

Chinese Parents Association Children with Disabilities Inc

澳洲弱能兒童協康會

February 2012 CPA newsletter
二零一二年二月協康會會訊



龍年慶新春 - Chinese New Year of the Dragon Parade CNY Buffet Lunch Cruise

Community Participation - Chinese Cultural Day

Vacation Arts Program



FUNDED BY:

DEPARTMENT OF FAMILY AND COMMUNITY SERVICES

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副主席通訊

親愛的會員，

龍年新年快樂！我希望龍年會帶給您和您的家人好運、財富、健康和繁榮。

首先，我要感謝您加入澳洲弱能兒童協康會(簡稱協康會)這個大家庭，成為當中的一分子。這對於協康會的建立及運作是一種莫大的支持和鼓勵。我感到非常榮幸能在這個多元化及充滿活力的組織裏當上副主席一職，可以代表著許多父母的訴求，為著自己孩子每天的生活，作出一些正面的影響。

去年是協康會繁忙及成功的一年，所舉辦的活動包括有家庭野餐，電影欣賞，Jamberoo戶外活動，中國兔年花燈大巡遊，藍山一日遊及家庭營等。在過去的一年中，協康會也為弱能兒童的家人和照顧者舉辦各種講座和工作坊，其中包括了義工訓練，交通安全講座，性教育工作坊，急救課程，婦女健康講座，123親子課程，法律和監護權益講座等。還有溜冰和帆船活動亦被引入我們的週末活動中，我們的會員在這些活動中都表現出濃厚的興趣和潛力。



今年的亮點是協康會推出了有史以來的第一輯光碟“讓我高飛”，亦因而組成了CPAKIDZ。製作這輯光碟的目的是要培養和發掘孩子的潛力。CPAKIDZ曾在許多不同的大型場合表演，他們的努力和取得的成就亦得到廣泛社區的認同。

我們第一次的畫展“靈感飛越”也於去年在Chatswood中華文化中心舉行，為期十天。是次展覽不僅展示了美麗的藝術作品，當中更包涵了孩子的感情和思想。

協康會現有的活動將繼續進行，此外，我們亦計劃推出“協康集(三)”，主題是作為弱能兒童父親的感受和經驗，還有製作CPAKIDZ光碟第二版，這些項目正處於積極籌備階段，同時我們會繼續致力發展服務，以支持及報答我們的會員。為求進步，我們誠邀及歡迎您的寶貴意見，建議和支持。

最後我在此祝福大家有更美好的一年。

Miranda Vuong - 王周潤梅
副主席

Vice President Message

Dear Members,

Happy New Year! Welcome to the Year of Dragon! I wish the year of the dragon will bring you and your family Good Luck, Good Wealth and Fortune, Good Health and Great Prosperity.

Firstly, I would like to thank you for being a part of CPA. This support – exhibited in so many ways by CPA members and supporters – is very much appreciated, and so it is important that we work to continue to build our association. It is a huge honour to be Vice President of such a diverse and vibrant organisation, representing the interests of many remarkable parents who are making a positive difference to the lives of our children every day.

Last year, CPA had a busy and a successful year, starting the year with a family picnic, going to the movies, Jamberoo Action Park outing, Chinese New Year Twilight Parade to welcome the year of the Rabbit, excursion to the Blue Mountains, Zig Zag Railway at Lithgow and a sport camp. Throughout the year, CPA organised various seminars and workshops for parents in aiming to empower families and carers by giving them the incentive for a positive change. Some of these workshops were Volunteer Training, Pedestrian Safety Crossing, Sex Education, First Aid, Women's Health, 123 Magic (Strengthening Families Resourcing Parents), legal and guardianship.

Ice skating and sailing were introduced to our regular Saturday activities, our members have shown a strong interest and potential in these activities.



The highlight of the year was the launch of the first ever CD 'Set Me Free' which resulted in the formation of the CPAKIDZ group. The objective for the CD was to develop their ability and uncover their potentiality. CPAKIDZ performed their music in a number of community public events. Their hard work and achievements were acknowledged by the community organisations.

Our first ever Art Exhibition 'Inspiration Explored' was also launched last year. The exhibition was held across ten days at the Chinese Cultural Centre Chatswood. This exhibition not only displayed the beautiful art works but the feelings and thoughts from our children.

All the existing programs and activities will carry on this year. In addition, we will focus on the third edition of our "Growing Path" magazine feature Father's thoughts and experiences in dealing with children with disabilities, and the preparation of our second CPAKIDZ CD. CPA has an ambitious and exciting agenda in its very early stages of implementation. Our commitment to develop services to support our members is of highest importance. We invite and welcome your feedback, suggestions and support to build a better association.

I extend my best wishes to you for the coming months.

Miranda Vuong
Vice President

2012 CPA Management Committee:

以下是現屆管理委員會的人员名单:

Hon President 名譽會長: The Hon Helen Sham-Ho (何沈慧霞女士)
President 會長: Mrs Elly Li (李羅艷媚女士)
Vice President 副會長: Miranda Vuong, Mrs Sylvia Tinyow (陳劉秀蓉女士)
Treasurer 財政: Ms Maria Lee (阮李麗萍女士)
Vice Treasurer 副財政: Mrs Aileen Pang
Secretary 秘書: Ms Jennifer Chan (陳素娟女士)
Program Co-ordinator 活動策劃: Ms Elena Lau (容劉敏兒女士) Mrs Ping Mu (繆桂萍女士)

Committee Members 常務委員:

Mr William Wu

Mr Jeff Li (李雲信先生)

Professional Consultants 專業事務顧問:

Mr Peter Wong (王友國先生)

Mr Fan Chun Wing (范鎮榮先生)



澳洲弱能兒童協康會

二零壹壹年十二月抽獎券揭

澳洲弱能兒童協康會在十二月十一日假座賓士鎮美
心大酒樓舉辦午餐聚會，慶祝聖誕節及揭曉獎券中
獎者。與會來賓逾眾。會員朋友一眾參與慶祝佳節
活動，CPA Kidz 演唱聖誕歌曲，一展歌唱才能，場
面熱鬧，溫馨感人。

本會衷心感謝多年來各社團機構、商號、文化界、報
界及電台的大力支持，給本會工作人員及家長會員們
無限鼓勵和支持。企盼繼續同心協力，服務弱群，發
揮互助友愛的精神。

日前銷售之五元獎券於當天抽出，中獎號碼如下：

頭獎: 0739	二獎: 0200	三獎: 0437	四獎: 0756	五獎: 1380
六獎: 0049	七獎: 1711	八獎: 0897	九獎: 0714	十獎: 0558
十一獎: 1715	十二獎: 0381	十三獎: 1302	十四獎: 1500	十五獎: 1534
十六獎: 0471	十七獎: 0246	十八獎: 0187	十九獎: 0941	二十獎: 1868
二十一獎: 0239	二十二獎: 1871	二十三獎: 0545	二十四獎: 0431	二十五獎: 0762

亦可查詢本會網站: www.chineseparents.org.au

懇請中獎人士攜同中獎獎券及身份證明前來本會辦事處領獎。本會義工會致電聯絡中獎人士。

辦事處: 金時區 Campsie, 59 Evaline St, 二樓, 四室。
02-9784 8120/ 0406 233 222 Mandy

澳洲弱能兒童協康會鳴謝下列各善長人士及機構, 捐贈獎品:

Adhunter P/L, Relastar R/L, Nexus Holidays,
Mr Nelson Yuen, Mr Daniel Yung, 華英小廚,
大地行, Klein International, 天慈純素食,

Lanro International Division of Lanoro Aust,
梁珍記飯店, Taronga Zoo, Breville,
Ettason, Affinity Beauty Salon.



Upcoming Activities

Chinese New Year Cruise 2012 新春海上游

今年的農曆新春佳節期間，澳洲弱能兒童協康會將會在海上於您共同慶祝龍年的到來。除了有豐富的自助午餐美食外，還可以共同欣賞悉尼海港的美麗風光。新舊朋友們更可藉此機會互相送上新春的祝福。

新春海上自助午餐舉辦日期是：

日期：二零一二年二月十二號

時間：星期天中午十二時正，

地點 在Pier 26 Darling Harbour集合。
(報名從速，額滿即止)



Woman Health Seminar 婦女健康講座 2012



時光飛逝，婦女健康講座又已進入第四個年頭了。很榮幸和開心，獲何醫師首肯，繼續為這個講座作主講導師，給協康會的家長，會員和朋友，講解健康養生之道，好讓我們自己能學曉如何好好的照顧自己，孩子和家人。既可學習烹調健康菜餚，又可享受美饌，並能結識興趣共同的朋友，擴建社交網絡，可謂一舉數得。

今年婦女健康講座的地點仍是金時區的Metro Resource Centre, 詳情如下

地點: Level 2, Suite 4, 59
Evaline St,
Campsie, 2194

日期: 每月第二個星期四

時間: 上午十時至中午十二時

希望你們能把握機會，一同學習，一同分享健康資訊和生活樂趣。

Legal Talk for
Parents
2月18日
(Cantonese)
2月25日
(Mandarin)

Mum to
Mum
3月1日
Burwood
Woodstock

Concert at
City of Sydney
3月21日

Family Fun
Night
Bowling
In April

Kokoda
Track
Picnic
4月7日

Chinese
Cultural Day
Performance
4月11日

Vacation
Art Pro-
gram
4月14日 &

The above programs may be changed without prior notice due to unforeseen reasons.

Junior Group Activities

Fun to Learn! Independent Living Skills!



導師 Instructor: **Melissa Cox**

This Program is specially designed for children aged 3-9 years. Through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills.

Independent Living Skills such as simple cooking/food Preparation is scheduled

Melissa will guide the children to learn through stories, games, songs and movements.

這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動，透過遊戲方式進行，給三歲至九歲孩提供早期訓練。整個活動著重提供與小朋友溝通的機會。細心聆聽他們要傳達的心意，指導鼓勵及發展他們說話的能力。小朋友能在一個輕鬆和配有柔和音樂的氣氛中，學習與別人溝通，相互照應和交往的能力。並加進學習獨立生活技能。家長亦能參與，好能建立更多與孩子溝通的渠道。



時間: 逢星期六下午2:30pm 至 3:30 pm

地點: Belmore Youth Resource Centre,
38-40 Redman Pde, Belmore

Visit to Play Centres



Saturdays 星期六



Kids in Rhythm & Motion

唱遊活動

by **Christine**



Research has shown that music has a profound effect on body and mind. It is beneficial in helping to ward off depression, to promote movement, to calm people, to ease tension and to improve communication and socialization, especially amongst children with disabilities.

Date: Saturdays 星期六

Time: 3.30pm — 4.30 pm

Venue: Belmore Youth Centre
38 Redman Pde, Belmore

Kindly supported by:



D.G.T. Vision Inc
國際慈善基金
(澳洲總會)

兒童組美術活動

Junior Art Program



Date: Saturdays 星期六

Time: 3.45—4.30 pm

Venue: Belmore Youth Centre
38 Redman Pde, Belmore

The above programs may be changed without prior notice due to unforeseen reasons.

Youth Group Program

Ice Skating



Kindly funded by
Canterbury Financial Assistance Program

日期: 星期六 Saturday
時間: 8.45am to 9.45am
地點: Canterbury Olympic Ice Ring
Phillips St, Canterbury, NSW.



Music Lessons



These classes are conducted for children from 9 years old to adults with the aims to encourage participants to speak up, express their feelings and gain confidence through music; it also strengthens one self's communicative, motor, emotional, social and leisure skills & form a social support network.



時間: 星期六舉行 下午 2:30pm 至 4:30pm
地點: Belmore Youth Resource Centre,
38-40 Redman Pde, Belmore

Kindly Supported by: **D.G.T. Vision Inc**
國際慈善基金 (澳洲總會)

Cooking Workshops

Independent living
Skill training
Exciting Menus!
Food tasting!
Health Eating!



Saturdays

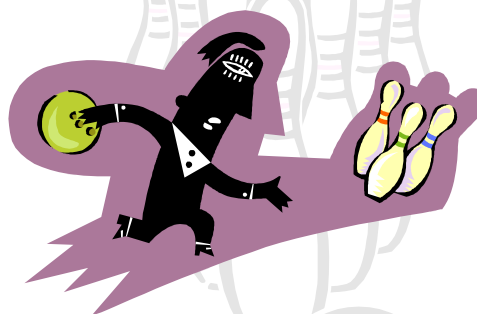


Kindly funded by
Canterbury Financial Assistance Program

Sports for Youth Group

保齡球課

Ten Pin Bowling Lessons



時間: 逢星期六舉行,
上午10am 開始
地點: 3 - 5 George St,
North Strathfield

Kindly Supported by:
Disability Sport Assistance Program

For enquiries please call 查詢請電 :

Mandy : 0406 233 222 or (02) 9784 8120
on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

The above programs may be changed without prior notice due to unforeseen reasons.

2012 Chinese New Year Twilight Parade



The Rehearsal



The Rehearsal

Thank You to
Volunteers &
Siblings:

Angela Poon
Garry Szeto
Nelson Teo
Alan Mak
Sarah Li
Crystal Mak
Jin Tan
Sam Yau
Clement Wu
Derek Lau
Clara Lau
Eleanore Vuong



The Rehearsal



The Rehearsal



The Parade



CPA Team



CPA Dragon Team



CPA Parents



CPA Team

2012 Chinese New Year Twilight Parade

On January 29, CPA took part in the Chinese New Year Twilight Parade. The afternoon began at Hyde Park where we all gathered together at 4 o'clock. This year, CPA was lucky to be provided with a dragon, which siblings and volunteers – Angela Poon, Gary Szeto, Nelson Teo, Alan Mak, Sarah Li, Crystal Mak, Jin Tan, Samuel Yau, Clement Wu and Derek Lau, carried for the parade. First, the dragon needed to suit the twilight festivity so parents and siblings decorated the dragon with lights on the head, along the body and all the way to the tail. The banner was also lit up with lights as well as the drum. Our dragon drumming team consisted of Winda Mok, Ivy Lau and Miranda Vuong on the gong and cymbals, Clara Lau and Eleanore Vuong alternating on the drum and William Wu and Jennifer Chan assisting in carrying/pulling the instruments. We had a short moment to practice before we headed off to the starting point of the parade in Town Hall.

The parade was scheduled to commence at 8 o'clock but since we were in the middle, we didn't begin moving until 8:30pm. It was exciting to see all the other floats and acts surrounding us getting ready to march. The city was filled with lights, music and dance along George St, Hay St, Chinatown and ending at the Entertainment Centre, Daring Harbour.

The beaming lights and shimmering sequins pattern on the dragon brought it to life. We entertained the Sydney spectators and received waves of applause – the dragon dancing rehearsals had definitely paid off. The rest of CPA marching behind the dragon was also covered in colours and lights with their sequin vests, scarves and hats. We looked spectacular!

It was a night to remember for CPA. Everything went according to plan with no major dramas and everyone had a fantastic time. Now, the only unresolved issue is what should we do for 2013...?

By Eleanore Vuong



CPA Team



Getting Ready



CPA Dragon



CPA Beautiful Dragon



Australian Day Performance



It was CPA's honour to be invited by Lieutenant Colonel Mr. Victor Tsang, Treasurer and Secretary of Health Service Army Reserve - NSW, to sing the Australian national anthem at the Australian Chinese Ex- Services Monument (Corner of Dixon & Liverpool Street) on the Australia Day, 26 January 2012.

It had been raining in the morning on the day. Victor was very considerate of our CPA KIDZ - who was the only guest performance team on the day - and made special arrangement for their performance in a shaded area. In addition, CPA Kidz presented to the audience two more songs: "We still call Australia home" & "We are the world" at the function. We also had a chance to attend the ceremony of flag-raising and the laying of wreath by the monument.

When the Australia Day Celebration came to the end, Victor kindly invited us for lunch at a Chinese Restaurant nearby. During lunch-time, we were greeted by some of the guests, congratulated on the success of our singing performance. Our hard work and performance had been recognised and it also raised the awareness of the public. This is a great support and encouragement to both CPA children and their parents.

協康會很榮幸獲得 Health Service Army Reserve - NSW 的財政及秘書 Victor Tsang 曾令德中校邀請於澳洲日- 1月 26 日- 在華裔軍人紀念碑前(Dixon & Liverpool Street 交界) 領唱澳洲國歌。由於當天早上下著微雨，Victor 體貼地安排我們在有遮蓋的場地中獻唱。我們的CPAKIDZ是當天唯一的獻唱嘉賓。隨後，CPAKIDZ 又獻唱二首歌曲：“We still call Australia home”及 “We are the world”。我們亦見證了莊嚴的升旗及獻花儀式。

整個澳洲日紀念活動完畢後，Victor 友善地邀請我們一起到附近的一間中餐館午餐。席間有數位嘉賓特意走過來，表示很欣賞我們的演出和努力。對於協康會的兒童及家長來說，這是一種莫大的支持和鼓勵。

Mandy Yip

Community participation— 2011 Canterbury Children Festival

一年一度的 Canterbury 兒童節 又在十一月五日假座 Canterbury Harcourt 公立小學舉行。

協康會的 CPA Kidz 音樂組很榮幸被邀請出席，參與表演。

開幕時間是下午一時左右，CPA Kidz 的表演是在三時二十八分。當日天朗氣清，陽光普照。場內氣氛熱烈，有很多賣食物和遊戲的小攤子，吸引了很多在 Canterbury 區居住的市民，帶同他們的小孩子來參加；輕氣球，冰淇淋，糖果和各種小食都很受歡迎。這個活動，給住在這一帶和附近的居民都有機會參與社區活動，使市民對社區內的服務和設施

有更多更深的認識，提供他們一個娛樂，亦可增強市民的歸屬感，可謂一舉數得！



下午二時左右，團隊便動身出發到場地去。

其他的家長，義工，會員和孩子也各自起程去那兒，給 CPA Kidz 打氣。

當天他們表演的歌曲有：--- 觀眾看著，聽著，也跟隨著他們的節奏拍手唱和。表演完畢，獲得不少掌聲和讚賞。看到孩子有信心地演出，參與的家長們也很高興和感動，互相支持鼓勵。

這些活動參與，除了給孩子一些機會讓他們融入社區，主要是他們的社交行為也可以得到改善。他們明白“準時，組員合作，和聆聽”的重要。每次演出前，他們要聽指示去排練，熟悉歌曲歌詞，還要準時

到場，否則會遲到，延誤主辦大會其他節目的演出。所以，每次演出過後，CPA Kidz 都得到很多正面的迴響，主辦機構對他們在現場的行為表現，大為欣賞。這都是家長們引以為傲的一環。

澳洲華人慈善總會探訪

澳洲弱能兒童協康會的關愛活動

2011年10月29日星期六下午二時三十分至四時三十分，澳洲慈善總會一行六人在劉敬宇會長的帶領下，來到Belmore 區的澳洲弱能兒童協康會Chinese Parents Association - Children with Disabilities Inc 進行了一次慰問性的關愛活動。

這天下午，陽光燦爛，澳洲華人慈善總會的所有工作人員帶著微笑，把一大筐芒果送到了弱能孩子們的手裡。在副會長陳國柱先生歡快的手風琴的伴奏下，劉會長、王大姐、林大姐、藍女士和李女士和弱智的孩子們唱起了激動人心的歌曲。隨後，澳洲華人慈善總會的工作人員和弱智兒童的家長們一一握手親切交談，對孩子們的境況表示深切的同情和關懷。

劉會長和李女士分別用國語和粵語介紹了澳洲華人慈善總會的的宗旨和並表示了對孩子們的關心和愛護。



王大姐和林大姐一直陪伴著弱智的孩子們，歡聲笑語縈繞耳際。交談中，雙方建立了友誼和通訊管道，共同表示今後要繼續加強合作，一起來關懷弱智兒童們的健康成長。

最後，全體家長、近四十個弱智兒童、協康會的全體工作人員和澳洲華人慈善總會的探訪人員共同合影留念。臨行前，雙方依依不捨的握手道別。

6 January 2012

Happy Feet 2 Movie

The night before the day of the movie my mum told me to wake up a little early in the morning on **6 January 2012** just to get ready to go to watch the movie, **Happy Feet 2** at Bankstown Hoyts Cinema for 10.30am show. I was so excited and did not sleep well but I got up on time to get ready for my mum to arrive at the cinema a bit early before everyone else.

It was a bright sunny morning and we arrived at the cinema at 10.00 am, I saw many other people already queue up at the front counter buying tickets and refreshments such as popcorns and drinks that you can have inside the cinema while you are watching the movie. Before 10.30 am, all of my friends arrived excited and happily with their mums and dads.

My mum told me we have a total number of 52 people from Chinese Parents Association participating in this activity today. We took our group photo outside the cinema. Then we went in to Cinema 8 as shown on the ticket. We found our own seats and sat very still, quietly waiting for the show to begin.



The beautiful magnificent landscape of Antarctica with thousands of different types of penguins appeared on the screen that caught my eyes. The loud noises and the underwater world of other sea creatures were amazing. I loved watching the tap-dancing penguin, Mumble and Gloria's son, Erik. He sang very well to the elephant seals to beg them to help his penguin world when they were in danger. At the end of the movie all the penguins worked together dancing and singing to save their nation from danger. This last scene helps me to understand that we need to work together as a group to face any problems.

Joanne Pang
Aided by mum

Mum to Mum report — 媽媽休閒站

十月二十七日，星期四，天陰。前兩天還是穿短袖衫的，星期二下了兩次大雨後氣溫下降，我今天加穿了一件背心參加 mum to mum 的手飾製作活動。

一踏進 Woodstock Community Centre 的 function room, 便聽到一群靚媽的笑聲。『噢，這個孔這麼小的，我眼力不好，線穿不過，請幫幫忙。』『你的眼力已不錯，我找不到珠上的孔呢！』房間內熱烈的討論把氣溫也提升了。

By Alice



經過一個多小時的努力，大家手上最少也有一條手鏈和一對耳環的製成品。

枱面上有很多不同顏色的大珠小珠，導師很忙很忙的不停回答我們的問題。轉眼便下午一時了，大家珠光寶氣的到越南餐廳午餐。

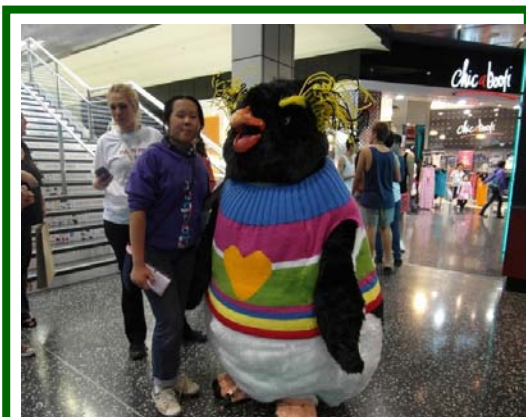


Bowling – Family fun day



Christmas SibSpace

On November 26th 2011, SibSpace went to Burwood Westfield and watched the movie Arthur Christmas.



Kimberly managed to meet one of the stars of Happy Feet 2!

It's about how time and technology has changed the way Santa brings his presents to all the children in the world on Christmas Eve. The conflict between the technological, sci-fi like space craft and the traditional reindeer and sleigh as the mode of transport for Santa to deliver his presents made the movie humorous to watch.

After the movie, we went down Burwood Road to Palm Breeze for lunch. The dishes were very big with lots of fresh green vegetables.

It was a nice day!

Eleanore Vuong



18 December 2011

Christmas on Ice—Canterbury Ice Rink



It was approaching the end of the year. The CPA skaters were delighted to be a part of this year's Annual Christmas Ice Skating Concert at the Canterbury Ice Rink. The concerts were held across three evenings. There were over 100 performers from different ice skating schools including coaches and the amazing 2011 Winter Olympic figure skating olympian, Cheltzie Lee.

Our 'Special Skaters' were Reuben, Barry, Jonathan, Timothy and his brother Sam from CPA, along with four other 'special skaters'. They were performing with the aid of two lovely "Special Olympic" coaches - Charmain and Nina. The group performed two songs with simple routines and movements, such as the chicken dance moves, bending the knee, clapping and waving. Their performance was a display of everything they have learnt on every Saturday morning throughout the year. I was impressed with what our kids have achieved - everyone has shown improvement and all parents felt very proud.

Cheltzie Lee's performance was amazing and very impressive – it was one of the highlights of the show. The final act was Santa Claus skating all the skaters followed by a group photo. This was a great evening filled with music, colours, and sparkles. Everyone enjoyed it!

By Miranda Vuong



At 9:30am, we rode to the golf course to play golf. The instructor told us about the rules of playing golf. We then warmed up by playing a game of Tag. Then we split into two groups.

Our group did putting first. We had to putt our ball into the basket. If we got it in, we get five points. If it hits the basket but it doesn't go in, you get one point. After the practice, we played mini games of putting.

The first one was hitting the ball straight into the hole without hitting the stick. There were three levels. The shortest one is one point, the medium one is five points and the furthest one is ten points. I got 60 points in that game.

Golf Day

The next game was a target game. There were two rings around the hole, the big one and the smaller one. If your ball goes into the big one, you get one point. If it goes in the smaller one, you get five points. If it goes in the hole, you get ten points. I got 17 points in that game.

In the last game, you had to hit the golf ball from different distances. For the short one, you get one point, for the medium one, you get five points, for the furthest one, you get ten points. I got 28 points in that game. Altogether I got 105 points.

Lastly we did the chipping game. We had to hit the ball in the air and get it in the hoop, towel or basket. The hoop was five points, the towel was ten points and the basket was fifty points. No one got it in the basket because it was really far. After that we had lunch in the clubroom. I had a hotdog with chips. It was very tasty especially the chips. After that we all went home tired but happy.

By Sam Yau

Junior Group Holiday Outdoor Activity at

Monkey Mania

CPA junior group parents and children went to the “Monkey Mania” at Bankstown Sports Club on January 17. “Monkey Mania” is a play centre with a range of activities for children of all ages.

When we arrived there, our children were very excited to see a three-lane



wave slide, a spiral tube slide, electric go-karts and an inflatable jumping castle.

There is also an indoor sports net for soccer and basketball, so families can kick and score baskets together, plus a selection of computer games such as Wii and Playstation. After playing for an hour, we had our party at a room called “Disco” with cheerful music inside. We enjoyed our snacks of cheese sandwiches, cheezels, jelly cups, oranges slices & cordial there.

Both the parents and the children recognised this as a fun experience and we are planning to go there again in the very near future.

Mandy Yip

兒童組假期活動

1月17日，協康會兒童組的家長及孩子去了 Bankstown Sports Club 的 “Monkey Mania” 遊戲中心，裏面有很多為著不同年齡的兒童而設的活動。當我們到達後，孩子們都很興奮看到各式各樣的滑梯、電動高卡車和充氣彈跳城堡。遊戲中心亦設有室內足球和籃球網可供一家大小一起玩耍，也有電腦遊戲，如Wii和Playstation等。玩了一個小時後，我們在一間稱為 “Disco” 的房間享用茶點，房內播放著輕快的音樂。我們的食物包括芝士三明治，芝士圈，啫喱杯，橙片及果汁等。

兒童組的家長及孩子均覺得這是一次很有趣的經驗，我們已急不及待地計劃下次的再來。



郊外旅行 野外寫生

自從去年八月澳洲弱能兒童協康會舉辦了「靈感飛越」畫展後，發掘了協康會兒童有繪畫這方面的潛質。為了激發起他們對美術的濃厚興趣，籌委會特意在今年2012年一月七日，就在羅德絲公園 (Rhodes Park) 的科科達軌道紀念行人道 (Kokoda Track Memorial Walkway) 舉行了野外寫生。讓孩子走進大自然，去發展他們的觀察力、想像力和創造力。



首先美術導師 Irene Mok就地取材，教導他們如何從觀察的立體事物中，用平面和素描的手法去描繪出來。她耐心地一筆一筆示範給他們看；孩子們也專心地一筆一筆模仿著老師。他們的繪畫的技能參差不齊，有些需要老師個別指導；有些極具創意，用自己的風格去表達。他們都很單純，不會同其他人比較，只專注地去完成自己的畫。

「完成了！」Stephanie 很自豪地說。孩子們齊集在小操場上舉起自己的作品，來一個大合照。



今次的郊外旅行，一共有七十二人參加，年齡由歲半到七十多歲。父親參加的人數比往年多。天公造美，今天陽光普照，風和日麗。我們漫步科科達軌道紀念行人道，欣賞紅樹叢林的美態。沿途有22站，每個站提供巴布亞新幾內亞 (Papua New Guinea) 重要戰役的歷史記載和圖像。家長們把握這個機會，向孩子講解歷史。在1942至1943年第二次世界大戰期間，澳洲軍隊須然要面對勇猛善戰，數以萬計的日軍，仍然英勇抗敵，力挽狂瀾，竭力阻止日軍穿越和控制科科達軌道。否則日軍由此通道去侵佔莫爾茲比港 (Port Moresby)，再利用此港攻擊澳洲北部及東部。澳洲軍人為國捐軀的精神和豐功偉蹟，實在值得我們向他們致敬！

萍姐忙了整個上午為我們預備豐富午餐。食物包羅萬有：有Sylvia的“招牌”雞翼，使我們讚不絕口！有萍姐精心泡製兩款蔬菜沙律、香腸、黍米、牛油果和茄子，讓我們吃得健康。甜品有西瓜和多款鬆餅。我們更祝賀Barry和Thuman生日快樂！享用了美味的野餐後，孩子們在小操場上踢足球；家長們彼此交流育兒心得；委員會成員忙著籌備今年的活動。我們家長都驚訝委員會成員，好像有用不完的精神。

我們衷心多謝他們勞心勞力，無私的付出，讓我們今天過了一個既有意義又多姿多采的一天

夏寶蘭



Art Program

Art Program



假期美術活動

We had an art program at Belmore Youth Centre on last Saturday. We had 17 people participating in this program. There were Thuman, Barry, Andrew, Joanne, Reuben, Samuel, Samson, Chloe, Victor Wu, Leon, Matthew, Sandra, Karen, Brian, Soon, Matthew's brother and myself.

2012 is the year of the dragon, therefore Mrs Chan taught us drawing a dragon at the first lesson. Her drawing was awesome and she started to teach us step by step in pencils. I had a problem of drawing the dragon's legs with 5 claws. Thank you to Mrs Chan for helping me finish the hardest part.

We used black marker to trace the pencil sketches. Mrs Chan asked us to colour the dragon afterwards, and it looked nice. I chose green, yellow, pink and purple for colouring my dragon.

Everyone created their own drawing and colouring work. I am looking forward to having the next lesson.

Reported by: Jonathan Yung

會員通訊

各位親友：

你們好！趁聖誕及新年臨近，恭祝各位身體健康。順便跟大家談一談我與家人的近況。

十八歲的大女兒加恩 Janice 今年已完成了第十二班，每天花三個多小時在交通上的日子宣告結束了。她於今年十月底應考高等程度會考 HSC (大學入學試)。她選了數學，化學，生物，物理和英文等科目來應試。由於去年她在 11 年班時曾越級挑戰，報考過 HSC 2unit 數學，成績也算中規中矩，今年正式全面出征，雖然略有經驗，但其實我們做父母的也頗擔心，因為在過去一年，我們全家人都生活在一股難以言喻的壓力之下。眼見她做功課與溫習的時候雙眼也總是離不開電視機，用電腦時更不停一面工作，一面在網上與朋友交通，以她這樣的讀書態度，我們夫婦兩人心裡頗為焦急，也不敢存有太高的期望。唯一的安慰是她每考完一個科目回來，都未有表露出擔憂或頹喪的表現，除了顯得疲倦之外，也沒有什麼異樣了。考試成績終於在這兩天公報了，感謝神她所得的分數比我們期望的高。她現計劃選讀雪梨大學的職業治療或者語言治療，看看神如何帶領這個女兒去走她的前路。她現正與媽媽及妹妹在香港渡假，剛參加過 A\$199 團費，還要買一送一的北京八天全包圍，玩得十分開心，而我亦會在本月底回港與她們會合，並會隨團到外地遊玩及到國內作短線旅遊。見到她的成長，真要感謝神的恩典。

一眨眼頌恩 Aliza 已經十五歲了。藉著神的祝福及帶領，我們一直都為到能夠為她找到合適的學校而感恩。

頌恩現在於一所主要服務有視力殘障人士的特殊學校 St Edmund School 就讀，下一個新學年開始便已經是十年級了。由於頌恩很愛護別人，經常主動幫助老師，所以深得同學和老師們的愛護。班中共有十位同學一起上課，老師要依據各人的學習能力去設計個別的課程，雖然有輔助老師協助，但也殊不簡單。她現在於學校除了簡單的學科外，主要學習照顧自己生活上的技能，如學習乘搭火車和出街如何使用盲人用的藤竹，最近的聽覺測驗不太理想，可能需要用



助聽器來輔助。她學彈鋼琴已有兩年多，以中度弱智的小朋友來說，她的表現也算是中規中矩了。頌恩是一個活潑開朗的孩子，很關心其他人，她記性很好，不過性格有點倔強，可能這方面是唐氏綜合症的小朋友的通病。去年頌恩曾在醫院做了一個睡眠窒息症的測試，其後做一個小手術，現在已經康復了，暫時無須使用呼吸器來幫助睡眠。最近幾年她體重持續上升，醫生說她的血壓有點高，所以要在食量方面替她調節一下。幸好媽媽在這方面執行較為嚴格，平日頌恩的體重較為穩定，但一到假期我便忍不住帶她四圍搜尋美食，自己真的要認真檢討檢討。無論如何，見到她在各方面都有進展，我們也深感安慰。求神繼續保守帶領。

我原本在一個離家六分鐘車程的郵局返夜班工作，但去年一月我被調往離家二十五分鐘車程的郵件中心。每天仍然工作七個半小時，但開工的

時間則提早了差不多一個小時，過往我基本上每天大約睡四個小時左右(上午及晚上各兩個小時)，現時睡眠的時間因為工作的調動而再減少了。現在全賴週末的兩個晚上爭取充足的睡眠，這樣的生活方式雖然不太健康，但卻因此而得到在照顧家庭上的方便，算是得失各半。

我和頌恩一樣患有睡眠窒息症，睡眠時需要用吸氧機輔助，但由於我的睡眠時間太短，情況沒有太大的改善，最近一次見醫生，他認為我並無配合療程，經過兩年多的治療也沒有顯著的改善，遂終止了這項治療。這真的要看神如何帶領了。我跟頌恩一樣，也頗擔心自己的健康和體重的問題。這幾年因工作關係缺少了運動，體重不斷上升，所以我也要在這方面調節一下。雖然也有去做健身，但已沒有開始時那麼積極，加上在進食方面未能好好配合，所以未收到預期效果。工作方面因為人事變更，工作氣氛已沒有過往那麼好，自己開始有討厭返工的感覺了。

太太迪仙仍在兒童醫院工作，她甚為忙碌，加上兩個孩子日漸長大，課外活動及交際應酬也日漸增加，太太與我在這方面都頗為費神，疲於奔命。頌恩就讀的學校，雖然政府替她安排了免費交通接送，但因時間未能配合司機到來家中接頌恩返學。迪仙在送了加恩到火車站後，便要趕緊在 7 時左右帶頌恩返回工作的醫院，在那裏將頌恩交給接送返學的司機。迪仙的高血壓似有改善的跡象，經過藥物的治療和調理，血壓現已慢慢回落到接近正常的水平了，但仍需努力。仍需要神的祝福。

以上是我與家人的一些近況的分享，也期望可以知道你們的消息。

添及家人敬上
12/2011

Acknowledgement: 鳴謝

Volunteers:

Angela Poon	Anna Yew	Chun Wing Fan	Darby Mu	Dora Li
Elaine Martin	Eleanore Vuong	Elena Lau	Harry Tinyow	Jacqueline Ho
Jessica Mu	May Mak	Mario Yuen	Paul Yau	Paula Su
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Birthday Boys & Girls of the Months

You are cordially invited to
our Birthday Party on :
25 Feb 2012
24 March 2012

<i>February</i>	<i>March</i>	<i>April</i>
Brian Su	Dave Sun	Connie Shang
Jonathan Yung	Ivan Li	Matthew Ye
Leon Huang	Jeffrey Xian	Victor Wu
Rowena Wong	Karen Lau	Xiao Ming Sheng
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" Chinese Parents Association-Children with Disabilities Inc"

DGR # 900 487 253

January - April 2012 Weekend Activities 週末活動一覽表

	Junior Group-	Youth Group-Morning	Youth Group-Afternoon	Remarks
	2:30pm to 4:30pm	8:45am to 12:00pm	2:30pm to 4:30pm	
January 2012				
7 Jan	Kokoda Track Arts & Picnic Day At Rhodes Park			
14 Jan	Closed	Ice-Skating 8:45	Vacation Arts Program 2:30 CNY Parade Rehearsal -siblings	Mrs Chan
17 Jan	Monkey Mania			
21 Jan	Closed	Ice-Skating 8:45 Sailing 10:00	Vacation Arts Program 2:30 CNY Parade Rehearsal -siblings	Mrs Chan
26 Jan	Performance on Australian Day			
29 Jan(Sun)	Chinese New Year Twilight Parade 2012			
				City of Sydney
February 2012				
4 Feb	Fun to Learn/Cooking Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Craft Class 2:30 - 3:30 Jing Dance School 3:30 - 4:30	Jing Dance School
11 Feb	Outdoor Activity	Ice-Skating 8:45 Bowling/Sailing 10:15	Music & dance Lesson 2:30- 4:30	Annette G.
12 Feb	Harbour Cruise			
18 Feb	Fun to Learn/Cooking Rhythm & Motion	Ice-Skating 8:45,Bowling 10:15	Arts Class 2:30 - 4:30	Irene M.
25 Feb	Fun to Learn/Cooking Art /craft	Ice-Skating 8:45 Bowling 10:15	Cooking class 2:30 - 3:30 Birthday Party 3:30 - 4:30	
March 2012				
3 Mar	Fun to Learn/ Independent skill Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Craft Class 2:30 - 3:30 Jing Dance School 3:30 - 4:30	Jing Dance School
10 Mar	Fun to Learn/ Independent skill Rhythm & Motion	Ice-Skating 8:45 Bowling/Sailing 10:15	Arts Class 2:30 - 4:30	Irene M.
17 Mar	Outdoor activity	Ice-Skating 8:45 Bowling 10:15	Music & dance Lesson 2:30 - 4:30	Annette G. RSAC Disco
24 Mar	Fun to Learn/ Independent skill Art / craft	Ice-Skating 8:45 Bowling 10:15	Cooking class 2:30 - 3:30 Birthday Party 3:30 - 4:30	
April 2012				
7 Apr	EASTER HOLIDAY – Art Program and Picnic at Kokoda Track, Rhodes Park,			
11 April	Chinese Cultural Day performance at Chinese Garden			
14 Apr	EASTER HOLIDAY	Ice-Skating 8:45 Bowling/Sailing 10:15	Vacation Arts Program 2:30	Mrs Chan
21 Apr	EASTER HOLIDAY	Ice-Skating 8:45 Bowling 10:15	Vacation Arts Program 2:30	Mrs Chan
28 Apr	Fun to Learn/ Independent skill Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Cooking class 2:30 - 3:30 Birthday Party 3:30 - 4:30	
The above programs may be changed without prior notice due to unforeseen reasons.				

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street, North Strathfield | Others at Belmore Senior Citizen Centre, Redman Parade Belmore