

ILCM welcomes a new president and committee

by Sophie Lei



The summer of 2011 is hot and humid and yet it did not stop 56 members joining the AGM Luncheon at Morton's Steakhouse. A big "Thank You" to Julia Brockman for hosting the AGM, and being President of the meeting.

With a humble heart, I am proud to be the new President and thank you for your vote of confidence. I look forward to working with the new Executive Committee members over the coming year:

ILCM welcomes new President, Sophie Lei (above) and the new Executive Committee (below)

Executive Committee:

Vice President: Lillian Le Truong, Treasurer: Kel Wilton, Secretary: Meg Pringle, Membership Secretary: Barbara Zahner, Community Services Coordinator: Helene Wong and Fran Tomas, Corporate Relations: Andrea Mansfield, Public Relation: Dora Deparis Kohler and Fran Thomas, Events Coordinator: Angelique Schuur, Mums & Tots: Kel Wilton, Members at Large: Sonia Turner, Penny Stubbs and Georgia Creeden.



Thanks to Anna Littlewood for her time and effort in producing the Touchstone magazine, and Winnie Wong for hosting the most popular Friday Drinks After Work, and to Julie Lewis, our guest

speaker during the AGM luncheon, for her very inspiring topic "The Strength of Women", it keeps us the ladies to think with a strong mind.

I am sure we shall work together in harmony to continue providing interesting and varied activities and events, and at the same time to raise the funds that we have committed to giving the many charities we support.

I would also take this opportunity to introduce our newly formed Fiscal Committee, which consists of Eileen Stow, Melanie Ruston and Veronica Kuan Evans. This is an independent body to comment on and approve the Executive Committee's reports and accounts.

Last but not least, thank you to Andrea Mansfield, for her hard work and dedication over for the past four years being in her role as the club President. Her passion and leadership has been very much appreciated. I know we will continue to benefit from her support in her new role in the ILCM. Julie Kirkman, the ex-Secretary for her devotion to assist the club with her busy community services schedule. Ingrid Masselink, we wish her good luck and all the bests in her new placement. Katrien Scott has been a wonderful Mums & Tots Coordinator and sure we shall all miss the Kat's Kitchen feature. We wish her the best with the boys in Sydney.

To all our friends who have to leave Macau, thank you for your friendship, the joyful memories and times we have shared together.

In 2010-2011, ILCM raised and distributed MOPI.4 million to the needy. This year, in order to keep up the commitments to the community services, we are aiming to raise at least 1.5 million with a busy social events calendar. The Melbourne Cup in November, Christmas Bazaar in December, Golf Day in March 2012 and Grand Charity Ball next May are all marked and being tabled during the first Executive Committee meeting on June 23 and we shall not disappoint you.

For suggestions and comments, please feel free to contact any members of the Executive Committee or myself.

2012 will mark a very special year for ILCM as we will celebrate our 30th Birthday Anniversary. We look forward to a very happy reunion in the coming May for all the members of the past 30 years.

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☐ An invitation to join our many social events: coffee mornings, mums and tots, social sports...

☐ New member Asia Punter picks up where Kat left off and keeps us all in the know about cheers

☐ Photos from the Annual General Meeting at Morton's Steakhouse

☐ Scarlet fever Health Alert



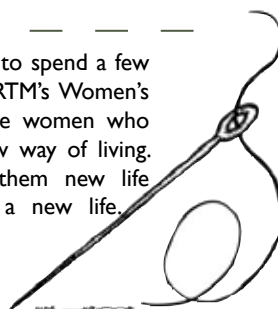
Below: Sebastian Chang enjoying the party with the children at Missionaries of Charity. Sebastian came to the party with his mother Ariel, a new ILCM member.



CAN YOU SEW?

If you are able to sew and would be willing to spend a few hours a week teaching the residents of ARTM's Women's Centre you would be very welcome. These women who are recovering addicts need to learn a new way of living. As part of their rehabilitation teaching them new life skills is fundamental to them restarting a new life.

Please contact AprilAnn Bonar 6205 7587.



A word from our graduate...

Over the last few years the ILCM have given a scholarship to a student from the University of St Joseph. The USJ Scholarship Committee choose the student (who must hold Macau ID and study either psychology or social work) on the grounds of financial difficulty and academic performance. This year's recipient was Geraldine Lam and below is her account of her time spent in Mumbai as a "Goodwill Ambassador"



Namaste!

I am so happy to have had the opportunity to share my feelings as a Goodwill Ambassador to Mumbai, India, along with all of the members of International Ladies Club.

My name is Geraldine; I am the 2010/2011 ILCM scholarship recipient from USJ.

To be chosen as one of the Goodwill Ambassadors, an important program held by the Rotaract Club of Macau every year, first of all we had to reach the goals agreed by the organizers. We have to do a final project about "Harmonization" creating an activity that can enhance harmony within two communities. I was honored to be selected and I have never dreamt to be the one, since there are so many outstanding competitors; all of them are smart, friendly, determined and responsible.

Of course, everything one's working for are always the reason that stay behind. What caused me to attend is that I am attracted by India's beauty and mystery, its famous architectures, and people's customs. On the other hand, I am also curious of its phenomena, which near every booming country will meet, with the greatest wealth gap between rich and poor. No doubt that The Rotaract Club of Macao provide me a great opportunities to know, to learn and to experience.

It was a very impressive and fruitfull journey, as we have seven wonderful days in Mumbai with Rotaract Club of Mumbai Deonar and Ghatkopar . They arranged for us with the best accommodations and meals (everyday we can feel the warmth of Uncle and Auntie through their excellent cooking skill).

We can feel the Rotaractors' enthusiasm toward their own country through their contribution towards the community service that we have joined together to the Shanti Orphanage. The happy and smiley faces from each of the children inspired me much. Provide a better education is an essential way to build a brighter future, not only for themselves but also for the country as a whole.

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Before heading to Thailand for a summer trip with my family in July, I am the happiest President to join some social events organized by the new committee, The Art Tour under the beautiful sunset, the very cozy Spa Talk and June's DAW, meeting a lot of new faces and seeing a lot of long-lost friends. I hope you will not miss the upcoming events.

The weather is getting hotter each year here in Macau. Believe me, it used to be the best weather in early July with a warm sunny breeze. Therefore, for those who leave Macau for the summer break, have a safe and joyful holiday, and to those staying in Macau, keep yourselves cool and sheltered. And we can always meet for a cup of ice tea and share what we can do to improve the Club.

41 years of service

Lar Sao Luis Gonzaga the home for 180 physically or mentally disabled men in Taipa celebrated the feast day of their Patron St Luis Gonzaga and the 41st anniversary of the Home. ILCM has supported the Home for over 15 years now and members were very happy to share in the fun and entertainment. The Home provides training and activities for its residents and has established a bakery run by its residents to provide delicious cookies and bakery items for the Home. The sisters from St Anne have operated the Home for the 41 years it has been open. It is one of four Homes in Macau operated by these devoted women. They come under the umbrella of Caritas Macau. Over the years ILCM has assisted in purchasing wheelchairs, physiotherapy equipment, beds, commodes and the setting up of their Snozlen room which is a sensory stimulation room to stimulate the senses after a stroke or it can help calm agitated residents by use of light and touch. ILCM has been asked to replace some of the physiotherapy equipment bought many years ago as it has worn out from daily use by many of the Home's 200 residents.

Successful outcome from scholarship

Members caught up with ILCM scholarship recipient from 3 years ago Lam Suk Fan Freda on the weekend to hear she is now in charge of Centro de Cuidados Especiais Longevidade, a Day Centre in Taipa which services over 200 elderly men and women. It was our support that enabled her to complete her studies so she could manage this vital role. We were thrilled to see her promoted to this position and she repeatedly thanked us for the part ILCM played in helping her to achieve her degree.



Above: Members at 41st anniversary celebration.

Below: Fran, Melie and Freda



Missionaries of Charity Graduation Day

Graduation day for 90 children under 3 was very special for the parents who proudly watched their little ones graduate ready for school next year. It is always brings a smile to your face to listen to these youngsters sing the songs, both in English and Cantonese that they have learnt over the year. ILCM members who attended help distribute their graduation gift and also the candy bag prepared and donated by Winnie Wong and her friends.

The children love these and open them as soon as they are allowed. Thank you Winnie. The Missionaries of Charity nuns and their teachers do a wonderful job with these very young children and the families that utilise their creche. Most of these families earn under \$6000 per month and are struggling with every day existence. The Centre also is a refuge for women and their children escaping domestic violence. ILCM will increase their support this year as costs and the number of people they are helping also has increased. This is one of the first charities supported by ILCM.



Hi Ladies!

Well, I can't promise my suggestions will be as yummy as Kat's, but I promise versatile recipes that will incorporate local produce, won't include "rose water" or require you to make your own ice cream. I love authentic dishes packed with flavour and colours (weekend dinners) and as a busy mum I am always on the look out for simple and healthy meals (weeknight dinners).

Most of my much-loved recipes come from glossy food and wine magazines, weekend newspaper clippings, collected over many years and are a labour of Australian chefs and cooks. I am a big fan of Jamie and Nigella but I am sure you all have at least one of their books, if not feel free to borrow one of mine, I have them all!

So let me share with you my all time personal favourites. I hope you will fall in love with home cooking too. It can be easy, healthy and fun. If you have any questions or suggestions, please email me on asiapunter@gmail.com. Bon appetite!

WEEKEND DINNER: Steamed White Fish Fillets With Ginger And Spring Onion

Ginger and spring onion sauce is a traditional Chinese accompaniment for fish. Though the original recipe by Les Huynh calls for barramundi, you can use snapper, cod or any other firm white fish fillets.

Ingredients

4X200g white fish fillets
300g bok choy (pak choy) cut into quarters lengthways

Sauce (all can be found in San Miu)

3 tbsp peanut oil
1 garlic clove, crushed
3 tbsp light soy sauce
4 tbsp chicken stock
3 tbsp Shaoxing rice wine
1 tbsp oyster sauce
3 tbsp julienned fresh ginger

I use defrosted sole from New Yaohan frozen fish section. It's my husband's all time favourite that I cook on average once a fortnight.

12X6cm pieces of spring onion (scallion), using mainly the white part
2 tsp sugar
¼ tsp sesame oil

To serve

1 handful finely julienned spring onion (scallion), green part only
1 handful coriander (cilantro) leaves
1 long red chilli, deseeded and julienned

Method

1. Bring a wok or large saucepan of water to the boil. Pat the fish dry with paper towels, then season with a pinch of salt and white pepper. Put the fillets in a steamer lined with banana leaves or baking paper – you may need to do this in batches. Sit the steamer over the wok, making sure the base of steamer does not touch the water. Put the lid on the steamer and steam the fish for 7-9 minutes, depending on the thickness of the fish. The fish is ready when the flesh flakes easily when tested with a fork.
2. To make ginger and spring onion sauce, heat the oil in a saucepan. Add the garlic and fry it briefly (20-30 seconds) until it becomes fragrant but not browned, then add the rest of the ingredients and a pinch of white pepper. Reduce the heat and simmer for about 2 minutes.
3. Blanch the bok choy in boiling water for 30 seconds. Drain well
4. To serve, divide the bok choy among four plates. Carefully lift the fish fillet onto the bok choy. Pour the sauce over the fish. Garnish with the spring onion, coriander and chilli. Enjoy!

WEEKNIGHT DINNER: Spaggettini With Smoked Salmon, Peas And Herbs

1. Cook 350g spaggettini in lightly salted boiling water until al dente. Drain.
2. Melt 60g of butter in a large frying pan over medium heat and add 250g smoked salmon (torn), 4-6 radishes (very thinly sliced) and ½ cup frozen peas (thawed) and toss to combine.
3. Add 3 tbsp white wine and cook for a further 1-2 minutes. Then add 200ml pouring cream, salt and pepper and stir until heated through.
4. Add ¼ cup chives (snipped), ¼ cup flat-leaf parsley (chopped) and spaggettini and stir until pasta is coated with the sauce. Serve immediately.
5. Italians will tell you parmesan does not go well with seafood but my family likes a sprinkle of it on this dish.

CHEESE PLEASE

Every lunch and every dinner should conclude with at least a small sliver of cheese. Hard, soft, blue – it depends more on the climate and weather and the food that has preceded it than it does on wine.

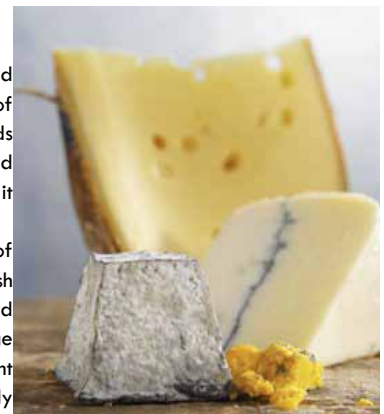
Wine and cheese are billed as one of the world's classic combos – like fish and chips, pork and beans, Fred and Ginger. Both made it to my marriage vows, so you know how important they are to me. But they're actually more like Tom and Jerry. It's a battle,

but a battle we perversely seem to enjoy. Cartoon characters and human beings don't always enjoy absolute harmony. They like a fight. Will the cheese or the wine win? If the cheese is winning, drink a bit more wine. If the wine is murdering the cheese, select a more aggressive opponent from the cheese trolley.

I hope this corner, over the next six months, will help you choose a cheese and wine, whatever the weather. So let's start with...

Hard cheese: cheddar, parmigiano reggiano, pecorino

This is a wide and mostly wine-friendly cheese family. Sheep, cow or goat's milk makes no great difference to the drink you're having: if the texture is dense, the acid high and the fats firm, red wine has a role. Choose reds with enough weight to counter the acidity of the cheese, and enough acidity and alcohol to help emulsify the fats. The grape variety is less important than how the wine was made. Reds that rely on skin tannins rather than wood are always a much better cheese choice. For really sharp cheddars and piquant pecorinos, quality vintage port and even oloroso sherry is OK.



This month at Mums and Tots we bid farewell to yet another tiny member of our community... Amandinho Martins. We wish him and family the best of luck on their next adventure!

ALL ABOUT ME... Amandio Gabriel Martins

Mama: Sarah
Papa: Amandio



AGE: Just turned two this month

FAVOURITE TOYS: My remote control helicopters "cocu" and blue ball.

Another thing that drives me wild is that Talking Cat on Aunty Tennille's Ipad. It imitates everything I say both in English and Portuguese! I keep trying to outsmart him and after a while get frustrated and start shouting at it.

FAVOURITE SHOW OR MOVIE: I love Word World

at the moment and can be heard shouting the letters I recognise at the TV.. my favourites are 'R' and 'T'.

BEST FRIENDS:

Best friend? Well, me and the 'boys' hang out a lot and I now know how to say Lachlan and the babies, 'more' Lachlan, Aiden, Zac, Angus and Noah. Also, Kina our Angolan neighbour is almost like a sister to me. Pretty soon I'll be seeing loads of Kina's in Africa, I guess! I also love playing football with the twins Leon and Jordi... and of course, there is Bailey the cat :)

MY FAVOURITE FOOD: I would have to say cheese... I guess there is a bit of Dutchie in me after all. Mama puts small pieces of Babybel cheese in my meals when I don't really want to eat and I fall for it every time!! It was promised that when I turn two I could have sugar "SOMETIMES"... so, finally... at my 2nd birthday party I had an amazing cake.. and... guess what, I spat it out! Go figure!

FAVOURITE THING TO DO ON A WEEKEND WITH MY PARENTS: The highlight of my week is Saturday mornings when I see "Papa'sss baaag" in the hallway which leads to two whole days of being spoilt rotten. He always takes me down to the car and lets me drive around the parking lot on his lap.

FAVOURITE THING TO DO IN SUMMER: In France, I loved feeding the horses and sheep or getting dirty helping my grandparents Oma and Opa in the garden. In Macau, it has got to be swimming with the 'boys', playing football or riding my tricycle. **FAVOURITE THING TO DO IN WINTER:** I am a tropical baby (born in BKK) and don't have very good



memories of my first cold winter in Macau as I was really sick most of the time. On rainy days, playing hide-and-seek, learning songs and doing counting, alphabet and vocabulary activities with Mama and Mida. **WHAT I WILL MISS MOST ABOUT MACAU:** I have grown to love my life in Macau. This is mostly because of my wonderful friends and the fact that it only takes Mama a few minutes to organise a playdate or outing, pop me in my cool cow print car seat in 'Grandpa' or 'Pinkie' and get to a friend's house! You also can't beat our beautiful view and all the helicopters that fly past my bedroom window. **A LAST WORD:** My Mama (a job to do with lots of talking and some writing) and Papa (a job to do with numbers and that involves hotels and lots of travel on planes) and me (blond 'smart' boy :)) want to thank all of you who made our experience in Macau, despite the odds initially, so amazingly wonderful!! However, global nomads we are for sure... so, onwards and upwards to an exciting new destination of wildlife safaris, braais, vineyards, rooibos tea plantations, new friends and... a grassy garden and pool :-P



Summer Food for the little ones

Pasta Salad

Ingredients

1 bag of pasta (shaped in wheels or another "fun" shape if possible)
1 C chopped fresh broccoli
1/4 C sliced black olives
1/2 C baby carrots, julienne
1/2 C zucchini, sliced thin
1/2 red onion, sliced very thin
2 T olive oil
black pepper and lemon juice (low-fat salad dressing if you choose)

Method

Boil pasta al dente. Sauté broccoli, carrots, zucchini in olive oil until crisp yet tender. Drain & rinse pasta. Combine pasta and vegetables in large bowl and add parmesan cheese to lightly coat. Add black pepper and lemon juice if you wish. Serve warm or cold.



Health Alert

by Amanda Pieris

Scarlet Fever

Macau's Health Bureau (SSM) recently confirmed a notable increase in the number of cases of Scarlet Fever in recent months when compared to the same period of last year. It announced that it is closely monitoring the situation.

Doctor and ILCM member, Amanda Pieris has provided some timely information for members regarding the illness.

What do parents need to know about Scarlet Fever?

Scarlet fever or Scarlatina is an illness that develops when a group A streptococcus pyogenes (GAS) bacteria produces a chemical or toxin.

A sore throat and fever and a bright red rash that covers most of the body usually accompany it.

Viruses most often cause sore throats in children, however bacteria can also cause sore throats and up to 30 percent will have GAS. A cough and cold are not usually seen in children with a strep throat.

Strep throat and scarlet fever are most common in school age children 5 to 15 years and their younger siblings.

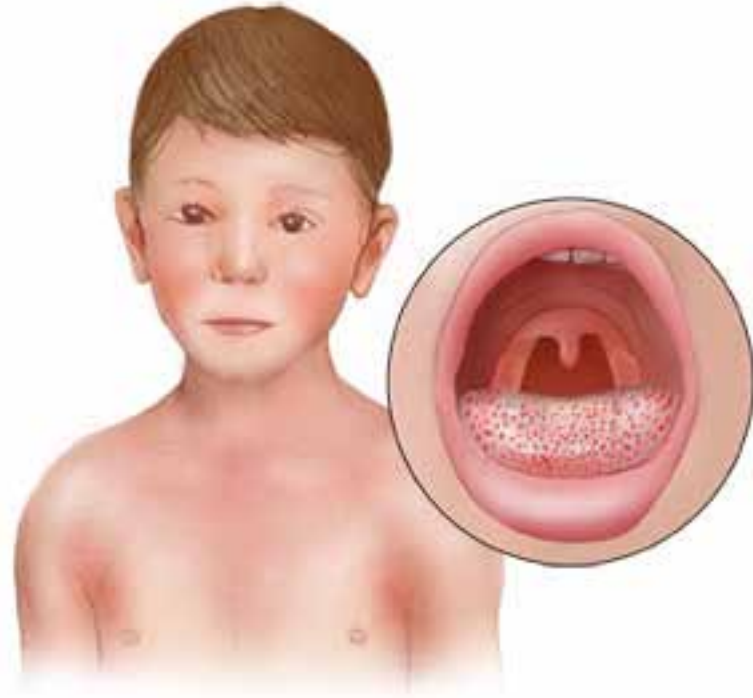
It is usually treated with antibiotics to reduce the risk of more serious complications that can damage the heart or kidneys.

Symptoms

- Red rash - begins on the neck or face then spreads to the body, arms and legs. It looks like sunburn and feels like fine sandpaper. The skin turns pale if pressure is applied to the skin. It does not usually occur on the palms or soles and may peel about 5 days later.
- Red lines – the skinfolds around the armpits, elbows, knees, groin and neck are a deeper red.
- Flushed face – the face appears flushed with a pale ring around the mouth.
- Strawberry tongue – the tongue generally looks red and bumping and may have a white coating early in the illness.
- Fever >38.3 C or 101 F
- Very sore throat with difficulty swallowing
- Painful, enlarged lymph glands in the neck
- Headache
- Nausea or vomiting

How is it spread?

- Person to person contact via droplets from coughing or sneezing especially family members or classmates.



- Hand to hand direct contact – the sick person touches their nose or mouth then touches another person.
- Hand to object indirect contact – such as doorknobs, telephone or toys.

Diagnosis and treatment

Laboratory testing by collecting a throat swab for culture or rapid test can be performed to confirm the diagnosis.

The result of the rapid test is available within a few minutes and can be done at Hope Clinic.

Antibiotics such as penicillin are the best treatment for strep throat and scarlet fever. Although symptoms usually settle within 1 or 2 days, the full 10-day course is recommended to eradicate the bacteria and decrease the risk of complications or recurrence.

Children are no longer contagious and able to return to school once they have completed 24 hours of antibiotics.

Prevention

The best prevention strategies for scarlet fever are the same as those for preventing the spread of other infections.

- Wash your hands thoroughly with soap and water and show your children how to do the same.
- Teach your child not to share eating utensils, drinking glasses or food with others.
- Cover mouth and nose when coughing or sneezing to prevent the spread of infection

Conclusion

The recent outbreak in Hong Kong is reported to be a new, more resistant strain, which may reflect widespread, inappropriate use of antibiotics, allowing it to spread more easily.

However most children recover with treatment, so seek medical help if your child becomes unwell particularly if with any of the symptoms of Scarlet Fever.

Membership needs renewal!

Any members who wish to renew their membership for 2011/12 but haven't yet, can do so now as fees are now overdue. Contact Barbara on membership@ilcm.org.mo

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 social club...with community spirit

Missionaries of Charity Children's Birthday Party

Come along and join in the fun with the children at the crèche on the last Friday of each month from 3 to 4pm. Volunteers with young children are welcome to bring them along to join in the festivities.
Contact community@ilcm.org.mo



Birthday cake is a monthly treat for the little ones at the creche

TOUCHSTONE

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Mums & Tots (& Dads)

Wednesdays 10:00am - 12:30pm
Kids' City, City of Dreams

**MUMS & TOTS
- A SUPPORT
GROUP FOR
YOUNG MUMS.**

They open early just for us! Show your ILCM membership card to receive a 40% discount. Then stay tuned to the Enews for field trips, parties and updates.
Contact Kel Wilton or Faith Town on mums@ilcm.org.mo

Coffee Morning

On the 1st Thursday every month 10:30am - noon
Thursday 4 August *The Westin Resort Macau*

Meet and greet friends and newcomers in seaside setting, and if you have kids, feel free to bring them along.

The Westin generously provides the wonderful venue as well as coffee, tea and cookies..and some of us stay on for lunch or a walk on the beach
Contact: membership@ilcm.org.mo



Mahjong

Wednesdays at 11:30am
- 5pm

Everyone is welcome and this month we are playing at Sonia Turner's home at 16C Orchid Court, Ocean Gardens, Taipa. Please bring a plate to share and MOP30 to play.



Space is limited so please contact us to secure your spot. Contact: Penny Stubbs on 66591842

Social Tennis - Players WANTED

Mondays & Fridays, 9am - 11am
Taipa Stadium

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

Book Club

Calling all avid readers! The ILCM book Club is in search of a leader and new members. The day and venue can be arranged to suit the group.
Interested members should contact Julie Kirkman who can put you in contact with other like minded individuals!
Contact: secretary@ilcm.org.mo

Guys/Gals Social Squash

Wednesday nights 7:30pm - 9pm
Ocean Gardens Health Club

Playing on a social/get fit basis. It is very casual and you do not need to commit to every week.
Guys/gals of all levels are welcome.
Contact: Peter Johns johnsey@pacific.net.au

social
scene

AGM & Lunch at
Morton's The Steakhouse



Photos: Barbara Zahner



WEEKEND
DESSERT BUFFET
CAFÉ PANORAMA

Friday and Saturday at 7pm to 10pm Sunday at 1:30pm to 5:30pm
Adult/成人 \$85+ Child/小童 \$50+

*For enquiries or reservations, please contact Café Panorama at 853.8899.1120.
Subject to 10% service charge and any applicable tax(es).*

THE WESTIN
RESORT
MACAU

澳門威斯汀度假酒店

AGM & Lunch at Morton's The Steakhouse

continued





Photos: Barbara Zahner



*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...*

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BY CHICAGO
THE STEAKHOUSE

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ILCM events/activities calendar

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tennis	2
3	4 Tennis	5	6 Mums n Tots Mahjong Squash	7 Coffee Morning	8 Tennis	9
10	11 Tennis	12	13 Mums n Tots Mahjong Squash	14 Committee Meeting	15 Tennis	16
17	18 Tennis	19	20 Mums n Tots Mahjong Squash	21	22 Tennis	23
24	25 Tennis	26	27 Mums n Tots Mahjong Squash	28	29 Tennis	30
31						

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Tennis	6
7	8 Tennis	9	10 Mums n Tots Mahjong Squash	11 Coffee Morning	12 Tennis	13
14	15 Tennis	16	17 Mums n Tots Mahjong Squash	18 Committee Meeting	19 Tennis	20
21	22 Tennis	23	24 Mums n Tots Mahjong Squash	25	26 Tennis	27
28	29 Tennis	30	31 Mums n Tots Mahjong Squash			

July Birthdays

Linda Switzer (5)
Juju Schiff (14)
Sarah Skeledon (17)
Christine Cheong (21)
Jean Scott (24)
Catherine Heredia (28)
Liezal Cheong (29)

August Birthdays

Ana Maria Wong (4)
Ariel Chang (8)
Asia Punter (9)
Pamela Rowe (10)
Maleveka Singh (12)
Jenny Lonergan (13)
Anne Dean (14)
Mafalda Melo (20)
Emiko Pinto Marques (25)
Marina Chan (27)
Melody Thurling (31)