



# Chinese Parents Association Children with Disabilities Inc

## 澳洲弱能兒童協康會

Jan 2010 CPA newsletter

二零一零年一月協康會會訊

### Contact Us

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

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

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## President's message:

Dear Members,

Happy New Year and welcome to 2010.

It only seemed like yesterday that we were bracing ourselves for the turning of the century into 2000 and yet here we are, a decade on.

After the introduction of SibSpace in 2008, we have seen the establishment of more groups such as Dad2Dad and Mum2Mum in 2009. This is an important area to highlight because as parents we often forget about ourselves. Instead, our focus is on our children, especially those with disabilities. We must remember that we are NOT alone. These support groups give all of our members and direct family members an avenue to come together and discuss our successes as well as frustrations in a non judgemental forum of understanding.

This year we begin with some fresh faces in the management committee. We would like to welcome Vincent Yu, Katherine Wang and Frances Poon. While the management committee is the formal element of the organisation it is nothing without your continuous participation and support. Members are the core of any organisation and your suggestions are highly valued. At times it is hard to meet the needs of all however, we always acknowledge all of your constructive feedback to continuously improve our organisation. We are looking forward to what other new ideas will be inspired this year.

Finally, a big THANK YOU to our former President, Elena Lau for the devotion and hard work she has placed in her leadership over the last 3 years. Her continuous dedication and preparation has already set the pace for another active year!

Bring on 2010 ...  
**Kwai Ping Mu**  
CPA PRESIDENT

親愛的會員，

歡迎2010年及祝賀新年快樂！

十年前，我們以充滿興奮的心情迎接二千年度的來臨。轉瞬間，又是另外一個十年。

2008年我們開辦了“兄弟姐妹世界”小組，隨後一年又增加了“爸爸對對碰”及“媽媽休閒站”。特別要提的是這些小組的重要性，我們經常過度關注兒女，而忽略了家長自己的本身。當記得我們不再是孤立無援，這些小組的設立能供給會員們有機會互助互勉的場所，分享彼此成功的例子，了解在困擾時不再作主觀的判斷。

今年執行委員會加入了一些新面孔。我們歡迎Vincent Yu, Katherine Wang 和Frances Poon。協康會委員會名義上是管理階層，但最重要的是需要其核心分子——會員不斷的參與及支持。有時我們雖不能夠做到面面俱圓，但絕對尊重感謝你們寶貴的意見。我們盼望能得到新的提議，讓協康會今年有更滿意的服務。

最後，我們衷心地感謝前任會長劉敏兒女士，在過去三年裏，作為領導，她全心全意，努力不懈地投入工作。她亦安排好連串計劃，繼續輔助引領協康會進入更活躍的一年！

一同迎接2010...

會長  
繆桂萍上

## CPA 2009 CHRISTMAS CELEBRATION

### 祥和欣喜 --

#### 記“澳洲弱能兒童協康會”

#### 09年聖誕慶祝會

記錄：May Ku

2009年12月13日上午11:30分，澳洲弱能兒童協康會“假座 Kogarah 中式酒樓“龍景軒”的宴會大廳內舉行聖誕慶祝會。粉紫色的大廳被流金的帷幔掩映，在柔和的燈飾照耀下顯得瑰麗祥和，與每位賓客獲贈的閃光聖誕佩飾(一位家長贊助)相輝映。星星紅色霓虹點綴著會場，仿佛代表了“協康會”一份份的成績以及家長一點點的希望。

當日衣香鬢影 約有 170 名人仕出席，當中不少社會賢達和政府要員，包括 HURSVILLE 市長 Philip Sansom。大會由 Daniel 以三語(國、粵、英)主持，並有幸邀請了 Mr Sansom 作簡短致詞。他讚許“協康會”近年來對社區的貢獻。

嘉賓致詞後，餐宴正式開始。大家一邊品嚐著可口新穎的菜式，一邊欣賞著牆上 LCD 播放的“協康會”過去一年的活動圖片—宿營、外遊和社區表演；當看到熟悉的人和景，賓客都不禁歡喜議論起來。接著，“協康會”青少年組為我們唱聖誕歌助慶。為了表彰會員在過去一年的努力，“協康會”為曾參與多項表演的小朋友頒發了獎座。其後，又進行了多項遊戲和抽獎，把慶祝會的氣氛推至一浪又一浪的高潮。

“聖誕老人來了!” 孩子們蜂擁而上把他圍住。他們手持著心愛的禮物，互相祝福道別。最後，澳洲弱能兒童協康會 09 年聖誕慶祝會在一片祥和欣喜中結束。



On 13/12/2009, Chinese Parents Association- Children with Disabilities Inc celebrated Christmas party at Crown Dragon Chinese Restaurant, Kogarah. The dining hall was painted in lilac, decorated with golden drapes, and illuminating with delicate, soft lighting. The hall setting was magnificent. When the guests arrived at 11.30am, each of them was presented with a beaming brooch (donated by a member), of which the glittering light blended in harmoniously with the hall, as if it was representing CPA's achievements and the parents' hope.



What a pleasant sight: there were over 170 guests attending the function, including Mr Philip Sansom, the Mayor of Hurstville Council, leaders of different community organisations and local government officials. We were honoured to have the briefing from the Mayor of Hurstville Council who praised the dedication of CPA MCs & the volunteers, its work and service for the community.

Meal was being served soon after the speech. We enjoyed the exquisite flavors of the Chinese Cuisine. At the same time, the photos of CPA activities - campings, tours and community performances - were shown on the screen. Those were happy memories. The young members of CPA sang few Christmas carols. In recognition of our members' effort and their improvement in various skills in the past year, CPA presented to them trophies as well as to those who participated in various performances. CPA MC, Daniel, invited some attendees to join in the fun games climaxed with the raffle draw.

“Here comes Santa Claus!” The children swarmed to where Santa was. Beaming with big smiles on their faces and Christmas presents in hands, everyone was happily bidding farewell to each other with blessings. It was such a harmonious moment, a joyful and exciting Christmas celebration.

Translated by Terry Li

# CPA AGM 週年會員大會

As 2009 came to its close, another CPA Annual General Meeting was upon us. It was held on 19 December 2009 at Belmore Senior Citizen Center. Mr Peter Wong had kindly been the Returning Officer for the re-election of the committee members. He welcomed all members and parents and encouraged them to continuously participate in the running of the Association.

This was followed by the annual report of the CPA president Ms Elena Lau. It had been a busy but fruitful year. She acknowledged the work done and supported by all MC members and volunteers during the year, for their contribution have been invaluable to the Association.

The audited financial statement for 08/09 was presented by the treasurer, Maria Lee and approved by the members. Herman Chow & Co was re-elected as the auditor for the coming year.

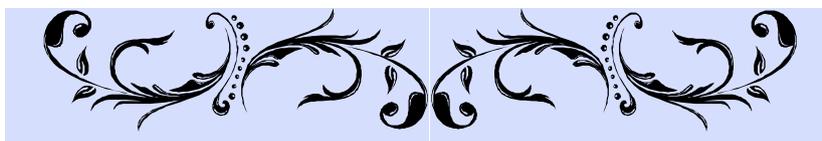
A 2009-2010 board of Management Committee Members was elected :as follow:  
2009-2010 年協康會幹事委名單如下:

|                                 |   |                              |                        |
|---------------------------------|---|------------------------------|------------------------|
| President 會長                    | : | Mrs Ping Mu 繆桂萍女士            |                        |
| Vice President 副會長              | : | Mrs Sylvia Tinyow 陳劉秀蓉女士     | Mrs Elly Li 李羅艷媚女士     |
| Treasurer 財政                    | : | Ms Maria Lee 阮李麗萍女士          |                        |
| Vice Treasurer 副財政              | : | Mrs Aileen Pang              |                        |
| Secretary 秘書                    | : | Ms Jennifer Chan 陳素娟女士       |                        |
| Program Co-ordinator 活動策劃:      |   | Ms Elena Lau 容劉敏兒女士          |                        |
| Committee Members 常務委員 :        |   | Mr Vincent Yu                | Mr Jeff Li 李雲信先生       |
|                                 |   | Ms Katherine Wang            | Ms Frances Poon        |
| Hon President 名譽會長              | : | The Hon Helen Sham-Ho 何沈慧霞女士 |                        |
| Professional Consultants 專業事務顧問 | : | Mr Peter Wong 王友國先生          | Mr Fan Chun Wing 范鎮榮先生 |

隨著2009年行將結束,澳洲弱能兒童協康會亦在十二月十九日星期六下午在Belmore Senior Citizens Centre 舉行了2008-2009年度週年會員大會。由王友國先生擔任主持,並負責執委改選事宜。他歡迎各家長會員出席大會,並鼓勵協康會繼續努力,為會員和社區提供優質服務。

會長劉敏兒作了一個全年的簡報,這是一個繁忙而熱鬧的一年,她感謝委員會幹事及眾多家長會員的支持,使全年的各項活動都得以順利推行,也十分成功。

財政李麗萍女士呈遞一份已經審核的財政報告,獲得會員一致通過。大會亦通過繼續聘請 Herman Chow & Co 為下年度核數師。



# 週末活動 Weekend Activities

## \*\*\* Kidz Go Musical \*\*\*

Music therapy 音樂治療班,  
Performance Class 表演班 &  
Dancing Class 舞蹈組

The aims of these classes are to encourage participants to speak up, express their feelings and gain confidence through music; it also strengthens one self's communicative, motor, emotional, social and leisure skills.

活動目的: 利用各種音樂媒介去達到一些非音樂性的目的。對弱智兒童而言, 由於智能不足而導致各種社會適應問題, 若能利用音樂來發展他們適應社會的能力如溝通技能、自我表達、安全感、感知肌能和認知能力等, 這便是本活動的最終目標。

時間: 逢星期六舉行 下午 2:45 至 4:30

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

Kindly supported by  
Commonwealth Bank—  
Staff Community Fund —  
Local Grants Program

## PLAYING GOLF



Monthly Golf Playing Activity conducted on Saturday afternoon for children over 12 years old:

Date: Saturday (TBC 有待通知)

Time: 2.00 pm

Venue: Sefton Golf Course  
160 Rose St  
Sefton

Kindly funded by  
Bankstown City Council

## Sports for Youth Group

Kindly funded by  
Canterbury CDSE

保齡球賽

## Ten Pins Bowling



時間: 逢星期六舉行,  
上午 10.30 開始

地點: 3 - 5 George St,  
North Strathfield



## Play & Fun

This Program is specially designed for children aged 2-9 years, through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills. Melissa Cox will guide the children to learn through stories, games, songs and movements.

這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動, 以遊戲小組的方式進行, 給二至九歲小孩提供早期訓練。整個活動著重提供與小朋友單獨個別溝通的機會, 細心聆聽他們要傳達的心意, 指導鼓勵他們正確發音及發展說話的能力。小朋友能在一個輕鬆和配有柔和音樂的氣氛中, 學習與別人溝通, 相互照應和交往的能力。整個課程分三部份: 自由活動, 說話環節及集體遊戲。家長亦能參與, 好能建立更多與孩子溝通的渠道。

導師 Instructor: Melissa Cox

時間: 逢星期六下午 2:30 至 3:30

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

## Celebration of Chinese New Year of Tiger



中國農曆新年慶祝活動:

CITY OF SYDNEY

CPA members have been invited to join the



### The CNY Twilight Parade 2010

21 February 2010 Sunday 7.45–9.45 pm

From Townhall to Chinatown

協康會參與 悉尼市政會舉辦:

### 2010 中國農曆新年 花燈大巡遊

二月二十一日星期日 晚上七時四十五分至九時四十五分

從市政廳到唐人街



## ◀ Singing Performance 歌唱表演 ▶

日期: 2010年2月13日星期六

時間: 下午二時三十分

地點: **Belmore Park, City**

請到場給我們打氣!!!



## Chinese New Year Fusion Cruise

### 新春海上暢遊

日期: 2010年2月28日星期日

集合時間: 準十二時正, 二時結束

地點: **King's Street Wharf, No 7, 第七號碼頭**

**Darling Harbour 悉尼 達令港**



For enquiry please call 查詢請電: Mandy on 0406 233 222 or

(02) 9784 8120 on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

## Upcoming Activities 節目預告

### Junior Art Program

#### 兒童組美術活動

by Tracy

Date: Saturdays 星期六

\*\* 20, 27 Feb (二月) 2.30pm

\*\* 6, 13, 20, 27 March (三月)  
3.45pm

\*\* 24 April (四月) 2.30pm

Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore

Junior Group Activity:

### Two Singing Sessions

唱遊活動

by Christine



Date: Saturdays 星期六

6 Feb(二月), 20 Feb(二月),

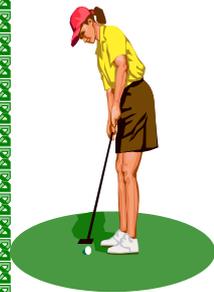
Time: 3.45 — 4.45 pm

Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore



## 復活節家庭野餐同樂日

### Easter Family Picnic at Sefton Golf Club



日期 Date: 3/4/2010 Saturday 星期六

時間 Time: 11:00am – 3:00pm

地點 Venue: Sefton Golf Course, 160 Rose St, Sefton



## Chinese Cultural Day 2010 中華文化日

CITY OF SYDNEY

### Performance by CPA young members

Date: 7 /4/ 2010 Wednesday 星期三

Venue: Chinese Garden (中國花園) Darling Harbour



For enquiry please call 查詢請電: Mandy on 0406 233 222 or  
(02) 9784 8120 on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

## Women's Health Seminar 婦女健康講座

Guest Speaker 主講嘉賓  
**Jacqueline Ho** 何醫師  
Chinese Herbalist



Date 日期: **Second FRIDAY of each Month**

每月第二個星期五舉行

Time 時間: **10:00am-12:30 pm** 上午十時至十二時半

Venue 地點: **Function Room  
Suite 4, Level 2,  
59 Evaline Street, Campsie**



## VOLUNTEER SKILL TRAINING PROGRAM

Kindly sponsored by **Kogarah Council CDSE**

## Computer Course



Date 日期: **2, 9, 16, 23 / 3 / 2010 Tuesday 星期二**

Time 時間: **10:00am-12pm** 上午十時至十二時

Venue 地點: **Computer Lab 電腦室  
Suite 4, Level 2,  
59 Evaline Street, Campsie**

名額有限, 請早報名

## Movie: *Medull Kung Fu Ding Ding Dong*

(Cartoon/Cantonese 卡通/粵語)

Date 日期: **27 / 2 / 2010 星期六**

Time 時間: **5.00pm**

Venue 地點: **Hurstville Civic Theatre 好市圍市政劇院  
MacMahon St, Hurstville**



名額有限, 請早報名

For enquiry please call 查詢請電: **Mandy on 0406 233 222** or

**(02) 9784 8120 on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.**



## 親子課程



在中西文化衝激下如何教養子女！

### Parenting Between Cultures – The Primary School Years

A 6-week program  
developed by Catherine Blunt of Marymead Child & Family Centre,  
run by LWCHC for Chinese women &  
in partnership with Chinese Parents Association

#### 導師 Facilitator:

Tammy Wong 健康教育員 (Chinese Health Educator)

#### 倘若您的孩子已屆小學年齡，而您想

- 暢談您對孩子及自己作為母親這個角色有甚麼期望和夢想
- 探討那些是有效的管教方法
- 找出合宜方式來幫助我們向子女傳遞中國文化
- 學習如何與孩子設立限度，解決問題及處理紛爭
- 了解澳洲的教育目標，校內一般的運作及孩子在校內的學習模式
- 認識甚麼是虐待兒童及澳洲的保護兒童法例
- 探討有甚麼方法能讓孩子作出良好表現
- 分享您所採用的非正統支援方法及認識澳洲的育兒支援服務

**日期:** 2010年2月5日, 19日, 26日,  
3月5日, 19日及26日(星期五)

**時間:** 上午10時至中午12時半

**地點:** Metro MRC, 2/F  
59-63 Evaline Street, Campsie

**語言:** 粵語講解, 國語翻譯

**費用:** 免費

#### If you have children in the primary school years, and you wish to:

- talk about your expectations/ dreams of your kids and yourself as a parent,
- explore what is important in families that work well,
- strengthen your ability to transmit Chinese cultural practices and beliefs,
- learn how to meet your own and your children's needs in a way which maintains family harmony,
- understand how the school system operates,
- increase your competency in non-physical discipline techniques and understand the Australian child protection laws,
- explore ways that create positive behaviours in children, and
- share ways of gaining formal and informal support.

**Dates:** 5/2, 19/2, 26/2, 5/3, 19/3, 26/3 2010  
(Friday)

**Time:** 10am – 12:30pm

**Venue:** Metro MRC, 2/F  
59-63 Evaline Street Campsie

**Language:** Cantonese and Mandarin

**Cost:** Free

**Booking:** Please call Mandy Yip on 0406 233 222 or 9784 8120  
on Tuesday and Thursday.

**Early booking is essential.**

**報名:** 請致電Mandy Yip 0406 233 222 或於星期二、星期四致電9784 8120  
名額有限, 請早報名

## Come and try Tennis



On Saturday 7<sup>th</sup> November 2009, CPA Youth Group went to play tennis in Sydney Tennis Centre in the Sydney Olympic Park. Well, of course, that we were all enthralled and could not wait, it fortunately only took about 10 minutes to get started. We then split into two groups. One was Group A and the other one was Group B. I was the leader of Group B and my group includes Victor (my brother), Jonathan, Christopher, Harry, Laurence, Tim, Bowman, and Tom. Since we are all overexcited, we all power walked and ran towards the tennis court.

The beginning of the lesson is that in my group, we separated in two groups again and then the coach threw the ball to us 5 times each and we tried to hit the ball over the net inside the court with our racquets. We have three rounds to try to hit the balls over the net (altogether 15 hits). I was very good at hitting the ball over the fence but sometimes out of the court. Oh well. It is only a lesson. Anyway, all the others including my brother did as well as I was. Except Bowman who always hit it high up in the air and obviously out of the court. Every one laughed like heaven. It took quite long time and I needed water to quench my thirst.

Then, we played Tennis Cricket. Do you know that? No? Well it is like a game where the coach threw the ball to a person to hit it right over the net to the other side of the group who needs the catch it. If you hit the big front rectangle is worth 2 points, the back squares is worth 4 points and the side rectangles are worth 6 (because it is narrow like a corridor!). In addition, there are three rules in this game. One is that if you did not hit over the net you would be out. Next, if you hit out of the court you will out as well. Moreover, if you hit the ball and someone catches it then you also are out. Firstly, we were the catchers. Christopher once caught the opponent's ball and then I caught their ball too. All the others did well to try to catch the

By Clement Wu

ball. After that, we switched sides and we tried to hit the ball (mostly on the side) inside the court.

When we finished playing tennis in this court, we waved goodbye to our coaches and went to the next court. What! Next court! I am going to faint. Why should we go to the next court? Could not we have a rest and eat lunch? Oh well. It is better than nothing. Anyway, we walked down all the way to the court (which was quite long!) and eventually reached the court. There were two coaches and guess what! Their names are both Catherine. Anyhow, on the big front rectangle, the first lesson we learnt is that we tried to hit the ball over the net and inside the court 5 times each with our forehand and then 5 times each with our backhand.



Next, we did the same as before but the only difference is that we hit the ball in the back squares. Besides, it was very similar to the court that we played before.

Then the final lesson is serving the ball. We all tried to hit the ball to the left side of the big rectangle and then to the right. I was not bad as I hit each side only once. All of us played well too.

Finally, it was lunchtime. I was so hungry that I ate one and a half of a hot dog. It was yummy and delicious. Then the presentation began. Everyone cheered when people get their ribbons and their bags full of things that we liked. Lastly, we took photos for everyone who had participated in the tennis training.

I was very content and glad of a really physical outdoor experience I have ever had in lifetime. Moreover, the weather was indeed very sunny and the cool breeze swept across our faces. I hope that I can go there again! ☺

## SYDNEY INNER WEST SPECIAL OLYMPICS GALA NIGHT

By Vincent Yu

CPA had shown its enthusiasms in cooperating with local organisations and in its supporting spirit to join their activities. We felt honoured to be invited to the first annual Sydney Inner West Special Olympics Gala Night Petersham RSL Club on 28<sup>th</sup> November. We promised and did deliver our beautiful and colourful dances to add to the atmosphere of celebrations tremendously. In fact our members received a lot of applause during the show and during the presentations of medals to our athletes. Here we should express respect for the high achievement to all our members who took part that night and many thanks to our parents who spent time and effort to make our members so happy. Special thanks must be extended to Elly Li who made such colourful dancing dresses to make us proud, and to Elena and other contributors whose efforts to teach our members to perform throughout the year.

We were invited by Ms. Kristen Fitzpatrick, the Community Development Coordinator for Sydney Inner West Special Olympics at the Homebush AMF where our members played Ten Pin Bowling together with them almost every Saturday since last May. The guest of honour that night was our Governor, Professor Marie Bashir. All performances led the night to create atmosphere while we sat down to a three course dinner. The seatings were so packed that some of us had to share a chair. Speeches follow the



performances and then came the presentations of medals and raffle prizes. But then the hall was filled with non-stop loud music from a local band Freshmix performing live on stage. I saw some of our athletes danced with such intense of energy and some even went up to the stage to dance with the female singer. We left when the band had to retire about 11pm because some of our members just would not leave the dancing floor. I think they would all need a cold shower and would go straight to bed with a sweet dream that night.

Special Olympics is an organisation providing sports training and competition for children and adults with an intellectual disability CPA members are actively involved in these games which are conducive in building up their confidence level and make more friends.

## 悉尼內西城區特殊奧運會慶典之夜

澳洲弱能兒童協康會積極與本地的社區服務機構合作，並十分支持及參與其所舉行的活動。在十一月二十八日，本會非常榮幸，被邀請參加在 Petersham 退伍軍人會舉行之第一屆悉尼內西區特殊奧運會慶典晚會。我們承諾及以美麗的服飾演出舞蹈節目，把當晚盛會的氣氛更加添上色彩。在表演及頒獎時，我們都獲得非常熱烈的掌聲。在此我們對當晚所有的參與人員，為他們的成就而獻上敬意；更加要感謝那些家長們，為大家的歡樂所付出的貢獻。特別要感謝 Elly Li 所設計的服飾；及 Elena 和作出貢獻的人員在過去一年為演出所付出的努力。

悉尼內西城區特殊奧運會之社區發展協調主任，  
Kristen Fitzpatrick 邀請我們參與這一個盛會。

她是負責統籌 Homebush AMF 室內保齡球活動的。我們的少年會員自去年五月以來都一直參與這活動項目。

當晚的榮譽嘉賓是紐省理事長，Marie Bashir 教授。當我們享受美味的食物時，也欣賞著各項精彩表演。這些演出，為當晚帶出了熱鬧的氣氛。但座位的安排非常的擠迫，有時甚至兩人同坐一椅。短講之後是表演和頒獎禮，還有抽獎節目。當晚是由 Freshmix 樂隊現場演奏，整個場內火爆的音樂令氣氛非常熱烈。我們充滿活力的孩子們跟著上臺與女歌手共舞。大約十一時表演結束，有些人還依依不捨地流連在舞臺。我看他們需要一個冷水浴把身體冷卻下來，跟著上床發個甜蜜的夢吧。

Terry Li 譯

## A day at Jamberoo Joint Program With RSAC



賓士鎮康樂體育聯會 (Recreation Sports, and Aquatics Club) 和協康會 (CPA) 於一月十三日在 Jamberoo 水上樂園聯合舉辦了一個夏日水上活動。協康會共有四十人參與是項活動，當中有二十八人夥同康體會招募的參加者在早上八時於賓士鎮康體會門外集合，乘坐旅遊車前往目的地。其餘的參加者則自行前往。大夥兒在樂園外集合。進入樂園後，我們便被引領到康體會預訂的一個有蓋的休憩亭，各人安頓好行李後，便開始更衣，準備享用園內的各項設施。

樂園面積頗大，遊戲設施也頗多，部份參加者起初也不知從何開始，幸好有些家長去年也參加過是項活動，對園內環境較為熟悉，故能向其他的參加者提供了寶貴的意見。樂園依山而建，有些活動便是利用這個特點來設計，大大加強了遊戲的刺激度，數個從高處向下俯衝的遊戲如 Surf Hill, Splash Out Waterslides 和 Taipan, 甚受年輕人的歡迎。此外勇闖激流 (Rapid River), 浪濤灣 (Outback Bay) 等，也可見到年青人玩得十分投入。而 The Rocks, Billabong Beach 和一些比較淺水的遊戲設施則適合小朋友遊玩。還有一些不用沾水的活動如高爾夫球，賽車，機動遊覽火車及上山吊車等，也給參加者多一選擇。當中的上山吊車，更可以讓參加者在高空一覽整個園地的景色。參加者在晴朗的上午遊玩過後，在預定的時間回到大本營午餐。康體會在預訂活動時也一併訂購了午餐，故此參加者可以優哉悠哉地享用午餐，不需費時排隊輪候。雖然午餐後天氣明顯轉壞，略為影響了參加者的遊趣，但相參加者已享受了愉快的一天，家長們也可趁此機會舒暢一下疲累的身心。

by Tim Tam

## Bush Walk / Buffet Lunch / Chinese Craft Day with RSAC By Brian Su

On the 21st of January 2010, CPA kids joined RSAC group to an outing and Chinese Craft day. We met at the RSAC club room at 9:30am. There were 22 people altogether. We went to the Lambeth Reserve at Picnic Point for our first activity. We took the RSAC mini bus there and some of our members drove there because there wasn't enough seats for them to fit into the bus. As soon as we got there, some of our kids played at the kids playground, some just walked around the park and some played with the sand, making sand castles and tunnels. Later we went bush walking at the National Park. We strolled leisurely around this beautiful area of the natural environment.

At 12:00 pm we got back into the bus to go to Bankstown RSL Club for our Buffet lunch. We enjoyed different kinds of food. They were delicious. After lunch, we walked back to the RSAC Club room to do some Chinese art work. We had to do the Chinese theme work of Plum Blossoms taught by Barry's Mum. First we coloured the blossom tree branches which were drawn on a piece of white paper. We glued this white paper on the red cardboard. We coloured the Chinese words which were drawn on the cardboard.



These words mean to wish you a happy Chinese New Year. Then we pasted the gold ribbons on either side of the card board beneath the words. We made patterns for the art work also. After that, we had to stick the patterns onto the gold ribbons. Finally we pasted the plum blossom flowers onto the branches.

After we have finished our craft, we were allowed to take them home. The program did finish after we did the craft. We were allowed to go home. Some of our CPA kids had to stay in the club room because their parents hadn't arrived yet. They played Nintendo Wii while they were waiting for their parents. I think it was a good day for me at this event.

## Holiday activity:

### Movie Lunch at Beverly Hills

Reported by : Jonathan Yung



"I want club sandwich", "Hmmm... I prefer spaghetti", "I think fettucine is the best", "Beef nachos sounds yummy", "I wish I can have all of them..."

These were the choice of food we had to decide at the movie lunch outing.

On Friday, 15<sup>th</sup> Jan 2010, a group of 34 people from CPA went to D to D Café Restaurant at Beverly Hills. It is a beautiful place and staff members are very friendly.

A glass of soft drink was served to everyone as soon as we sat down, and our meals were served soon after.

The food was delicious. Mum had fettucine and I picked club sandwich because it was the only meal that comes with chips...hehe

Everyone enjoyed the lunch at D to D and we went to movie after at Beverly Hills Cinema, which is just a couple steps away.

Mum and I had a good time and I look forward to the next movie lunch outing.

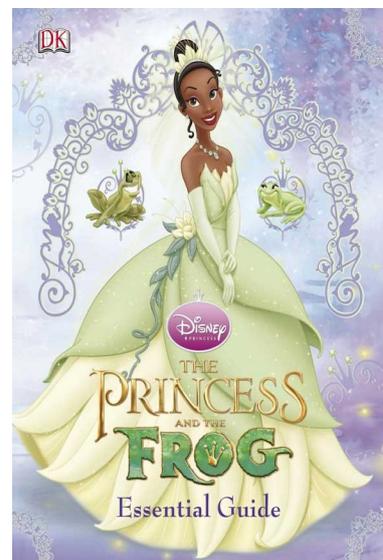


*Report by Sara Li*

## The Princess and the frog

On the 15<sup>th</sup> of January about 30 members of the CPA group went out on a trip to watch a movie and enjoy a hearty meal at the D to D café. Following lunch (absolutely exquisite!) we walked to the Beverly Hill Cinema to view the renowned movie, The Princess and the Frog. The movie was about a poverty stricken girl named Tiana who wanted to pursue her father's dream of opening the town's most famous restaurant. She worked two jobs to get as much money as she could. Just when she was about to buy the

the owners told her that there was a new, higher offer. At the same time, a prince found himself changed into a frog by an evil witch doctor. After meeting the frog prince, Tiana kissed him, which SHOULD have changed him back into a human but instead the magic worked on the Tiana, transforming her into a frog!! The movie was full of adventure, action and was perfect for a laugh. We walked out of the theatre throwing our heads back in laughter! It was a terrific holiday program for us to enjoy.



## AN OUTING TO WATSONS BAY - 17<sup>th</sup> January 2010

By Karen Yuen (Sister of Samson Yuen)

On a warm sunny Sunday, we boarded a ferry bound for Watsons Bay. We had a fantastic turn-out...with 70 people attending the excursion. We weren't the only ones who decided to make the most of the wonderful weather because the ferry ride to Watsons Bay was very popular. It was very lucky that some families decided to catch an earlier ferry... else we may not have all fitted on board.

After gathering for a group photo, lunch was served. We enjoyed two fillets of battered fish fillets with a generous serving of chips and a spicy plum dipping sauce. The lovely waiters at Doyles Restaurant, with the help of some CPA members, walked up the hill to deliver tray after tray of fish and chips. I have never seen so many boxes of fish and chips ordered at once! The already busy restaurant must've had a field day!

Once our bellies were full, some of us decided to explore Watsons Bay and went on a scenic walk to The Gap and Hornsby Lighthouse. The vast blue ocean was sparkling that day. I even saw a boat anchored for trainee divers. Other families went to the beach to dip their feet in the water, children happily played in the playground, parents chatted with



one another and I really enjoyed the gorgeous sea breeze. All around me, I saw huge smiles on everyone's faces J

It was the first time I had been to Watsons Bay. With its spectacular views and lovely picnic areas, I know I will definitely be back again in the future. A big thank you to everyone who organised the trip! I had a fabulous time!

在一個陽光普照，天氣暖和的星期天，協康會一行七十多個朋友乘坐小輪向屈臣灣出發。幸而有一些家庭乘坐早一班的小輪先行...否則，小輪會太擠，載不下我們全部的人了。



抵步後，拍完了團體照，便開始了午膳。是炸魚塊，薯條和辣梅醬。侍應生忙於跑上跑下為我們送上食物。

午膳後，有些朋友決定去探索一下屈臣灣，看看山隙及燈塔。浩瀚的海洋閃著燐光。其他朋友跑下海邊，把腳兒探進水裡。小朋友們在遊樂場中嬉戲，家長們忙於互相交談。每人臉上充滿喜悅和笑意！

這是我第一次遊覽屈臣灣。看到那壯觀的風景和可愛的郊野地，我知道我一定會再來的。感謝策劃這次郊遊的負責人！我享受了一段美好的時光！



## Winnie Yeung 的報告:



2010年--新的開始，希望在這裡送上祝福。祝大家身體健康。

在剛過去的一年，我心裡多謝何醫師和各成員。雖然每月只是一次聚會，但大家心裡火熱地將健康資訊傳遞開去，目的是希望別人也同樣得到健康。

在年尾最後的一次聚會裡，何醫師給予我們一個小測驗，我們獲益不少，經過這次測驗，對於陰陽五行更加了解，更可套用在日常生活裡。早前，因我家長兄不幸因病逝世，甚是傷心，影響了心情和睡眠質素，以致有一隻牙齒有些鬆動，牙醫勸喻我拔掉它。

## Women's Health Seminar 婦女健康講座

但經何醫師解釋後，我取消了拔牙這個想法。因知道腎的虛弱引致骨，齒不堅固，於是我便開始注意“腎”的保養，現在我的那顆牙齒已不鬆不脫，亦沒有不舒服的感覺。健康講座對我來說有“相逢恨晚”的感覺。我知道有這講座的時候，課程已展開了半年。何醫師在寒窗苦讀下，將她所學的知識化繁為簡，使我們能夠撮要地將精華學以致用。

有人說：“年青時，我們很拼命地去賺錢。年老時，我們很無奈地用金錢去買健康。”但願每個成員能從講座中學到知識，幫助我們保養維護自己的身體。以致年老時活得更精采。

我更希望有新成員參加領略更多健康知識。



## Parent Support Seminar 家長座談會 之

## Stress Management

## 處理壓力的秘訣



在2009年10月30日星期六下午，協康會得到Mrs Ruby Chan的允諾，作為此次家長座談會的主講者，並由范鎮榮先生作主持，引領在座的家長及參與者一同討論處理壓力的心得。獲得良好的回響。以下是Ruby提出的要訣：

### 削減要求

- \*\* 統計外在因素
- \*\* 學習‘拒絕’
- \*\* 組織生活，考慮事物之優先次序
- \*\* 考慮自己的實質能力
- \*\* 不要做‘完美主義’者
- \*\* 派遣
- \*\* 求助
- \*\* 找合適自己性格與能力的工作
- \*\* 學習有效地工作
- \*\* 避免不確定的事物

### 增加適應能力

- \*\* 學習放鬆、活在當下
- \*\* 培養健康生活習慣、處理情緒、內外合一
- \*\* 增進個人生活技巧：
  - 愛與支持
  - 自尊和自信心
  - 樂觀、正面的思想
  - 勇于表達自己
  - 培養幽默感
  - 處理問題的技巧
  - 活在當下
  - 學習深觀、體諒

## 童一天空：看故事書技巧 Reading Stories



【明報專訊】早前為家長介紹過如何運用故事書幫助自閉症寶寶，如孩子的智能及言語表達能力已達 5 至 6 歲，他們又應看什麼書？家長與孩子閱讀時又需要有什麼技巧呢？

### 讓孩子代入書中情景

高智能的自閉症兒童，應能明白簡單的德育故事，家長可參照「社交故事」形式，讓自閉症孩子有效理解內容。當孩子對故事內容熟悉了，家長可把主角換成其他真實人物，或是換成孩子自己，讓他們慢慢把自己代入德育故事的情景中。故事角色可以變化，情節也可有少許改動，例如故事中的「婆婆家」可改作「姨姨家」，讓孩子靈活運用所學；當然，若想在角色及情節上有所改變，家長需要在兒童未發展出對故事細節的頑固想法之前進行。正因自閉兒的頑固特性，用抽象的寓言、童話和神話故事時，需要待他們有能力把知識融會貫通，並能應用於不同層面時才適合使用。

認知方面，當兒童理解能力達到一定水平時，家長可在故事中強調情緒字眼，例如「見到狗，美美好驚」；當兒童適合學習先後概念時，可強調時間的描述，例如「美美做錯事，之後，說對不起」。因應孩子程度，家長可善用故事書的每一頁，加插或用語氣強調適用的字眼。

### 一人一句講故事 加深印象

親子交流方面，理解及閱讀能力較高的自閉症兒童，可與家長輪流一人一句地講故事，此方法既可訓練孩子接續故事和專心聆聽別人說話的能力，又可讓他們參與其中，加深對故事的印象。家長如能靈活運用故事書，便能滿足孩子發展需要和促進親子交流。自閉症孩子常常缺乏假想能力，隨書附送玩具角色娃娃的故事書便大派用場；起初只講故事，後來加入玩具娃娃，然後逐步減少使用故事書，最後只以娃娃來講故事，再使用「你一句、我一句」的方法，帶孩子走出故事書，慢慢進入假想遊戲的世界。

要促進自閉孩子的社交認知，若家長使用漫畫故事，可把頁內人物的「對話泡泡」，以塗改液塗白，然後與孩子一起創作新對話。起初可塗改某些字詞，雙方熟習方法後，便可塗改更多部分，直至所有對話都是自創。勇於嘗試的家長，可試試為孩子度身製造故事書及設計不同的講故事方法，吸引孩子學習所需的社交概念。

香港協康會教育心理學家麥依華

明報：2009 年 11 月 2 日

## 面對逆境 發揮潛能 In face of adversity

翁嘉瑜家長

每次讀暖流集，看到智障兒童家長的心路歷程，覺得每一位家長都是無名英雄，默默地照顧有需要的孩子。可以肯定地說，所能寫下的，只是體驗中的點滴而已。面對今天的經濟情況，再加上社區支援捉襟見肘，遇到的壓力從未有這般大。如何應付這一切，實在非一般家庭可以體會，有時不免有點山窮水盡，前路茫茫的感覺，不知道這般日子甚麼時候才能過去。

在過去照顧嘉瑜的日子裡，有三方面的體驗，覺得十分受用：一是耐性；二是靈活性；三是積極性。其實有時可能我們不大察覺，智障兒童家長一般都很有耐力，要不然早就把孩子送到中心裡去了。這份耐力其實亦不知不覺間洗鍊了我們的性格，使我們對周圍事物的容忍度亦相應大了，不會那麼執著。這份寬容亦大大增加我們的韌力，不容易為逆境所摧。

第二方面是靈活性，一般家長對孩子的要求都相當高，而且喜歡跟其他孩子比較，而且更要經常調校我們的期望，不能要求一步到位，而是要一小步一小步的前進，將目標化成數個階段，每次有進步我們便有一份成功感，這樣才不容易泄氣。智障兒童有時是很直接和敏感的，很容易受父母的情緒所影響。

第三方面是積極性，很多時候我們花很多時間在孩子身上，但成效很不理想，這時便想就此放棄。積極與其他家長、教師、和社工構通，看看有什麼其他方法，有什麼新的資料可供參考，躲在一角自怨自艾對事情沒有正面的作用，多點與其他入接觸，向其他家長取經，可避免走進死胡同裡。一點體驗，與大家共勉。

(暖流集第三十期 17 頁)

Daily Telegraph

Friday January 8, 2010 News page 11

Bruce McDougall -- Education Reporter

Autistic pupils unfairly treated

Growing numbers of students suspended for violence, aggressive behaviour or repeated disobedience have a serious mental disability such as autism.

Families with severely disabled children said they had become the victims of an under-funded school system incapable of adequately providing for special needs.

More than 69,000 students receive long or short suspensions in public primary and secondary schools each year but parents believe a large proportion have a disability and should be helped instead of disciplined.

Principals report increasing numbers of children entering school exhibiting mental illnesses and the number of students with autism has exploded by more than 65 percent in the past three years.

A NSW Parliamentary inquiry is under way into the education of students with a disability or special needs but mother of two autistic boys Jane Salmon said yesterday it was too little too late and called on state and federal governments to boost special education funding substantially.

A survey of 800 primary and high school principals has found programs for students with special needs are severely over-stretched and under-resourced, with the worst spots including southwest Sydney and the Central Coast.

Ms Salmon, of Linfield on Sydney's North Shore, said: "It is time to stick the wheelchairs in the street....many kids have unidentified problems and need help.

"No one is saying it is easy to manage these kids but they are entitled to an education and they have potential. Often the kid is not being naughty – it's just that their head is in a bad place."

Ms Salmon's six-year-old son Bill, in an autism support class at Warrawee Public School, and nine-year-old Lindsay, in a mainstream class at Linfield East Public School, have made progress because of inspirational teachers.

"We have found the system has potential to be exceptional without the red tape and bureaucrats," Ms Salmon said. "Special needs parents are very stress – when they enrol their child in public education at kindergarten they find a mainstream system that is not adapted to the needs of their child and which is fairly inflexible.

"A further \$600 million per annum would make a huge difference to outcomes and also reduce the longer term burden on taxpayers and community services."

A spokeswoman for NSW Education Minister Verity firth said the Government aimed to provide a specialist teacher in every school and was consulting with the Teachers' Federation, parents and principals.

"Over 80 per cent of school students with disabilities in NSEW are enrolled in public schools and the Government is investing a record \$1.1 billion this year on special education," the spokeswoman said. "We also provide more than 1400 specialist teachers to support students with learning difficulties including autism."

In 2009 the public school system had 204 autism classes in regular and special schools.

Autism: The Facts

- Affects more than 1 in 100 children (20 years ago it was 1 in 10,000)
- The number of public school students identified with autism has soared by more than 65 per cent in three years.
- Four out of five affected are boys
- 87 per cent divorce rate parents of kids with autism
- Autistic children are particularly vulnerable to bullying
- Most kids with autism are able to learn the skills required to fulfil their potential
- People have autism for life

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

Daily Telegraph Friday January 8, 2010 News page 11

By Bruce McDougall -- Education Reporter

## 自閉症兒童 -- 不公平的待遇

有大多數因暴力，粗暴行爲，或重複不服從指引而被停課的學生，都是有弱智的，例如自閉症。

育有嚴重弱能孩子的家長們表示：在教育制度資源缺乏，特別需求充份不足下，他們成爲受害者。

每年，在小學和中學內，超過 69000 學生要接受長期或短期的停課。但家長認爲其中有大部份學生是弱能的。他們需要的是幫助而不是處罰。

學校校長報告，在校就讀學生表現有精神病的數目有上昇之勢。在過去三年內，患有自閉症的暴增百分之六十五。

紐省政府已就弱能兒童教育和特殊需要進行查詢調查。但育有兩個自閉兒的 Jane Salmon 說這已經是太少太遲了。她呼籲省政府和聯邦政府應大量提高在特殊教育的資助。

一份曾向八百中小學校長進行查詢的報告指出：爲有特殊需要的學生而設的課程，資源嚴重缺乏和緊張，尤其是在悉尼西南區和中海岸。

住在悉尼北岸 Lindfield 的 Ms Salmon 說，『是時候要面對現實，……很多孩子都是有未經評估確認的問題，他們是需要幫助的。』

『沒有人說處理他們是一件容易的事，但他們是享有接受教育的權力和有潛力。通常他們不是頑皮 -- 只是他們的腦子有些失靈。』

Ms Salmon 的六歲兒子 Bill，就讀在 Warrawee Public School 內的自閉學生支緩班；她的九歲兒子 Lindsay，是 Lindfield East Public School 內的主流班學生。因爲有勵智的教師的幫助，都得到很大的進展。



『沒有紅教條和官僚左右，我們覺得現有教育制度是有潛資去優越發展的。』 Ms Salmon 說。『需要特殊幫助的家長是十分困擾 -- 當他們到官立幼兒園辦理入學時，才發覺主流教育體制未有適合他們需要的設施，而且不夠靈活。』

『如果每年能注資多 6 億元，將會有大大不同的效果，亦會減輕納稅人和社區服務的負擔。』

紐省教育部長代言人 Verity Firth 表示政府現時目標是向每所學校提供特殊教育老師和向教師聯會，家長和校長進行查詢。

『超過百分之八十紐省弱能學生向政府官立學校報名入讀，今年政府將會在特殊教育投資十一億元，我們會提供 1400 特殊教育老師去支緩有閱讀困難的學生，包括自閉症人士。』女代言人說。

### 自閉症：一些事實

- 每 100 兒童，有一個受影響 (20 年前，每 10000 個有一個受影響)
- 在三年內，政府官立學校就讀學生被評估爲自閉症的數目上昇 65%
- 五個受影響的有四個是男孩
- 87% 育有自閉症孩子的父母是離了婚
- 自閉症孩子常常被欺侮
- 大多數自閉症孩子能應用學習到的技能去發揮他們的潛能
- 自閉症是一生同行

### 兩個美麗的人

他已近中年，由老婆婆牽著手前來看醫生。我打開病歷，同事的筆跡寫著：中度智障，弱聽和高血壓。

他頗矮，不到四呎半，髮線很低，差不多伸延至後頸的下半，右目斜視。

我量過血壓道：『十分穩定，繼續服藥就了。』

『快點多謝醫生。』老婆婆向病人說。

『謝謝。』病人目光呆滯地說。

『你是他的家人嗎？』我問老婆婆。

『不是，』老婆婆笑咪咪道：『我只是義工。』



好一位令人肅然起敬的老婆婆。

一天的工作完畢，我走出大堂，發覺他們仍坐在長凳等候配藥。老婆婆捧著一瓶清水，倒進塑膠杯給病人喝；病人咬了一口餅乾，把剩下的半塊遞到老婆婆嘴邊。

我看得入神。同事撞我一下，問看什麼。我如夢初醒道：『兩個美麗的人。』

或許就是這一點點關懷，支撐著整個世界。

作者：區樂民

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### 孩子的體重

莫浩然家長

孩子健康成長，是每一個家長都希望看到的。但孩子過胖，令家長頭痛。

浩然今年十一歲，體重竟達到 160 磅，比去年重了 10 多磅。學校爲了不想浩然繼續胖下去，除了給他適當的運動外，還將他平時的午膳份量減少。而我們爲了配合校方的做法，除了正常的三餐外，其餘的零食，汽水等，都盡量不買回家。以往浩然放學回家，要食很多零食，但是現在只能給他一塊方包和一杯清水。

到了晚餐時，我們每每都只給他一碗白飯，大量蔬菜，小魚和肉。同時當他一有空閑的時候，便鼓勵他到住所樓下的廣場踏單車，或帶他到公園散步去，令他忘記要吃

東西。現在已經過了個多月，他也可以慢慢適應現在的食物份量了。希望浩然能把體重控制在正常的指標就好了。



(暖流集第三十期 28 頁)

## Acknowledgement



Special thanks to the following sponsors, volunteers & donors during the last two months:

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## Birthday Boys and Girls of the Months!!

**January**

Barry Mak  
Christopher Lin  
Kerry Liu  
Teresa Wong  
Thuman Ha  
Tiffany Tan  
Jonathan Lee

**February**

Brian Su  
Jonathan Yung  
Leon Huang  
Tony Soo  
Kevin Ke

**March**

Dave Sun  
Ivan Li

**April**

Matthew Ye  
Victor Wu  
Xiao Ming Sheng



# Weekend Program 週末活動一覽表

| Feb                                                                                        | Junior Group-<br>afternoon                                             | Youth Group - Morning | Youth Group -<br>afternoon     | Evening                    |
|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------|--------------------------------|----------------------------|
| 6-Feb                                                                                      | Fun & Play (Melissa)<br>Sing with me (Christine)                       | Ten Pins Bowling      | Music Therapy/Karaoke          |                            |
| 13-Feb                                                                                     | Performance at<br>Belmore Park                                         |                       | Performance at<br>Belmore Park |                            |
| 20-Feb                                                                                     | Art/<br>Sing with me (Christine)                                       | Ten Pins Bowling      | Rehearsal for Parade           |                            |
| 21/02/2009-<br>Sunday                                                                      |                                                                        |                       |                                | Chinese New Year<br>Parade |
| 27-Feb                                                                                     | Art/<br>Mcdull Movie                                                   | Ten Pins Bowling      | Chinese Dance/<br>Rehearsal    | Movie at Hurstville        |
| 28/02/2009-<br>Sunday                                                                      | Celebration Chinese New Year Fusion - Harbour Cruises                  |                       |                                | Birthday Party             |
| <b>Mar</b>                                                                                 |                                                                        |                       |                                |                            |
| 6-Mar                                                                                      | Fun & Play/Art                                                         | Ten Pins Bowling      | Music Therapy/Karaoke          |                            |
| 13-Mar                                                                                     | Fun & Play/Art                                                         | Ten Pins Bowling      | Chinese Dance/Rehearsal        |                            |
| 20-Mar                                                                                     | Fun & Play/Art                                                         | Ten Pins Bowling      | Music therapy/ Rehearsal       |                            |
| 27-Mar                                                                                     | Art/Birthday Party                                                     | Ten Pins Bowling      | Chinese Dance/Rehearsal        | Birthday Party             |
| <b>Apr</b>                                                                                 |                                                                        |                       |                                |                            |
| 3-Apr                                                                                      | Easter Picnic Day at Sefton Golf Club                                  |                       | Come & Try - Play Golf         |                            |
| 7-Apr                                                                                      | Performance at Chinese Cultural Day 2010 at Chinese Garden (Wednesday) |                       |                                |                            |
| 6 -17 Apr                                                                                  | Term Break — Activities to be confirmed                                |                       |                                |                            |
| 24-Apr                                                                                     | Fun & Play/Art                                                         | Ten Pins Bowling      | Chinese Dance/Rehearsal        | Birthday Party             |
| <b>"The above programs may be changed without prior notice due to unforeseen reasons."</b> |                                                                        |                       |                                |                            |

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