

Touchstone

November 2009 Volume 28 Issue 11

Pleasurable Panic...



Andrea Mansfield—ILCM President

As we prepare to print and post this month's Touchstone magazine, I feel a slight sense of panic at the speed with which this year has gone (must be getting old) and a sense of urgency to start preparations for the festive season... Christmas will be here before we know it. The Community Services team is starting to compile Christmas lists and is organizing festivities for the many children's charities we support.

Christmas Cards for Charity

The Limited Edition Charity Christmas Cards are now available for sale. The adorable designs were created by the children at the Cradle of Hope Association and supported by City of Dreams. We hope you will purchase the cards for gifts, for friends, and for use by the companies you work for. Each package purchased directly supports the work of Cradle of Hope Association and gives the children a chance for a better future. Please see page 3 for further details.

Melbourne Cup

By the time you receive this issue of Touchstone, we might be fully booked for the Melbourne Cup Brunch and Fundraising Event on Tuesday 3 November 2009. If you haven't already booked, please contact Patrice Milburn 6693 6325 and see if there are any tickets left. Preparations have been at fever pitch to match dresses with hats and shoes... Fashion on the fields and the best hat is going to be a tough one to judge this year.

A Party for Everyone

Our third annual Family Christmas Party is planned for Sunday 6 December, giving us the opportunity to celebrate a true sense of family and community. The event will be at Pousada de Coloane, the day will

feature the Cotai Suite Choir, Santa Claus will make a visit, and for the first time ever it will include a Mini Christmas Bazaar. Please see page 5 for the very special details.

Business Supporting the ILCM

Friday 16 October marked the day of the Macau Business Charity Golf Day and Gala Dinner... and what a Gala Dinner it turned out to be.

The winning team – Alice Costa, Esther Catita and Fatima Hung presented the ILCM with a cheque for MOP100,000 – their winnings from the day! This was an enormous surprise and such an amazing gift to us and the charities we support. Our heart felt thanks go to these ladies.

The winning gents' team donated their MOP100,000 prize winnings to Marjorie Vendramini of Cradle of Hope Association.

Let the Planning Begin

The planning has started for the 2010 Annual Charity Ball. This is our largest fundraiser of the year and many, many hours go into organizing this event. I am sure we will all agree that this year's Diamonds are Forever Charity Ball surpassed anything that the club had hosted before. It was wonderful... and it was great to be part of the planning process.

We need additional help and support to pull off this event... so if you have a little or a lot of time or talent, I would love to hear from you. Please feel free to contact me so we can discuss possibilities.

There will be lots of opportunities to catch up with you all between now and Christmas at either a coffee morning, luncheon, drinks after work, Melbourne Cup Brunch, the Shopping Trip or at the Family Christmas Party and Mini-Bazaar.

Hope to see you soon!

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ILCM

The social club...
...with **community**
spirit

charity

Care to Volunteer?

A regular commitment to a volunteering opportunity makes a difference in the quality of life of those in need!

MONTHLY

- **Missionaries of Charity** – Birthday party at the crèche for children from poor families.
- **Penha** – Music and art session for physically and mentally disabled children.

WEEKLY

- **Centro de Santa Lucia** (Coloane) – Dancing sessions with the handicapped ladies on Tuesday 3-4pm. Days/times can be changed if more convenient.
- **Penha** – Home for handicapped children need volunteers to do simple physio exercises or to help to feed children at 11am.
- **Cradle of Hope** (Taipa) – Daily 9-11am or 4-6pm. Take the babies out for a walk to the park. This can be a weekly or bi-weekly commitment.

FORTNIGHTLY

- **Santa Maria** – Art session at the home for elderly ladies Monday 3-4:30pm. Can be changed with prior arrangement.
- **Severai Homes** need part-time physiotherapists. Times to suit the volunteers.

Questions?

Email community@ilcm.org.mo.

Community focus



A YEAR OF BLESSINGS BROUGHT TO S. JOSE, KA-HO BY THE INTERNATIONAL LADIES

With joy I would like to write about our friendship with the International Ladies' Club. It began on 4 December 2008 when Fran Thomas, Heather Claridge and Helene Wong came to visit us. Their visit came as a surprise for me as I had never dreamed that people of the *international level* would give a thought to us.

The first thing they brought us was a big Christmas tree and decorations from the Crown with the help of Helene. The good Ladies gave us big beautiful boxes of Christmas gifts, more than enough for each child. Helene also collected a lot of toys for us to give as prizes. All of us marveled at the kind and generous care showered on us.



Then there was the McDonald's lunch which was exciting and special because we actually went to the McDonald's for the very first time.

With July came the best time for activities and the good Ladies offered to help with the donation of



ten thousand dollars. They also introduced Emiko Pinto Marques of Amigo Travel (Macau) Ltd to me and she gave us four free rides to different gardens and The Venetian for watching Zaia in her new comfortable coaches.

We took eight girls to **Hong Kong** in July. We visited several places, including The Peak and the Hong Kong Garden. We took our children to another McDonald's lunch, movie watching in the Cinetatro, Macau.

We also went to watch the 'Dream Bubble' in the City of Dreams, had trips to the grass-sliding ground on the Gran-Tai Hill and water-playing at the Hac Sa Beach. With the help of the donations we had good transport and snacks and drinks. We bought 15 books that teach how to draw comic figures since quite a few of our kids seem to have a talent for and do love drawing cartoons.

Continued next page

Limited Edition... Charity Christmas Cards

... created with love by the children at the Cradle of Hope Association



... supported by City of Dreams

... sold with love by the ILCM

Each package contains 12 cards of 6 adorable designs for only MOPI50.

Order now for 1 November delivery.

Contact:

Andrea Mansfield

6658 2682

president@ilcm.org.mo

Sophie Lei

6669 3737

fundraising@ilcm.org.mo

The ILCM welcomes English speakers of all nationalities, backgrounds and interests. We **organize** social and cultural activities, we orchestrate great fundraising events, and we assist local **charities** through community services and monetary grants.

The social club... with **community** spirit

A YEAR OF BLESSINGS...

Continued from page 2

We also bought two new bicycles. Finally we were able to offer a relatively good meal to our staff at the end of the summer programme.

On 24 July, we gathered together and over ten of our kids made speeches expressing how this summer has been the best ever, giving details of the enjoyable moments they treasured in their heart.

Penny Stubbs from the ILCM Community Services knew that we wished to have an oven and she introduced me to Rowena Chance who gave one to us free so we began trying to bake cakes with some girls. Helene Wong introduced me to Christina of the Hyper Gourmet and they gave us bread and other foodstuff free on three days a week.

Besides the wonderful gifts, it is their non-stop care that is most heart-warming. It is truly touching to



think of people who don't know us pay attention to our welfare and give us generous and willing help again and again.

THANK YOU TO YOU ALL!

Sister Flora Chu
São José Ká Hó School—for disadvantaged and abandoned children

charity

Charity Organizations supported by ILCM in 2009/2010

Residential Homes

Cradle of Hope and Fountain of Hope—for abandoned babies and children at risk

Evangelist Fellowship Home for Children—for abandoned children

Penha Home for Handicapped Children—for children with mental and physical disabilities

Asilo de Betânia—for the elderly

Santa Lucia Ká Hó Centre and São Luis Gonzaga Centre—for handicapped women and men

São José Ká Hó School—for disadvantaged and abandoned children

Centres

Areia Preta Pastoral Centre—day centre for children and the elderly

Good Shepherd Centre—for abused women and children

Missionaries of Charity Crèche—for disadvantaged children

Our Lady of Fatima Centre—day centre for the elderly

St Joseph the Worker Church & Community Centre—support for after school programs

Education

ARTM—drug treatment and prevention centre

China8 Project—caring for children living in garbage tips in Zhaoqing

Hope Medical Mission—cancer and bereavement support groups



Missionaries of Charity Children's Birthday Party

Last Friday of each month from 3 to 4pm

Come along and join in the fun with the children at the crèche. Volunteers with young children are welcome to bring them along to join in the festivities.

Contact
community@ilcm.org.mo

macau



ILCM

All club activities and events are run by volunteers... and every dollar donated goes directly to ILCM charities.

We've got mail!

Sent to the winners of the Macau Business Golf Day:

Dear Alice, Esther and Fatima,

I wish to give my heart felt thanks on behalf of the International Ladies Club of Macau for the generosity shown by the three of you last Friday night at the Macau Business Golf Day presentation.

Your donation of MOP100,000 was totally unexpected and I can't begin to tell you what a huge difference it will make to the 19 charities we currently support.

Once again thank you and I look forward to future opportunities where our paths might cross.

Kind regards,
Andrea Mansfield—ILCM President



Hi Andrea,

Glad that we have won the Macau Business golf tournament and also have donated the money to ILCM. I met Sonia Turner and she told me that this year has been a tough year to raise money because of the economic crisis. I am sure that the donation will release some of the pressure as well as assist in some of the charitable work that you want to do.

If you need any help, please contact me.

Regards,
Fatima Hung



Dear International Ladies Club of Macau,

I am Joyce Fong, the ILCM student who received last year's 2008/2009 ILCM scholarship. I am so happy that I received the honor last year. It is still like a dream for me. I would like to say a deep thank you for all your help. If there are any activities that I can give a hand with, please email me or call me.

Once again, thanks so much!

Best wishes,
Joyce Fong



Dear Editor,

I have been looking at the IACM Museum & Exhibition Venues website for when mum gets here and thought it might be of interest to other people. I didn't realize there were so many free places of interest to visit in Macau.

Website: <http://www.iacm.gov.mo/museum>.

Andrea Mansfield



Got something to say?

If you have questions, suggestions, useful info, compliments, complaints or bits that are too small for an article... then send us an email. We cannot do it without you! Email to: editor@ilcm.org.mo

A Gift in Good Taste.



THE STEAKHOUSE

For every **MOP2500** purchased in Morton's Gift Certificates
now through **December 31, 2009**
you will receive a **MOP500** bonus Gift Certificate* with our compliments.

*Bonus gift certificate is valid January 2 - March 31, 2010.
Gift certificates cannot be bought and redeemed on the same day.

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Taipa, Macau
853 8117 5000 • mortons.com

ILCM events...

macau

All activities are run by fun-loving teams of volunteers.
To get involved email ilcm@ilcm.org.mo

ILCM FAMILY CHRISTMAS PARTY & MINI-BAZAAR 2009

The ILCM invite you to join us in celebrating Christmas in Macau...

Date: Sunday 6th December 2009

Time: 3pm-7pm

Place: Pousada de Coloane

Come Ye For...

- Carols by Macau's very own "Cotai Suite"
- Light refreshments with a cash bar
- Visit for the kiddies by Santa

ILCM members & family: Free of Charge

Non-members: Adults MOP120 Children MOP50 (age 5-12)

RSVP a **MUST!**

Email: events@ilcm.org.mo Phone: Patrice 6693 6325

Bazaar stall bookings:

Members MOP300, Non Members MOP500

Email: crd@macau.ctm.net Phone: Georgie 6610 0045

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BULLETIN... POSSIBLY JUST A FEW SEATS LEFT...

The International Ladies Club of Macau Melbourne Cup 2009

The 149 year old Melbourne Cup is the pinnacle of Australian Horse Racing

It is the richest and most prestigious "two-mile" handicap in the world

Join us at the starting gates for a great day and help raise money for charity

Tuesday 3 November 2009—10am to 3pm

At the Macau Golf and Country Club

Champagne Brunch—Races on the Big Screen

Sweeps & Raffles—Fashions on the Field

Tickets: MOP450/per person

Individual tickets available or get together a table of 10

Bookings: patrice_milburn@yahoo.com or 66936325 Patrice / 66611029 Pennie

It's **BIGGER** than you **THINK!**

family

Tots Spots... 'n Stuff

Andrea Dryburgh

Real leaves & sticky bugs

We had a good time using our collected leaves to make tree pictures! I am sure that passers-by thought I was mad when I was picking leaves up off the ground. It took ages to collect them because the street cleaners here do a good job, but it was worth it to see the fantastic results. Great pictures with children chattering about the leaves and we even had sticky bugs for the pictures.

Don't worry, the bugs were only stickers... no insects were harmed in the making of our Mums & Tots pictures!

A creepy party

We will have a little Halloween party on **Monday 2 November**... kids dress up and we will have some activities, colouring and some treats!



Mums & Tots

ILCM Mums & Tots is a support group for young mums.

It is designed so mums can meet other mums and make new friends... and so their tots up to age 3 can play and interact with others.

Fun & friendship

When:

Mondays & Wednesdays
930 to 1130am

Where:

MDCA, Rua Braganca 47 L, Edf
Mei Tou Kok, Block 7, Taipa
(near sports arena)

Cost:

MOP30/ILCM members
MOP45/non-members/maids

Bring:

Juice & Snacks

Questions? Contact

Andrea Dryburgh 6253 0832
mums@ilcm.org.mo

We are not going to Qube

... we are going to the DENTIST on **Tuesday 10 November 1030am**. We will visit Dr Johnson Yip, Consultant DMD, MFGDP (UK), FACD (USA). Novocare Dental Centre, Macau Square, 10/B (across from New Yaohan). I have some business cards if you need one for a taxi or for further use!

If you have questions or need information, please join us. It will be a brief visit... and good to get our kids one step closer to being regular visitors to the

dentist. If they have a tooth then they can come! Please tell me in advance if you will join us, so the dentist will know how many children will be there!

Are you up for a chat

... and a glass of wine or coffee? We will have a night out **Thursday 26 November** at Bookachino in Taipa so new mums and mums who have been here for a while can share some of the valuable information they have on Macau. It is also a chance to chat and see what everyone is up to.

It is absolutely fine to bring your children... but I plan to leave my boy behind and relax with a little glass of wine... I am looking forward to it already! If you have friends who would enjoy this, please bring them along, everyone is welcome... children, no children, new mum, vintage mum, want to be a mum or don't want to be a mum but like wine... please join us!

Need a spot of exercise?

If there is enough interest we will try to arrange a "Walk & Talk" at the little running track in Taipa and it is free. All we need to do is organize a night and anyone can come for a few laps and a natter!

Finally

There is now a Pediatrician at the Hope Clinic in Taipa. They will also be open on Saturdays but please call and check first.

Feed the Family

Andrea Dryburgh

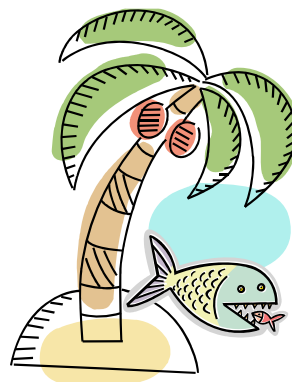
Coconut Fish Curry

Ingredients

- 8 oz/250g of tuna steak. Remove bone and skin. (I buy tuna at the CCK freezer shop.)
- 1 small potato cut into cubes.
- 1 small onion cut into small pieces.
- 2oz/60g broccoli. Peel and cut stalks and break florets into small pieces.
- 2 or 3 tsp mild curry powder or paste.
- 1 tbsp extra-virgin olive oil.
- 125 mls /4fl oz unsweetened coconut milk.
- Coriander to garnish

Instructions

1. Cut the fish into 1/2 inch cubes and refrigerate until you are ready to cook.
2. Boil the potatoes and broccoli until almost tender



(about 8-10 minutes). Remove and set aside.

3. Heat the oil in a frying pan and add the onion, cook until tender. Then add the curry to the fried onion.

4. Add the potatoes and broccoli. Then stir in the coconut milk and bring gently to the boil (almost).

5. Add the fish when the coconut milk is about to boil, then turn the heat down to a simmer and cook fish

until it is opaque through (about 8-9 minutes)

6. Serve with rice and garnish with coriander if desired.

If you can't get tuna, you can use any chunky meaty fish, or change the broccoli for peas.

If YOU have a good snack or meal idea, please feel free to share it with us at mums@ilcm.org.mo.

Health Advice for Parents

Management of Fever in Children

What is fever?

Fever is defined as present when the core body temperature is above 37.5 C when measured with a thermometer under the arm. Fever is a sign of infection in the body. As young toddlers and preschool aged children can have at least five or six cold or flu type viruses per year it does not necessarily mean the child has a serious illness. This may also include swine flu virus A (H1N1).

Is fever good or bad?

Fever is the body's natural response to an infection. A low grade fever is not harmful in itself so does not necessarily need treatment. However children, like adults, often feel miserable and unwell with a fever, so giving medication such as paracetamol or ibuprofen can relieve this discomfort.

Many parents worry that not treating a fever will cause a febrile convulsion. This rare complication (less than 5% under 5 years), although frightening for parents, is usually not harmful. Even giving medication regularly for fever has not been shown to reduce the incidence of febrile convulsions in these children.

What causes fever?

The most common cause of fever is a viral infection, followed by ear and throat infections which can be bacterial or viral. Antibiotics may be indicated depending on severity and cause. Less common but more serious causes of fever include bacterial infections of the urine or kidney (cystitis or pyelonephritis), lung (pneumonia), blood (septicaemia) or brain (meningitis). These will usually require antibiotics and hospital care.

Home Care

- Dress the child in light comfortable clothing. Do not overheat with extra blankets.
- Give the child plenty of light fluids, especially water, as children with fever need more fluids. Do not worry if the child is not eating.
- Sponging with cool water or using fans are no longer recommended.
- Paracetamol or ibuprofen syrup may be given to relieve discomfort until the temperature settles.
- Wash hands or use antibacterial gel regularly to minimise spread.

When to consult a doctor

- Your child has a fever and your child is very young (under 4 months of age).



- Your child is very sick and
- Has pain- eg headache, earache, tummy or limb pain.
- Has difficulty breathing or swallowing.
- Has a rash or repeated vomiting.
- Has neck stiffness or light hurting their eyes.
- Is very floppy or pale or has a convulsion.
- Has no improvement in 48 hours.
- Has travelled overseas recently.
- Has had contact with someone with a serious infection.
- Has a temperature more than 40.0C.

Remember

- Fevers are common in children and most are caused by viral infections.
- If the child seems well and is happy there is no need to treat a fever.
- Make sure the child drinks plenty of fluids.
- Babies under 4 months with a high temperature must be seen by a doctor.
- Watch the child for signs of rapidly worsening illness.
- Consult a doctor if the fever does not settle and the child appears to be getting sicker.

*Dr Amanda Pieris
GP Volunteer, Hope Medical Clinic, Macau*

health

ILCM

The social
club...
... with
community
spirit



ADVERTISING

To inquire about advertising rates and opportunities, please email editor@ilcm.org.mo

gallery

Spotlight the Chef @ Wynn



Let's have Lunch @ Otto



Sept Drinks after Work @ Aurora

gallery



Please do not hesitate to attend activities if you are on your own or new in town.

Just let us know and we will be sure to introduce you to a few new friends...



I L C M

All club activities and events are run by volunteers... and every dollar donated goes directly to ILCM charities.

The ILCM welcomes English speakers of all nationalities, backgrounds and interests. We **organize** social and cultural activities, we orchestrate great fundraising events, and we assist local **charities** through community services and monetary grants.

The social club... with **community** spirit

Photos:

Spotlight the Chef:
Greg Mansfield

Lunch and Drinks:
Georgie Creeden

activities

mind & body...

**Social Tennis Players WANTED****Mondays & Fridays, 9am to 11am**

Players of all levels are welcome to join our social tennis mornings at the Taipa Stadium. Court fees are shared between the players. Contact Penny Stubbs 28882758.

**Mahjong in November****Wednesdays at 12 noon**

Everyone is welcome and this month we are playing at Sonia Turner's place at Orchid Court 16C, Ocean Gardens, Taipa.

Please bring a plate to share and MOP20 to play.

Contact Sonia 66129793 or Valerie 28881262

**Social Squash—guys & gals****Tuesday nights, 730 to 9pm**

Playing on a social/get fit basis at Ocean Gardens Health Club. Guys/gals of all levels are welcome. It is very casual and you do not need to commit to every week.

Contact Kerri Johns johnsey@pacific.net.au

**Book Club = ON HOLD... (first Monday of every month)**

On hold until a few more readers join the group. All are welcome... even if you are not reading anything at the moment. We can also change the venue and day/night time.

To express your interest, please contact Sonia Turner at mikeandsoniat@hotmail.com or 66129793.

Shopping trip to China**MAYBE ONLY 2-3 SEATS LEFT****Saturday 14 November—8am to 8pm****One day shopping trip to Guangzhou**

- HKD150/members—HKD250/non-members—HKD15/travel insurance/optional. HONG KONG DOLLARS ONLY
- Payment required with reservation on/before 30 October...
- Min/25 adults—Max 40 adults... priority to ILCM members/guests
- Meet bus in Macau, walk through Gongbei border, meet bus again. Please arrange China visas in advance.

For full details contact: Sophie Lei sophiemacau@yahoo.com.hk or 6669 3737

Details flyer will be sent via Enews...

**Membership Brochures & Applications**

If you need materials for friends or newcomers, just let us know.

We are also happy to provide your workplace with materials for newly arriving staff.

Please email

membership@ilcm.org.mo



The 2009/2010 Directory was mailed with this issue of Touchstone.

Please note that the directory is for the personal use of ILCM members and may not be used for commercial purposes or for any undertaking not approved by ILCM.

edible & drinkable...



Let's have Lunch...
Thursday 19 November 1230pm
Miramar Restaurant

Located on the north end of Hac Sa Beach, next to The Westin Resort
 Join us for a set lunch with traditional Portuguese dishes...
 MOPI80/members—MOP230/non-members
 Please RSVP by Monday 16 November to Jenny Lonergan at social@ilcm.org.mo
No show policy applies

Between the beach and ocean front and nestled into the hillside of Coloane, there is no better place to truly relax and unwind

activities



Drinks After Work

Are mixed on the last Friday of each month

Meet up with a **mixed** group of friends, newcomers, couples, singles...

If you're alone, let us know and we'll introduce you to a few new friends...

Venue will be **announced via Enews**

Organizer: Winnie Wong
social@ilcm.org.mo

Coffee Morning

On the 1st Thursday of every month

Thursday 5 November

1030am—12noon at The Westin Resort Macau

A perfect opportunity to meet up and socialize in a beautiful setting... and some of us stay on and enjoy the excellent buffet lunch.

The Westin generously provides the wonderful venue as well as coffee, tea and cookies. All we need to bring are friends and newcomers.

Inquiries: ilcm@ilcm.org.mo



Left: Penny Stubbs, Sophie Lei and Anita Lauder are enjoying a gorgeous morning at The Westin Resort.



Above: Patrice Milburn, Jade Huang, Georgie Creeden, Penny Stubbs, Sophie Lei and Anita Lauder



Above: Patrice Milburn and Warren Rooke. Men are welcome at all ILCM activities... and the ILCM also has male members.

NO-SHOWS

If you do not show up or cancel too late for a reserved event, please reimburse the organizing volunteer who paid for your unused spot.



A non-profit social organization supporting local charities since 1984

ILCM events/activities calendar

November 2009

ILCM

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6650 2994
Sonia Turner
6612 9793

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Tennis M&T Party (Book Club)	3 Squash MELB CUP	4 Mahjong Mums Tots	5 COFFEE MORNING	6 Tennis	7
8	9 Tennis Mums Tots	10 Squash M&T dentist	11 Mahjong Mums Tots	12 Committee Meeting	13 Tennis	14 CHINA TRIP
15	16 Tennis Mums Tots	17 Squash	18 Mahjong Mums Tots	19 LUNCH Grand Prix	20 Tennis Grand Prix	21 Grand Prix
22 Grand Prix	23 Tennis Mums Tots	24 Squash	25 Mahjong Mums Tots	26 M&T eve chat	27 Tennis MOC Party DRINKS	28
29	30 Tennis Mums Tots					

NOVEMBER BIRTHDAYS

Sondra Kerr (1)
Patricia Forrest (1)
Rhonda Benham (4)
Jessica Lit Wai Cheng (4)
Annette Sullivan (5)
Kathy Seto-Clarke (8)
Tamar Peister (8)
Nina Lichtenstein (8)
Chris Chan (10)
Keo Bancroft (12)
Kristen McAnulty (12)
Cintia Acconci (13)
Sophie Lei (17)
Jennifer Day (17)
Christine Bogunovich (19)
Berni Keefe (24)
Melanie Ruston (24)
Christina Lobo (26)
Molly Kohl (28)
Fredrika Berlin (28)
Anna Hanley (30)

UPCOMING ILCM EVENTS

- Dec 6: Family Christmas Party & Mini Xmas Bazaar
- Feb 3: Morton's ILCM Charity Golf Day

Visit www.ilcm.org.mo for updates

MONTHLY

- 1st Mon: Book Club (on hold)
- 1st Thu: Coffee Morning
- 2nd Thu: Committee Meeting
- 3rd Thu: Lunch
- Last Fri: Charity Birthday Party
- Last Fri: Drinks after Work

SUPPORTERS



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THE WESTIN RESORT MACAU

The Macau Child Development
Association www.macaukids.org