Chinese Association of Victoria Newsletter



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协会会讯

Autumn 秋季 2010

Visit from Mr. Zhao Yang 17th Feb 2010 pg 7

Chinese Association of Victoria Inc. Tel: 9800 3388 CAV Educational & Cultural Centre Email: <u>admin@cavinc.com.au</u> 320 Wantirna Road, Wantirna VIC. 3152 Website: <u>www.cavinc.com.au</u>

Chinese Association of Victoria Inc. 派 金利 垂 常中华 物 全 Harmonious oniout and sand Gooning oniout and sand Gooning

at CAV CENTRE 320 WANTIRNA ROAD, WANTIRNA MID-YEAR DINNER

Harm

DATE : SATURDAY, 26th JUNE 2010 TIME : 6.30pm COST : \$50.00 pp DRESS CODE : SMART CASUAL ATTRACTIONS : Chinese Banquet Dinner Incl soft drinks, coffee & tea Live Band • Performances Dancing • Raffle Draw

Contact: Rex Lai 0413 290 096

PRESIDENT'S MESSAGE



After finishing a challenging year as President, I thank the CAV members for having confidence in entrusting me to lead CAV for another year. With my full team of Executive Committee members, we shall do our very best to serve CAV and steer our Association to enjoy another successful year.

Firstly I would like to thank the retiring committee members who have spent their time and effort in helping me to improve our Association. They are Victor Ngam, Mai Saw, Shalin Lim and Linus Chang. The new Exco team is very fortunate that Mai Saw, who chose not to be re-nominated, has volunteered to continue to help out in the editing of the newsletter. Members who have decided to remain and help me are Shirley I, Rex Lai, Angie On, Richard Lim, Lawrence Phoon, Vincent Chow, Kenny Lau, Lily Ong and Fui Keong Yong. Welcome to the new members and they are Evelyn and Leon Han, Charles Lim, Elizabeth and Lip Chye Tan and Boon Chuan Tay. This new team will endeavour to keep up the good work of all previous Exco.

The Special General Meeting and Annual General Meeting were held on Sunday 28th March. The SGM was well attended by 53 financial ordinary members and 6 non-voting members. I am extremely glad that 43 out of 53 voted to adopt the amended Constitution. The Secretary will send it to the Consumers Affairs Victoria for registration.

The AGM was attended by 55 members. The Treasurer, Richard Lim, gave a very detailed report on the CAV financial position. Dr. Ka Sing Chua gave a brief but good report about the Chinese Language School. Ramona Chua announced the top V.C.E. score of 45 and 100% passes. Dr. Frank Chew reported about the latest financial standing of the School Building Fund. He announced that the current Trustees, Peter Ho and Dr. Clement Wong opted to retire as Trustees. Khim Chow and Raymond Wong were nominated and approved by members to replace them. Congratulations to Khim and Raymond.

Chooi Hon Ho reported on the nomination of Honorary Fellows Award and the successful nominees are Leon Han, Simon Soon, Lip Chye Tan and Raymond Wong. They were unanimously approved by the members. Congratulations to these new Honorary Fellows.

The new Exco will have a meeting in May with all Subgroup Chairpersons and leaders of other CAV activities. The main objective of the meeting is to strengthen the relationship between the Exco and all other CAV leaders. With an open discussion, I hope to promote cooperation and create a harmonious relationship within the Association.

Thank you all for your great support in me and the Exco.

Wishing you well, Lillian Lai, President CAV

Meet The 2010 CAV Executive Committee



Left to Right

Back row: Evelyn Han, Lilly Ong, Richard Lim (Assistant Secretary), Boon Chuan Tay, Kenny Lau, Fui Keong Yong, Charles Lim

Front row: Vincent Chow (Public Relations), Leon Han (Secretary), Rex Lai (2nd Vice President), Lillian Lai (President), Shirley Teh (1st Vice President), Lawrence Phoon (Assistant Treasurer)
 Inset: Lip Chye Tan (Treasurer), Elizabeth Tan, Angie On (3rd Vice President),

From the Editor

In this issue, there are many articles on the Chinese New Year celebration participated as well as organised by the various sub-groups and CAV EXCO. One of most valuable articles is the extract of news report on Mr. Zhao Yang's visit to CAV Centre (see page 7), I am sure this report will aspire and encourage more members to get involved with our cultural activities and programs.

I would like to thank the following members for their contribution in this publication:

- Kim Saw, Kenny Lau, Rex Lai and Fai Giang for providing the photos for both the back and front covers.
- "Chinese Names" by Eng Seong Tan

- "Qing Ming Jie" by Linus Chang
- "The joys of playing Table Tennis" by George Liew
- Millie Ko and Dr Ka Sing Chua for editing the Chinese section
- All subgroup leaders and EXCO members for their reports

With their help and support, the newsletter was completed successfully.

Please send your comments and contribution to <u>km_saw@hotmail.com</u>. See you all in 3 months time..

Mai Saw

2010 SPECIAL AND ANNUAL GENERAL MEETING

SPECIAL GENERAL MEETING Held on Sunday, 28th March 2010 At 2.00 pm at CAV Centre

53 Financial Ordinary Members attended the meeting. The Special Resolution:

"TO ADOPT THE AMENDED STATEMENT OF PURPOSES AND RULES OF CHINESE ASSOCIATION OF VICTORIA VERSION A20091222AmendedConstitutionLegalVetted Version V2"

was passed with more than three quarter majority (43 yes votes).

The President declared that the Special Resolution was passed.

The Document will be submitted to Consumer Affairs Victoria for registration

President's Report – AGM 2010



My first year as President has been very challenging and interesting. With the whole team of EXCO members supporting me, we managed to discharge our duties in keeping CAV moving forward.

The Chinese Language School and all subgroups were doing their fair share to make CAV one of the most successful ethnic Chinese organisations, highly regarded by government bodies

and all other Associations.

The mid-year Dinner held in this hall was very successful, bringing together members, friends and guests to enjoy a night's social gathering. The celebrations of the Zong and Mooncake Festivals also in this Centre were well attended, providing a lot of fun to those who came. The annual CAV Gala Ball was held at Lincoln of Toorak. Once again it was a glamorous function for supporting CAV members, sponsors and guests. We raised over \$30,000 to boost up our General Account.

All subgroups have been active, enjoying their normal activities in and outside CAV Centre. The events held last year in this Centre that need to be mentioned are: the Prize Presentation Dinner Night staged by the Golf Group, the Disco Night organised by the Ballroom Dancing Group, and the Shanghai Night run by the Karaoke Group. The Table Tennis Group had a very successful annual dinner at the Shangrila Inn Restaurant.

Representing CAV at outside events are the performances by the Ballroom Dancing Group, the Tai Chi, the Cultural Dance Troupe, the Karaoke Group and the School Orchestra. I would like to thank all those involved for being good ambassadors of CAV.

The WIN group as usual was busy raising fund for Charities, like the Cancer Council. Recently they did an excellent job in organising the "Cultural Corner" at the Glen Waverley Chinese New Year celebrations; and they kept up CAV's reputation of serving the best "íce kachang". Vincent Chow and his committee were the main organiser of the Glen Waverley Chinese New Year Festival. It was a very successful event and CAV received lots of praises and recognition.

On our own, we celebrated the year of the tiger at CAV Centre, with variety shows and food stalls. The Chinese Language School students gave a good singing performance. So did the Cultural Dance Troupe and the Tai Chi Group. No celebration in CAV is complete without some excellent singing from the Karaoke Group.

EXCO had not been idling either. EXCO and some CAV members participated in the Botanicasia project to help raise fund for the Royal Botanic Gardens. We took part in the Walk for Harmony organised by the Multicultural Commission to promote multiculturalism & diversity. The Hon. Mr John Brumby led the Walk. Our members had the chance to meet the Premier and had photographs taken with him. CAV received a personal Thank You letter from the Premier in appreciation of CAV's participation.

Last year a new-look CAV website had been launched. A lot of thanks goes to Hock Lye Khaw for being our webmaster. The new website has included much more information about CAV. For example, the past 3 years newsletters have been uploaded in the new website.

At the start of my term, I have stressed that CAV will take extra effort to maintain and improve good relationship with other Chinese Associations. EXCO members and other CAV members had attended many functions organised by other Chinese Associations. Our more active role in supporting and increasing contact with other Associations have further improved our image and built stronger relationship with them. A very special event happened recently last February. A delegation from the Peoples' Republic of China, led by Mr. Zhao Yang, the Vice Minister of Overseas Chinese Affairs visited our Centre with representatives from the Chinese Consulate. They were very impressed with our organisation and our facilities. In fact CAV was specifically mentioned in the website of the China News.

Earlier this year a new group joined the BDG. They do sequence dancing, which is loosely speaking a socially oriented ballroom dancing. This group is using the Centre on Wed. night for their passion in dancing. Many members of the group have become CAV members. We would like to welcome them as well as other new CAV members.

The Chinese Language School has performed better than the previous year. For more details please refer to the report by the Chairperson of the School Council, Dr. Chua Ka Sing, whom I would like to thank for leading the School Council in charting the future for the School. The school principal, Ramona Chua, had written a good report on the school. The report is included in the AGM folder.

I am glad to announce that CAV is financially very sound. We have more than \$77,000 in the Bank and short term bank fixed deposits of \$93,000, totaling to about \$170,000 at the end of the financial year.

In closing, I would like to once again thank the members for supporting me, the EXCO team for their and cooperation hard work, the subgroup chairpersons and their committees for their unrelenting effort, the School Principal for doing a good job and the School Building Fund Trustees for ensuring the Fund's integrity.



Lillian Lai

CAV Newsletter

ANNUAL GENERAL MEETING Held on Sunday, 28th March 2010 At 3.00 pm at CAV Centre

55 Financial Ordinary Members attended the meeting.

Important Results from the Meeting:

(1) The 2010/2011 EXECUTIVE COMMITTEE elected (all positions elected unopposed)

- 1. President:
- 2. First Vice-President:
- 3. Second Vice-President:
- 4. Third Vice-President:
- 5. Secretary:
- 6. Assistant Secretary:
- 7. Treasurer:
- 8. Assistant Treasurer:
- 9. Public Relations Officer:

Ordinary Committee Members:

- 1. Evelyn Han
- 2. Kenny Lau
- 3. Charles Lim
- 4. Lily Ong
- 5. Elizabeth Tan
- 6. Boon Chuan Tay
- 7. Fui Keong Yong

Lillian Lai Shirley Teh Rex Lai Angie On Leon Han Richard Lim Lip Chye Tan Lawrence Phoon Vincent Chow

(2) The SCHOOL BUILDING FUND Trustees Mr Peter Ho and Dr Clement Wong retired from the Board. To fill the vacancies, Mrs Khim Chow and Mr. Raymond Wong were nominated by the Chairperson of the Board and approved by the Members.

(3) The Members approved the nominations of Mr. Leon Han, Mr. Simon Soon, Mr Lip Chye Tan and Mr Raymond Wong for the HONORARY FELLOW Awards.





Dr Frank Chew presenting Trustee Fund and Building Project Reports Richard Lim presenting Treasurer Report





赵阳副主任与维省中华协会负责人座谈

中新网2月18日电 2月17日,率领"文化中国•四海同春"艺术团赴大洋洲进行 慰问演出的国务院侨办副主任赵阳,在墨尔本走访华人企业、社团,出席侨团活动, 广泛接触侨胞,深入考察侨情,代表国务院侨办和李海峰主任向大家拜年,表达祖 (籍)国政府对海外侨胞的关心和祝愿,受到当地侨胞的热烈欢迎和好评。

在拜访维省中华协会时,赵阳仔细参观了该会会所及图书室和中文学校,听取该 会负责人关于开展华文教育、文体康乐活动的情况介绍。赵阳对该会在弘扬中华文化 方面所取得的成绩表示肯定和祝贺,表示国务院侨办可以在提供中文书籍、民族服装 以及有中国元素的物品方面为该会进一步拓展会务提供帮助和服务。

This is an online news item extracted from China News website. It reported the visit of Mr. Zhao Yang, the Deputy Director of China's State Council for Overseas Chinese Affairs Office, to Melbourne.

The article mentioned that during Mr. Zhao's visit to CAV, he has toured the centre, library and Chinese Language school. He learnt from the committee of CAV how the association developed its Chinese Language education and Chinese cultural activities. Mr. Zhao congratulated the association for its achievement in promoting Chinese culture and indicated that the Overseas Chinese Affairs Office can provide Chinese Language books, cultural dance costumes and materials relating to Chinese culture to allow the association to further expand its services and development programs.



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10 Main St, Box Hill and quote reference number: 2461.

Amount received by CAV will be subject to the value of loan and the discretion of Chris Teh.

Help to earn spotter's fees for CAV by recommending your families or friends. All information on the loan application is strictly confidential between the applicant and the Bank.

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For information contact Chris Teh on (03) 9899 8188.

All applications for credit are subject to ANZ's normal lending criteria. ANZ terms and conditions, fees and charges apply. ANZ recommends you read the product Disclosure Statement or terms and conditions before deciding to acquire or hold the product. Amount received by Chinese Association of Victoria will be subject to the value of loan and at the discretion of Chris Teh. Ask for full details of the offer, including the offer period, which are subject to change. Funding will be provided once the ANZ Home Loan or ANZ Residential Investment Loan or ANZ Equity Manager or ANZ Home Equity Loan is drawn down. Many of ANZ's Home Survei awarded CANNEX mortgage star ratings in 2006. Ask us for details. Australia and New Zealand Banking Group Limited (ANZ) ABN 11 005 357 522. ANZ's colour blue is a trade mark of ANZ. Item No. 930412 02.2008 W129518



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CAV Chinese New Year Festival Celebration

This is the first time CAV is having an open day to celebrate Chinese New Year. It was one of the family events that CAV organised for the year. There were more than 250 peoples turned out on Sunday 21st February 2010 and all have an enjoyable time. We were lucky that it turned out to be a fine day on the Sunday.

On behalf of the organising committee, I would like to thank the following individuals and groups who have done a fantastic job to stage a colourful cultural show on that day.

- CAV Chinese School Children's choir who sang the 2 beautiful Chinese New Year songs: 贺新年 and 恭喜恭喜
- Lion Dance performed by the Chinese Masonic Society Lion Dance Team
- Welcome speech by Lillian Lai, CAV President; followed by CAV ExCo team singing 恭喜恭喜
- CAV Cultural Dance Group who contributed 3 joyful dances:
 - ➤ Children dance 迎春花
 - ➤ Adult dances i) 迎春 ii) 绿岛小夜曲
- Yang style Tai Ji form performed by CAV Tai Ji Group
- Karaoke Singing performed by
 - Anne Wong -- 路边野花不要采
 - Linda Xue -- 回娘家
 - Kenny Lau -- 真情真爱

- Ai Ling Low -- English song
- Monash Chinese Friendship Association who performed 2 cultural dances :

开门红 and 青青茉莉花

and Tai Chi fan 太极功夫扇

- Cultural Dance 娜鲁娃情歌 performed by Zhang Min Li
- Cantonese Opera Singing performed by 陈惠英 and 吴萍
- Karaoke Competition organised by CAV Karaoke
 group

Outdoor Activities

Food stalls, Amusements & Rides provided by external vendors

All the children were given a red packet as a good luck symbol for the whole year. I would like to thank the Victorian Multicultural Commission for giving us a grant to organise this event, Angie On, ExCo members and school community for helping to decorate the hall and run the event and Wilson Li for sponsoring a sign board on Wantirna Road to promote the event. The support and help for all these people have made this event a successful one.

KENNY LAU Event organiser

(Photos of the event can be found at the back cover)

CAV Membership Renewal

CAV membership renewal is due on the 1st January 2010. Renewal Form can be downloaded from this website. http://www.cavinc.com.au

Renewal for existing members is \$55 and payments can be made either

- 1. By post to: -
 - CAV at 320 Wantirna Road, Wantirna 3152

Please issue your cheque payable to: **CAV Inc.** and remember to provide your email address on the Renewal Forms as a confirmation of the renewal will be send out via email.

2. Direct deposit :-

When making direct deposit into CAV Bank account, please also send an email to membership@cavinc.com.au stating your name and address. Failure to do so may result in your membership not credited for renewal. CAV Bank account: **BSB 013 225** Account No: **2537 59592**

3. Through CAV Chinese School Office

Pay in person at the CAV Chinese school office, opening time is Sunday 9:30 am – 3:00 pm during school term.

If you have any queries about membership or change of details please email to membership@cavinc.com.au

Chinese New Year celebrations in Glen Waverley – Vincent Chow

The red lanterns on the pergolas in Kingsway and the colourful banners on all the flagpoles in Glen Waverley were put up on Friday the 12th of February, swayed and fluttered to the blowing of the wind to welcome the arrival of the 2010 Chinese New Year and to bring awareness to the visitors that the Glen Waverley 2010 Chinese New Year & Lantern Festival (*Yuan Xiao Jie*) was just around the corner.

Once again CAV was heavily involved in this event (second year in running) with three representations in the event organising committee, namely Lawrence Phoon (Secretary), Kenny Lau (committee member) and I, the Chairperson of the event team. Given the size and magnitude of the event, planning started in October last year with fortnightly meetings and later became a weekly affair one month prior to the day, Sunday 28th Feb 2010. The event organising committee also include members from a few other Chinese community groups, representatives from the Monash Council as well as the employment of a Risk Management contractor whose role was to oversee and coordinate a safe delivery of the Festival.

The CAV's involvement in the programming of the day include:

- CAV Women Interest Network, owner of the Festival's Cultural Corner and Ice Kachang stall
- Members of the CAV Karaoke Group conducted the Kingsway Karaoke Championship
- CAV Cultural Dance Troupe's performance on the main stage
- CAV Tai Chi Group perform two routine at the Century City Walk Atrium
- CAV Ballroom Dancing Group helped in the icekachang stall
- CAV Table Tennis organised the Chinese Chess and Mah-jong stalls
- Members of the EXCO and CAV school helped in area that required assistance

It was not an easy decision to take up the responsibilities to be in charge of such enormous and important part of the Festival which involved many subgroups and nearly 50 of our CAV members and friends. Months of planning by the WIN ladies and effort on the day to make sure whatever the activities planned for the day must be colourful and interesting enough to attract a big crowd must not be left un-noticed. I am glad to inform the CAV WIN that everyone of us at the Festival debrief meeting had unanimously given it a thumb up for the presentation and delivery of the activities in this area and had agreed to look into expanding the area next year to cater for the expected increase demand and to avoid crowd On behalf of the organising committee congestion. please accept our heartfelt thanks.

Kingsway was transformed overnight to become a Festival precinct with the main performing stage near the

corner of Coleman Parade and the Cultural Corner at the Glen Waverley library forecourt at the other end. A maximum number (64) of trade and food stalls were set up in the middle of Kingsway and kerbside selling various types of food and merchandise. The highlight of the day was the two spectacular lion dance performing on top of numerous poles, some as high as two meters, to the thunderous applause and amazement from the crowd.

The footprint of the Festival precinct this year was extended to include the Century City Walk Atrium where a number of Chinese cultural performances were presented to the delight of the public. There were Chinese musical instruments solo and ensemble performances, Lion and Dragon dances and our CAV Tai Chi Group also performed two of their forms as part of the entertainment. Two of the Village cinemas were showing Chinese movies the whole day to support the Festival which has become the largest street Festival in the City of Monash with an estimated crowd of 40,000.

The very popular Cultural Corner conducted and managed by the CAV WIN and operated by CAV members and friends saw an endless flow of enthusiastic people of all race and ages eagerly wanting to learn the arts of lantern making, lantern painting, calligraphy, brush painting, mah-jong, Chinese chess and riddles solving. 1200 lanterns were given away free to children who wished to paint and take home. I have already received a request from WIN to purchase 2000 lanterns next year to satisfy the demand of this activity. It was lovely to see many non Chinese participated in our cultural activities and how some of them requested their name to be written in Chinese.

The ice-kachang stall was operated by a few WIN ladies with assistance came mainly from members and friends of the CAV Ballroom Dancing Group. The effort of those who helped to make hundreds of ice blocks must not be forgotten. However, the business was slightly down from last year due mainly to the cooler weather. I am sure everyone who helped in the stall, like their counterparts in the Cultural Corner had enjoyed themselves and had lots of laughter and fun working together for the good of our community.

I am also very thankful for the other subgroups who had agreed to be part of the event program – our Cultural Dance, Karaoke and Tai Chi Group whose contribution and performance had added lots of interest and colour to the whole event.

One of the CAV objectives is to promote the Chinese culture to the wider community and judging from the contribution of our members towards the success of the Festival I have no hesitation in saying that the effort you all had put in to uphold this objective ranked second to none and had resulted in a pass with flying colours.



2010 CAV HONORARY FELLOWSHIP AWARDS



The CAV Honorary Fellowship is the highest award bestowed upon a CAV member who has provided outstanding services to the Association or to the community. CAV is fortunate to have dedicated members who have served the Association beyond the call of duty and have demonstrated ongoing commitment to CAV objectives and rationale.

At the 2010 AGM held on 28 March 2010, the following members were awarded the CAV Honorary Fellowship:

- Leon Han
- Simon Soon
- Lip Chye Tan
- Raymond Wong

We offer our heartiest congratulations to the Leon, Simon, Lip Chye and Ray.

Chooi Hon Ho Chairperson CAVHF Advisory Board

New Fellows: Lip Chye Tan, Simon Soon, Leon Han and Raymond Wong

ACKNOWLEDGEMENT OF THANKS

CAV would like to thank the effort of K.Y. Wong and John Hee of the Table Tennis Group for volunteering to patch up a big hole on the wall in the men's toilet and also a hole in the store room of CV hall. They also painted the men's toilet and the stage wall. All expenses were contributed by the Table Tennis fund.

WELL APPRECIATED!!!



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Email:					
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I will pay for the order when I pick up the Entertainment Book from the CAV Centre in the first week of May.

Signature:

Thank you for your supporting the Chinese Association of Victoria. \$13 from the sale of each Book goes to CAV.

CHINESE ASSOCIATION OF VICTORIA INC.



Zong Order Form 维省中华协会粽子订单

The following varieties of Zong are offered to our members at a special price. If you are interested in ordering, please fill in the form below and return it with your full payment in cash or cheque (made payable to Chinese Association of Victoria) latest by Sunday 05/06/2010

Your order can be collected from CAV Centre on Sunday 13/06/2010 after 11: 30am. Thank you.

Note: Pick up by Ballroom Dance Group Thursday 10/06/2010 after 8.00pm

以下不同品种的粽子为我们中华协会的成员们大优惠,如果你们想预订,请填好下面的表格并付清所订 的钱或者支票(支票抬头: Chinese Association of Victoria)。2010年6月5日是预订粽子的最后一天。 你们预订的粽子将于 2010 年 6 月 13 日星期天上午 11 点半以后在维省中华协会中心领取。 请注意: 交谊舞组领取粽子的日期为星期四 2010 年 6 月 10 日晚上 8 点以后。

To:	CAV Zong Order 维	省中华协会粽子订单
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	Wantirna 3152	Tel 电话: 9800 3388

Tel 电话: 9800 3388 Contact : Lily Ong 0403155385

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Name	姓名:	
Addres	ss 地址:	

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Sub Group / Ethnic School

	Description		Unit \$ 单价	Qty 数量	\$Amount 总计
1.	咸肉粽 (糯米,猪肉,栗子,虾米, 冬菇,绿豆)	Savory Zong (glutinous rice, pork, chestnuts, mushrooms, mung bean)	\$3.30		
2.	娘 惹 粽 (糯米,猪肉,糖冬瓜,冬 菇,香料)	Nyonya Zong (glutinous rice, pork, sweet melon, mushrooms, spices)	\$3.30		
3.	素 食 粽 (糯米,栗子,冬菇,绿豆)	Vegetarian Zong (glutinous rice, chestnuts, mushrooms, mung beans)	\$3.00		
		Total Payment 共计			

We enclose herewith our payment in cash/cheque of \$ for our order above

随预订单附上我们所订粽子的现金/支票,总计**\$______**。

RECEIPT FOR 2010 CAV Zong Order (2010 年 维省中华协会粽子订单收条)

Name 姓名: _____ Date 日期: _____

Received By 收款人: _____ Cash 现金/Cheque 支票 Amount: _____

CAV CHINESE LANGUAGE SCHOOL



Looking back over the past 26 months, I am happy to report that the following aspects of the C.A.V. Chinese School have been significantly improved:

1. Students attempting to speak Mandarin – there is a clear change in attitudes of students when they come into the School Office to ask for books, etc.; students know and are very willing to try their best to in now

speak Mandarin now.

- Teaching materials text books, reference books, dictionaries, etc have been organised for loan to teachers. A new Resource Folder has been created so that all teachers may share each other's research materials.
- 3. Classes have been given a name each, with names such as 兔子, 飞马, 熊猫, 汉高祖, 唐太宗, etc. These were introduced at the beginning of this year to identify with the language level of each class, rather than the old system of grading according to students' ages. It is worth mentioning here that the head of the VIP visiting CAV School last month commented that "...looking at the naming of the classes, I gather your school clearly has depth and good Chinese Cultural background, not just teaching Chinese Language....."
- 4. Last year, I applied for accreditation for P-10 for our school and was granted accreditation until December, 2012. The application included submitting curriculum plan for the 3 years, a school charter, codes of conduct for all stake-holders in the school, plus documents on C.A.V. as a nonprofit organisation. The CAV School is now accredited with the DEECD¹, the VCAA² and has the new Certificate of Registration as a Senior Secondary Provider, with the VRQA³.
- 5. Teachers' Folders Each teacher has a folder with class attendance record, relevant information for each class, School Calendar, Emergency Evacuation Plan, teaching record.
- Each teacher has been given a copy of the school charter, and the curriculum plan for his/her class. Each curriculum plan was designed in accordance with VELS⁴ and incorporating the VCAA's VCE Chinese Study Design.
- 7. Recess will remain as a 20-minute break; teachers have be instructed to structure their classroom activities so that students will not be sitting at their

³ Victorian Registration and Qualification Authority

tables for the entire first or second half of the class. Varying activities allow students a chance to stand up, leave their desks, and move around a bit inside their respective classrooms. There is not much contact time for weekend school like ours, so we have to be as efficient and economical with time as we possibly can. The Prep class has colourful rugs, donated by John Huynh, to sit on for stories, songs, etc.

8. Administrative documentation – is well organised for accountability, references, and easy access. These are stored in the School's filing cabinets.

Last year 2 excursions, to the National Gallery of Victoria, were made to view the Chinese collection and the exhibition "*Dressed to Rule – Imperial Robes of China*". Students and parents enjoyed the excursions very much. This year similar excursions may be organised to view the "*Tea and Zen*" exhibition, as part of the cultural study.

The C.A.V. School Chinese Musical Instruments Group, consisting of students and parents, did very well last year, performing at CAV Centre, and outside at venues such as the Knox Festival, much to the delight of the audiences.

Plan for this year include:

- Class tests, scheduled half-yearly.
- In term 3, there will be a class presentation, a form of oral practice and assessment which is carried out in individual classroom, with parents invited as audience.
- There will be a fire drill each term, weather permitting.
- Chinese calligraphy and painting lessons will take place in Term 3, at the same time as parent-teacher interview.
- A Chinese cultural concert has been scheduled for Saturday September 11th, to celebrate the Mid-Autumn Festival (Moon Festival). Each student will be required to participate in this event. Parents will be requested to help; everyone will be required to wear a Chinese top (to go with black pants or black skirt).
- A new school library, with reference materials for the VCE students, will be set up in the small room of the newly-purchased portable classrooms. The existing reference books in the previous library will be re-located to this room.
- The School Canteen team had purchased a laptop and a projector for teaching. Teachers will be encouraged to use power-point teaching as much as possible; students in higher levels will be asked to do their presentation using power-point.
- Teachers will continue to attend professional development classes organised by the ESAV
- I will monitor each class more closely to help each teacher to achieve class goals.

¹ Department of Education and Early Childhood Development

² Victorian Curriculum and Assessment Authority

⁴ Victorian Essential Learning Standard

CAV CHINESE LANGUAGE SCHOOL .. continue

Finally, a piece of good news to share with all: C.A.V. School has been given 10 places for 10 students to attend the Shanghai Summer Camp. I believe this is the first time our school, in its own right, has been allocated a group to join a summer camp in China. Special thanks to the Consul General, Mr Shen Weilian and Consul Chen Di for their assistance and continuing support of our school.

C.A.V. School has been going for 28 years now, I do believe it will continue to prosper as we have a good set-up, great facilities, and fantastic groups of parents, C.A.V. members and friends who have continue to generously donate their time and expertise to assist us in so many ways. At the fore front of this is Lillie Giang who runs the school canteen with her team of helpers; Cleve Chu who is there at the school every Sunday to help out, even though he does not have any children in our school. Then there are Robert Labberton and Ka Lun Siaw who availed themselves whenever assistance was requested, not forgetting members of the School Council who are always on hand to help in every way, and all those past parents who have come back to help whenever help is needed.

Sometimes it is easy to become complacent when things are perceived to run smoothly. We need to constantly watch our progress, assess and re-assess our progress in order to do better. However, judging by the assistance given by the time-poor parents, members and friends, I think C.A.V. School will continue for the next 28 years.

Ramona A. Chua

Principal, C.A.V. Chinese Language School Master of Education (University of Melbourne) Certificate of English Language Teaching to Adults (Cambridge University/Royal Society of Arts, London) Graduate Diploma of Educational Administration (University of Melbourne) Graduate Diploma of Arts – Interpreting & Translating, Chinese-English (Deakin University) Bachelor of Teaching (Deakin University)

Mobile phone: 0448 976 988 Email: principal@ cavschool.org.au



Special congratulations to all our VCE students last year with 100% passing rate and high percentage obtained over 40/50 with three top students obtaining 45, 44 and 43

CAV SCHOOL COUNCIL

Report for AGM on 28 March 2010 and the newsletter by Chairperson of School Council Dr Ka Sing Chua



It has been a very productive year for the School. Financially we are now basically in the black. Officially the account is showing a small deficit but in actual fact many families and members have donated money for our School Building Fund which is tax deductible. On this note, I would

like to encourage more members to do so before the end of this financial year. Family who donated substantial amount of \$20000 and above will be remembered with their names displayed on one of the classrooms. A plague will be erected to acknowledge donors. Donation over \$2.00 is tax deductible. This fund is administered by an independent legally constituted trustee known as Trustee of Chinese Association of Victoria School Building Fund chaired by our past president Dr Frank Chew. I am a member of its foundation trustee. Dr Frank Chew will enlighten you with his report in the Agenda to follow.

I am pleased to inform you that we have just purchased and constructed a module of portable building which consists of two good size classrooms, a kitchen and an office. The office space will be converted into a proper library for students to use. The total construction cost of the building was estimated to be around \$80000. The classrooms are put to good use already as from Sunday 14 March 2010. It is through the generosity of your past donation that we are able to do so. It provides much needed classrooms for our students immediately. Before this we have to clam students into the Boardroom and library in the Hall. The rooms are not ideal for learning environment as it can be noisy from surrounding activities e.g. Ta Chi and Table tennis in the Hall and kitchen etc. The two classrooms have solved our immediate need.

However we will have to plan ahead to cater for more new students' enrolment in the coming years. Here is another piece of good news for you. Our School has formally signed a sister-school agreement with a local Vermont Primary School on 2 February 2010. It is situated about 5 minutes away from our School. It has over 520 students. Its Principal, Dr Robin Stickland, our Principal Ramona and I have initiated this new proposal. Dr Stickland is keen to promote Chinese language and culture to her students. Our School is now the official provider of the teaching of Chinese language and culture for their students. Their students will be encouraged to enroll at our school for these purposes. From now on, we will expect to have more new students from Vermont Primary School as our sister school relationship develops. This also gives us an opportunity to promote Chinese language, culture and heritage in main stream

CAV SCHOOL COUNCIL ... continue

local schools to all Australian students. It fits in well with the objectives of our Association. We also hope to foster good relationship with other local primary and secondary schools in the promotion of these objectives when opportunity arises.

I am also happy to report that our school and Association in general were able to participate in various community events this year e.g. Knox Festival, Glen Waverley Chinese New Year event via Monash CNY Event Committee and Melbourne City Chinese New Year Celebration via Federation of Chinese Associations respectively in the promotion of Chinese culture. Sandra Wu and Shalin Lim have done a wonderful job with their Orchestra and Cultural Dance groups respectively.

There are a lot the School can do in future. Our immediate aim is to provide a viable quality teaching School for the promotion of Chinese language, culture, traditions and heritage on Sundays. In future we can discuss the vision of setting up various day and evening classes etc. That will involve more professional input and some long term planning. The Community Hub project which we are applying for the permit now, will be part of this long term planning. It deserves your generous support for it to be successful. The Chinese have a saying 十年树木百年树人 i.e "to grow a tree takes ten year; to cultivate a man takes a hundred years". It implies that to educate ourselves and our children is a long, patient and challenging path that we have to embark on, for the benefit of our children and children's children.

I would like to thank first and foremost our dedicated Principal Ramona Chua and her teaching staff for turning the school around in two short years. Special mention to our regular canteen volunteers on Sundays. They serve food and drinks and provide so much joy for our students and that is part of the fun for them to come to study on Sundays. Lillie Giang, Greg Matulich, Marissa Kua and their team Eric Yee, Michael Zhang, George Lee, Janet Huynh, Cleve Chu, Robyn Evans, Auntie Kim Choo etc have done such a splendid job. They have also raised over \$ 4000 over the year and helped to purchase new computer, projector, teaching software, a gazebo which unfortunately was destroyed by a falling tree during a stormy night last year. Good news is another member Albert Cherk has just donated \$500 for the school to gazebo. another new Parents erect of the School Johnson Poh Sing Ng also donated \$1000 and Heidi Victoria donated \$500 respectively. Cleve Chu donated \$300. George Lee donated \$280 through the sale of Chinese learning pen-power software and Dr Yit Seng Yow donated over \$400 through the sale of his book, "Chinese Dimension" which is a family reference and project book on Chinese culture, traditions and heritage in English available for sale through our School. I would like to specially thank Jeannie and George Chan again for their generosity of \$20000 donation and Geoff Alford \$1000 donation.

Ramona and I will also show by example by donating altogether of \$20000 by end of this financial year for the purchase of the new classrooms. Last but not least we

would like to thank again the \$1000 donation received from the Consulate of Peoples' Republic of China presented by Consul-General Shen Weilian at Gala Ball 2009 for our school building fund. I hope more donations will be coming throughout the year to help to develop more facilities for our School. Thank you all for your generosity. Please forgive me if I miss out your donations as I do not have the full list of donors with me and I am sure Frank Chew who is in charge of this area will acknowledge them all in due course.

Finally I would like to thank Trustee of CAV School Building Fund, all past and present Presidents and EXCO especially Dr Frank Chew, Khim Chow and Lillian Lai who have been working closely with me last two years after I have returned to chair the School Council and members of School Council who have contributed selflessly to the success of our School as well. I also have many regular helpers to thank and they have helped one way or another to maintain our School facilities at various working bees in kind and deed and saved CAV a lot of money. The first one is Uncle Cleve Chu who helped to clean up our Centre every Sundays when school is on, rain or sunshine. Others include Rex Lai, Vic Ngam, Kenny Lau, Ray and Helen Wong, Vincent Chow, Mai and Kim Saw, Mr and Mrs Lawrence Phoon, Richard Lim, Shirley Teh, Sue and Robert Labberton, Fui Keong and SharonYong, Kah-Loon and Sandra Siaw, Albert Chert, Leong Fun and K.Y.Wong, John Hee, rankie Lee, George Liew, Mr and Mrs Cuong Chau, Fai Giang, John and Janet Huynh, Paul Lay, Siew Ching Chan, Linus and Soo Chang, Lily Ong, Grace and Clement Chan, Lip Chye and Elizabeth Tan, Raymond and Catherine Wong, Anne Wong, Nicholas Yang; Derek and Tresa Kam, George and Ann Lee, Peng Wan, Christopher and Samran Richardson, Auntie Kim Choo, Wengnie and Chee Chian Chong, Roger Chan, Joe Lee and many other parents who chipped in whenever they could. Please forgive me if I inadvertently leave out your names. Your generosity in kind and donations will be appreciated for years to come.

List of School Council members:

Chairman:	Dr Ka Sing Chua;
Secretary:	Mrs Hooi Suan Khoo;
Assistant Secretary:	Greg Matulich;
Treasurer;	Sandra Wu,
Canteen Manager:	Lillie Giang,
Marketing:	Zhen Mu;
Principal:	Ramona Chua;
Office Administrator:	Lay Bai Zhiming,
Deputy Principal:	Millie Ko
EXCO representatives:	President Lillian Lai
	Vice President Vic Ngam.

Retired School Council members: George Lee (2008, 2009) Derek Kam(2008, 2009) Khim Chow (2008) Sue Labberton(2008) Peng Wan(2008)

CAV SCHOOL ORCHESTRA



Dizi, Flute, Erhu, Violin, Pipa, Bass Guitar, Music and Harmony!

On the CAV Chinese School Orchestra-

I remember the performance for the Mid Autumn Festival celebration in 2008 well: the enthusiastic applause and the overwhelming response by the audience.

Personally, I did not realise that was the beginning of the music journey of "the newly formed Orchestra" (as quoted initially in the CAV newsletters). Realisation came after many performance invitations were received and *the newly formed Orchestra* was mentioned quite frequently in the CAV newsletters. Since the Orchestra was formed, it had and has been very much part of the CAV Chinese School (the School).

Eighteen months ago there were ten people in the CAV Chinese School Orchestra (the Orchestra), four adults and six school students. To date, the Orchestra has twenty members, six adults and fourteen school students under eighteen years old, who participated in various performances at different times. With the junior group starting this year, the size of the Orchestra is more than doubled. It has been an incredibly fun and fulfilling music experience for the group. It is time to share and celebrate the Orchestra's achievements with everyone and to give a bit of insight on how it operates.

These are some of the highlights from last year:

- Accompanying the school choir at the midautumn festival celebration: Students, families, teachers and School Council members sang together on the CAV stage.
- Performing at the School's presentation day: The Orchestra played "Jingle Bells", Prep, Grade 1 and 2 students led the audience to sing along in Chinese and English.
- Performing at Glen Waverley Chinese New Year Festival: One hour programme consisting of dizi(笛子), erhu (二胡) and flute solos, violin duet, erhu/pipa(琵琶) duet and flute/erhu/pipa trio, and a twenty-minute orchestral programme.

The performance at the Knox Festival in February this year is most rewarding. The group had the opportunity to introduce the School, the CAV, the musical instruments and pieces of music to be performed, to the audience. The programme was packed with folk tunes from different provinces of China. There was also a strong performance in the woodwind ensemble by Brendan, Darren, Ning, Melissa and Chuin Jou. After the event, Ms Belinda Gillam of Knox City Council sent an email to thank the Orchestra. She has commented, "... You are a most unique group, mixing traditional Chinese and western instruments to perform together. It's great that the young children are actively participating in learning traditional culture too…"

The Orchestra has adopted a mentoring system of which the experienced and older members have taken on a supporting role for the young performers. I would like to express my sincere thanks to Chuin Jou, Linus, Kum Fong, Doreen and Stephen who have been very caring and helpful to the young people in the Orchestra. To the young people in the Orchestra, thank you all, you have been most enjoyable to work with especially with your talents and professionalism you displayed. The support from everyone in the school community, in particular, families of the members is also greatly appreciated.

It is most satisfying to me to have everyone of different age to communicate so wonderfully through music and interact well in the Orchestra. The young people who are the more experienced performers, can also be the mentors for the junior group. They can assist, guide, rehearse and perform with the junior group. In a loving, caring and encouraging environment, children tend to do well and succeed, whether in music or other learning areas. I am confident that via this nurturing process, the Orchestra will continue to grow and succeed.

Sandra Wu

Convener, CAV Chinese School Orchestra

List of performers and the musical instruments they play:

Woodwind	
Flute:	Brendan Giang
Clarinet:	Melissa Lee
Oboe:	Darren Saw
	Ning Shen
Dizi:	Chuin Jou Lee
Recorder:	Christie Giang
Strings	
Violin:	Devlyn Wu
	Samuel Lee
	Ashley Wu
	Stephanie Lee
	Scott Huang
Erhu:	Linus Chang
	Kum Fong Lee
Erhu/Zhonghu:	Stephen Wu
Zhongruan:	Doreen Pun
Pipa:	Sandra Wu
Electric Instruments	
Keyboard:	William Tee
-	Allan Wu
Electric Guitar:	Darius Chan
Bass Guitar:	Jonathan Lee



Performance at Knox Festival



School Building Trust Fund



At our recent AGM two of our long serving trustees, namely, Dr. Clement Wong and Mr. Peter Ho, decided to retire from the Board of Trustees to make way for the younger generation. This partial replacement of trustees with each term of 2 to 4 years is desirable to assist with the transition of responsibilities from the senior to the new trustees. I wish to take this opportunity to thank both of them for their long service and loyal support over the years. CAV is indeed fortunate to have such loyal Fellows in our ranks. Thank-you, Clement and Peter.

It is also appropriate that I welcome our 2 new trustees to the Board, namely, Mrs. Khim Chow and Mr. Raymond Wong, both of whom are well known stalwarts of CAV, and on whom we can their trustee's responsibilities very well

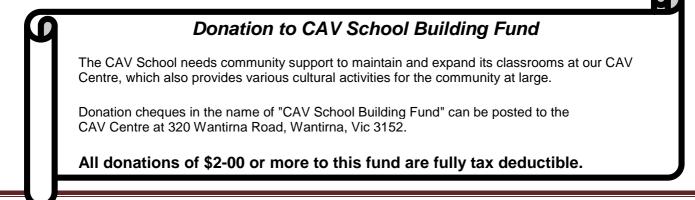
depend on fulfilling their trustee's responsibilities very well.

Next, on house-keeping matters, our SBTF is running at a rather low level presently (\$37,289-40) due to our recent large expenditure on procuring the 2 extra classrooms and the installation of the air-conditioners in all the classrooms. Both these items together cost over \$100,000.

Looking ahead we still have to provide more funds for the maintenance of our buildings and the proposed Community Hub project.

It is hoped that members' generosity will continue to support our CAV School. Donations to the SBTF are fully tax deductible.

Frank Chew, Chairperson



CAV SCHOOL CANTEEN



Can you believe that tem 1 is almost over? Enrollments have continued to rise and the canteen staffs have been kept very busy supplying morning tea for hungry students. Our fundraising activities have continued to go well and the principal is intending to purchase more LCD projectors with these funds.

This term we have kept our food preparation simple. We have offered students dim sims from the steamer and curry puffs and chicken nuggets from the oven. Our fryer has been used to prepare hot chips and potato cakes. We have also offered a selection of sweets. Drinks and icy poles have been popular on the hot days and we have also offered a selection of fruit. Next term, as the weather cools down we intend to prepare fried rice, noodles and homemade soup. The canteen staffs are there to look after students and parents, so if you have some suggestions regarding the food you would like us to supply, please feel free to speak to us at any time.

By now you should have received a notice from your child requesting help with canteen activities. If you are able to help, please return this form A.S.A.P. to the office. Your participation will turn your Sunday morning at C.A.V into a social occasion. We are sure that you will enjoy helping out and are certain that you will be very welcome. Your child will also enjoy having mum or dad serving them and all their friends at morning tea time. This will help make Sunday morning school fun for everyone.

On the 28th of Feb Lillie and I had the pleasure of doing a cooking demonstration at the Knox Festival. Lillie prepared rice paper rolls and I did our canteen special

fried rice. The M.C. for the event was the well known Melbourne comedian, George Kapinaris. Our food was well received by the crowd and all samples were quickly consumed. Not only was this great fun, but also a perfect opportunity to promote the school. Next year we intend to run a food stall which will turn this event into a fund raiser as well as a promotional event.

Sandra Wu and the School Orchestra and Cultural Dancing Group also attended the Knox festival. Their brilliant performance was a credit to them and a wonderful promotion for the school.

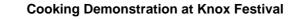
Finally I would like to express our thanks to the following people:

- Sompoch (Bon) Nuntasukkasem for his donation of calendars for all the school children and Canteen Volunteers. They were greatly appreciated by all.
- Parents, Wengnie and Chee Chian for donation of the rice cooker. We are thrilled to have such a nice cooker for the approaching winter.
- Lillian Lai for donating ladles and tongs. These will be a great addition to our collection.
- EXCO for the new stove and microwave. We will put them to good use.

We look forward to seeing you all in the canteen in Term Two.

Lillie, Greg, Marissa, Eric, Zen, Christine

PS Please look out for our Mothers Day stall.





George Kapiniaris compares while Greg prepares fried rice



George Kapiniaris compares while Lillie rolls the rice paper

GOLF



APAC versus CAV Golf competition was held **on 26th Jan** at Eagle Ridge GC. CAV lost by 10 Stableford points as we did not have our best players in our team. Hopefully we will provide a better team next time.

Valentine Shield for golfing couples was held on **7th Feb** at Portsea GC. We have an aftergame dinner at MaBrown restaurant.

The winning couple for 2010 is, **Ricky & Rebecca Chan** with 69pt on c/b and runner-up couple is **Chee Mun & Helen Leong** (69).

14 couples took part and there were 6 couples with a combined score of over 60 pts. Top men score for the day was **Frank Chew** at 40pts. Top women score was **Rebecca Chan** at 38pts

Taiwanese Golf Challenge was held on Sunday **7th March** at Settler's Run GC CAV team lost the event this year to the Taiwanese who had put forward a formidable team.

The score is now two all and next year we hope to put up a better team to try regain the Challenge Trophy. We had a lovely lunch at the Treasure Restaurant after the game. We wish to thank our Taiwanese hosts and also Jack & Jenny Ding, who mediated the golf challenge.

Forthcoming CAV Golf Championships-

• Sunday 9th May 2010 at Kingston Links GC, 8.00am tee-off

\$70-00 pp, inclusive of green fees, trophies, prizes and snack bag Vacancies are still available and social players are welcomed. Entries have to be in by **30th April 2010**. The after-game lunch at the Kota Raya has been cancelled as the restaurant cannot cater for our large group due to it being Mother's Day.

• Annual CAV Golf Presentation Dinner: Saturday 5th June, 6.30pm at The Happy & Lucky Restaurant, 23-25 Anderson Creek Rd. Doncaster

Costs, \$45-00 pp for 8 course Chinese banquet, BYO wine, soft drinks provided.(see flyer & CAV website) Entertainment, raffles and prizes for best dressed. Dress: Smart Golf Gear.

Tickets are available from committee members (2010) below;

Frank Chew	
Chee Mun Leong	
Chong Ooi	
Richard Ong	
Teck Thia	

I wish to thank all players who participated in the tournaments and my committee members for assisting with the organisation of the events.

Khaw Hock Lye Frank Wong Chin Woo Chen Jack Ding

Special thanks to Leon Han & Jenny Ding who have retired from the committee to take up other responsibilities. Happy Golfing!

Frank Chew Golf Captain.





Valentine Shield men's top scorer Dr Frank Chew

Valentine Shield winning couple Mr Ricky and Mrs Rebecca Chan

CHINESE CULTURAL DANCE



This Chinese New Year, the CAV Cultural Dance Group represented the CAV by performing at various cultural events, including the Chinese New Year celebrations at Chinatown, CAV and Kingsway, and even at the Knox Festival.

Thank you to all the children and adults who participated in these events, and put in so much effort in rehearsing for the performances. The children performed a ribbon dance called 'Spring Blossom', and they performed beautifully in colourful cultural costumes. The adults performed 2 dances: 'Welcome Spring' and the 'Green Island Serenade'. All the dances displayed the happy and joyous atmosphere of the New Year.

We were proud that the photo of the CAV adult Cultural Dance Group was published in the Monash Journal to promote the Kingsway Glen Waverly Chinese New Year festival. Those who are interested in learning dancing may call Shalin on 0430019915.

The classes are run on the following days.

Adult group:	Monday 10:00 -11:30am
Children group:	Sunday 12:45 - 1:45pm

Shalin Lim (Chairperson)

Recently, during the Chinese New Year, the CAV Dance Group has been given the opportunity to perform at 4 venues within a short amount of time. I performed the ribbon dance, called 'Spring Blossom' with the other dancers. I enjoyed dancing with a ribbon because I have never done it before, and the costumes and ribbons filled the stage with colour. It was a good experience for us, and we all really enjoyed it. Hopefully there will be more opportunities for us to perform soon! --- Beatrice Lim

Thank you note from Knox Council

Subject: Thank you! Date: Wed, 3 Mar 2010 16:41:19 +1100 From: Belinda.Gillam@knox.vic.gov.au To: shalin_ys_tan@hotmail.com

Dear Shalin

This is a just a quick message to say a huge THANK YOU to you and all of the dancers from the CAV cultural dance group. You all looked stunning and the dances were interesting and entertaining to watch. It's great that the young children are actively participating in learning traditional culture too. Your contributions were all most appreciated and I hope your members all enjoyed themselves.

Warm regards

Belinda Gillam



Belinda Gillam Community Development - Diversity





Festival lights up Kingsway

MAKE your own traditional Chinese lantern and join the crowd in celebrating the Year of the Tiger as the 2010 Chinese New Year and Lantern Festival lights up Glen Waverley's Kingsway Precinct.

The second annual Chinese New Year and Lantern Festival is on this Sunday, February 28, from 11am-8pm, featuring lantern making, free children's games and activities, a Chinese cultural show, free entertainment, food and trade stalls,

Chinese arts and crafts and rock climbing. The Khuan Yee Lion Dancers will present their awardwinning Lion Dance, which is performed on top of 1.8m poles. The impeccably groomed women from the Chinese Association of Victoria's Cultural Dance Group (pictured right) will also entertain crowds.

Shalin Lim, Ping Leow, Maria d'Angelis, Christine Li and June Liu. Picture: STEVENCRABTREE N35WG820



TABLE TENNIS



TABLE TENNIS NEWS

CAVTT BBQ/Fun Games

Sunday, 24th January 2010 was the day chosen by CAVTT to hold a barbecue/Fun Games to celebrate the Gregorian New Year and the Chinese New Year Of the Tiger. Although the players who took part in the

Games were playing for mere "lollies" (in lieu of trophies), it was difficult to distinguish "playing for fun" from "playing for the family farm", such was the seriousness in which members took their matches. Those present were treated to a thrilling Singles Final between **Albert Au** and newcomer **Peter Wang**, the latter winning narrowly. Peter will be remembered not only for his unique style of play but also for his unconventional footwear.

Peter also went on to win the Doubles event partnering **Jonathan Au**. Runners-Up were **KY Wong & Albert Chu**. The pairing of players in the Doubles was based on the luck of the draw.

A BBQ lunch in between sessions helped to complete the attractions of the day.

CAVTT In-House Annual Championship

This year's Championship will be held on Sunday, 11th April 2010.

CAVTT's New Members

CAVTT would like to welcome the following 2010 new members and look forward to their regular presence at CAV Centre and their active participation in CAVTT's activities:

Ramona Chua Samuel Eu Quynh Giang Wendy Goh Corianda Li Mander Li Justin Liu Budy Setiawan Clement Tsang Huy Nga Ung Peter Wang Andrew Wong James Zhang

A Dictionary of CAV Table Tennis (CAVTT)

This time round we put food on the table and we'll try to explain what makes bananas so appealing and why you should not serve "nasi lemak" to your mother or motherin-law. Also, sometimes, "walking tall" has its shortcoming.

Bananas

No, no one in CAVTT has 'gone bananas', but the ubiquitous tropical fruit, the banana, is easily the most popular item (next to sweet potato) in CAVTT players' lunch boxes and a frequent topic of conversation at the

kitchen table. The Cantonese from Malaysia and Singapore call it "gong jiu". The Chinese from xiāngjiāo

elsewhere know it as 香 蕉 (Mandarin) or "heung jiu" (Cantonese) and are amused that, the way the Malaysians and Singaporeans describe the fruit, there could be a distinction between male bananas ("gong jiu") and female bananas ("na jiu").

Whatever its sex, a banana provides an instant, sustained and substantial boost of energy, making it the number one fruit with the world's leading athletes. Besides being the stuff that makes great "goreng pisang", cakes and smoothies, it is a valuable source of vitamin B6, vitamin C and potassium and is said to help overcome and prevent a number of illnesses and conditions including depression, PMS, anemia, blood pressure, constipation, upset stomach, heartburn, sleep apnea and strokes. It is not difficult to see that the banana is the reason monkeys are so happy all the time and why CAVTT players believe that eating lots of it helps to produce long arms (an asset in table tennis). Bananas anyone??

Nasi Lemak

"Nasi lemak" is a dish widely served and eaten in Malaysia/Singapore but not well known elsewhere. It is now readily available here thanks to the preponderance of Malaysian-style restaurants. The name, in Malay (Bahasa Malaysia), literally means 'rice in coconut cream'. Once a common breakfast meal comprising cucumber slices, small dried anchovies (ikan bilis), roasted peanuts, hard boiled egg, and hot spicy sauce (sambal) at its core, all traditionally wrapped in banana leaf and packed in newspaper, it is now commonly served on a plate and can be eaten at any time of day. To make a more substantial meal out of it, a variety of other accompaniments such as chicken, cuttlefish, cockle, stir fried water convolvulus (kangkong), pickled vegetables (achar), beef rendang (beef stewed in coconut milk and spices) are often added.. Most of these accompaniments are usually spicy in nature. Little wonder Hong Kong-born and raised CAVTT member. Herman Chan, has re-named it "lat sei nya ma" in Cantonese (which translates literally as 'killing your mother (or mother-in-law) with hot chili)'.

Let

"According to ITTF rules, a "**let**" is a rally of which the result is not scored. Possible causes of lets include the ball hitting the net assembly during a service, before touching the opponent's court, if play is interrupted by the umpire, or if a player serves before his opponent is ready, provided the opponent does not try to strike the ball."

[http://tabletennis.about.com/od/glossary/Glossary_of_T able_Tennis_Terms.htm]

At CAVTT, "**let**" is something you yell out when your ball wanders across to another table and you hope one of the neighbouring players would retrieve the ball for

TABLE TENNIS ... continue

you. Most times your hopes are answered. But sometimes you hit a snag. Here's why.

When we were young, our parents taught us to hold our head up when we walk. "Walk tall" they'd say. The Liverpool Football Club's famous anthem exhorts players and fans with: "When you walk through a storm, hold your head up high...and don't be afraid of the dark"? The problem with holding your head high at CAVTT is that when you do it so well, you do not see the ball that has strayed from a neighbouring table. So if your ball happens to land near someone who cannot see anything below his nose, it could be a while before the ball is returned to you. You're actually lucky if the ball gets tossed back to you. It means the ball has been picked up by the hand. How often have we seen players trying to *'bend it like Beckham'*, using the foot. Naturally, when a little round object like a ping pong ball meets a much bigger object like a human foot, the ball can go anywhere and in any direction. Maybe it's time to start enforcing the 'ball abuse' rule, like they do in tennis - impose a fine or increase the annual subscription of anyone found kicking the poor little innocent ping pong ball.

[.....watch this space for more in future instalments....]

KY Wong & George Zhou



Rising 'star' James Zhang

Ken Wong & Winnie Wong



David Lee & Herman Chan

KARAOKE



Tom Kee & Fatt Lee

February had been a very busy month for us. The team was involved in three Chinese New Year events including two street karaoke competitions and one at the CAV Centre. I want to thank my committee and other CAV members and friends involved in all these three events to make sure of their success. I also want to thank and each of the event organising committee for giving us the opportunity to do so.

The first event was held at the Exhibition Street in the City as the last program on the main performance stage to celebrate the Chinese New Year. It started at 5.00 pm and finished at 8.00 pm. More than 30 participants took part in the competition and that was the first time we met the lovely young 6 years old lady, Ming Yuen who sang to the tune of the lovely Chinese folk song *"Moli Hua* (jasmine flower). She was also a contestant in our CAV Chinese New Year Karaoke championship held one week later on the 21st. She sang well with lots of confidence but was not good enough on both the

KARAOKE ... continue

occasion to win her a prize. When she re-appeared at the Kingsway Chinese New Year and Lantern Festival (*Yuan Xiao Jie*) on Sunday the 28th of February the judges awarded her with an encouragement prize for her courage and perseverance and hoped that she would join in the competitions again next year.

Judges of the three competitions include Alan Chow, Bella Tung, Jenny Ding, Lily Huang, Tien Loh, George Liew and me. The competitions had attracted contestants from all ages and race singing songs of different languages. All the three events drew a big crowd who enjoyed some good and not-so-good singing. There were lots of fun, lots of applause and laughter and all were there to witness the birth of some new talents.

On Saturday 6th of March we were invited to the Fountain Court Retirement Village in Burwood to sing in front of the residents there. The afternoon show was enjoyed very

NESE ASSOCIATION OF VICTORI

much by the residents and received lots of positive comments from them so much so that they want us to go back to entertain them again later this year. We sang mainly oldies very much to the residents' liking, if not with the karaoke equipments that we brought along, it would be accompanied by the strumming of the guitars by John Hee; They Ng and Vincent Chow. Lillian Lai, our CAV President and her husband Rex were also there to watch us performed. Singers on the day include Ai Ling, George Liew, Helen Song, John Hee, Siu So, Olivia Kong, They Ng, Vincent Chow and me.

The CAV Karaoke Group had booked our Centre for a night of songs and dance on Saturday 28th August. Details will be published in the next issue of the newsletter or by calling me on 0413 734 888.

Anne Wong, Chairperson





BALLROOM DANCING



Welcome back to our April Newsletter. Hope you all did have a good Easter break with your love ones and families.

Our first fund raising event for this year which was the comeback Chinese Dinner Dance, after an absence of 3 years, was a great

success. Everyone that came did have a great time and I like to thank my committee for making it happened.

Many thanks to Pamela, Kim Saw, Terry, Linda and Kenny for helping out.

For those that missed out the fun, we are having our 15th Birthday on the 29th of May 2010 and it is going to be another great and fun night. There will be lots of Dancing, Buffet, Floor Shows, and heaps of prizes to be won. This will be our last dinner dance for the year so make sure you don't miss out.

If you are interested to join our dancing classes, our lessons are taught by two professional teachers and the classes are held each Thursday from 8pm to 10.15pm.

BALLROOM DANCING ... continue

We offer new comers 1st two lessons free so you may surprise yourself with what you can do. We are having different dancing lesson format that will accommodate all levels. Dances include standard ballroom, new vogue and Latin routines. For more information please contact me or Julia.

Fees are payable per person in advance at: \$280 per year (CAV members) \$350 per year (Non CAV members) \$155 per half year (CAV members) \$190 per half year (Non CAV members) We also offer sequence dancing classes on Wednesday evening 7:30 - 10 pm, \$5 for CAV members and \$8 non-CAV members

For those who have planned holidays, feel free to negotiate with the treasurer, Lip Chye.

For enquiries:

Elizabeth Tan 0413 840 303 Julia Lim 9802 0743 (AH)



TAI JI 太极组



The Tai Chi group has a busy Chinese New Year; we performed at the CAV Chinese New Year celebration on 21st February and the Glen Waverley Kingsway Chinese New Year and Lantern festival on 28th February.

Despite most of the senior members were not able perform at the CAV

Chinese New Year celebration, our newer members: Amy Liu, Rebecca Yu, YY Tsoi, David Lin, Qiao Chau and Rex Lai have done well to demonstrate the Yang Style Tai Chi forms.

At Glen Waverley Kingsway festival, Beng Law, George Chan and David Lin have put up a spectacular Chen Style Broadsword performance, they then joined the rest of the Team: Vic Ngam, Sue Ngam, Rebecca Yu, Qiao Chau and myself to perform the Tai Chi forms.

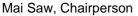
We have been invited to perform on April 17, at the newly opened Melbourne International Fine Arts (MiFA) gallery at Collins Street. This will be the first exhibition of the gallery.

In Term 1, Master Lun focused on teaching us exercises that would improve our flexibility and strengthening our muscles. On 27th March, we have our Term 1 workshop that emphasized on revising all the weaponry routines, i.e. Chen Style and Yang Style sabre, Chen style single sword and double swords

In Term 2, we will continue to practice our Yang style long forms and starting our double staffs' routine

For those who would like to join the class, please contact Mai Saw on 0413 128 890 or e-mail km_saw@hotmail.com..

There are two Tai Ji classes: Tuesday 7:30 pm - 9:30 pm and Sunday 9:30 am - 12:00 noon Classes are opened to members and non-members





For latest news and photos gallery on CAV activities and events, check online at www.cavinc.com.au

CAV Newsletter

Building Project



Recently, our CAV language school has added 2 extra portable classrooms to meet increasing demands on our teaching facilities which is a good sign that our CAV School is doing well under our School Council Chairman, Dr. Ka-Sing Chua and School Principal, Mrs Ramona Chua.

The purchase and installation of the classrooms as well as the air-conditioning of all the existing classrooms have been paid from the School Building Trust Fund.

Next on the program is our 'Community Hub' project which will further improve our ability to serve our members and the community.

Our architects will submit our permit application to the Knox Council by end of March for approval which is expected within 3 months. Following this, our association will apply for a state government grant from the VMC to assist us with funding the project.

Maintenance of CAV Buildings: It is timely to remember that our Centre was opened in 1995 and that the buildings are 15 years old and requires repair and maintenance. It is hoped that the new Ex-Co will look into this matter and act accordingly before things gets too dilapidated.

Phase 2 Development:

A review of this aspect of the project on the front 2 acres of our landsite will be undertaken by a revamped building project subgroup this year to propose the best option to the Ex-Co. There have been many proposals in the past but it is timely to decide what is currently best for CAV.

Stay tuned.

Frank Chew Building Project Coordinator





The new portable classrooms









Point Cook - Featherbrook

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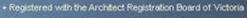
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- Registered Architect, Victoria
- BArch (Univ of Melb), B.P&C- Bachelor of Property & Construction - Mobile 04332 25984
- Email: thomas@lplusl-architects.com

Charles Lim - Partner

- Architect Singapore, MSIA
- MArch (USA), M.S. Proj.M- Project Management Society Spore
- Mobile : 04202 4463.
 - Email: charles@lplusl-architects.com



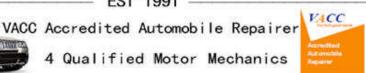






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CAV Newsletter



used in politics, war, as well as in civil interaction, often through unorthodox or deceptive means.

第四计 以逸待劳

Third Stratagem: Substitute leisure for labour

三十六计

困敌之势,不以战;损刚益柔。

所谓以逸待劳,是指作战时不首先出击,养精蓄锐, 以对付从远道来的疲劳的敌人。

[故事]: 公元前 227 年,秦国实力强大,侵吞燕国后, 想一举并吞楚国。秦王问年轻将军李信需要多少兵力, 李信说只需二十万。秦王又问老将王翦需要多少兵力, 王翦说一定要六十万。秦王觉得王翦太过胆怯,便派 李信率兵二十万进攻楚国,王翦则自动告老还乡。李 信轻敌,被楚将项燕打得惨败。秦王得知后,大为震 怒。后来,秦王亲自下乡,请王翦出师,王翦无法推 辞,只得遵命,带领六十万大军出征。楚国得知王翦 进攻消息,急忙调兵遣将。然而王翦并未急于进攻, 而是忙于大做防御工作。楚军急于击退秦军天天到秦 军营寨挑战,王翦视若未睹只是专心修筑城池,鼓励将 士养精蓄锐,吃饱喝足,休养生息。一个月过去,楚 军人马疲惫不堪,王翦这时才下令攻击,秦军很轻易 地把楚国打得大败。秦国至此吞并楚国,王翦则为国 家立了大功。

此计是我方积极防御,创造战机,当敌方疲惫、士气 低落时,再转守为攻。 In 227 BC, the state of Qin was very powerful. After conquering the State of Yan, the King of Qin wanted to take over the State of Chu. He asked the young general Li Xin how many soldiers would be required for the attack. General Li estimated 200,000 soldiers. The King of Qin then asked the old general Wang Jian; he estimated 600,000 soldiers. The King felt that General Wang lacked courage, so he commanded General Li to lead an army of 200,000 to attack Chu. General Wang voluntarily retired to his home town.

General Li underestimated the enemy and was badly defeated by the Chu army. Upon hearing the defeat, King of Qin was extremely upset; he then visited General Wang in person and begged the General to return to duty. General Wang has no choice but to obey the command and led an army of 600,000 to war.

When the King of Chu heard of the attack, he immediately assembled his army to battle. However, General Wang was not in a hurry to fight and focused on strengthening his defence. The army of Chu was impatient and initiated their attack. General Wang did not respond to their move.

After a month of aggressive attack, the army of Chu was tired and weakened. Seizing the moment, General Wang immediately ordered an attack on Chu's army and he defeated them with ease. King of Qin finally conquered the State of Chu.

It is an advantage to choose the time and place for battle. In this way you know when and where the battle will take place, while your enemy does not. Encourage your enemy to expend his energy in futile quests while you conserve your strength. When he is exhausted and confused, you attack with energy and purpose.

成语故事之五 CHENGYU-CHINESE IDIOM STORIES - PART5

Xuán liáng cì gǔ 悬樑刺股

(to tie one's hair on house beam and jab one's leg with awl)

悬梁的故事

Sūnjìng, shì hàncháo yǒumíng de zhèngzhìjiā. Tā niánqīng shí měitiān 孙敬, 是 汉朝 有名 的 政治家。他 年轻 时 每天 cóngzǎodàowǎn dúshū. Yǒushí tā huì píjuàn dé zhídǎ kēshuì, yúshì 从早到晚 读书。有时 他会 疲倦 得 直打 瞌睡,于是

CAV Newsletter

Windows on Chinese Culture ---- continue

tā biàn zhǎo le yìgēn shéngzi, yìtóu bǎng zài fángliáng shàng, yìtóu shù zài tóufa shàng, dāng tā dúshū dádǔn shí,

他 便 找 了一根 绳子,一头 绑 在 房梁 上,一头 束 在 头发 上,当 他读书 打盹 时, Tóu yì dī, shéngzi jiù huì chĕzhù tóufa, zìrán yĕ jiù bù kēshuì le.

头 一 低, 绳子 就 会 扯住 头发, 自然 也 就 不 瞌睡 了。

Sunjing was a famous Chinese politician during the Han Dynasty. When he was young, he studied hard day and night. Sometimes he got tried and fell asleep, so he found a rope, tied one end of the rope to the beam on the ceiling and another end to his hair. Whenever he started to lower his head to doze off, the rope would pull his hair and he would not fall asleep.

刺股的故事

Sū qín, zhànguó shí zhùmíng de zhèngzhìjiā, dúshū shí tā zhǔnbèi le yìbă zhuīzi, yì dǎ kēshuì, biàn yòng zhuīzi wǎng 苏秦, 战国 时 著名 的 政治家, 读书 时他 准备 了一把 锥子,一打 瞌睡,便 用 锥子 往 Zìjǐ de dàtuǐ shàng cì, qiǎngpò zìjǐ qīngxǐng guòlái.

自己的大腿 上 刺,强迫自己 清醒 过来。

Suqin was a famous politician during the Warring Period in China. When he studied, he always has an awl with him. Whenever he started to fall asleep, he would use the awl to pierce his leg to force himself to keep awake.

Hòurén cóng sūqín hé sūnjìng liăngrén qínfèn kŭxué de gùshi zhōng, yĭnshēn chū le xuán liáng cì gŭ zhège chéngyŭ,

后人 从 苏秦 和 孙敬 两人 勤奋 苦学 的 故事 中, 引申 出 了" 悬 梁 刺 股"这个 成语, Yònglái bǐyù fāfèn dúshū, kèkǔ xuéxí de jīngshen.

用来 比喻发奋 读书、刻苦 学习 的 精神。

From the stories of Sunqin's and Sunjing's perseverance in learning, people later used the idiom "xuan liang cig u" to describe someone who is determined, diligent and persistent in his or her study.

Chinese Names

by Eng-Seong Tan. 陈 荣 祥

Give a dog a bad name and hang him.

..... English proverb

名不正则言不顺,言不顺则事不成。

.....Chinese proverb

Names influence the way people and things are regarded. It is debatable whether a person's behavior and personality is influenced by the name he or she is given. There are cases where this seems to be so.

The Chinese system of nomenclature is different from that of the Europeans, and different again from the Muslim one.

Patronymics

Among the Muslims, no family name is used. A person's name is his given name followed by that of his father, hence the term "patronymics". A name such as "Osama bin Laden" means Osama son of Laden.

Surnames

Both the Chinese and European systems of nomenclature use family name, referred to as "surnames". The Chinese put the surname in front of the personal name, e.g., <u>Tan</u> Eng-Seong, whereas Europeans put the surname behind the personal name, John <u>Smith</u>.

European names

Europeans have meanings. Thus John, or Jean, Johan, Ivan, in its many linguistic variations, means *Jehovah* (*God*)

is gracious. Michael means *he who is liken unto God*. The meanings of these names are now often forgotten and children are given the names of film stars, royalty or sporting personalities. In Christian tradition children are named after saints, in the hope that the child will emulate the qualities of the saint. There is a rather limited range of personal names with a wide range of surnames.

Chinese names

The Chinese name starts with a surname, *xing*(姓) followed by the given name *ming* (名). The Chinese have a more limited range of surnames, commonly referred to as the hundred surnames, *baijiaxing*(百家姓) but an unlimited range of given names each with a meaning, usually a grandiose or inspiring meaning.

When the two different systems of nomenclature are kept apart each system works well. However when the two systems are mixed, such as done by the Chinese living in Western countries, things can get a little out of hand. Thus Robert (a very common European given name) is added to Wong (a very widespread Chinese name) take up three columns of a page in the Melbourne telephone directory.

Windows on Chinese Culture ---- continue

The Chinese language has many homonyms, words of the same sound but with different meanings. Thus a young man was name Han Jian (悍建) meaning brave and healthy had a very hard time being tormented by his peers during the Greater Proletarian Cultural Revolution is China because the homonyms of his name Han Jian (汉奸) also means traitor !!

Qingming Jie (清明节)

--- by Linus Chang

Qingming Jie is a festival widely observed by Chinese people to remember and honour deceased family members. It is one of four major festivals that enjoy a public holiday status in China - the other three are: Chinese New Year (Spring festival), Duanwu Jie (Dragonboat festival) and Zhongqiu Jie (Mid autumn festival). This year the festival is on April 5, 2010.

On the day of Qingming Jie, people visit the graves of their deceased ancestors and attend to their graves by sweeping them clean and removing overgrown weeds ($\frac{1}{4}$, $\frac{1}{2}$), made offerings (% \pm) with food, tea and wine and burning of joss paper (spirit money) to ensure their ongoing needs in the "yin" world, as well as to invoke their continuing help and guidance.

Readers may be familiar with a poem by a famous Tang Dynasty poet, Du Mu (杜牧), that sums up the mood of the mourners during the festival. The poem entitled Qingming (清明) goes like this:

清明时节雨纷纷 qīng míng shí jié yǔ fēn fēn 路上行人欲断魂 lù shàng xíng rén yù duàn hún 借问酒家何处有 jiè wèn jiǔ jiā hé chù yǒu 牧童遥指杏花村 mù tóng yáo zhǐ xìng huā cūn

The poem loosely translates as:

The drizzling rain drops are like tears of mourners who are grieving with broken hearts Where can one find a drinking place - to drown one's sorrows The cowherd points to Apricot Flower Village in the distance

The origin of Qingming festival dates back almost two and half thousand years, to the Zhou Dynasty. There were two components to this festival, the Hanshi festival (寒食节)

and Qingming Jie (清明节). During that time, Qingming marked the beginning of the planting season. The green fields symbolized new life in Spring. There was a burst of outdoor activities. It was also time to attend to the graves of ancestors.

Hanshi festival (寒食节) was proclaimed by the Duke Wen of the State of Jin - Jin wengong (晋文公) to commemorate the loyalty of one of his officials, Jie Zhitui (介之推) to take place one day before Qingming (清明). On this day people were not to use fires to prepare food (eat cold food only). According to the legend, during the Spring and Autumn Period (春秋战国时期, 770-476BC), Jie Zhitui was a good official in the Jin State, working for Crown Prince Chong'er (重耳). Jin State was in turmoil when the older brother of Chong'er was forced to commit suicide by the concubine of his ruling father, because she plotted to have her own son ascended to the throne.

Chong'er had to leave for other states with his henchmen, including Jie Zhitui. During exile they endured all kinds of hardships including starvation. In order to save the life of the starving Crown Prince, Jie Zhitui even cut the flesh from his own leg to cook for food to feed Chong'er.

Nineteen years after exile, Chong'er returned to the state of Jin and ascended to the throne. He rewarded all those who helped him during his exile, but he forgot about Jie Zhitui. Jie Zhitui, disappointed, left to live in seclusion with his mother in the mountains. When his followers reminded Chong'er how Jie Zhitui saved his life by offering his flesh as food, Chong'er felt so guilty that he personally went to the mountains to persuade Jie Zhitui to accept his reward. However, Jie Zhitui repeatedly refused the offer.

Chong'er ordered the mountain be set on fire, so as to force Jie Zhitui and his mother out of the mountain. It was said the fire burnt for three days and three nights. When the fire was over, the bodies of Jie Zhitui and his mother were found hussled together around a burnt out willow tree, with a note written by him in blood: "I cut off my own flesh to dedicate to you, only to wish my king will always be clear and bright. "

Chong'er was stricken with grief. He broke down, and knelt in front of the burnt bodies and apologized profusedly. He then ordered a grand burial for Jie Zhitui and his mother. Offerings of food and wine were given in Jie Zhitui's honour. A tomb stone marked "Resting place of Jie" (介体) was also erected. In memory of Jie Zitui, Chong'er also ordered that every year, on this day before Qingming Jie, fire was not to be used to prepare food and people should eat cold food for the whole day.

This was the beginning of Hanshi Jie. It was not until the Qing Dynasty (1644-1911) that the practice of Hanshi (eating cold food) and Qingming has become one festival.

Chong'er vowed to rule with dignity and honour (clear and bright (清明). He became a much respected ruler and contributed greatly to the prosperity of Jin for many years.

Members' Corner

The joys of playing Table Tennis

- by George Liew

If I were the Prime Minister of Australia, I would offer anyone above the age of 50, a bonus of \$500 for learning and taking an active part in the exciting game of Table Tennis

Before I go into the actual game, I would like to out-line the benefits I have gained by joining the CAV Table Tennis sub-group.

1. Social Network

I get to meet people from other countries such as China, Vietnam, Singapore, Malaysia, Indonesia, Laos, Cambodia and many others. I learned so much about their countries, cultures and food and I feel so lucky to be able to meet people from diverse cultures without having to travel thousands of miles. I have made many friends over the past few years and the friendship has enriched my life. We exchange knowledge on health & nutrition, gardening, house maintenance, cooking and enjoy lots of joke and laughter.

2. Players of Varying Skill Levels

At CAV Table Tennis, players are of all age group and skill levels. I have improved my game by playing with players of different styles and ability. I used to think that my height would have an advantage in the game. I soon realized that physical build did not play an important part in Table Tennis. To play well one needs to anticipate know when and where to anticipate on-coming balls from the opponent.

3. Low Cost

For \$ 65 Table Tennis membership fee, I could play over four sessions in a week: Tuesdays, Fridays, Saturdays and Sundays. Say if I play twice a week over say 40 weeks in a year, it would cost me less than \$ 2/= per playing session. I doubt if there is other Table Tennis venue in Melbourne offering better value for money; that includes free tea and coffee too.

4. Free Annual Dinner

In January each year, I pay my membership of both CAV and CAV Table Tennis sub-group. For that I get a free ticket to attend the annual dinner for Table Tennis sub-group.

5. Competition

CAV Table Tennis organizes and participates in many internal and external championships. Though my skill level is not high enough to be selected by our Games Captain to represent CAV, I still get a chance to play in our internal Annual Championship. It is a great opportunity to improve my game as it is not very often that players of my grade get to play against many of our top ranked players. I started playing in 2001 whilst I was working in Dandenong and never looked back since. Each week, I spend many hours of playing. So much so that I often feel that that "my regular job almost interferes with my time for Table Tennis." To quote a famous saying by John Hee, our Secretary -- I do not appear to have enough hours to devote to this lovely Game!

Other great points about Table Tennis are:

• A Great indoor sport.

CAV has a fantastic hall for Table Tennis. I can play at anytime regardless of the weather conditions! On 06 March 2010 whence hailstorms were raging outside; many of our players were enjoying their games at CAV, totally oblivions of the dreadful conditions outside. Not that the players were heartless but table tennis is much of an "engaging" game.

- A Safe Sport Compared to other physical sports, Table Tennis does not involve any body contact at all. A Table Tennis ball even after been hit with great force cannot do much damage to your opponent as the ball is light and flies through the air and the receiver has plenty of time to avoid by body movement.
- A Great Physical Activity To keep the ball in play, I need to improve my agility flexibly, eye-hand co-ordination, endurance and concentration.
- An Excellent Character-Builder
 Like in any sports, I need to have the
 commitment and motivation to enable me to
 play at my best. I kept on learning and
 emulating others so that I can improve.
 In doing so, it helps to build my character,
 temperament and to have better attitude in
 playing with and dealing with others.
- A Rewarding Activity Players at both CAV and other venues were amazed that a boy of my age (some 68 years old) could run and able to reach and return some rather "challenging" shots at the table that even I was surprised at myself. I was and am very pleased that I did choose the right hobby.

In Conclusion, I encourage all readers to seriously consider choosing Table Tennis, especially those who are preparing to go into their "Evening Years". It would be nice, no!! very very nice when I, at the tender age of 80, will still be able to have Table Tennis match against our first grandson Matthias who will be 19 by then. He may not need to let me have many points of handicap, hopefully!

CAV FACILITIES CHARGES from January 2010

(Less 10% for CAV members for private functions only, NOT for business or on behalf of any organisation or friends)

1. MAIN HALL:

<u>Weekdays</u> – (Available from 9.00am to 5pm) \$45.00 per hour. Minimum 3 hours. Maximum charge \$300.00

<u>Nights</u> – (Available from 6.00pm to midnight)		
Weekdays (Mon – Thurs.)	\$180.00 per night	
Friday & Sunday	\$320.00 per night	
Saturday	\$420.00 per night [If cooking is required, extra \$80.00 is charged]	

2. CLASSROOM: (Available from 9.00am to midnight)

Monday to Friday	\$20.00 p	er hour (per classroom)	
Minimum Charge	\$60.00	Maximum Charge	\$210.00
Saturday	\$25.00 per hour (per classroom)		
Minimum Charge	\$75.00	Maximum Charge	\$250.00
3. LIBRARY: (Availabl	e from 9	.00am to midnight)	
Monday to Saturday	\$16.00 p	er hour	

Minimum Charge\$50.00Maximum Charge\$170.00

ALL CHARGES QUOTED INCLUSIVE OF G.S.T. For further enquiries, contact Lillian Lai 0403 383 773

The Passing of one of CAV loyal supporters

The CAV is sad to announce that **Eric Soon** who was a FOUNDATION and LIFE MEMBER passed away on 9th March after a short but stoic battle against cancer. He left behind a loving family - wife Effie, children Geoffrey and Cynthia and daughter-in-law Wen Cheng.

Eric (and Effie) has always been very staunch supporters of all major CAV events and functions, and his passing will be sadly felt.

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Penpower Chinese Expert is comprehensive Chinese learning software, suitable for all students. Younger students can learn it with guidance of parents and teachers. Older students can learn it themselves at their own time. It will increase students' exposures to mastering Chinese. It helps to improve their **speaking, reading, listening** and **writing** skills.

For every copy sold, part of the proceeds will be donated to CAV School fund raising project.

Please order it at **CAVschool office** or contact George Lee. His contact details are below.

蒙恬中文学习通

售價\$188包括售后服務和十二个月的硬件保证。

蒙恬中文学习通是一套完善的学中文软件,適合每个不同年龄的学 生。低年级学生可由家長老师引導来学习,高年级的学生可依据自 己的時间来学习软件的操作。这都能广泛增進对说、读、听和写中 文方面的能力。

软件销售的部份盈利将会捐献给学校筹款计划。

如要订购请联系学校办公室或直接联络 George Lee. 联络详情以下:-

Technoglobal Solutions (Penpower Partner in Australia and New Zealand) <u>George.lee@technoglobalsolutions.com.au</u> Mobile: +**61 400 139038** Fax : +61 3 **97597846** Product demo 软件示范 website: www.penpower.net/sg/3_0product/3_8pro.html

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By Dr Y. S. Yow

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 Foreword by Dr. Geoff Gallop, former Premier, WA
 Launched by the National Director of S.B.S. Radio
 \$45 per copy, part proceeds will be donated to CAV School
 More information is available from the author's website <u>www.yitseng.net</u>, or contact 0412 991 446



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U	\$160.00 per issue

If you like to put an ad in this quarterly publication, please contact Lillian Lai on 0403 383 773 or e-mail admin@cavinc.com.au

Free advertisement is offered to Gold and Platinum sponsors at our Annual Gala Ball.

Important CAV Dates to Remember:

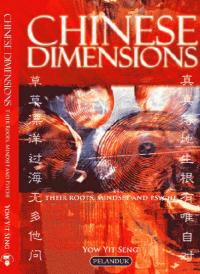
Sat 24 th April Sun 9 th May	WIN's Rock n Roll Night
Sun 9 th May	Mother's Day Walk – raise fund
-	for Breast Cancer Research WIN
Sat 29 th May	Ballroom Dancing 15 th
-	Anniversary Dinner and Dance
Sat 1 st June	Golf Presentation Dinner at
	Happy & Lucky Restaurant
13 th June	Zong (Duanwu) Festival
26 th June	Mid-Year Dinner
28 th August	Karaoke Fundraising Dinner
11 th Sept.	Mooncake Festival & School's
-	Zhongqui Cultural Concert
23 rd October	Gala Ball at Lunica Reception in
	Parkville

Mother's Day Classic Charity Run/Walk Date: Sunday 9th May 2010

On-line registration starts in February by logging on www.mothersdayclassic.org

CAV had registered a team under the name of "Chinese Association of Victoria". Please register in this group to make a statement that CAV cares. I hope you can join us for this charitable "Happy Mother's Day" event. Lots of fun and there is still time for Mother'sDay lunch after that. Enquiries: Vincent Chow 0413 73 4088





2010 Knox Festival and Glen Waverley CNY Festival



2010 Glen Waverley and CAV CNY Festivals

