

NEWS

ACMAV

Newsletter of the
Australian Chinese Medical
Association (Victoria) Inc.

March, 2003

Catch us on the Net !

@ www.acma.net.au



Hello all. My name is David Lam, a committee member of the ACMAV, and I would like to say a few words about our website, www.acma.net.au.

Created by Dr Ian Chau last year, the website will eventually serve as a source of information for all of our members. This year, the website will be maintained by Ian Chau and myself.

On our website, you can peruse through the history of our association, read up on news of our recent events as well as on things that are happening behind the scenes, obtain the contact details of all the committee members and download membership application forms so that you can recruit more friends into the club. Most importantly, there is the "Upcoming Events" section for all future activities, so that you are notified well in advance of the dates that you need to set free for ACMAV functions (eg. Banquets!). In addition, there are several back copies of our annual Qi magazine, and the bi-monthly newsletters which are all available for download.



Our website initiative at the moment is to create a referral directory for our members. This is a free service for our members which would allow outside GPs and specialists to refer their patients to the ACMAV doctors. It will assist Chinese patients to find a doctor who speaks their language, and also help to promote the doctors belonging to the ACMAV. For example, a GP who needs to find a Cantonese speaking ophthalmologist in the Eastern suburbs can simply go online and search by area of specialty, which would be subdivided according to locality and the language spoken. Currently the membership directory is only available in a booklet format, and is only available to our members. We endeavor to transform it into a much more widely used tool for all doctors throughout Victoria by bringing it onto the internet.

To be included in our online directory, all members need to return the form advising us of their latest practice details, including their location, specialty, languages spoken and email addresses. Please note that as the information will be on the internet, it will be open to view by the general public as well.

Hopefully ACMAV will be fully online in the future, making it easier for us to communicate with the members, and for members to communicate with each other. I look forward to seeing you at www.acma.net.au!

David Lam
Committee Member
Co-webmaster

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All ACMAV Inc. members
are welcome to contribute
to this newsletter. Please
direct all newsletter items to

Jun Yang or to
ACMA House.

NEXT ISSUE

May 2003

DEADLINE

April 2003

Editor's Corner

Happy New Year! This time it's welcome to the Year of the Goat. It should be a year of peace and harmony according to the Chinese almanac. We can only hope that the horoscope is right, for the world at present is rife with conflicts. It would be heartening to see the people unite in their resolution of religious and political differences.

On a lighter note, there are abundant ACMAV activities in store for you this year. Other than our education seminars (no longer called dinner seminars), there will be many community projects that you can contribute to. See the next page for how you can help. A fraction of your time, knowledge or valuable language skills would be greatly appreciated!

You may have noticed a new section in our newsletter, "Getting to Know...". Its aim is to familiarize members with each other, so hopefully you will recognize a few more faces at our next function! Another new section is in store for the next issue ... so watch out for it!

Jun Y.

We're in the Press!

ACMAV has made its first official appearance in the Chinese Melbourne Times, a popular weekly newspaper in Melbourne, featuring a report of our Christmas Charity Lunch and a health article written by Dr C. K. Foo. Dr Foo also took the opportunity to introduce ACMAV to the readership

of the paper. You can contribute too! Send in a health article on a topic of your choice, of about 2 A4 pages, written in simple English. The Publisher will arrange its translation into Chinese.

Your contribution will offer a valuable channel of health information to the



Chinese community and ensure the ongoing presence of the ACMAV in the Chinese press.

Calendar of Events

| Date | Event | Venue |
|-----------------------|---|-----------------------------------|
| March 26th (Wed) | Education Seminar - Breast Cancer Symposium | Shark Fin House |
| May 1st (Thur) | Update Seminar - Nutritional Medicine | ACMA House |
| May 3rd/4th (Sat/Sun) | Careers In Medicine Seminar | ACMA House |
| May 30th (Fri) | Education Seminar - Neurological diseases | TBA |
| October 18th (Sat) | Social Program for Annual Conference | Imax and Museum (to be confirmed) |
| October 19th (Sun) | Annual Scientific Conference | Sofitel Hotel |
| November 28th (Fri) | Annual General Meeting of ACMAV | TBA |



From the Secretary

The Year of the Goat started off with our Annual Yum Cha along with the lion dances. The Yum Cha was well attended and enjoyed by all the members and family who were there.

There are a number of educational events planned for the coming months. I draw your attention to our March Seminar on Breast Cancer on Wednesday, 26th March and our Seminar on Nutritional Medicine on Thursday, 1st May. The committee is also organising a "Careers in Medicine" forum for junior doctors on the career pathways in medicine. This will be held on the weekend of the 3rd and 4th May. Please see further details in the newsletter.

The ACCMA Conference will be held in Canberra during Easter, further details can be obtained by contacting Isabel at ACMA House. Our own Annual Conference is also being organized, with an exciting program in store for you. It will be held on Sunday, 19th October, at the Sofitel Hotel. Please pen this date into your diary and support our association.

To expand our educational program, we are considering the introduction of Chinese language classes with a focus on medical terminology. But we need to assess if there is sufficient interest amongst the membership. Please register your interest on the form below the Update Seminar RSVP (page 8).

For community education, the committee has offered to contribute weekly medical articles for publication in the Chinese Melbourne Times. This Chinese newspaper has a readership of 10,000. We require more articles so that we can fulfil our obligation. We invite all members to contribute to this initiative. Articles can be written in English and will be translated into Chinese by the publisher. If you require more information, please contact any of the committee members.

That is all for now, there are more events coming, so watch this space.

Min Li Chong
Honorary Secretary



Jenny Huynh, our committee member, displays her skills on the drum at Yum Cha!

Chinese Speaking (or not) ... YOU ARE WANTED!

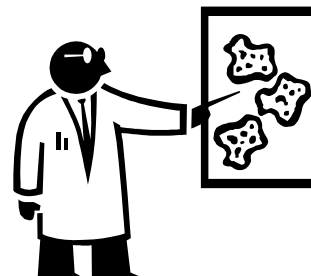
*Do you speak Cantonese or Mandarin?
Can you write in Cantonese or Mandarin?
Can you write in English?
Do you have a little time to spare?*

If you answered "YES" to any of these questions, then you are our most wanted!

Several Community Services Projects are in need of volunteers:

1. Health seminar for the elderly Chinese - to be held on the first Wednesday of each month, at Box Hill Elderly Chinese Citizen's Club, from 1pm - 1.45pm. A multimedia projector will be provided and your slides can be translated into Chinese by the Chinese Health Foundation.
2. Translation of existing health information brochures into Chinese - currently under way is the translation of the Children's Hospital Eczema Book.
3. Weekly health articles for the Chinese Melbourne Times - you can write in English, on a health topic relevant to the Chinese community, and the translation will be arranged by the publisher.

Please express your interest by ticking the appropriate boxes under the Update Seminar RSVP Form (page 8), or you can email Jun Yang (juny_yang@yahoo.com).





Welcoming the Year of the Goat

On the 15th of February more than 100 ACMAV members and their families welcomed the year of the Goat with a traditional Yum Cha at Fu Long Restaurant, along with two formidable lions that danced to the deafening drumbeats. The festive atmosphere was certainly enhanced by the presence of these lucky symbolic creatures, with children and adults alike seeking their attention with *hong bao* (red packets).



An energetic lion dancer at the Chinese New Year Yum Cha.

The Chinese pays overwhelming attention to their food, and there is no greater feast than during the Chinese New Year. In which other culture can one celebrate a festival with two weeks of feasting? This year's Lunar New Year commenced on

the 1st of February, therefore our Yum Cha appropriately landed on the last day of the official celebration period.

In mainland China, the New Year is called the "Spring Festival" as it signifies the beginning of spring and the start of the agricultural year. You are supposed to spring clean your home (or autumn clean in Melbourne), buy new clothes, pay off old debts, catch up with friends and relatives (often at banquets) and visit your ancestors' graves during the two week holiday. Nowadays, some of the Chinese still observe these traditions, but many take this time off to simply relax, rejuvenate and indulge in the endless feasting.

In future celebrations of the Chinese New Year, the ACMAV would like to introduce new activities which are more family friendly and interactive, such as outdoor picnics or barbecues. Yum Cha tends to confine families to a single table and does not offer much room for members to mingle and socialise.

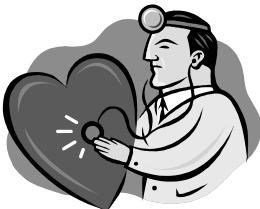
What is your opinion on this issue? How would you like to celebrate the new year with ACMAV? Write to the ACMA House, or to myself, with your views and suggestions. I do hope you have enjoyed this year's Yum Cha though!

Jun Y.

Careers In Medicine Weekend



A weekend seminar on Career in Medicine will be conducted by senior members of the ACMAV at the ACMA House on the 3rd and 4th of May.



The aim is to provide both formal and informal information to assist junior doctors in planning their future medical careers. Most of the specialties will be covered, from general practice to surgery, from O&G to physician training, from intensive care and anaesthetics to psychiatry, from emergency medicine to radiology, from general pathology to radiation oncology. For specialties like dermatology



and ophthalmology, early streaming is necessary, making it even more important for junior doctors to have early access to information on training programs. There will be ample opportunities for questions and answers.

We believe the seminar will be truly informative, yet also very personal, for the junior doctors. The speakers will relay first hand experience, including the highs and lows of their distinguished careers, to ensure that pitfalls are avoided and to provide valuable guidance.

The seminar is intended for 1st and 2nd year HMOs, but undergraduates are also welcome.

The seminars will be spread across two afternoons, with free lunch provided on both days. If you are interested in attending, please RSVP to Salena Ward via email by 15th of April. salenamw@hotmail.com

Kevin Siu
Vice President

Salena Ward
Committee Member



ACMAV Invites you to:

The March Educational Symposium on Breast Cancer

Moderator: Dr Khai Yuen Tang
Guest Panel: Miss Meron Pitcher; Dr Rick de Boer;
 Dr Michael Chao; Dr Ignatius Kung;
 Dr Donald Leung
Sponsors: Astra Zeneca, Mayne Health Diagnostic Imaging,
 Mayne Health Dorevitch Pathology

Date: Wednesday, March 26th 2003
Time: 6.30pm for 7.00pm start
Venue: Shark Fin House
 131 Little Bourke St, Melbourne



Please RSVP by Friday, March 21st 2003 (incl. payment if applicable) to:
 ACMA House, 862A Canterbury Rd, Box Hill South 3128, or
 Fax: 9899-6389 (please dial carefully)

| | |
|-----------------------------|---|
| Full name _____ | Cheque No _____ |
| Tel No _____ | Or |
| | Full name on Credit Card _____ |
| Guest Numbers: | |
| Members Free _____ | Credit Card No _____ |
| Associate member \$25 _____ | Expiry Date ___/___ |
| Non-member \$50 _____ | |
| Total amount enclosed _____ | Please circle: Mastercard / Visa / Bankcard |

For budgeting purposes, please inform the secretary if you are unable to attend after RSVP. Thank you.

Website Membership Directory - Please Enter your Details and Fax to 9899-6389

| | | |
|-------------------------------|---------------|-------------------------------------|
| Title _____ | Surname _____ | First name _____ |
| Main Practice Address _____ | | |
| Practice Phone No _____ | | Fax No _____ |
| Specialty _____ | | (Consultant/ HMO/ Student/ Retired) |
| Special Interests _____ | | |
| Chinese dialects spoken _____ | | |
| Home Address _____ | | |
| Home Phone No _____ | | Fax No _____ |
| Email Address _____ | | Mobile No _____ |

NB: Home details will be for ACMAV Office use only.

Tick this box if you only wish to be printed in our member's directory, and NOT on the website.





Feature Article

Wet or Dry

By Dr Choong Khean Foo



It was winter and a 6-year-old boy went out to play with the snow. He made a snowball. It was so perfectly round and beautiful that he decided to dress it up in pyjamas and took it to bed. When he woke up the next day he was very upset because his beautiful snowball sneaked away during the night. What upset him even more was that the snowball wetted the bed before it sneaked away.

Enuresis is a common problem in general practice and the cause is often unknown. Most parents come away from the consultation feeling deficient and distressed because they can not do anything for the child. Stress and deep sleep were offered as explanations for why it happened. The usual medical advice is not to drink any liquid after dinner and to take the child to the bathroom before the parents go to bed. The next step is to prescribe medications like Tofranil (imipramine) or Tryptanol (amitriptyline) and the alarm system. The latest medication is Minirin (desmopressin) Nasal Spray. Alternative treatment involves laser

acupuncture, homeopathic remedies and nutritional supplementation.

I would like to share with you an interesting case history. I received a phone call from a colleague who wanted to know of a good Chinese herbalist in town. She has been treating a 16-year-old girl with enuresis for the past few years, but with little success. I told her to send the patient to me and I will see what I can do.

A happy, but still slightly anxious 16-year-old girl came to see me a few days later, with her long history of enuresis. She had been through the conventional treatment. Nothing really helped her. The alarm bell treatment never woke her but woke up the rest of the household. When she had to go to school camp or sleep over at her friends, she would have to be extra careful with her fluid intake and she would increase the desmopressin nasal spray for that night.

On going through the medical history I could

not detect anything unusual except that she would get periods of a few days when she would be "dry". The longest dry spell she had was one week. I asked her what would keep her dry and what would bring on the wet, she did not know. Fortunately, with some time and perseverance, she remembered that when she went to China for 5 weeks she was dry for that entire trip! I stood up and congratulated her for discovering the cause of her problem. I jokingly suggested to her to move to China for a year! To which we both laughed.

The history has given us the clue. It was something that she **did not** eat while she was in China that kept her dry. So I sent her off very confidently that she would be dry from now on if she followed my dietary program which consisted of avoiding wheat, milk, sugars, food additives, preservatives, nightshades family of vegetables and caffeine drinks. She was to return for review in 6 weeks.



When I saw her 6 weeks later she was a different person. She was happier, more confident and self-assured. I asked her how she managed the past six weeks. The good news was that she was dry all the time except for one night when she had some Burritos. That night the snowball sneaked away again! That was a very useful experiment. She proved to herself that the food she ate the night before irritated the bladder and caused the "sneakage"!

She was advised to do food challenges in order to find out which food or foods would irritate her bladder. She is now down to 2 food items - wheat and milk. Before long she will be able to enjoy her life without any fear of the "snowball sneaking away" at night ever again.

Update

I spoke with her mother today. She would know when her daughter would have a wet night. Her prodromal symptoms would start a day or two beforehand, con-

sisting of "crankiness, irritability, prickliness and explosiveness". Although she was not like that all the time, members of the family had to walk on "egg shells" during those times so as to avoid upsetting her. Nowadays, she doesn't have these prodromes anymore, and is a very happy and confident 16-year-old girl. Everybody at home is happy and more relaxed.

The girl who has now conquered her long-standing battle with enuresis has written a few words to share her experience with all of us.

"I have tried every possible treatment there is for enuresis and thought I would have to put up with it for the rest of my life. That wasn't a very encouraging thought because it's a very sensitive subject with me. I thought it was so unfair that I had to be the one to have this problem at the age of sixteen when most people stop when they are very young. I was sceptical at first that the food I was eating was the cause of it. I love pasta so giving up wheat for me seemed really bad. I now basically only drink water, and have

never had much milk so that wasn't a problem. I cut back on sugar intake as much as possible. Now if I eat too much wheat I feel sick anyway so it doesn't seem that bad. I am glad that I have finally realized that there is something to cure this for me but it's just regretful I didn't find it earlier. This should be more recognized since no other things were working for me. I felt that there was something wrong with me and was embarrassed. It's good to know that isn't the case anymore".

Closing Remarks

Food sensitivity, such as intolerance to milk and wheat, is far more common than is realized by many medical practitioners. A careful medical and dietary history can often lead us to the cause of the medical problem. Doctors must always have a high index of suspicion and be both Dr Watson and Sherlock Holmes!

Medicine is not an exact Science, it is an Art.



"Doctors should be ... both Dr Watson and Sherlock Holmes!"



May Seminar



Update on Nutritional Medicine

Thursday 1st May 2003

ACMA House

862A Canterbury Rd

Box Hill South 3128

Tel: 9899 6380

Fax: 9899 6389

Program

6.30 – 7.15 pm Buffet Meal

7.15 – 8.00 pm Overview on Nutritional Medicine
Dr C K Foo (General Practitioner)

8.00 – 8.30 pm Refreshment break

8.30 – 9.15 pm Nutritional Medicine in Clinical Conditions
Dr C K Foo

CPD points will be applied for. Due to venue constraints, places are limited to the first 25 medical practitioner registrants. Please RSVP as soon as possible to ensure a place.

ACMA House
862A Canterbury Rd, Box Hill South 3128
Fax: 9899 6389 (please dial carefully)
(RSVP by 28/04/2003)

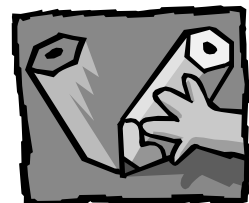
I wish to attend the May Seminar on Nutritional Medicine.

Name:
Address:.....
Tel: Fax:
DOB/ QA & CPD Number:



Tick a box - Register your interest in ACMAV activities!

Name
Phone No.....
Email.....
Area of Specialty.....



- I am interested in attending Chinese Medical Terminology Classes.
- I would like to give a health talk to the elderly Chinese, on a Wednesday of my choice.
- I can contribute a health article (in English) for the Chinese Melbourne Times newspaper.
- I am able to assist with the translation of English health brochures into Chinese.



Konfucius Korner

Dear Editor,

Thank you for inviting me to expand on my previous article.

To do justice to the problems confronting many GPs, I need to start from the basics. Doctors like many people today have lost the art of clear thinking. Thinking, like any other human activity, can be good or bad. Good thinking leads to good decisions which in turn lead to good results. Bad thinking, on the other hand, lead to bad decisions and ultimately to bad results. Most people can remember the consequences of bad decisions they have made in their lives. Learn from your mistakes and move on, although you can avoid bad decisions by spending time weighing the pros and cons of any decision. The secret is not to rush and do not make hasty decisions. Stroll along and stroke your beard (as I would do), and the right decision will come.

Now let me take you back in time. Remember your idealistic view of life when you were a student and your passion to become a doctor? Things have changed drastically since you have graduated. Bureaucrats, economists and politicians have created an unfriendly environment for doctors to practice good medicine. You must not allow them to destroy your idealism and passion.

If I am correct, you have two basic objectives in

your profession, a good income and job satisfaction. You can achieve both by clear thinking and good planning. If you accept that bulk-billing is not a good practice because it is not good for income nor for the quality of consultations, then the only way to go is to stop bulk-billing.

Don't be afraid to do so if it leads you to practice better medicine. Just remember that if your patients feel dissatisfied with you, they will spend money out of their own pocket to see an alternative health practitioner, to the tune of 2.3 billion dollars a year. We need to reverse this trend as the patients are often misdiagnosed and mismanaged by inadequately trained alternative practitioners. We have the skills to help such patients, and if you value your training and your skills, then bulk billing is a definite no-no.

I have not met a doctor who is totally happy with the universal bulk billing system. The government introduced bulk-billing to woo votes, not to achieve good quality medical care. Australians are spending 2.3 billion dollars a year on alternative therapies because they are unhappy about the treatment from conventional medicine.

Let us look at the common complaints: "I was rushed in and out", "I was not given a chance to talk", "I was given a prescription without being examined", "The doctor was not really interested in me", "The

doctor was on the phone all the time", etc. Evidently, the main problem is not with conventional medicine itself, but rather time.

There is no substitute for spending adequate time to assess your patients properly. Good medicine can only be achieved by spending time with and listening to your patients. Deal with the causes of diseases rather than mask the symptoms with drugs. Talk to your patients because they deserve to understand their health. When you charge a fee, you will see people who value your service and you will feel happier spending more time with them.

Remember what you want in life and don't let your goals be influenced by bureaucrats and politicians. You don't need a MBA to introduce a fees system in your clinic. You can simply put up a sign in the waiting room and personally tell each patient about the fee as you see them.

So, happy doctoring and spend the extra income from private billing wisely.

Konfucius
(Still Anonymous)

Editor's Note

Bulk billing is quite a contentious issue at present. Do you have any views on this topic? Would you like to share your experiences with us? Simply write to ACMA House or myself via email.

Jun Y.



"There is no substitute for spending time with ... and listening to your patients."



Getting to Know ...



Dr Gilbert Chuah

General practitioner

Which country were you born in?

Malaysia

What language/s do you speak?

Okay Hokkien, passable Malay, siew siew Cantonese, and a little Inglis Lah!

What is your most memorable encounter with a patient?

I thought I had a most memorable encounter with a patient years ago, but unfortunately I cannot remember the details now. So it's not that memorable after all, is it?

What would you be doing now, career-wise, if not a doctor?

I'd probably be an architect.

Who is your role model?

My father.

Who would you most like to meet?

My future grandchild or grandchildren!

Which country would you most like to visit?

Tibet

What do you consider to be your biggest adventure?

One night last winter, I took a daring jump out of a light aircraft. I then had a long and exhilarating freefall without a parachute. Fortunately I landed unhurt beside my bed without waking up my wife.

What do you consider to be your greatest achievement?

No great achievement yet, let alone greatest.

How do you unwind after work?

Doing nothing.

What are your hobbies?

Tennis, golf, wine and dine.

What do you need more of?

Time. More time to spend with my family, my friends and my pet dog.

What is one thing that you cannot live without?

Companionship, especially of family, friends and pets. Nothing worse than loneliness in old age.



Would you like to appear in "Getting to know...?"

Simply send in your answers to these questions to ACMA House or to the editor via email. And don't forget to send in a photo of yourself! (Digital photo preferred.)



Sn a psh ots ...



Helen and Seng Tarrng Ng, sharing a happy snap at the ACMAV Chinese New Year Yum Cha.



Meet our ACMA House Secretary, Isabel, with hubby Edmond and son Marcus. Thank you, Isabel, for sending out all the newsletters so promptly!



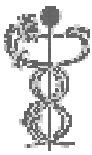
Wes and Meileen Tan, and their daughter Anwyn, enjoying Chinese dumplings.



Siew Keng, our Madame treasurer, and Jenny Huynh, a committee member aka treasurer in training (and also part of the formidable lion dance troupe).



Connie and James Chan, two more familiar faces at the Yum Cha.



CLASSIFIEDS

Careers in Medicine Seminar

Held by ACMAV, for all HMOs, interns and medical students seeking more information on Careers in Medicine.

Cost: Free (incl. free lunch and afternoon tea on both days)

Venue: ACMA House, 862A Canterbury Rd, Box Hill South

Program: **Seminar 1** - Saturday, 3rd May, 12.30 - 3.30pm
Topics: ICU & Anesthetics, Medicine, GP, Psychiatry, Pathology, Dermatology

Seminar 2 - Sunday, 4th May, 12.30 - 3.30pm
Topics: Surgery, Emergency, Radiology, Radiation Oncology, O&G, Ophthalmology

RSVP: by 15th April 2003. Please email Salena Ward: salenamw@hotmail.com



ACMAV Annual Scientific Conference - Pen this in your diary!

An exciting educational and social program is currently being organized for you.

Date and Time:

Saturday, 18th October, afternoon social program

Sunday, 19th October, whole day educational program at Sofitel Hotel



Keep these dates free, and we will update you on the program in the next edition!

STUDY RECRUITS NEEDED

Patients with depression who need to start on an antidepressant medication or need to change to a new medication.

Medical practitioners are invited to refer patients for a study of antidepressant treatment in Chinese patients.

Study will provide medication and a comprehensive assessment .

Patient must be referred before they start antidepressant medication.

For more information please contact **Dr Chee Hong Ng 9420 9350** or **Agnes Fan 0403 136 778**.

Study conducted by The Melbourne Clinic, University of Melbourne, and supported by ACMAV.



Membership Application Forms — Now available!

Help recruit new members!!

Please pick up new membership forms from ACMA House or at future functions to hand out to friends and colleagues.