



*Australian Chinese Medical Association (Victoria) Inc.*

澳洲維省中華醫學會

## ACMAV INC. NEWS

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Attachments - Entertainment Book Order Form  
- ACMAV Conference Registration Form

Dear All,

ACMAV News will change dramatically in the next few months. We will stop sending out the newsletter in its paper version – and instead just use e-mail !

Please see the President's letter about this in page 2.

There is also a report from Theong Ho Low about various options for ACMAV House. Benny Foo has written an appeal for support with the Africa Project.

In addition, there is an insert for the Entertainment Book Order Form.

Finally, there are only a few days left for Early Bird Registration for the Annual Conference – please put your form in soon.

Hope to see you there !

Mee Yoke Ling

(ACMAV Newsletter Editor)

**If you would like to receive this newsletter by e-mail, or you have any comments / contributions – please contact me directly by e-mail at [meeyoke.ling@med.monash.edu.au](mailto:meeyoke.ling@med.monash.edu.au)**

## ***From the President***

It is now a cliché to say that we are in the middle of a digital revolution and that the internet is changing our lives. A few weekends ago, with broadband internet connection, web camera, microphone and speakers set up on my home computer, I connected and did a videoconference with my nephew who is working in Denmark. The experience of connecting in real time video and audio, through your computer, with someone on the other side of the world is amazing. Time and distance seem almost irrelevant in the virtual world of cyberspace.

This brings me to two of the themes (“The 4 C’s”) I wish to highlight during my presidency, namely **Communication** and **Connection**. This newsletter is coming to you in the good old fashion way of through paper printing, copying, envelopes, stamps and the services of Australia Post. It is labour and time intensive, not to mention a few trees having to sacrifice their lives. To make the ACMAV more efficient, effective and responsive as an organisation, we have decided that *email will be the primary means of communication*.

**Hence, as part of membership renewal later this year, we will be gathering everyone’s email. If you do not have an email address, please get one.**

If you feel you do not access your email often enough, please put down the email of someone close to you who does (usually your son or daughter!). There will still be a place for good old fashioned paper and print, such as our flagship Qi magazine, (but as soon as we have gathered the e-mail addresses of our membership) - newsletters and announcements of seminars will be sent via email.

Our Secretary and Webmaster, David Lam also upkeep our website ([www.acma.net.au](http://www.acma.net.au))

with the latest news. We need to be able to do business at the speed of thought, and there should be no greater than one degree of separation between ordinary members of the ACMAV, and the President and Committee.

Regarding the other 2 C’s of **Community** and **Compassion**, our Immediate Past President Benny Foo has contact with a colleague working to improve medical conditions in Uganda. There is a need for drugs (in date) as well as used and unwanted but still functioning computer equipment. I commend you to read his article and support his efforts as a contribution from ACMAV. Also, Karen Lee has negotiated for the ACMA to sell Entertainment Book as part of our community fundraising efforts (please see the insert in this newsletter). I urge all members to purchase these great value books either for your own use, or as gifts for friends and family. This will help our community fund raising efforts, with particular focus on aged care in the Chinese community.

ACMA House is an aging asset which needs consideration for future development. The various options for redevelopment are exciting, but need careful deliberation. I have asked committee member Theong Ho Low to present the options in this issue of the newsletter. This is to stimulate discussion, but needs input from all of you in the general membership, as this is your asset.

Looking forward to seeing you at our next Update Seminar and Annual Conference.

*Frank Thien*  
*president@acma.net.au*

## **Calender of Events**

Date	Event	Venue
July 15th	Update Seminar : Sexual Health	Family Planning Centre Box Hill
August 8 <sup>th</sup>	Annual Conference	Novotel Glen Waverley
September 15 <sup>th</sup>	"The Red Eye" and "Noughts, Dots, and Flashes"	TBA

Australian Chinese Medical Association of Victoria  
&  
Bio Medlab

Cordially invite Doctors and Partners of ACMAV  
to  
An Update Seminar on Sexual Health

Thursday 15<sup>th</sup> July 2004  
Family Planning Clinic  
901 Whitehorse Road, Box Hill

6.30pm – 7.00pm	Buffet Dinner
7.00pm – 7.45pm	Sexual Health in General Practice Dr 'Lara' Roeske, Sexual Health Physician
7.45pm – 8.00pm	Tea Break
8.00pm – 8.45pm	The Laboratory Role in Diagnosis and Management of Sexually Transmitted Infection, Ms Kate Taylor, Medical Scientist

**Please RSVP by Wednesday 7<sup>th</sup> July to  
ACMA House Fax : 9899 6389 (please dial carefully)**

Full name (ACMAV member) \_\_\_\_\_

( if applicable) Partner's name \_\_\_\_\_

Telephone Number \_\_\_\_\_

For catering purposes, please inform ACMAV if you are unable to attend to attend after RSVP. Thank you.



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### **ACMAV House Redevelopment**

In mid 2003, it was discovered that some of the floorboards in the back of ACMAV house was sinking. I then requested a good friend of mine, Mr. John Herniman, of Herniman Associates ( architect firm ) to inspect the property. John advised that the sinking floorboards were a result of rising dampness as a result of poor underfloor ventilations resulting from the concreting of carparking at the rear and blockage of ventilation ducts. The floor boards in the library area are also sinking. He also discovered that the gutters are also rusting and will need replacement at some stage. Recently, the furnace in the front shop has also packed up requiring replacement.

I am unsure of the age of the building but we are certainly at a crossroad.

*What do we do with the building?*

Following the ACMAVLT committee meeting last year, 3 options were canvassed

- a. Sell the property and buy another.
- b. Summit and obtain a permit for re-development and then sell the property with the approved permit with a financial gain.

- c. Redevelop the site ourselves.

We decided to look into option 3 first. After twisting John's hands he agreed and subsequently provided us with 3 options for our consideration.

Option 1. This is a 4 storey development with 2 levels of car parking and 2 level of office space.

- a. Level 1 will be half below ground level providing 15 car parking spaces with small foyer/lift lobby.
- b. Level 2 will be half a level above ground providing 16 car parking spaces with small foyer/lift lobby.
- c. Level 3 comprises front office space of 227 sqm and rear office of 273 sqm. There will be a central toilet/kitchenette and lift space.
- d. Level 4 comprises front office space of 126 sqm and rear office space of 201 sqm and a central toilet/kitchenette and lift space.

The estimated cost of this option is \$2.6m

Option 2. This is a 2 storey development .

- a. Ground floor will comprised primarily a 17 car parking space area. There will be a small shop front of 65 sqm and a small lift lobby.
- b. Upper lever comprises a front office space of 172 sqm and rear office of 362 sqm with a central toilet/kitchenette and lift lobby.

The estimated cost of this option is \$0.9m

Option 3. This is again a 2 storey development.

- a. Ground floor will comprise primarily a 19 car parking space area. There will also be a 65 sqm shop front and a small lift lobby.
- b. Upper level comprises a front office space of 103 sqm and rear office of 440 sqm with a central toilet/kitchenette and lift lobby.

The estimated cost of this is option is \$1.3m

All 3 options involved boundary to boundary construction using pre-cast concrete slaps.

John has also advised that we should ignore option 1 as the position of the property may not attract sufficient clients for rental.

At this stage it has not cost us any money. However, if we were to go ahead and plan for the development, then architectural fees will be 6 % comprising

roughly a third each for preliminary plans, working drawings and lastly building and supervision. On top of these cost, we will have to pay extras for engineering and surveying plans. We will also be paying for all costs associated with obtaining the permits from the local councils. If there are objections from local residents, we will also need to pay for any cost associated with appeals.

It is envisaged that it will take approximately 18 months to 2 years to obtain all the relevant permits.

We will also need to look at financing options. Derrick Low from the HSBC says they are happy to help here. They are prepared to give ACMAVLT a redrawing facility of \$150,000 against the property for us to engage the architect for initial planning and working drawings. Currently, the going commercial rate is 8.52% for a fixed rate of 2 years. We will only be paying interest on whatever money we actually draw on.

Once we have the working drawing and permit, we can then decide whether we are willing to obtain further finance to build the new structure or we just sell the property with the permit at a profit.

I hope this brief article will help the members to decide and vote for the different options.

Theong Ho Low  
*ACMAV Committee Member*

## *“The African Project”*

Dear Members and Friends,

I would like to share with you the "African Project" that was initiated by a 'Humanitarian'. His name is Ken Henry. Ken was trained in many fields. He started off as a Programm Controller for the Profoundly Handicapped at St. Nicholas Hospital to Researcher & Lecturer at the Melbourne State College/University on Intellectual and Physical Disabilities. From there he moved on to running a Youth & Physical Rehabilitation facility in Darwin. In 1980s Ken went to Hong Kong, China and Japan to further his studies in Oriental Medicine, Acupuncture and T.E.N.S machine. He is now using his knowledge and expertise to do his Humanitarian work.

Ken went to Africa to for a trade show and very quickly discovered that the people there needed help. From starting a youth employment programme in Tanzania to setting up training programme for the Nursing staff in Uganda, Ken has committed to sharing and teaching in the Central-Eastern African countries. Since 1997 Ken has been visiting these countries three to four times a year.

I will give a brief account of Ken's activities over the past few years :

- 1997 Ken Henry ran a youth initiative employment programme for 200 youths. From that programme currently there are over 800 youths self-employed. A follow up programme was initiated and many requests for school and medical goods. These requests came from community groups in the Yombo district. The Yombo District is 40 km from the Tanzania's capital city of Dar es Salaam. He worked in the Community Hospital for two weeks and got a good feel for critical needs of their community. The Hospital at Yombo catered for mainly Malaria and AIDS. They had no drugs, equipment or beds. Since then he has sent in medication and medical equipment. These are would be one of the poorest areas in the world today. Most poor areas are built on swampy areas, which are the breeding grounds for malaria and other mosquito borne diseases.
- 1999 He made his first visit into Uganda. Out of all the Central Eastern African Countries, Uganda would have the most poverty and diseases. He arranged the first shipment of 5000 pairs of eyeglasses to be shipped into the country. (Up to now he has sent over 70,000 pairs of glasses to South Africa, Uganda, Tanzania and Kenya for distribution by the Lions Clubs over there).
- 2000 He visited most of the hospitals in Uganda and became interested in AIDS and Malaria. He introduced Colloidal Silver liquid into Uganda, which he found to be beneficial for the malaria patients. With his knowledge of acupuncture he introduced his 'Blood Purification' technique to a small clinic in Kampala for the treatment of Malaria and AIDS.
- 2001 He then visited South Africa and Tanzania and while in Durban South Africa he tested the effect of Colloidal Silver and Blood Purification in a Laboratory which showed a positive effect on AIDS and Malaria.

- 2002 He then worked in Kitante Medical Centre in Kampala, Uganda with Malaria and AIDS patients and got very good results from his non-drug treatment. That trip he took in \$\$250,000 worth of equipment.
- 2003 He made 3 visits to Uganda and worked with Malaria patients and achieved good results using his methods. He sent in \$2.5 Million of equipment into Uganda.
- 2004 Two months ago he took a medical team of doctors and nurses for a two-week visit to Uganda and evaluated the nurses training programme and to set up training for medical staff in the use of TENS for pain management equipment. He took in \$200,000 of equipment and medicines.

Reproduced below is the letter written to me for your information.

"To Dr Foo Choong Khean

Immediate Past President , Australian Chinese Medical Association of Victoria"

*Dear Benny*

*Refer to our discussion on the 24<sup>th</sup> of May 2004 re Uganda Health System.*

*I would like to receive assistance from your association for the supply of second hand computers to put into the nurses and doctors training programmes so they can access the internet to keep up to date in nursing and medical methods and training. I want to introduce in the near future TELE – MEDICINE.*

*If the medical profession can also assist us with dated drugs to take in each visit this would also assist with the Ugandan Health Problems.*

*Any second hand Medical goods would also assist the doctors in Uganda*

*We are going to carry out a research project later in the year to ascertain the effectiveness of certain products on AIDS & Malaria. We may need assistance with this project.*

*With kind regards*

*Ken Henry"*

**Recommendation: Not many people would risk their "lives & limbs" to visit Africa for so many times and for so many years. Ken has a genuine desire to help the African people. I strongly recommend that our Association support Ken Henry in his "African Project".**

**Benny Foo**

**Immediate Past President**

*Editor's note :*

Members who are interested in contributing to Ken Henry's Project, please contact ACMAV via fax 9899 6389 and send in your name and contact details. Then ACMAV will ring you and arrange for delivery. In particular, Analgesics, NSAIDs, Antibiotics and blood pressure drugs (still in date) have been requested.



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Have you registered for the ACMAV Annual Conference ?  
Here is a little appetiser – the menu for the Conference Dinner at Tai Pan Restaurant

Steamed whole scallop with ginger & shallot	蒸龍蝦
Double boiled herbal soup	雙料燉湯
Mixed crab & egg noodle	花蟹肉炒麵
Roast Eye fillet	原條半燒牛柳
Snow Pea sprout & crab meat	碧綠鮮蟹肉
Pei Pai Duck	醬鴨
Vegetarian Bean curd roll	齋三絲腐皮卷
Steamed whole fish	清蒸游水新魚
Fujian Fried Rice	福建炒飯
Sweet walnut soup	生磨合桃露
Fresh Fruit Plaster	鮮果拼盤