



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

**CPA NEWSLETTER 協康會會訊**

AUGUST 2021 ISSUE 二零二一年八月版

父親節快樂

Happy  
Father's  
Day



Happy  
Moon  
Festival  
中秋節快樂

Upcoming events:

- Vivid Lights 2021
- Disability Expo

Website 網址: [www.chineseparents.org.au](http://www.chineseparents.org.au)  
Email 郵箱: [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)



## President's message:



I hope all members are keeping well and safe!

I write this just as we enter another period of uncertainty with the latest guidelines being implemented by NSW Health in response to the serious Covid outbreak in the Greater Sydney area. This one does appear to be a significant concern, as it continues to grow and the risk of disease, is likely to continue to be significant over coming weeks. I strongly encourage everyone to consider the benefits of earlier protection with COVID-19 Vaccine rather than waiting for alternative vaccines. Let's hope the number of covid-19 cases drops to a level that the NSW government can relax some restrictions soon.

With that note, CPA has continued to move forward with our missions. CPA will continue to support our participants through on-line learning such as Art classes, Zumba, parents' workshop etc... Until we can return to face-to-face activity, I am pleased to launch a new online series of catchup and games. These are the great way to help you to tackle your stress to boost your overall well-being-something that we all need during these stressful times and brings families and friends together in a positive way. I cannot wait to be around everyone again. Keep an eye on our communication channel.

As always CPA's goal in support the social aspect of our members and families, we have plans for our upcoming family events and trips. I shall reiterate the "stay well and stay safe" slogan! Let's hope the efforts from everyone have once again suppressed the spread of Covid-19, and we will be able to meet up with each other again soon.

Miranda Chau

## 會長感言



我祝福各位都能保持健康和 safety！為這篇文章執筆時，新南威爾士州正處於另一個不確定時期，新州衛生局正實施最新的指引，以應對大悉尼地區新冠肺炎的嚴重爆發。今天的爆發明顯是一個嚴峻問題，因為病例持續增多，疾病風險在未來幾週可能會繼續顯著增加。我衷心鼓勵每位成員不要再猶疑，盡快接種現有提供的新冠疫苗，以作出預防和保護，而不是等待選擇性的疫苗。我們都期望新冠病例的數字下降，好使新州政府能夠早日放寬限制令。

儘管面對當前的逆境，協康會堅守使命，繼續為大家提供服務。為支持會員的成長和學習，協康會將繼續安排在線學習班，例如藝術課、森巴舞、家長工作坊等...，直到我們可以恢復面對面的活動；我很高興協康會即將推出新的在線互動和遊戲系列，這都是幫助大家減低壓力，並提升身心靈健康的好方法 - 是我們處身於壓力環境下所需要的，並且能以積極的方式使家人和朋友隔空聚集在一起。我極渴望再次和大家聚首一堂，請密切關注我們的會員通訊。

一如既往，協康會的宗旨是幫助我們的成員和家庭在社交方面的提升，我們已為未來的家庭活動和旅行作出策劃。我要在此重申“保持健康，保持安全”的口號！希望大家的努力能再起作用，幫助抑制新冠疫情的蔓延，那麼我們很快就能再次和大家見面。

會長

周潤梅





**HAPPY MOTHER'S DAY**



Saturday 01/05/2021, 10:30am – 12:15pm

*Yum Cha Brunch* 早午餐

Wests Ashfield Leagues Club, Golden Times Chinese Restaurant 南北匯酒家  
115 Liverpool Road, Ashfield

## Mother's Day & Volunteer's Week Celebration 2021

On Saturday 1st May 2021 CPA went to Wests Ashfield Leagues Club for a Mother's Day celebration. At about 10:30am everyone got to the club & had to sign in before entering the premises.

We each had to sit within our table numbers. There were lots of food to eat including Siu mai, Hargow and pork buns. Everyone got presents for their mothers and we really enjoyed it all. Hope to come back again

Andrew Li



Special thanks to our sponsor who generously donated the beautiful earrings to our CPA Mothers.

# Balmain Historical Walk SAID 2021

## Balmain Historical Walk and Landscape drawing at Ballast Point



On Saturday 29th May 2021, I walked with my mum from home to Berala Station. We took a train from Berala Station to Circular Quay Station via Strathfield Station.

When I arrived at Circular Quay Station, I saw CPA friends such as Samson, aunty Maria, uncle Mario, Leon Cao, uncle Him, Victor Wu, uncle William, Joanne, aunty Aileen, Jonathan, Colin, Timothy, aunty Jennifer and Vincent(teacher). We hopped on the ferry to Balmain East Wharf, Darling Street. We could see Sydney Harbour Bridge and went under Sydney Harbour Bridge while inside the ferry.

When we arrived at Balmain East Wharf, we got off the ferry and explored the area. I took many photos such as many trees & cars and buildings. Vincent gave us a quiz with a list of questions about famous places we were going to see along the Historical Walk such as Illoura Reserve, Balmain Watch House, St Marys Balmain Church, Colgate Palmolive, Thames Street Wharf and Ballast Point. Balmain Watch House was a prison and now it is museum. There were many drawings and paintings inside. After arriving at Ballast Point, we saw aunty Miranda, Reuben, uncle Darby, aunty Ping and Stephanie Mu. Aunty Miranda and aunty Ping gave us lunches. We had Korean sushi (Kimbap), muffins, apple, mandarin and water for lunch at Ballast Point.

After lunch, we sat down and had a landscape drawing class. I drew Sydney Harbour Bridge, ships and boats around Ballast Point and coloured them in with colour pencils. After the class, we walk back to Balmain Wharf and returned to Circular Quay Wharf. We went under Sydney Harbour Bridge again while inside the ferry and went back to Circular Quay Station. I enjoyed my day at Balmain Historical Walk.



By Barry Mak



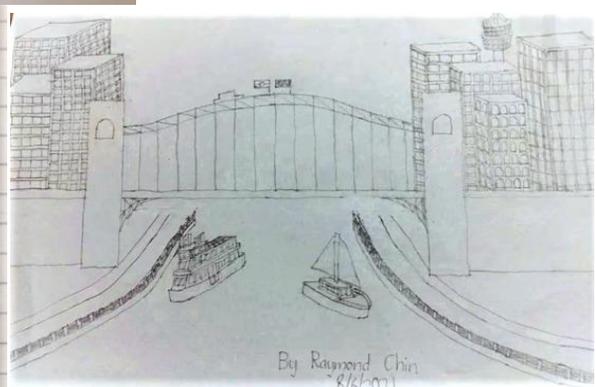
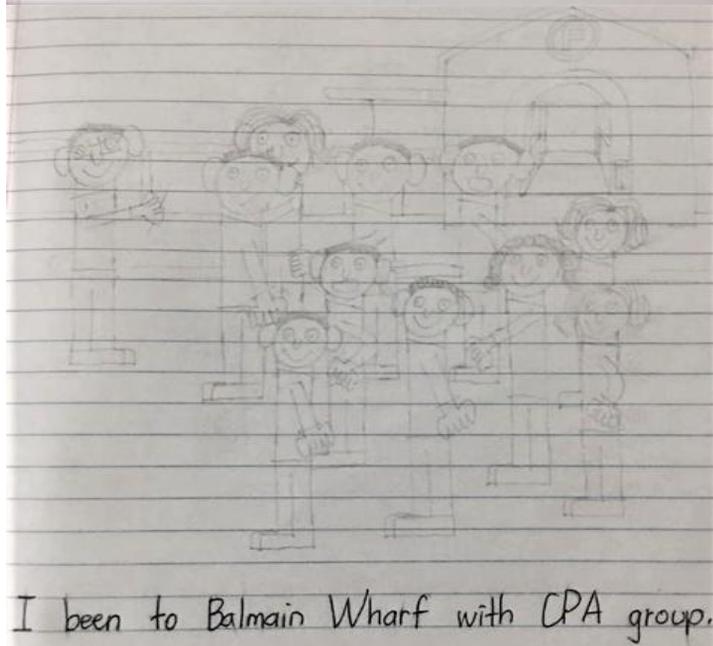
**Balmain Historical Walk** is part of a social art, independent development program funded by Inner West Council. The project aims to

- Connect our group with local people and local history and environment.
- Foster an inclusive and diverse community and encourage community participation.
- Encourage social and cultural sustainability.
- Promote community health and wellbeing emotionally and physically.
- Encourage community collaborations and partnerships.

Saturday, May 29 2021

I went to excursion to Balmain East in the morning. First I had order cheeseburger, morning tea, waiting for friends, ferry ride, went to Balmain East. Then walking, angfor, church, watch house, art gallery, pictures, Colgate Palmolive, Balmain wharf, Ballast Point Park. Later lunch, oil tanks, steel rings, drawing, little library, look at books, ferry ride, afternoon tea, games. following that went to Copley Heights, Psychology address. Finally I went home with rnum. I having a good time at excursion. I felt happy.

Journal and drawings by Raymond Chin



Belmore幼兒組週末活動終於恢復了，我們很高興在 2021 年 4 月 24 日舉辦了第一次跆拳道學習。這次的嘗試受到家長和孩子們熱烈的歡迎，我們決定將此活動納入我們的週末學習班。

跆拳道是屬於武術的一種，起源於韓國。它的特點是以快速的出拳和踢腳作為一種自衛防身的技能。與空手道的手擊相比，它更強調踢法。

“Tae 태”代表踢擊，“kwon 권”代表拳擊，而“do 도”代表藝術或方式。所以從字面上解釋，跆拳道的是意思就是踢擊和拳擊的藝術。

對於我們的幼兒組成員，我們更着重於享受學習時的樂趣，藉着練習拳擊和踢腿技能，也同時提高他們的身體協調和平衡能力，以及紀律感和自信心。

Khon，我們的跆拳道教練，自 1992 年開始接受跆拳道訓練，目前擁有黑帶第 4 段的資格。Khon 非常擅長與孩子們互動，為照顧每個小朋友不同的能力水平，他適度地調整他的教學技巧，讓每一個參與者都能發揮個別的潛能。所以我們的孩子都很喜歡Khon老師。Khon 總是提醒孩子們在踢腿同時要“吶喊”。

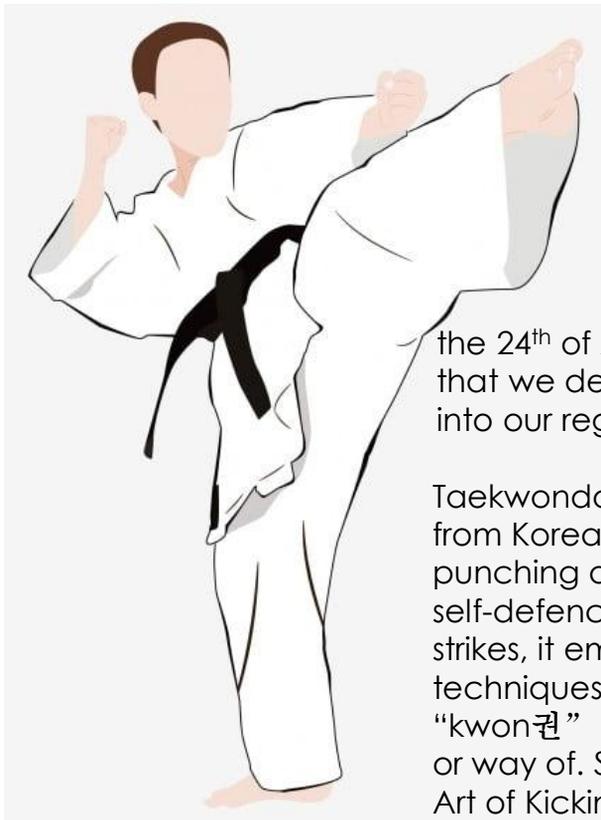
大聲吶喊不僅可以將踢腿的力量提升，而且在受到攻擊時也是一種自衛動作。所以孩子們必須練習“大聲吶喊”即是韓語 “kihap기합”。看到孩子們努力地提高聲音喊叫和踢腿，實在太可愛了。我們都同意，全班中最年幼的 Ellie是最優秀的“喊叫者”。她的喊聲充滿了力量和決心。Ellie真是頂呱呱。



如前所述，紀律是學習跆拳道時同時灌輸的思想。當他們聽到“Charyut”（注意）時，他們學會了必須立刻停止練習，並即時站直身子。課程結束後，他們需要鞠躬“Kyungnet”並說“KamsaHammaeDa”（謝謝）來感謝教練。

跆拳道，對於我們CPA的孩子來說，不僅僅是拳打腳踢，而是全方位的學習。





## Fun with Taekwondo

태권도 跆拳道

by Rachel Lo

As a head start for resuming our Junior Weekend Program in Belmore, we had the pleasure to run a Taekwondo trial session on the 24<sup>th</sup> of April 2021. It was so well received that we decided to incorporate this activity into our regular weekend program.

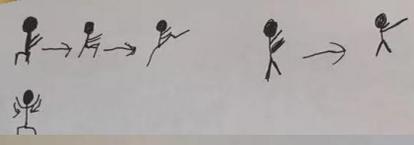
Taekwondo is a kind of Martial Arts originated from Korea. It is characterized by fast punching and kicking skills as a form of self-defence. Compared to Karate's hand strikes, it emphasizes more on kicking techniques. "Tae 태" stands for kicking, "kwon 권" for punching while "do 도" the art or way of. So literally, Taekwondo means the Art of Kicking and Punching.

For our Junior members, we focus on the enjoyment of learning and practising the moves, trying out punching and kicking skills with the aim to enhance their body coordination and balancing skills, and also a sense of discipline and self-confidence.

Khon, our instructor, started to receive training in 1992 and is currently ranking 4<sup>th</sup> Dan Black Belt. Khon is very skilful in engaging with the children. He adapts his teaching skills according to children's level of ability so that every participant is looked after. That's why he is so loved by all of our children.

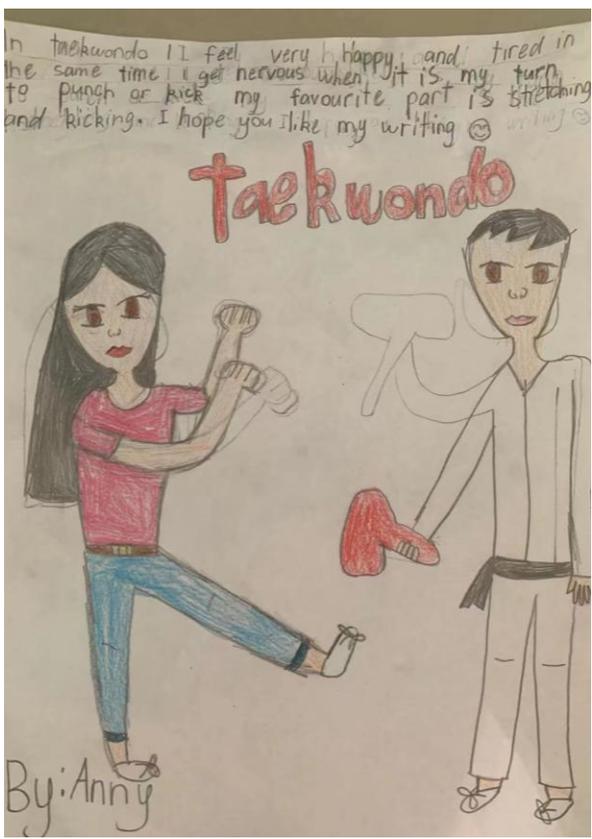
Khon always reminds children to "YELL" while kicking. Not only will the yelling take the force of the kick to next level, but it is also a self-defensive move when being attacked. So the children are required to practise "Yelling", in Korean it is called "kihap 기합". It was such a delight to see children trying to raise their voice and kick at the same time. We kind of agreed that Ellie, our youngest participant, was the best "YELLER". Her yelling was full of force and determination. Well done Ellie.

As mentioned, discipline is an aspect being instilled while learning Taekwondo. Children learn to stop practising when they hear "Charyut" (attention) and to stand up straight and tall immediately. When the session finishes, they are required to bow "Kyungnet" and thank the coach by saying "KamsaHamnaeDa" (thank you). Taekwondo, for our CPA kids, is not just tae and kwon, but learning in all aspects.



By Kelly

In Taekwondo I feel half Happy my favourite ~~one~~ was kicking and punching and chopping.



Anny wrote:  
In Taekwondo I feel very happy and tired in the same time. I get nervous when it is my turn to punch or kick. My favourite part is stretching and kicking. I hope you like my writing.

Justin Li says:  
I like taekwondo because it makes me fit and active. It's fun because I get to learn a new skill in case I have to defend myself.

In Taekwondo I Felt A Bit Proud OF Myself As I Did So Good At It. And By Favourite Part Of It Is Punchin And Kickin



By: Jerry



跆拳道可幫助孩子們了解自我控制和紀律，以及管理他們的情緒。事實證明，跆拳道元素可以讓孩子們更加專注和更好地自我控制。增強他們的專注力，使他們能夠更好地解決問題。培訓更可讓參加者更好地了解品格的重要，如正直和禮貌。

### Taekwondo Commands:

跆拳道指令:

Attention – Charyut (“Chari-yut”)

Begin or Start – Sijak.

Block – Maggi or Makgi.

High Block – Nopunde Maggi.

Inside Block – An Maggi.

Low Block – Najunde Maggi.

Outside Block – Bakat Maggi.

Bow – Kyungnet.

Thank you – Kamsa Hamnae Da (“Kamsa-ham-ni-da”)



戲劇通常是關於合作和討論，當它混合在弱能人士於主流群體中，它可以充當有特殊需要的青年與同齡人之間的橋樑。它可以幫助有特殊困難的學生，並提供一個理想的環境來鼓勵學生一起工作並建立信任和友誼。

## 2021 AERIALIZE class 空中雜技班

Activities for Children with Disabilities



**AERIALIZE**

School terms only

Time時間: 5:00 – 6:00pm

Venue地點: Aerialised (Unit 2, 7-9 Close St., Canterbury)

## Gym/Fitness Class 體操健身班

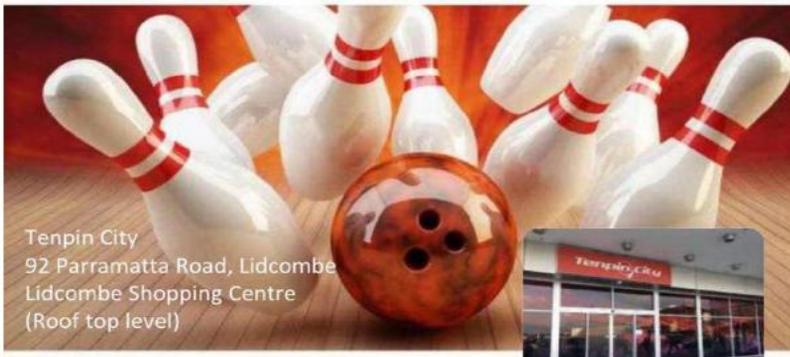
Activities for Children with Disabilities

疫情期間請密切留意政府安全公告及協康會活動安排。

Due to present COVID situation, please stay tuned with government and CPA announcement.

**PCYC** | POLICE CITIZENS YOUTH CLUBS NSW  
Wyatt Park, Church Street, Lidcombe Auburn  
**Every Monday (Fun Fitness) 4pm-5pm**  
**Every Wednesday (Fitness & workout) 5pm-6pm**  
每逢星期一 5時至6時, 星期三 5時至6時  
\*For athletes using the gym, carers & parents to stay with each athlete at all times  
上課期間或使用健身器材, 照顧者或父母需要陪伴及幫助運動員  
Coached by Skilled gymnastics coaches 專業體操教練  
Please complete the PCYC membership form submit to Maria.

## 2021 Tenpin Bowling is back!



Tenpin City  
92 Parramatta Road, Lidcombe  
Lidcombe Shopping Centre  
(Roof top level)



**Every Saturday 11am**  
每逢周六, 上午 11 點

- Carers & parents require to stay with athlete at all times  
照顧者或父母需要全程陪伴及幫助運動員



### August Weekend Timetable

### 八月週末時間表

Free online programs

Date日期	上午11:00am開始	下午2:30-3:30pm
7/8/21 Sat	18 Exercises for moms+children By Nancy	SAID drawing class By Vincent
14/8/21 Sat	Drawing class By Alex	Zumba/ dance class By Norma
21/8/21 Sat	18 Exercises for moms+children By Nancy	SAID drawing class By Vincent
28/8/21 Sat	Drawing class By Alex	Fun Game By Miranda

# Regular Weekend Activities

## Junior Group 兒童組

疫情期間所有實體活動均暫停，直至另行通知。

Due to present COVID situation, all physical activities are suspended until further notice.



### Move & Learn 活動教學

Instructor : Jackie 老師

Time 時間: Saturdays 星期六下午 3:30pm - 4:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



### Fun with Music 趣味音樂

Instructor : Luke 老師

Time 時間: Saturdays 星期六下午 4:30pm -5:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



### Taekwondo 跆拳道

Instructor : Khon 老師

Time 時間: Saturdays 星期六下午 3:30pm - 4:30pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



### Creative Arts 創意藝術

Instructor : Ellen 老師

Time 時間: Saturdays 星期六下午 3:30pm - 4:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



### Zumba 兒童森巴舞

Instructor : Norma 老師

Time 時間: Saturdays 星期六下午 4:30pm - 5:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



### Music Therapy 音樂治療

Instructor : Christine 老師

Time 時間: Saturdays 星期六下午 4:30pm - 5:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



### School Holiday Outings

Time 時間: Saturdays 星期六

Venue地點: various activities, refer to CPA latest weekend program

# Regular Weekend Activities

## Youth Group 青年組



### **Ten Pin Bowling Lessons**

Time 時間: Saturdays 星期六, 上午11:00am

Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141



### **Karate**

Time 時間: Saturdays 星期六, 下午 4:00pm 至 5:00pm

Venue地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



### **Drama Fun - Sydney Talent Company (TBC)**

Time 時間: Saturdays 星期六, 下午 3:00pm 至 5:00pm

Venue地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



### **Art and Crafts**

Time 時間: Saturdays 星期六, 下午 3:00pm 至 5:00pm

Venue地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



### **Zumba**

Time 時間: Saturdays 星期六, 下午 3:00pm 至 4:00pm

Venue地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



### **Social Art Program - art workshop**

Time 時間: Saturdays 星期六, 下午 3:00pm 至 5:00pm

Venue地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



### **Outings / Hikeings**

Time 時間: Saturdays 星期六

Venue地點: various locations, refer to CPA latest weekend program



### **Music Lessons**

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:30pm

Venue地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore

疫情期間所有實體活動均暫停，直至另行通知。

Due to present COVID situation, all physical activities are suspended until further notice.

## Vivid LIGHTS 17 Sept – 9 Oct



Vivid LIVE is the annual centerpiece of the Opera House's year-round Contemporary Music program and features Australian exclusives, world premieres, one-off projects and unmissable performances from emerging Australian voices and world-class icons to Sydney's vibrant local communities who reflect the city's inimitable contemporary culture. The Lighting of the Sails is co-curated by the Sydney Opera House and Destination NSW and is both Vivid Sydney and the Opera House's most significant free event.

### [INFORMATION](#)

A graphic for an Autism Awareness Workshop. On the right side, there is a close-up photograph of two hands holding a colorful ribbon made of interlocking puzzle pieces in shades of blue, yellow, and red. On the left side, the text is set against a light beige background.

**Autism  
Awareness  
Workshop**

**For more details,  
call 9707 9733.**

**8 sessions with Ayla Herskind , behavioural therapist from Phoenix Counselling** learn about autism, autistic behaviours and hands-on strategies for supporting a person with autism

**Cost:** FREE

### [INFORMATION](#)



02 9025 9391



an initiative of Social Impact Institute

**FRI 5<sup>TH</sup> & SAT 6<sup>TH</sup>**  
**NOV 2021** 🕒 **9AM - 3PM**

📍 THE DOME, SYDNEY OLYMPIC PARK



People with Disability are embracing My Future, My Choice as a way to control how they want to live their lives now and plan for the future. The Sydney Disability Expo will link thousands of people with a disability with hundreds of product and service providers as well as presenting a range of informative and interactive presentations delivered by industry experts.

**Free Registration** [BOOK HERE](#)



## **Early Birds: Autism and Sensory- Friendly Mornings**

**FREE**

**Location:**  
Australian Museum  
1 William Street  
Sydney, NSW 2010

**Date:** Saturday 2 Oct or 4 Dec 2021

**Time:** 8am-10am, after which time the museum will be open to the public, however, Early Birds are welcome to stay for the remainder of the day.

**Cost:** FREE. Additional cost for visitors wanting to purchase entry to 'Tyrannosaurs: Meet the Family' special exhibition (optional extra that can be purchased at Admissions on the day of event)

**Bookings essential.** Places are limited and tickets should be booked in advance.

**Enquiry:** cordelia.hough@austmus.gov.au

<https://australian.museum/event/Early-Birds-Access-Mornings/>

**[BOOK HERE](#)**

# Curious Kids: Why do onions make you cry?



Onions are grown and used all over the world, and anyone who has cut into one knows that it can make you cry. This happens because onions release an irritating chemical that makes your eyes sting.

Onions are mostly water, plus some vitamins and sugar compounds. They also contain compounds that include sulfur, a natural chemical found in many smelly substances, such as skunk spray and garlic. This is one way that plants defend themselves – producing substances that repel creatures who might eat them.

One sulfur compound in onions, called propyl sulfoxide, escapes into the air when you slice an onion. When it comes into contact with moisture, such as water vapor in the air or the natural moisture around your eyes, it changes into sulfuric acid. Sulfuric acid has a strong smell and irritates your eyes, so they make tears to wash it away.

There are some tricks to soften this “emotional” onion experience, by cutting off and throwing away a little bit of the root end, which has lots of stringy little roots hanging from it. This lets most of the noxious sulfuric compounds, which are found in the root, escape. You can also chill onions for 30 minutes before they cut them, which helps because the sulfur compounds don’t escape into the air as easily when they’re cold.



Hello, curious kids! If you have a question you’d like an expert to answer, ask an adult to send it to [curiouskids@theconversation.edu.au](mailto:curiouskids@theconversation.edu.au). Make sure you include your name, age (and, if you want to, which city you live in). All questions are welcome – serious, weird or wacky!

# PHOTO GALLERY



Taekwondo  
(started in May)



SAID art works



SAID workshop  
(May & June)



# PHOTO GALLERY



Timothy Yau



Victor Li



Joanne Pang



Fiona Zhong

Fiona Zhong  
24/7/2021

Nancy Ma  
All drawings are so great- Alex and I acknowledge parents' efforts 🥰  
9:40 pm



Lawrence Li



Jonathan Yung

Jonathan  
31-7-21



Victor Wu



Barry Mak

Barry Mak  
31-7-2021

# PHOTO GALLERY



Queenie Lai



Jason Chen

Tiger  
24/7/21  
Jason



Tom Hiu  
24/7/2021  
Thomas Huang

Tiger



Raymond Chin

Raymond Chin  
31/7/2021



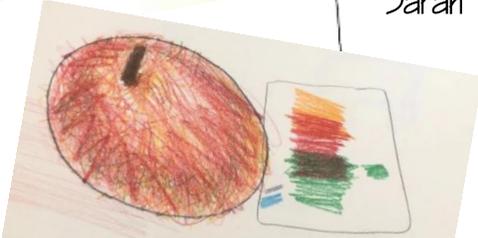
Annie Zhuang



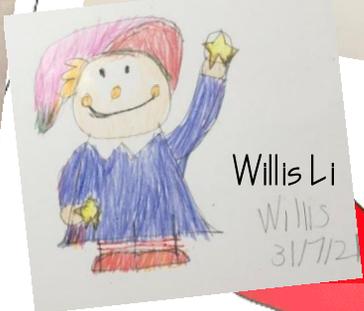
Sarah Yim  
17/3/21  
Sarah Yim



Julia Teng



Katherine Cai  
31/7/2021



Willis Li  
Willis  
31/7/21

Katherine Cai

# PHOTO GALLERY



Music Therapy  
29 May



Move & Learn  
29 May



Zumba 5 June



Fun with Music  
5 June



Creative Arts  
19 June



Zumba 19 June

# Miaccess Seminar 12 Jun 2021

MiAccess (Multilingual Information Access) is a website, developed by Cultural Perspectives, which brings together information about autism and issues relevant to people with disability, their carers and community from CALD (Culturally and Linguistically Diverse) backgrounds. It is designed to bring together information in easy-to-use format that will inform and empower people with disability from CALD backgrounds by increasing their knowledge and awareness about how to access the NDIS. The website also included a virtual reality experience with a family sharing their own experience of applying, accessing and benefiting from the NDIS.

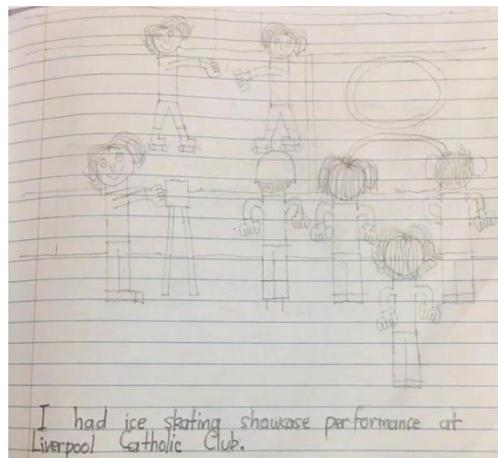
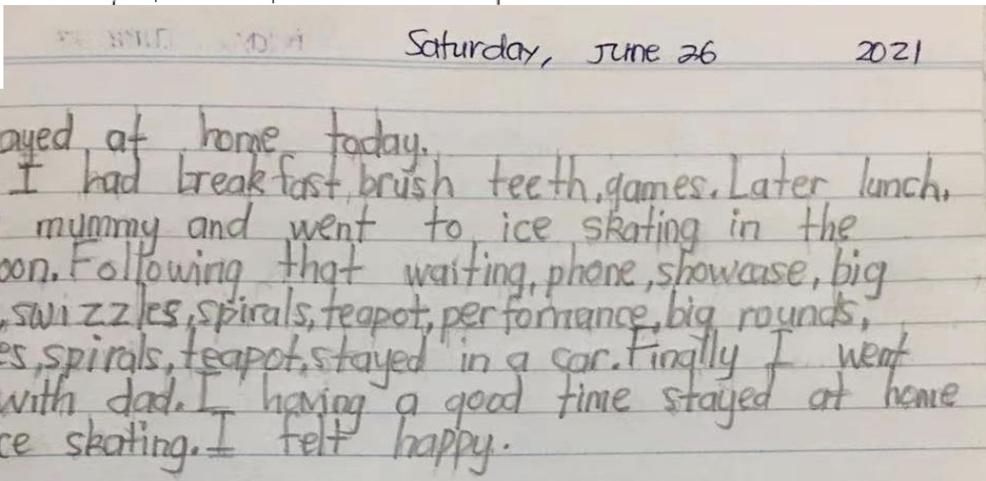


[Click HERE](#)



## CPA KIDZ' pastime activities

Raymond followed the instructions and made a few jump and turn in Inclusive ice-skating at Liverpool Catholic Club



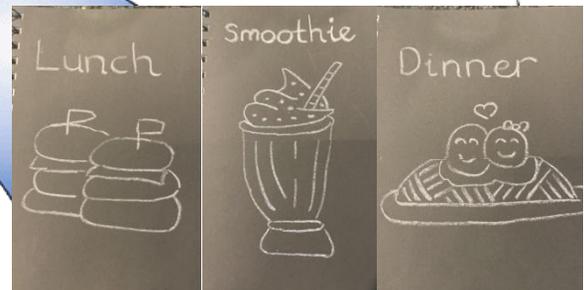
# CPA KIDZ' pastime activities



Tim made knitting as his new hobby. He works very hard and he enjoys it so much.



Jonathan cooked healthy diet for his parents, considering different colors and nutrition. He also made his own cookbook, keeping all the secret recipes.

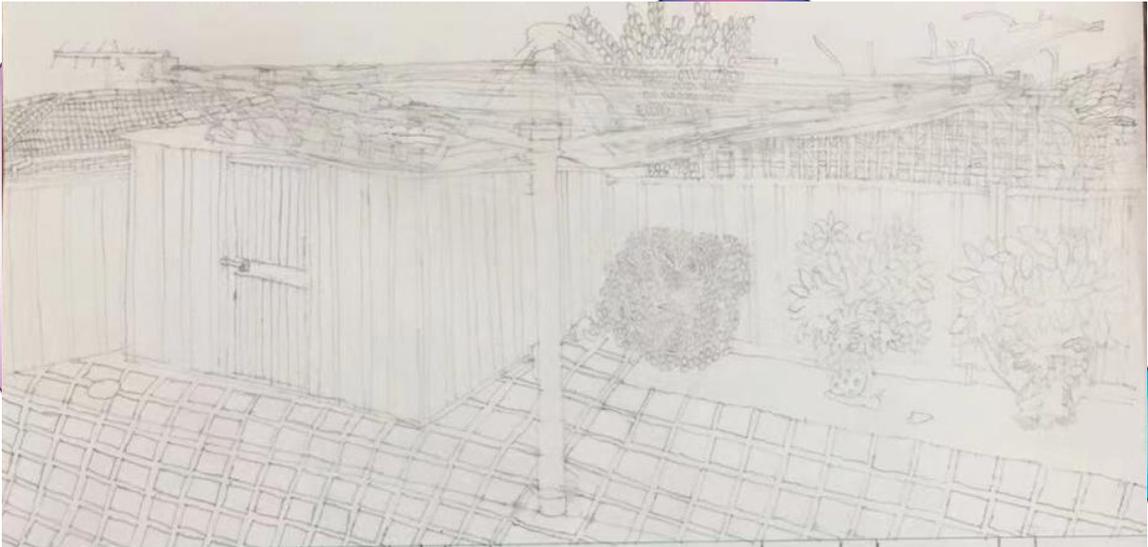


Samson goes out with a mask to get newspaper.



Reuben continues to work on the crystal beads artwork. This is his 10<sup>th</sup> artwork!

# CPA KIDZ' pastime activities



This is our backyard. We have a green garden shed, green plants, green fences, a big green clothes line, mango tree, mandarin tree and orange tree. We also have garden statues on the garden.

Raymond did drawing of his backyard on 15/7/2021



Stephanie made yummy shallot bread.

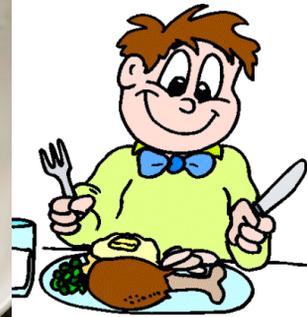


Do they look familiar? from the shops?

Stephanie's mom made lots of coconut tarts.



# CPA KIDZ' pastime activities



Jonathan learnt to make Chinese redish cake. It was a success and it looks so yummy! Well done Jonathan!



Friends went out together for exercise, enjoying the warm day and fresh air.

Drawing done by  
Katherine Cai (12 years old)  
"The Band of Digimon"



## What about you?

Do you want to share with us the interesting things you have done lately?

Send your writings, drawings (on plain white paper) and photos to [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au), titled "CPA newsletter CPA Kidz' corner", we'd love to hear from you.



**AUG**

Cecilia Yu

Jack Zhou

Martin Su

Duo Xu

Jackie Zhang

Queenie Lai

Eric Ng

Joanne Jeong

Stephanie Mu

**SEPT**

Andrew Li

Jessica Zhuang

Sophie Lam

Auden Cheung

Lydia Kong

Willis Li

Clara Li

Kevin Xu

Yin Soon Tan

**OCT**

Chloe Mak

Reuben Vuong

Shaun Cao

Joshua Truong

Richard Yu



# ACKNOWLEDGEMENT

## Donors (donation of \$100 and above)

Alex & Nancy Ma

Anita Un

Betty Pang

Karen Yuen

Logic Wise P/L

Samuel Chu

Sylvia Tinyow

The Hon. Helen Sham-Ho

Vincent Yu

## Donation-in-kind

Amy Lee

Bonnie Ma

CGC Canopy Cleaning

Effan Int'l (Aust) P/L

(Manling Chen)

Jane Pan

Khuong Le Nguyen

## Volunteers

Alex & Nancy Ma

Darby Mu

Jackie Chan

Khon Chau

Winda Mok

Mario Yuen



Our Big Thank You to Eugenia Liang, who worked part-time with CPA in the last decade

She produced and designed beautiful calendars, newsletters and annual reports for us. Her service ended on 26/5/21. We wish her all the best.



Thank you



## **Fee Schedule**

### **Effective from 1 July 2021**

#### **1. Bowling at Tenpin City Lidcombe on Saturday Mornings**

- NDIS participants who could claim activity fees from NDIA: \$35 per session, could be paid by month.

- Non-NDIS participants or NDIS participants who could not claim activity fees from NDIA: \$20 per session, payable at the beginning of each session.

#### **2. Saturday Afternoon Programs at Belmore Senior Citizens Centre and Belmore Youth Resource Centre**

- NDIS participants who could claim activity fees from NDIA: \$35 per session, could be paid by month.

- Non-NDIS participants or NDIS participants who could not claim activity fees from NDIA: \$100 per term or \$15 per session, payable at the beginning of the term or each session.

#### **3. Monday Fitness Gym Class at PCYC Auburn, Wyatt Park, Church Street, Lidcombe (5:00 – 6:00 pm)**

- NDIS participants (Youth Group): \$35 per session

#### **4. Wednesday Fitness Gym Class at PCYC Auburn, Wyatt Park, Church Street, Lidcombe (5:00 – 6:00 pm)**

- NDIS participants: \$35 per session

#### **5. Friday Aerial Circus Program at Aerialize Canterbury, 7-9 Close Street, Canterbury (5:00 – 6:00 pm)**

-NDIS participants: \$35 per session

## **費用表 2021 年 7 月 1 日起生效**

### **1. 週六早上在 Tenpin City Lidcombe 保齡球**

- 可以向 NDIA 索取活動費用的 NDIS 參與者：每節\$35，可以按月支付。 - 非 NDIS 參與者或無法向 NDIA 申請活動費用的 NDIS 參與者：每節\$20，在每節開始時支付。

### **2. Belmore長者中心和Belmore青年資源中心的周六下午課程**

- 可以向 NDIA 索取活動費用的 NDIS 參與者：每節\$35，可以按月支付。 - 非 NDIS 參與者或無法向 NDIA 申請活動費用的 NDIS 參與者：每學期 100 美元或每節課\$15，在學期開始或每節課時支付。

### **3. 週一PCYC Auburn, Wyatt Park,Church Street,Lidcombe 健身班(5:00 – 6:00pm)**

- NDIS 參與者（青年組）：每節\$35

### **4.週三PCYC Auburn, Wyatt Park, Church Street, Lidcombe 健身班(5:00 – 6:00pm)**

- NDIS 參與者：每節\$35

### **5. 週五空中雜技班Aerialize, 7-9 Close Street, Canterbury (5:00 – 6:00 pm)**

- NDIS 參與者：每節\$35



Chinese Parents Association –  
Children With Disabilities Inc.  
澳洲弱能兒童協康會

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Campsie NSW 2194

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Campsie NSW 2194

Office Hours 辦公時間:  
Tues, Thurs 週二, 週四  
10am-3pm 十時至三時

Phone 電話: (02) 9789 1315  
Mobile 手機: 0406 233 222

Email 電郵:  
[admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)  
Websites 網址:  
[www.chineseparents.org.au](http://www.chineseparents.org.au)



## Article Contribution 歡迎來稿

CPA Newsletter is our quarterly publication, sharing community news with our members and other community organisations.

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

**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: I would like to become :

- |      |                   |                          |
|------|-------------------|--------------------------|
| 會員   | Member            | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工   | Volunteer         | <input type="checkbox"/> |

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

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請將支票抬頭 Please make cheque payable to: " Chinese Parents Association-Children with Disabilities Inc"  
DGR # 900 487 253