

Chinese Parents Association-Children With Disabilities Inc

澳洲弱能兒童協康會

CPA NewsLetter

January/February 2011 Issue

協康會 會訊



二零一一年一/二月號

Inside this issue:

Chinese New Year Celebration

New Year Programs

CPA Vocational Art Class



Funded by
Community Services, Department of Human Services, NSW

Kindly supported by

- ▶ Aspen Pharmacare Australia Pty Ltd
- ▶ Sydney Automobile Paint & Equipment Pty Ltd



CPA Newsletter Jan-Feb 2011
協康會 會訊 二零壹壹年一/二月

**Chinese Parents Association -
Children With Disabilities Inc**
澳洲弱能兒童協康會

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Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members, and we welcome your contributions.

歡迎會員朋友來稿, 在「會訊」發表, 使能與其他會員朋友分享, 響應本會的「互助友愛」的宗旨。

澳洲弱能兒童協康會

二零壹零年十二月抽獎券揭曉

澳洲弱能兒童協康會在十二月十二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。會員朋友一眾參與唱歌表演, 一展才能, 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: 1901	二獎: 0822	三獎: 0153	四獎: 1042
五獎: 2115	六獎: 2108	七獎: 1253	八獎: 1539
九獎: 1759	十獎: 0291	十一獎: 1335	十二獎: 1806
十三獎: 0181	十四獎: 2012	十五獎: 2426	

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:

佳源純水,
Citisystems,
Mr Samuel Chu,
Dr. A Lee,
Multipower Office Direct,
Mr Daniel Yung,
華英小廚,
梁珍記飯店,
吳氏藥房,
林和成貿易有限公司,

Thank you!



Message for members from Vice President 2011:

Dear Members,

2010 came and went in a flash. Whilst the year disappeared very quickly, I would like to revisit all the achievements CPA have made.

The core programs that are run on a weekly basis, namely the Junior Group and Youth Group, have continued very well. These programs involve a variety of music and art therapies, dance, bowling and outings that involve the whole family.

Our network groups, Mum2Mum, Dad2Dad and SibSpace have also continued to flourish. The groups have given individual members of the family an opportunity to share experiences in formal and informal situations. Often we don't realise that mothers, fathers and siblings have different experiences with the child with disabilities and these specialised groups allow opportunities to support each other.

For the community we also have seminars such as 'Health' led by Jacqueline Ho and 'Parent Support' led by a variety of guest speakers. The topics which are addressed in each of these are based on the needs of the participants. This is always advertised on our website, our newsletter and sometimes the Chinese media releases and we welcome

anyone who is interested to register for attendance.

Other unique achievements from last year involved, the launch of our 2nd book – Growing Path: Raising a child with disability. For this we thank Mr Chun Wing Fan and his team who were the driving force behind the publication. Our Year 2010 fundraising dinner showcased some of our children's hidden talents and definitely showed off their abilities. We also recorded our first professionally recorded CD which was organised by Elena Lau.

These significant achievements for our small association are a great achievement. We must remember that this would never be possible without the dedicated team of MC's who continuously devote their time and efforts in sourcing funding, organising programs and events and holding together a network of families. Another group that must also be recognised are the volunteers that selflessly donate their time and expertise to support the running of CPA.

I would also like to extend my gratefulness to all the financial supporters, donors, various councils and charitable organisations from the members and from the community. Thanks for their financial resources and support, without which, we would be unable deliver all

the programs and services. Your financial assistances are greatly appreciated!

During my time as president in 2010, I have truly learnt a great deal about the work that is required behind the scenes. All successful organisations require a strong team. I strongly feel that, with reference to our mission, "to provide a range of services and support to people with disabilities", CPA has been and continuously striving to achieve beyond expectations and its schedules. To the best of our ability we always aim to provide services to the whole family as this in effect with relate back to the child/ren within the family that has a disability.

Once again thank you for all of your support over the last twelve months. All of the programs and activities would not have been a success without your help and participation. Please don't forget that everyone plays a part to maximise opportunities for all of our children.

Finally, I would like to warmly welcome our new president Elly Li and our new MC Miranda Vuong. I am looking forward to working within this new team and I am sure that we will all have another successful year in 2011.

**Ping Mu,
Vice President. 2011**

給會員的通訊

親愛的會員朋友，

2010 年轉瞬間已過去了。此刻，讓我來重溫協康會這一年來的建樹。

每星期六的兒童組和青少年組進展良好，節目包括音樂/藝術治療，舞蹈，保齡以及家人參與的戶外活動等。

我們的網絡小組如“媽媽休閒組”，“爸爸對對碰”，及“兄弟姐妹世界”都有活動舉行，給每一個家庭成員機會去分享經驗和資訊。每個爸爸，媽媽，或兄弟姐妹都有經歷與弱能孩子相處的不同經驗，參與小組活動，可給與互相扶持鼓勵。

我們亦定時舉辦講座：何醫師的“婦女健康講座”和“家長座談會”。題材和內容都是參照參會者的要求而定的，詳情在協康會的“會訊”和網頁刊登，歡迎各社區人士參加。

今年，在范鎮榮先生帶領下，編輯組發佈和出版了“協康集之二”。“協康樂聚展才能”籌款晚宴中，我們的孩子表現出他們的潛能和天份，使嘉賓們大為欣賞及讚嘆！劉敏兒女士為青年組灌錄了一張唱片。

能完成這些工作，是要多謝協康會的幹事委員和一群義工的無私，無條件的協助幫忙。

更要感謝社區各界及地區議會的慷慨贊助，使我們得以順利推行各種活動，在此，我們致以無限的謝意。

在我今年的任職內，我亦學少了很多知識及經驗。協康會是一組合作緊密的團隊，盡力秉承本會的信念和履行任務，為我們的子女和家庭提供優質的服務。

再一次感謝你們的鼓勵和支持。你們每一分的支持都給我們的孩子一個機會！

最後，歡迎協康會新任會長 Elly Li 和新幹事委員 Miranda Vuong。在大家的努力下，祈望 2011 是另外一個成功的一年！

繆桂萍上



協康會榮獲第一屆社區照顧者獎項 表彰照顧弱能子女成果顯著



Dear friends and supporters of the Chinese Parents Association (CPA),

I wish to advise that the Chinese Parents Association Children with Disability Inc (CPA) has received a local Carers Awards issued by the NSW Government today. This award is the first of this kind in NSW and it represents a recognition of the carers' contributions to supporting elderly, sick and people with disability in our community.

CPA has obtained the Carer Award in the Canterbury area and it is presented to them today by the NSW MP for Canterbury and Minister for Community Services Ms. Linda Burney. A press release and a photo are attached for your information.

I invite you to join me to congratulate all CPA parents who have spent numerous hours to help their own children as well as helping others, in the hope that people with disability will have a better future for their lives.

Regards,

Chun Wing Fan

「社區照顧者獎」是紐省政府于今年特別設立的弱能社區獎項，目的是確認和獎勵社區內眾多照顧年老體弱和弱能人士的照顧者，他們為家人和社區所造的重大貢獻。

澳洲弱能兒童協康會榮獲 Canterbury 區照顧者團體獎，並於本月十二日，由會長繆桂萍和副會長李羅艷媚女士代表協康會出席 Canterbury 議員，紐省社區服務部部長 Linda Burney 辦公室舉行的頒獎儀式，並接受部長所頒授的一份「社區照顧者團體獎」獎狀。

協康會在 1988 年由幾位家長成立。在這二十年裏，為來自華人社區的弱能人士及其家庭提供一系列服務，幫助弱能人士在成長中發展潛能讓他們的生命能夠活得更精彩充實。

會長繆桂萍說：「今次協康會獲得這個獎勵，是所有弱能子女家長的榮譽，也是社會對協康會工作的認同。協康會歡迎所有有弱能子女的家長參加，共同努力為自己的子女建立一個讓他們能夠有自我發展的社區。」她期望協康會的宗旨「互助友愛」的精神能延續下去。

目前協康會每週六下午在 Belmore 舉辦中心服務，設有青少年音樂舞蹈培訓，兒童及早預防服務，家長資訊座談會和其他小組服務。假期內將會舉辦家庭及青年活動，並有專業社工為有需要的家庭提供轉介服務。





當日除了有協康會青少年組唱歌和合奏表演外，更有頒發各個活動項目獎項，表揚過去一年參與的青少年。頒獎嘉賓李學儒先生致詞中指出青年組的演出和過去一年的成就，應該把「弱能」的標籤改為「全能」。他更褒揚家長們的努力和堅持不渝，他們幫助自己和別人的子女，更得到社區的欽敬。

目前協康會每週六下午在 Belmore 舉辦中心服務，設有青少年音樂舞蹈培訓，兒童及早預防服務，家長資訊座談會和其他小組服務。

在一片隆裕的節日氣氛中，澳洲弱能兒童協康會於十二日在賓士鎮美心酒樓成功的舉行了二十三屆周年大會和聖誕家庭聯歡，並選出新一屆管理委員會。出席嘉賓，會員，義工和家人共一百六十多人。

周年大會由資深社工黃友國先生主持，出席會員都收到一份內容豐富的周年和財政報告書，並由會長繆桂萍和財政李麗萍作會務撮要報告。繆桂萍指出今年主要的成就包括出版協康集之二，成功的推行了「媽媽休閒站」和「爸爸對對碰」等家長網絡建設活動，兄弟姐妹小組也有按時活動。每星期六的中心活動繼續獲得家庭的熱烈歡迎，更重要是家長們的互相友愛，是最大的鼓舞。今年協康會更榮獲 Canterbury 區照顧者團體獎。

今屆管理委員會選舉得到家長會員熱烈支持，共有十一位家長獲選，其中包括幾位從未當選過的成員。這也反映協康會的組織基礎日漸成熟。依據會章規定，當選委員將於日內互選各個包括會長，副會長，財政等行政職位。

范鎮榮 先生記錄

2011 Management Committee Members

二零壹壹年協康會幹事委員會

President	會長：	Elly Li
Vice President	副會長：	Ping Mu
		Sylvia Tinyow
Secretary	文書：	Jennifer Chan
Treasurer	財政：	Maria Lee
Vice Treasurer	副財政：	Aileen Pang
Committee Members	幹事：	Katherine Huang
		Frances Poon
		Miranda Vuong
		Vincent Yu
		Jeff Li

CPA Christmas Party

普天同慶

2010

共渡佳節

May Mak



歌樂昇平慶聖誕 -

記“澳洲弱能兒童協康會”2010年聖誕慶祝會

2010年12月12日，不少“澳洲弱能兒童協康會”的會員、義工和朋友都趕赴同一個重要的約會，那就是協會假座賓士鎮美心酒樓舉行的周年聖誕聯歡會。

十一時開始，美心酒樓的大廳內熙來攘往了協康會一個個熟悉的身影，大家在佳節當前互相祝賀。當天約有一百六十人參加了這場盛會。

在氣氛融洽的周年大會後，美味的餐宴隨即開始。不久，協康會的金牌義務司儀 Daniel 宣布向過去一年中進步可喜的、積極參加社區活動的、表現優異的會員們頒發

各式獎座。這群特殊的孩子在被認可的掌聲中倍添信心。頒獎嘉賓李學儒先生由衷地讚賞這些孩子和家長，聲稱這些孩子非但不是“弱能”，反而是“全能”

得到了嘉獎的青少年組的成員表現得特別雀躍，因此，他們表演的歌舞和樂器合奏顯得勁度十足，贏得了觀眾如雷的掌聲。

其後，司儀又主持了多項遊戲和抽獎，把慶祝會的氣氛推至一浪又一浪的高潮。聖誕老人的光臨引發了孩子們歡呼聲，大家排著隊爭相與他握手，並接受他的祝福和禮物。

下午約2時，“協康會”2010年聖誕慶祝會在賓客盈盈的笑臉到達了尾聲，大家都期待新一年中，“協康會”和孩子們都有更好的發展。



CPA
Junior Group
 Weekend Activities

兒童組
週末活動



Kids in Rhythm & Motion

唱遊活動

by Christine

Date: Saturdays 星期六
Time: 3.30pm — 4.30 pm
Venue: Belmore Youth Centre
 38 Redman Pde, Belmore

Kindly supported by

D.T.G. Vision Inc 國際慈善基金
 (澳洲總會)

Junior Group Activity:

Play & Fun

導師 Instructor: Melissa Cox



This Program is specially designed for children aged 2-9 years. Through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills. Melissa Cox 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，以遊戲小組的方式進行，給二至九歲小孩提供早期訓練。整個活動著重提供與小朋友單獨個別溝通的機會。細心聆聽他們要傳達的心意，指導鼓勵他們正確發音及發展說話的能力。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。整個課程分三部份：自由活動，說話環節及集體遊戲。家長亦能參與，好能建立更多與孩子溝通的渠道。

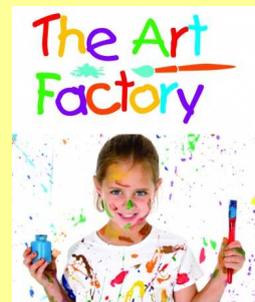
時間: 逢星期六下午 2:30pm 至 3:30 pm
地點: Belmore Youth Resource Centre ,
 38-40 Redman Pde, Belmore

Kindly supported by Canterbury CDSE

Junior Art Program



Date: Saturdays 星期六
Time: 3.45—4.30 pm
Venue: Belmore Youth Centre
 38 Redman Pde
 Belmore



兒童組美術活動

For enquiry please call 查詢請電: Mandy on 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."





Sports for Youth Group

保齡球賽

Ten Pin Bowling



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](#)

*** Music therapy ***

Music Class 音樂班,
Performance Class 表演班 &
Dancing Class 舞蹈組



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.

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!**

Saturdays



For enquiry please call 查詢請電： Mandy on 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."





5 Feb 2011 Saturday
CPA Celebration of
Chinese New year of
Rabbit

**Bankstown RSL Club
Lunch Party 12 noon**

Sponsored by
Bankstown City Council

Singing Performance

By CPA
Young Star Performing Team

at Belmore Park, Sydney

29 January 2011 Saturday
At 3.00 pm

City of Sydney
Chinese New Year Parade
CBD

6 Feb 2011 Sunday

**Please Come &
Support us!!**

Women Health Seminar

婦女健康講座



Every Second Monday
of the month
每月第二個星期一

.....
上午十時至十二時

Mum 2 Mum

媽媽休閒站

3 March 2011 Thurs

三月三日星期四

詳情待告



Dad 2 Dad

爸爸對對碰-太極拳

二月二十三日星期三

下午六點在 Unit 1,
378 Parramatta Road,
Homebush West 見



Visit to
the Kids Club House
At Belmore

二歲至十二歲兒童



詳情待告

123 Magic

由 Anna 用國語講解
三星期親子課程 費用全免

2-12 歲的孩子: 詳情待告



Please call
查詢請電:

Mandy
0406 233 222
or
(02) 9784 8120
Tues/Thurs
10am—3pm

Family Leisure Camp Report

By Samson Yuen
(assisted by Mum)



CPA organised a leisure camp at Apollo Resort from Friday 19 - Sunday 21 November 2010. On Friday afternoon, Aunty Katherine picked me and my parents up from home at about 2 pm. It was a long drive which took us about two hours to get to Wamberal. We were the first two families arriving there. Mum picked up all the room keys for our group from reception and we put our luggage in our rooms before we walked around the gardens outside the resort. There were several ponds with lots of koi fish, a swimming pool, a trampoline, basketball and tennis court. The flowers in the gardens were beautiful and nicely arranged.

The resort had two levels. CPA was given ten rooms on the first level and six on the second one. Before dinner, I played table tennis with my Mum in the game room. Most families arrived at the Resort before dinner time. For dinner, we had freshly made pizza, pasta, and fried rice. It was delicious!

After dinner, some people watched a movie in the conference room, some watched "Harry Potter" on TV. I didn't go to bed until after the movie finished, it was about 11:30 pm. I was so tired.

On the second day, we had congee and rice noodles for breakfast. The owners provided different kinds of sandwiches and fruit for us to pack away for lunch. After breakfast, we split-up into two groups; one headed to the Hunter Valley Gardens and the other to the nearby beaches and The Entrance. I visited the Gardens.

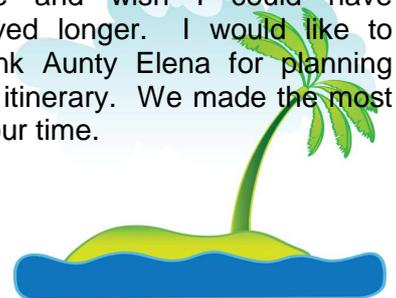
The Hunter Valley Gardens were beautiful. Just to name a few; it had a Rose Garden with different species of roses, a Storybook Garden with lots of story characters, the Border Garden with fountains and beautiful flowers surrounded by neatly trimmed hedges. We also visited the Oriental Garden and the Sunken Garden which had a beautiful waterfall. We stayed in the Gardens until 2 pm and then headed off to the village next door to eat ice-cream. Then Uncle Daniel led us to the shops in the vicinity of a vineyard which provided wine tasting and sold a variety of cheese.

After dinner, we had free time. Some people watched a movie in the conference room, followed by Zumba dancing. Some kids stayed in the game room playing ping-pong or watch TV. I went to bed at about 10:30 pm.

On the last day, we had congee, rice noodles, sausages, bacon and eggs for breakfast. Then, I joined the group to visit Terrigal Beach. We looked down from a hill and the beach was quite long and pretty crowded. We went shopping for a short while then drove to Erina Shopping Centre, which was known to be the biggest shopping centre in the southern hemisphere. We bought some mangoes and fruit and then it was time to return to the Resort for lunch.

The owners prepared lots of food for lunch, including deep fried chicken wings, omelets, fish cakes with celery, and tofu with veggies. They were delicious. After vacating the rooms and returning the room keys, we then went to The Entrance to watch pelican feeding at 3:30 pm. The pelicans had big mouths and swallowed fish whole without chewing.

Overall, the three day trip was wonderful. The weather was good and sunny. I had a great time and wish I could have stayed longer. I would like to thank Aunty Elena for planning the itinerary. We made the most of our time.



送走了 2010 年，迷人悅目、燦爛的煙花準時地告訴你，新的一年 2011 的來臨。爲了慶祝新年，澳洲弱能兒童協康會在一月八日星期六早上十時，舉辦了一個家庭旅行，讓協康會家庭有更多互相交流和支持的機會。當天陽光普照，空氣特別清新。

我們七十多人齊集於 Kogarah 高嘉華市的 Carss Bush Park。籌委會經過心思熟慮之後，決定放棄落腳於設有兒童遊樂場、沙灘、燒烤爐、人多擁擠的那一邊，而選擇了去另外一邊，鄰近洗手間，又距離水邊很遠的八角涼亭。亭前是一大片碧綠的草坪，適合作不同的球類活動。亭內有四張長檯，足夠我們使用。萍姐(副會長繆桂萍)爲我們預備了西式午餐，有香腸豬仔飽和雞肉三文治；而 Katherine 即帶來中式點心，有蝦較燒賣、蘿蔔糕和馬蹄糕等。萍姐更專程去 Flemington Paddy Market 買一箱又香又甜的香蕉。Mario 和 Maria 帶來了多汁無核西瓜。還有一些 Homemade 蛋糕，真是豐富極了！協康會成年會員 Bowman 和 Brian 將飲品、麵包放在所指定的地方。Samson 將蘿蔔糕分給各人享用。他們都很樂意去幫助人，很忠心去完成他們所分派的工作。

當我們享用了美味的午餐後，有些孩子踏著自己的 scooters 練習技能。有一位父親帶來一架自己設計的 scooter。Jonathan, Samson 和 Brian 等都渴慕嘗試這架獨一無二的 scooter。他們很守規矩，輪流踏上 scooter 自由自在地奔馳。

今次的旅行，除了弱能人士及其家長之外，更吸引了他們的兄弟姐妹，公公婆婆參加。



夏寶蘭記錄

兄弟姐妹世界 Sibspace 的領袖 Karen 和 Jessica 及協康會活動策劃 program coordinator 劉敏兒女士與孩子們玩一些集體遊戲，例如 'Stuck in the mud', Captain Ball and Tunnel Ball 等。他們從這些活動中，不但可以鍛煉身體，而且又可以學習遵守規則和合作精神。看見他們玩得興高采烈，我們家長可以完全放心，鬆弛身心。微微的風吹來，真有多少睡意。有兩、三個家長已經進入夢鄉。作爲弱能子女的家長，除了身心都感到疲憊外，還有不足爲外人道的辛酸和心路歷程。我們藉此機會互相扶持，彼此鼓勵。上帝是公平的。我們的子女雖然有某方面的障礙，但是也有自己的專長和強項。我們新年願望就是：幫助他們超越障礙，發展所長。

玩畢 Tunnel Ball 之後，Elena 召集他們返回涼亭，再同大家玩一個簡單而趣味十足 Head or tail 遊戲，我們興緻勃勃地參與。最後大家合唱一首 Happy Birthday 生日歌，祝賀一月份生日的 Barry。他很開心，面上流露出真緻的笑容！下午三時了，大家帶著愉快的心情，互相道別。



Golf Skills Competition 2010



Special Olympics New South Wales

our CPA golfers - Barry, Jonathan, Leon, Reuben, Samson and Tim, were delighted to be a part of this event.

The Golf Skills Competition was held on Sunday 28th November 2010 at the Sydney Olympic Park Golf Centre: Sydney's best golf practice range. It was a friendly and relaxing environment and

Other competitors from various sport clubs and schools - all dressed in uniform and looking very professional, were also present at the competition. A thought sprung upon me that it would be a lovely idea for our association to create our own unique CPA uniform for our respective competitors in these kinds of events.



The competition began with an opening ceremony. Just before the ceremony took place, the sky started to sprinkle. The sprinkle grew heavier into rain but that did not spoil the spirit and enthusiasm of our competitors, who were all given ponchos to wear throughout the duration of the day. Our CPA players began in the 'Short Game area' where they warmed up and practiced the important golf skills and shots such as chipping, pitching, bunker shots and putting. Our group was lead by two assistants and one umpire who were all very friendly and patient with helping and directing our team. Giving their utmost attention, the boys responded and followed all the instructions to the best of their ability.

After a couple of practice shots, we moved to the driving range - a huge under-cover hitting station where they practiced their swing. Every one had a couple of practice swings under the guidance of the instructors before the proper game commenced. I was impressed with our golfers who were quick to learn and perfect the swinging motion. Following that, we went back to the 'Short Game area' for a different skill test after which the entire competition concluded. Throughout the day, the parents followed their young golfers from place to place supporting and watching them succeed in each test. We all went back to the cafeteria and waited in anticipation for our results. To ease the excitement, every one relaxed, had some beverages and chatted to one another whilst overhearing a few voices calling out letters of the alphabet as some of our boys decided to play a game of 'Hang Man'. Half an hour went by and the results were announced. Smiles gleamed across our proud golfers as they were each awarded with a ribbon, a 'Special Olympic' cap and a little gift.



Following that, we went back to the 'Short Game area' for a different skill test after which the entire competition concluded. Throughout the day, the parents followed their young golfers from place to place supporting and watching them succeed in each test. We all went back to the cafeteria and waited in anticipation for our results. To ease the excitement, every one relaxed, had some beverages and chatted to one another whilst overhearing a few voices calling out letters of the alphabet as some of our boys decided to play a game of 'Hang Man'. Half an hour went by and the results were announced. Smiles gleamed across our proud golfers as they were each awarded with a ribbon, a 'Special Olympic' cap and a little gift.

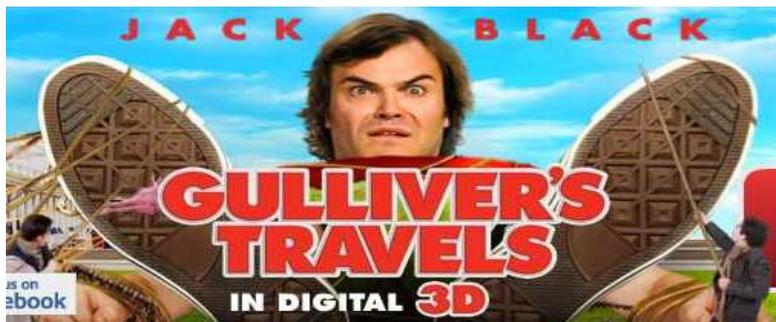
It was a full day of fun, cheer and great experiences for the boys and their parents. Even with the unfortunate weather, it did not diminish the lively attitude of our golfers who made the most of their time at the Sydney Olympic Park Golf Centre.



Article by Miranda Vuong



Gulliver's Travels to Yum Cha



By Eleanore Vuong

As a part of the vacation program, on Saturday 15th January, the Chinese Parents Association organised a day out to the movies to watch 'Gulliver's Travels' in 3D at Hoyts cinema in Bankstown. One by one, children and their parents arrived and assembled in the cinema foyer. It was a bit of a handful to keep the 30 or so excited, energised kids together as a group, trying not to leave anyone out and miss the movie!

Shortly after Stephanie and her mum happily distributed a pair of 3D glasses to everyone, we all hiked up the stairs to cinema no. five and waited a few minutes outside the door before entering. It was quite the relaxing experience since the weather that day reached to a scorching 28°C with high a level of humidity so the red, sofa cinema seats with the cooling air-con of the cinema served well for everyone. It was also nice that the cinema wasn't packed full of people and the majority of the seats were occupied by us since our kids were a little talkative during the movie. Parents tried to keep a lid on their children's hype and excitement as everyone endured 20 minutes of advertisements, before the screen widen, lights were dimmed and 'Gulliver's Travels' finally began. The movie was light, humorous and imaginative, which was much to everyone's delight.



Tummies grumbled as it was time for Yum Cha at 大唐 Great Century Restaurant – five minute walk from Hoyts cinema. The CPA had our own small function-like room where five tables were seated. Within minutes of each individual dish being placed on the table, every single plate was clean of the slightest trace of food – the satisfaction on everyone's face was an answer to the pleasant and delicious lunch we had devoured. It was also how everyone responded overall as they reflected on that eventful day.



Vocational Art Class January 2011

This is the second vocational art class we had held in the last two years. The first one we held at Brayfield Park for one week in July last year and this one was for two three day weeks in Homebush West.

The first class was sufficiently funded by Kirribilli Neighbourhood Centre CoOperative Ltd costing each child \$30 only for the lunches. Due to the funding agreement, the class was only restricted for people living in the northern suburbs and only ten students were allowed. The course was designed to get the child to talk to each other and to work together as a team. The art involved were to draw shapes, to use brush to paint, to appreciate various colours, to cut and paste painted work by each child to form a complete paint. The course finished with walking down to Luna Park to do a live sketching exercise. We had all parents involved as helpers as some of the child could not hold brushes properly and also scissors were involved.

The second class had no funding at all but it was not restricted by region of residences and the class numbers. However a charge of \$40 per two hour session for each child was applied to cover the cost for the teacher. The objectives were to keep the child engaged in art and to cultivate a hobby to do at home by him. The parents were not encouraged to sit by their child and not to touch the paint at all. We were lucky to have Mrs. Chen, a well-known artist in China, from the Australian College of Painting and Calligraphy as our teacher. Mrs. Jennifer Yu, who had experience in guiding Bowman to develop his artistic talent, worked every afternoon as an assistant to stimulate every child painting together in large canvass work. I was responsible to take photos and to print them in full colours so each child could take home to show the



In the first week, every morning each student has to complete one to three paintings under supervision of Mrs Chan. On Tuesday afternoon we went to Macquarie University Art Gallery to see displays from other disable people. On Wednesday and Thursday we had everyone involved to complete a bull fight ring sketched by Bowman. It took one day for the background paint to dry and completely coloured in the next day. We started with three children and finished with six. The obvious changes in Leon Wang was for him to drop his afternoon sleep and got him actively doing painting without much fuss (it was so difficult in the first week even to hold a brush). Carmen Martin was always focused in her work but she became more keen to join in doing the big board. Bowman Yu stopped



saying that he was too old for the class and energised himself while doing the sketches on the big board or helping to finish off colouring the big board. Tim Yau used to spend more time telling his stories than concentrating doing painting, but as time went, his became more engaged in doing his paintings. His work had marked improvement. Sam used to tell off Tim to keep quiet, he became so appreciated with this course (perhaps he became less involved with Tim) that his paintings became more brilliant in colour and in such details especially the cathedral scene that he painted on the last day. Ronny Chen stopped running around after he finished his penguins on his small board under Jennifer's supervision. He felt so proud of himself showing to his father. His father could not believe his son's ability when he took his son's paintings on the last day.



Vincent Yu

After the class, I have suggested to every parent to buy some paint, brushes and canvass board from \$2 shops (they are really cheap) and ask their kid to paint things of their interest. Starts from very simple objects first with a lot of praise (less criticism the better). The success of this course is to bring their interest in painting that one day they will start doing it themselves (will it happen?). One day Jennifer and I had to go to leave Bowman alone in the house for couple of hours. Normally he will turn the house upside down looking for things he likes. That day when we came back, he completed a wonderful sketch of the Big Ben on a canvass. I think I will frame it and will display in my office one day. After reading a book of "Joint Exhibition of Artistic Works of Chinese and Australian Children", I admired its author (Mr. Hua Kui) for his dedication in teaching them for that many years with various methods. Many of those children's paintings have been kept by the World Children Gallery and one of them being adopted into one of the United Nation stamp. I believe that our children should have more advantages in having more mature hands to present their unpolluted captions of arts one day.



Come and Try Ice-Skating!

**Have you ever been skating on ice before?
If not, then come and try it!**

On Tuesday 28th October, CPA went to Canterbury Olympic Ice Rink to enjoy ice-skating. Everyone was full of anticipation and couldn't wait to skate on ice. I was excited too but nervous at the same time. I have never skated on ice before. And this is my lucky moment.

When my Mum, Brother Victor and I arrived there, we met Barry, Jonathan, Andrew, Leon and other of our friends.



Goodness me! It was very cold inside. We also saw some skaters performing incredible tricks and stunts that I had never seen before. I bet that I cannot do these tricks when I grow up.

We put on our skates and started our lesson. There were two groups (one was the senior which was for people who can skate and the other one was the beginner who cannot or never skate before). It was very difficult at first and I had trouble on my balance but after the coaches trained me, I was a whole lot

better. I still landed on my bum quite a few times but it didn't hurt.

It was so much fun that I wanted to play it again and again. However, my tummy suddenly rumbled and then I realised it was lunch-time!

By Clement Wu



Road Safety Talk

Aileen Pang



On 27 November 2010 Saturday, we invited a Road Safety Officer, Ms Colleen Barclay, from Canterbury City Council to present a road safety talk especially for the parents and autistic children at Belmore Centre. Our youth group and siblings were also included in attending this special talk.

Ms Colleen specified that the most important things to remember before crossing the road always to remember to **Stop, Look and Listen**. She mentioned that road safety is very important for everyone especially for people with disabilities as they have a tendency to finding visual and noise easily distract their attentions. She advised parents to teach their children to understand the words **right, left, stop** and **go**.

It is important to remind them to hold onto an adult's hand when walking on a pedestrian crossing. It is useful to sometimes take a leisurely walk which could include a number of different types of environments such as on a standard pavements, pedestrian crossing with traffic lights, zebra crossing, car parks, and roundabouts to train the children.

停 看 聽

To ensure walking on the road is a fun play and an enjoyable experience parents are encouraged to sing along tunes such as

"This is the way we cross the road"; to show and explain about things and buildings around them; counting and saying house numbers; and saying hello to people that you meet. Helmets should be compulsory for safety protection purposes for those who are interested in letting their children to ride or learning bike riding. Colleen handed out brochures with many locations that could provide bike-riding lesson for a small fee involved. A few parents and children from the youth group in the talk asked some very interesting and important questions at the end of the talk. It was a new and valuable experience for our youths and parents to have their doubts and questions answered individually. We were grateful to Colleen for the interesting and informative presentation.



幾十歲人最關切的則是自己的健康，所以很想知道一些關於保健與養生的知識。今次能參加何醫師的健康講座，真感到十分開心。但我只參加了三次，要談有何感想，有時真不知如何說起，因為知得不多，但也盡量說說吧。

何醫師的講述程序十分清晰。先講人體器官的構造，後講器官的功能，再講器官受到病變或受到傷害時對人的健康做成何種影響，明白了器官對身體的重要性，自己就懂得好好地保護自己的器官，這才有健康的身體。

提到黃帝內經之“天人合一”的道理，人的生命與所生存的環境是密切地相連在一起，是與大自然息息相關的，違背了大自然的規律人就會生病，冬天天氣寒冷，所以早睡早起，春天三月則夜臥早起，廣步於庭，披髮緩行，舒緩身體，使神志隨春意生發，這是順應

春天的規律，違背了這個規律就會生病。

又提到五行五臟相生相剋，五行是“易經”的靈魂，易經是一本極之深奧的書，真是要十分去深思去探索才能得到明白。五行五臟，相生相剋，例如火

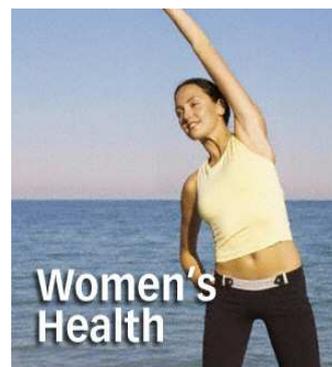


生土，土生金。好的血氣（火）有利於脾胃（土）功能，脾胃吸收好，肺氣（金）自然充足；相反，土剋水，水剋火，當脾胃（土）欠佳，就會引致腎（水）功能問題，血氣（火）自然不足，環環相扣。從那個五行五臟相生相剋的圓形圖內，我們要十分細心地去想，去了解，才能明白。

在過去的冬天我們學到很多的防寒保暖的知識：

1. 用溫熱性的乾薑，丁香，花椒，煲水來浸腳，暖了內臟，刺激內臟，加強了血液循環，故起到祛寒作用。
2. 我們背部有很多穴位，在冬天很容易受寒而致生病，故背部保暖是十分重要的。可用一條圍巾圍住背部，保護心肺。又用一條長的圍巾圍住腰部使腎臟得到保暖。。。。。

有了這些防寒保暖的知識，剛過去的冬天使我能平平安安地渡過。



二月份 婦女健康講座:

日期: 二零一一年二月十四日星期一
時間: 上午十時到十二時半
地點: 金時移民資源中心 二樓



Disclaimer: Any views or information expressed in all the articles are those of the individual author, they do not reflect the views of CPA.

A letter to My Sister-in-Law



As you know that one of our boys is autistic, he is no longer a boy any longer. Just like all men, he is fighting for his independence from his parents. What it brings together are moments of embarrassments for us and often danger to himself and to other people including his parents.

My dear Sister-in-law,

I think you may be upset with us for not entertaining your friends touring Sydney last time. But let me explain to you our situation and hope you would understand.

As you know that one of our boys is autistic, he is no longer a boy any longer. Just like all men, he is fighting for his independence from his parents. What it brings together are moments of embarrassments for us and often danger to himself and to other people including his parents. Instead of restricting his actions, we have to respect his rights at the same time.

Let me explain a little more about autistic people. In their eyes, they do things as nature provides. What others think is often immaterial to them. They live like Adam in the Garden of Eden. They can walk out on the streets without any clothes on. He will ask us "why?" when we say to him that it is wrong with whatever reasons. Parents would use punishments, bribes and lies sometimes to stop him behaving the way he does. The same behavior would appear again when situation arises.

This is also one reason why I have decided to bring him along in this trip in addition to giving a holiday to Jennifer to relax. I hope with this tour, our boy can have more time to meet with other "ordinary" people and hopefully he can jump out of his cocoon. As you know that Jennifer likes painting, she also enjoys what nature provides to the landscape that she spends what

-ever free time she has in our backyard garden. In this trip, we have been to several museums containing many artists' work from all periods especially the contemporary arts. Many great painters in the history seem to have attempts to do what our boy is doing for years. For instance, some of Bowman's paintings being hung on the wall of many offices in Sydney have people with no heads or something, faces with eye brows but no eyes etc. We found it fascinating.



On the other hand, the trip also brought heartaches for us. He loved taking part in dancing and singing whenever he had chances. When he did sing in the ship on this cruise, it brought such fun and lives to the whole ship that everyone joined in. However, I have to be there to try to minimize embarrassments. For instances, he would hold girl's hands in the dance so hard that it may hurt her until I would come to dance with him so that he would free the poor girl's hands. But he danced till the music ends whenever there is a chance of disco and often it would be 2am or 3am. In the meantime, he would forget to go to toilet in time and poor Jennifer would have to wash his dirty pants everyday in the ship.

At home nowadays, I have only 3 or 4 hours in the office doing our business instead of usually 8 or 9 hours six days a week. I have to shed my workloads to my other sons now. The reason is to be with my autistic boy more time. I would be with him both Saturday and Sunday as well to relieve Jennifer to do her house work. We cannot go out with him easily and that is why we cannot entertain anyone lately. For example in the trip, our boy would keep asking girls how old they were and would pass comments like "You are too old" which would often offend people. But after more conversation with our boy they might or might not excuse us. It was lucky that people (mostly Americans) on the ship were very understanding. The kind hosts in the Karaoke competition allowed him to join in. Although his voice was not perfect, yet he brought a lot of fun that they even let him take part in the final.

So if you were upset with us for not entertaining your friend, please excuse us and try to understand our situation at present. Hopefully we would make more efforts to mend our friendship like when we were young in our next meeting in the future. In the meantime we wish you a happy and healthy life with your family. For our boy's sake we have to be much healthier than our age prevailing.

Yours faithfully,
Vincent Yu



給姐姐的信

親愛的姐姐，

自上次沒能招待你到雪梨遊玩的朋友，一定令你很生氣吧。請允弟解譯息怒！

你知道我們有一個現已成年患自閉症的兒子。像一般男子一樣，他爭執著要脫離父母的管束，而他的言行能令人尷尬，有時可以傷害自己或別人，父母也不例外。但是，與此同時，做父母的也須尊重他的自主權，不能強迫性地禁止他的行為。

我再解釋一下關於我兒自閉患者的行為。在他的眼中，他的行為多出於天生，發之自然，沒有任何修飾，無所畏懼、不甚了解分別對錯。旁人的反應可以不理。他好像伊甸樂園中的亞當，可以裸體的走在街上。當我們想盡方法解釋他的行為如何不適，在他心目中似乎不成理由。父母們用懲罰、賄賂和謊言等方法并行來阻止這些不適行為，可是因這種情況會持續重現，久了，這些方法便可能不靈。

我們這次去旅遊除了給妻子，珍，一個休息的機會，另一個理由是帶兒子多接觸到更多『正常』人，令他跳出自閉網與人交談。很多人知道珍喜愛欣賞畫作，平時有空在後園打理美化大自然帶來的景色。這次旅程我們參觀很多博物館和藝術館，展覽所有時代的作品，尤其是現代作品。很多出名的畫家的作品描畫出類似我們孩子小時候的作品。例如有幾幅辦公室牆上掛著我兒子畫的有身無肢或有眉無眼的人物像。我們也覺得驚奇。

同時這一次旅程也給我們很多頭疼。我兒子喜愛參加跳舞和唱歌。當他唱的時候，帶動了船上眾人同唱。我也必須在場減少尷尬的情況。尤其他緊握跳舞女伴的手，為了避免傷手，我需要落池與他共舞至晚上 2 點或 3 點。有時候他興奮到沒有及時上廁，可憐珍要為他洗褲褲。

在家我以前每天能工作八、九個小時，現今僅有三、四個小時到公司上班。由於要照顧他一人，我需要分配多些工作給其他孩子。週末我也須陪他，給珍多些時間打理家務。平時也不能與他一起逛街，所以近期也不能款待朋友。譬如說，在這次旅程中，他多次問一起遊樂的女人的年齡多少，有時候他會說『你太老了』，頓時令人反感。交談幾句後他們亦可諒解。不過這次的船客多數是美國人，對自閉患者也見多不怪。這位慈善的卡拉 OK 比賽主持人給他機會唱，雖然他的歌喉不是最佳，他的一首 "I did it my way" 是很有勁，在決賽的時候介紹他為特殊歌手。跟著他卻不肯離開“麥克風”。

所以如果你因為我們不能款待你的朋友，請諒解。我們下次有機會一定補過贖罪，回復以前的親情。祝你們合家愉快和健康！我們也為這個兒子必須要保持健康。

弟坤敬上



Special thanks to the following donors and Volunteers during the last three months:

<u>Donors</u>	
Anthony Lee	Rowena Lai
Charles Coomer	Sandra Lee
Elena Lau	Selina Cheng
Jie Yu Chen	Vincent Yu
Kim Tam	Winsggie Wong
Multipower Office Direct	Yannis Chong



<u>Volunteers</u>	
Amanda Tam	Jessica Mu
Anna Liang	Joe Wong
Anna Yew	Karen Yuen
Annette Edwards	Mario Yuen
Brian Su	May Mak
Chun Wing Fan	Ming Fan
Daniel Yung	Paul Yau
Darby Mu	Paula Su
Dora Li	Peter Wong
Harry Tinyow	Ping Mu
Jacqueline Ho	Sam Li
Jennifer Yu	Winda Mok

Birthday Boys & Girls of the Months



February

Brian Su
Jonathan Yung
Leon Huang
Tony Soo
Xiao Zhen Wang

March

Dave Sun
Ivan Li
Jeffrey Xian
Karen Lau

April

Connie Shang
Matthew Ye
Victor Wu
Xiao Ming Sheng

★ HAPPY ★
BIRTHDAY!



You are cordially invited to
our Birthday Party on :
26 Feb 2011
26 March 2011
30 April 2011

Disclaimer: Any views or information expressed in this article are those of the individual author, they do not reflect the views of CPA.



Jan—April 2011 Weekend Activities 二零壹壹年 壹月至 四月週末活動一覽表

	Junior Group-afternoon	Youth Group-Morning	Youth Group - afternoon	Others
	2.30pm to 4.30pm	10am-12noon	2.30pm-4.30pm	
January Feb / 2011				
29 Jan 2011	Rehearsal /CNY ParadeCity of Sydney			
5 Feb 2011 初三	Chinese New Year Celebration lunch at Bankstown			
12 Feb 2011	Fun and Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Chinese dancing/ Singing lesson	JingDance School/ Nathan Yung
19 Feb 2011	Fun and Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Art Program	
26 Feb 2011	Fun and Play Art	Ice-Skating/ Ten Pin Bowling	Cooking Class/ Music lesson/ Birthday Party	Brian/Annette
March 2011				
5 March 2011	Fun & Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Chinese dancing/ Singing lesson	JingDance School/ Nathan Yung
12 March 2011	Fun & Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Art Program	
19 March 2011	Fun & Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Chinese dance/ Music lesson	JingDance School/ Annette
26 March 2011	Fun and Play Art	Ice-Skating/ Ten Pin Bowling	Cooking Class/ Birthday Party	Andrew Li's grandma
April 2011				
2 April 2011	Fun & Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Chinese dancing/ Singing lesson	JingDance School/ Nathan Yung
9 April 2011	School Holidays			
16 April 2011	School Holidays			
23 April 2011	Easter Holidays			
30 April 2011	Fun & Play Rhythm& Motion	Ice-Skating/ Ten Pin Bowling	Cooking Class/ Music lesson/ Birthday Party	Willis/Annette
"The above programs may be changed without prior notice due to unforeseen reasons."				

How can you help? 請給我們支持: 郵址 Postal Address : PO Box 345 Campsie, NSW 2194

捐贈 款項 I would like to make a donation of : \$ _____

本人願意參加為貴會會員: I would like to become :

- 會員 Member
- 附屬會員 Affiliated member
- 義工 Volunteer

會員年費 \$10
Membership Fee \$10 pa
(From 1 July –30 June)

名字 Name: _____ 姓氏 Family Name: _____

地址 Address: _____ Suburb: _____ Post Code: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to :

