



Chinese Parents Association - Children with Disabilities Inc

澳洲弱能兒童協康會

CPA Newsletter
協康會會訊

April 2009
二零零九年四月

Vice President's message:

Dear Members,

How are you? I shall share my experience with you today:

On the 16th of February 2009, I was honoured to be invited to the NSW Premier's Chinese Community Service Awards Presentation. Last year, being astounded and nervous, I entered the Government House to receive Victor Chang Community Service Award. This year, accompanied by CPA president Elena and with my husband by my side, I was so relaxed and enjoyed the presentation.

Beside the community leaders of some renown, there were some new faces among us. I wondered who would be the Awards winner this year. A familiar name was announced: The Quong Tart Lifetime Achievement Award in Community Service Winner was Mr Robert Ho OAM (Husband of The Hon. Helen Sham-Ho, Our Honourable President).

Mr Ho has offered his voluntary service to a great number of welfare and charitable organisations in the Chinese community as well in the City of Sydney Community. He has proved to be a great fund raiser. His contribution to the community is deserving of the highest praise and the Award.

Congratulations to Mr Robert Ho for receiving the Quong Tart Lifetime Achievement Award in Community Service 2009 and The Hon. Helen Sham-Ho for the Jack Wong Sue Award for Voluntary Service Beyond the Chinese Community. The pair complements each other. Their achievement has given us – the volunteers- a boost of morale and encouragement. Mr Robert Ho and The Hon. Helen Sham-Ho present a great role model to us. ☺

**Vice President of CPA
Sylvia Tinyow**



副會長的通訊

親愛的會員：

在這裏想跟大家分享以下的經驗：

今年的二月十六日很榮幸再次被邀請到 Government House，回想去年是以既驚喜及戰戰兢兢的心情去迎接張伯謙社區服務獎。但今年再度踏進 Government House 又是另一番滋味。在我們會長劉敏兒及我的丈夫的陪同下，則以輕輕鬆鬆觀賞的心情去參加2009年度的新南威爾士州州長華人社區服務獎的頒獎儀式。

除了我們熟識的社會賢達，社團領袖外，也有一些新的朋友在我們當中。正在猜想誰是那個社區服務獎的得主時，一個耳熟能詳的名字宣佈了，梅光達社區服務終生成就獎得主：何健剛先生（我們的名譽會長何沈慧霞女士夫婿）。

何健剛先生為悉尼華人社區和廣大社區的多項福利與各式各樣的慈善事業提供義務服務，成功地募集大量捐款，所以他今次獲獎，絕對是實至名歸。

我們在這裏再一次衷心恭賀何健剛先生榮獲2009年度的梅光達社區服務終生成就獎及我們的名譽會長何沈慧霞女士獲得2008年度的黃如彩社區服務獎，互相輝映。

他們的獲獎給我們在默默耕耘的一羣義工羣中注入了一股鼓勵力量，奮勇向前，要以他們作為我們的榜樣。☺

協康會副會長

陳劉秀蓉



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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And

www.communilink.org.au/
Chineseparents

ABN 63 938 108 704



CPA Newsletter has been generously sponsored by

Aspen Pharmacare Australia Pty Ltd

Upcoming Activities 活動預告

“Talk to me 聽我細說”

This Program is specially designed for children aged 2-9 years, helping them to express themselves, to listen and understand, so to enhance their communication skills. Melissa Cox will guide the children to learn through stories, games 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。整個活動著重提供多些能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；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**

Dancing class for Youth

This dancing class will be held on every Saturday in May and June 2009.

It features the **group characteristics**: with a range of abilities, and high-motivated and independent functioning participants.

Goals:

- connection with others
- body awareness
- communication skills
- ability to relax
- develop initiative, decisive-making and leadership skills
- connection between thought, imagination and body
- performing skills

目標:

- 與別人聯系
- 身體感覺
- 溝通技巧
- 學習放鬆
- 學習做決定和領導技巧
- 學習聯系思想、想像與身體
- 表演技巧

時間: 逢星期六下午2:30 至 4.00pm

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

Music therapy 音樂治療班 & Movement Class 體能動作班

Music Therapy aims to encourage participants to speak up, express their feelings and gain confidence; it may also strengthen one self's communicative, motor, emotional, social and leisure skills.



音樂治療法是由音樂治療師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，這便是治療概念的實踐了。

時間: 逢星期六舉行 下午 3:45 至 4:30

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

Sports for Youth Group

保齡球賽

Bowling



時間: 星期六舉行, 上午10.30 開始

地點: 3 - 5 George St, North Strathfield



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

Contact: **Mandy 0406 233 222 or**

9784 8120 Tuesday & Thursday 10 am—3 pm

Mother's Day Celebration

Date 日期: 2/5/2009 Saturday 星期六
Time 時間: 11:00 am-2:30 pm
Venue 地點: Auburn RSL Club
33 Northumberland Road, Auburn
Fee 費用: Adults 成人: \$10



Children under 12 兒童十二歲以下: \$5

Mothers are free (members only) 母親免費 (只限會員)

Buffet lunch and fun games
自助午餐及遊戲等...

Contact: Mandy 0406 233 222 or
9784 8120 Tuesday & Thursday 10 am—3 pm

3-day Fantastic Camping at Myuna Bay

17—19 July 2009
(Friday—Sunday)



For each participating family, one person with a disability is FREE

For more details, please contact:

Mandy 0406 233 222 or
9784 8120 Tuesday & Thursday 10 am—3 pm

News in Express 資訊速遞

一個電話，您便可免費檢測自己的聽力。請致電 1800 826 500。
你有懷疑自己的聽力有問題嗎？你有想過去做一個聽力檢查嗎？現在就有一個很方便，很容易而且不用錢的方法。國家聲學試驗室和澳大利亞聽力服務處聯合開發了一個聽力檢測軟件，只要通過一通電話，馬上便能自己檢測自己有沒有聽力障礙。因為電話那邊是由電腦自動接听，所以二十四小時都可以打去，還有！檢測可以選摘用英語，廣東話，普通話做，所以也不用擔心聽不懂。現在就可以打電話去試試。電話是1800 826 500，所以全國免費！要多一點的資料？可以上網頁：

<http://www.hearing.com.au/upload/tel-screen-chinese.html> 看看！



新春慶祝「牛年」聯歡活動報告

滿載而歸 --- 新春中海岸一日遊

譚陳燕心記錄

Central Coast Day trip



風和日麗、陽光煦燦的2009年2月1日，澳洲弱能兒童協康會舉行了一年一度的新春慶祝活動 --- 中海岸一日遊。新春時節，適逢當日為農曆初七，俗稱「人日」人人生日之意，這果真是天公造美，讓協康會的會員和他們的親友，一行90多人大團圓地在美麗的中海岸一起歡度、慶祝生辰。

當日行程輕鬆而豐富，上午到Gosford日本花園遊玩，欣賞富有日本風情的園林景致。流水淙淙、鯉魚飛躍、荷香吹送、茶屋憩坐，洗滌長途行車的勞累，著實使人心曠神怡。之後，大夥兒到Gosford的League Club享用菜色琳瑯滿目、美味可口的海鮮自助午餐。除了可大快朵頤之外，席間還有精采的抽獎節目和新春利是派送，使各人身心都滿載而歸。

下午我們驅車前進，觀賞香氣撲鼻、令人心靈閒適的薰衣草場。雖然陽光在中午之後變得極其猛烈，但在樹蔭和陣陣清香下，靜聽草場主人講解有關薰衣草的資料，協康會的眾人仍能靜心受教。接著，我們再驅車到不遠的夏威夷果仁園參觀。果仁園面積很廣，最少有好幾百棵果仁樹，棵棵生長茂盛、果子滿枝。我們的小會員興緻勃勃地發動撿果仁比賽，大家彎腰在園地撿拾，促進各人消化豐富的自助午餐後，再一次腰包滿滿。

這天著實是輕鬆而豐盛的一天。有這樣美好的新春活動，有賴各方的努力。首先要讚揚協康會的各會員朋友，在兩處集合地點都非常準時到達，又能保持旅遊巴士異常清潔。其次要多謝Mandy細心的策劃安排、Sam哥發揮他的精采領隊潛能、Elena會長和各委員的努力。最後但最重要的乃是要鳴謝St. George Foundation的撥款贊助和見聞旅行社的協助，當日的活動才能順利舉行。

在「牛」年第一個活動成功舉辦之後，祝願協康會在未來「精神抖擻、奔牛直前」，邁向更奮發健剛的一年。



To celebrate the Chinese New Year of "Ox", CPA has organised this special activity – Central Coast One-Day Trip. Program included visiting Edogawa Garden in Gosford, Lavender Farm, and Macadamia Nuts Farm & Buffet Lunch. More than 90 members participated in this program. The day was entertaining, full of fun and excitement. It was also a social gathering for the families and carers who exchanged their news and new year best wishes for one another. This activity had been kindly sponsored by St George Foundation. 🌟

Chinese Theme Day — Joint Activity with RSAC



A visit to Japanese Garden at Auburn



Enjoying a delicious Chinese lunch



Handcraft: Firecrackers



Our Products

Music Performance at Belmore Park, Sydney

“Living in Harmony” - a project sponsored by City of Sydney



Our Young Star Performance Team kick started 2009 in a very positive way by two performances in front of 300+ audiences during two special events.

Belmore Park – 24 & 25 January 2009

In keeping with the theme of the Chinese New Year – Year of the OX, our Young Star Performance Team presented the Chinese Cultural Dance and Singing Performance during the Festival Celebration organised by City of Sydney at Belmore Park on 24 & 25 January 2009. All our young performers and their parents were excited at this wonderful opportunity. Despite a hot day with the temperature soaring to 40 degree F, our youngsters kept waiting patiently for their turns at the back stage. Their unwavering commitment was displayed in their impressive performance in front of hundreds of audiences in Belmore Park and it was such a great success. Each performer received a ‘Red Packet’ as a memento of the event and the whole team had lunch together celebrating their success and happy cultural festival.

Burwood RSL Club – 15 February 2009

Our Young Star Performance Team had the privilege of being invited by The Australian International Youth Talent Competition as Special Guest Performer.

Over 200 guests attended the special event on the day. Our kids’ performance was greeted by rounds of applause. Furthermore, this event not only generated great public recognition of CPA and its services, it also evidenced the high level of commitment and participation by all performers and most importantly – their parents. I am confident that these results will encourage more participation in our upcoming programs/activities as well as in the community throughout 2009. ☺

在三百多名觀眾面前，分別在兩個獨特的場合裏的精彩表演，為我們的青少年之星表演團隊在2009年造就了一個非常好的開始。

貝爾摩公園 – 2009年1月24日及25日

為慶祝農曆新年—牛年，City of Sydney於2009年24日及25日在貝爾摩公園舉行了一個節日慶典，我們的青少年之星表演團隊應邀表演中國民族舞蹈及獻唱。我們所有的年青表演者及其父母都為是次難得的機會而感到興奮。雖然當天氣炎熱，溫高更達攝氏40度，我們的年青表演者亦很有耐性地在後台等候出場。從他們動人的演出中反映了他們堅定的投入及參予，也印証了這個在貝爾摩公園及百多名觀眾面前的演出十分成功。表演完畢後每位表演者都獲贈一封紅包以作紀念，其後一整表演團隊更一起共晉午膳慶祝演出成功並歡渡佳節。

寶活 RSL Club – 2009年2月15日

我們的青少年之星表演團隊很榮幸獲邀為澳洲國際青少年才藝表演大賽中作特別表演嘉賓。當日有超過200名的嘉賓出席這個才藝表演大賽。我們孩子的表演獲得全場熱烈的掌聲。再者，是次演出不單讓公眾對協康會及其服務有進一步的認識，它也同時証明了所有演出者的高度投入及參予，並最重要的是，當中還包括了他們的父母。我很有信心，在2009年這些成果將有助鼓勵更多人參予社區及未來的活動。☺

CPA Activity Reports

Brian's 21st Birthday - A New milestone - Brian 的21歲生日

The 2nd Saturday of February was an extremely hot day. It was about 40°C! The hot weather would not stop us from having fun at Belmore Senior Citizens Centre. At 4:00pm, the CPA children, members and volunteers gathered around to celebrate my 21st birthday. At first they sang happy Birthday to me and then they told me to make a wish before blowing the candles out. I cut the cake and blew out all the candles. After we had taken some photos, I said a few words to thank CPA for letting me to have a Birthday party held in the Centre and thank the parents for preparing very delicious and yummy food for my party. I really appreciated with that. CPA presented me with a silver mug and written on the mug was some words saying happy 21st Birthday on it and a key shaped Birthday card signed by CPA friends. We all enjoyed the party and I felt very happy. 🍷

Brian Su

*Happy
21st Birthday
Brian!!!*



二月份的第二個星期六是非常炎熱的一天，當天氣溫高達攝氏40度！炎熱的天氣卻無損我們在Belmore Senior Citizens Centre的活動樂趣。在下午4時，協康會的兒童，家長及義工齊集一起來慶祝我的21歲生辰。首先他們向我唱生日歌及告訴我吹洋燭前許一個願，洋燭吹熄後我便開始切餅。當我們拍過照片後，我向協康會及眾人致謝，感謝他們讓我的生日會可以在中心舉行，同時亦感謝家長們為我預備了很多豐富美食。我真的很感謝他們。協康會更送給我一隻銀杯，杯上刻有「21歲生日快樂」字樣及一張簽有協康會朋友們名字的鎖匙型生日咭。我們都很享受這個生日會，我也為此而覺得高興。 🍷

First Aid Workshop for CPA Youth Members



A first aid presentation was held for youth members of the Chinese Parents Association over the course of 3 weeks every Saturday afternoon, from the 7th to the 21st of February. The first aid course was attended by

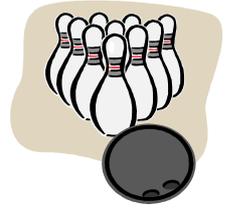
15 participants and the workshop offered information on what a first aid consists of, how to deal with simple wounds and bleeding, treating minor burns, simple hygiene and relaxation techniques. On the first day, the children each were given a first aid kit and were able to play and experiment with the equipment and were taught the function of each item. Other valuable information the children learnt included what they should do if they have a small cut, if they had a nose bleed, when they accidentally burned themselves and they were also taught breathing exercises that helped them to relax. The children enjoyed the demonstrations, whilst learning valuable information and they were each given a first aid kit to take home. 🍷

Joanne Fan

由澳洲弱能兒童協康會主辦，專為弱能青少年而設的救傷課程在2月7日、14日及21日一連舉行了三個星期六。此課程為15名的參加者提供了一些救傷的常識如處理傷口及出血，輕微燙傷/燒傷的護理，個人衛生及鬆弛技巧練習等。課程的第一天，每名參加者都獲發一個救傷工具袋，好讓他們能明白及實驗當中每個工具的用途。除此之外，還教導他們一些實用的常識：如何應付輕微的割傷，流鼻血，燙傷/燒傷意外及練習有助鬆弛的呼吸運動等。參加者都很喜歡每一個的示範中所學到的寶貴知識，和他們獲贈的救傷工具袋。 🍷



Youth Activity : Ten Pin Bowling



"I won! I won!" exclaimed Barry, and he exclaimed with joy, when Barry won the CPA intra-club ten-pin bowling competition. I, as his father, was also joyful in my heart. Barry was diagnosed with autism when he was two. Since he was a baby, he has been solitary. He has one older brother, and one younger sister, who is just one year younger than he. However, because of his lack of language skill and his autism, he seldom plays with his two siblings. He usually plays alone, while his brother and sister play enthusiastically, or watch their favorite TV together. Because Barry does not understand what the actors and actresses talk about, he does not understand what are in the TV programs and so, he does not watch TV. His daily activities at home were mainly playing video games and his own computer, where he wrote his own thinking using Notepad, or drew pictures using Paintbrush.

All changed about one and half years ago. He witnessed a car accident just outside his school. A truck knocked down a young school girl, who was a student of the primary school next door, and killed her. He was greatly traumatized, which he still cannot recover from even until now. Since then, he does not play his favorite video games anymore; he does not touch his computer anymore. What does he do then at home?! In fact, nothing! He is still and idle like a statue, stays frozen like an ice block for hours.

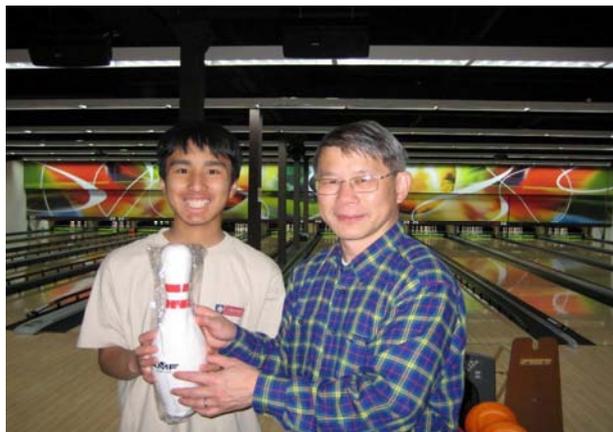
Thank God! It is very thankful that, by the introduction of a friend, we learned about CPA. My wife then brought Barry to the club and joined it. Then, Saturday becomes Barry's most enjoyable day of a week. He always longs for the next Saturday to come. On Friday night, his new friends at CPA, like Brian and Samson, frequently call him, and they will discuss happily the activities the next day.

Among all the activities organized by CPA, Barry in particular likes the musical performances and the ten-pin bowling. If a musical performance has been scheduled and near, he anticipates and practices by himself. Also, he always behaves proudly and happily every time after each performance, even though during all the performances, he is always at the back, beats his drum, or dances.

For the ten-pin bowling, because he can achieve good scores a few number of times, and luckily, he won once in the intra-club competition, the bowling gives him a sense of success. So, he loves bowling now. During his chat with his teacher recently, he boasted before her, "I got 141 pins last Saturday!"

Now, Saturday becomes a day of entertainment, satisfaction, relaxation and relief for Barry. Once the activities on Saturday finish, he expects the next Saturday. Also, he finds comfort with his new friends at CPA, because they are the same as him; unlike other "normal" kids at his high school, whom he finds himself being alienated from.

As parents, since my son enjoys Saturday, Saturday becomes a day of enjoyment and happiness for us too. I am looking forward to the next Saturday to come too! ☺



“我赢啦！ 我赢啦！” 晓阳欢欣的喊着。 他刚在会内的保龄球比赛中赢啦！ 他的爸爸，我也真的心中乐透啦！！

晓阳是在两岁的时候，医生断定是自闭症的。自從幼儿时起，他就是孤零零的一个人。虽然他有一个比他大的哥哥，和一个少他一岁的妹妹，但因为晓阳的自闭症，语言能力不济，不能有效地和哥妹沟通，所以，当哥哥和妹妹一齐热烈的玩，一齐开心的看电视广播的时候，他总是只有自己一个人玩。他不看电视，因为他不明白里面的人在说什麼。他每天在家做的，只有玩电玩和玩他自己的电脑。在电脑里，他会写下他在想什麼，和画画，画下他看见了什麼。

但是在约一年半之前，这些都变了！他在他学校门外目睹了一次交通意外，一辆大卡车撞死了一个小女孩，是他学校旁小学的学生。他给嚇倒啦！到如今，他还是没有复完过来。他不再玩电玩，也不再碰他的电脑。他在家做什么啦？老实说，是什麼也不做！整天都只是在发呆，像石像一般的，也像冰雕，凝固在那里几个小时！

很幸运，也很感恩的，经朋友的介绍，我们知道了协康会，我太太便帶了我儿子参加了。自此后，每周六便是晓阳每周最快乐的一天。他总是期盼着周六的到来。每周五晚上，他在会里相识的朋友，像Brian呀，Samson呀，时常都会来电给他，愉快的谈着次天的活动。

会方办的活动，晓阳最喜欢的，是音乐表演和打保龄球。如果编排好了的音乐表演临近，他自己会自觉自愿的去练习，每次表演完毕，他都会又快乐，又自豪。虽然每一次，他都只是排在后面，打他的鼓。跳他的舞。至于打保龄球，因为有数次他得出好的成绩，也幸运的在一次比赛中得到了第一，给了他很大的鼓励和成就感，他爱上了保龄球。他一次在和老师的交谈中，曾冲口而出说：“我得了一百四十一瓶”

现在，对晓阳来说，每周六，是娱乐的一天，是满足的一天，是轻松的一天，也是放下的一天！每周六的节目完了，他又期盼着下一个周六的来临。他在会里新朋友当中，他感觉舒舒服服，因为他们和他一样，不像在日校里的“正常”学生中，他感觉到割离。

因为我儿子享受周六，作为他的爸爸，周六也是我享受和快活的一天，我也期盼着下一个周六的来临！☺

麦志强

Dental Health Talk for CPA Youth and Parents

Reported by **William Mak**

Andrew opened his mouth, with a funny face, he showed his pink teeth to Thuman, who sat beside him. In return, Thuman also showed his pink teeth back. In fact, in a happy atmosphere, all the children were showing each other their pink teeth, laughing! Then, they all rushed together to the toilet with their toothbrushes, new gifts from the dentist. In the male toilet, teasing each other, they used extra effort and strength to brush their teeth. I could not refrain myself from telling them, "Stop! No need! No need to brush too long and too hard now. Otherwise, your teeth will drop! You cannot remove all the pink color now! Let's go out to listen what the dentists going to tell you next."



On Saturday, 4th April, 2009, CPA invited a dentist, Dr Janice Lau of Bright-On Bay Dental, to give a talk to our children and parents to teach us mouth hygiene.

Tensely, Elena, our president, spoke to her husband over the mobile phone, "Daniel! The seminar is about to start! The wireless mic is not working! What happens? Ok! I'll let William to speak to you." Elena handed me her phone. Daniel told me that our donor – Mr. Peter Li -, just donated a new loudspeaker to our association, and helped to tune the frequency of our wireless mic to this new speaker. As time was short now, forgetting my manner to say thanks to Daniel, I immediately handed the phone back to Elena, took out the new speaker and started to set it up. It worked! With a sigh of relief, I handed the wireless mic to our guest speaker.

Dr Lau then started the talk.

"What food is good for your teeth?", said Janice.

"Vegetable!", yelled Samson.

Handing to him a piece of chewing gum as a prize for the right answer, Janice said, "Correct!"

The children responded, "Tomato!", "Celery!"....

"Yes! They are all good food for teeth, but they are all vegetables. What else other than vegetable are good food for teeth?"

Barry raised his hand.

"What is it? Barry!"

"Lettuce!" Not being annoyed by the stubbornness of the children, Janice still used her patience to continue her talk with a gentle smile on her face.

She told them how to brush their teeth. "Angle the bristles towards the gum line at a 45-degree angle...Gently brush the outer tooth surfaces of a group of 2 to 3 teeth using small circular movements. Then, move to the next group..." She explained gently, while one of our children, Victor, as a proud demonstrator on her side, followed her instruction to brush a large model of teeth.

Then, came the fun part...

Janice handed tablets to the children, and asked them to chew. Then, they opened their mouths and found that their teeth and tongues turned all pink. "Your teeth become pink because there are a lot of germs there. The pinker it is, there are more germs. This shows that you did not clean your teeth properly today. Remember what you learn today, and brush your teeth cleaner tomorrow.", she said.

She did not forget the parents too. She taught the parents how to brush teeth for someone else, who cannot do it by himself/herself. "Use only a smear of toothpaste... Brush only where you can see what you are doing..."

After Dr Lau finished, many parents moved to the front, and asked questions in enthusiasm. A mother with a baby in her embrace asked how to brush teeth for the baby. "You can use your finger first, sticking it into her mouth, gently massaging her gum to let her get used to the feeling first. Then, later, you can use this imitation toothbrush, which has a sponge at the top, instead of bristles...."



This seminar was a great success, because Janice knows to use properly the simple and interesting language which our children can understand, and does it gently and tenderly. We all thank her for her great help. CPA presented Janice and her helper with souvenirs, and the seminar ended happily. ☺

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

與青少年朋友和家長 – 暢談牙齒健康和護理



Andrew扮着鬼脸，咧着嘴巴，露出粉红色的牙齿，瞪着他身旁的Thuman, Thuman也不甘示弱，露出粉红的牙齿回敬。事实上，所有的孩子们都一样，露出粉红色的牙齿，你对着我，我对着你，笑着！

跟着，他们一窝蜂的，拿着他们刚从牙医得到的新礼物：每人一支牙刷，都跑进了洗手间。在里面，一边互相调笑着，一边忙着落力的刷牙。我忍不住对他们说：“够了！够了！刷得太猛太久，牙齿都要掉下来了！是不能够将所有的粉红色马上都全刷掉的。我们都出去吧！听听牙医姐姐继续说什么吧。”

2009年四月四日，协康会荣幸地请了Bright-On Bay Dental的Janice Lau牙医来演讲，教我们孩子和家长们口腔卫生保健。

神情紧张地，我们的会长Elena正用手提电话，在和她的丈夫对话：“Daniel! 演讲会快开始啦！我们的无线咪为何没声的？发生了什么事?!... 哦... 哦... 我给William和你说。”她把手提电话给了我。Daniel告诉我，一位赞助我们的 Mr Peter Li, 刚慷慨的送了一具新的扩音机给我，还帮忙将无线咪调频到新扩音机上.... 时间紧逼，忘了礼貌，没说声谢便将电话还了给会长，马上拿出新的扩音机来弄了。发声啦！抒了口气，双手将无线咪递了给我们的嘉宾讲者。

演讲会开始了！

“有什么食物是对牙齿好的？”Janice问大家。“蔬菜！”Samson急不及待地答。Janice一边将一片香口胶作为礼物递给他，一边说：“对！还有些什么其它的食物是对牙齿好的？”孩子们回应着：“番茄”，“芹菜”..... “对！它们对牙齿都好，但它们都是蔬菜，除了蔬菜，还有些什么其它的食物是对牙齿好的？”... Barry 举起手.... “Barry! 是什么？”，“生菜！”没有给孩子们顽固气恼，Janice 依然是面带微笑，耐心的讲解。

她教他们刷牙。“将刷毛倾斜的对着牙肉..... 轻柔的，将每两只牙齿为一组，用打圆旋的动作，刷牙齿的表面几秒钟，然后去刷另一组...”，她温雅的解释。在她身旁站着我们其中的一个孩子，Victor 正在神气地，照着她的指导，示范刷着一副牙齿模型。

好啦！好玩的部分来啦.....

Janice 派给每一个孩子一片药片，吩咐他们咬碎嚼嚼。跟着，他们张开口，哎呀！怎样牙齿和舌头都变了粉红色啦?! “你们的牙齿变成粉红色，是因为你们的牙齿上有很多细菌，愈多细菌，粉红色就愈深。这表示你们今天没有好好地刷乾淨牙齿。今天学过的东西，记住啦！明天就要刷牙刷得乾乾淨净了！”

家长们她也没忘了。她教他们怎样去替不能跟自己刷牙的人去刷牙：“只用一点点的牙膏..... 只刷你看得见你自己在做什么的地方.....”

刘医生演讲完毕后，家长们就蜂拥上前，热烈地问着问题。有一个抱着婴儿的家长，请教她怎样替婴孩刷牙。“你可以先用手指，放进他的嘴里，柔和地按摸他的牙肉，先给他习惯刷牙的感觉。然后，可以用这支没有刷毛，而用海绵代替的模拟牙刷跟他刷.....”

最后因刘医生还有其它的事情跟着要办，家长们才乖乖地回座位。协康会给 Janice 和她的助手致送了纪念品，演讲会就在愉快的气氛下完结。这个演讲很成功。因为Janice知道适当地用孩子们都明白的简单和有趣语言，又温柔又关怀地来讲。我们都很感谢她这次的帮忙。☺



婦女健康講座

Monthly Women Health Seminars

每月的第二個星期四 — 這是一個特別的日子。

我很喜歡何醫師的講座，當初經朋友介紹去聽講座時，心想，這類的健康講座我也不知參加了多少回，不過一試也無妨。經過第一次何醫師講解後，便深深地愛上這個專題講座。

何醫師不但教導我們健康常識，連日常湯水也一併介紹，使我們從生活上去注意健康，記得一次她提及五臟六腑，什麼是臟，什麼是腑，什麼是脾，現在才知道它們的作用與功能。我看中醫多年，今天才明白其中的奧秘。



每次看著弱質纖纖的她，提著一大袋植物給我們回家種植時，心裏感到不好意思，她很鼓勵我們自己栽種植物，這樣吃起來較健康而又不含農藥成份。

三個小時的講座後，她仍然不厭其煩地解答參加者提出的問題，真是一位很有愛心的中醫師。☺

Winnie

婦女健康講座從二零零九年二月開始，每個月的第二個星期四上午十時至下午一時，在金時協康會辦事處舉行，由何醫師主講。

五月份是：

五月十四日星期四

六月份是：

六月十一日星期四

**Women Health Seminar
will be held on every second
Thursday of each
month in 2009.**

**In May: 14/05/2009
Thursday**

**In June: 11/06/2009
Thursday**

For Mums : "Mum 2 Mum" — A Social Gathering

Jennifer Chan



On March 5, we had our first Mum2Mums meeting in Golden Chef Chinese Restaurant, Kogarah. I arrived 15 minutes earlier than the schedule time of 11:00am and found many mums in the nearby Chinese grocer. They all, like me, made the best use of time. Clever mums!!!

Very soon all fifteen mums settled themselves in the restaurant and started our first Yum Cha gathering. We began by introducing and welcoming each other. Then we started to share our experience in caring our children with a disability. The committee members including Elly, Sylvia and I made use of the opportunities to seek mums

advice on the kind of activities they preferred in the Mum2Mums group. Many mums suggested Yoga for relaxation. They also suggested cooking lessons. Moreover we also agreed that the Mum2Mums meetings will be held once every two months on different days of a week and in different districts.

三月五日，在Kogarah的翡翠酒家開始了我們“Mum 2 Mums”的首次聚會。我比原定的上午十一時早到了十五分鐘，已發現很多媽媽們正在附近逛唐人商店。原來她們跟我一樣，懂得善用時間，爭取分秒，多麼聰明的媽媽啊！

轉瞬間十五位媽媽已齊集酒家並開始了我們首次的『飲茶』聚會。首先我們互相介紹及歡迎，跟著便分享我們在照顧弱能子女的經驗。管理委員會會員包括Elly, Sylvia和我藉此機會徵詢她們對“Mum 2 Mums”這個小組的意見。大多數的媽媽們提議舉辦儒加運動以作鬆馳，也有些提議烹飪班。後來我們一致讚同“Mum 2 Mums”小組將於每兩個月在不同的日子及地區舉行聚會。☺

奧本日本花園野餐日記

William Mak

复活节到了, 协康会为了欢度佳节, 也联系会员间的情谊, 举办了一个大型的野餐旅行, 目的地是在奥本区的奥本植物公园, 这公园位于巴拉马打河的支流鸭河河畔, 迂迴平静的鸭河, 加上奥本植物公园内精心修葺的日本公园, 是风景怡人的。

但是复活节旅行那天还未到, 一个星期前, 预备的工作已经开始, 民以食为天, 当然是准备食物咯! 由我们会内的“总厨”萍姐发号司令, 设计了丰富的菜单, 分配好工作: Sylvia做她拿手的炒饭和卤水鸡翼, Winda 预备绿豆沙, Paula 预备甜品, 有芒果布丁, 椰汁糕, 马蹄糕... 等等, 水果盆是Maria做的, 通粉沙拉是Aileen负责, 其它的主菜如咖喱鱼蛋, 焗薯仔, 煎香肠等等, 当然是萍姐亲自制作咯!



那天到了!

因为报了名的人数众多, 有九十多人, 为免向隅, 早上九时未到, 便去了公园的野餐区预留了一角地方: 有两三张长桌, 两个烧烤炉, 还有一大片草地给孩子们游戏, 可以啦吧! 十点快到的时后, 陆陆续续的, 众人开始到达, 地方也开始热闹起来! 有孩子一到, 父母亲都还未有下车, 就已经树立了板球的架设, 打起板球啦! 也有父母亲带了单车来和孩子一起骑的, 也有打羽毛球的, 各适其适, 别的成人也愉快地交谈着。



十一点了, 副会长Sylvia提议去逛逛鸭河河畔, 受Sylvia所託, Mario 和我两个在本地住的人, 就当领队。鸭河东岸, 有一条水泥的单车径, 我们就沿着这条舒适易行的单车径由南向北行, 左边是弯弯曲曲的鸭河, 右边的是一个连着一个的足球场啊, 板球场啊... 等等。可能是复活节假期吧, 都是空空的没人在玩球, 但青葱幽静的环境更显得我们一行数十人的浩浩荡荡! “鸭河从南面的Sefton 开始, 经过这里奥本, 向北流到Clyde, 在Silverwater桥的西面不远处汇入巴拉马打河...” 我讲解着。“哎呀! Samson, Vanessa! 不要走得那么快! 这条路很长, 到那边的尽头要行一个小时, 我们不会走那么远的!” 怕他们失散了, 不能讲解下去, 便追去前头啦。..... 走了约半个小时左右, 我们便回程了。

回到野餐区的时候, 食物已经准备好, 没去逛鸭河的人都已经排在排队候食物。众人在谈论着那种食物最好吃..... 听着..... 似乎是炒饭, 便走去拿啦。哎呀! 怎么空空的都吃光了! 出于好奇, 饭勺上黏着剩下的也不放过, 一定要试试! 啊! 真的不错! 可惜是没啦。通粉沙拉也要快手, 不然也会向隅, 另外好吃的, 还有咖喱鱼蛋, 咖喱汁微微辣得有香味。“那鱼蛋很好吃, 是不是你自己在家打的?” 有人和萍姐开玩笑地说。“不单是自己亲手打, 鱼也是自己亲手养的!”, 萍姐回敬地说。咸的吃过, 还有甜品跟着。“这个绿豆沙那种独特的香味是什么? 我没有尝过!”, 一个来自上海的家长问。“我们广东人煲绿豆沙, 都会下臭草, 这是臭草的味道。”“臭草是怎么样的?” 野餐旅行就变成了南北文化交流啦! 芒果布丁, 椰汁糕, 马蹄糕都令人纔嘴, 吃得没剩。最后剩的只有平常也轻易吃得到的香肠和麵包。

吃饱喝足午餐之后, 大家就在日本公园的门口拍了团体照, 然后便进去参观。孩子们都喜欢在人工湖畔玩, 在猩红色的日式拱桥上, 看桥底淙淙流水中养得肥肥大大, 红的, 白的, 黄的, 橙的, 七彩缤纷的锦鲤, 还有纯白色的天鹅在觅食, 是特别的高兴。秋天啦! 从樱树下来的落叶, 落下时平稳但急速旋转, 就好像一支淡黄色的直升机中队, 一齐从天上降落地面, 抖得小女孩们咕咕声地笑。旁边却有一个妈妈, 着紧地扶着另一个五六岁大的小女孩, 一步踏一石头地过湖, 怕她一不小心就下了水。

在两点左右, 因为有人订了日本公园拍结婚照, 我们便离开日本公园, 回到了野餐区的草地上, 在Sylvia的带领下, 开始了孩子们的集体游戏: 有茶匙运蛋啦..... “嘿! 不要作弊, 不能用手指扶着鸡蛋的!”....., 还有“西门说”啦, 但孩子们最兴高采烈的, 是拔河.... 孩子们都为自己的名誉而战! “小心! 用力的时候不要单脚站。倒下来会受伤的!” 母亲想的却是儿子的安全。

游戏的礼物, 却是人人有份, 每一个孩子都有! 总之是要每一个人, 都要在欢乐之中才离开。

而这次的复活节旅行, 在快乐的鼓掌声之中, 约下午三时多完毕。☺

Easter Picnic at Auburn Japanese Garden

Aileen Pang



After our visit to the Japanese garden at Central Coast on the 1st of February, several members and the management committee agreed and decided that we have to visit our local Japanese Garden at Auburn during Easter break for an Easter Picnic Day. After months of preparations which included notifying all members through emails and phone calls; organizing food and drinks; and preparations for games and activities to entertain the children and families, we were finally successful and attracted a record number of a total of 83 family members to attend this exciting event.

It was a beautiful sunny morning on Saturday the 11th of April on the day. William Mak arrived at the garden at 9:00 am, earlier than anyone else, to reserve an area near the entrance of the park for the picnic. The Yuen family then arrived and helped setting up 4 picnic tables and a BBQ stove for cooking our tasty sausages to go with our buns for lunch. We are deeply grateful to these families for taking this special effort to ensure we have a prime position for a successful and enjoyable outing.

As soon as more families arrived, the children entertain themselves playing cricket, hula hoops, badminton, kicking and throwing ball at the park while waiting for others to arrive. Most of the family members arrived very punctually at schedule time of 10:30 am. Sylvia, Mario and William escorted some of the families and siblings for a walk around the riverside area to look at the ducks before lunch.

in-charged of cooking sausages at the have our picnic lunch. There were a rich rice and tasty soy sauce chicken wings sweet corns, baked potatoes with bacon, cakes (cooked by Ah Ping). There was potatoes, fairy breads and freshly popped had sweet and tasty green beans boiled (cooked by Winda) and healthy fruit sal- (prepared by Maria and Mario). A big who cooked us the most scrumptious Our sincere thanks to all the other fami- ing. If anyone would like to know any of each of the respective cooks.



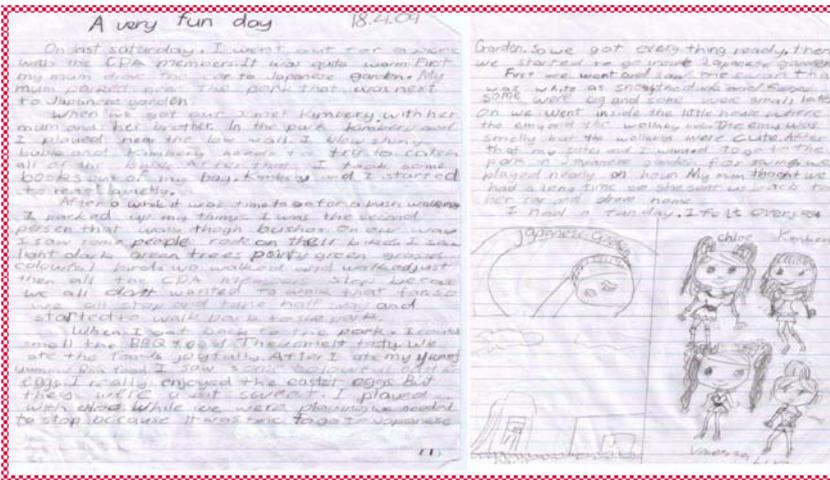
Brian and several other volunteers were BBQ area. At 12:00 noon, we started to variety of foods such as: fragrance fried (cooked by Sylvia); delicious fish balls, vegetable salads, and water-chestnut yummy creamy pasta salad with ham and corn (prepared by Aileen). For dessert we with sea weeds which quenched our thirst, ads which was everyone's favourite. thank you to Brian, our youth group chef dessert custard and coconut puddings. lies who brought in their homemade cook- the recipes you are welcome to ask from

After our long and lovely lunch together at the park everyone helped to tidy up the tables, cleaned up the area, and packed everything away. Then we proceeded into the Japanese Garden. The most catchy things that caught our eyes were the magnificent Japanese lake garden, beautiful white and black swans, and ducks floating gracefully on the lake accompanied by a large number of colourful carps swimming in the water. We walked over the bridge, stepped on the rocks located in the middle of the lake to cross over to the opposite side of the lake. From there we climbed a hill to look at the Australian Native Gardens which including the ornamental reflection pool, pergola, sunken rose garden and the earth mounds planted with native shrubs and trees. Then we strolled around the garden listening to the rhythm of the sound of flowing man-made water fall while absorbing the beauty and serenity of nature which helped us to relax. After that we went to look at the little wallabies hopping around and nibbling on food; ducks swimming in the pond; emus and friendly peacocks looking at us. Unfortunately we couldn't see any wombats though there were barrels built for them. While some of our younger kids simply enjoyed playing in the playground area equipped with slides, swings, play equipments it allowed their mums and dads to relax and watched them having great fun. It was a joy for all of us to see the children interacting socially and using their bodies and skills confidently in their play. Our last destination was the bird aviary where we watched many beautiful coloured birds flying freely around the cage. Here we also learned the names of the different birds such as budgerigars, pigeons, long tail pheasants, colourful lorikeets etc.

Our final activities in the park were playing games such as egg relay with plastic spoons and eggs, tug of war, and Simon says. All those who participated in the games were rewarded with a price of yummy Easter chocolate eggs as encouragement for their efforts.

We have seen that the picnic was another of our successful, well planned and well organised event mainly due to the excellent help and cooperation amongst the mums, dads and volunteers of the association. The most important thing was that our children and families had a happy and enjoyable day getting together. It was a great feeling to witness the initiating of conversations amongst everyone; the care and respect for each other; and the social interactions when playing games and eating our homemade lunch in the group setting. Parents and volunteers also worked cooperatively getting to understand and know each other. There was a much better appreciation of the activities and programs which the CPA promotes to help to better further develop our children for the future.

We would like to thank the Auburn councillor, Ms Le Lam for helping us to apply to Auburn Council to waive the entry fee for the Botanical Garden. Thank you so much to all the parents, children, and volunteers working together as a big family to help to make this such a memorable and successful event which ran so smoothly. We should all be proud of ourselves and realise the potential we have to achieve anything when we work together. ☺



A Very Fun Day

Vanessa Li

On last Saturday, I went out for a picnic with the CPA members. It was quite warm. First my mum drove the car to Japanese Garden. My mum parked near the park that was next to Japanese Garden.

When we got out I met Kimberly with her mum and her brother. In the park Kimberly and I played near the low wall. I blew shiny bubble and Kimberly needs to try to catch all of the

bubble. After that I took some books out of my bag. Kimberly and I started to read quietly.

After a while it was time to go for a bush walking. I packed up my things. I was the second person that walked through bushes. On our way I saw some people rode on their bikes. I saw light dark green trees, pointy green grasses and colourful birds. We walked and walked just then all the CPA members stop, because we all don't want to walk that far. So we all stop and turn half way and started to walk back to the park.

When I got back to the park, I could smell the BBQ food. They smelt tasty. We ate the foods joyfully. After I ate my yummy BBQ food, I saw some colourful Easter eggs. I really enjoyed the Easter eggs, but they were a bit sweet. I played with Chloe. While we were playing, we needed to stop because it was time to go to Japanese Garden. So we got every thing ready, then we started to go inside Japanese Garden.

First we went and saw the swan that was white as snow, the duck and fishes some were big and some were small. Later on we went inside the little house where the Emus and the Wallabies were live. The emus were smelly but the wallabies were cute. After that my sister and I wanted to go to the park in Japanese Garden for swing. We played nearly an hour. My mum thought we had a long time so she sent us back to her car and drove home.

Computer Class for Youth Group



澳洲弱能兒童協康會在本年三月七日，十四日和二十一日一連三個星期六在Belmore Senior Citizens Centre 和金時移民資源中心舉行了三堂青少年電腦班，由范鎮榮先生和馮家傑先生為導師，介紹一些電腦入門基本知識，互聯網和電郵的開啓技巧給青少年朋友。參加者都非常踴躍學習各項電腦程序，開啓電腦郵址，互相傳遞資訊消息。在現時的電腦網絡時代，資訊傳遞快捷而豐富，他們也希望可以多參加這些課程，以能緊貼及增強他們對電腦技能方面的知識。



The Computer class for youth group was held at Belmore Senior Citizens Centre and Bankstown/ Canterbury Migrant Resource Centre over three-week duration on 7, 14 and 21 of March 2009. Mr KK Fung and Mr Fan Chun Wing were their instructors, and the fathers were also helping in setting up the equipment for the group. The youth enjoyed the course as they had learned how to set up email address so that they could communicate with their friends through internet. They also know how to click onto movies and other websites for browsing. They are looking forward to another computer course in the upcoming months.

“Sibspace” goes biking

Jessica Mu
Assist. Team Leader



The past few days had been a bit touch and go with rain. Thankfully the weather held up on Saturday morning of 14th March since their back-up plan could not equate to the amount of fun they would have had bike riding. So it was set: an afternoon of intensive bike riding around Bi-Centennial Park.

The protagonists of the story were Karen, the fearless leader, Jess, the assistant partner in mischief and the victims, Pearlie and Shumin. All ready for a nice, relaxing bike ride in the park.

Karen initially lead the way and took the pack on a pleasant cycle while Jess held the back making sure no one fell behind. Little did they know that she was secretly making devious plans for the grand finale. Shumin, the novice of the three victims almost made a smooth getaway after contemplating the possibility of scootering around the park. This was only until Karen managed to convince her, as only a quick thinking leader could, that tandem bike riding would be even better. Shumin let out a breath of defeat, hung up her scooter and joined the eagerly awaiting pack.

Map in hand assistant, Jess, then took the lead which is where this drama started to unfold. Like ducklings following Mother Duck they crossed over to the other side of the road where a new adventure lay ahead of them. Through the mangroves they went. Past the tennis courts. Onto the bitumen road the first road leading towards the tower that looked across to IKEA and a shipwreck. As the pack were admiring the sights from this peak Jess conjured some friends from above ...

Progressively the pack took turns to lead the way and came across a challenge. A soaring mountain. Pearlie and Jess took on this challenge with great fineness. What poor Karen didn't know was that Shumin was peddling backwards while she was putting in all her might to climb the great mountain ahead. Inch by inch the rest of the pack watched on as Karen began to tire. Till finally they reached the end where they were all rewarded with the greatest tower of the land.

Up above the clouds were flocking together to the call of Jess's thoughts. Down the pack came from the tower and down the first light sprinkles of water came from the sky. Back on the bikes they hopped but which way was home? Two quick glances at the map and away they went. Over the bridge and around the bend. The faster they went the harder the rain began to fall. Faster, harder, faster, harder till they could barely see two metres ahead of them. And suddenly they found themselves back at square one. At the bridge. Whatever went wrong?

“What does the map say?” Karen asked as she turns to Jess. In her hand was the map. Drenched from the rain and falling to pieces as she lifted it up from the bike handle. Oh no they all thought.

“Follow me,” cried Jess, “The quickest way is to go back up to the tower which means we would need to go back up the mountain OR ...,” she turned to look at the five flights of steps leading back up. And away they went soaking wet and without complaints. BUT still it was the wrong way. If only they could remember which way they came, then it would be a simple matter of back tracking.

“Alright, we're going backwards,” announced Jess. Amazingly it worked, it really worked.

“Hurray!!” they all cried. The simultaneous feeling of relief was felt by all and it was Jess that had saved them.

“Oh it was nothing,” Jess replied but inside she was really thinking that was my plan all along. ☺

Please note that the feelings, thoughts and comments were not necessarily expressed by the above characters and that all the people from which this story was developed thoroughly enjoyed their outing together.



Volunteer Training Workshop 義工訓練活動



Mr Peter Wong -
Roles and Responsibilities of volunteers



Mr Alex Ma—My experience as a volunteer



Mrs Nancy Ma— Some advice on being a volunteer



Mr Glenn Connor-Brown—Disability Awareness and dealing with challenging behaviour

With more than 35 attendees at the Volunteer Training Workshop on 18 April 2009, the MRC Function Room was a bit squeezed, nevertheless, the audience was listening attentively to the interesting presentations by our speakers. At the conclusion of the workshop, there was very positive feedback from the participants who thought it was informative, educational as well as inspirational. Thanks are directed to Mr Fan Chun Wing who was the chairperson of the workshop.

CPA would extend our thankfulness to our Guest Speakers for sparing their time, delivering such excellent speeches to our audience and staff:

Mr Peter Wong
Mr Alex Ma
Mrs Nancy Ma
Mr Glenn Connor-

Brown

“Sibspace”

CPA SibSpace Easter Holiday Workshop 2 (Thursday 16th April 2009)

Report and Useful Information: by Karen Yuen

Joyce Man – Guest Speaker
Clinical Psychologist
Early Intervention and Prevention Specialist Team
DADHC Burwood

FACT: There are approximately 200,000 siblings (under 29 years old) in Australia – you are not alone.

What is intellectual disability? (Diagnostic definition)

Someone may be diagnosed as having an intellectual disability if they have:

- ◇ an IQ below 70 (mean=100) AND
- ◇ poor adaptive behaviour (e.g. poor living and social skills)

• Note – Autism and intellectual disability are different things. Just because someone has autism does not mean they may have an intellectual disability.

Coping strategies (when things get too tough at home):

- ◇ Parents as role models
- ◇ Do things as a family
- ◇ Think of the positives
- ◇ Relaxation (e.g. breathing techniques, projected imagery, listening to music, playing the piano or sport)
- ◇ Educating friends
- ◇ Hang out with friends
- ◇ Learn to shut things out
- ◇ Speak to other siblings (e.g. At SibSpace or on Siblings Australia forum)

What is the cause of intellectual disability (ID) / autism?

There is no single known cause. Some potential causes are:

- ◇ Genetic factors (e.g. grandparents/parents have and ID or autism)
- ◇ Exposure to viral diseases and infections
- ◇ Physical trauma (e.g. birth injury)
- ◇ Metabolic disorders (e.g. hormone related)

Tips about handling difficult behaviour by your brother/sister with a disability:

- ◇ Know what they like/not like
- ◇ Distracting them to diffuse the situation
- ◇ Rewarding them when they are behaving well
- ◇ Encouraging them to ask for things/speak where possible
- ◇ Using alternative forms of communication (e.g. pictures)

善用他們的學習潛能，增強他們的獨立能力

(譯自 “Working with adults with Autism: Using Learning Strengths and Increasing Independence.”
” 2006 Autism Spectrum Australia (ASPECT) www.aspect.org.au)

自閉症人士是有他們的特別學習潛能。在教導他們時，如果我們能適當地利用他們的學習潛能，及預先作好妥善安排，以減低學習時所遇的困難，我們是可以幫助他們儘量達到學習成功和增強他們的獨立能力。

他們的學習強項是：

- 能夠快速地接收一份大數量的資訊
- 能把資訊記憶一段頗長的時間
- 有意思地運用視覺圖像
- 學習及重複慣例常規活動
- 能明白及運用實例(非抽象),和沒有「上文下理」的資訊和規則
- 興趣集中圍繞比較狹窄的題材

幫助他們學習的方法

1. 運用視覺圖像教授方法：

利用「視覺幫助」如文字，照片，樣板和時間表等。亦可以用「非語言」的溝通方法如手勢，指點和臉部表情。



2. 建立慣常規則和一個可預知的環境：

自閉症人士可以很快的學會一些慣常舉行的事務程序，亦會很自然主動地去重複這些事務程序。如能把這些事務程序，由開始至結束的每一步驟都能清楚地展示給他們，他們便能很快地領悟學習到它們。之後，他們會主動的去重複這些程序，這亦有助他們去完成學習這些慣常的事務程序，例如每天，每週，每月和每年要做的例行活動，以及一些連續性的工作。要注意以下二點：

- 教導他們工作或活動時，每一個工作人員都要依循同一方法去指導他們。
- 進行每天和每週的活動時，都要跟從一個可以預知的程序。

3. 在事情發生之前，要給自閉症人士作通知和預告

自閉症人士對於將要發生的事情，都有困難去預為準備。對轉換環境和例行程序的改變都很難適應。 **在事情發生或程序改變之前，一定要給他們作通知和預告。**口頭言語上的指引是不足夠的，要用視覺圖片的輔助。

4. 鼓勵他們把學到的技能推廣用在其他的場所上或環境中

教導他們把學到的技能在不同的環境內運用和練習：如學習煮即食麵，可在「日間課程中心」練習，也可在家裏進行。亦可以由不同的工作人員教導他們同一技能，但切記要依循同一的程序及教授方法。

5. 預作準備

自閉症人士能夠快速地接收一份大數量的資訊和能把資訊記憶一段頗長的時間。因此，在首次教授他們新的資訊時，要預先給他們一些適當的提示。記緊要：

- 在工作展開前，要準備妥當所有的工具
- 預備好所有的視覺圖像
- 在不同的課程上，預備好清晰準確的語言提示
- 所有的指導員都要依循同一的程序及同一的提示 -- 最重要是「前後一致」
- 示範煮麵的程序如下：

預備工具



預備圖像



預備提示

1. 把麵剪開
2. 放進焗內
3. 把二杯水
4. 放進焗內
5. 計時器二分鐘

6. 教授整個活動

沒有目睹整個活動過程，祇是要他們練習一些小部分，對自閉症人士來說，這些練習是沒有甚麼意思的。切記要給他們機會由頭至尾把整個學習活動過程觀察完畢。如果他們能有耐性學習的話，可採用以下方法：

- 在學習活動開始前，給他們出示學習製成品的圖像或相片用圖像或相片出示每一個學習的步驟。
- 示範沖咖啡的過程：由導師親自示範



放水在壺內



開電制



開咖啡瓶



把咖啡放進杯內



把開水倒進杯內

7. 用適當的語言辭彙

- 簡化語言 - 用主要的字或簡單的句子
- 每一次祇表達一樣事情，一定要順序
- 用直接和明確的辭彙
- 給他們指示時，不要用發問的方式
- 用『停頓』，和時常保持沉默
- 說話時用普通的音量，但用不同的音調
- 必要時，可用「非語言」的溝通方法如手勢等

8 用正面的語句

如常常用“no 不”，“don't 不要”，“stop 停止”和“wait 等一下”等言詞可能會引發出他們的挑戰性行為。要用「**正面的語句**」，不要集中用負面的言詞。如果要對他們加以引導，給他們解釋他們將要「做甚麼」，而不是對他們說將「不可以做甚麼」。例如：不要對他們說：「不要再讀」，「停止這些」 -- 轉而對他們說：「現在是時候做這些...讓我們一起去做這些...」

9. 給他們足夠的時間去作出反應

自閉症人士通常需要一段比較長的時間去理解事情和作出回答，有時需要多達三十至四十五秒的才可有所反應。給他們足夠的時間去理解事情，不要期望他們能立刻回應他們所聽到的說話，否則更增加他們的無謂壓力。給他們二十秒，然後才重複問題或找其他的輔助。

10. 給他們明確的選擇

如果能給自閉症人士一個明確的選擇，他們會對發問的問題有較好的回應。

不要問：「你要吃甚麼？」 -- 要對他說：「你要薯條或是餅乾？」

當事人不需要說話來交待決定。他只要拿他想要的或把他不想要的推開便可以了。

為幫助他明白及容易作出選擇，可出示那二樣實物或圖片，以作輔助。☺

28/3/2009

Parent Support Group Discussion:

“What will you do if the child is having temper tantrum?”

CPA guest speaker :Betty – is a retired experienced teacher working for children with disabilities in Melbourne. She came on the 28 March 2.30 -4.00pm, touched on the topic “What will you do if the child is having temper tantrum?”

Betty explained that it is the communication issue: the child is unable to explain what he/she wants/wishes the adults to do for him/her, and the parents are unable to comprehend what the child wants, the child is frustrated and hence throws up into temper tantrum.

She suggests that parents should hold (embrace) the child tight, call his/her name, look into his/her eyes and let him/her show you what he/she wants (through makaton or pictures, or let he/she make the choice out of 2 choices only). ☺

Dad 2 Dad Gathering :

ENTHUSIASTIC EXCHANGE OF FEELING AND IDEAS



The "Dad-to-Dad" on 04/04/2009 was a surprise. At first, it was expected to be just a friendly dinner gathering of the fathers of the children in CPA. However, the hot and enthusiastic discussion during the gathering turned it into a brain storming session.

There is no surprise, though, if we reckon that we are all in similar situations, and we are all in the same boat: we all have a child, a gift from god, who has special needs.

When one father spoke of a feeling or an experience, it is very likely that at least one or two fathers had the same feeling or experience before; when one father spoke of a problem he was facing, it is very likely too that another father faced the same problem too. So, everybody was still furiously discussing even after 10:00pm, long after the dinner had finished.

Also, the original schedule of events planned by Daniel Yung regrettably had to be given up. Somebody suggested that future gathering like this should be facilitated because experience from fathers of older children is very valuable to fathers with younger children.

Somebody also suggested that there should be somebody in the gathering to record down all the good ideas raised during the session, so that all the ideas would not be forgotten and became just empty talk. Also, issues and suggestions can then be passed over to the CPA committee for their consideration, and further exploration.

So, just as a recall from memory, I recorded it down here.

SOME SUGGESTIONS

- **MORE SEMINARS BY PROFESSIONALS-**
Somebody suggested that CPA should invite a professional, say a psychologist, to give a seminar to CPA to teach the parents how to deal with our children with special needs
- **ESTABLISHMENT OF A NON-PROFIT COMPANY TO HIRE OUR CHILDREN** –and difficulties related to the issue were also discussed. Smaller scale project, such as running food stalls in events, can provide good working experience for our children.
- **ADVERTISING OUR NAME, AND OUR SERVICE**
 - ◇ Too little people outside know us.
 - ◇ To solicit more funding from the governments
 - ◇ Dissemination of information about activities to be held was insufficient.
Some members did not even know the events which will come up the coming week.
- **STRUCTURE AND CONSTITUTION OF THE ASSOCIATION**
 - ◇ Widening our membership base leads to the issue of changing the constitution of the association.
 - ◇ Issue concerning the makeup of the committee was also raised.
- **MEDICAL NEEDS AND WAYS TO DEAL WITH GOVERNMENTS**
 - ◇ What is the policy of the public health system, and thus the state government, to treat teenagers in the gap; between the age of 15 and 18?
- **SEXUAL NEEDS OF OUR TEENAGER CHILDREN**
 - ◇ Professionals to give talks to teach our children (and us) of how to face their sexual needs.
- **USE OF OUR NETWORK**
 - ◇ To promote our mutual benefits

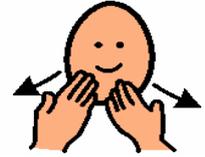
CONCLUSION

The gathering was finally concluded reluctantly at around 10:15pm because it was getting really late. Everybody agreed that the gathering was very useful, and agreed to meet frequently in the future. ☺

Reported by William Mak



Acknowledgement



Special thanks to the following donors & supporters:

Kind donors:

LJ Hooker, Chinatown
Mr Anthony Lee
Mr Peter Li
On On Home Ware P/L
Chak Yun Choy
Barnabas & Faustine Chow



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STARS (Skills, Training and Resources)
Mr Alex Ma
Mrs Nancy Ma
Mr Peter Wong
Ms April Cheung
Lions Club of Sydney Waratah
Ms Jacqueline Ho (Women Health Seminars)
Mr KK Fung (Computer course)
Dr Janice Lau (Dental Seminar)
Mr Fan Chun Wing
Ms Betty



Birthday Boys and Girls of the Months!!

April

Victor Wu



May

**Victor Li
Eric Luu
Pamela Nhan
Laurence Poon
Andrew Qiu
Leonard Tinyow
Emily Cheng**

Jun

Michael Lee



July

**Oi Chun Ha
Joanne Pang
Nelson Zhang
Johnny Li**

How can you help ? 請給我們支持 :

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義工 Volunteer

**會員年費 \$10
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請將支票抬頭 Please make cheque payable to :
" Chinese Parents Association-Children with Disabilities Inc"

郵址 Postal Address : PO Box 345 Campsie, NSW 2194

Weekend Program — Youth Group 青年組週末活動 May/June 2009

Date	Time	Program	Venue	Address
2/05/2009	11:00 AM - 2:30 PM	Celebration for Mother's Day	Auburn RSL Club	No. 33 Northumberland Rd, Auburn
9/05/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-4:00 PM	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
16/05/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-4:00 PM	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
23/05/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-4:00 pm	Singing Rehearsal	Belmore Senior Ctr	Redman Pde, Belmore
30/05/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-3:30 pm	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
	4:00-5:00 pm	Birthday Party	Belmore Senior Ctr	Redman Pde, Belmore
6/06/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-4:00	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
13/06/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-4:00 pm	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
20/06/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-4:00 pm	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
27/06/2009	10:30 AM	Ten Pins Bowling	AMF	3-5 George Street, N. Strathfield
	2:30-3:30 pm	Dance Class	Belmore Senior Ctr	Redman Pde, Belmore
	4:00-5:00 pm	Birthday Party	Belmore Senior Ctr	Redman Pde, Belmore

Weekend Program — JUNIOR Group 兒童組週末活動 May/June/July 2009

Date	Time	Program	Venue	Address
2/05/2009	11.00 am –2.30pm	Celebration of Mother's Day	Auburn RSL Club	33 Northumberland, Auburn
16/05/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Movement class		
23/05/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Movement class		
30/05/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Movement class/ Birthday Party 生日會		
6/06/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Movement class 音樂活動		
13/06/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Movement class 音樂活動		
20/06/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Music Therapy 音樂治療活動		
27/06/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Movement Class/ Birthday Party 生日會		
4/07/2009	2.30-3.30	Talk to me 聽我細說	Belmore Senior Citizens Centre	38 Redman Pde, Belmore
	3.45-4.30	Music Therapy 音樂治療活動		

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