

ACMAV Annual Conference - Highlight it in your diary now!

The Annual Conference has for many years been the highlight of the ACMAV's calendar of events. It gives the association a chance to showcase local experts in their chosen field of medicine, providing valuable education for our members. It is a way of introducing the ACMAV to those from community, government and industry groups who may have been invited to attend. Importantly, the Annual Conference has become the means by which the state ACMAs can make contact with each other. The Australian Council of CMAs meets during the Conference and for interstate members it is a chance to discover "what the others are getting up to"! Chinese doctors from overseas, including the New Zealand CMA are also welcome. Above all the event provides a chance for members to get to know one another and to meet friends from interstate or overseas.

Listen to what our Chairwoman of the Conference Subcommittee, **Dr Mee Yoke Ling** has to say about this year's Conference:

Love, death, high-tech gadgets, great food – all this and much more is to be experienced at this year's ACMAV Annual Conference on Sunday 19th October!

The Conference Subcommittee has worked hard to put together a program that is both stimulating and informative. There will be speakers on sexual dysfunction, both male

("When love flops") and female ("Why love hurts") and speakers on two of Australia's most important killers – ovarian cancer (Dr Deborah Neesham) and colorectal cancer (Dr A/Prof Joe Tjandra).

Have you ever practiced CPR on a "Resuss Annie Mannequin"? Well, multiply the complexity of "Annie" by 1,000,000 and you might come close to the high fidelity simulators used by Dr Brendan Flanagan to teach clinical skills. This will be an exciting presentation about the way medicine skills will be taught in the future.

Once again the venue for the conference will be the beautiful Sofitel hotel. Breakfast, lunch and afternoon tea are provided – and the Conference will conclude with a 10-course Banquet at Shark Fin House.

The social event on Saturday afternoon (18th October) is a visit to the Melbourne Museum and IMAX.

Please note – *the Early Bird Registration fee of \$110 has been extended to the end of September*. So, if you haven't already sent in your registration form – do it now! There is a copy enclosed in this edition of ACMAV News.

I look forward to seeing you there.

*Mee Yoke Ling
Chair, Conference Subcommittee*

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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
October 2003

DEADLINE
September 2003

Editor's Corner

Time sure flies. It is already the end of another financial year. Everyone is probably busy managing their tax affairs. If you are feeling weighed down by these "taxing" matters, you may find this edition's feature article (on Stress Management) to be very useful!

It is commendable that our committee members are still actively organising ACMAV events despite their own hectic schedules. I hope we will all show appreciation for

their efforts by participating in the activities (especially the upcoming Annual Conference).

We have had a few members featured in the "Getting to Know" and "New Doc on the Bloc" sections. I hope you have enjoyed getting to know a few more faces. Do you have any suggestions on who can be featured in the future? Email me your suggestions (hopefully with that person's permission and contact details).

Did anyone recognize a familiar face on TV and in the newspapers recently? One of our members, who is also a regular contributor to our education seminars, Dr Yee Kar Chan (a urologist), was featured in the news after participating in one of Australia's first successful laparoscopic prostatectomies. Congratulations!

Look forward to seeing you at the next ACMAV event.

Jun Y.

Reminder - Annual Subscription Now Due!

Members are reminded that annual subscriptions are now due and payable.

As stated in the previous newsletter, all members who are financial as at 30th June 2004 will receive 6 months free membership.

Tax invoices were mailed out last month with the

June newsletter.

If you have misplaced your tax invoice, please contact Isabel at ACMA House on (tel) 9899-6380 or (fax) 9899-6389 for another tax invoice.

Siew Keng Chan
Hon Treasurer ACMAV



Calendar of Events

Date	Event	Venue
August 16th (Sat)	Update Seminars 3 - Practical Skin Procedures	ACMA House
September 10th (Wed)	Education Seminar - Dry and Watery Eyes	Melbourne Events and Banquet Centre
October 18th (Sat)	Annual Scientific Conference - social program	Imax and Museum
October 19th (Sun)	Annual Scientific Conference - educational program	Sofitel Hotel Shark Fin House
November 28th (Fri)	Annual General Meeting of ACMAV	TBA



From the Secretary

Although it is not the season to be celebrating the New Year, it is in fact the start of a new financial year and this means renewing subscriptions, not just for the ACMAV, but also for our medical indemnity cover. It is the dawn of a new era, as Paul Nisselle reminded us at a small gathering recently. We will now be paying insurance for our cover, and most members will have had this issue on their minds and been busy reading through the insurance policies sent to all medical practitioners recently. Let's hope that this issue is on the way to being addressed at all levels.

The resolutions passed at the last AGM have now been approved by the Department of Justice. The term of our office officially finished at the end of the financial year and an AGM has been scheduled for November. The term of the elected office bearers in November will be for 18 months (ie. until December 2004), as the terms will now coincide with the calendar year.

The committee has organised a number of upcoming events. I draw your attention to the August Update on Skin Practical Procedures to be held at ACMA House on Saturday, 16th

August 2003. Dr Adrian Mar will be conducting the workshop. Places are limited to 20 as it involves hands on procedures. Our next dinner seminar will be in September.

Our Conference organisers have been very busy putting the final touches to the program. I encourage all members to support the association and register for the Annual Conference on 19th October 2003 at the Sofitel Hotel. It will be a fantastic weekend and a great way to round off the latter part of the year.

Min Li Chong
Honorary Secretary



Wu-ing the Elderly Chinese

"Cancer" — not an easy topic to digest after a sit-down meal at the Elderly Chinese Citizen's Club in Box Hill. However in the hands of ACMAV member and Doncaster GP Lawrence Wu, the audience was able to absorb some important facts about this dreaded group of diseases.

The latest ACMAV Health Talk to the Elderly Chinese took place on the first Wednesday of July. Lawrence, speaking in fluent Cantonese, engaged the group in a discussion about the warning signs, prevention and treatment of common cancers. The signs were all there of a success-

ful and much appreciated talk: the audience were attentive (and awake!) throughout, the questions continued well after the allotted time, and Lawrence was "mobbed" for business cards before he could leave the premises! Well done and many thanks to Dr Wu!



Honour for Mr Gordon Low AM

The Queen's Birthday Honours List this year included one of our members, Mr Gordon Low, who was made a Member of the Order of Australia. The citation reads: "For service to medicine and to international relations through the establishment of Project China". Gordon is a general surgeon and has worked in the Box Hill area for many years. He is Founder and Coordinator of Project China, one of the outreach programs of the Royal Australasian College of Surgeons. Surgeons from China come to Australia, and Australian and New Zealand surgeons in return go to various cities in China. These are not casual visits but working appointments in hospitals of varying durations in an exchange of experience and expertise. Since its inception, 35 Chinese surgeons have come to Australia and 70 surgeons here have gone to China. All this is done through private donations. In this award, Gordon readily gives credit to his wife Rosie for much of the achievements of the Project, and acknowledges the help of many departments of the Royal Australasian College of Surgeons (RACS). In 1994 he was the recipient of the RACS Medal. The ACMAV congratulates Gordon Low on his fine achievement in receiving his latest award.



Correspondence



Reply From Konfucius

I was delighted to read Dr James Khong's letter. I enjoy a little challenge.

Point one: I can understand his concern about charging a fee for patients in a working class suburb. Most doctors are altruistic but also misguided about their role as a doctor. There is no need for them to also take on the roles of a social worker, charity worker or DHS personnel at the workplace. A doctor's role is to provide the highest standard of medical care that he is capable of,

no more no less. You cannot assume that by bulk billing, the money your patients save will be spend on something that is healthy. It is more likely to be spent on cigarettes, beer or McDonalds.

No other groups drop their prices by the suburb they are in. A Big Mac costs the same in Footscray as it does in Toorak. If you choose to bulk bill, that is your decision alone, but do not let it affect the quality of your practice. I am only critical

of bulk billing when it results in second rate service.

Pont two: I am glad that you used the word "theoretically" in regard to item 36. The reality is that patients attending a bulk billing practice does not usually want a 20 minute consult. They generally want a quick fix. You may get some item 36 in an average practice, but not across the board. Correct me if any of you run a bulk billing practice that predominantly uses item 36.

Congratulations to ACMA (NSW) on "Brave New World"

I would like to congratulate ACMA (NSW) & ACCMA on their Annual Scientific Conference "Brave New World" in Canberra over Easter.

It was a great success. I have attended conferences

all over the world but this one was of such high quality, both in its knowledge content and the degree of hospitality. The social program was so much fun. I believe all the Victorian participants had a ball at the conference.

Dr Patrick Tan and his wife, Rosie, and the rest of the team worked extremely hard to achieve the high standard reached by the "Brave New World".

Siew Ch'ng Tan
ACMAV Member

Funny Bones ...

Could these be written by you? (Real sentences found in patient notes)

1. While in ER, she was examined, X-rated and sent home.
2. The patient is teary and crying constantly. She also appears to be depressed.
3. The patient has been depressed since she began seeing me in 1993.
4. The patient refused autopsy.
5. The patient has no previous history of suicides.
6. On my assessment, there was no evidence of neurological function.
7. Between you and me, we ought to be able to get this lady pregnant.
8. She is numb from her toes down.
9. She has no rigors or chills, but her husband stated she was very hot in bed last night.
10. Examination of the genitalia reveals that he is circus sized. (Just how big IS "circus sized"?)





September Education Seminar on ...

Dry and Watery Eyes

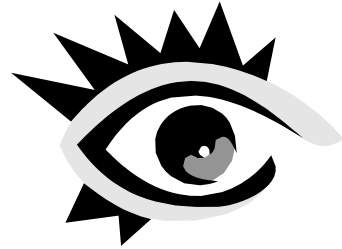
Speakers: Dr Kevin Foo and Dr Alex Poon

Sponsors: Alcon

Date: Wednesday, 10th September, 2003

Time: 6.30pm for 7.00pm start

Venue: Melbourne Events and Banquet Centre
488 Swanston St, Melbourne



Please RSVP by Friday, 5th September 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 _____

Non-member \$50 _____ Expiry Date ___/___

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

STRESS

By Dr James Khong



“Before you can treat the body properly you must first treat the soul” Plato (427-347 BC)

Stress. What is stress? Stress is different for different people. One person's stress is another person's triumph. When I was Director of A&E at the Austin Hospital I noticed that some resident medical officers would disappear from sight whenever a case of major trauma arrived, whilst others would respond with cool clinical judgment. The ones who left the scene in a hurry were reacting to the “fright and flight” response. A colleague of mine confessed that when he was called to the labour ward he would take his time to get there in the hope that the midwife would have delivered the baby before he got there. Obstetrics was not his spice. On the other hand I found delivering babies gave me such a spiritual high that I broke convention and delivered my own two daughters.

Is stress a modern day phenomenon or has it always been around? I believe stress has always been part of human existence. Our ancestors probably suffered stress from hunger, extreme weather, animal and enemy attacks, and diseases they did not understand. Ancient cultures developed systems to deal with stress. The Hindus devel-

oped Yoga and Kama Sutra; the Chinese developed Tai-Chi and various forms of martial arts and meditation.

Stresses today are different. People now suffer from living in big cities, traffic jams, unwanted pregnancies, greed materialism, competitions, exams, job interviews, sudden redundancy, work conflicts, relationship break ups, body image problems and more recently terrorism. Basically anything that upsets you can be stressful.

What are the symptoms of stress? Virtually any bodily symptom can be due to stress. Some people recognize that they are stressed while others don't. The difficulty here is to distinguish symptoms due to stress from those due to organic causes. This requires time and proper clinical assessment. The common symptoms that I encounter include headache, hair loss, jaw clenching, dry mouth, mouth ulcers, blocked nose, neck ache, palpitations, chest tightness, indigestion, backache, dysmenorrhoea, constipation, diarrhoea, urinary frequency, impotence and skin rash. The stressed person has lowered immunity, therefore is more susceptible to viruses and often requires a longer recovery time. Mind symptoms include insomnia, depression, restlessness, anxiety, irritability, anger, lethargy, feeling of hope-

lessness, poor memory and decreased libido. Behavioral symptoms include excessive smoking, drug and alcohol abuse, eating disorders, promiscuity, reckless driving, and violence in the home and workplace. One tell-tale sign of stress is a personality change. If a placid and friendly person suddenly becomes short tempered and irritable, it is a sure sign of stress.

Stress is a modern day epidemic that is totally underestimated by politicians, society in general and the medical profession in particular. The cost to society is enormous; the impact on the health of individuals cannot be over-emphasized. Absenteeism and stress leave is on the increase. In the last 10 years there has been a 44% increase in the number of stress claims. It is also the basis of many relationship problems and marital breakdowns.

What can we do about it? The task is gigantic and involves society as a whole, including health professionals. The most important role for doctors and other health professionals is to accept that stress does exist and acknowledge its effect on health. Proper management requires treatment of the stress as well as the presenting symptom. Unless the stress is dealt with, the symptom will continue indefinitely.

“If a placid and friendly person suddenly becomes short tempered and irritable, it is a sure sign of stress.”



Stress management includes professional help and self-help; one without the other will not result in long-term benefit. The doctor should guide the patients in their choice of professional help, from psychologists, nutritionists, acupuncturists, massage therapists (etc), in addition to encouraging self help.

Self help activities include art, dance, drama, music, exercise, meditation, Tai Chi, yoga, nutrition and sex. In my practice I do not routinely resort to medications. My discomfort with drugs is that they may mask the symptoms rather than resolve them. Body ache is one of the commonest symptoms of stress - when the mind aches so does the body. Massage is a passive and effective therapy for this symptom. Touch is very soothing and healing. Massage produces a reverse autonomic response - the mind is soothed when you soothe the body. These people don't need anti-inflammatory drugs.

Exercise is very beneficial in stress management. It helps to remove stress metabolites and promote the secretion of endorphins, leading to a sense of euphoria. Nutrition is also very important. When the brain is fed with the right nutrients it stays calm and serene. People with nutritional deficiencies, especially iron deficiency, are often chronically tired and often develop somatic de-

pression where they become tearful and unable to cope with day-to-day living. Top up their iron stores and they become like new. It is so common that in my practice I assume all menstruating women are iron deficient unless proven otherwise.

With self-help it is important to emphasize that it takes time to learn and master an ancient practice like yoga, meditation and Tai Chi. One of my patients pronounced that meditation didn't work for him. I asked him how long he tried it for, and he said 10 minutes. People nowadays want everything instantly. Stress management is like fitness, you have to spend time to achieve good results. There is no quick fix.

The creative arts fulfill the fantasy in all of us. We all have a hidden altered ego that is eagerly waiting to be expressed. It is healthy to use your creative outlet as a means of escape from the daily grind that most people have in their lives. Masters and Johnson published extensive research on sex although it is still a taboo subject for doctors. Orgasm remains the one single most powerful mechanisms for the release of anti-stress and euphoric hormones. For those in a relationship it is a good time to rekindle the passion. South Melbourne is the brothel capital of Victoria and talking to the girls who come for check-

ups there is no doubt that many men visit them for stress relief after a hard day at work. Mechanical devices are readily available for those who can't afford the ladies fees. Sexual relief is a legitimate therapy and is far less harmful than drugs and alcohol.

Often people use alcohol to relieve stress. This is the worst strategy. Excessive alcohol makes the brain erratic and prone to disinhibited behaviours which then aggravate the existing stress. I always advise people to enjoy alcohol only when they are physically and mentally healthy. When people are stressed they need a clear head to resolve their problems - substances abuse of any kind will only make matters worse.

To conclude let me share with you some of my patients' stories to illustrate the diverse ways in which stress can affect us all.

An unhappily married man in his forties with chronic blocked nose and sinusitis failed to respond to the usual GP treatment plus acupuncture. An ENT specialist could not help him either. I saw him 6 months later for some unrelated problem and was told that his nose and sinuses had cleared after he left his wife. The Chinese physician would say his ex-wife was blocking his chi with the nose being the entrance to his life force.

A highly stressed female in her twenties presented with recurrent mouth ulcers and viral URTIs. Her blood profile was fairly normal. She started a course in Yoga and meditation and hasn't had a mouth ulcer or URTI for over a year now.

Another stressed female in her thirties presented with recurrent genital herpes that didn't respond to anti-virals. She was frustrated with the frequent recurrences and its disruption of her sex life and relationship. After improving her nutrition and taking a course in stress management, her genital herpes subsided and she has not had a recurrence for three years.

A famous film director developed bizarre skin rashes that bled whenever he was making a film. I personally took him to see a highly regarded dermatologist who was totally baffled. Topical treatments improved it slightly but the rash disappeared when the film was completed.

Stress is a major factor in human health. It is very costly to the taxpayer but more costly in terms of human happiness and quality of life. However stress is recognizable and is treatable, if only you think about it and look for it.





August Update Seminar

Practical Skin Procedures

Date: Saturday, 16th August, 2003
Venue: ACMA House
 862A Canterbury Rd, Box Hill South
Program: 1.00—1.30pm Light lunch
 1.30—2.15pm Skin Procedures: Presentation
 - skin biopsy techniques
 - intralesional steroid injections
 - introduction to dermatoscopy
 2.15—2.45pm Refreshment break
 2.45—3.30pm Skin Procedures: Workshop



Presenter: Dr Adrian Mar— Dermatologist

Sponsor: 3M Pharmaceuticals

NOTE: This session has been approved by the RACGP QA & CPD Program. Due to venue constraints and the practical nature of the workshop, places will be limited to medical practitioner registrants.

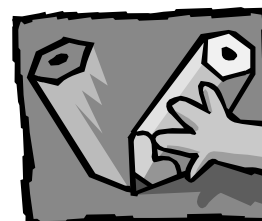
*Please RSVP as soon as possible, latest by Tuesday, 12th August to:
 ACMA House, 862A Canterbury Rd, Box Hill South 3128, or Fax: 9899-6389.*

"I wish to attend the August Update Seminar on Skin Practical Procedures".

Full name.....
 Address
 Tel No Fax No
 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.

Fax me to ACMA House: 9899-6389



New Doc on the Bloc ...

Dr Xun Li

What do you specialise in?

I specialise in respiratory and sleep medicine.

Where do you practice?

Currently I have a consultant position in general medicine at Monash Medical Centre (MMC) and am involved in the CPAP outpatient clinic there. I also consult privately in the rooms at the Department of Respiratory and Sleep Medicine at MMC and Dandenong Respiratory Group at Noble Park.

When did you graduate and become a specialist?

I graduated in 1983 from Jiangxi Medical College and became a fully trained respiratory physician at the Peking Union Medical College Hospital (one of the best hospitals in China) before coming to Australia. I have just been granted the FRACP in December 2002.

Where did you do your training, and what was that like?

I passed the AMC exam at the first attempt in 1996 and worked as a research fellow and part time GP before I decided to sit for the FRACP. My training for the FRACP was completed with distinction at the Alfred Hospital, Royal Melbourne Hospital and MMC. I had had a good time as a registrar at MMC, however my basic training experience at the Alfred Hospital was terrible which nearly made me quit training. In addition, I have been granted an MD (Doctor of Medicine) from Melbourne University after 3 years of research on airway inflammation in asthma.

What are your special interests, medically speaking?

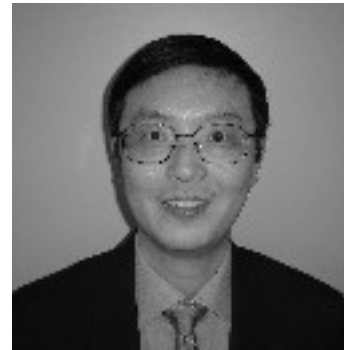
My interests include asthma, COPD and general medicine. The research I did on airway inflammation produced over 10 papers published in peer reviewed journals and invitation to four chapters of asthma textbooks.

What are your other interests, outside of medicine?

I like sports of nearly every kind. Of course, I am not good at most of them, although I am quite competent at table tennis, soccer and plays a reasonable game of golf.

Where were you born and what languages do you speak?

I was born in Nan Chung, Jiang Xi province of China. As most people from mainland China, I speak Mandarin in addition to the Nanchung dialect.



Editor's Note:

This section aims to introduce GPs and specialists amongst our members who are new to Melbourne or new in their profession.

To contribute to this column, simply send your answers to the questions listed to ACMA House, or email them to the Editor. Don't forget to send in a photo ... emailed digital photo preferred.



Getting to Know ...



Dr David Chong

GP in Brunswick West

Which country were you born in?

Malaysia

What language/s do you speak?

English and Mandarin

What is your most memorable encounter with a patient?

First autopsy when I was a medical student.

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

Travelling and writing about it.

Who is your role model?

Various people, depending on what facet of life.

Who would you most like to meet?

Myself, when I am 80 years old. I would like to know, now, what I would be like at 80 so that I could make changes now if necessary.

Which country would you most like to visit?

I would like to spend time exploring Australia.

What do you consider to be your biggest adventure?

Hiking in Tibet, and succumbing to acute mountain sickness.

What do you consider to be your greatest achievement?

Pertaining to the ACMAV, I was president for two years (1991 and 1992). I presided over the inauguration of the Qi magazine, the formation of the ACCMA, and the formalisation of clinical seminars every second month.

How do you unwind after work?

I go for walks, and cycle.

What are your hobbies?

Tennis, ballroom dancing and hiking.

What do you need more of?

Tolerance.

What is one thing that you cannot live without?

Hope.

What would you do or change to improve the ACMAV?

I would like to change the general apathy and inward-looking mentality of some of the members.



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 ...



The three kings (ex- and current presidents) at the recent Update Seminar on Molecular Biology —Drs James Khong (L), Benny Foo and Joseph Cheung.



Learning from the Professor: Drs Fiona Chan, David Lam, Prof Ban Hock Toh, Chris Leung, and Margaret Chan enjoying the delicious offerings of Chine at Paramount Restaurant following the New Frontiers Update Seminar.



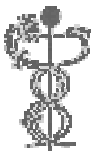
The “brains”, Drs Bernard Yan (L) and Paul Lau., presenters of the Neurology Educational Seminar.



Introducing the New Frontier in Pathology, Molecular Biology and Immunology are: (L to R) Drs Keith Byron, Happy Tang, (Prof) Ban Hock Toh, and David Beam.

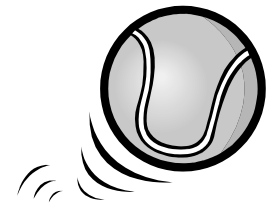


Shining a light on the complexities of the Medical Indemnity issue—guest speaker Dr Paul Nisselle (L) with Mr Kevin Siu (our vice-president).



CLASSIFIEDS

ACMAV Tennis Tournament - Sunday 9th November 2003



The annual Tennis Tournament will be held at the National Tennis Centre, Melbourne Park on Sunday 9/11/03, starting at 1:00 pm sharp. Owing to the uncertainties of weather, the tournament will be indoors.

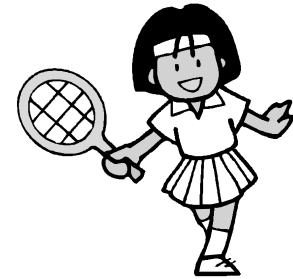
The doubles format will be played with inter-changeable partners in a round robin fashion.

Only members are eligible to play. Families are cordially invited to give moral support and partake of refreshment.

Mayne Health will again be the sponsors for the tournament. I would like to take this opportunity to thank them for their generosity.

Trophies will be presented at the next AGM.

**Please send in your entry forms by 2nd November 2003.
Entry to the tournament is free.**



DATE Sunday 9th November 2003
TIME 1:00 pm
VENUE National Tennis Centre, Melbourne Park
 (enter from Swan Street - Entrance C)
 Free car-parking is available at Eastern Carpark.

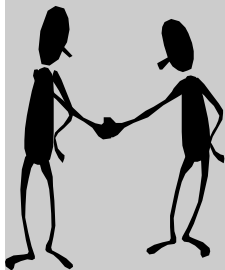
Please return this slip to David Chong, 223 Melville Road, West Brunswick 3055

The following will be participating in the ACMAV Tennis Tournament on Sunday 9th November 2003 :

- 1..... Phone Number.....
- 2..... Phone Number.....
- 3..... Phone Number.....
- 4..... Phone Number.....

Membership Application Forms - Now Available !!

Help Recruit New Members!



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

Remember, if you join now, the membership year will last until December 2004!