



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

CPA NEWSLETTER 協康會會訊

FEBRUARY 2021 ISSUE 二零二一年二月版

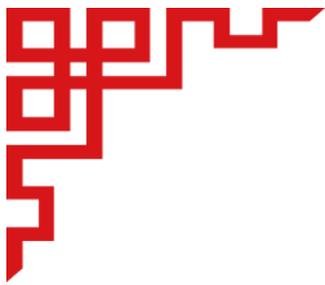


2021 | CHINESE
NEW YEAR

恭賀新春 牛年大吉

Website 網址: www.chineseparents.org.au, Email 郵箱: admin@chineseparents.org.au





President's message: New Year's greeting

A happy new year 2021! I would like to extend my new year's greeting to all of you. I hope each of you enjoyed the holidays in whatever way you were able to celebrate. At last, 2020 is behind us and we start 2021 with fresh outlooks, hopes and dreams.

Once again I am honoured to lead our CPA this year. I want to acknowledge the leadership provided by the committee members. This year two of our valued committee members' term came to an end, I would like to extend a special thank you to Elly Li and Jeff Li for their long time contribution to CPA, they did an outstanding job and their long term commitment we will forever be grateful for them. Please join me in welcoming the returning committee members who I am certain will successfully fulfill their predecessor's shoes! I look forward to serving the CPA as President, but I'm humbled too, especially considering the many outstanding, inspiring, and tireless committees who keep this well-oiled machine running day in day out throughout the year. I also want to thank our Sponsors because our achievement would not have been possible without their continued support.

News of vaccines for COVID-19 becoming available in a month time make all of us very happy. Lives will be saved; our economy can begin to rebuild and many other essential services can start to get back on track.

While many of us have been missing CPA activities and in-person meetings, we don't quite reach the level to be considered essential services. Still, I'm pleased to tell you we are anticipating an in-person CPA Trip. And, while I don't know exactly when, I do believe we will be meeting in person again in a couple of months. When that happens, trips and other activities won't be far behind.



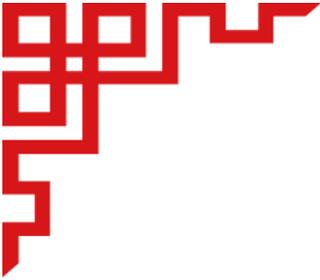
Health comes first amid the COVID-19 pandemic, until restrictions are eased, we will be continuing our programs on-line, I believed this won't be carried on too much longer.

It was with great disappointment, two of our family trips have to be cancelled in early January due to the rising of the Covid-19 cases. I promise these trips will be re-opened once the COVID-19 situation is settled, be patient!

Until then, welcome to 2021, I wish you and your families a happy, healthy and prosperous 2021.

Miranda Chau





會長感言

親愛的會員和家人：

祝您們 2021 年新年快樂！在此我向大家致以新一年的祝福和問候，並期望您們都能以各式的慶祝去享受這個假期。2020 年已經過去，我們將以嶄新的希望和夢想迎接 2021 年。

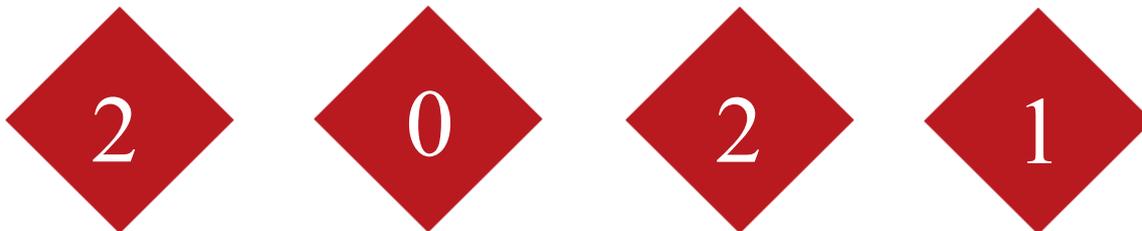
我很榮幸能繼續帶領協康會步進新的一年。感謝管理委員會各成員的協助和帶領。今年我們的委員會成員中，有兩位寶貴的成員 Elly Li 和 Jeff Li 卸任，我在此特別感謝 Elly 和 Jeff 對協康會多年的貢獻、他們出色的工作以及他們的委身服務，我們將永遠感謝他們。也邀請大家歡迎連任的委員會成員，我相信他們將繼往開來，展開協康會未來的工作！我很榮幸能再次擔任協康會會長一職，但看到這許多優秀、振奮而且諄諄不倦的委員會成員，他們永無休止的工作，讓協康會的會務得以順利運作，使我也感到卑微。我特別要感謝我們的贊助商，因為如果沒有他們的不斷支持，我們便不能繼續服務大家。

從新聞上我們知道 COVID-19 疫苗即將在下月推出，這是令人振奮的。生命將受到更好的保障，我們的經濟也可以開始重建，許多其他基本服務也開始回到正軌。

正因為協康會的活動被列作非基本服務，這段期間，我們抱歉未能和會員進行面對面的聚會。不過，我很高興地告訴您們，我們正期待下一次的協康會旅行。雖然我現在不能確定日期，但我相信在未來數月內，我們便可恢復聚會，而其它活動和旅行將會緊隨而來。在 COVID-19 大流行期間，健康是第一位的，所以我們將會繼續進行在線學習項目，直至社交限制放寬，但我相信這將不會持續太久。

由於 Covid-19 感染人數的再次增加，我們兩次的家庭旅行不得已在一月初取消，令大家非常失望。我保證這些家庭旅行將在 COVID-19 問題舒緩後會再度安排，請耐心等待！我們歡迎 2021 年的來臨，在此謹祝您和您的家人有一個幸福、健康和豐盛的 2021 年。

會長
周潤梅



CPA Committee 管理委員會名單



Hon President 名譽會長 : The Hon. Dr Helen Sham-Ho OAM 沈慧霞博士

President 會長 : Ms 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 馮美良女士

Secretary 秘書 : Dr Jennifer Chan 陳素娟博士

Program Coordinator 活動策劃 : Ms Elena Lau 容劉敏兒女士

Committee Members 常務委員 :

Mrs Ping Mu 繆桂萍女士

Mr William Wu 吳光偉先生

Christmas Celebration



“On 20 December 2020 10 am CPA celebrated a Christmas lunch at Parramatta Park. We went on a rainy day so had to be under shelter. The seats & benches all got sanitised before sitting.

Some of us went bushwalking around one block & we all had Thai food for lunch and then dessert.

In the end we all lined up for presents & I got a face mask & a pair of walkie talkies. It was such a great time that we enjoyed it.

Andrew Li





PANDEMIC

COVID-19

The same **pandemic**, unequal **impacts**:

How people are experiencing the pandemic differently

It has been clear from the early stages of the COVID-19 pandemic that some groups are more affected than others. According to UK researches, minority ethnic communities are 4 times more affected by COVID-19. Young people are 2 times more likely to lose their employment. On top of that, disabled people have been hit particularly hard, experienced 2-3 times more difficulties compare to non-disabled people. In one way or another, we have all been influenced by this pandemic, whether it means working from home, cancellation of gatherings or working on the frontlines. During Jan 2021, CPA has invited all members to open up and share with the community, the way that COVID-19 has shaped their lives:

- ◆ What were the things they did during the pandemic?
 - ◆ How much they understand about COVID?
- ◆ How did they feel about the lockdown—April 2020?
 - ◆ What they missed most during COVID-19?
 - ◆ What are their expectations in 2021?

PANDEMIC

Enclosed here under is a journal prepared by *Barry Mak* :-

On Friday 29th January 2021, because of coronavirus, we can't go to Belmore Senior Citizens Centre, PCYC Auburn, Aerialize at Canterbury, anywhere else and by Sydney Transport. Remember I need to wash my hands with water and soap frequently or use hand sanitizer before I eat breakfast, lunch, dinner or cook. Remember, never shake other people's hands, never touch face such as mouth, nose and eyes and always keep social distance from other people, always wash hands with soap and water frequently, always wear a face mask as will be fined \$200 and always stay at home.

My mum drives me to work at David Morgan Enterprises in Rydalmere and return everyday. In CPA activities in 2020, we have to use zoom to meet CPA friends such as Samson, Reuben, Capstone, Joanne, Victor Li and Jonathan with a laptop instead of Belmore Senior Citizens. My mum also can't go to Auburn Baptist Church because of COVID-19. Keep it safe for COVID-19.

COVID-19





“My life during the Pandemic”

By Joanne Pang

2021

COVID 19 has had caused devastating effects on many people worldwide. When COVID-19 began I couldn't see my friends or participate in activities which was affecting a lot to my daily routines. When we were in lockdown I kept myself very busy with mum. I learnt how to cook a lot of food such as noodles, stir fry vegetables, cutting vegetables, meat and gardening. I exercised by listening and moving my body to Chinese music on YouTube. I did house chores by helping mum sweeping and mopping floor, hanging clothes on the washing line, folding clothes and putting them away in the drawers. In addition, I attended weekly speech therapy and was followed up by a home tuition teacher. In these speech therapy sessions I worked on social skills including communicating, answering questions while working on my writing skills and talked about my plans for the holidays. I also attended art and crafts lessons and Zumba zoom classes provided by the Chinese Parents Association. Moreover I have completed two TAFE courses online which were computer course and writing short stories. Furthermore I attended three days of zoom meeting with the college. It's safe to say I was very busy during lockdown.

I understand that COVID-19 is an infectious and a deadly disease. In order to keep myself and my mum safe, I practiced social distancing, washing hands, no hugging, kissing and sanitising hands regularly when necessary. It was great to see everyone around me following government guidelines practising social distancing keeping us healthy and hopefully that will help us return to living normally.

I can say during the lockdown time, I felt frustrated for not being able to attend face to face activities. For example I could not attend singing, going on trips, exercise at the gym, dancing and attending art and crafts lessons. I felt scared while wondering what will happen to the world as I watch the daily world news. The world news reported many people increasingly dying everyday all around the world. I was away from everyone and have to stay home with mum only. Sometimes I felt bored because I didn't have enough activities to do.

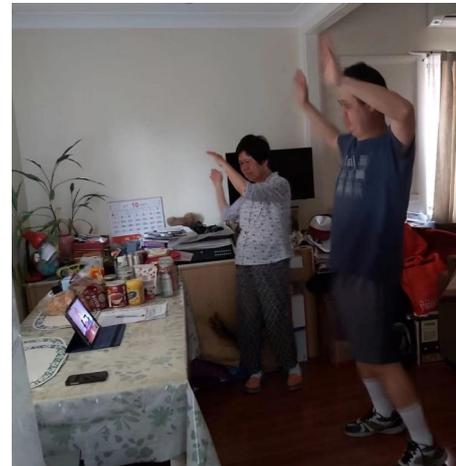
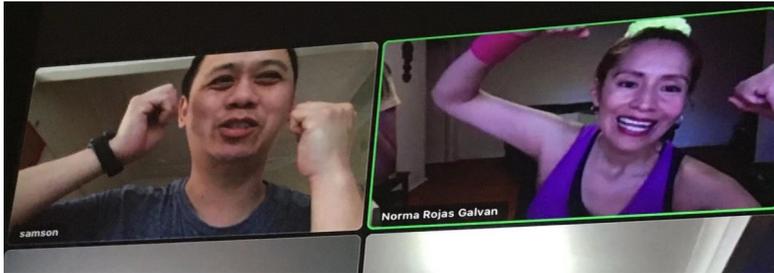
What I missed most during COVID-19 was interacting with friends at the college and meeting up with Chinese Parents Association friends and teachers. What I missed was participating in face to face activities like ice-skating, aerialize circus, bowling and gym class. I also missed was going out for movie and shopping with mum.

My expectation for this year that the vaccines will be available free to everyone. Also include the disappearing of coronavirus. I hope to be able to travel overseas to visit families. I also hope that I don't need to wear a mask throughout 2021 and constantly sanitising my hands. I wish that we don't need to social distance even though I think we need to.

Now that the coronavirus has improved in Australia, I can go on day trips, participate in face to face activities and attend activities run by the Chinese Parents Association soon.

"My life during the Pandemic"

By Samson Yuen
2021



Due to the pandemic, I stopped going to work in mid-March last year. I returned to work 2 days a week since mid-May and increased my working days gradually. I am now working 5 days a week. I wear masks when I go to work by public transport and sit on the seats marked with "green ticks" to keep physical distance from others.

On the days I did not go to work, I stayed home, watched TV or talked to my friends over the phone or through Messenger. Sometimes, I went grocery shopping at the local shops with my mum and did some cooking. I learnt how to cook rice using the rice cooker and got a hand on preparing some simple dishes. I enjoyed cooking.

I knew it's bad to catch Coronavirus. In early January, my mum and I went for a COVID-19 test at the testing clinic at Homebush because I visited Woolworths Berala with my mum on some of the days which the Government advised people who were at the venue to go and get tested even without any symptoms. Luckily our test results were negative.

During the lockdown, there were restrictions and it is not good to go to places. My 3-week Christmas and New Year holiday this year was the most boring one in my life.

I didn't get to see CPA friends on Saturdays as bowling and Belmore afternoon programs were cancelled. I was glad that CPA provided Saturday online classes. I did art and craft, drawing, singing and dancing. My Saturday afternoons were pretty much filled.

Hopefully, CPA could resume its face-to-face activities soon so I could meet up with my friends on Saturdays, like prior to the pandemic."



農曆新年慶祝活動於2021年重返車士活

**CHATSWOOD
YEAR OF
THE OX FESTIVAL**
3 – 28 February 2021



往年的新年前夜慶祝活動通常會包括煙花秀及大型聚會，但是由於新冠疫情，許多州不得不改變計劃。請看今年悉尼迎接2021農曆新年年的攻略：

威洛比市議會的農曆新年慶祝活動將於 2021 年以耀眼歡樂的車士活牛年慶典（2月3日至2月28日）回歸。這個以生肖命名的慶典，將首次以喜劇之夜為特色，並進行一系列配有適當 COVID 安全措施的活動。在此海外旅行受限之時，慶典將讓本地人和地方遊客恍若穿越時空，置身於充滿中國、越南、香港、新加坡、韓國、臺灣和其他地區風情的美食和娛樂文化之旅。



<https://www.willoughby.nsw.gov.au/LNY>

威洛比市議會市長 Gail Giles-Gidney 表示：「這個充滿活力的慶典將為遊客提供絕佳的機會，以展示他們對當地企業的支持，並共同慶祝農曆新年。從品嚐農曆新年佳餚到享受一系列文化體驗和欣賞澳洲藝術家的作品，此慶典是迎接新年的絕佳方式，尤其是在度過了如此艱難的2020年之後。



在慶典期間，車士活將成為與藝術家和表演者見面的好地方。2021年的節目包括：

- ⇒ 農曆新年喜劇（2月27日，星期六）：慶典將首次舉辦喜劇節，屆時將有兩場75分鐘匯聚澳洲最佳表演的演出。這些搞笑的喜劇演員包括 Michael Hing、Diana Nguyen、Lawrence Leung、Lizzy Hoo 和 Happy Feraren 與 Jeff Messina 的即興二人組 Fillow Talk。
- ⇒ 農曆新年文化慶典音樂會（2月20日，星期六）：在 The Concourse 劇院舉行的農曆新年慶典音樂會上，以精彩的文化表演迎接牛年。參加者將欣賞雪梨音樂學院最優秀的音樂神童所帶來的 Rising Stars at the Con 節目，以及令人印象深刻的武術表演、傳統舞獅表演、中國民樂、古典音樂與現代舞，由 SBS PopAsia 主持人 Andy Trieu 主持。
- ⇒ 珍貴的寶藏（2月3日至28日）：由澳洲最重要的當代華裔藝術家之一關偉 (Guan Wei) 策劃的繪畫、雕塑兼裝置藝術展覽。該展覽將在威洛比的 Incinerator Art Space 中舉辦，展示六位澳洲頂級藝術家的作品，他們的作品都曾在澳洲各地著名的美術館展出。展覽將以跨文化為主題，展示每位藝術家融合亞洲和澳洲文化的獨特視角。請來欣賞關偉 (Guan Wei)、富中清 (Amy Fu)、Jason D Phu、錢建華 (Justin Qian)、楊熹發 (Yang Xifa) 和 Louise Zhang 的作品。
- ⇒ 黃金市場（每星期四和星期五以及2月6日星期六上午9點至晚上9點）：漫步在車士活購物中心 (Chatswood Mall)，屆時它將化身為亞洲城市常見的年貨大街，有攤位販售鮮花、幸運竹、裝飾品和美味的新年佳餚。

市場將採取嚴格的 COVID 規定，讓你能放心欣賞精美的主題裝飾和燈籠。在為期一個月的節慶期間，還有許多其他精彩活動，如武術專家 Andy Trieu 的表演、美食之旅以及燦爛奪目的燈光秀。

For more details:
<https://www.willoughby.nsw.gov.au/LNY>



JUNIOR GROUP

Chinese Parents Association –
Children with Disabilities

CPA provides regular weekend activity programs which include creative dance/movement, Zumba, music therapy, Physiology exercise, cooking skills and “Learning is fun” programs to help children with disabilities to :

- ◆ **Develop PHYSICALLY**, encouraging them to get active and exercise various muscles;
- ◆ **EMOTIONALLY**, helping them to manage their emotions and understands how to express their feelings with body languages;
- ◆ **ARTISTICALLY**, using art as an outlet for communication and creativity, thus boost their self-esteem;
- ◆ **COORDINATION skills**, helping them to improve different motor skills and strengthening their balance and hopefully all sessions will **engage and encourage** the children to respond and achieve growth in above aspects, thus encourage better development and learning.

Through joining of our activities, we also try to help children to reduce social isolation & language barriers through the increase of community participations, at the same time, offer social and emotional support to the families/siblings. LET’S take a look at our up coming programs:



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

Art & Craft Classes

VIRTUAL CLASSROOM

Who: All Welcome
When: 13/02/2021, 13/03/2021
(2.30-3.30pm)
Join Zoom Meeting: If you are new to the class,
please email
admin@chineseparents.org.au
We will email you the Zoom link

What you will need: Computer or Laptop with a
camera, ipad, mobile or tablet

Up coming



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

Virtual Zumba Classes

With Norma

網上舞蹈課

Who: All Welcome

When: 06/02, 13/02, 27/02, 13/03, 27/03, 24/04/2021
(4.00pm – 5.00pm)

Join Zoom Meeting: Please email admin@chineseparents.org.au
We will email you the Zoom meeting link

What you will need: Computer or laptop with a camera, ipad, mobile or tablet

Please log in 5 min before the class. We can still talk, sing and have fun! 😊



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

CPAKIDz Virtual Classes are coming back!

Drawing Classes with Alex Ma

Who: All Welcome

When: Saturday, 2pm-3.30pm
20/02, 06/03, 20/03, 17/04/2021

Join Zoom Meeting: If you are new to the class, please email
admin@chineseparents.org.au

What you will need: Computer or laptop with a camera, ipad, mobile or tablet. Other materials: A4 papers, pencils, a box of crayons

Please log in 30 min before the class. We can still talk, sing and have fun! 😊

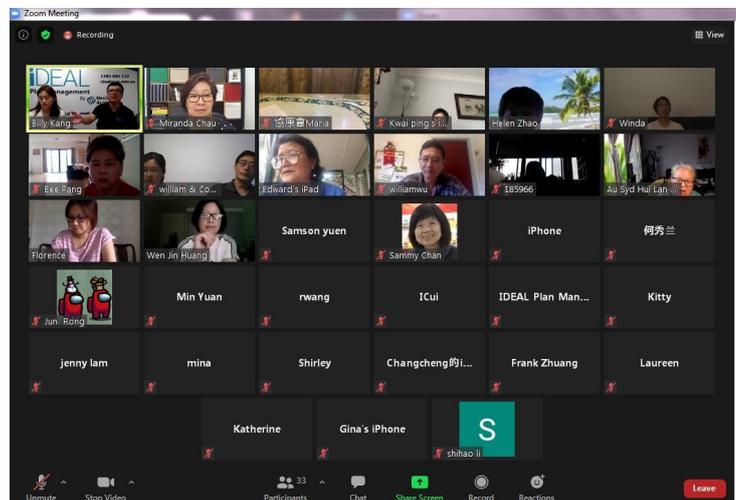
PHOTO GALLERY



Christmas Picnic at Parramatta Park 2020



Gifts from IDEAL to CPA members
Whom attended NDIS webinar



LMP NDIS SEMINAR

PHOTO GALLERY



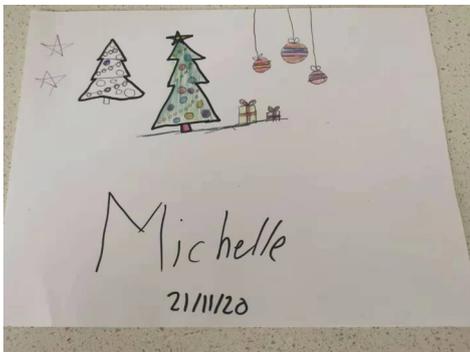
Fun to Learn Zoom Class Nov 2020



CPA Kidz Drawing Class—Alex Ma

PHOTO GALLERY

- Artworks from online drawing classes -





**We wish you
a very happy birthday!**

FEB

Aaron Cheng

Leon Huang

Edward Chu

Raymond Chin

Jonathan Yung

Tony Soo

Justin Tran

MAR

Aliza Tam

Henry Trieu

Capstone Lee

Isaac Wang

Dave Sun

Karen Lau

Fiona Zhong

Wen Jin Huang

APR

Victor Wu

Xiao Ming Sheng

Vincent Blackwell

Acknowledgement

感谢您

Donors (for cash donations \$100 or above)

Anita Un

CommBank Community Donation Program

Willis Li

Volunteer

Jackie Chan



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

February - April 2021

Virtual Classes 網上課程

\$15 per class 每個課程, cancellation required 24 hours' notice in advance. 取消要24小時前通知.

\$100 per month 每個月 (Feb-Mar), April classes to be confirmed.

Register on-line 在此鏈接報名 [CLICK HERE](#)



SATURDAY 星期六				
	Junior Group 小組	Youth Groups 大組	All Groups 合併班	
	2:30pm to 3:30pm	2:30pm to 3:30pm	2:00pm to 3:30pm	4:00pm to 5:00pm
February				
06/02		Literacy / Story telling Elizabeth	No Drawing class	Zumba - Norma
13/02	Therapy / Fun Learning	Art & Crafts		Zumba - Norma
20/02			Drawing – Alex Ma	Music & Movement - Belinda
27/02	Therapy / Fun Learning	Literacy / Story telling Elizabeth		Zumba - Norma
March				
06/03			Drawing – Alex Ma	Karate – Esther (TBC)
13/03	Therapy / Fun Learning	Art & Crafts		Zumba - Norma
20/03			Drawing – Alex Ma	Music & Movement - Belinda
27/03	Therapy / Fun Learning	Literacy / Story telling Elizabeth		Zumba - Norma
April				
03/04	Easter Saturday School Holiday			
10/04	Easter School Holiday			
17/04			Drawing – Alex Ma	Music & Movement - Belinda
24/04	Therapy / Fun Learning	Literacy / Story telling Elizabeth		Zumba - Norma

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



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

ABN: 63 938 108 704

DGR: 900 487 253

Contact details

聯係方式

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organizations. 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。

Office Address 辦事處:

Shop 11 (Lot 33), 20-22 Anglo Road, Campsie, 2194

Post Address 郵址: PO Box 345, Campsie NSW 2194

Office Hours 辦公時間:

Tues & Thurs 週二及週四, 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

Websites 網址: www.chineseparents.org.au