



Australian Chinese Medical Association (Victoria) Inc.

澳洲維省中華醫學會

ACMAV INC. NEWS

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EGM notice for 19th October 2005 Attachment

Editor's Comment

There is so much of note in the newsletter that it seems that everything is worth mention. However, I will highlight just 2 issues.

Firstly, this newsletter had to be posted (and not just e-mailed) to all members in order to give notice of the ACMAV Extra-ordinary General Meeting on 19-10-05. Please read to insert which outlines the single resolution that will be discussed that evening.

Secondly, I wish to highlight the community and charity work that ACMAV is involved in. Dr Lawrence Wu organizes "Community Health Talks" (p2), Dr Benny Foo has written about Project Tanzania (p4) and on page 5 there is a follow up on

little Tuong Van who has since returned to Vietnam. ACMAV "Project Vietnam" aims to bring to Australia **three** more Vietnamese children for life-changing surgery. There is a Charity Ball on 29th October 2005 to raise funds for this very worthy cause.

I hope to see you there !

*Best regards,
Mee Yoke Ling
(ACMAV Newsletter Editor)*

All ACMAV Inc. members are welcome to contribute to this newsletter. Please send all newsletter items to Mee Yoke at meeyoke.ling@med.monash.edu.au or via ACMAV House.

Calendar of Events

Date	Event	Venue
October 6 th 2005	Obesity Seminar	Sharks Fin House
October 19 th 2005	EGM	ACMAV House
October 29 th 2005	Lions Charity Ball	Hilton on the Park
November 17 th 2005	Sleep Apnoea Education Seminar	All People's Restaurant

Classified Section : Notices from our members

Offices for Lease in 9 Birkenhead Street, Fitzroy VIC. 200m² . Modern offices in historic building, 5 separate offices and large open area with reception area and kitchenette, bathrooms, aircon, bright light filled space. Suitable for medical specialists. Please contact Dr Meileen Tan ph 94577231 or meileen@c031.aone.net.au

Notice from Dr Kevin Siu regarding : ACMAV GOLF EVENT - <i>Unfortunately, due to poor response , no golf day until further notice</i>
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ACMA Qi Magazine 2005

Members are reminded to send Qi articles to the magazine editor at :
elainechongwt@hotmail.com by 23rd September 2005.

In addition, travelogues, births, deaths etc. can be sent in via e-mail by the end of October to be included in Qi 2005. You can also submit to Dr Happy (S K) Tang using stang@vcs.org.au

ACMAV Community Health Talks

"Dr Howard Tang gave an interesting talk on 7/09/2005 on Common Gastrointestinal Problems at the the Elderly Citizens'Club at Box Hill. They were very impressed with his pictorial presentation, the ease of understanding of his simple and logical approach and his bilingual capability. He was afterwards mobbed by each and everyone of the appreciative audience eager for one of his business cards !"

Any one interested in Community Health Promotion and would like to volunteer for Community Talks on behalf of the Association please contact *Dr Lawrence Wu* at lskwu@hotmail.com."



ACMAV cordially invites you to an
Education Seminar

Topic: ***Management of Obesity***

Speaker: ***Prof Paul O'Brien and A/Prof Boyd Strauss***

Time & Date: *7 pm for 7.30pm*
Thursday, 6th October 2005

Venue: ***Sharks Fin House***
131 Little Bourke St, Melbourne

RSVP: 30th September 2005
Fax: 9899 6389 (please dial carefully)
Email: office@acmav.org

Or post including payment to ACMA House
862A Canterbury Rd, Box Hill South 3128

Full Name: _____ Cheque No: _____ OR
Tel No: _____ Full Name on Credit Card _____

Members	Free	_____
Associate Members:	\$30	Credit Card No: _____
Adult Guests:	\$60	_____
Total amount enclosed	___	Expiry Date ___/___

*Numbers are limited so please RSVP early to reserve your seats.

Sponsor : Inamed, Abbott, Novartis

Project Tanzania

(Photo) Members of the ACMAV visited the St. Carmellius Mission in Dar es Salam, Tanzania. We met (from L to R) Father Mroso, Father Safari Fidelis, and Father Louis. On behalf of ACMAV we presented the Mission with 1,400 doses of Amoxycilin, 7,000 tablets of Paracetamol, a bag of sweets, a bag of ball point pens, children books, a small transistor radio and our best wishes.

Journey to Tanzania

We spent a few hours at the Mission and held discussion with the priests. The country is poor and they need help. The things they need now are:

- Computers,
- Bicycles,
- Second hand Medical Equipment
- Wheelchairs
- Sewing Machines (foot peddle, hand wind ,electric)
-

These items do not attract import duty while medicine and second hand clothing do (when sent in container load). The best way to send medicine and clothing is in small parcels by post when the customs tend to be more lenient. They can purchase generic medicine locally and is relatively cheap.

The Mission runs an out patient clinic where 150 patients are treated every day. The cost of running the medical facility is US\$3,000.00 per month. Fever is the most common symptom and it is mostly due to malaria. They run a delivery room with a few after-care beds for the babies and mothers. They also run a counseling service for the AIDS patients. Medicine for these patients is provided for by the central hospital.

When I have sorted out what we can do to help them I will write again in the next newsletter. Meanwhile start looking at your garage and cupboards and see what you can donate to “Project Tanzania”

Benny C. K. Foo (Immediate Past President)

Project Vietnam



A Vietnamese community fundraising function at Happy Receptions in Ascotvale on the 9th September was organised by Abbot Phuoc Tan from Quang Minh Temple for ACMAV's Project Vietnam. Others in the organizing committee include Dr. Neil Tran, Ms. Thu Lam and other community leaders. Over 500 guests were entertained by singers and dancers, with money raised by donations, auctions, and raffles. Frank and David Tang, the owners of Happy Receptions provided the restaurant, food and waiter staff completely free for the night. Through the generosity of Vietnamese community and businesses, over \$31,000 was raised for the ACMAV Foundation to continue this work of overseas medical aid.

Pictured above is Tuong Van, the first child we have helped in this project with repair of her encephalocoele and Tessier cleft, being held by her very happy mother. The insert was taken when she arrived in March. Also pictured is Dr Theong Ho Low outlining the work ahead in helping other children with life-transforming surgery. Tuong Van recently returned home to Vietnam to live a normal life, which would not have been possible without the help of this ACMAV project.

“Transformation of Life” Charity Ball !!

The Lions Club of Melbourne Chinese Inc. is holding their Annual Charity Ball 2005 – and this year they are fundraising for the ACMAV “Project Vietnam” – for 3 more Vietnamese children to come to Australia to undergo surgical procedures for craniofacial deformities.

Date : Saturday 29th October 2005

Time : Pre-dinner drinks 6.00pm for 6.30pm

Venue : Grand Ballroom – Hilton on the Park , 192 Wellington Pde

Dress : Black Tie / Formal

Price : \$95 per person

Bookings – contact Paul Tjioe : 9802 8768 ,or Melissa Chan 0438 220 202



**ACMAV cordially invites you to an
Education Seminar**

Topic: ***“Obstructive Sleep Apnoea :
Current Concepts”***

Speakers: A/Prof Matt Naughton
"Diagnosis and Management of OSA"
Dr Harry Ball
"Dental splints for managing OSA"

Time & Date: 7 pm for 7.30pm

Thursday , 17th November 2005

Venue: All People Restaurant
Shop 12 / 2 Burwood Highway
Burwood East VIC 3151
(at junction of Burwood Highway and Middleborough Rd)

RSVP: 10th November 2005
Fax: 9899 6389 (please dial carefully)
Email: office@acmav.org
Or post including payment to ACMA House
862A Canterbury Rd, Box Hill South 3128

Full Name: _____ Cheque No: _____ OR

Tel No: _____ Full Name on Credit Card

Members Free _____

Associate Members: \$30 Credit Card No: _____

Adult Guests: \$60 _____

Total amount enclosed _____ Expiry Date ___/___

*Numbers are limited so please RSVP early to reserve your seats.

Sponsors : Bird Healthcare, Fisher & Paykel, Mayo

Healthcare, Resmed.

ACMAV MOTORING by Dr Richard Hing

LEXUS IS300

EVER since the Lexus IS200 hit Australian roads in 1999, there has always been the hankering for a bit more power in a car which otherwise has the handling and looks to take on all comers. To answer Australians' prayers, Lexus released the IS300 in October 2001. That extra litre of engine metal suddenly endows the sedan with 43 kW more power and 93 Nm more torque compared to its otherwise similar 2 litre brother. Even though the IS 300 is 80 kg heavier, the extra power and torque easily make the IS300 the pick of the "twins". Simple maths shows that the IS 300 has 4 kg less per kW to lug around (12.5 kg/kW vs 16.6 kg/kW) meaning the sprint between traffic lights is a done deal.



I had the pleasant opportunity to spend a couple of days acquainting myself with the IS 300 Sports Luxury version courtesy of Lexus of Blackburn. Now some of you will know that I own a Lexus IS200 so comparisons are made very easily. To begin with, the cars have identical exteriors save for the discrete bootlid badge, rear lip spoiler and different alloy wheel design which distinguish the IS300. I like the profile of the IS300 and its stubby snout make it look pleasantly aggressive without it being offensive. The headlights are xenon high intensity discharge lamps which pierce the night like the Crows' Andrew McLeod splitting the Blues' defence. Just in case you don't realise it's dark, the autosensor will automatically switch on the headlamps and this is quite handy if you drive into a poorly lit underground carpark or Citylink tunnel.



Given that the sedan has been designed as a medium-sized compact 4 door sedan, the interior of the car looks quite spacious because of the light entering through the moonroof and windows.

Even though our car had the black leather interior, there was still a feeling of space and when we compared the beautiful ivory leather and carpet in another IS300, the impression of spaciousness was very apparent. The seats have perforated leather inserts and the electronic seat warmers are a welcome feature in cooler weather. I think a lot of thought has gone into the seat design as they are very comfortable over long distances and the back of the front seat is scalloped to provide a bit more legroom for rear seat passengers. It's still a bit of a squeeze though, for rear passengers and although there are lap-sash seatbelts for three adults, they would have to be on very friendly terms to cope with anything more than a short trip. My two children like the rear folding armrest to divvy up the rear seat when issues of disputed territory arise. They also find that the views aren't half bad out the side windows and the grab handles help if Dad whizzes around corners a bit quickly.



The handling is really very good with the extra 80 kg barely noticeable. Both VSC (vehicle stability control) and the LSD (limited slip differential) make sure of that. I found the LSD was superb away from the lights in wet weather. Without either VSC or LSD, I suspect I'd be a finalist in Drifting where one tries to follow the road whilst smoking the tyres and having the car as sideways as possible. Somehow, I don't think Lexus would approve. (And no, that's not me drifting in my Lexus IS200.....).

There is one thing that the IS200 does better and that relates to the weight distribution. You see, most of the additional weight in the IS300 relates to the bigger engine in-line 6 stuffed under the bonnet so there is a bit of re-educating needed to accommodate the slightly greater tendency to understeer compared to the IS200.



There is also less than ideal feedback or feel through the steering wheel which is a pity in an otherwise good handling car. In the wet, I found that the low profile Dunlop Sport tyres have superb grip and are very quiet so that the sound system doesn't have to be dialled up to indecent levels. In any event, audio levels auto-adjust according to speed, a handy feature given the variety of speed zones we are confronted with these days. The

audio in this car is a pleasure to listen to with vivid sound, great bass response, a 6 CD in-dash unit and wheel-mounted audio controls.

Satellite navigation is standard in the IS300 but we found the unit quite clunky to use with a joystick control which was less than impressive. I'm sure it would be fine if we owned the car and got used to it but a sign of a good system is one that is intuitive right from the word go. I think Lexus has better units in their other vehicles and Lexus should consider installing one of these superior systems. The screen resolution and colour display is otherwise easy on the eyes and the female voice is quite pleasant (at least for a while). The best thing is that it can be turned off at the flick of a switch (pity we can't do that with the "Are we there yet?" chorus emanating from the rear....). Climate control keeps all occupants comfortable and where the occasion arises, the moonroof is great to open, let in the moon/sun rays, yet still carry on an audible conversation.



From a woman's perspective I asked Kelly, my wife for her impressions. She liked the way the car responded under acceleration, cruising and braking. The 5 speed automatic gear box changed very smoothly and even though the steering wheel button shift controls were there, she didn't feel inclined to use them at all. She thinks they are there to appease the fidgety husband when he doesn't have the TV remote to play with. Kelly did like the

audio controls and cruise control, both being a cinch to use. Kelly liked the forward vision but found judging the rear position of the car difficult and rear parking sensors would be a definite advantage. She felt the boot space was adequate for most shopping expeditions but thought it would be a bit squeezey if going on a driving holiday. Kelly has always liked the appearance of the car and thought the ebony (Classic Black) and black colour combination added to the feeling of luxury.

Would we buy the Lexus IS300? Almost certainly. The only question is whether we can manage two Lexus vehicles in the driveway and who would get the keys to the IS300 or the IS200!

SPECIFICATIONS IS300 Sports Luxury 4 door sedan

Price incl ORC \$78,199
(Sports IS300 include ORC \$68,749)
Engine: 2997 cc 6 cyl in-line DOHC
24V
Power: 157 kW @ 6000 rpm
Torque: 288 Nm @ 4000 rpm
Fuel: PULP 70 litre tank
Kerb Wt: 1500 kg. GVM 1970 kg
Drivetrain: Rear wheel drive

Transmission: 5 speed automatic electr
controlled with lock up torque converter.
Limited slip differential
Tyres and Rims: 215/45 ZR17 on
7.0JJx17 alloy wheels
Warranty 4 years 100,000 km

*Vehicle and RRP kindly supplied by
Lexus of Blackburn T: 9877 2788*