



洲弱能兒童協康會

Chinese Parents Association- Children With Disabilities Inc.

Newsletter 協康會會訊

August to October Issue 二零二二年八月版 | www.chineseparents.org.au | admin@chineseparents.org.au



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Dear Members

Welcome to this new edition of the CPA Newsletter. First of all please join me in welcoming our new committee member, Josh Lee, the brother of CPA PWD, Capstone Lee. Josh was graduated with first-class honours at the University of Sydney. He currently is a Chartered Financial Analyst and Chartered Accountant. We are excited to have him in the committee. I am sure Josh will give us lots of fresh ideas and suggestions to our organization in the future.

Josh's first task is to re-introduce the SibSpace, a program aimed to provide opportunities for the PWD's siblings to get together to share their feelings and challenges with their brother/sister, relax and have some fun. Please keep an eye on the announcement later.

CPA is proud to be invited to participate in the 2022 "Sharing the Same Moon" 千里共嬋娟 Art Context and Exhibition. This exhibition is organized by The Australia Fujian Association Head Quarter Art and Culture Centre, and Tasmania branch in collaboration with the Australian National Education and AFA Art Institute. Two classes will be hosted by an Art Teacher from the Australian Fujian Association and thirty pieces of artwork made in these classes will be chosen to be displayed in the exhibition from 26 September to 10 October. Please refer to separate communication on more details about this exhibition.

For the two upcoming events, Father's Day/Mid-Autumn celebration in September and Ski Trip in October, around 100 people have already registered in each event. Everyone is so excited to come out and have fun after a long period of lockdown due to COVID restriction.

We look forward to seeing you in these two events.

Ivy Lau



親愛的會員,

歡迎閱讀這新一期的協康會通訊。首先，請讓我們一起歡迎 Josh Lee 成為協康會管理委員會的成員。Josh 是協康會成員 Capstone Lee 的哥哥。Josh 曾就讀於悉尼大學，並以一級榮譽畢業；他目前是特許金融分析師和特許會計師。我們非常榮幸得到他加入管理委員會。相信 Josh 將會給協康會帶來更多嶄新的概念和建議。

Josh 首要的任務是重新引入 SibSpace 計劃，旨在為智障人士的兄弟姐妹提供機會，讓他們聚在一起，分享他們的感受和挑戰，也藉此一起輕鬆暢聚。詳情會稍後公佈。

協康會很榮幸受邀參加 2022 年「千里共嬋娟」中西藝術交流畫展。本次展覽是由澳洲福建鄉情聯誼會文化中心、塔斯曼尼亞分會與澳洲國家教育機構和澳洲福建鄉情聯誼會藝術學院合辦。聯誼會的美術老師將會為協康會成員主持兩節藝術課，其中三十件完成作品將會在 9 月 26 日至 10 月 10 日的展覽中展出。有關是次展覽的詳情，請參閱本會的通訊。

協康會在未來兩個月，即將舉行兩項活動，包括 9 月的父親節暨中秋慶祝活動和 10 月的滑雪之旅，每次活動的報名人數都接近 100 人。由此可見經過新冠疫情漫長的限制和封鎖，大家都非常雀躍能出外走走，盡興一番。

我們期待在這兩項活動中見到您。

副會長 - 劉陳愛虹





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。

Welcome new committee member 歡迎新委員會成員

Josh Lee

Hello CPA

I am Josh, Capstone's brother, and I am grateful for the opportunity to be a member of the CPA board. I graduated with first-class honours at the University of Sydney and am accredited as a Chartered Financial Analyst and Chartered Accountant. My current field specialises in the banking/financial regulatory space and taxation. Outside of work, I enjoy spending my free time playing most sports, more specifically, basketball and badminton.

I would like to use this position to help further CPA initiatives and give back to an organisation which has done so much for my brother.

Josh

welcome
TO THE
TEAM

小組節目 Junior Group Program



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

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

Community Outdoor Activities

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

大組節目 Youth Group Program



藝術課 Art Programs

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

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

音樂課 Music Lessons

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

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

椅子瑜珈 & 普拉提 Chair Yoga & Pilates

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

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

跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue 地點: Belmore Senior Citizens 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 11am 開始

Venue 地點: Tenpin City Lidcombe, 92 Parramatta Road Lidcombe,
(Parking at rooftop)

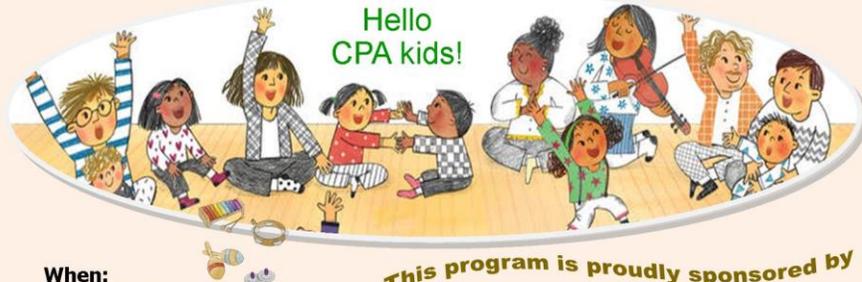
網課 On-line Activities

Announcement through Wechat & email

小組節目 Junior Group Program

友互 愛助 澳洲弱能兒童協康會
 Chinese Parents Association - Children With Disabilities Inc
Educational And Creative Hub (EACH) Program
 For CALD Young Children with Disabilities

Fun with Music 幼幼



Hello
CPA kids!

This program is proudly sponsored by
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club

When:
3:30-4:30 (Saturday)

Venue:
Belmore Youth Resource Centre
38-40 Redman Parade, Belmore

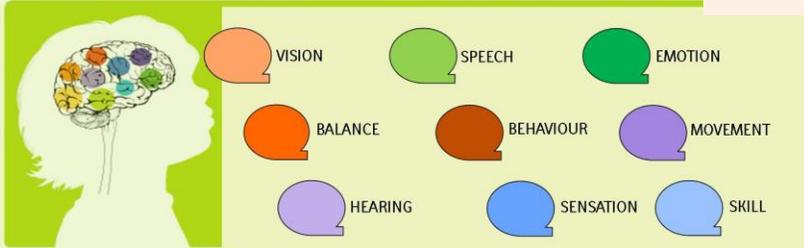
Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222

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

Educational And Creative Hub (EACH) Program
 For CALD Young Children with Disabilities

Music Therapy by Christine

Let music work on your child's brain!



This program is proudly sponsored by
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club

When:
3:30-4:30pm (Saturday)

Venue:
Belmore Youth Resource Centre
38-40 Redman Parade, Belmore

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222

友互 愛助 澳洲弱能兒童協康會
 Chinese Parents Association - Children With Disabilities Inc
Educational And Creative Hub (EACH) Program
 For CALD Young Children with Disabilities

Taekwondo with Khon



This program is proudly sponsored by

Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club

When:
4:30-5:30pm (Saturday)

Venue:
Belmore Youth Resource Centre
38-40 Redman Parade, Belmore

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

Educational And Creative Hub (EACH) Program

For CALD Young Children with Disabilities

Exercise Physiology



With Amelia



When:
3:30-4:30pm (Saturday)

Venue:
Belmore Youth Resource Centre
38-40 Redman Parade, Belmore



This program is proudly sponsored by
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

Educational And Creative Hub (EACH) Program

For CALD Young Children with Disabilities

Creative Arts



When:
3:30-4:30pm (Saturday)

Venue:
Belmore Youth Resource Centre
38 Redman Parade Belmore

This program is proudly sponsored by
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

Educational And Creative Hub (EACH) Program

For CALD Young Children with Disabilities

Zumba Zumba with Norma



When:
4:30-5:30pm (Saturday)

Venue:
Belmore Youth Resource Centre
38-40 Redman Parade, Belmore

This program is proudly sponsored by
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222





慶祝父親節 & 中秋節

Father's Day & Mid-Autumn Celebration
Saturday 03/09/2022, 11:30am – 2:00pm

Ashfield RSL Club

Ashfield RSL Club, 374 Liverpool Road, Ashfield

| Fathers of PWD# 父親 Children 12 & under | PWD (NDIS Participants*) | Others 其他 |
|-------------------------------------------|-----------------------------|-----------|
| \$15.00 pp | \$35.00 pp | \$20 pp |

*NDIS participants are people who has current NDIS funding to claim for the above activity fee. 有 NDIS 計劃並可申報此項活動的參與者。
PWD refers to the children with disabilities of ordinary members of the Chinese Parents Association-Children With Disabilities Inc.

Booking essential, please book by 報名截止日期 21/08/2022 through CPA WeChat or email admin@chineseparents.org.au Full payment required upon booking

This event is for CPA members only

Enquiry: Miranda 0412 536 633, Maria 0402 941 090



Cockington Green Gardens



Mount Ainslie Lookout



Floriade



The Big Merino

CANBERRA & SNOWY MOUNTAIN PERISHER VALLEY FAMILY TRIP

堪培拉 + 雪山三天遊

Saturday 01/10/2022 to Monday 03/10/2022



- Fees Include
- Coach fees + tips
 - 2-night accommodations, 2x dinner, 2x breakfast
 - National Park entry
 - Cockington Green Gardens entry

Registration will be closed on 31/08/2022

| Fees | Family of 2 | Family of 3 | Family of 4 | Family of 5-8 |
|---------------------------------------------------------------------------|---------------------------------------------------------------|-------------|-------------|--------------------------------------------------------------------|
| Adult pp | \$400.00 | \$380.00 | \$370.00 | \$360.00 |
| Child pp (12 and under) | \$370.00 | \$360.00 | \$350.00 | \$340.00 |
| | Share rooms with a double and three singles beds (bunk-style) | | | Share room with two bedrooms, each room with four single bunk-beds |
| NDIS participant - \$400 (adult) \$370 (child) claimable from NDIS | | | | |

| | |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Time: | 09:00am sharp depart (see itinerary) |
| At: | 38-40 Redman Parade, Belmore |
| Registration: | Booking open now, first in first served! Priority will be given to members! |
| Contact: | Maria 0402 941 090, Miranda 0412 536 633 |
| Bring: | Sunscreen, sunglasses, Ski jackets, pants, gloves, Beanie, boots, sun hat, snacks. (Ski gears available for hire at the Motel) |
| Accommodation facilities | Private ensuite bathroom, microwave oven, toaster, kettle, crockery, cutlery and utensils, TV, DVD player, heater, doonas. |

No responsibility Disclaimer: Chinese Parents Association-Children with Disabilities Inc, will not be held responsible for any injuries, and breakages or damages they sustain during this trip. PWD* required to be accompanied by carer at ALL times.

** PWD refers to the children with disabilities of ordinary members of the Chinese Parents Association-Children With Disabilities Inc.

\$200 deposit per family required upon booking. Balance payment due on 10/09/2022.
The \$200 deposit will be forfeited if cancellation less than 21 days prior to the event.



Sharing the Same Moon

千里共婵娟



Project Introduction

The Australia Fujian Association Head Quarter Art and Culture Centre, and Tasmania branch in collaboration with the Australian National Education and AFA Art Institute, CPA was proud to be invited to participate in the 2022 "Sharing the Same Moon" 千里共婵娟 Art Context and Exhibition.

The exhibition will be held at the Australian Fujian Association Art and Culture Centre, located in Summer Hill, Sydney. They will hold an opening ceremonies attended by artists, dignitaries, distinguished members of the Chinese Australian community, as well as talks and other featured events. The exhibition and activities will be broadcasted in both international and local media and published in a book form.

The Australian Fujian Association has previously organised many high levels art events in China and in Australia, including the 2017 joint Chinese-Australian exhibition at the Fujian Museum, led by the Tasmanian Minister of Arts to celebrate the 35-year friendship between Tasmania and the Fujian Province.

In collaboration of this project, AFA hope to bring together, through art, the sharing of culture and 50 years friendship between China and Australia.

Exhibition launch date: September 24, 2022

Exhibition period: September 26 to October 10, 2022

Address: 46 Edward Street, Summer Hill NSW 2130

Presented by AFA Art Institute AFA艺术学院

澳洲福建鄉情聯誼會曾經多次為活躍華人社區文化藝術活動，促進澳中文化藝術交流，提升澳中藝術家的創作價值，以及支持青年藝術愛好者的發展空間，在澳洲和中國舉辦高層次的書畫藝術展覽。其中具有重要紀念意義是 2017 年在中國福建省博物館，為慶祝塔斯馬尼亞省和福建省 35 年友誼的文化藝術交流展覽。這屆展覽是由塔斯馬尼亞藝術部部長率領，澳洲藝術家到福建博物館所舉辦，許多著名的中國藝術家和澳洲藝術家應邀參展。

這一次澳洲福建鄉情聯誼會文化教育中心，和塔斯馬尼亞分合同澳大利亞國家教育中心，將主辦一次 '中西青年藝術文化交流畫展'。此次協康會很榮幸被邀請加入這個項目。展覽地點位於具有非常濃厚藝術氣氛的內西區 Summer Hill，屆時會有隆重的開幕式以及展出作品圖冊等精美資料發布。

此次中西青少年文化藝術比賽展覽，定能展現人類對和諧和健康幸福生活的願望，特別是通過藝術對中澳友好關係的訴求和願望，同時促進青少年藝術文化發展。

開幕式：2022 年 9 月 24 日

展覽時間：2022 年 9 月 26 日至 10 月 10 日

地址：46 Edward Street, Summer Hill NSW 2130

Sharing the Same
Moon
千里共婵娟

Art Class 繪畫班

Saturday 6th & 13th August 2022,
2:30pm – 4:30pm

At: Australian Fujian Association Art Culture Centre
澳洲福建乡情联谊会
46 Edward Street, Summer Hill

Art classes will be hosted by an Art Teacher from The Australia Fujian Association. Art materials will be provided. Thirty of the art works from these classes will be chosen for the Art Exhibition “Sharing the Same Moon” on 26 September.

Registration Essential, contact: Maria 0402 941 090

“Sharing the Same Moon’s Art exhibition is where artists from multiple background come together to show *cooperation* and *sharing* and presented people’s desire for a harmonious and happy life.

千里共婵娟的画展是多背景艺术家们走在一起展现了*合作和分享*·展现了人们对和谐幸福生活的诉求”

(President of Australian Fujian Association, Josephine Lam (OAM))

Barefoot Bowls Family Day

This was the first time I played barefoot bowls. Why it is called barefoot? Like other people, I had my shoes on while playing. It was good to try something different. It was harder than the ten pin bowling. The bowl is heavy but not as heavy as the normal bowl. The bowl changes direction easily. The game is really difficult. I always have the bowl stopping too far away. It is hard to have a good control of the bowl to make it close to the white little balls. I also had to do a lot of walking around. It was tiring for me after the game. Anyway I enjoy the fresh air and sunshine in the outdoors, this lawn bowls is really a good experience to me and my family. Thanks for CPA's arrangement.

By Sarah Yim



Barefoot Bowls Family Day at Marrickville Bowling Club

On Saturday 16th July 2022, I went to Barefoot Bowls in Marrickville with Samson, aunty Maria and uncle Mario. I saw CPA friends such as aunty Elena, Jonathan, Victor Li, Jason, uncle William, Victor Wu, Samuel, uncle Darby, aunty Ping, Stephanie, Edmund and aunty Lifan. Tenpin Bowling and Lawn Bowling are different. We have to be barefoot at all times because if we wear shoes with heels, the lawn will be damaged. Lawn Bowl is an outdoor game and no pins to hit. We aim at the white ball but not hitting it. Uncle Darby taught me how to bowl and aim at the white ball. If I threw too gently, it will not reach the white ball or if I threw too hard, it will drop into the gutter. The weather is sunny and warm. After the Barefoot Bowls was finished, we washed our hands with soap and water. I enjoyed at the Barefoot Bowls in Marrickville.

By Barry Mak



Archery at Sydney Olympic Park

On 11/6/22, we could not go to bowling at Tenpin City Bowling Lidcombe as usual as there was a tournament on. We went for archery at Sydney Olympic Park instead. The start time was 12:00 noon. My parents and I arrived there about 30 mins earlier. The archery range is huge, much bigger than the one at Milson Island.

We had 13 people registered for the event. But when the coach was about to start, a few people still hadn't arrived. We didn't wait for them but headed off to the far end to play. Our group was divided into 6 teams. The coach briefed us on how to use the bows and arrows to shoot at the colourful targets. We took turns to play, and for safety reasons, we waited until everyone finished shooting the 3 arrows before we went to the front to pick up the arrows.

As some teams could hardly hit the targets, the coach helped us pull the targets closer to us so it's easier to hit. I am glad I was able to hit the target a few times.

It was a great experience for me. I enjoyed it very much.

Samson Yuen assisted by mum



Wendy Mao Performance

On Wednesday 4th May 2022 CPA kids went to Opera House to perform at night. It was pretty late and some of us caught the ferry to Circular Quay. We were the last performers for the night, so we only had to be there about 8pm.

We had to wait inside until it was our turn to perform. Everyone got a bunch of lighting sticks to wave about. There were five sections altogether on the night and we sung a Chinese song called "ze shi wo men de gong gong tai yan". After we sung it in front of the audience, we each got a bunch of flowers to take home. It was such a wonderful time we hoped to come again.



Andrew Li



AERIALIZE

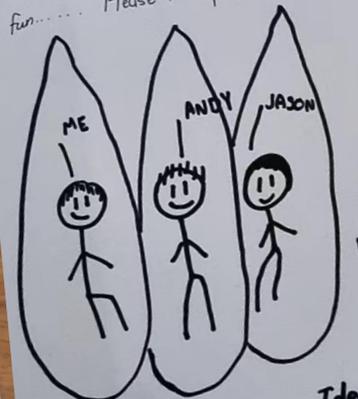
WORKSHOP

My thought about the workshop is that the staff are really nice and fun. What I think was challenging is climbing on the silks, standing wide on it and hula hooping. My favourite part is sitting in the silk with people spinning me and colour finding (Because I got lucky and I got every colour!) I want to come again but... I don't like flipping.

AERIALIZE

WORKSHOP

My thought about the workshop is fun and exciting. What I think was challenging is nothing. Everything seems so easy! My favourite part of this workshop is absolutely EVERYTHING! And I want to go there again but I want Andy & Jason to be there with me but... for fun... Please more people next year!! MORE! ☺



Ideas by Chen
Written & Illustrated by Emily

Saturday May 21st 2022

I went to bowling in the morning. First I ~~had~~ played phone, games, morning tea, went to bowling, arcade games, nerf gun, motorbike racing, racing, mario kart, waiting, laser tag, bowling, score 108, lunch, went to badminton, played phone, played badminton, drink, afternoon tea and went home with mum. I having a good time at bowling and badminton. I felt happy.



played laser tag at Kingpin Bowling North Strathfield.

From the
Junior



甜蜜的回憶 Sweet Memories



Chair Yoga & Pilates



Taekwondo class



Archery



Archery



Taekwondo class



Archery @ Olympic Park



Lawn Bowl @ Marrickville



Zumba class



Performance by Dancer from Alice In Wendyland Charity



Junior group - Zumba





Lions Club of Sydney Waratah ChangeOver dinner



Donation from Lions Club of Sydney Waratah ChangeOver dinner



Donation from Lions Club of Sydney Waratah ChangeOver dinner



Alice In Wendyland Charity visit Belmore SCC



Alice In Wendyland Charity visit Belmore SCC



Alice In Wendyland Charity visit Belmore SCC



Junior group at Aerialize



Junior group at Aerialize



Junior group at Aerialize



Laser Tag @ North Strathfield



Alice In Wendyland Charity visit Belmore SCC





What does an Octopus eat?

The octopus is one of the coolest animals in the sea.

For starters, they are invertebrates. That means they don't have backbones like humans, lions, turtles and birds.

That may sound unusual, but actually, nearly all animals on Earth are invertebrates – about 97%.

Octopuses are a specific type of invertebrate called cephalopods. The name means “head-feet” because the arms of cephalopods surround their heads. Other types of cephalopods include squid, nautiloids and cuttlefish.

What do they eat?

As marine ecologists, we conduct research on how ocean animals interact with each other and their environments. We've mostly studied fish, from lionfish to sharks, but we have to confess we remain captivated by octopuses.

What octopuses eat depends on what species they are and where they live. Their prey includes gastropods, like snails and sea slugs; bivalves, like

clams and mussels; crustaceans, like lobsters and crabs; and fish.

To catch their food, octopuses use lots of strategies and tricks. Some octopuses wrap their arms – not tentacles – around prey to pull them close. Some use their hard beak to drill into the shells of clams. All octopuses are venomous; they inject toxins into their prey to overpower and kill them.

Where do they live?

There are about 300 species of octopus, and they're found in every ocean in the world, even in the frigid waters around Antarctica. A special substance in their blood helps those cold-water species get oxygen. It also turns their blood blue.

You can find octopuses at different depths too. Some are found on warm tropical reefs just a few feet below the surface of the water. Others live deep in the sea, practically in the dark. The species that goes deepest is the dumbo octopus, spotted at 22,800 feet down – that's more than 4 miles (almost 7 kilometers).

How smart are they?

Octopuses are at the head of the class. They are among the smartest invertebrates on Earth. They have nine brains – one mini-brain in each arm and another in the center of their bodies. Each arm can independently taste, touch and perform basic movements, but all arms can also work together when prompted by the central brain.

Octopuses put their brains to good use. They can solve mazes and puzzles, particularly when food is the reward. Sometimes they even outsmart people:

At the New Zealand National Aquarium, Inky figured out how to sneak out of his tank and escape to the ocean through a drainpipe.

How do they change color?

Octopuses are experts at disguising themselves so they can blend in with their surroundings. One way they do it is by changing color. Special cells, called chromatophores, receive a signal from the brain to tighten the muscles to show more color, or loosen them to show less. Blue, green, pink, gray – they turn those colors and more to hide from predators, attract mates, draw in prey and warn enemies to stay away.

Some species also change their skin texture, making it smoother or bumpier, so they can camouflage themselves in rocks and foliage. Some spray ink when confronted by predators like sharks; this allows the octopus enough time to swim to safety.

The mimic octopus is particularly clever. It moves its arms in particular ways to imitate other ocean animals. For example, if it wants to look fierce, it extends two black-and-white striped arms out wide to look like the venomous sea snake. Or it flattens itself along the sea floor, arms next to its body, to look like a poisonous flatfish.



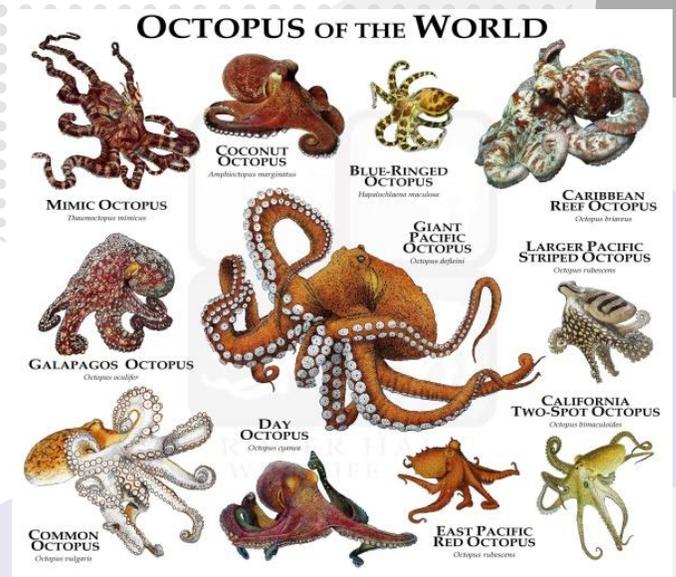
The octopus at risk

When confronting humans, an octopus tends to be nonaggressive – just as long as you give them space, like you would any ocean animal.

Although octopuses have ways to avoid predators, they remain at risk from other threats: chemical pollutants, marine debris, habitat loss, overfishing and climate change.

But all of us humans can help by making ocean-smart choices. That includes learning how to cut back on carbon emissions and using less plastic.

Doing these things will help the octopus and other marine creatures not only survive, but thrive.



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are ways you can help keep our oceans clean.

Hello, curious kids! Do you have a question you'd like an expert to answer? Ask an adult to send your question to CuriousKidsUS@theconversation.com. Please tell us your name, age and the city where you live.

And since curiosity has no age limit – adults, let us know what you're wondering, too. We won't be able to answer every question, but we will do our best.



Birthday Boys & Girls

August



Cecilia Yu
Duo Xu
Eric Ng
Jack Zhou
Jackie Zhang
Jarren Dang
Joane Jeong
Martin Su
Queenie Lai
Stephanie Mu

September



Andrew Li
Auden Cheung
Clara Li
Lydia Kong
Kevin Xu
Kenton Lieu
Willis Li
Yin Soon Tan

October



Chole Mak
Ju Huang
Kevin Ka Yin Lee
Reuben Vuong
Richard Yu
Shaun Cao



致謝 Acknowledgement

Donors (\$100 or above)

Alice In Wendyland Charity Ltd
Karen Yuen
Lions Club of Sydney Waratah
Logicwise P/L
Nancy Ma
Tim Tam
Vincent Kong



Volunteers

Darby Mu
Mario Yuen
Khon Chau



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時間表 Time Table



August 2022

Activity Venues (Activity fees applied refer to current fees schedule)

-  Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
-  Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
-  PCYC Auburn, Wyatt Park, Church Street, Lidcombe
-  Aerialize, 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

| | | | |
|--------|------------------|-------------------|-----------------------|
| Monday | 5:00pm to 6:00pm | Fitness Gym Class | PCYC Auburn |
| Friday | 4:30pm to 5:30pm | Aerial Circus | Aerialize, Canterbury |

WEEKEND PROGRAM

| | Junior Group | Youth Group | |
|-------|-------------------------------------------------------------------------------|----------------------------------|--------------------------------------------------------------------------|
| | Afternoon 3:00pm to 5:00pm | Morning 11am – 12:30pm | Afternoon 2:30pm to 4:00pm |
| 06/08 | Music Therapy by Christine 3:00pm – 4:30pm | Tenpin Bowling 11am – 12:30pm | Art class at AFA academy 46 Edward St, Summer Hill 2:30pm - 4:00pm |
| 13/08 | Fun with Music 3:00pm – 4:30pm | Tenpin Bowling 11am – 12:30pm | Art class at AFA academy 46 Edward St, Summer Hill 2:30pm - 4:00pm |
| 20/08 | Zumba with Norma 3:00pm – 4:00pm Taekwondo with Khon 4:00pm – 5:00pm | Tenpin Bowling 11am – 12:30pm | Taekwondo with Khon 2:30pm – 4:00pm |
| 27/08 | Exercise Physiology by Amelia 3:00pm – 4:30pm | Tenpin Bowling 11am – 12:30pm | Chair Yoga / Pilates / Dance 2:30pm – 4:00pm |

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

Junior Weekend Programs resume in Belmore Youth Resource Centre.

