**, the Chinese-Russian Descendants Friendship Association participated in the celebration of Russia's National Day. The event was vibrant and festive, with guests dressed in a variety of traditional Russian ethnic costumes, showcasing the richness and diversity of Russian culture. The photos captured this meaningful occasion and reflected the harmony of multicultural exchange.

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2025 年 6 月 15 日，我们中俄后裔友谊会应邀参加了由**中国驻悉尼总领馆**主办的“各民族联欢会”活动。活动现场气氛热烈，充满了中华文化的多元魅力。我们有幸与中国驻悉尼总领事 *王愚阁下（大使衔）* 亲切合影，留下了珍贵的纪念瞬间。

On June 15, 2025, we were honored to be invited to the Australian Chinese Russian Friendship Association Inc. Multicultural Friendship Gathering hosted by the **Chinese Consulate-General in Sydney**. The event was vibrant and rich in the spirit of Chinese cultural diversity. We had the privilege of taking a commemorative photo with Mr. Wang Yu, the Consul General of China in Sydney (Ambassador rank), marking a meaningful and memorable occasion.





2025年6月15日，我们中俄后裔友谊会应邀参加了由中国驻悉尼总领馆主办的“各民族联欢会”活动。活动现场气氛热烈，充满了中华文化的多元魅力。

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传递温情：走进养老院，献上关爱演出

They Are Not Forgotten: A Visit of Love to the Elderly

2025 年 5 月 29 日，中俄后裔联谊会开展文艺演出慰问活动，走进养老院，为长者送去关爱与温暖。通过精彩纷呈的表演，我们希望让老人们感受到：他们并不孤单，社会始终惦念着他们，关心着他们的生活。活动现场温馨感人，笑声与掌声交织，爱在传递，情在流动。



On May 29, 2025, the Chinese-Russian Descendants Friendship Association organized a cultural performance to visit and comfort the elderly at a local nursing home. Through music, dance, and heartfelt performances, we aimed to let the seniors feel the warmth of society and know that they are not forgotten or alone.

The atmosphere was filled with joy and emotion, with smiles, applause, and a shared sense of love and connection.

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2025 年 5 月 2 日，中俄后裔联谊会 70 人参加中俄后裔歌手 Sonia 崇演唱会！

On May 2, 2025, 70 members of the Sino-Russian Descendants Friendship Association attended the concert by Sino-Russian descendant singer Sonia Chong!



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中俄后裔联谊会 70 人参加中俄后裔歌手 Sonia 崇演唱会， 我们表演了精彩的俄罗斯舞蹈

Seventy people attended the concert of Chinese-Russian descendant singer Sonia Chong at the Chinese-Russian descendant friendship event. We performed an impressive Russian dance.

2025 年 5 月 9 日参加，俄罗斯驻悉尼总领馆举办的俄罗斯 80 周年胜利日庆祝活动

Attend the Russian Victory Day celebration event on May 9, 2025, hosted by the Consulate General of Russia in Sydney.



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2025 年 5 月 25 日，参加 Brian Muzur，Lidcombe 俱乐部举办的俄罗斯胜利日

On May 25, 2025, attend the Russian Victory Day event hosted by Brian Muzur at the Lidcombe Club.



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2924 年 9 月 28 日，参加俄罗斯俱乐部生日, party 我们之间用俄语，中文，英语交流

On September 28, 2092, I attended a birthday party for a Russian club, where we communicated in Russian, Chinese, and English.

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Ms. Zarina GABIEVA Consul-General of the Russian Federation in Sydney

2024 年 11 月 8 日参加俄罗斯新总领 Zarina Gabinave 上任



Attend the inauguration of the new Russian Consul General Zarina Gabinave on November 8, 2025.

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2024 年 12 月 3 日参加 Fairfield Council 的老年音乐会和市长留影

Attend the senior music concert at Fairfield Council on December 3, 2024, and take a photo with the mayor.



2024 年 12 月 24 日看望慰问居家养老老人.

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Visiting and consoling elderly people who live at home on December 24, 2024



2024 年 12 月 27 日看望慰问居家养老老人钱先生

On December 27, 2024, visit and comfort Mr. Qian, an elderly person receiving home-based care.



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2024 年 12 月 31 日在天天渔村酒楼举办迎新年联欢会, 同时给 12 月生日的会员朋友们庆祝生日快乐!

A New Year's Eve party will be held at Tian Tian Fish Village Restaurant on December 31, 2024, and we will also celebrate the birthdays of members who were born in December!

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2025 年 1 月 7 日情系歌缘声乐沙龙艺术团举办迎新春联欢晚会时会员们合影

On January 7, 2025, members of the Qingshi Geyuan Vocal Salon Art Troupe took a group photo during their New Year's Eve celebration event.

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2025 年 2 月 16 日，参加俄罗斯回民在 Peter Depena Reserve，Liliya Simigulian 举办的俄罗斯饼节

On February 16, 2025, attend the Russian Pie Festival hosted by Liliya Simigulian at Peter Depena Reserve in Russia.

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2025 年 2 月 19 日参加澳洲金袋鼠影视节颁奖典礼，荣获金袋鼠奖。

Attended the Australian Kangaroo Film Festival Awards on February 19, 2025, and won the Kangaroo Award.

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2025 年 3 月 2 日，参加俄罗斯社团，Roenthal Ave Lane Cove Kesania 举办的饼节
On March 2, 2025, attend the Pie Festival organized by the Russian community at Roenthal Avenue Lane Cove Kesania



2025 年 3 月 3 日，刘朝兰老师开唱歌班的采访
An interview with Teacher Liu Chaolan about her singing class on March 3, 2025.

每周二中俄后裔友谊会由刘老师教授大家学唱歌，老师在认真的教大家唱歌的发音

Every Tuesday, Mrs. Liu teaches Chinese-Russian descendants at the friendship club how to sing. The teacher is carefully instructing everyone on the pronunciation of the songs.



2025 年 4 月 12 日，俄罗斯复活节筹备会，由 8 个俄罗斯社团代表参加。

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On April 12, 2025, an Easter preparation meeting was held in Russia, attended by representatives from 8 Russian communities.



2025 年 3 月 6 日，三八节座谈会。March 6, 2025, International Women's Day symposium



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2025 年 3 月 7 日在 Strathfield 俄罗斯俱乐部，参加俄罗斯 Natalia 的演唱会合影

On March 7, 2025, at the Russian Club in Strathfield, attend a photo session after Natalia's concert from Russia.



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2025 年 3 月 11 日参加 Fairfield Council 老年周活动， 澳洲中俄后裔友谊会舞蹈团荣获第二名成绩

On March 11, 2025, the dance troupe of the Australia Chinese-Russian Descendants Friendship Association participated in the Fairfield Council's Elderly Week event and won second place.

各民族中老年联友会 & 中俄后裔友谊会
Multicultural Seniors Association & Chinese-Russian Friendship
Association

俄罗斯复活节彩蛋” 庆典活动圆满举行

Russian Easter Egg Festival” Successfully Celebrated



2025 年 4 月 27 日中午 12:00 至下午 3:00，由各民族中老年联友会与中俄后裔友谊会联合举办的年度盛会——“俄罗斯复活节彩蛋庆典”，在 Cabramatta 天天渔村酒楼隆重举行。

On April 27, 2025, from 12:00 p.m. to 3:00 p.m., the annual Russian Easter Egg Festival, jointly organized by the Multicultural Seniors Association and the Chinese-Russian Descendants Friendship Association, was grandly held at Tian Tian Seafood Restaurant in Cabramatta.

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复活节的气息在四月的阳光下悄然弥漫，一盘盘色彩斑斓的手工彩蛋整齐摆放在托盘上，仿佛在轻声诉说着春天的故事。

这些彩蛋不仅拥有鲜艳亮丽的色彩，还呈现出柔和的渐变效果，宛如自然界的奇妙变化在其中悄然绽放。

它们不仅是节日的象征，更承载着人们对生命复苏、和平美好生活的深深向往。

在这个洋溢着温暖与希望的节日里，每一枚彩蛋都映射出爱、喜悦与祝福的光芒。

The spirit of Easter spreads gently under the warm April sunshine.

Trays of brightly colored handcrafted Easter eggs are neatly arranged, as if whispering stories of spring's arrival.

These eggs are not only vibrant in color, but also adorned with soft gradient hues—evoking the wondrous transformations of nature itself.

They serve as both a cherished symbol of the holiday and a reflection of people's deep longing for renewal, peace, and a joyful life.

In this season filled with warmth and hope, each Easter egg radiates love, happiness, and heartfelt blessings.



主持人杨娜宣读大会程序：



庄严的开场：蓝花楹合唱团领唱国歌

A Dignified Opening – National Anthem Led by Jacaranda Choir

当主持人宣布节目正式开始，全场嘉宾起立，会场瞬间安静肃穆。
只见身穿红色长裙的蓝花楹合唱团庄重地站立在舞台中央，带领全场齐声高唱澳大利亚国歌《前进，美丽的澳大利亚》。

这首国歌歌颂了澳大利亚这片土地的富饶与美丽，以及对国家光明未来的祝愿。
合唱团的歌声庄严而优雅，情感真挚，营造出庄重感人的氛围，也深深感染了在场的每一位观众。

As the host announced the official opening of the event, the entire audience rose to their feet, and the hall fell into a respectful silence.

Dressed in elegant red gowns, the Jacaranda Choir stood solemnly at the center of the stage, leading the audience in singing the Australian national anthem, “Advance Australia Fair.”

The anthem celebrates the richness and beauty of the Australian land and expresses hopes for the nation's prosperous future.

Their voices were dignified and graceful, carrying deep emotion and setting a powerful tone for the event.

The heartfelt performance moved everyone present and elevated the atmosphere with a sense of unity and pride.



本次盛会由葛英兰会长与宴会长亲自策划组织，共吸引了逾 300 位嘉宾参与，盛况空前。

出席并致辞的贵宾包括：

- Fairfield 市副市长 Dai Le MP
- 俄罗斯驻澳大利亚大使馆领事
- 俄罗斯俱乐部会长
- 俄罗斯博物馆馆长
- 以及来自各兄弟单位的领导和代表

Planned and coordinated personally by President Yinglan Agathia Ge and President Dou, the event welcomed over 300 guests, making it one of the most vibrant gatherings of the year.

Notable guests who attended and delivered speeches included:

- Deputy Mayor Dai Le MP of Fairfield
- Consul of the Russian Embassy in Australia
- President of the Russian Club
- Director of the Russian Museum
- Leaders from various partner organizations

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神父 Nikita 庄严诵读圣经并宣布耶稣复活”

- “Father Nikita reads the Bible and proclaims Christ is Risen.”



庄严神圣的复活节宗教仪式

在庆典活动的庄重时刻，Fairfield 东正教堂神父 Nikita 登台，现场诵读《圣经》并庄严宣告：

✚ “耶稣基督已经复活！”

全场三百多位嘉宾齐声回应：

✦ “真的复活！”

这一神圣的宗教环节，不仅体现了复活节的精神核心，也激发了现场观众对信仰与生命意义的深刻共鸣，整个会场洋溢着庄严、感动与团结的氛围。

✦ Sacred Easter Blessing Ceremony

A most solemn moment of the celebration came when Father Nikita, from the Orthodox Church in Fairfield, took the stage to read from the Holy Bible and proclaimed:

✚ “Christ is risen!”

To which all 300+ attendees responded in unison:

✦ “Truly He is risen!”

This powerful and sacred ritual embodied the essence of Easter and deeply moved everyone present, creating an atmosphere of spiritual unity and heartfelt reflection.

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会长致辞 • 欢迎各方嘉宾

President's Opening Remarks – Welcoming All Guests



👤 葛英蘭会长致辞:

各位嘉宾、朋友们，大家下午好！

今天我们隆重举行俄罗斯复活节庆典活动，这是一次融合民族风情与传统文化的精彩盛会。

它不仅展现了中俄文化的交流与融合，也体现出各个艺术团队的才华，以及广大民众对美好生活的热爱与期盼。

感谢大家的参与与支持，愿我们在欢声笑语中共同度过一个难忘而温馨的节日时光！

👤 Speech by President Agathia Ying lan Ge:

Distinguished guests and dear friends, good afternoon!

Today, we are delighted to celebrate the Russian Easter Festival, a cultural event that beautifully blends ethnic traditions with cultural heritage.

This occasion showcases not only the exchange and harmony between Chinese and Russian cultures, but also the talent of our art troupes and the community's shared pursuit of a better, more joyful life.

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Thank you all for your support and participation.
Let us enjoy this heartwarming festival together with smiles, music, and unity!

重要嘉宾致辞与祝福:

在热烈的掌声中，多位中俄文化交流的重要嘉宾登台致辞，为活动送上节日祝福：

Following the ceremony, several distinguished guests delivered heartfelt speeches, offering blessings and praising the significance of the event:

 **Fairfield 副市长 Dai Le MP 致辞:**



尊敬的各位来宾、亲爱的朋友们：

大家下午好！

今天非常荣幸应邀出席中俄后裔友谊会和各民族中老年联合会联合举办的“俄罗斯复活节庆典”。这是一场充满文化色彩与温情的活动，体现了我们社区多元文化的力量和凝聚力。

我要特别感谢葛英兰会长、窦会长以及所有组织者和志愿者，为我们搭建了这样一个促进交流、增进理解的美好平台。也感谢各位表演者用歌声与舞蹈，传递了节日的欢乐与文化的自信。

Fairfield 市政府始终支持文化多样性，我们将继续与各族群体携手同行，共创和谐包容的美好家园！

祝本次活动圆满成功，祝大家节日快乐，阖家幸福！

 Speech by Dai Le MP, Deputy Mayor of Fairfield:

Distinguished guests and dear friends,

Good afternoon!

It is my great honor to attend today's Russian Easter Celebration, jointly hosted by the Chinese-Russian Descendants Friendship Association and the Multicultural Seniors Friendship Association.

This event is a vibrant expression of cultural heritage, warmth, and the strength of our community's diversity.

I would like to extend my heartfelt thanks to President Agathia Ying lan Ge, Vice President Dou, and all the organizers and volunteers for creating such a wonderful platform for cultural exchange and mutual understanding.

My gratitude also goes to the talented performers, whose music and dance have brought joy and confidence to this festive occasion.

The Fairfield City Council is proud to support multiculturalism, and we remain committed to building an inclusive, harmonious, and united community with all cultural groups.

Wishing this event great success and everyone a joyful celebration and a happy family life!

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俄罗斯大使馆代表及嘉宾登台致辞

Embassy representatives and guests giving speeches during the celebration.

俄罗斯驻堪培拉大使馆代表 Ruslan Arutyunov 致辞：



尊敬的各位嘉宾、亲爱的朋友们：

大家好！

我非常荣幸能代表俄罗斯驻澳大利亚大使馆出席本次**“俄罗斯复活节文化庆典”**。今天的活动不仅展示了复活节的传统仪式和文化魅力，也体现了中俄两国民间友谊的不断深化。

我要衷心感谢葛英兰会长、窦会长以及所有艺术团体和志愿者们，为本次活动注入如此多的热情与心血。通过舞蹈、音乐、美食和交流，今天我们共同缔造了一个跨越文化、跨越语言的温暖时刻。

俄罗斯与中国是友好邻邦，民间文化交流是两国友谊的重要桥梁。我深信，像这样的庆典活动将进一步促进澳大利亚多元文化的发展，也让更多人了解并喜爱俄罗斯文化。

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秘书 Secretary:

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预祝活动圆满成功，祝愿大家节日愉快、幸福安康！

🇷🇺 Representative of the Russian Embassy in Canberra

Mr. Ruslan Arutyunov Speech:

Dear guests and friends,

Good day!

It is a great honor for me to represent the Embassy of the Russian Federation in Australia at today's Russian Easter Cultural Celebration.

This event beautifully showcases not only the traditions of Easter, but also the growing friendship and cultural connection between the Chinese and Russian communities.

I would like to sincerely thank President Agathia Ying lan Ge, Vice President Dou, all the performers, volunteers, and organizers for their dedication and passion.

Through music, dance, cuisine, and community gathering, we are sharing a heartfelt moment that transcends language and culture.

Russia and China are close neighbors and strong partners. Cultural exchange plays a vital role in strengthening our people-to-people friendship.

I truly believe events like this will further enrich Australia's multicultural fabric and help more people appreciate the beauty of Russian culture.

Wishing today's celebration great success, and may you all enjoy a joyful, peaceful, and healthy holiday!

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俄罗斯博物馆馆长 Micheal Ovchinnikov 致辞:

- Director of the Russian Museum: Mr. Micheal Ovchinnikov Speech:



Lidcombe 俄罗斯俱乐部会长: Brian Mazur 致辞:

- President of the Lidcombe Russian Club: Mr. Brian Mazur Speech:



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他们称赞此次活动加强了跨文化交流的友谊，并庆祝了所有参与者共同分享的团结和传统精神。他们高度赞扬了活动温馨的氛围和深厚的文化底蕴。

客人们品尝了传统的食物和节日面包，体验了俄罗斯复活节彩蛋的魅力，并欣赏了我们才华横溢的艺术团队带来的精彩表演。人群参与了欢乐的敲蛋游戏和舞蹈，在真正的节日环境中分享笑声和喜悦。

They guest representative commended the event for strengthening cross-cultural friendship and celebrated the joyful spirit of unity and tradition shared by all.

They highly praised the event for its warm atmosphere and cultural depth.

Guests enjoyed traditional foods and festive bread, experienced the charm of Russian Easter eggs, and were treated to delightful performances by our talented art teams.

The crowd joined in joyful egg-tapping games and dancing, sharing laughter and joy in a truly festive environment.

《俄罗斯姑娘》——澳洲中俄后裔友谊会艺术团演出

“Russian Girls” – Performed by the Art Troupe of the Australian Chinese-Russian Descendants
Friendship Association



Cabramatta 演出现场，由澳洲中俄后裔友谊会社团艺术团表演的舞蹈节目《俄罗斯姑娘》。演员们身着传统服饰，优雅演绎出浓郁的民族风情，展现了俄罗斯文化的独特魅力。

This is a performance of “Russian Girls” by the Art Troupe of the Australian Chinese-Russian Descendants Friendship Association, held in Cabramatta.

The performers, dressed in traditional Russian costumes, gracefully showcased the vibrant spirit and cultural charm of Russian folk dance.

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《舞蹈表演》——联友会茉莉花艺术团

Dance Performance – Jasmine Art Troupe, Seniors Friendship Association



由联友会茉莉花艺术团精彩呈现的舞蹈节目。演员们动作优美，队形整齐，以热情与专业展现了中老年艺术团队的精神风采与舞蹈魅力。

This is a graceful dance performance presented by the Jasmine Art Troupe of the Seniors Friendship Association. With elegant movements and coordinated formations, the performers showcased both artistic charm and the vibrant spirit of senior community dancers.

《舞蹈表演》——联友会花样年华艺术团

Dance Performance – Graceful Years Art Troupe, Seniors Friendship Association



由联友会花样年华艺术团倾情演出的舞蹈节目。团员们以饱满的热情、优雅的动作和自信的笑容，将晚年生活的多彩与魅力展现得淋漓尽致，赢得了在场观众的热烈掌声。

This is a passionate dance performance by the Graceful Years Art Troupe of the Seniors Friendship Association.

With radiant smiles, graceful movements, and vibrant energy, the performers beautifully expressed the elegance and vitality of senior life, earning enthusiastic applause from the audience.

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《卡琳卡》——联友会翩翩起舞艺术团演出

“Kalinka” – Performed by Dancing Gracefully Art Troupe, Seniors Friendship Association



由联友会翩翩起舞艺术团倾情演绎的俄罗斯经典舞蹈《卡琳卡》。

演员们身着鲜艳的民族服饰，以欢快奔放的节奏和充满活力的舞姿，将浓郁的俄罗斯民族风情展现得淋漓尽致，赢得了观众阵阵掌声。

This is a passionate performance of the classic Russian dance “Kalinka” by the Dancing Gracefully Art Troupe of the Seniors Friendship Association.

Dressed in vibrant traditional costumes, the performers brought the energetic rhythms and rich cultural charm of Russian folk dance to life, earning warm applause from the audience.

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《民族独舞》——俄罗斯回民艺术团演出

Solo Folk Dance – Performed by the Russian Hui Minority Art Troupe



这是由俄罗斯回民艺术团带来的民族民间独舞表演。
舞者以流畅柔美的动作，演绎了回民传统文化的韵味与精神，展现了民族艺术的独特魅力，给观众带来了一场视觉与心灵的双重享受。

This is a traditional solo folk dance performed by the Russian Hui Minority Art Troupe.
Through graceful and fluid movements, the dancer vividly expressed the cultural spirit and unique charm of the Hui ethnic tradition, offering the audience both visual delight and heartfelt emotion.

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《水兵舞》——联友会水兵舞艺术团演出

Sailor Dance – Performed by the Sailor Dance Troupe, Seniors Friendship Association



由联友会水兵舞艺术团带来的水兵舞表演。
队员们身着整齐的水兵服，舞步铿锵有力、动作干净利落，充分展现了军旅风采与团体协作精神，舞台气氛热烈，赢得观众阵阵掌声。

This is a vibrant sailor dance performance presented by the Sailor Dance Troupe of the Seniors Friendship Association.
Dressed in crisp navy uniforms, the performers impressed the audience with their powerful, rhythmic steps and strong team spirit, bringing energy and excitement to the stage.

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《西藏舞》——联友会开心艺术团演出

Tibetan Dance – Performed by the Happy Art Troupe, Seniors Friendship Association



由联友会开心艺术团表演的西藏舞蹈节目。

演员们身着华丽的藏族服饰，舞步轻盈有力，神情庄重虔诚，生动展现了西藏民族的文化风情与精神内涵，现场气氛热烈、掌声不断。

This is a Tibetan dance performance presented by the Happy Art Troupe of the Seniors Friendship Association.

Dressed in colorful traditional Tibetan costumes, the performers showcased the elegance, strength, and spiritual richness of Tibetan culture through their expressive movements and dignified stage presence, earning enthusiastic applause from the audience.

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《走秀表演》——联友会花样年华艺术团演出

Fashion Walk – Performed by the Graceful Years Art Troupe, Seniors Friendship Association



由联友会花样年华艺术团倾情呈现的走秀表演。
团员们身姿挺拔、仪态优雅，自信地走上舞台，用从容大方的步伐展示了中老年群体的精神风采与优雅魅力，赢得观众热烈掌声。

This is a graceful fashion walk presented by the Graceful Years Art Troupe of the Seniors Friendship Association.
With poise, confidence, and elegance, the performers walked the stage proudly, radiating the charm and vitality of senior life and earning enthusiastic applause from the audience.

《独唱》——俄罗斯艺术团演出

Solo Vocal Performance – By the Russian Art Troupe



由俄罗斯艺术团带来的独唱表演。
演唱者以深情动人的歌声，展现了俄罗斯音乐的独特魅力和浓厚的民族风情，赢得了观众的热
烈掌声与共鸣。

This is a solo vocal performance by the Russian Art Troupe.
With a heartfelt and powerful voice, the singer conveyed the rich cultural essence of Russian
music, captivating the audience and earning warm applause.

《手风琴独奏》——俄罗斯艺术团演出

Accordion Solo – Performed by the Russian Art Troupe



由俄罗斯艺术团带来的手风琴独奏表演。

演奏者技艺精湛，旋律时而悠扬婉转，时而激情澎湃，展现了俄罗斯民间音乐的独特魅力，赢得观众阵阵掌声。

This is an accordian solo performance by the Russian Art Troupe.

The musician's superb technique brought the instrument to life with melodies that were at times lyrical and tender, at times bold and passionate—showcasing the unique charm of Russian folk music and earning enthusiastic applause from the audience.

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《独唱》——俄罗斯艺术团演出

Solo Vocal Performance – By the Russian Art Troupe



这是由俄罗斯艺术团带来的独唱表演。
演唱者以深情动人的歌声，展现了俄罗斯音乐的独特魅力和浓厚的民族风情，赢得了观众的热
烈掌声与共鸣。

This is a solo vocal performance by the Russian Art Troupe.
With a heartfelt and powerful voice, the singer conveyed the rich cultural essence of Russian
music, captivating the audience and earning warm applause.

《小合唱》——联友会情系歌园沙龙艺术团演出

Choral Ensemble – Performed by the Singing Garden Salon Art Troupe, Seniors Friendship Association



由联友会情系歌园沙龙艺术团带来的小合唱表演。
队员们默契配合，歌声和谐动听，情感真挚，展现了团队的凝聚力和对音乐的热爱，赢得现场阵阵掌声。

This is a small ensemble choral performance by the Singing Garden Salon Art Troupe of the Seniors Friendship Association.
With heartfelt emotion and seamless harmony, the singers demonstrated their unity and passion for music, touching the audience and earning warm applause.

《小合唱》——联友会传奇艺术团演出

Choral Performance – By the Legendary Art Troupe, Seniors Friendship Association



由联友会传奇艺术团倾情演唱的小合唱节目。
他们用饱满的热情与和谐的歌声，演绎出深厚的艺术功底与团队默契，表达了对生活的热爱与对音乐的执着追求，深受观众喜爱。

This is a heartfelt choral performance by the Legendary Art Troupe of the Seniors Friendship Association.

With full passion and beautifully blended voices, the performers showcased their musical skills and team spirit, expressing their love for life and deep dedication to music. Their performance was warmly received by the audience.

《小合唱》——Cabramatta 澳洲中俄后裔友谊会合唱艺术团演出

Choral Performance – by the Cabramatta Australian Chinese Russian Friendship Association Choral Art Troupe



Cabramatta 澳洲中俄后裔友谊会合唱艺术团，倾情演唱的俄罗斯经典歌曲。他们用深情的歌声传递友谊，用音乐连接不同文化，展现出中俄后裔对祖辈文化的深厚情感与热爱。

This is a performance by the Cabramatta Chinese-Russian Friendship Association Choir. They passionately presented a classic Russian song, conveying friendship through heartfelt voices and bridging

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cultures through music. Their performance reflects the deep affection and cultural pride shared by Chinese-Russian descendants.

葛英兰会长与 Fairfield 副市长 Dai Le “碰彩蛋” 互动场面

President Agathia Ying Ian Ge and Deputy Mayor Dai Le Celebrate with Easter Egg Tapping



在活动高潮环节，联友会葛英兰会长与 Fairfield 市副市长 Dai Le 一同参与了“碰彩蛋”传统互动。

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他们满怀喜悦地互相碰撞彩蛋，象征着友谊、祝福与复活节的喜庆气氛，也为现场增添了热烈欢乐的节日色彩。

At the highlight of the event, President Agathia Ying lan Ge of the Seniors Friendship Association joined Fairfield Deputy Mayor Dai Le in the traditional Easter egg tapping ceremony.

With joyful smiles, they tapped their colorful eggs together, symbolizing friendship, blessings, and the festive spirit of Easter—bringing warmth and celebration to all in attendance.

最后，葛英蘭会长向所有来宾致以节日的问候，并衷心祝愿大家度过一个愉快祥和的复活节。

我们特别感谢所有为本次活动辛勤付出的工作人员与志愿者：

🌸 感谢艺术团的精彩演出、摄影师的精彩记录、音响师的专业保障……

正是你们的努力，让这场文化庆典成为大家心中温馨而美好的回忆！

President Agathia ying lan Ge delivered heartfelt greetings and best wishes to all attendees, hoping everyone had a happy, peaceful, and memorable Easter celebration.

We would like to express our deepest gratitude to all volunteers and participants:

🌸 including the performers, photographers, sound technicians, and every behind-the-scenes contributor.

Your dedication made this cultural celebration an unforgettable memory for everyone!

俄罗斯复活节活动进入了尾声，Cabramatta 的中俄后裔们齐聚一堂，集体合影留念，记录这美好时刻。

The Russian Easter event is drawing to a close. The Chinese-Russian descendants in Cabramatta gathered together for a group photo to commemorate this wonderful moment.



12 月份我们社团活跃在各个社区

In December, our community is active in various communities.

Fairfield Council Seniors Concert

老年人音乐会 2024
年 12 月 3 日，周二
是 Fairfield Council
召开了老年人的音乐
会。在这里聚集了各
民族的老年人，她们
大部分都是已经移民
到澳洲 60 多年的老
移民!Fairfield
Council Mayor
Frenk Carbone 出席



音乐会，并做了慷慨激昂的致辞! 澳洲中俄后裔联谊会，各民族中老年联友会 40 人参加此次活动!大家在一起
非常开心!这样的老年生活真的让我们感受政府对老年人的关怀!我们希望所有参加这次活动的家人们，让我
们明年这里再相会!

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Fairfield Council Seniors Concert

Seniors Concert Tuesday, December 3, 2024 held a concert for seniors at the Fairfield Council. There are elderly people of all nationalities gathered here, most of them are old immigrants who have immigrated to Australia for more than 60 years! Fairfield Council Mayor Frank Carbone attended the concert and gave an impassioned speech! The multicultural Seniors Association Inc. the Australian Chinese Russian Friendship



Association, 40 people participated in the event! Everyone had a great time together! This kind of senior life really makes us feel the government's care for the elderly! We hope that all the families who participated in this event will let us meet here next year!

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葛英蘭会长 12/2024 参加兄弟协会庆典活动并致辞

President Agathia Yin Lan Ge attended the celebration of the fraternity association on 12/2024 and delivered a speech

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欢迎新任悉尼总领事维拉波莉安斯卡娅任职

澳洲中俄后裔友谊会部分理事和会员于 2024 年 12 月 8 日上午 9:30 到达 2/722 PITTWATER RDBROOKVALE 2101, 在澳洲电影培训学校举办欢迎新任悉尼总领事维拉波莉安斯卡娅任职欢迎会, 联友会副会长颜文广, 厨师 Anna 陆和其他义工们准备了 8 个色香味美的菜肴, 澳洲中俄后裔友谊会执行会长 Veia 肖, 准备了中式饺子, 会议期间各社团介绍了自己社团的活动情况。Agathia 葛英蘭也介绍了两会概况, 会议在温馨的气氛中进行着, 期间俄罗斯大使馆大使阿列克谢依, 维克托罗维奇, 巴普洛夫斯基相互友好交谈, 大使亲切和蔼可亲的与大家一起分享着生活的乐趣。进入午餐时我们一起共同品尝了美味佳肴, 所有人赞不绝口。尤其是 Veia 肖, 执行会长的饺子更让大家感到非常的美味好吃暂不绝口! 午餐后大家品尝了甜点, 水果等, 会议在欢声笑语中结束, 人们用俄罗斯人的礼节——吻别, 相互祝福, 期待下次再见会。

Welcome to the new Consul General of Sydney, Verapolianskaya

Some directors and members of the Australian Chinese Friendship Russian Association Inc arrived at 2/722 PITTWATER RDBROOKVALE 2101 at 9:30 a.m. on December 8, 2024, and held a welcome party at the Australian Film Training School to welcome the new Consul General of Sydney, Verapolyanskaya. During the meeting, each club introduced the activities of its own club. Agathia ying lan Ge also introduced the overview of the two sessions, the meeting was carried out in a warm atmosphere, during which the ambassadors of the Russian Embassy Alexei, Viktorovich and Pavlovsky had friendly conversations with each other, and the ambassadors were kind and amiable to share the joy of life with everyone. As we entered lunch, we tasted

the delicious food together, and everyone was full of praise. Especially Veia Xiao, the dumplings of the executive chairman make everyone feel very yummy and delicious! After lunch, everyone tasted desserts, fruits, etc., and the meeting ended with laughter and laughter, and people kissed goodbye one by one with Russian etiquette, wished each other well, and looked forward to the next meeting.



12月13日 " 蓝花楹艺术团队 " " 快乐艺术团队 " 参加了 Ashfield Town Hall 举办的庆圣诞迎春活动



On December 13th, the "Jacaranda Art Team" and "Happy Art Team" participated in the Christmas celebration held at Ashfield Town Hall

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2024 年 12 月 21 日冬至。周六。中俄后裔友谊会理事们一行五人前往探望 Rema 陆。慰问是一种友情和关怀。带去温暖与力量。这是会里老规矩。只要得知会员有病住院。就一定会去慰问一次。看到老人居住条件非常好，几个儿女也都很孝顺，大家也就放心了！



December 21, 2024 Winter Solstice. Saturday. A group of five members of the board of directors of the Australian Chinese Russian Friendship Association Inc. went to visit Rema Lu. Condolences are a form of camaraderie and care. Bring warmth and strength. This is the old rule of the club. As soon as it is learned that the member is sick and hospitalized. I will definitely go to condolence once. Seeing that the living conditions of the elderly are very good, and the children are also very filial, everyone is relieved!

2024 年 12 月 27 日周五，中俄后裔友谊会理事们一行三人前往探望居家养老老人钱大哥。把节日的快乐送给他。

On Friday, December 27, 2024, the directors of the Australian Chinese Russian Friendship Association Inc. went to visit Brother Qian, an elderly person who is elderly at home. Give him the joy of the holidays.

《中俄后裔友谊会》居家养老服务越办越好：

- ✧ 卡市活动中心开办的长寿健身拍打操深受广大老人喜爱
- ✧ 老年人打麻将锻炼大脑防痴呆，参加人员越来越多
- ✧ 义工们自制午餐品种多样。健康营养。为了保证水质安全。避免细菌侵入现所有的食品全部用矿泉水烹调。
- ✧ 各种郊外活动。聚会活动不断升级



需要帮助和提升级别的服务能力在不断的提高，愿爱的温暖洒满大地。

- ✧ 老人们在活动中锻炼受益匪浅。希望越来越多的中老年朋友加入其中，乐在其中，安享晚年。

"Australian Chinese Russian Friendship Association Inc of Descendants" home care services are getting better and better:

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秘书 Secretary:

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The longevity fitness slapping exercise held by the Kashi Activity Center is deeply loved by the elderly. The elderly play mahjong to exercise their brains to prevent dementia, and more and more people are participating. The volunteers made a variety of lunches. Healthy nutrition. In order to ensure the safety of water quality. To avoid the invasion of bacteria, all food is cooked with mineral water. A variety of outing activities. Gatherings are escalating. The ability to need help and improve the level of service is constantly improving, may the warmth of love be sprinkled all over the earth. The old people benefited a lot from the exercise in the activity. I hope that more and more middle-aged and elderly friends will join it, enjoy it and enjoy their old age in peace.

我们的居家养老服务中心在 Cabramatta 的活动安排得非常周到，能够为 20 多位老人提供多样化的支持服务：

- 1) 接送老人到活动中心参加活动，打麻将，下棋，玩扑克。做长寿拍打操，美味丰盛可口的午餐。
- 2) 除此之外，还有一批带服务证书的员工给老人，洗澡，搞卫生，接送去看医生，购物，打草。每个员工都必须做到位，让老人家满意。
- 3) 如果老人家住院我们还去医院看望老人把关心和温暖送到医院的病房。

我们的服务已经覆盖了老人生活中的多个关键环节，，我们一定会持续不断努力成为最优秀的居家养老服务机构！

Our home-based elderly care service center in Cabramatta has meticulously arranged activities that can provide diverse support services for over 20 elderly individuals:

- 1) Transporting the elderly to the activity center to participate in various activities such as playing mahjong, chess, and cards. They also engage in longevity tapping exercises and enjoy delicious and hearty lunches.
- 2) Additionally, we have a team of certified staff who assist the elderly with bathing, cleaning, medical appointments, shopping, and other needs. Each employee must ensure satisfaction by providing thorough and attentive care.
- 3) If an elderly person is hospitalized, our staff visits them to bring comfort and warmth to their hospital rooms.

Our services cover multiple critical aspects of elderly life, and we are committed to continuously striving to become the best home-based elderly care institution!

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在居家养老团队负责人葛英蘭带领下， 我们前往医院看望生病的老人

Under the leadership of Ge Agathia Yinglan, head of the home-based elderly care team, we visited the hospital to see the sick elderly person.

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再见了 2024 年! 新的一年祝愿我们大家健康平安! 快乐幸福! 岁岁年年喜乐!

Goodbye 2024 Year! I wish us all health and safety in the new year happy and happiness! Rejoice every year!

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2025 年 1 月 1 日~31
月份月报
Monthly report for
January 1~31, 2025

首先热烈祝贺葛英蘭会
长被诚聘为亚太国际非
遗武术委员会名誉顾问!

First of all, I would like
to congratulate
President Agathia Ying
lan Ge on being
appointed as the
honorary advisor of the
Asia-Pacific
International Intangible
Cultural Heritage!

APPOINTMENT
LETTER

聘书



尊敬的葛英兰女士：
Dear Mrs. Agathia Yin Lan Ge,



特此诚聘您荣任亚太国际非遗武术委员会荣誉顾问。
We are pleased to formally appoint you as Honorary
Advisor of the APCIICH Martial Arts Committee.

聘期自2025年1月至2030年1月。
Your term of office will commence from January 2025 and
conclude in January 2030.

我们相信，凭借您在文化领域的深厚积淀与贡献，您将为国际非
物质文化遗产的推广事业作出积极而深远的贡献。
We believe that with your profound expertise and
contributions in the cultural field, you will make a positive
and significant contribution to the promotion of
international intangible cultural heritage.

亚太国际非遗武术委员会
APCIICH Martial Arts Committee

日期：2025年1月
Date: January 2025




APCIICH Martial Arts Committee

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其次，祝贺葛会长得到政府嘉奖! 2025 年 1 月 26 日澳洲国庆节。Agathia Yin Lan Ge . Veia 淑敏肖. Alia 张莉智. 参加了 Fairfield Council 举行庆祝澳洲国庆节活动。活动中 Fairfield 市长为优秀个人，优秀集体颁发了荣誉证书。我们的葛会长被授予年度社区贡献奖光荣称号。

Secondly. Congratulations to President Ge for receiving the government's commendation! January 26, 2025 Australia Day. Agathia Yin Lan Ge . Veia, Shuminxiao, Alia, ZHANG Lizhi. Participated in the Fairfield Council to celebrate Australia Day. The event was held by the Mayor of Fairfield for outstanding individuals. Outstanding collectives awarded honorary certificates. Our President Ge was honored with the Community Contribution of the Year Award.



1 月份为庆祝中国春节。联友会和中俄后裔友谊会分别举办了三场大型的庆祝活动：

Is the celebration of the Chinese New Year. The Multicultural Seniors Association and Australian Chinese Russian held three large-scale celebrations:

1 月 7 日晚在卡市活动中心举办庆祝中国农历新年联欢活动由《中俄后裔友谊会》与《情系歌缘声乐沙龙艺术团》共同办的春节好活动拉开第一场序幕

On the evening of January 7, a celebration of the Chinese New Year was held at the Kashi Activity Center, and the first Spring Festival event jointly organized by the "Australian Chinese Russian Friendship Association" and the "Love Singing Vocal Salon Art Troupe" kicked off the first prelude

2025 年 1 月 7 日下午 6:00-8:00，情系歌缘声乐沙龙艺术团在杨娜老师的带领下，全团 20 多人来到 Crn of Railway Pde & McBurney Rd Cabramatta Community Hall 参加中老年联友会和中俄后裔友谊会联合举办的迎新春联欢晚会，晚会由杨娜老师主持。她用那甜美的微笑，激情澎湃温和亲切的声音，鼓舞着观众。

葛会长致欢迎词，愿所有参加演出的演员把自己优美的舞姿和美丽动听的歌喉展现在今天的舞台上，并预祝联欢晚会圆满成功！祝大家以崭新的面貌迎接新年，在新的一年里健康幸福安康！

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Cabramatta 舞蹈团的喀秋莎开场舞以热情奔放的舞姿展现出了俄罗斯姑娘的激情四溢，刘老师的独唱歌声优美，赢得了全场的热烈掌声，艳卿团队的舞蹈舞姿优雅大方，惟妙惟肖，杨娜老师团队的小合唱歌声动人心弦，真神老师团的故事会动听感人。所有节目各有千秋，使得观众沉浸在欢歌笑语之中。晚会在全体大合唱：今日无眠的响亮歌声中进入了尾声，集体合影留念！

晚会大家与朋友们相聚一堂，幸福愉快而充实度过了美好的夜晚。感谢杨娜老师发起的这场热情洋溢的艺术演出，感谢音响师们的辛勤付出，感谢所有舞蹈团长的支持与参与，感谢卡市义工所有辛勤的工作！祝大家新年快乐！幸福吉祥！心想事成！万事如意！联欢晚会圆满结束。

From 6:00 p.m. to 8:00 p.m. on January 7, 2025, under the leadership of Ms. Yang Na, more than 20 people from the Crn of Railway Pde & McBurney Rd Cabramatta Community Hall came to the Crn of Railway Pde & McBurney Rd Cabramatta Community Hall to participate in the New Year Gala jointly organized by the Association of Middle-aged and Elderly Friends and the Sino-Russian Friendship Association. She inspired the audience with her sweet smile, passionate and gentle voice. President Ge delivered a welcome speech, wishing all the actors who participated in the performance to show their beautiful dancing and beautiful singing voices on today's stage, and wished the gala a complete success! I wish you all a new look to welcome the New Year and be healthy, happy and healthy in the new year!



The opening dance of the Katyusha of the Cabramatta Dance Troupe showed the passion of the Russian girl with an enthusiastic and unrestrained dance posture, and the beautiful solo singing voice of Teacher Liu won the warm applause of the audience. The chorus singing of Teacher Yang Na's team is touching, and the story of the True God Teacher Group will be beautiful and touching. All the shows have their own merits, so that the audience is immersed in singing and laughing. The party came to an end in the chorus: Today's sleepless loud singing, and the group photo was taken!

At the party, everyone and friends gathered together and spent a happy and fulfilling night.

Thank you to Teacher Yang Na for this enthusiastic art performance, thank you for the hard work of the sound engineers, thank you for the support and participation of all the dance troupe leaders, and thank you for all the hard work of the volunteers in Kashi! Happy New Year to all! Happiness and auspiciousness! All wishes come true! Good luck! The gala ended successfully.





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2025 年 1 月 24 日 上午 9:30 至下午 1:30，中俄后裔友谊会在 1 Memorial Drive Granville 大舞场成功举办主题为
“迎春万事如意年年好” 的迎春舞宴。
本次活动以歌声与舞蹈热烈迎接农历新年的到来，现场气氛热烈，节目内容丰富多彩：

- 🎭 有精彩纷呈的文艺演出
- 👤 有对优秀团体与个人的表彰
- 🎰 有趣味十足的抽奖环节
- 💃 有自由欢快的舞会互动
- 🍽️ 还有义工团队精心准备的美味午餐

衷心感谢葛英兰会长与宴会长的精心策划与细致安排，
感谢珊珊团长的现场报道，感谢所有幕后工作人员的默默付出与无私奉献，
更感谢各位团长通力合作、众志成城，共同为“各民族中老年联友会”与“中俄后裔友谊会”增添光彩！
特别致谢各位团员为本次活动献上的一场场精彩绝伦的表演，让这个迎春舞宴充满了温情与喜悦！

On January 24, 2025, from 9:30 a.m. to 1:30 p.m., the Chinese-Russian Descendants Friendship Association successfully hosted a festive dance gala titled
“Welcoming Spring: A Year of Harmony and Happiness” at 1 Memorial Drive, Granville.

The event celebrated the Lunar New Year with joy and energy through singing and dancing, creating a lively and heartwarming atmosphere.
The program was full of delightful highlights:

- 🎭 Wonderful stage performances
- 👤 Commendations and awards for outstanding individuals and teams
- 🎰 Lucky draw sessions full of excitement
- 💃 An open dance floor for social dancing
- 🍽️ A delicious homemade lunch prepared with love by dedicated volunteers

We sincerely thank President Agathia Ying lan Ge and President Dou for their thoughtful planning and organization,
special thanks to Director Shanshan for her on-site reporting,
and heartfelt appreciation to all staff and volunteers whose selfless efforts ensured the success of the event.

Our deepest gratitude also goes to all the team leaders for their unity and support, and to every performer for their passionate and vibrant contributions— together, you made this Spring Festival celebration truly unforgettable for the Multicultural Seniors Association and the Chinese-Russian Descendants Friendship Association.



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2025 年 3 月 11 日上午，在秘书 Tracy 的带领下，水兵舞艺术团队与蓝花楹艺术团队共同参加了由 Strathfield 市议会主办的“音乐茶会·老年周”活动。

我们联友会和中俄后裔友谊会艺术团队积极活跃在各大社区，展演形式多样、风格各异，展现了中老年朋友热爱生活、乐观向上的精神风貌。团队的影响力与知名度持续提升，所到之处皆受到一致好评与热烈欢迎。

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On the morning of March 11, 2025, under the lead of secretary Tracy, the Sailor Dance Art Team and Jacaranda Art Team jointly participated in the 'Music Tea Party · Elderly Week' event hosted by the Strathfield City Council. Our Union Association and the Art Team of Sino-Russian Descendants actively engaged in various communities, showcasing diverse forms and styles, reflecting the positive and optimistic spirit of middle-aged and elderly friends who love life. The influence and popularity of the team continue to rise, receiving unanimous praise and enthusiastic welcome wherever they go.



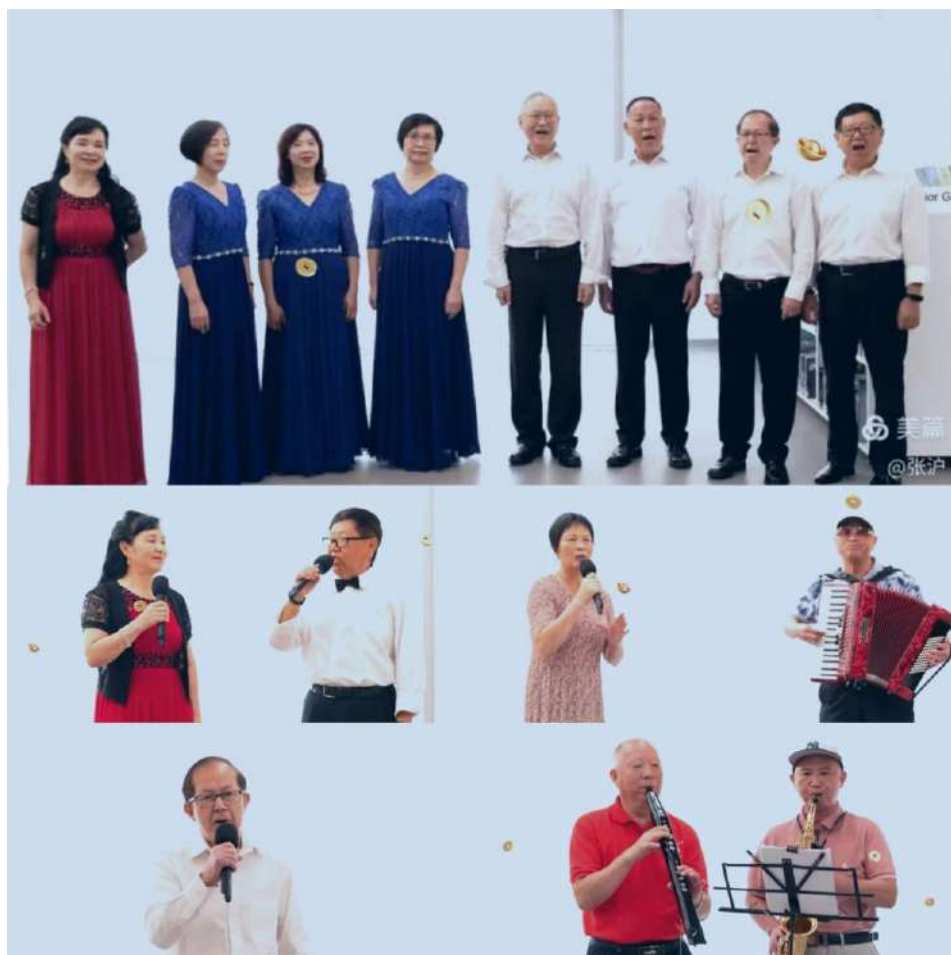
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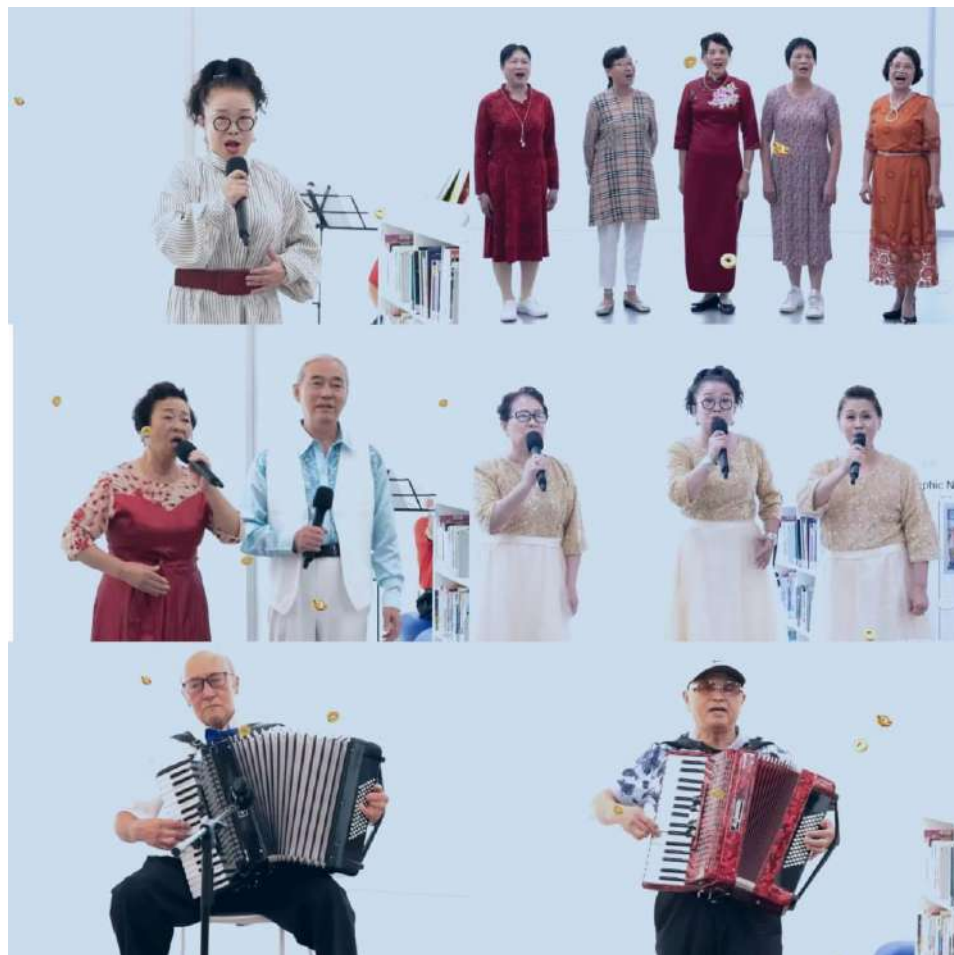
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2024 年 8 月份综合简报 (二)

从 2017 年到现在，澳洲中俄后裔友谊会成立居家养老服务已经有八年多了。在联友会葛会长和窦会长的领导下，居家养老这一活动搞得有声有色、丰富多彩！它有一整套的服务体系。

首先我们给符合享受居家养老套餐的老年朋友，帮助他们申请，然后经政府有关部门审核、评估、批准后，我们才开始提供各项服务。我们有专业的服务员工，他们都持有政府颁发的服务老人三到四级证书，警察无犯罪记录。

这些员工会根据实际情况，给居家养老服务的老人，做家庭卫生、打草、接送、看医生、购物等服务。我们的员工都有多种保险。

除此之外，我们还每周二，把这些老年朋友们接来卡市活动中心参加各种活动。如：打麻将、玩游戏、午餐等等...，我们每月还给老年朋友庆祝生日

General Presentation – August 2024 (2) From 2017 to the present, the Australian Sino-Russian Friendship Association has been established for more than eight years. Under the leadership of President Ge and President Dou of the United Friends Association, the activity of home care for the elderly has been impressive and colorful! It has a complete set of service systems. First of all, we provide elderly friends who are eligible for the home care package to help them apply, and then after the relevant government departments review, evaluate and approve, we will start to provide various services. We have professional service staff, all of whom hold a government-issued certificate of service to the elderly. The police officer has no criminal record. According to the actual situation, these employees will provide home hygiene, grassing, pick-up, doctor's care, shopping and other services for the elderly at home. Our employees have a variety of insurances. In addition, we also take these elderly friends to the card city activity center every Tuesday to participate in various activities. For example, playing mahjong, playing games, lunch, etc., we also celebrate the birthday of our elderly friends every month.

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2025 年 7 月 15 日，星期二，在 Cabramatta 居家养老活动中心的大厅里。今天，是 Lubov Kalesnikov 老人的生日，也是她第一次在养老中心过生日。她坐在窗边，头发一丝不乱，脸上写满了岁月的从容。

辽尼亚一早就带着特意为母亲挑选的生日蛋糕赶来了。他的身后跟着养父 Anton Panov 和姨妈 Vara，一家人满脸喜悦地踏入了活动中心的大厅。蛋糕是 Lubov 最爱的巧克力，蛋糕盒上还贴着手写的祝福：“妈妈，愿您的笑容如春日阳光般温暖。”

当音乐响起，整个活动中心的三十多位老人和工作人员齐声为 Lubov 唱起了生日快乐歌。歌声虽然并不整齐，但那份真诚和温情，如潮水般涌进 Lubov 的心田。

她的眼里泛起了泪光，缓缓站起身，望着身边的人们，声音微微颤抖却坚定：“谢谢你们，真的谢谢你们。能在这里，和这么多温暖的人一起过生日，我觉得自己是世界上最幸运的老太太。”

辽尼亚走上前，轻轻握住母亲的手：“妈，我们都爱你。您是我们的阳光。”

全场静了一秒，接着响起一阵掌声，和欢呼声，有人悄悄擦了擦眼角的泪水。那一刻，时间仿佛静止了，只有亲情的温度在空气中缓缓流淌。

July 15, 2025, Tuesday — Inside the main hall of the Cabramatta Home Care Activity Center, a gentle warmth filled the air. Today was Lubov Kalesnikov’ s birthday, and it was also her first time celebrating it at the care center. She sat by the window, her hair neatly in place, her face bearing the calm grace of a life well-lived.

Early that morning, her son Leonya arrived carrying a birthday cake he had carefully chosen for his mother. Behind him were his adoptive father Anton Panov and his aunt Vara, all beaming with joy as they stepped into the hall. The cake, Lubov’ s favorite — rich chocolate — had a handwritten note on the box that read: “Mom, may your smile be as warm as the spring sunshine.”

As the music began, more than thirty residents and staff members of the center joined together in singing “Happy Birthday” to Lubov. Though not perfectly in tune, their voices were heartfelt — and the warmth they carried washed gently over Lubov’ s heart like a rising tide.

Tears shimmered in her eyes as she slowly stood, looking around at everyone gathered. Her voice trembled slightly, but every word was firm and sincere: “Thank you... truly, thank you. Being here, surrounded by such warmth and kindness — I feel like the luckiest old lady in the world.” Leonya stepped forward and gently held his mother’ s hand. “Mom, we all love you. You are our sunshine.”

For a moment, the room fell silent. Then came a wave of applause, cheers, and quiet sniffles —someone discreetly wiped away tears. In that moment, time seemed to stand still, as the warmth of love and family quietly filled the air.





PIC•COLLAGE

Is President Ge helping members explain how to apply for home care services?

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这是葛会长正在帮助会员讲解 如何申请居家养老服务？



PIC•COLLAGE

我们联友会的葛会长，为了办好居家养老服务，她做了大量的工作，她不辞辛劳、呕心沥血！为老年人过好晚年生活，创造了一个很好的环境。

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

葛英蘭会长 President: 0416 824 699

秘书 Secretary:

Tracy Wu: 0416 196 362

这是老年人居家养老
活动中心
如：打麻将、打牌、
各种游戏等



PIC•COLLAGE

President Ge of our association, in order to do a good job in home care services, she has done a lot of work, and she has worked tirelessly and painstakingly! It creates a good environment for the elderly to live a good old age.

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每逢佳节配合节日内容，居家养老服务中心，给大家做香甜可口的节日饭菜。如：端午节，老年朋友们可以吃到饺子、馄饨、粽子。复活节能吃到俄罗斯的彩蛋🥚、高面包、巧克力等食物。在葛会长的带领下，在常务名誉副会长肖淑敏的积极配合下，义工们干劲十足，特别是厨房负责人颜文光每星期买菜，准备食材，在娜佳崔、安娜陆的配合下；午餐搞得丰富多彩！得到广大老年朋友们的一致好评！

Every festive season, in line with the content of the festival, the home care service center will cook sweet and delicious holiday meals for everyone. For example, during the Dragon Boat Festival, elderly friends can eat dumplings, wontons, and zongzi. Resurrection energy-saving eats Russian eggs 🥚, high bread, chocolate and other foods. Under the leadership of President Ge and the active cooperation of Executive Honorary Vice President Xiao



Shumin, the volunteers were full of enthusiasm, especially the kitchen manager Yan Wenguang bought

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vegetables and prepared ingredients every week, with the cooperation of Najia Cui and Anna Lu; Lunch was a great one! It has been well received by the majority of elderly friends!



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2024 年 8 月 3 日周六上午 8 点,《中俄后裔友谊会》《澳洲中俄后裔联合会》组织去猎人谷一日游活动,在葛会长的亲自带领下,在副会长的参与帮助下,52 位中老年人乘大巴,从 Lidcombe 俄罗斯俱乐部出发前往猎人谷。约二个多小时的车程,很快到达了目的地。大家下车后先一起去喝早茶,然后每人买彩票通过抽奖形式来支援残疾人,为残疾人捐款!

接下来组织去葡萄酒庄品酒,一共品尝了三家葡萄园的葡萄酒,大家分别购买了自己喜欢的葡萄酒、橄榄油、橄榄等,并在最后的葡萄园里吃到了美味佳肴,满载而归!

通过此次活动,大家结识了不少新朋友,很多俄罗斯人能讲中文,彼此之间可以用中文、俄语、英语三种语言沟通,玩得特别开心!期待以后能多组织这样的活动!

At 8 a.m. on Saturday, August 3, 2024, the "Sino-Russian Friendship Association" and the "Australian Federation of Sino-Russian Descendants" organized a day trip to the Hunter Valley. It took about two hours to drive and quickly arrived at the destination. After everyone got off the bus, they went to drink morning tea together, and then each person bought a lottery ticket to support the disabled through a lottery and donate money for the disabled!

Next, we went to the winery to taste the wines, tasted the wines of the three vineyards, and everyone bought their favorite wines, olive oil, olives, etc. and ate delicious food in the last vineyard, and returned with a full load! Through this activity, everyone made a lot of new friends, many Russians can speak Chinese, and they can communicate with each other in Chinese, Russian, and English, which is very fun! I look forward to organizing more events like this in the future!



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2024 年 8 月 20 日，居家养老服务中心，为不断提高服务质量，特地召开了短暂的义工会议。

会议针对安全和卫生管理提出新的标准，加强了监督管理工作。

会上特别表扬颜文光、陆安娜、娜佳崔，他们每星期二上午 8 点就来为大家服务，准备美味的饭菜，一直忙到中午大家吃完。这种奉献精神，值得大家学习！

On August 20, 2024, the Home Care Service Center for the Elderly will continue to improve the quality of services. A short volunteer meeting was held. Meetings fight for safety. Hygiene management proposes new standards. Supervision and management have been strengthened. At the meeting, special praise was given to Yan Wenguang, Lu Anna, and Na Jia Cui, who came to serve everyone at 8 a.m. every Tuesday, prepared delicious meals, and were busy until everyone finished eating at noon. This kind of dedication is worth learning from!



Lu Anna, and Na Jia Cui, who came to serve everyone at 8 a.m. every Tuesday, prepared delicious meals, and were busy until everyone finished eating at noon. This kind of dedication is worth learning from!

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春风序曲奏响，邀您共赏八月风华。8月25日，一场精心筹备的活动在 Arnott' s Reserve, Allen St 举行。在 Trace 秘书、Nina 总团的带领下，大家如期到达了活动会场。参加了由世界和平联合会举办 Universal Peace Federation: 为支持韩国与朝鲜的和平统一，举行友情艺术交流演出。

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首先由一曲悠扬动听的奥运会主题曲《手拉手》旋律响起，演出正式启幕。

节目开始首先由珊珊团队演唱《澳洲国歌》，随着激昂的歌声，观众席给出了热烈的掌声，现场气氛瞬间点燃。接着我们“联友会”所有的参演者都——参加了艺术表演。

开心团队“蒙古舞”，把蒙古舞的热情奔放、稳健有力、挺拔豪迈的舞姿毫无保留地展现给了观众，现场发出了阵阵掌声。艳清团队的“新疆舞”，把维吾尔族含蓄、沉稳、姿态优雅优美，展现的淋漓尽致。她们的舞蹈👯同样得到了热烈的欢迎及掌声！还有许多其它团队的表演目不暇接。

这次活动与韩国人民有了一次不同文化的交流与融合，深刻诠释了不同民族团结“一家亲”的主题，也展示出民族文化一体的底蕴和团结精神。

最后大家一同享受了美味的午餐。感恩葛会长的安排，感谢 Tracy 秘书、Nina 总团为这次活动成功的所有付出，以及极强的责任心，还有各位团长团结一致为“联友会”争光彩的精神。谢谢各位团友的精彩纷呈地表演。感谢你们现场出色的报导。

The spring breeze overture is playing, inviting you to enjoy the elegance of August. On August 25th, a well-prepared event took place at Arnett's Reserve, Allen St. Under the leadership of Secretary Trace and Nina, everyone arrived at the event venue as scheduled. Participated in the Universal Peace Federation organized by the World Peace Federation: Friendship and art exchange performances in support of the peaceful reunification of South Korea and North Korea.

First of all, the melody of the melodious Olympic theme song "Hand in Hand" sounded, and the performance officially began. At the beginning of the program, the Shanshan team sang the "Australian National Anthem", and with the passionate singing, the audience gave warm applause, and the atmosphere was instantly ignited. Then all the participants of our "Friendship Association" participated in the art performance one by one.

The happy team "Mongolian Dance" showed the enthusiasm, steady and powerful, upright and heroic dance of Mongolian dance to the audience without reservation, and the scene gave a round of applause. The "Xinjiang Dance" of the Yanqing team shows the Uyghur people's subtle, calm, elegant and graceful posture to the fullest. Their dance👯 was also warmly welcomed and applauded! There are many other teams that will be dizzying.

This event had an exchange and integration of different cultures with the Korean people, profoundly interpreted the theme of "one family" of different ethnic groups, and also showed the heritage and unity spirit of national culture. Finally, everyone enjoyed a delicious lunch together.

I would like to thank President Ge for the arrangement, Secretary Tracy and Nina for all their efforts to make this event a success, as well as their strong sense of responsibility, as well as the spirit of unity and unity for the "United Friends Association". Thank you for your wonderful performance. Thank you for your excellent coverage on the spot.

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下面给大家介绍二个艺术团队活动情况：“龙飞凤舞艺术团”、“开心快乐艺术团”。

following is an introduction to the activities of two art teams: "Dragon Flying Phoenix Dance Art Troupe" and "Happy and Happy Art Troupe".

龙飞凤舞艺术团，在 Nina Wang 总团长的带领下，学员们怀着对舞蹈的热爱，克服种种困难，她们都从各个社区，赶到 Berala Community Centre 参加排练，当优美的音乐响起，伴着动感的节拍，她们犹如年轻的姑娘尽情的跳舞，充满了灵动和韵律，身姿轻盈优美，让人感到欢快和愉悦！她们还积极参与社区义演，只要那个社区需要演出，总团长 Nina 都会亲自带领大家积极投入，得到社区领导和观众的一致好评！这次参加东方歌舞团第五届国际舞蹈、模特大赛，还得了银奖，为她们演出成功赞美！

Dragon Flying Phoenix Dance Art Troupe, under the leadership of Nina Wang, the students have a love for dance, overcome all kinds of difficulties, they are from various communities, rushed to Berala Community Centre to participate in rehearsals, when the beautiful music sounds, accompanied by dynamic beats, they are like young girls dancing to their heart's content, full of agility and rhythm, light and graceful, making people feel cheerful and happy! They also actively participate in community charity performances, as long as the community needs to perform, the head of the troupe Nina will personally lead everyone to actively



participate, which has been well received by community leaders and audiences! This time, they participated in the 5th International Dance and Model Contest of the Oriental Song and Dance Troupe, and also won the silver award, praising their successful performance!

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开心快乐艺术团，在团长开心的带领下，在舞蹈老师 Brenda 的亲自示范指导下，学员们学跳各种民族舞的积极性很高，团长开心她不但每次很早到 Granville Town Hall 排练场，还非常关心下面的学员们，每次为大家准备各种小点心和水果，让大家安心排练！

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她们无论学跳什么民族舞，都能通过身体的律动和把对音乐的理解，有规律地表现出来，构成舞蹈独有的情味和意味。她们还积极参与社区义演。观众反应非常好！值得发扬光大！

Happy Art Troupe, under the leadership of the head of the troupe, under the personal demonstration and guidance of the dance teacher Brenda, the students are very enthusiastic about learning to dance various ethnic dances, and the head of the troupe is happy not only to go to the Granville Town Hall rehearsal hall very early every time, but also cares very much about the students below, and prepares various snacks and fruits for everyone every time, so that everyone can rehearse with peace of mind!

No matter what folk dance they learn, they can express it regularly through the rhythm of their bodies and their understanding of music, which constitutes the unique flavor and meaning of dance. They also actively participate in community performances. The response from the audience was very good! It's worth carrying forward!



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我们中老年联友会，中俄后裔友谊会在葛会长和宴会长的领导下，通过全体义工们的努力，以及各舞蹈艺术团在团长们的带领下，大家步调一致，协同奋进！明天一定会更美好！

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Under the leadership of President Ge and President Dou, our Multicultural Seniors Association inc. and Australian Chinese Russian Friendship Association society have made concerted efforts through the hard work of all volunteers and the dance troupes led by their respective leaders. We are moving forward in unison! Tomorrow will surely be even better!

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) 交友舞班，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！

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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	各场地活动具体内容
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	04/11/2024 03/11/2025	每周一: 从下午 1:30 点至下午 2:30 点	49 周*12=588 人次	全年活动: 49 周	中级班: 巫兰香老师教授舞蹈
1 Memorial Drive Granville NSW 2166 Granville Community Centre	04/11/2024 03/11/2025	每周一: 从上午 9:30 点至 11:30 点	51 周*75=3825 人次	全年活动: 52 周	中老年人 交际舞会
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至 11:30 点	52 周*20=1040 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	05/11/2024 04/11/2025	每周二: 下午 1:00 点至 3:30 点	49 周*32=1568 人次	全年活动: 49 周	老师教授
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至下午 12:00 点	49 周*20=980 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	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至下午 12:00 点	48 周*12=576 人次	全年活动: 48 周	联友会水兵舞团 排练
1 Susan St Auburn NSW 2144	06/11/2024 05/11/2025	每周三, 从上午 9:30 点至下午 12:00 点	48 周*22=1056 人次	全年活动: 48 周	联友会交际舞会
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	52 周*=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	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	52 周*=642 人次	全年活动: 52 周	联友会茉莉花团 排练
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	50 周*=450 人次	全年活动 50 周	英语班: 中老年人学习
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	50 周*=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	06/11/2024 05/11/2025	每周三: 从下午 12:00 点至下午 2:00 点	50 周*=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	07/11/2024 06/11/2025	每周四: 从上午 11:00 点至下午 1:00 点	52 周*=572 人次	全年活动 52 周	联友会艺术团 排练
10 Carton St Granville Town Hall	07/11/2024 06/11/2025	每周四: 从上午 9:30 点至下午 12:00 点	52 周*=936 人次	全年活动 52 周	联友会花样年华艺术团 排练

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1 Memorial Drive Granville NSW 2166 Granville Community Centre	07/11/2024 06/11/2025	每周四: 从上午 9:30 点 至 11:30 点	52 周*=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	08/11/2024 07/11/2025	每周五: 从上午 9:30 点 至 11:30 点	50 周*=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	08/11/2024 07/11/2025	每周五: 从晚 7:30 点 至晚 10:00 点	49 周*=1862 人次	全年活动 49 周	联友会舞蹈 培训班
303 Mauriceville Town Hall NSW	05/11/2024 04/11/2025	每周二: 上午 9:30 点 至晚 5:30 点	49 周*=560 人次	全年活动 49 周	联友会花样年华艺术 团排练
165 Homebush Rd Strathfield NSW 2134	06/11/2024 05/11/2025	每周五 上午 9:30 点 至 11:30 点	49 周*=560 人次	全年活动 49 周	艺术团排练
Crn of Railway Pde & McBurney Rd Cabramatta Community Centre NSW 2166	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至下 午 12:00 点	50 周*=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 活动等等
1a bates St Homebush	05/05/2025 07/05/2025	每周一: 从上午 10 点至下午 12 点	9 周*=90 人次	2 个月活动 9 周	花样年华艺术团
Pennant hills community centre: Ramsay Rd, Pennant Hills NSW 2120	07/05/2025 02/07/2025	每周三: 从上午 11:30 点至 下午 1:30 点	8 周*=160 人次	2 个月活动 8 周	联友会舞会

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1-3 William St Lidcombe	03/06/2024 02/06/2025	每周一：上午 9:30 点至下午 12:30 点	48 周*15 =720 人次	全年活动 48 周	联友会舞蹈艺术团 排练
1-3 William St Lidcombe	04/06/2024 03/06/2025	每周二：从上午 9:30 点至下午 12:30 点	50 周*10 =500 人次	全年活动 50 周	联友会学唱歌班
1-3 William St Lidcombe	03/06/2024 02/06/2025	每周一：下午 1:00 点至下午 3:00 点	40 周*10 =490 人次	全年活动 49 周	联友会学唱歌班
1-3 William St Lidcombe	03/06/2024 02/06/2025	每周一：晚上 6:00 点至 8:00 点	50 周*20 =1000 人次	全年活动 50 周	联友会青思歌亲 合艺术团学唱歌 班
1-3 William St Lidcombe	07/06/2024 06/06/2025	每周五：从上午 9:30 点至 12:30 点	48 周*15 =720 人次	全年活动 48 周	联友会舞蹈艺术团 排练
Pennant Hill Community Centre	01/01/2025 31/12/2025	每周三：从下午 12:30 点至下午 3:00 点	51 周*30 =1530 人次	全年活动 51 周	联友会舞蹈艺术团 排练
Beecroft Community Centre	06/01/2025 05/01/2026	每周一：上午 10:00 点至下午 12:00 点	49 周*20 =980 人次	全年活动 49 周	联友会舞蹈艺术团 排练
Auburn Community Centre	06/01/2025 05/01/2026	每周一：下午 2:00 点至下午 4:00 点	51 周*10 =510 人次	全年活动 51 周	联友会蓝花楹艺术 团排练

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303 Marrickville Town Hall	07/01/2025 06/01/2026	每周二: 从上午 10:00 点 至下午 12:00 点	48 周*15 =720 人次	全年活动 48 周	联友会花样年华 艺术团排练
107Crystal St Petersham NSW 2204	09/01/2025 08/01/2026	每周四: 从上午 9:30 点 至 11:30 点	49 周*10 =490 人次	全年活动 49 周	联友会蓝花楹艺术 团排练
303 Marrickville Town Hall	14/01/2025 13/01/2026	每周二: 从上午 10:00 点 至下午 12:00 点	50 周*20 =1000 人次	全年活动 50 周	联友会乐队排练
Beecroft Community Centre	16/01/2025 15/01/2026	每周四: 从上午 10:00 点 至 12:00 点	49 周*20 =980 人次	全年活动 49 周	联友会幻想曲艺术 团排练
Beecroft Community Centre	23/01/2025 22/01/2026	每周四: 从上午 10:00 点 至 12:00 点	50 周*20 =1000 人次	全年活动 50 周	联友会舞厅舞会

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

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Address	Start to end	Training time	Number of Attendance	Number of activities per week	Activity content
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	04/11/2024 03/11/2025	EVERY Monday From 1:30 pm to 2:30 pm	588 People	49weeks	Dancing Class's
1 Memorial Drive Granville NSW 2166 Granville Community Centre	04/11/2024 03/11/2025	EVERY Monday From 9:30 am To 11:30 am	3825 people	51weeks	Ballroom dancing
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 11:30 am	832 people	52 weeks	Dancing Class's
1 Susan St Auburn NSW 2144	05/11/2024 04/11/2025	Every Tuesday From 1:00 pm to 3:30 pm	15698 people	49 Weeks	Dancing Class's for Beginner
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 12:00 pm	2184 people	49Weeks	Senior Citizens Choir
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 12:00 pm	576 People	48 Weeks	Dancing Class's for Beginner
1 Susan St Auburn NSW 2144	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	1056 people	48 Weeks	Ballroom dancing for elderly
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	1352 people	52 Weeks	Art troupe rehearsal
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	642 People	52 Weeks	Art troupe rehearsal
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	450 People	50 Weeks	English Class's
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	600 People	50 Weeks	How to use mobile class For Elderly

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10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday: From 12:00pm to 2:00pm	600 People	50 weeks	Happy Art Troupe rehearsal
98-104 Woodburn Rd Berala NSW2141, Berala Community Centre	07/11/2024 06/11/2025	Every Thursday From 11:00 am to 1:00 pm	572 People	52 Weeks	Art troupe rehearsal
10 Carton St Granville Town Hall	07/11/2024 06/11/2025	Every Thursday From 9:30 am to 12:00 pm	936 People	52 Weeks	Art troupe rehearsal
1 Memorial Drive Granville NSW 2166 Granville Community Centre	07/11/2024 06/11/2025	Every Thursday From 9:30 am to 11:30 pm	4569 People	52 Weeks	Ballroom dancing for elderly
1 Memorial Drive Granville NSW 2166 Granville Community Centre	08/11/2024 07/11/2025	Every Friday From 9:30 am to 11:30 pm	3959 People	52 Weeks	Ballroom dancing for elderly
1 Memorial Drive Granville NSW 2166 Granville Community Centre	08/11/2024 07/11/2025	Every Friday From 7:30 pm To 10:00 pm	1862 People	49 Weeks	Dancing Class's for Beginner
303 Mauriceville Town Hall NSW	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 5:30 pm	560 People	49 Weeks	Art troupe rehearsal
165 Homebush Rd Strathfield NSW 2134	06/11/2024 05/11/2025	Every Friday From 9:30 pm To 11:30 pm	560 People	49 Weeks	Art troupe rehearsal
Crn of Railway Pde & McBurney Rd Cabramatta Community Centre	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 12:30 pm	600 People	50 Weeks	Home Care Package for Elderly Activities pick up & takes them to their home.
1a bates St Homebush	05/05/2025 07/07/2025	Every Monday from 10 am to 12 pm	90 People	2 months active for 9 weeks	In the Mood for Love Art Troupe
Pennant hills community centre: Ramsay Rd, Pennant Hills NSW 2120	07/05/2025 02/07/2025	Every Wednesday: From 11:30am to 1:30pm	160 people	2 months active for 8 weeks	Multicultural seniors' association

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1-3 William St Lidcombe	03/06/2024 02/06/2025	Monday from 9:30 am to 12:30 pm	720 People Attend	48weeks	Multicultural Seniors Association's Dance Art Troupe is rehearsing.
1-3 William St Lidcombe	04/06/2024 03/06/2025	Tuesday from 9:30 am to 12:30 pm	500 People Learn to sing	50weeks	Multicultural Seniors Association's study class is in session
1-3 William St Lidcombe	03/06/2024 02/06/2025	Monday from 1:00 pm to 3:00 pm	490 People Learn to sing	49weeks	Multicultural Seniors Association's Voice Learning Class is in session
1-3 William St Lidcombe	03/06/2024 02/06/2024	Monday form 6:00 pm to 8:00 pm	1000 People practice singing songs.	50 weeks	Multicultural Seniors Association's The Qingsi Song Affinity Art Troupe is rehearsing.
1-3 William St Lidcombe	07/06/2024 06/06/2025	Friday from 9:30 am to 12:30 pm	720 people attended the rehearsal.	48 weeks	Multicultural Seniors Association's Rehearsal for the Dance Art Troupe
Pennant Hill Community Centre	01/01/2025 31/12/2025	Wednesday form 12:30 pm to 3:00 pm	1530 People	51 weeks	Multicultural Seniors Association's Senior social dance event
Beecroft Community Centre	06/01/2025 05/01/2026	Monday from 10:00 am 12:00 noon	980 People	49 weeks	Multicultural Seniors Association's Senior social dance event
Auburn Community Centre	06/01/2025 05/01/2026	Monday from 2:00 pm to 4:00 pm	510 People	51 weeks	Multicultural Seniors Association's The middle-aged and elderly jacaranda art troupe is rehearsing

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303 Marrickville Town Hall	07/01/2025 06/01/2026	Tuesday from 10:00 am to 12:00 noon	720 People	48 weeks	Multicultural Seniors Association's The Zhonglao Hua Yang Nian Hua Art Troupe is rehearsing
107 Crystal St Petersham NSW 2204	09/01/2025 08/01/2026	Thursday From 9:30 am To 11:30 am	490 People	49 weeks	Multicultural Seniors Association's Jacaranda Art Troupe rehearsal
303 Marrickville Town Hall	14/01/2025 13/01/2026	Tuesday from 10:00 am to 12:00 noon	1000 People	50 weeks	Multicultural Seniors Association's band is rehearsing.
Beecroft Community Centre	16/01/2025 15/01/2026	Thursday from 10:00 am to 12:00 noon	980 People	49 weeks	Multicultural Seniors Association's Rehearsal for the Fantasia Art Troupe
Beecroft Community Centre	23/01/2025 22/01/2026	Thursday from 10:00 am to 12:00 noon	1000 People	50 weeks	Multicultural Seniors Association's Ballroom dance party

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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及中俄后裔友谊会在异国他乡成为了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的辛勤付出！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

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municipal administration and Cumberland City Council Mayer 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 yinglan 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

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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.



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及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.

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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



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.

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我们“多民族中老年联友会”、“中俄后裔友谊会”、“中俄后裔联合会”的领导人葛会长，是受大家尊敬和爱戴的领导人，她领导的团队积极进取、团结友爱，为社区中老年朋友提供各种服务、解决各种困难，做出了很大的贡献！现在我们的各项工作，在悉尼社团里都排在前列，我们的网站和各种广告等，都有中英文翻译同时进行。我们的财务会计、出纳，从原来的手抄登记转为电脑管理，与时俱进，加强了工作的效益，几位财务管理人员对工作认真负责，兢兢业业，一丝不苟，得到了有关部门的称赞！

President Ge, the leader of our "Multicultural Seniors Association inc.", "Australian Chinese Russian Friendship Association inc." and "Unity of Russian & Chinese Association inc. ", is a leader respected and loved by everyone, and the team she leads is proactive, united and friendly, providing various services and solving various difficulties for middle-aged and elderly friends in the community, and has made great contributions! Now all our work is in the forefront of the Sydney community, and our website and various advertisements are translated into Chinese and English at the same time. Our financial accounting, cashier, from the original hand-copied registration to computer management, advancing with the times, strengthening the efficiency of the work, several financial management personnel to the work of serious and responsible, conscientious, meticulous, has been praised by the relevant department.

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以上是各民族中老年联谊会 2024 年 6 月 30 号到 2025 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. 让我们在下一个年度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, 2024 to July 1, 2025, 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's do better and improve further in our work for the next fiscal year. Thank you!!!

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