



**4CS CELEBRATES
NATIONAL VOLUNTEER WEEK 2022**
#BETTER TOGETHER

4CS NEWS

CANTERBURY CITY COMMUNITY CENTRE



New Program
Sew, Create &
Make Together!

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with Heart
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JULY/SEPT 2022

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 Canterbury City
Community Centre
Community Building Community

50 Years
1972 - 2022



CEO NEWS

.....

Hello everyone

I hope that my update finds you well and healthy as the flu season takes a strong hold on us all.

This time last year we were going into a very long lock down because of Covid-19 and we were navigating how we would continue to assist our clients and communities safely and in innovative ways.

I hope you feel we did our best under difficult circumstances to assist, inform and support you through that phase of the pandemic.

Since February we have seen the phased return of both our women's and seniors groups, various STARS training sessions and some sector meetings and conferences returning to face to face. From my perspective it has been really good to be able to see and speak with people again, we really did miss that part of our work at the 4cs.

Will our working and personal lives be exactly the same again? Perhaps not, many people haven't returned to their workplaces as before and like others, the 4cs have adapted to better use of technology and ways of communicating.

'FROM MY PERSPECTIVE IT HAS BEEN REALLY GOOD TO BE ABLE TO SEE AND SPEAK WITH PEOPLE AGAIN, WE REALLY DID MISS THAT PART OF OUR WORK AT THE 4CS.'

This has been a steep learning curve but we have been doing very well in that regard and have been making digital improvements over time.

We are excited to say that with the assistance of the NSW Department of Communities and Justice we have been able to purchase laptops for people participating in the various training classes we are running in

partnership with TAFE and Sydney Community College.

These partnerships are essential to our work with the community and we could not offer what we do without the fabulous colleagues we have in those two organisations.

In the spirit of partnership, we recently marked 10 years of being in partnership with the Sydney Community College. That takes mutual respect, deep trust and a complementarity of skills and offerings.

I asked one of the teachers the other day why they run classes with us and she was saying that it is much easier for the women to come to a local place they know and trust and that they stay in the courses longer than those they have to travel to the College for. That described to me the real benefits of partnerships like those!

CHANGE IN GOVERNMENT

Since our last Newsletter much has happened in Australia with the change of Government and the election of Prime Minister Albanese and his team leading the nation.

We have made a stronger commitment to the Uluru Statement from the Heart and it is everyone's hope from the 4cs that we build greater connection and understanding of our Aboriginal and Torres Strait Islander history being the oldest living culture on earth.

What does the change of Government mean for the changes to aged care services?

This is a critical question for us and for our clients. We do not have much fresh information on this but what service providers and peak organisations are asking for is for the process to slow down so that the design and transition of the new Support at Home Program is given the attention it needs.

What we do know is that the new system will be underpinned by the Support at Home Program and the block funding provided through the Community Home Support Program and other such programs will not exist in the new more consumer directed system.

The new system will be similar to the NDIS but we do hope that what we have learnt doesn't work in the NDIS is not adopted in Support at Home.

As always, as we get information we will be sharing with our clients and with the community.

Recently I took part in a panel at a NSW Budget Forum held by NCOSS and it was pleasing to see increased attention on the economic advancement of women, the access to early childhood announcements as well as indexation of 5.5% to be passed onto organisations like ours who receive funding from the Department of Communities and Justice.



4CS CELEBRATES NATIONAL VOLUNTEER WEEK

In May we celebrated National Volunteers Week, Australia's largest annual celebration of volunteering held on 16 – 22 May 2022. The theme this year was Better Together.

From our experience at the 4cs, there is no doubt that Volunteering brings people together; it builds communities and creates a better society for everyone.

National Volunteer Week was a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you. I often say that we would not be able to get through a day without our hard working, committed and passionate Volunteers across all our programs. Volunteers are an integral part of the 4cs community and we do our best to show them how much we appreciate what they do.

Again this year we held a Volunteer Dinner, raffle and certificate presentation and the highlight for me was when one of our Volunteers said to me that "4cs does appreciation very well". We talked about that for a bit and what she meant was we show our appreciation all the time, not just at the dinner. That feedback is really important to us!

Each edition of our Newsletter I share a theme with you and this time I choose **renewal**. I always take my time thinking about what I will choose and this time, renewal feels very right. Why renewal? I don't know about you but I have felt uplifted by what I am seeing from our Federal Government, from the world stage to locally in among our communities. Leadership needs renewal

to thrive and that doesn't mean that the people have to change but that the people with leadership responsibility continue to strive for best practice, listening to people along the way and making changes needed in our work and organisations.

I chose renewal because after the long impacts of Covid I feel the 4cs and our community are slowly renewing and rebuilding life as it can be after such a major pandemic. Just today I took part in a graduation of a group of women who were doing a course with us and I could see from what they shared with us that our community is resilient and giving life a good go again.

We may have paused for a while but we have not stopped because we are renewed in our efforts to work with others to build a strong and inclusive community.

Esta Paschalidis-Chilas, CEO

ERIC'S GARDEN WONDER WALL

4cs Garden Care Support Worker, Eric's home recently featured on Gardening Australia.

If you would like to check out Eric's spectacular tropical inspired garden go to www.abc.net.au/gardening/factsheets/wonderwall/13924224





COMMUNITY BUILDERS ACTIVITIES

TERM 3 - Commencing July 2022



We have some new activities this Term at the Cottage - please see below. If you would like more information call Romana on 0412 270 811 or romana.waseem@4cs.org.au

MUM 2 MUM ENGLISH CLASSES



English class for mums with children aged 0 - 5 years.

Would you like to learn or improve your English but have children at home aged 0-5.

Then this class is for you with childcare provided, an opportunity to interact with other mums and for kids to play

Monday Mornings - 25th July 2022

9.30 am - 11.30 am

Lakemba Public School as Community Centres
Alice Street, Lakemba 2195

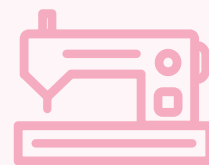
Monday Afternoons - 25th July 2022

1.00 pm - 3.00 pm,

Hampden Park Public School
Hampden Road, Lakemba 2195

For details on how to join call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

BEGINNERS SEWING CLASSES



Learn to make a simple garment and use a sewing machine.

Classes will be for 8 weeks, every Thursday starting 4th August 2022

9.30 am - 12.00 pm

The Cottage, 28 Croydon St Lakemba

ENGLISH AND WORK SKILLS - CERTIFICATE II WITH SYDNEY COMMUNITY COLLEGE



Do you want to improve your English and Employment opportunities? This 18 week course will help you get ready for work. Childcare provided

Classes will be on Wednesdays and Fridays
9.30 am - 2.30 pm - starting 27th July 2022

The Cottage, 28 Croydon Street, Lakemba.

To enrol call Romana on 0412 270 811

ADVANCED COMPUTER SKILLS COURSE



In this course you will learn how to use business software as well as design and produce spreadsheets.

Course is 8 weeks on Wednesdays

9.30 am - 2.30 pm.

No childminding available.

Enrolment and information session in August, date and time to be Advised.

SEWING CORNER



Every Thursday afternoon 12.30 pm to 3.00 pm sewing machines will be available at the Cottage for women to use. Maybe you want to make an outfit or do some alterations.

Machines and equipment provided, but you must provide your own material and have experience using a sewing machine. **Not for beginners**



COMMUNITY BUILDERS

SEW, CREATE & MAKE TOGETHER

Thanks to a donation from Canterbury Leagues Club 4cs has started the program; Sew, Create and Make Together to bring local women together to learn how to sew basic garments through formal classes as well as sharing their skills and knowledge of design, stitch-work and making of traditional clothes.

'FOR MANY WOMEN SETTLING INTO A NEW COUNTRY IS HARD... THIS PROJECT GIVES WOMEN THE CHANCE TO NOT ONLY LEARN A NEW SKILL BUT MEETING OTHER WOMEN AND MAKING COMMUNITY CONNECTIONS TO HELP REDUCE SOCIAL ISOLATION.'

This project provides a safe space for 10 local women to learn to sew, share their sewing skills and knowledge, as well as socialise with other women in a structured sewing class but in an informal community sewing setting.

The Centre has run two x 8-week programs and due to popular demand are planning to run another two by the end of year.

Over the 8 week program women learn to make a simple garment and gain a good understanding of how to thread, use and maintain a sewing machine, as well as use a basic pattern to cut, stitch and create a skirt with an elastic waist.

The current course is being delivered in partnership with TAFE NSW on Monday mornings to a diverse group of women.

As Jo the sewing teacher states, "Sewing is a very practical, skills-based course where participants predominately learn by observing and practicing; hence a high level of English language is not required, enabling more women with beginner and intermediate English language skills to attend."

"Feedback from current participants has been very positive – especially for many, this has been the first class that they have been able to attend since COVID-19 restrictions were eased."

As Romana our community worker states, "For many women settling into a new country is hard, especially when you have to leave family and friends behind.

This project gives women the chance to not only learn a new skill but start meeting other women and making community connections to help reduce social isolation."

If you're interested in learning more about sewing classes, please contact Romana at the Centre on 9750 9344 or 0412 270 811.

HOME CARE

Home Care Packages (HCP) provide support for people to remain living at home.

Confusion around what can be claimed from Home Care Package funds

The HCP Program and the funds you are given are designed to provide services and supports customised to meet a person's individual care needs and goals. The amount of funds given depend of the level of care you have been assessed for, but the key words are services and supports to enable independence.

People are confused with the money provided and do not know where to start. Your provider can help you with this through care planning.

Care planning involves:

- working with you to discuss your assessed care needs and care goals;
- supporting you to make informed choices about which care and service types will best assist you to meet these needs and goals; and
- detailing these care and service types in a care plan.

To help us in assessing your needs and services and creating your care plan, we will look at providing safe and effective services and supports for daily living to optimise your independence, health, wellbeing and quality of life.

These may include services and supports to keep you:

- well and independent – including personal care, nursing services, allied health;
- safe in your home – including cleaning, home maintenance and modifications, assistive technology; and
- help you stay connected to your community – including transport, social support services.

There is considerable confusion over what this may look like but can include:

Personal services – such as showering and personal hygiene, transfer (in and out of bed).

Activities of daily living – assistance with preparing meals, dietitian.

Management of skin integrity – providing nursing service to change dressing and bandages to manage your wounds.

Continence management – for example, providing disposable pads, laundry services and assistance in using continence aids.

Mobility and dexterity – for example, walking frames, wheelchairs, pressure relieving mattresses.



Support services – cleaning, laundry, social support, respite, essential pruning and lawn mowing (where there are issues of safety & access), changing light bulbs, minor repairs, minor modifications such as grab rails in the shower or lever taps/door handles, minor maintenance (such as cleaning gutters where it impacts on safety/access).

Leisure, interests and activities – including assistance to take part in social and community activities.

Clinical Care – such as allied health and therapy services.

We are often asked to purchase items that are **not related** to age-related functional impairment. The items listed below are considered normal household items:

- home modifications or capital items that are not related to the care recipient's care needs;
- new mattress for bed;
- white goods appliances and household appliances such as washing machines, fridges, heating and cooling systems, hot water systems, televisions, microwaves, food blenders;
- furniture such as general lounge suites and recliners;
- household security alarms;
- hearing aids and dentures are examples of government funded items not included;
- servicing gas heaters;
- purchase of a car or petrol;
- funeral cover;
- travel and accommodation for holidays.

These are just some examples **which would not be able to be claimed**.

The HCP Operational Manual provides guidance for providers such as Canterbury City Community Centre to assist us determine whether each use of Home Care Package funds is. You can also access this document on the Department of Health website at myagedcare.gov.au/sites/default/files/2020-04/operational-manual-for-home-care-package-consumers.pdf

BUNNINGS SUPPORTS THE COMMUNITY GARDEN

A big THANKYOU to Mark Mifsud and the team at Greenacre Bunnings for their very generous donation of a range of gardening tools, equipment and even a giant bright red tool-box for Lakemba Community Garden.

With the community garden operating for over 10 years most of the tools were still from this era, hence very old, rusted and often unusable. Joan our gardener was given 'free reign' at the Greenacre Store to pick out a range of equipment that the gardeners desperately needed to plant and prepare their plots, as well as look after the communal areas of the garden.

Thankyou Bunnings for supporting our local garden, you have made our 35 gardeners and their families very happy and your donation will no doubt contribute to a bumper crop!



OUTREACH SERVICES BACK AT 4CS

We are pleased to announce that with many face to face activities coming back, our partners that deliver outreach services will also be providing services at the Centre again. These include;

- Legal Advice with Marrickville Legal Service
- Women's Nurse with Leichhardt Women's Health Centre
- Counselling with the NSW Service For The Treatment And Rehabilitation Of Torture And Trauma Survivors (STARTTS)

Times and days are still be worked out, but if you would like a free and confidential appointment with one of the services above, please call the Centre on 9750 9344.



GARDEN CARE

LIFTING THE BAR ON GARDENS IN THE SOUTH WEST AND INNER WEST

Recently, our Garden Care team worked in Earlwood to support Maria maintain her easy care garden.

Garden Care aims to convert gardens to "easy care" that require less maintenance, are safer and ecologically friendly.

Garden Care employs qualified horticultural staff who work with trained volunteers to create low maintenance gardens through weeding, mulching, and pruning.

When Maria became a client of Garden Care in 2014, the team worked with Maria to create a garden plan. After each visit, or as needed, the Garden Care team reassess and update the client's garden plans. In the most recent visit with Maria, the team dead headed roses, trimmed jasmine, weeded garden beds and then laid paper and woodchip mulch to slow the growth of weeds.

"I feel better when I see all these weeds gone. A big thank you for your work and coming to help me," Maria exclaimed when she saw the results.

When our Garden Care team is deciding on the tasks in each garden plan, top of their minds is what can be done to make a good day for clients and how can we support clients to become more independent.

The team are always willing to provide advice to our clients, where they can, on how to take care of gardens between each visit.



SOCIAL INCLUSION

Reunion with Doreen

What a fabulous time we had seeing Doreen again! As one of our longest Social Inclusion Group members, Doreen moved last year to be closer to her daughter Bev and could no longer participate in the groups.

With Doreen turning 97 years young, Megan organised a surprise outing to her home for her birthday. Somehow the trip was kept a secret and 22 volunteers and clients turned up to wish her a happy birthday.

There were tears of joy all around when everyone realised what was happening. Doreen is one super special person, who has touched so many lives with her beautiful soul, happiness, love, and positive thoughts ... she is loved and missed by all.

Bev, Doreen's daughter made a cupcake for everyone to take-home, all-in containers with flowers and heart stickers on them! She said "Mum was so thrilled to see everyone! She is still on a high! She absolutely loved showing her new home to you all. Thank you for making mum and her 4cs friends' day! You are welcome here anytime".

Knitting with Heart donations

Canterbury City Community Centre's Social Inclusion group have been knitting furiously every Friday since groups returned late last year. And there's a social purpose to what is produced as you can see. This year we have sent knitted donations to the Cat Rescue Sydney, the Love Lismore project and a remote Aboriginal town called Wadeye.



Cat Rescue Sydney

Paul looks after six cat colonies in Sydney. He feeds them daily, traps, desexes and finds homes for every kitten, or as Paul calls them his 'cubs'.

He works tirelessly to give them a better life, all done using his own funds along with sourcing donations of food, money, knitted and crocheted rugs to keep them warm.

Some of the blankets will go with the kittens that get adopted to take with them to their forever homes, others will offer comfort and warmth for those that have been trapped and are now in his care.

If you are in Sydney and looking to adopt a kitten or you would like to donate, Paul would be delighted to hear from you.

Paul's contact number is 0418 408 017

ENVIRONMENT@LAKEMBA

Lakemba Tackles Take-Away Litter Project

Environment@Lakemba in partnership with Canterbury Bankstown Council have successfully completed the '*Lakemba Tackles Take-Away Litter Project*'.

Working with shops along Haldon Street we joined together to raise awareness about littering and what people can do to report litter. The focus of the project was on educating the diverse communities of Lakemba and surrounds to take pride in their local community with the slogan – **I SUPPORT a CLEAN LAKEMBA**.

Members of Environment@Lakemba conducted litter counts at two separate sites, worked with Council's media team to develop a range of posters and promotional material and then spoke with local shop-keepers and other community services to make sure there were lots of I Support a Clean Lakemba Poster and Banners on Display.

The group also attended International Women's Day and had a stall to inform women about reducing litter and waste and explain the EPA Report It App.

The EPA Report It App was also promoted on banners in car-parks and other litter hot spots, with two electronic signs as well.

One thing we did learn from the project is that the EPA Report It APP is not user friendly for people with a low level of digital literacy and the legal terms and conditions of using the App were also a disincentive.

Overall the community members and shop owners involved in the project were very willing to be involved, had a great sense of community pride and wanted to improve the local area.

They were really keen to talk to others, be on the promotional materials and be the face of the campaign.



COMMUNITY GARDEN

If you haven't visited the Lakemba Community Garden recently you will notice some big changes. A big thank you to the construction team HSEJV – A Joint Venture between Haslin and Stephen Edwards Constructions (building the new Metroline at Lakemba), who have done an amazing job in giving the garden a complete makeover.

The teams have worked hard at removing all the weeds and overgrowth in the garden making the garden a much more tidy, accessible and enjoyable space for all. Best of all they have built us 5 new plots and a new compost bay. A big welcome to our new plot holders and their families joining the garden; Sayeedunnisa, Mohammad, Adrienne, Steve and Jahan.

With the new plots we have also taken up the opportunity to update the Community Guidelines so we can continue to keep the Community Garden clean and weed-free. Next time you are down at Jubilee Reserve pop into the garden, everyone is welcome to wander around the garden and admire the vegetables and herbs but REMEMBER no picking!! Lots of love, time and energy has gone into people's individual garden plots and it is very frustrating and sad when produce is stolen.



DATES FOR WORKING BEE



Working Bees are usually held the 1st Saturday of the month. Come share company, ideas and seeds. It is always a lovely morning.

Up-coming dates are Saturdays
2nd July, 6th August and 3rd September 2022
8.30 am – 12.30 pm.

A text will be sent out to all gardeners to confirm the working bees.

Step into Volunteering

In partnership with Inner West Council and Newtown Neighbourhood Centre, STARS held a Step into Volunteering information session at Newtown.

This session is an introduction to volunteering – what it is, why volunteer, how to get on board, what you need to think about – such as rights and responsibilities and where you might find volunteer opportunities.

Thirty-two people attended the evening session which included speakers (staff and volunteers) from Rozelle Neighbourhood Centre, The Bill Crews Foundation and Newtown Neighbourhood Centre.

People from a diverse range of ages attended, some were already volunteering, others were just interested in finding out what Volunteering is all about and how and where to find great opportunities.

Sue who attended on the night said ... " thank you for an informative workshop we need more sessions like this".

If you are interested in finding out more about volunteering, the next Step into Volunteering session will be held at The Carrington Centre, Campsie on Monday 1st August from 1.00 pm – 2.30 pm.

Register online via link

Campsie: www.4cs.org.au/civicrm/event/info?reset=1&id=266

For more information contact Angela 9750 9344 or angela.gallard@4cs.org.au

Celebrating National Volunteer Week with Salsa and Lunch!

STARS, with the support of Inner West Council held an event for Volunteers on the 17th May at the Yananda community room in Lewisham.

This years' theme is "Better Together", and it would be difficult to think of a better way to celebrate volunteers than with Seated Salsa with the wonderful Beatriz Occhiuzzi, creator and founder of Salsa for Seniors.

It was a small and enthusiastic group that enjoyed a great workout for body and mind before having a delicious lunch by Parliament on King- a social enterprise that employs people seeking asylum.

Everyone who attended was very appreciative of the opportunity to meet and talk with volunteers from other services across the Inner West.



BACK TO... FACE TO FACE TRAINING

The STARS team is pleased to finally get back to offering some face to face training in 2022.

May 2nd we conducted Manual Handling training for Social Support and Transport staff/ volunteers with trainer Sue Smith.

Sue took the group through safe access and exit techniques for older people requiring support for car and bus transportation.

It was exciting to have the brand new 4cs bus to demonstrate safe use of hoist and steps as well as handling of wheelchairs, walkers and shopping bags.



Participants shared stories of their experiences volunteering, the joys and satisfaction of helping others as well as the frustrations of volunteering during COVID.



MANAGING CLIENT EXPECTATIONS & HAVING CHALLENGING CONVERSATIONS - IN PARTNERSHIP WITH THE MULTICULTURAL NETWORK & CANTERBURY BANKSTOWN CITY COUNCIL

What happens when there is a mismatch between what the client and/or their representatives want or expect from a service and what the program can offer? This topic will give practical hints at establishing co-operative relationships, managing conversations about fees, when requests are outside the guidelines and when there are differing opinions on support options.

For all community aged care staff and volunteers

Tuesday 26th July 2022, 10:00 am to 11:30 am

FREE Online by Zoom

Facilitator: Glen Sorensen, Age Communications

Register via 4cs.org.au/civcrm/event/info?reset=1&id=270

SAFE FOOD HANDLING (NON-ACCREDITED)



This session will cover: Where and how to safely store food; safe food handling; personal hygiene; hand washing technique and glove use; legislation and how it affects food handlers; reducing cross-contamination; food transportation: Frozen, cold & hot; food spoilage; cleaning and sanitation.

When: Monday 18th July 2022, 10:00 am to 12:30 pm or 1:30 pm to 4:00 pm (choose one session)

At the Carrington Centre, 2 Carrington St, Campsie

FREE for CHSP staff and volunteers **Trainer:** Jill Lipman

Session 1 (am) 4cs.org.au/civcrm/event/info?reset=1&id=263

Session 2 (pm) 4cs.org.au/civcrm/event/info?reset=1&id=264

STEP INTO VOLUNTEERING - FREE INFORMATION SESSION



Have you ever thought about volunteering but didn't know where to start? Come along to this information session to find out! Free - Open to the public - however registrations are essential.

Monday 1st August 2022, 1:00 pm to 2:30 pm - Campsie

Register via 4cs.org.au/civcrm/event/info?id=266&reset=1

Facilitator: Angela Gallard, STARS

FREE - For further information contact Angela on 9750 9344 or angela.gallard@4cs.org.au

VOLUNTEER COORDINATOR MEETINGS - HELD BI-MONTHLY ONLINE VIA ZOOM

Are you a volunteer coordinator or have volunteer co-ordination as part of your role? Come and join other coordinators for connection and support.

For further information contact Angela on 9750 9344 or angela.gallard@4cs.org.au

UNDERSTANDING AND IMPLEMENTING THE AGED CARE DIVERSITY FRAMEWORK - IN PARTNERSHIP WITH THE MULTICULTURAL NETWORK AND CANTERBURY BANKSTOWN CITY COUNCIL

This presentation explores strategies for implementing the Aged Care Diversity Framework within home support and home care agencies. It unpacks the Framework's elements, identifying the links to the Aged Care Quality Standards. It will particularly focus on older clients from CALD backgrounds who may also be represented across other identified diversity groups (e.g. people with mental health issues). Learn how providers can implement the Framework to address inequities in access and outcomes for people from the 12 identified diverse groups in aged care.

For managers, co-ordinators, other senior staff and frontline workers

Wednesdays 10th August and 17th August 2022 (Attend both days) 10:00 am – 11:30 am

Online via ZOOM

Trainer: Glen Sorensen, Age Communications

FREE for CHSP, other aged care staff & volunteers

Register via:

4cs.org.au/civcrm/event/info?reset=1&id=269

APPLICATION FOR MEMBERSHIP OF CANTERBURY CITY COMMUNITY CENTRE INC



Incorporated under the Associations
Incorporations Act 2009

Canterbury City Community Centre is an Incorporated Association which is governed by a voluntary Board of Directors elected by the Financial Members of the Organisation.

To become a member of Canterbury City Community Centre Inc you must be over the age of 18, complete this form and pay the required fee, and support the stated purpose, values and vision of the Organisation.

Your application for membership will need to be accepted by the Board of Directors and, once

approved, you will be eligible to vote at Special and Annual General meetings of the Association as well as nominate to serve on the Board of Directors.

Canterbury City Community Centre Inc is governed by the Rules set out in its Constitution. Members have no liability for the payment of debts incurred by the Association beyond any unpaid annual membership fee.

The annual membership fee is \$5.50 including GST.

To apply to become a member fill out the form below or go online to www.4cs.org.au/membership.

MEMBERSHIP APPLICATION FORM

Name

Address

Email

Please contact me by Post ☐ or Email ☐

I hereby apply to become a Member of Canterbury City Community Centre Inc and agree to support the stated Values, Purpose and Vision of the Organisation and be bound by the Constitution of the Association for the time being in force.

Signature

Date

Return to, The Secretary, Canterbury City Community Centre Inc, PO Box 66, Lakemba NSW 2195

Office Use Only:

Date Received / /

New Application ☐

Renewal ☐

Date Approved by Board / /

Date Entered to Membership register / /

Membership Fee Received ☐

Receipt No.