



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

CPA NewsLetter 協康會 會訊

MAY 2017 ISSUE / 二零一七年五月版

Happy
Mother's Day

Community Reports:

- ◆ Voice of Harmony Concert Report
- ◆ Dragon Boat Race Report
- ◆ Chinese New Year Celebration
- ◆ C.A.R.E.S.
- ◆ Independent Living Skill Report

Up Coming Events:

- ◆ Fairy Bread Day
- ◆ Art Contour
- ◆ In Their Shoes Exhibition
Launch
- ◆ Mother's Day Celebration



CPA Newsletter MAY 2017 Issue
協康會 會訊 二零一七年五月號

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

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Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

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

President's Message

Dear members

Autumn is here already! It seems like just a short time ago that we were celebrating the New Year but now April has almost ended. In this quarter of the newsletter let me fill you in on what your chapter leadership has been doing these past few months. Firstly, I would like to take this opportunity to welcome Ivy Lau who has assumed the role of Vice President for CPA. Ivy has distinguished herself as a person with dedication, integrity, and professionalism. We are confident that she will make outstanding contributions to CPA.

I like to welcome a few new members! We are excited to have you as part of our membership. Membership is a lifelong journey and we look forward to helping you and your family.

Once again I like to congratulate our CPA dragon boat team for taking home the top trophy in February – the 200 metres competitive races of the CNY festival event! The CPA team finished in second place in the Charity category. All thanks to the Lions Club of Sydney Waratah for their sponsorship of the quality high performance carbon fibre paddles. We are looking forward for another great result next year! Well done CPA team!

Another successful concert in March in celebrating Harmony Day “Voice of Harmony”, funded by the Multicultural NSW, the concert was held at the Bryan Brown Theatre, Bankstown. The concert was featuring the CPAKIDz as well as live singing, music and dance from Club Weld from Autism Spectrum Australia, Milal (Korean Group) and Vishva Hindu Parishad Social Services Foundation. Special guest was Tierra Colombiana folkloric & cultural group. We were delighted to have these community groups joined us to celebrate this special occasion. I thank warmly to our parents, our siblings and teachers who worked tirelessly behind the scene to bring us a great show. It was a well organised and structured concert, incredibly impressed! The show has received many positive feedbacks! A real credit to all at CPA!

To improve our current practice in music lessons, a new teaching strategy had been established. Effective from May, the music lessons will be coached by both teachers Elizabeth and Catherine simultaneously. Where our children will be sorted in groups by their ability, we hope this approach will benefit our children in achieving more from a smaller group.

Two exciting Art projects had already started. The “Contours” is a series of 12 workshops and performances where children and youth will be encouraged to explore personal culture and disability through these classes and workshops, resulting in an exhibition of artworks, an original play, a booklet and short film. The other one “In Their Shoes” is a community exhibition, where our artists share their stories with the audiences walking around the gallery in the artists’ shoes. The exhibition will be held for one month from 3 June to 2 July. I hope to see you there to share the achievement.

A quick update on the NDIS, CPA is still in the process of registering for being a service provider. It is a complicate and slow process, we will keep you updated as we go.

Once again for the privilege of letting me lead our chapter this year! I look forward to meeting many of you on Saturdays. I also encourage you to provide feedback to me anytime so we can continue to improve. Please tune in there will be more activities and leisure on its way! I look forward to seeing you at the Mother's Day celebration!

Miranda Chau

President's Message

會長感言

正是秋風送爽!不久前我們還在慶祝新年轉瞬間四月份就快要過去了。讓我在今期的會訊告知大家有關我們執委會在過去幾個月所作的活動情況。

首先我要趁這個機會歡迎劉愛虹女士出任協康會副會長一職。她是一位願意付出、有誠信和有敬業精神的人,我們深信她將會有突出的貢獻。

我也歡迎幾位新的會員!有你們的加入,使協康會聲勢更加浩大,真是令人振奮。希望協康會能夠幫助你及你的家人,大家齊心協力共渡長遠的旅程。

再次,我要恭賀我們協康會的龍舟團隊,在二月份的農曆新年充滿競爭性的二百米龍舟競渡比賽中獲得慈善機構組別第二名,並獲贈獎杯。我更衷心感謝雪梨女獅會的贊助,餽贈協康會一批高質量的碳纖維船槳作參賽用。我們期望明年再創更好的成績!協康會團隊真棒!三月份,由 Multicultural NSW 撥款在 Bryan Brown Theatre Bankstown 舉行了一場慶祝「和諧日」之「和諧之 SING」音樂會,演出非常成功。音樂會之特色有現場歌唱、音樂和舞蹈表演。除了 CPAKIDz 的精彩表演外,亦有來自 Autism Spectrum Australia 的 Club Weld, 韓國組的 Milal 和印度組的 Vishva Hindu Parishad Social Services Foundation。特別嘉賓有 Tierra Colombiana folkloric & cultural group。能邀請到這些民族社區參與這次的特別慶祝活動,使我感到非常榮幸。我誠懇地多謝我們的家長,他們的子女和老師們在幕後努力不懈地幫助,使我們的演出得到成功。整個音樂會是經過精心策劃,難以想象的扣人心弦。我們收到大量對音樂會的好評,這全歸功於協康會所有的工作人員。



為了改進現時的音樂學習課程,我們訂立了一套新的策略。由五月份開始,每月將有一節音樂課,按孩子們的學習能力分組,並由 Elizabeth 和 Catherine 兩位老師同時教授。我們希望孩子們在人數較少的組裡,得益較多。

兩項令人振奮的藝術項目已經著手了,「生命等高線」是一系列內有 12 個工作坊和表演的項目,經過這些課堂和工作坊所帶來的效果,有藝術畫作展覽、話劇、編製小冊子和短片等,這些將鼓勵小孩和青少年們去探討自己個人的文化和缺陷。另一個項目「設身處地」是一個社區裝置藝術展覽,參觀者將穿著經過孩子們悉心裝飾的布鞋,圍繞展場行一周,以分享孩子們的故事。展覽會將為期一個月,由 6 月 3 日至 7 月 2 日。希望大家前往參觀,一同欣賞孩子們滿有創意的作品。

簡略報告:協康會仍然在申請註冊成為「全國殘疾人仕保險計劃」服務機構的程序中,這是複雜和緩慢的過程,但我們會知會你最新的消息。

今年很榮幸再次獲選為會長,繼續帶領著整個團隊為大家服務。希望在未來的週六能與更多的會員們相聚,我更鼓勵大家隨時提供意見,使我們的服務繼續改善。請留意接着來更多的活動和休閒節目!希望在本週日的母親節慶祝活動上能夠見到你。

周潤梅會長

和諧之Sing 音樂會

澳洲是一個多元民化的國家，隨著移民數目的增加，帶來的是更多不同的民族和文化，不止是五光十色，更是百花齊放。從來民族之間常發生溝通障礙，除了語言外，最重要是彼此的文化背境有差異。移居在澳的各民族每日大都過著自己的傳統生活。由於彼此生活行為的不同，因此影響了澳洲社區的和諧，例如：你會對別人的信仰或是政治立場而有不滿的情緒嗎？由於異國文化充斥著澳洲各角落，故此，澳洲政府每年都舉行全國性的「和諧日」，希望人與人之間能夠彼此包容，推廣和諧生活，並促進社區安寧。

澳洲弱能兒童協康會響應了新州政府推出的新州多元文化計劃，經申請成功，獲得其撥款以慶祝和諧日。並於3月25日假座Bankstown Bryan Brown Theatre 舉辦和諧之Sing 音樂會。表演節目在下午才舉行，但當日早上9時許，便陸續看見家長們帶著他們的孩子到達現場，情景真是熱鬧了。凡有台上表演經驗的，都知道「台上一日，台下十年功」這道理。協康會的CPAKIDz 音樂隊成員經被安排到指定的服裝間集合後，便魚貫地上台採排。而執委會成員都各司其職，管舞臺的更是忙到不可開交地照顧著燈光和音響效果，而做提場的更要管好出場程序。

還有，門外的接待處已擺放有關協康會的資訊單張和週刊，讓人免費索取。

最顯著的是新州政府多元文化部門贈送的橙色絲帶扣和貼紙，以配合慶祝和諧日的氣氛。表演者和義工們吃過午飯後，一切就緒，期待已久的音樂會，隨著觀眾陸續到來而開始。

在這時，鑼鼓聲響起，由李師傅帶領著協康會的青年團隊向在場的觀眾表演金龍獻瑞，這條金遊龍隨著鼓鈸的節拍聲一上一下的穿梭在觀眾席之通道間，各人的視線也隨著金龍的蹤跡流轉。經協康會的會長致開幕詞後，兩位漂亮的司儀小姐便介紹當天的表演節目。在配合多元文化的主題下，被邀請表演的嘉賓有韓國組的-Milal，印度組的VHP和 Club Weld，還有特別表演嘉賓Tierra Colombia。各個項目的演出，可說是精彩絕倫，令人目不暇及。你會否看了那場[男兒當自強]的功夫表演而心靈振奮？對教歌唱和舞蹈的老師，那循循善誘的耐心，懷有感謝的心嗎？最後的大合唱在螢光棒的搖晃下結束。

By Lilian



Chinese New Year Disco 2017 at Padstow RSL

It is the 2017 Chinese New Year of Rooster. The Rooster is tenth of the 12 animals in the Chinese zodiac cycle. "In Chinese astrology, each zodiac year is not just associated with an animal sign, but also one of five elements: Gold (Metal), Wood, Water, Fire, or Earth (<http://www.chinahighlights.com>).

Both the zodiac sign and the element shape the astrology of the year. Element-sign combinations recur every 60 years. This year, 2017 is a Fire Rooster year. For those people who were born in 1957 and 2017, they are said to possess the following characteristics: Trustworthy, with a strong sense of timekeeping and responsibility at work.

On 18 February 2017, Saturday afternoon, CPA celebrated the Chinese New Year at Padstow RSL, kindly sponsored by Bankstown Sports Club. It was full housed at the Club, every participant received a gold coin red lucky pocket signifying good luck for the whole year to come. The celebration kicked start with the group singing, led by Joanne and Andrew, piano accompanied by Jonathon. It was just a mini concert presented by CPAKIDz. The audience all enjoyed the show with plenty applause.

There came the disco led by Elizabeth, with all the youngsters joining in the dancing, the hall was filled with laughter and joy. Light refreshment was served together with a birthday cake, celebrating birthdays for those young people who were born in the first three months of the year. The day was concluded with lucky draw prizes for nearly everyone, making it to be a happy afternoon.



CNY 2017 Dragon Boat Race -

CPA, CPA, winner of the day!

2017 is the 4th time CPA has participated in the annual Dragon Boat race as part of the City of Sydney's Chinese New Year celebration. Our team of about 22 participants prepared for the event 5 weeks in advance, training at Pyrmont on Saturday mornings and Wednesday afternoons. At the end of the sessions even our coach Anthony could tell we had improved significantly since our very first training session in 2013. A big bonus to our improvement was our new carbon fibre paddles that were generously funded by the Lions Club Sydney Waratah. Come race day on Sunday February 12, everyone had gathered early in the morning at Darling Harbour, excited and ready for a big day of racing even though the temperature was going to reach the high 30's.

Our first race of the day went exceptionally well coming in second in the heat with a time of 1:01.01min. Everyone was still pumped from performing so well, paddling in time with each other as a team. But as the day went on our timings unfortunately became slower as the team occasionally fell out of sync with each other resulting in our second heat coming out with 1:04.28min and third heat 1:09.45min. However, we did make it into the finals for our division and managed to come in overall second place, with a time of 1:06.99min, for the Registered Charity division which was well deserved after all the hard work and energy that everyone put into this fun-filled event.

By Clara Lau



On the cold Sunday morning of the 12th of February, the CPA Dragon Boat Racing Team gathered at Cockle Bay Darling Harbour. We were nervous, we were excited. We had invested more than a month of labour intensive training – with sessions that either ran early on Saturday mornings or Wednesday afternoons. In addition to such time commitment, we were swamped with horrendous weather, with rough winds and choppy waters compromising many of our trainings. Nevertheless, we pushed through, and with four years of training under our belt, our coach, Anthony, set us a final goal of 65 strokes per minute, which frankly, at the time, seemed incredibly daunting.

However, with the help of the CPA volunteers, we persevered – working hard to perfect our technique and stamina. With such encouraging progress came increased motivation and drive, and the team continuously improved. The members exuded commitment and our rowing times diminished. Although we wouldn't be able to walk the next day, we could easily hit 50 strokes at a 65RPM speed.

By the final day of the race, we knew that it didn't matter how we placed - we had broken past our personal limitations. However, this changed when we placed in the finals, with a heat time of 1:01.01. We were determined to finish the journey off with a bang, and, despite strong winds once again attempting to push us back, we ended up with a time of 1:06.99. Our team members couldn't be prouder with ourselves.

I'd like to congratulate all the volunteers and members of CPA that participated in such an important cause, and again, thank CPA for the wonderful opportunity. **CPA, CPA, winner of the day!**

Sarah Li

Independent living training program

It has been the wills of parents that our sons or daughters with disabilities can be more independent and will be capable of independent living one day. This goal can only be achieved by early life skill training. Granted the George River Council Community Grant, CPA has organised four trainings on March 11, 28, April 8 and 29 in Kogarah community centre to reach the goal. These trainings usually started at 10:30am and ended by 12:30pm.

The first two trainings focused on cooking skill. In the class, they learned the use of healthy food to make sandwiches, Vietnamese rice paper rolls and pizzas. After class, they shared their food with their parents and did all cleaning. The third training dealt with clothes folding. Apart from that, they also learned to read size and material of different clothes. No wonder, they also need to spend money and do the changes in daily lives.

The last training held today taught them money recognition and spending. During the class, they learned to recognize different dollar notes and coins, count money and make payment. The more able people did calculation of total prices of several items and made payments. They need more training than these and so a training camp in May is organized provide them opportunities to practise independent living skill. Apart from the usual cleaning and bed making etc, they will need to buy their food and cook them in the camp. We hope through these trainings, they are more prepared to meet the challenges of independent living.

By Jennifer Chan



C.A.R.E.S.

Chinese Parents Association – Children with disabilities Inc (CPA) provides lots of activities for members to enjoy during each school holiday break. In this Easter holiday, our members once again joined the “Community & Road Education Scheme” Bankstown, targeted for younger group to learn how to avoid accidents and learn how to use the road safely.

According to NSW government statistic, children need assistance dealing with the traffic environment until at least the age of 10, because they are not equipped physically or developmentally to make the clear and crucial decisions to keep them safe. Like learning any other life skills, children need to practise and learn how to walk safely in the traffic environment. Children are vulnerable road users, especially where there is a potential for moving vehicles; this includes residential areas, car-parks, at traffic lights, along foot paths, pedestrian and other crossing, driveways, quiet streets, and busy streets.

To match with such needs, CPA provides the opportunity for members and their carers to join C.A.R.E.S. program on the Thursday 13th of April 2017. It was a windy day, but that did not affect the enthusiasm of our members. There were 7 families with at least 2 people (children with disabilities and their carers) from each family joined the event. Bike riding was a fun way for these children to exercise and also learnt road safety information at the same time. They got to enjoy the great outdoors with natural view, and learnt various miniature road signs erected at the site. Before cycling started, children needed to learn wear helmet, give way to pedestrians and obey the road rules. We also would like to send our thanks to Amanda for her assistance and guidance for children all the way. A lovely gift was prepared for her since her birthday was coming up.

Parents and caregivers have a key role in educating their children about road safety. Besides training for kids, CPA also involved parents to join the C.A.R.E.S. program on the day and observed. Children learnt about road safety by experiencing it, but parents and adult carers could use the opportunity to identify dangerous situations, and in the future during day to day routines, such as on the way to shops, going out for play or on the way to school, they can discuss road safety and practise with their children.

Lunch gathering was arranged at Hungry Jack after this fun event. Participants were so happy that they had a chance to enhance their life skills, learning safety issues, and also had a great change to spend time with family and friends.



IDENTITY EXHIBITION



Children and young people from within the Chinese Parents Association – Children with Disabilities Inc explore personal - **IDENTITY**

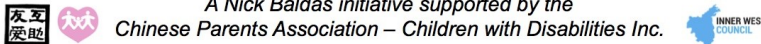
來自澳洲弱能兒童協康會的兒童和青少年，共同探索個人身份和自我

Balmain Library, Reading Room 370 Darling Street Balmain NSW
巴爾曼圖書館閱讀室

June 6 to 29, 2017 – during library opening hours

Mon- Thu 9.30am - 8.00pm / Fri 9.30am - 5.00pm / Sat- Sun 10.00am - 4.00 pm

*This project is supported by funding from Inner West Council
A Nick Baldas initiative supported by the
Chinese Parents Association – Children with Disabilities Inc.*



“WHAT IS ON” in May, June and July 2017

During this upcoming period, CPA has scheduled a few numbers of activities for our members. These programs are specially organised to accommodate various group of our members. CPA implements them so to suit the special needs of the participants, based on their interest, levels of skill, and their choice. We are sure they will be beneficial to our children and young people, and please take the opportunity to join in.



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-
CHILDREN WITH DISABILITIES INC.

Recreation & Independent Living Skills (RAILS)

Training Program for CALD People with Disabilities

Fairy Bread Day

THIS PROJECT IS KINDLY SPONSORED BY
GEORGES RIVER COUNCIL COMMUNITY GRANTS

Date 日期: 27/05/2017 星期六

Time 時間: 10:15 am to 12:45 pm

Venue 地點: St George Community Centre,

36 Premier Street Kogarah

Fee 費用: \$5 per *PWD



Registration is essential
(請早報名)

Enquiries 查詢:
(02) 9784 8120

Tues & Thurs 週二, 週四
10am-3pm

Contact: Lilian
0406 233 222

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



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES Inc.

Mother's Day Celebration Disco & Lunch

For People With Disabilities & Their Families

慶祝母親節聚會
專為來埠的士高

Date 日期: 07/05/2017 星期日

Teacher 導師: SKY

Time 時間: 12.30 pm to 2.30 pm

Venue 地點: Club Belmore
427 Burwood Road, Belmore

Fees 費用: Members 會員: PWD* and children under
12 years of age - \$10 Adults - \$15 pp

Non Member 非會員: children under

12 years of age - \$20 Adults - \$25 pp

Booking is essential 請早報名

Closing date for registration: 22/04/2017

This program is kindly sponsored by
Canterbury Financial Assistance Program

Enquiries: 9784 8120 Tues & Thurs 週二及週四 10am-3pm or 0406 233 222 (Lilian)

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



Recreation & Independent Living Skills (RAILS)

Training program for CALD People with Disabilities

Family Camp 家庭營

Myuna Bay Sport & Recreation Centre

12-14 May 2017

Wangi Road, Myuna Bay, NSW 2264 <https://sportandrecreation.nsw.gov.au/facilities/myunabay>

| | |
|----------------------|---|
| 費用 Cost: | Adults 成人 - \$216.00 5 to 17 yrs 歲 - \$166.00 Carer* (1:1) with Companion Card - FREE 有伴隨卡照顧者 - 免費 |
| 費用包括 Cost includes: | 2x Breakfasts 早餐, 2x Dinners 晚餐 & 2x Lunches 午餐 |
| 交通 Transport: | Own Transport 自己駕車往返 Free parking available on site 免費停車場. <i>There is no public transport to and from Myuna Bay. However, you can catch a train on the Newcastle and Central Coast line to either Dora Creek Station or Morisset Station and then catch a local taxi to the Centre. Check transportnsw.info (link is external) for full timetable information.</i> 往返 Myuna Bay 沒有公共交通。您可乘坐 Newcastle 和 Central Coastline 線的火車到 Dora Creek 或 Morisset 火車站，然後乘坐計程車到達營。 |
| 自備 Bring: | <ul style="list-style-type: none"> • Toiletries including soap 洗浴用品 • Sunscreen, sunglasses and hat 防曬霜 • Water bottle 水瓶 • Insect repellent 驅蟲劑 • Swimming costume and rash shirt 游泳衣 • Raincoat/umbrella 雨衣/雨傘 • Towels (pool/beach and bath) 毛巾 • Pillow, sleeping bag or doona and single flat sheets 枕套, 睡袋, 被子, 床單。 |
| 抵營時間 Arrive at camp: | 12/05/2017, 3:30pm 下午 3 時 30 分 |

Note: CPA subsidises \$100 per family member with children with disabilities[#]

KINDLY SPONSORED BY GEORGES RIVER COUNCIL COMMUNITY GRANT

報名聯絡 - Contact Lilian 0406 233 222 or 9784 8120 (Tues & Thurs 10am-3pm)

Closing date for registration 截止報名日期: 08/05/2017

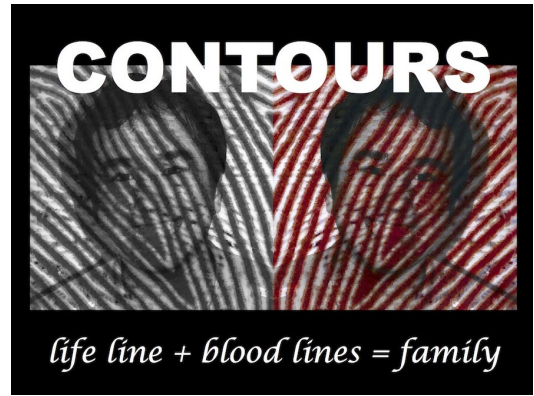
Note 註: *Carer (1:1) – One person with disability to One carer.

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

'CONTOURS'

Children and young people with disabilities from culturally and linguistically diverse (CALD) backgrounds have special needs. The program 'CONTOURS' will empower participants to identify personal needs and express themselves in a creative positive way. Issues that will be addressed include:

- ◆ Isolation, Acceptance, Disability, Age, Community,
- ◆ Communication, Language
- ◆ Freedom, Understanding, Fun, Sorrow, Gender
- ◆ Culture, Participation, Inclusion



The program will allow each participant an opportunity to express him/her self while not being impeded by their disability and encourage them to share personal thoughts/feelings creatively, thus empowering them with new skills and personal pride.

The project will help to raise the awareness of the public towards the special needs of young people, their capability and creativity; it also serves as a blue print or tool for other community groups to hold their own project.



In their shoes

EXHIBITION + INSTALLATION

設身處地 - 裝置藝術展覽

3 June – 2 July 2017
2017年6月3日至7月2日

Dragon's Lair Gallery, Hurstville Museum & Gallery
龍巢畫廊 - 好市圍博物館和畫廊

In their shoes EXHIBITION + INSTALLATION

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龍巢畫廊 - 好市圍博物館和畫廊

In Their Shoes is a community exhibition, supporting and creating awareness for families that have a child with a disability. Participants from the Chinese Parents Association – Children with Disabilities (CPA) share their lives with us as we walk around the gallery in their shoes. A Nick Baldas Initiative.

In their shoes (設身處地) 是一個社區裝置藝術展覽，目的是增加社會對殘疾兒童及其家庭的認識和了解，並給予他們支持。參觀者穿上協會成員繪畫的鞋，在畫廊走一圈，將能感受到他們生活的點滴。

Exhibition opening: Saturday 3 June, 2.00pm
展覽開幕日期和時間: 6月3日 星期六下午2時
RSVP online from the 'what's on' page at
www.georgesriver.nsw.gov.au 在線預約網址
Enquiries 查詢電話: (02) 9330 6444

Hurstville Museum & Gallery 好市圍博物館和畫廊地址
14 MacMahon Street, Hurstville
Opening hours 博物館開放時間
Tuesday – Saturday 10.00am – 4.00pm
週二至週六上午10時至下午4時
Sunday 2.00pm – 5.00pm 週日下午2時至5時
Other times by appointment 其它時間需預約

A Nick Baldas Initiative
www.nickbaldas.com.au

DRAGON'S LAIR GALLERY / HURSTVILLE MUSEUM & GALLERY
14 MacMahon Street, Hurstville Phone: (02) 9330 6444
Opening hours: Tuesday - Saturday 10.00am - 4.00pm, Sunday 2.00pm - 5.00pm
Other times by appointment



GEORGES RIVER COUNCIL



澳洲僑胞兒童協會
Chinese Parents Association –
Children With Disabilities Inc.



UPCOMING ACTIVITIES &

COMMUNITY PARTICIPATION:

- Mother's Day Celebration Lunch 07/05/17
- Myuna Bay Recreation Camp 12-14/05/17
- Fairy Bread Day at Kogarah 27/05/2017
- Persimmon Picking trip 21/05/17
- "In Their Shoes" Exhibition Launch,
at Hurstville 03/06/17
- Birthday Parties—20/05, 17/06, 22/07/2017

Reminder Note:

Starting from 3rd of June, 2017, Bowling Activities

**change to the new venue at
Tenpin City Lidcombe**

Fairy bread is sliced white bread spread with margarine or butter and covered with sprinkles or hundreds and thousands which stick to the spread. It is typically cut into four triangles. It is a part of sweet memories for many children.

Fairy bread dates back to the 1920s in Australia, and is first recorded in *The Hobart Mercury*, which describes children consuming the food at a party. It is commonly served at children's parties in Australia and New Zealand. The origin of the term is not known, but it may come from the poem 'Fairy Bread' in Robert Louis Stevenson's *A Child's Garden of Verses*, published in 1885.



Regular Weekend Activities

Junior Group 兒童組



Rhythm & Motion 唱遊活動

Instructor : 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,
40 Redman Pde, Belmore



Community Outdoor Activities

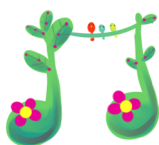
Time 時間: Saturdays 星期六,
2:00 - 4:00pm
or School Holidays

Youth Group 青年組



Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am
Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore



Art Programs

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Illawarra Catholic Club Ltd



Dance Lessons

Time 時間: 逢星期六舉行, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Canterbury Bankstown FAP

PHOTO GALLERY



CNY Celebration & Disco



CNY Celebration & Disco



Dragon Boat Race 2017



Dragon Boat Race 2017



Living Skills Program—Cooking



Living Skills Program—Cooking



Living Skills Program—Cooking



Family Fun Day



Family Fun Day



Living Skills Program—Cooking

PHOTO GALLERY



Hip Hop Dance Class



Hip Hop Dance Class



Spine Health Care Seminar



Computer Class



Youth Week Performance
at Paul Keating park



C.A.R.E.S



Voice of Harmony Concert



Voice of Harmony Concert



Voice of Harmony Concert



Voice of Harmony Concert



Voice of Harmony Concert



Voice of Harmony Concert

NDIS Update— “Nadia”

Message from Louise Glanville, Deputy CEO, NDIA

Introducing ‘Nadia’ - NDIS’ new virtual assistant



I am pleased to introduce you to our most recent innovation, the development of a ‘virtual assistant’ – ‘Nadia’. Nadia has been developed to provide people with disability with information about the NDIS when and how they want it. Initially Nadia will be used to answer the most common questions people have about the Scheme, but over time, with your help she will develop the capacity to provide detailed responses to a wide range of queries.

Nadia has been co-designed by people with disability with the NDIS's Digital Innovation Reference Group taking the lead. We have also engaged with people with a wide range of different disabilities to ensure Nadia is a useful tool for everyone.

Nadia will be accessible 24/7 through the myplace portal. She can speak, write and chat online and has been designed to meet international accessibility guidelines. She can already understand thousands of questions put to her, and will answer with clear and simple responses. The more interactions she has with people, the more her knowledge bank will grow.

The plan is for Nadia to be released in a trial environment on the myplace portal in the next few months. Nadia will start as a "trainee". It will take 12 months and a great deal of interactions with NDIS stakeholders for Nadia to become fully operational. The Agency will hold information sessions to inform people how they can engage with and use Nadia over the next couple of months. We hope that you will start using Nadia as soon as she is available, and help build her knowledge base, making it easier for all stakeholders to have their questions answered quickly and clearly.

We are grateful to actor Cate Blanchett for donating her time to provide the voice of Nadia.

Please take the time to watch this short video that tells the Nadia story.



[You can access this site to watch the video – The Making of Nadia](https://www.youtube.com/watch?v=Eq_0KeV4fFA)

https://www.youtube.com/watch?v=Eq_0KeV4fFA

ACKNOWLEDGEMENT

Donors (for donations \$100 or above)

Dora Li

Jin Jian Liu

Strathfield Sports Club

Wing Yui Lam

Volunteers & Supporters

Ailin Tan

Angela Poon

Anna Yew

Catherine Paix

Clara Lau

Crystal Mak

Darby Mu

Derek Lau

Elizabeth Ramsay

Florance Tan

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Shannon Lee

Stephen Lau

Sunny Wu

Vincent Yu

Winda Mok

FLOWERS BACKGROUND BY INGRID BALABANOVIA WWW.CRETOCK.COM

HAPPY BIRTHDAY



May:

Carmen Martin, Eric Luu, James Martin,
Julian Lesnie, Ka Chun Tse, Patrick Chow,
Samuel Poon, Victor Li,
Wilson Trang

Jun:

Lauren Poon, Laurence Ye, Leon Cao,
Michael Lee, Queenie Tung, Robbie Leong

July:

Alan Ngo, Anderson Yang, Jackson Yung,
Joanne Pang, Matthew Sin

How can you help? 請給我們支持: 郵址 Postal Address : PO Box 345 Campsie, NSW 2194

捐贈 款項 I would like to make a donation of : \$ _____

本人願意參加為貴會會員: I would like to become :

- | | | |
|------|-------------------|--------------------------|
| 會員 | Member | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工 | Volunteer | <input type="checkbox"/> |

會員年費 \$10
Membership Fee \$10 pa
(From 1 July -30 June)

名字 Name: _____ 姓氏 Family

Name: _____

地址 Address: _____ Suburb: _____ Post

Code: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to: " Chinese Parents Association-Children with Disabilities Inc"
DGR # 900 487 253

May - July 2017 Weekend Activities

| Group | Junior | | Youth | | |
|--|---|----------------------------|--|--|------------------------------|
| Time | 3:00pm to 5:00pm | Teachers | 8:45am to 12:00pm | 2:30pm to 4:30pm | Teachers |
| May | | | | | |
| 6 May | Fun to learn Music Therapy | Jackie C Christine M | Ice-Skating 8:45-9:45am Computer class 10am-12pm | Music & Dance | Elizabeth R & Catherine P |
| 7 May (Sun) | Mother's Day Celebration Lunch @ Club Belmore 12:30pm | | | | |
| 13 May | Fun to learn Music Therapy | Jackie C Christine M | Family Camp @ Myuna Bay | | |
| 20 May | Music Therapy | Christine M | Ice-Skating 8:45-9:45am Computer class 10am-12pm | Art (<i>Contour 2</i>) Birthday Party | Nick B |
| 27 May | Creative Dance Music Therapy | Elizabeth R Christine M | Ice-Skating 8:45-9:45am Fairy Bread Day at Kogarah 10:30am-1pm | Music Music & Dance | Catherine P Elizabeth R |
| June | | | | | |
| 3 June | IN THEIR SHOES exhibition launch, Hurstville, 2pm | | Ice-Skating 8:45-9:45am *Bowling 10:15-12:00pm | IN THEIR SHOES exhibition launch, Hurstville, 2pm | |
| 10 June | Fun to learn Music Therapy | Jackie C Christine M | Ice-Skating 8:45-9:45am Computer class 10am-12pm | Music & Dance | Elizabeth R & Catherine P |
| 17 June | Music Therapy | Christine M | Ice-Skating 8:45-9:45am *Bowling 10:15-12:00pm | Music Music & Dance ----- Birthday Party | Catherine P Elizabeth R |
| 24 June | Creative Dance Music Therapy | Elizabeth R Christine M | Ice-Skating 8:45-9:45am Computer class 10am-12pm | Art (<i>Contour 3</i>) | Nick B |
| July | | | | | |
| 1 July | School Holiday | | Ice-Skating 8:45-9:45am NO Bowling | NO ACTIVITIES | |
| 8 July | School Holiday | | | Art (<i>Contour 4</i>) | Nick B |
| 15 July | School Holiday | | | Art (<i>Contour 5</i>) | Nick B |
| 22 July | Fun to learn | Jackie C | Ice-Skating 8:45-9:45am *Bowling 10:15-12:00pm | Music & Dance ----- Birthday Party | Elizabeth R & Catherine P |
| 29 July | Creative Dance Music Therapy | Elizabeth R Christine M | | Music Music & Dance | Catherine P Elizabeth R |
| The above programs may be changed without prior notice due to unforeseen reasons. | | | | | |

Ice-Skating - Canterbury Ice Rink, Phillips Avenue Canterbury

*Bowling - Tenpin City, 92 Parramatta Road Lidcombe (NEW VENUE)

Centre Based - 38-40 Belmore Senior Citizen Centre, Redman Parade Belmore

NOTE: Ice skating in the school holiday is not funded by CPA