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愛助



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

CPA NewsLetter 協康會 會訊

FEBRUARY 2016 ISSUE / 二零一六年二月版



Reports:

- ◆ **Christmas Party**
- ◆ **Port Stephens Trip**
- ◆ **Promotion of Reaching for the Stars**





CPA NewsLetter FEB 2016 Issue

協康會 會訊 二零壹六年二月號

**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 other community organisations. We welcome your contributions of articles.

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。

New CPA Committee 2016

CPA MANAGEMENT COMMITTEE 現屆管理委員會名單

Hon President 名譽會長 :

The Hon. Dr Helen Sham-Ho 沈慧霞博士

President 會長 : Miranda Chau 周潤梅女士

Vice President 副會長 : Mrs Ivy Lau 劉陳愛虹女士

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 : Dr Jennifer Chan 陳素娟博士

Program Co-ordinator 活動策劃 :

Ms Elena Lau 容劉敏兒女士

Committee Members 常務委員 :

Mrs Elly Li 李羅艷媚女士

Dr Jeff Li 李雲信博士

Mrs Ping Mu 繆桂萍女士

Mrs Ivy Lau 劉陳愛虹女士

Mr William Wu 吳光偉先生

Professional Advisors 專業事務顧問 :

Mr Peter Wong 王友國先生

Mr Fan Chun Wing 范鎮榮先生

Community Service Worker 社區服務員 :

Mrs Lilian Tse 謝潔儀女士

Ms Eugenia Liang 梁玉華小姐

Program Instructors 活動課程導師 :

Art Teachers: Irene Mok, Maria Christou

Junior Group Teacher: Jackie Chan

Music Therapist: Christine Morson

Music Teacher: Catherine Paix

Dance Teachers: Liliana Carrolo

Elizabeth Ramsay

President's Message

會長感言

新年快樂！歡迎大家和歡迎新近成為協康會的會員們，相信你們已利用聖誕節和新年假期和你的家人和朋友們享用美好的相聚時光，我在此向各會員及其家人作新春致意。值得一提的是，過去多姿多彩和成功的一年，使我們充滿衝勁，去迎接新的一年。

我感到十分榮幸有機會蟬聯第3年的協康會會長，李羅艷媚女士已退任副會長的職務，但仍是執委會成員。我個人要多謝李女士多年來盡心的貢獻和努力。執委會亦藉此機會歡迎劉陳愛虹女士獲選為今年度的副會長。劉女士加入協康會已有六個年頭，她亦在執委會服務了兩年，我相信劉女士的領導才能，將會提升協康會的服務水平，尤其是即將正式推出的NDIS計劃。

我們對2016年有很大的展望。猴年即將來臨，雪梨市政府為了慶祝舉辦農曆新年慶典活動20週年，將會推出全新的節日活動，來突顯雪梨市是充滿文化色彩的城市。為了參與這次慶祝活動，協康會的CPAKIDZ將於2月13日在中國城演出，他們現正緊密地排練。這次慶典，大概有超過70個活動，包括工作坊、美術作品和常常讓人喝采的龍舟競賽。協康會的龍舟隊伍已經開始密鑼緊鼓地練習，希望能全力以赴，得到更好的成績，並奪得獎牌而回。比賽將於2月21日在達令港舉行。我們盼望在這日，你們能出席支持我們，為協康會團隊打氣！



今年的展望，將會集中於幾個對協康會很重要而艱巨的項目。由協康會、RSAC和悉尼小考拉酷樂團合作的音樂會“星光伴我行”，即將於3月13日舉行。我衷心表達對RSAC和悉尼小考拉酷樂團的感謝，亦感激他們的努力和充份合作，使這音樂會能依時舉行。六個月前，音樂會已開始籌備和排練，一切進行得十分順利。CPAKIDZ非常勤於採排，這都是有賴於忠誠的家長們，付出寶貴的時間和對排練的投入，你們的勞苦功高，將會在舞臺上得到表揚，謹此致以萬二分的謝意！

協康會將要面對一份艱巨的工作 – 是政府將於7月份正式推出NDIS計劃。這是一個全新的個人支援項目，幫助殘障人士和其家人。我們正循着這方面鑽研，執委會各人已不斷在各方面尋求有效的途徑和方法，以達到對會員和協康會兩者，均能獲得最好的成果。

現在，讓我們專注於迎接猴年的來臨，並請留意本會即將舉行的精彩活動的訊息。最後，我恭祝大家新年快樂，萬事亨通。

周潤梅女士

President's Message

Happy New Year and welcome back! For those of you who are new to the CPA community, welcome! I hope each of you enjoyed the holiday season, and were able to spend quality time with family and friends. I would like to extend my New Year greetings to all members and families. We enter the new year with a sense of momentum, building on some noteworthy strides in the past eventful and successful year. As we look ahead, with thanks to the many of you who have helped set them in motion.

I am greatly honoured to have the opportunity to lead the Chinese Parents Association for the third year as President. Elly Li has stepped down from the role of the Vice President, but remains as the committee member. I personally like to thank Elly for her kind contribution and efforts over the years. The board would like to take this opportunity to welcome Ivy Lau who has been acclaimed the new vice president this year. Ivy had been with CPA over six years; she has served as a committee member for two years, and was devoted to her responsibility. I believed Ivy's leadership will enhance the reach of CPA, particularly with the upcoming NDIS roll out.

We have so much to look forward to in 2016. The year of a monkey is approaching, as the City of Sydney's Chinese New Year Festival celebrates its 20th anniversary, the festival will offer up brand new ways to experience the city's rich cultural heritage. In taking part of the celebration, CPAKIDz is currently working hard on their rehearsals for performance on 13 February, at Chinatown. There are more than 70 events happening during this celebration, including workshops, artworks and of course the wildly popular Dragon Boat Races. The CPA dragon boat team trainings were already in actions, we are working hard to bring back the trophy!

The race will be on 21 February at Darling Harbour, we hope to see many of you coming to support our team and be our cheer leaders on the day!

The year ahead will keep our attention focused on several ambitious projects essential to CPA. The upcoming concert in March "Reaching for the Stars" presents by CPA, RSAC and Sydney Musicool Ensemble. I would like to express our warmest gratitude to the RSAC and the Sydney Musicool Ensemble. We appreciated their effort and kindness to make this concert possible. The concert preparations and rehearsals were underway six months ago, and going smoothly. CPAKIDz were working very hard on the rehearsals, all thanks to the devoted parents who contributed their time, their commitments to the rehearsals, your efforts will be shined on the stage!

A big job ahead for CPA for the roll out of NDIS in July - a new way of providing individualised support for people with disability and their families. We have been focusing in this direction. The committee members are working on it and researching, taking a step at a time aiming to achieve the best outcome in this new direction for both members and the organisation.

For now, let focusing on welcoming the lunar New Year – year of the Monkey. Please tune in our communication channel of the upcoming exciting events. Until then I wish everyone a very happy, healthy and prosperous New Year 2016.

Miranda Chau

2016 CPA CALENDAR



Feedback from Kogarah Council on Calendar:

The calendar is fantastic! It is lovely to see some of Kogarah's historic buildings through the art work of children and young people. The project highlighted some of Kogarah's historical and artistic points of interest through the talent and imagination of the participants. We thank CPA, it has been a great project!

By Nicolas Best

Coordinator Community Development
Kogarah City Council
2 Belgrave St Kogarah

CPA is glad to present to the community the latest Publication—CPA Calendar 2016. This project first started with the implementation of Art Program to the young people with disabilities back in year 2013.

With further support from Kogarah City Council, CPA is able to continue the project in the production of the 2016 CPA Calendar.

The 2016 CPA Calendar is a collection of the artwork by the CPA young members produced during various weekend art classes and school term holiday art programs.

The cover was the collective work done by a group of young artists with disabilities, with more than 30 pictures chosen to be printed on the calendar.

The printing of this calendar offers an opportunity for people with disabilities to promote and celebrate their ABILITIES in the art arena and be acknowledged by their family, friends, peers and the general public. It not only gives the young people a good means of self-expression and creativity, it displays their artistic abilities and personal achievement which deserve our great applause.

We would like to send our gratitude to Kogarah Council, art teachers, designer and volunteers. They offered their time, economic support, emotional support and effort in helping these children to achieve the target! We sincerely wish that CPA would be able to continue such meaningful project!!

2016年月曆剛於聖誕假期前印刷完成，相信每個參與聖誕節聯歡會的家庭，已獲贈了一份月曆。當你打開月曆，看見那色彩鮮明，充滿藝術想像力的畫作，身為家長，你有為孩子們驕傲嗎？編製2016年月曆是澳洲弱能兒童協康會與高嘉華市政局携手合作的成果，是一個殊榮。協康會填寫了一份詳盡的申請表，向高嘉華市政局爭取撥款的幫助，讓孩子們有機會去表達自己在繪畫藝術上的潛能，讓他們知道“我是可以做到的！”

月曆經印刷後，已被寄到高嘉華市政局的撥款有關部門，而最近得悉有位曾有份負責這項目的職員離職，並且獲准帶同這月曆離去。據她的同事說，是她太喜歡這份月曆。大家可以想像麼？孩子們的作品被欣賞，被當作喜好而收藏起來。

高嘉華市政局對於這月曆的內容設計，看法是正面的，印象尤深。主要是繪畫中帶動高嘉華市有着歷史文化的建築物受到器重，而那希臘東正教堂差不多被視為高嘉華市的文物地標。一直以來，高嘉華市政局常常鼓勵有創作性的藝術家，將其作品展覽，每年在其屬下的圖書館舉行畫展，文化氣息甚濃。協康會亦屢次參與。你有否帶同你的孩子去看他們自己的作品在展覽廳展出呢？

這本2016年月曆是一代表作，這代表作不是一人所有，是協康會家長們共同努力孕育的成果，由孩子們關閉的心聲表達出來的燦爛光彩，這驕傲的光環就讓你和你的孩子一起互相嘉勉吧。

慶祝聖誕節聯歡會

十二月的歐美正是漫天風雪，每當我們選購聖誕咭的時候，往往會看見構圖上的聖誕老人，騎着用小鹿拉的雪車在雪地上走。而我們生活在南半球的澳洲，天氣卻是暑氣炎熱，行走在街上，尤如走上火燄山的途中，隨時感到被氣溫蒸昏和被惡毒的陽光照射，將會生曬成臘人。雖然如此，普天同慶的聖誕節氣氛仍然瀰漫着整個雪梨，一些沒有宗教或不同宗教的人士，亦乘着節日假期，藉着澳洲文化的燒烤美食與良朋相聚，歡渡快樂節日，故聖誕節亦成了與眾同樂的日子，而聖誕老人亦於12月19日，眷顧地在雪梨的好市圍區出現。

這天，澳洲弱能兒童協康會假座好市圍的偉洋海鮮酒樓，舉行聖誕節聯歡會，參加出席的家長和孩子們的人數眾多，佔用了酒樓頂層的貴賓廳。酒樓方面亦為協康會妥善安排了音響設備和一個精緻的小舞臺，讓孩子們在臺上表演。看一看餐堂，金碧輝煌的佈置裏放了兩張大枱，上面擺放了許多由慈善團體們捐贈的禮物，亦使孩子們的眼睛發亮了，期待着節目的開始。

經協康會會長周潤梅女士作了一道開場白及介紹了被邀請的嘉賓後，精彩的環節展開了。協康會的孩子們被邀請到臺上表演，所唱的歌將會在3月13日星光伴我行音樂會中演出。

席上嘉賓中有幾位是導師，正為孩子們打拍子做着手勢，循循善誘地領導孩子們唱歌的技巧，她們渴望着孩子們成長，讓他們知道參與的背後，能發現和發展自己的才能和樂趣，導師們的融入是令人鼓舞和感動。順道提及的一位嘉賓是協康會名譽會長沈慧霞博士，她除了替協康會頒發獎狀給孩子們外，還捐贈款項支助協康會的經費，是一位出錢出力的善心人。

壓軸好戲在後頭，正當各人享用着精美的午餐，聽着孩子們那Jungle bell, Jungle bell的歌聲時，忽然看見聖誕老人駕臨，他搖着鈴鐘由遠而至，仍然是穿着傳統紅衣，肚皮大大的背着個隆起的大袋走來，全場哇然。當然，接下來便是派發禮物和與聖誕老人拍照的時刻。請想想，孩子們的喜悅顏開，是否影響着父母的心情？畢竟快樂時光總要過去，明年聖誕又再相聚。

在此，要多謝協康會的執委會成員，為了籌備是日的慶祝節目，讓大家能開心享受一個快樂時光，事前他們每人都盡心盡力安排一切，例如訂酒樓、商討午餐種類、表演節目、邀請嘉賓等，某些執委更要將所有捐贈禮物預先帶回家中，是日再送到酒樓，這是需要氣力和悉心安排，他們的精神是可嘉的。



Merry Christmas

CPA's Christmas Party

Prepared by Jonathan Yung

Jingle Bell, Jingle Bell it was time for celebrating Christmas this year. CPA went to Christmas party at Hurstville Seafood Restaurant on 12th of December 2015.

People started arriving at 11am. More and more came. There were about 110 people altogether.

CPAKidz sang a few Christmas songs included Jingle Bells, Rudolph the red nose reindeer. I wish all of you had a Merry Christmas and a Happy New Year.

We had lunch at 1pm. We had yum cha food such as steamed prawn dumpling, dim sim, spinach dumpling, fried rice, fried noodles and also my favorite custard egg tart.

After lunch, at 1.3pm, Santa Claus Rang the bell and started to give out presents. Special thanks to Santa for giving presents to CPA's families, friends and children.

It was a great party. Wish you all could have enjoyed and see you at Christmas party in 2016.



國檢史提芬港- 記「弱能兒童協會」2015年聖誕節一日游

2015年12月19日，天公似為”澳洲弱能兒童協會”的家長和會員特意作美，艷陽如金，天朗氣清，適合郊遊。清早7點過後，兩架50座位的大型旅遊車分別從Hurstville 和Strathfield出發，乘載著近100位的團友，浩浩蕩蕩地向史提芬港出發，啟動了這次聖誕節一日游的旅程。

經過約兩小時的驅車，車隊便首先進入Anna Bay，在協康會的義工幹事的帶領下，不少團友都參加了刺激的四驅車沙丘歷險和滑沙活動。大旅遊車把團友們送到潔白如銀的沙丘，大家便登上特制的紅色大型沙丘四驅車。在起伏的沙漠中，顛簸越野，盡收眼底的是耀目細膩的幼沙，眼裡處處風景、心靈次次跌拓，讚嘆和驚呼聲在車箱內此起彼落。到達目的地後，聽完職員為參加者講解滑沙應注意的事項後，團友們便拿起沙橇爬上沙丘之腰，準備好，雙手插在細滑的沙中，順勢在流滾的沙中向下滑行，享受速度和下行帶來的冒險和刺激感。協康會的成員和家屬們興致高漲，都玩了幾次。家長們都感到欣慰，因為看到孩子們敢於接受挑戰。最後，帶著沙漠中燃點起的熱情，大伙們盡興離去。

接著，團友在風景如畫的海邊一邊野餐，一邊欣賞著逐浪兒與海嬉戲、駱駝隊在海灘巡行、以及遠方的一縷輕煙，享受著氣息濃濃的夏日假期。

然後，車隊又驅車前往下一個景點 Toboggan Hill Park。在園內，團友根據個人喜好，各選了兩種活動參加。其中 Toboggan 最受歡迎！駕駛著Toboggan，團友們穿越叢林和雨林，再次體驗大自然與速度帶來的衝擊和歡愉。

約下午四時，車隊啟程回悉尼。義工幹事們在旅程中為大家安排了各種輕鬆好玩的遊戲，鼓勵孩子和家長都參與，並以禮物回贈。霎時，車箱內歌聲笑話不絕，愉快的氣氛滿滿。其中，以會長Marinda 和 Majoria 合演的一曲<<路邊的野花不要採>>獲得最多掌聲和笑聲，Majoria 維妙維肖地以人聲扮演樂器伴奏相當搞笑。而Jeff的歌聲和笑話也不遑多讓。

旅遊車開回市區，預示著這次史提芬港之旅已到了尾聲。大家的心情既愉快又難捨，並且期待新一年的新活動。

Chloe





澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

CNY16

CHINESE NEW YEAR FESTIVAL

中國農曆新年慶典活動

Celebrating the Lunar New Year

Dragon Boat Races - Cockle Bay Darling Harbour Sunday 21 February 2016, 8:30am – 3pm

BE PART OF THE CPA DRAGON BOAT TEAM!

Fun, Friendly Dragon Boating

Race Distance:	200 metres (approx.)
Boats:	2 fleets of 6 buk boats
Training at:	Bank Street, Pyrmont, NSW
Training provide by:	FFB Dragon Boat Club
Training Date:	Jan 16, 18, 23, 25, 30, Feb 1, 6, 8, 13 & 15 Saturday 9am, Monday 5:30pm
Cost:	CPA members* Free, Non-member \$5 per session



Training sessions open to all, we require 24 paddlers in the CPA team for the race.
12 females & 12 males, CPA team require to attend all training sessions.



This Program is kindly funded by Hurstville ClubGrants

For Registration please contact Lilian Tse

T: 9784 8120 M: 0406 233 222 E: admin@chineseparents.org.au

*Children with disabilities of ordinary members of the Chinese Parents Association – Children With Disabilities Inc.



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



RECREATION SPORTS
AND AQUATICS CLUB
providing ability options for people with disabilities

Sydney Musicool Ensemble
悉尼小考拉酷乐团

PRESENTS

Reaching For the Stars

星光伴我行

Sunday 13 March 2016, 2:30pm

Marana Auditorium, Hurstville Entertainment Centre, 16 MacMahon Street, Hurstville NSW 2220

TICKETS : all \$10

www.chineseparents.org.au | E: admin@chineseparents.org.au | M: 0406 233 222
www.disabledsportsac.org.au | E: rsaclub@bigpond.net.au | T: 02 9790 5001

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Sydney Musicool Ensemble

悉尼小考拉酷乐团



Introduction:

The Sydney Musicool Ensemble was established in 2012 by a group of nine year old budding musicians. Together with the support of their dedicated and committed parents, the ensemble has since developed excellent team spirit and impeccable musical skills.

The aim of the ensemble is to share the beauty of music, bringing young citizens together with common interest and unite the communities through music as our common language.

We have performed at specialist venues like the Sydney Opera House and the Seymour Centre, and a variety of facilities including nursing homes, clubs and civic centres.

Over the years, our endeavour has inspired many children to develop their skills in music and appreciate that “*music is cool*”!

Sponsorships are welcomed as these are regarded as recognition to our effort and encourage us to persevere into the future.



澳洲弱能兒童協康會
Chinese Parents Association -
Children with Disabilities Inc.

Mum to Mum 媽媽休閒站- 新春聚會

Date 日期: 12/2/2016 Friday
Venue 地點: Merrylands RSL Club Buffet
14 Military Rd Merrylands
Time 時間: 11:30 am
Fees 費用: Members 會員 - \$10 pp
Non-Members 非會員- \$15 pp
Booking is essential 截止報名日期: 6/2/2016
Enquiries: 9784 8120 (Lilian) or 0413 029 838(Ping)
Tues to Thurs 週二及週四 10am-3pm
Mothers and grandmothers only. 只歡迎媽媽和祖母



- **City of Sydney Chinese New Year Performance:**

At Dixon Street, Chinatown on 13/02/2016

- **Dragon Boat Racing Practice** : Jan & Feb 2016 at Bank Street Pyrmont
- **Dragon Boat Racing event** : 21/02/2016 at Cockle Bay Darling Harbour
- **NSW Art Gallery visit & picnic** : 09/04/2016
- **Mum to Mum** : Merrylands RSL Club on Friday 12/02/16
- **Dad to Dad** : (Badminton FACT)
- **Computer Classes** : 27/02, 05/03, & 30/04/2016
2:30pm at Belmore

Regular Weekend Activities

Junior Group



Rhythm & Motion 唱遊活動

Instructor 導師: By Christine

Time 時間: Saturdays 星期六, 4:00pm — 5:00 pm

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

Sponsor: Earlwood Bardwell Park RSL



Fun to Learn! Independent Living Skills!

Time 時間: 逢星期六下午3:00pm 至 4:00 pm

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

Sponsor: Earlwood Bardwell Park RSL



Community Outdoor Activities

Time 時間: Saturdays 星期六, 2:00 - 4:00pm or School Holidays

Sponsor: Earlwood Bardwell Park RSL

Youth Group



Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am

Venue 地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至 3:30pm

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



Art Programs

Time 時間: Saturdays 星期六, 下午 3:30pm 至 4:30pm

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



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10am 開始

Venue 地點: 3 - 5 George St, North Strathfield

Sponsor: Strathfield City Council

Photo Gallery



Elena Lau receiving a cheque from the Past International President of Lions Clubs International, Barry Palmer AM, Chairman/Founder of The Follow Your Dream Foundation Australia with the Executive Board of TFYDFA. The major sponsor to our project - "Reaching for the Stars".



junior group



junior group



Port Stephens Day Trip



Disco Jan/2016



Port Stephens Day Trip



Port Stephens Day Trip



Disco Jan/2016



Disco Jan/2016



Disco Jan/2016

Photo Gallery



Celebration of International Day of People with Disabilities at Don Moore Community Centre North Rocks



Christmas Party



Dad to Dad Activity

Mum to Mum



Dragon Boat Racing Practice

News Express 社區快訊:

Reaching for the Star is kindly sponsored by Follow the Your Dream Foundation Australia. Below is the message from the President of Follow the Your Dream Foundation Australia.



“Follow Your Dream Foundation”

Founder and Chairman – Barry Palmer AM
Past International President
Vice Chairperson of Lions Clubs International Foundation (Trust)
Lions Clubs International

The Follow your Dream Foundation, Australia was set up in 2013-14 with an aim to help disadvantaged Women and Children. The assistance can take many forms like health, education and income generation. The Foundation received \$100,000.00 from Lions Clubs International Multiple District 201, Australia through the Chairman Barry Palmer AM. Several other fund raising nights were organized & co-hosted by the Sydney Inner West Lions Club, Sydney Inner West Leos Club & The Follow Your Dream Foundation - Australia to help establish the foundation financially.

The objectives are:

To support children and widows both here and overseas particularly in the areas of education and employment.

Around the world today it is increasingly hard for children in developing countries to get an education. There are opportunities for the "Follow Your Dream Foundation" to become involved in building and running schools or sponsoring children to go to school.

There are also young men and women who need assistance with starting up their own business. We can provide assistance and guidance as well as finance to help them.

There are pockets in Australia where children are not able to continue their education because of economic reasons or just a lack of interest from the parents. "Follow Your Dream Foundation" can help with sponsorship and guidance.

Widows in a lot of societies are outcasts. They are denied family support and financial help or it is just not available to them. By the "Follow Your Dream Foundation" we will be able to provide support in several ways.

One way is with micro financing. We provide small loans for ladies to enable them to set up a business and start earning an income.

We can also make donations of sewing machines to allow these women to make clothing to sell.

We can provide a goat so they can have milk in the family and the excess can be sold and therefore gain an income. Ladies are encouraged to increase their goat heard so as the goat's milk decreases the goat can be killed for meat in societies where this is allowed.

The Projects that TFYDFA has committed to support & supported are:

1. Replaced 15 Computers for Dungog High School in Maitland NSW, Australia
2. Chinese Parent's Association - Children with Disabilities Inc. ("Singing in Harmony" on 13/3/2016 Hurstville Entertainment Centre)
3. Children's Sponsorship Programme (Sponsoring 200 disadvantaged children to attend a 3 day camp in South Australia)
4. Children's Feeding Program in India (Sponsoring 220 disadvantaged children for food for 6 months)
5. Australian Lions Childhood Cancer Research Foundation (ALCCRF) and
6. \$20,000 for Nepal Earthquake rehabilitation

TFYDFA has further committed to support a group of villages in India to become a smart village by funding Safe Drinking water, Sanitation needs, health & children education to start with.

A recognition program has now been developed to encourage individuals, groups of people, Lions Clubs, NGO's etc. to support the program financially. In the future we will be looking at Donors visiting the projects with us to assist with the work in the village.

Countries identified as the initial areas to work in. There are of course many more are;

Australia ~ China ~ India ~ Africa ~ Indonesia

I have contacts in all these areas (and many more) who are prepared to help the children and the widows.

We also have several other Foundations who are ready to partner with us.

Through Lions we have the network around the world that can make this happen.

Barry Palmer AM

For more information, please contact:

Lion Pearl Lin JP: 0425 321 668

PDG Lion Allen Fraser JP: 0414 884 101

Dated 22nd August 2015

The Follow Your Dream Foundation – Australia

Board of Trustees

PIP Barry Palmer (AM)	Founder & Chairman
PDG Allen Fraser JP	Vice Chairman & Trustee
Pearl Lin JP	Secretary General & Trustee
Ken Nimmo JP	Treasurer & Trustee
Jonathan Yee	Trustee
Vin Pang JP	Trustee
Sheba Nandkeolyar	Trustee

“Follow Your Dream Foundation”

Founder and Chairman – Barry Palmer AM

Past International President

Vice Chairperson of Lions Clubs International Foundation (Trust)

Lions Clubs International

The Follow Your Dream Foundation 基金會於2013-14年在澳洲成立。它的宗旨是幫助弱勢階層的婦女和兒童。支援的型式有很多方面：如健康，教育和經濟扶助。在2001年，這個基金會於澳洲國際獅子會聯合地區會上，收到其主席Barry Palmer AM的十萬澳元捐贈，並得到其它機構如雪梨內西區的獅子會，雪梨內西區Leos 會和澳洲The Follow Your Dream Foundation基金會，聯同協力，統籌多個籌款晚會，使Foundation 基金會得到各方善款幫助而成立。

基金會的目標：

幫助在澳洲境內及海外的兒童和寡婦，特別在教育和在尋找工作方面加以支援。

在今天發展中的國家，兒童接受教育的機會多遇困難。Follow Your Dream Foundation有機會參與建設學校，辦學和贊助兒童上學。

我們亦可提供給青年男女，在創業上的支援，協助和指引，兼且在財政上的幫忙。

澳洲境內的一些荒僻地區，由於經濟困難或是父母們對孩子們的教育不感興趣，至使兒童們不能繼續他們的學業，Follow Your Dream Foundation可以提供學費贊助和指導。

鰥寡婦孺在社會上很多時是被離棄的一群，她們受到家人的拒絕和支援，得不到金錢上的接濟，或是不能獲得任何幫助，Follow Your Dream Foundation能向她們提供小量貸款，使她們能夠創業和起步賺取收入。

基金會也能利用外界捐贈的縫紉機，讓婦女們縫製及售賣衣服。

我們能提供一隻羊給家庭，使他們有羊奶喝，亦可將剩餘的奶拿去賣以賺取入息。亦鼓勵婦女們多於留意羊羣，在羊奶減量時，一些地方社會可容許將羊宰殺以獲取肉食。

Follow Your Dream Foundation基金會曾提供以下的支援：

1. 提供15台電腦給澳洲紐省的Dungog High School in Maitland,
2. 澳洲弱能兒童協康會（於14/03/2016在Hurstville Entertainment Centre表演 Reaching for the Stars），
3. 兒童節目贊助（贊助200個弱勢兒童參與3天在南澳的露營團），
4. 飼養印度兒童計劃（贊助220個弱勢兒童6個月飼養食物），
5. Australian Lions Childhood Cancer Research Foundation (ALCCRF) and
6. 支付2萬澳元興復尼泊爾地震。

TFYDFA利用資助金 支援印度的一組村落，向他們推行飲用安全食水，衛生需要，健康和兒童教育，使這村落成為聰明村。

本基金會曾援助的國家，包括：

澳洲~中國 ~ 印度~非洲~印尼

我們和這些地區（還有更多地區）都有聯繫，並有其它的基金會正準備和我們成為合作伙伴。

透過獅子會在世界各地的網絡，這些計劃定可一一實現。

Barry Palmer AM

Chinese Parents Association -
Children with Disabilities Inc.

BIRTHDAY BOYS AND GIRLS FEB - APR

FEBRUARY / 2016 :

Brian Su, Edward Chu, Jonathan Yung, Leon Huang

Nancy Wang, Rowena Wong, Tony Soo

Xiao Zhen Wang

MARCH / 2016 :

Capstone Lee, Henry Trieu, Issac Wang

Ivan Li, Karen Lau

APRIL / 2016 :

Annelise Fung, Matthew Ye

Victor Wu



ACKNOWLEDGEMENT

Donors

Alan
Anna Yew
Christina Lam
Eleanore Vuong
Jenny Ho
Jin Jian Liu
Klein International P/L
Miles Lee
Ngoc Suong Phu
Perry Kam Hung Cheng
Qian Cao
Sita Leung
The Hon Dr Helen Sham-Ho
Vishva Hindu Parishad

Volunteers & Supporters

The Follow your Dream Foundation - Australia
Recreation Sports and Aquatics Club (RSAC)
Sydney Musicool Ensemble

Anna Yew
Chun Wing Fan
Darby Mu
Elenaore Vuong
Harry Tinyow
Mario Yuen
Nattanan Low
Peter Wong
Winda Mok

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 | <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)

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: " Chinese Parents Association-Children with Disabilities Inc" DGR # 900 487 253

亦可直接存款于以下帳戶 Payment could also be made by direct deposit to the Association's bank :

A/C: BSB 082080, Account No. 86 208 5669 or by PayPal via www.chineseparents.org.au

February - April 2016 Weekend Activities

	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Remarks
	3:00pm to 5:00pm	8:45am to 12:00pm	2:30pm to 4:30pm	
February				
06 February	Rhythm & Music (Christine) Dancing fun (Elizabeth)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Dance Class 2:30-3:30pm Music lesson 4:00-6:00pm	Elizabeth Ramsay Catherine Paix
13 February	Fun to Learn (Jackie) Rhythm & Music (Christine)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Music rehearsal 2:30-4:30pm	CNY Performance Chinatown 6pm
20 February	Fun to Learn (Jackie)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Dance lesson 2:30 – 4:30pm Birthday party 4:30pm	Lilianna Carolo
21 February (Sun)	CNY Dragon boat racing at Darling Harbour, 8am – 3pm			
27 February	Dancing fun (Elizabeth) Rhythm & Music (Christine)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer Class 2:30-4:00pm Music lesson 4:00-6:00pm	David Luo Catherine Paix
March				
5 March	Fun to learn (Jackie) Rhythm & Music (Christine)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer Class 2:30-4:30pm	David Luo
12 March	Rhythm & Music (Pam) Dancing fun (Elizabeth)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Dance Class 2:30-3:30pm Music lesson 4:00-6:00pm	Elizabeth Ramsay Catherine Paix
13 March (Sun)	Reaching for the Stars Performance at Hurstville			
19 March	Fun to Learn (Jackie)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Art Class 2:30-4:30pm Birthday Party 4:30pm	Irene Mok
26 March	(25, 26, 27, 28 March) Easter Public Holiday			No Activities
April				
2 April	Fun to Learn (Jackie) Rhythm & Music (Christine)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Art Class 2:30 – 4:30pm	Irene Mok
9 April	Visit NSW Art Gallery, 10:30am			No Activities
16 April	Easter School Holiday (Nutrition Talk)			
23 April	Easter School Holiday			No Activities
30 April	Fun to Learn (Jackie) Rhythm & Music (Christine)	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer Class 2:30-4:30pm Birthday Party 4:30pm	David Luo
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

* Ice skating in the school holiday is not funded by CPA