



# Chinese Parents Association Children with Disabilities Inc

## 澳洲弱能兒童協康會

May 2010 CPA newsletter

二零一零年五月協康會會訊

### 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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## Vice President's message:

### 各位會員,

你們好，又是我們會員通訊的時間。今屆的協康會幹事委員會，加入了兩位新委員。在這裏，我們歡迎他們參與幹事會的工作，亦讓多些新概念帶給我們的會員，提升我們的服務。

我在這裏跟大家分享的喜悅：協康集之二出版了！由好市圍市政會(Hurstville CDSE) Illawarra Catholic Club (Club Central) 提供資助，多位義工數月來的辛勞，一本內容豐富，具資訊性的「協康集之二」面世了。在此多謝各位贊助人士，作者，編輯及美術設計，感謝他們的腦力與勞力，讓這書能成功出版。希望這書可以帶給各社區人士有用的資訊，及對弱能人士及其家人，有進一步的認識及了解。

現在協康會的活動比以往增加了，尤其是我們的孩子的表演活動多了不少。這些活動，不單提高了我們孩子的自信，與別人交往及學習的能力；家長們也能藉此機會參與不同的大型活動，並得到學習策劃及組織活動技能的機會。

我們的活動都需要義工的幫忙，在此，我呼籲有興趣參與義工服務的人士，請與我們的社區服務員 Mandy 聯絡。

等候與你們攜手合作，參與協康會活動的一刻。

副會長  
陳劉秀蓉



# 協康集之二

## 協康會出版第二期協康集

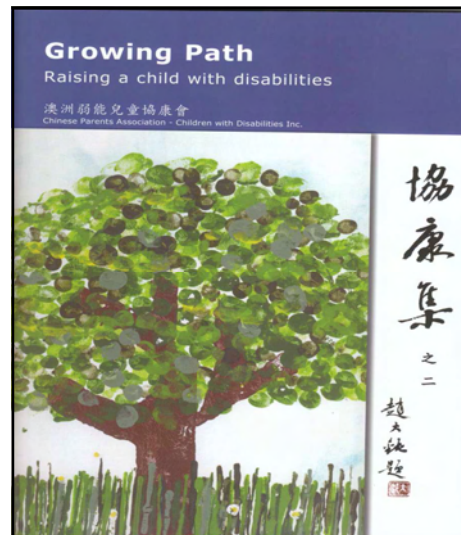
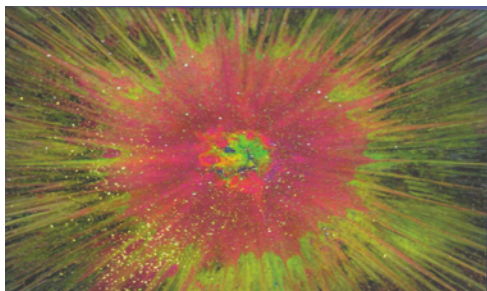
### 分享幫助弱能子女的經驗和心路

澳洲弱能兒童協康會於四月九日在好市圍市圖書館隆重舉行了「協康集之二」發佈會。典禮由好市圍市議員黃紀嚴和協康會榮譽會長何沈慧霞主禮。出席嘉賓和協康會會員朋友共 50 餘人。

義務編輯范鎮榮說，這本書的目的是為目前和將來有弱能子女的家庭提供有關弱能服務，治療，健康和教育的資訊，促進社區討論和了解弱能人士和家庭社群的需要，幫助弱能人士發展他們的潛能。

協康集之二共 60 頁，文章由家長和專業從業員撰寫，內容遍及弱能人士健康和均衡飲食，維護弱能子女的權益，行為問題和管理，及早介入和治療，幫助弱能子女成長的挑戰等問題。也有幾份文章由弱能子女的兄弟姊妹撰寫，講述他們與弱能人士一同成長的心路。

這本書是全彩色中英文印制精美，裡面的插圖，包括內外封面都是由有弱能的學生及青年所繪畫。范鎮榮表示希望能讓社區看到他們所擁有的能力及潛力，而不必單看他們的弱項，並給予他們機會，使他們也能過一般人的生活。



協康會會長繆桂萍說家有弱能兒，許多時這些經驗和感受都很難告訴外人，不少家庭，多年來都無法疏解內心癥結。但在過去幾年，協康會逐漸被社區認識和接受，家長深感到社區對有弱能兒家庭的支持和鼓勵，而愈來愈多家長和家人都開始打開心窗，勇敢的面對自己 and 弱能兒的將來。出版第二期協康集正是協康會向社區鳴謝和回應的表示。

協康集之二共印制了一千五百本，免費送給社區任何對弱能問題有興趣的各界人士。請發電郵

[info@chineseparents.org.au](mailto:info@chineseparents.org.au)

或在周二或四致電 02 9784 8120 Mandy

或到會址索取 - Suite 4, Level 2,  
59 Evaline St,  
Campsie NSW 2194。

# CPA Book Launch

## 2010 Book Launch: Growing Path Raising a Child with Disabilities

The Chinese Parents Association – Children with Disabilities Inc had organised a book launch at Hurstville library on 9 April 2010 Friday for its newly published book – Growing Path Raising a Child with Disabilities. The launch was officiated by Cr Clifton Wong of Hurstville City Council and The Hon Helen Sham Ho, the Association's Honorable President. The launch was attended by more than 50 guests and supporters.



Mr Chun Wing Fan, our voluntary editor said, "The book provided families and parents with useful information on disability services, therapy, health and education; it also provides a forum for the community to discuss issues that people with disability and their families are facing, so that we can help them to actualize their abilities."

The book has 60 pages and it contains valuable articles written by many professionals as well as parents and siblings. These articles are based on issues that the Association's family members have and continue to encounter and these cover parent advocacy, health and balanced diet, behaviour problem, early intervention and therapy. There are articles written by siblings that explore and share heartfelt stories.

The book is printed in full colour. All illustrations are contributed by young members who have a disability. This clearly demonstrates the ability of these young people, their potential and their participation in the community.

President Ping Mu expressed that, "to have a child with a disability is hard to come to terms with. To share thoughts with others is even harder. For some families, this involves many years of emotional struggle. Over the years, the association has built up a support network, providing them with an opportunity to voice their own thoughts and exchange their experience with other parents. It is very fortunate to have the ever increasing support from the community, allowing the Association to continue these encouraging forums."

The Association has printed 1500 copies of the book and will give for free to any member in the community who is interested in the issues of disability.

Interested members are welcome to contact the Association via email [info@chineseparents.org.au](mailto:info@chineseparents.org.au) or contact Mandy on 02 9784 8120 on Tuesday & Thursday or visit the office at Suite 4, Level 2, 59 Evaline St, Campsie NSW 2194.

Website is [www.chineseparents.org.au](http://www.chineseparents.org.au)

# Regular 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 after-  
noon for children over 12 years  
old:

Date: 15/5, 22/5, 19/6, 24/7  
Saturdays  
Time: 2.00—5.00 pm  
Venue: Sefton Golf Course  
160 Rose St, Sefton

Kindly funded by  
**Bankstown City Council**

## Sports for Youth Group

### 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。整個課程分三部分: 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

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



# 週末活動

## **Junior Art Program**

兒童組美術活動

by Tracy

Date: Saturdays 星期六

\*\* 8, 22 May 2010

\*\* 5, 19 June 2010

\*\* 31 July 2010

Time: 3.45—4.30 pm

Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore

## **Junior Group Activity:**

**Sing-A-Long With Me**

唱遊活動

by Christine

Date: Saturdays 星期六

1, 15, 29 May

12, 26 June

3, 24 July

Time: 3.45 — 4.45 pm

Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore



## **Come & Join CPA**

## **Birthday Party**

Dates:

29 May 2010,

26 June 2010,

31 July 2010

\*\* Saturdays \*\*

Time: 5 pm

Place:

Belmore Senior Citizens Centre  
38 Redman Pde, Belmore



## **Cooking Workshop**



Welcome to CPA  
Cooking Workshop!!!

Exciting Menus  
Food tasting



**12 June 2010**  
**Saturday**  
**2.30pm**

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.

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# Upcoming Activities

## Mother's Day & National Volunteer Week Celebration 母親節暨全國義工週聯歡

Kindly sponsored by

**Commonwealth Bank Staff Community Fund**

- ♥ Ballroom Dancing Class (Teacher William Mo)  
社交舞班 (2pm-4pm)
- ♥ CPA Children's Performance  
協康會兒童表演 (4pm-5pm)
- ♥ Talk on Job Training for PWD  
弱能人士工作培訓座談會 (5pm-6pm)
- ♥ Dinner 晚餐 (6pm-8pm)



**Date 日期:** 2/5/2010 Sunday 星期日

**Time 時間:** 2:00 pm—8:00 pm

**Venue 地點:** Concord Senior Citizens Centre

9-11 Wellbank Street, Corner of Bent Street, Concord

**Fee 費用:**

Member (mother) 會員 (母親) :	Free 免費
Member 會員 :	\$5
Non-member 非會員 :	\$10
PWD & Children under 12 弱能人士及兒童 12 歲以下 :	\$5
Children under 4 兒童 4 歲以下 :	Free 免費

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.

# 節目預告

## Women's Health Seminar 婦女健康講座

Guest Speaker  
**Jacqueline Ho**  
Chinese Herbalist

主講嘉賓  
何醫師



Date 日期: 14 May 2010  
11 June 2010

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

## Art Program for Youth in North Sydney

### 北悉尼青少年美術活動



澳洲弱能兒童協康會 / Bradfield Park Wellbeing Centre 合辦



: 5 July to 9 July 2010



: 10 am to 3pm



: Bradfield Park Wellbeing Centre  
41 Alfred St, Milson's Point.



Donation of \$30 for "Future Fund" is welcome.



- Vacancy 名額 10 位，先到先得
- For young people with disabilities residing in North Sydney Region only
- 祇限於居住在北悉尼地區的會員

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.

# 活動報告 Activity Report

by Vanessa Li

## GYMNASTICS

SPECIAL OLYMPICS

*Yesterday I went to the Special Olympic program. Most of the CPA members came by cars and most of them got lost.*

*At the end of the game, there were three winners. I was one of them. We had a test on bouncing. My day was full of fun.*

*It began firstly with the children Gymnastic. We sat down and listened to the teacher's rule. The teacher placed everyone into groups.*

*First, we did some tippy-toe walking on the bar. Next we did some bear walking, followed by some jumping, rolling, clawing and running.*

*It was time for a rest. Everyone ate fruits.*

*It was basket ball time. It is a catching game, but before you catch it, you have to clap your hands.*



## 假期節目預告 July 2010 Holiday Program

### KingPin Bowling

**At Darling Harbour**

8 July 2010 Thursday



### Imax Movie & Lunch

**17 July 2010 Saturday**



Details to be announced  
詳情待告

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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.



## Chinese New Year Fusion Cruise Trip

By **Joanne Pang**



I woke up early on Sunday morning on 14 March 2010. I had my breakfast, got changed. I packed my favourite Nintendo games to play on the train. I bought my train ticket to City and I helped mum to buy hers too. We waited for 20 minutes at the Birrong Station for the train to arrive. We reached Darling Harbour 5 minutes early, just before the schedule time. I saw many CPA family members gathered at the meeting place waiting for the other families to arrive. My mum told me we had a total of 110 people attending this cruise trip.

We took group photos before the cruise ship arrived. Then everyone queued to get on the cruise when it arrived at 12.30 pm. Slowly we moved up the ship and went straight to look for a seat to settle down. The cruise began to travel slowly in the water. I sat with mum, aunty Maria, uncle Yuen, aunty Winda, aunty Jennifer and Timothy. Everybody sat on the chairs waiting to be served for lunch which was provided by the cruise. It was a delicious lunch including chicken wings, pasta, fried noodles, spring rolls, stir-fry mixed vegetables, crab meat sticks and steaks. We also had colourful jellies,



oranges and cakes for dessert. Everyone enjoyed our lunch while enjoying the waterside views at the same time.

After we had finished our lunch, everyone received a red packet (Hung Pau) containing money for wishing everyone of us good luck and good health for the rest of the year as is in traditional Chinese New Year customs.

Later we sang songs on the karaoke. We chose our favourite songs to sing. I sang two Mandarin songs. Timothy sang Yellow Submarine. Jonathan sang two Cantonese songs. The cruise returned to the wharf at 2.10pm.

Everyone had an enjoyable and lovely cruise experience and we went home with a smile on our faces.



## 新春海上暢遊



Joanne Pang  
Terry Li 譯

在二零一零年三月十四日的星期天清晨，我一早起身後就進食早餐，換上行裝，帶著我喜愛的任天堂遊戲機，可以在火車旅途中玩耍。我買了去市區的車票也幫助母親買她的票。我們在貝隆車站等候了二十分鐘才上車，到達情人港時比預期中早了五分鐘。到達集合地點時，我已看見了有很多協康會的會員，在等候著其他成員的來臨。母親告訴我這次活動總共有一百一十人參加。

在等候遊船到達時，我們拍攝一些集體照片。當船在下午十二時三十分泊岸後，眾人就排隊準備上船，我們跟著就進入船艙找尋座位並安頓下來。船隻開始在水上緩慢地航行，我與母親同坐，還有親友們 - Maria, Yuen, Winda, Jennifer 和 Timothy。大家都坐著等候船上所供應的午餐；美味的食物包括雞翼，意大利麵食，炒麵，春卷，炒雜菜，蟹條及扒類；還有彩色啫喱，鮮橙和糕點作甜品。各人享受美點時又可欣賞兩岸的風光。午餐後每人都收到一個內裏有金錢的紅包，根據華人新年的傳統，是象徵祝賀各人新年好運及身體健康。

跟著大家同唱卡拉哦奇。各人投其所好地揀選自己理想金曲。我唱了兩首國語歌曲，Timothy 選擇了西曲黃色的潛艇，而 Jonathan 則唱了兩首粵語流行曲。回航到碼頭時已是二時十分。

從我們充滿笑容的歸家途中，顯示出各人都享受這次美妙的遊船經歷。

## 農曆新年遊行



Samson Yuen

這是我首次參加遊行。當日下午五時許，我與雙親到達聖占士火車站附近的海德公園，與其他會員集合。公園裏人山人海，其他參加演出的團體也是齊集在公園裡，有些隊伍更穿著色彩繽紛的服裝，努力地練習。我們在等候時，當然不忘觀賞他們的排演。

在我們隊員還沒全部到齊前，家長們合力豎起協康會橫額，並將閃閃的小燈泡黏在橫額上，使它顯得更為吸引。Uncle Sam 更巧妙地在橫額兩邊的支柱下，鑲了小輪，使之可以靈活地推動，這是多麼好的設計啊！

同時，我們亦有些成員幫忙購買 Subway 麪包來充饑（由於輪候的人多，差不多等了一個多小時才能買得到）。膳後，我們開始排練。我們分成八人一行，共五行，Angela 與 Aunty Winda 作我們的鼓手。我們按著 Aunty Elena 的指示，排練數次。

海德公園附近的街道大多數被封閉，禁止汽車行駛。利用在碧街等候的時間，我們把微型閃燈戴在手指上，同時開著鑲在金黃色外套上的燈飾，大家互相拍照，或觀看在我們前後的其他單位排練。差不多到八時才輪到我們開步。

當晚 Uncle Darby 負責錄影。整個遊行活動進行時，民眾夾道歡迎。當我們行經群眾時，兩旁的人群向我們揮手和鼓掌，有些人更送上祝福。我看見 Joanne, Aunty Aileen 和 Karen 夾在人群中，向我們的隊伍揮手示意。當經過市政廳和娛樂中心這兩個貴賓區時，司儀簡單的介紹了協康會。整個行程，我們不時張開雙手及發出虎嘯，但當 Uncle Daniel 吹哨子時，我們便立即靜止下來，其他的時候，我們都是整齊地遊行及向群眾揮手。

當晚氣溫和暖及有微風，但在某些狹窄的街道上氣溫稍高，總括來說大家都感到興奮及愉快。我們的隊伍於九時半到達娛樂中心終點，各人都疲乏不堪，但當晚的活動，給我們一個值得回味的經歷和開心的一晚。

## The CNY Twilight Parade 2010

Samson Yuen

CITY OF SYDNEY 



It was the first time I was in a parade. My parents and I arrived at Hyde Park near St James Train Station to meet up with the others at about 5 pm. The park was already packed with people. Other performing groups gathered at Hyde Park too – wearing colourful costumes and practicing at the park. I got to see them perform while waiting.

Before everyone in our group arrived, some parents helped set up the banner and stuck the little flashing lights on the banner to make it more attractive. Uncle Sam put up the banner with poles on both ends so it could be pushed on wheels. What a great invention!

In the meantime, a few of us helped buy Sub-way sandwiches for dinner (over an hour wait due to the long queue at the shop). After we finished eating, we lined up in five rows, eight people in each row. Angela and Auntie Winda were the drum beaters. We followed Auntie Elena's instructions and rehearsed a few times.

Most of the streets near Hyde Park were blocked for traffic so no cars were allowed to go in. We waited in the middle of Pitt Street for another hour before it was our turn to start walking. It was about 8 pm. While we were waiting, we put the flashing lights onto our fingers, switched on the lights which were sewed onto our yellow shiny tops, took photos, watched other groups in front and behind us rehearse.

During the night, Uncle Darby taped us with the video camera. Throughout the parade, there were heaps of people standing along the roadside. As we walked past, people cheered and waved to us. Some greeted us with blessings. Joanne, Auntie Aileen and Karen were in the crowd and waved to us as our group walked past. The MC introduced CPA briefly when we reached the 2 VIP areas – one in front of Town Hall and one near Entertainment Centre. We stretched our hands out and roared like tigers from time to time during the parade. We froze when the whistle was blown by Uncle Daniel. For the rest of the parade, we walked hand-in-hand in rows, waving to the crowds.

The weather was nice that evening, with breezes blowing over us. In some narrow streets it was a bit warm. Overall, it was fun. Everyone in the group was excited and smiling. Our group reached Entertainment Centre (the finishing point) at about 9:30 pm. Everyone was so tired; however, it was a great and memorable experience.



## Chinese Cultural Day at Chinese Garden

### 中華文化日

by Sarah Li

Today the members of the CPA Association had the opportunity to perform at a Chinese celebration in the Chinese Gardens located in Darling Harbour. We all met at 9:30 in the pouring rain and were told that we were going to perform in the Chinese Tea Gardens. After we entered the Tea Gardens, all the performers got ready for the performance. They performed the Chinese song: "The Moon Represents My Heart" followed by 'We Are The World' by Michael Jackson. Although I didn't perform, I enjoyed it just as much as the performers would have. When the performance was completed, the audience cheered and clapped. After a heart-felt performance they all packed up and changed out of the sparkly outfits. Each family took an hour to look around the garden. It was a huge opportunity to view various rock shapes and different

types of fish that were splashing around in the pond.

At around twelve o' clock everyone met up near the fountain and we caught the tram together to the Fish Market. It was very fast - it took about 5 minutes to get there!! When we got there everyone scrambled to find a place to sit down. Everybody went into the market and bought a satisfying seafood lunch. My grandparents bought a seafood platter for all of us to share and we ate by the seaside. After a superb lunch most people were still in high spirits and continued to ride the tram to discover new heights.

All in all, I can say that today was a brilliant day with many discoveries made, and brilliant food.



Performance at Chinese Gardens on Chinese Cultural Day 7 April 2010

CITY OF SYDNEY 



CNY Singing performance at Belmore Park, Sydney, Feb 2010



## Yummy Lunch and Fantastic Movie

By Victor Wu & Clement Wu

On 10<sup>th</sup> April, CPA children went to watch movie "Alice in Wonderland". First we had lunch at D to D Restaurant. I ate spaghetti, my brother Clement ate chips and beef with bolognaise. Jonathan ate pasta. All the children enjoyed their lunch very much. (Victor Wu)

After enjoying the delicious food CPA children went to the cinema to watch "Alice in Wonderland." Everyone was excited and eager to watch it. After a while everyone seated nicely and comfortably and were ready to watch the movie. The 3D movie looked beautifully realistic after we wore the glasses.

The movie was about a girl named Alice Kingsley. One day she fell into a dark and deep hole and was frightened. Landing with a thud, she was surprised and was in a strange dwelling surrounded by many doors. After trying to open the doors with the keys for a while, she finally managed to

open a small door by drinking an ink black liquid which made her shrink and unlocking the door with the key. And outside was a magical place full of mystical creatures. Never in her life had she seen such beautiful magnificent creatures around her. It was like a dream come true. She also met a white rabbit, two fat boys Tweedle Dee and Tweedle Dum, Dormouse and Caterpillar.

There were also other characters as well such as Chesire Cat, Mad Hatter, Blood Hound, Red Queen and White Queen. Since both queens were foes, Alice's mission was to help the White Queen by slaying the Red Queen's dragon. If she lost then the Red Queen would rule all over Wonderland, or otherwise, the White Queen would take over the ruling. Eventually, Alice won by cutting the dragon's head off. The White Queen ruled all over Wonderland and it would be in peace. (Clement Wu)

### 美味午膳與出色電影

Terry Li 譯

首先我們進入 **D to D** 餐廳解決午膳，我點了一份意大利粉，**Clement** 要了牛肉波咯尼斯醬配薯條，**Jonathan** 則選擇了意大利麵食。所有兒童們都非常欣賞他們的午餐。(Victor Wu)

當享受完那美味的午膳後，各人都懷著興奮及渴望的心情，進入電影院，在舒適的環境下就座，準備觀看“愛麗絲夢遊仙境”。當各人佩戴上 3D 眼鏡後，這部立體電影看起來很有真實感。

電影描述一個名叫愛麗絲的女孩，某日她失足跌入一個漆黑的深洞，撲通一聲着地。

當她睜開眼睛時，當場的情景令她感到害怕，發覺身處一座怪異的屋，周圍都被很多門包圍著；當她飲下一些黑色液體後，她的身體縮小，並可用鑰匙開啓其中一度小門。門外是個神秘的地方，又滿佈著她從未遇見過，不可思議又奇妙的生物，令她有如身處夢中。

後來她結識了一隻白兔，兩個難以分辨的人，睡鼠和毛蟲；當然還有其他的角色，包括柴郡貓，瘋帽匠，尋血獵犬，紅皇后和白皇后。因為兩皇后處於敵對的關係，爲了幫助白皇后，捕殺紅皇后的龍，就成了愛麗絲的任務。如果她失敗了，紅皇后就會獨尊仙境；否則，白皇后就會在仙境掌權。終於愛麗絲成功將那條龍正法，白皇后的仙境又見太平。(Clement Wu)

## 高爾夫球同樂日

夏寶蘭

澳洲弱能兒童協康會在四月三日星期六上午十時三十分，舉辦了高爾夫球同樂日，一個有益身心的復活節學校假期活動。當天我們一百三十多人齊集於距離賓士鎮不遠的高爾夫球場 Sefton Golf Course，場面非常熱鬧。協康會籌委根據參加者的球技，將他們分為紅、黃、綠三組。初級組

在練集場學習，其餘兩組人則要攜帶工具：高爾夫球包、整套高爾夫球桿等，去風光明媚的十八洞的高爾夫球場學習。這次活動一方面可以鼓勵小朋友參與運動，另一方面可以提升他們對高爾夫球的興趣。教練首先向

他們講解打高爾夫球的規則，然後教他們如何握桿，正確的站姿及對準目標，揮桿等。起初有些小朋友打出的球不夠穩定，有時向左，有時向右，甚至有時連球也打不起。他們經過練習幾次之後，終於可以開一個很遠的球來。當有小朋友將球推進洞裏時，大家都鼓掌叫好！我非常佩服一些家長的堅毅和耐性。他們不但要不斷鼓勵信心不足及欠主動的弱能子女去嘗試揮桿，而且又要同時不厭其煩地解答他們的

望著青翠的草坪，大家的心情也頓時開朗。我們可以暫時遠離繁忙的生活，欣賞寧靜和諧的大自然。當自己的弱能子女跟大隊去打高爾夫之際，有些家長趁著這個難得的機會，沒有壓力下與正常子女多作溝通，關懷他們，彌補平時因照顧弱能子女而忽略了他們的需要。母親們也三五成群，互相傾訴，互相交流育兒心得，增進友誼。



協康會會長繆桂萍和多位家長為我們預備了豐富的食物：包括雜菜沙律、薯仔沙律、炒飯炒麵、咖喱牛腩、鹵水雞翼、煎香腸、三種不同的意粉，還有西瓜、綠豆沙和椰汁糕等等。負責膳食的家長將食物擺放在長桌上，分配食物給各人。小朋友從球場返回燒烤場地

集合。他們很乖巧，遵守秩序排隊去取食物。當我們享用了既美味又健康的午餐後，大家來一個大合照。

天公造美，下午陽光照耀。小朋友展露出燦爛的笑容，跟著義工，再去環境優美的高爾夫球場大顯身手。為了獎勵小朋友參與今次活動和有好行為，每個小朋友都獲得一份小禮物---復活蛋。大約下午三時左右，大家帶著愉快和興奮的心情，依依不捨，彼此道別。

# 座談會報告 Seminar Report

在一個巧遇的場合，我認識會長繆桂萍女士，她介紹我參加每月的婦女健康講座。我第一次參加聚會時，發現這講座已進行有一年多的時間。我心想我一定已錯過很多細節，會令我有困難或一知半解。但在我兩次出席後，原來何醫師是個很細心，有耐心及醫術高明，學冠中西的醫師，我所有顧慮都一掃而空。每當有成員發問，何醫師都會很細心解釋直到完全明白，才繼續說新的題目。我非常欣賞她的講座方式，使各成員在完全沒有壓力下去認識我們身體的各部位，血氣，先天及後天等等。

我希望在這講座所領略到的健康知識能幫助我的家人及朋友，因為健康就是財富，金錢是買不到的。並希望各成員能把何醫師所教導我們的傳開去，祝各位身體健康。【完】

## 婦女健康講座 Women Health Seminar

曾蕙儀 撰寫



## Jennifer Yu 如何應對特殊兒童帶來的家庭衝擊 - 講座總結

講師李世耀先生是從馬來西亞天匙關懷及輔導中心有多年經驗的成果鑒定之談。他也用了很多例子，談笑風生令聽者注慕。我同時也筆記了他的總結如下：

- 要多欣賞自己子女的言動，不要太多厲聲斥責。
- 夫婦關係要處理好，不要常吵吵鬧鬧，否則會給孩子一個壞榜樣。
- 不要用自己標準去衡量孩子。
- 用語言表達自己對子女的愛意。
- 多用動作來表達對孩子的愛意，如撫摸孩子的頭部。
- 可時時送些小禮物以示鼓勵。
- 多搜求詢資關於本地服務中心可以幫助孩子的設備。
- 多帶孩子去社交，教育如何待人接物。
- 多參加團體活動，去接觸和接受其他孩子，也可使他們學習及適應社交禮儀。

- 發掘孩子的潛能，以加發展。
- 慢慢培養孩子的好習慣。
- 一定要堅持下去，彼此幫助。善用當地的團體資源，但最終還是要靠自己的努力。

### 最終的四個重點是

- 消極轉積極。
- 加強夫妻關係共渡難關。
- 不放棄尋找孩子的潛能，並加以發展。
- 利用社團的資源以幫助自己和孩子。





# Parents' Seminar Report

## Dad to Dad 爸爸對對碰 25<sup>th</sup> February 2010.

**Relationships & "Private Stuff" was the discussion topic with our guest speaker Ms. Liz Dore, a private consultant specialising in sexual education for people with a disability.**

應對弱能人士性愛問題討論報告(二): 主題

By Vincent Yu

### 情感關係和『隱私事物』— 應對弱能人士性愛問題。

Liz has been a relationships councillor supporting people with a disability to develop meaningful friendship and a positive awareness of their sexuality. She has long experience dealing and educating people with disabilities in the past.

She gave an hour of talk on how to overcome problems to teach teenagers with intellectual disability regarding sexual knowledge. Especially when she pointed out how difficult for them to know right thing to do and "Private Stuff" not to be done in public, some of us had already experienced. She had spent a length of time introducing to us all the useful teaching aids and booklets, and made easier for us to demonstrate and teach our children. Of course some questions raised did not have an adequate solution available especially on relationship area. In conclusion, we were provided the resource and places where we can purchase the teaching material and Vincent Yu proposed to organize ballroom dancing lessons for parents and children to encourage and to assist relationship building among them.

CPA had received 20 copies of teaching materials from NSW Family Planning.

Ms. Liz Dore also offers private counselling sessions.



情感關係和『隱私事物』是應對弱能人士性愛問題的第二個研討會；一個對這方面有特殊認識的專家杜麗斯女士為我們分析。

杜女士對輔導弱能人士的性愛問題上具有豐富的經驗；輔助他們對異性發展深長的友誼，及正面地認識何為性慾。

在一小時的講座中，杜女士教導家長們幫助智障的青少年如何克服性知識的困擾；尤其是引導他們對怎樣分辨公開場所和隱私地方，甚麼是適當或不適當的行為。相信不少家庭早已經歷過這些問題。

杜女士更詳細地介紹一些實用的教材，為大家能輕易地教導孩子而作出示範。當然有不少問題還沒有找到適當的解決方法，特別是在情感關係上。但是我們已獲得所適用資料的來源；Vincent Yu 更提議舉辦一個交際舞課程，對家長和孩子在建立情感關係上有莫大的幫助。

到目前為止，本會已從紐省家計會取得二十份有關教材。杜女士更提供私人輔導服務。

Terry Li 譯





# Parent's letter 家長來鴻



## 各位親友：

你們好！趁農曆新年向大家拜年，恭祝各位身體健康。順便跟大家談一談我們的近況。

大女兒加恩 Janice 十六歲了，現已升讀十一年班，明年便要應付高等程度會考(大學入學試)，所以全家人都開始感受到有股壓力存在。她仍然在 Gosford High School，一所離家五十多公里的學校上課。每天大清早太太迪仙便駕車送她到附近的火車站，然後轉乘兩程火車，再步行約十分鐘回到學校。全程由離家至返抵學校約需一個半小時。由於是高中班的緣故，每週有三節課堂在早上八點便開始，所以加恩在這三天清晨五點多鐘便要起床，準備就緒，便由媽媽送出火車站，轉乘火車上學。這學年開始，她除了補習數學外，也開始補習化學、物理及英文，所以她從現在開始要好好學習如何安排和運用時間。她很喜歡游泳，所以無論多忙碌，她仍不想放棄參加游水班。她仍有學彈鋼琴，去年中她考取了八級後，現在上鋼琴課時心情便輕鬆得多了。遇到我在教會的崇拜中負責領詩時也會邀請她做司琴，希望從小便鼓勵她在教會事奉。由於每天舟車勞頓，加上各科補習也佔去不少時間，故此加恩已甚少幫手做家務，但她在學校有一科是教煮食的，她很有興趣，也頗有天份，所以間中我也有跟她一起研究烹調美食。見到她的成長，真要感謝神的恩典。

一眨眼頌恩 Aliza 已經十三歲了。藉著神的祝福及帶領，我們一直都為到能夠為她找到合適的學校而感恩。去年頌恩已轉到一所主要服務有視力殘障人士的特殊學校 St Edmond School 升讀，今年已經是八年級了。由於頌恩很愛護別人，經常主動幫助老師，所以深得同學和老師們的關心。班中共有十多位同學一起上課，老師要依據各人的學習能力去設計個別的課程，雖然有輔助老師協助，但也殊不簡單。頌恩所讀的那一班是精英班，而她在班中也比較突出，尤以法文更是全班之冠。她也有學彈鋼琴接近一年，以中度弱智的小朋友來說，表現也算是中規中矩了。頌恩是一個活潑開朗的孩子，很關心其他人，她記性很好，不過性格有點倔強，可能這方面是唐氏綜合症的小朋友通

病。現在我們最擔心的便是她體重的問題，這幾年她體重直線上升，醫生說她的血壓有點高，所以要在食量方面替她調節一下。幸好媽媽在這方面執行較為嚴格，平日頌恩的體重較為穩定，但一到假期我便忍不住帶她四圍搜尋美食，自己真的要認真檢討檢討。無論如何，見到她在各方面都有進展，我們也深感安慰。求神繼續保守帶領。

我去年仍然在離家六分鐘車程的郵局返夜班工作，一般從晚上 10 時工作到早上 6 時半左右，可能因年紀漸漸大，體力已不比從前，如無需要，我已盡量減少加班，爭取時間休息。週一至週五我基本上每天大約睡四個小時左右(上午及晚上各兩個小時)，全賴放週末的兩個晚上爭取充足的睡眠。但卻因此而得到在照顧家庭上的方便，算是得失各半。過往我經常性地在工作中打瞌睡，站著工作也可以睡覺，前陣子在醫院做了一個測試，得知患有睡眠窒息症，睡眠時需要用吸氧機輔助，但由於我的睡眠時間太短，情況沒有太大的改善。我曾申請轉做日間工作，一方面可趕及接孩子放學，另一方面可有正常的睡眠時間，但始終未能如願，兩星期前更被調往離家三十分鐘車程的郵件中心工作。返工時間更要提早半小時，這真的要看看神如何帶領了。我跟頌恩一樣，也頗擔心自己的健康和體重的問題。這幾年因工作關係缺少了運動，體重不斷上升，所以我也要在這方面調節一下。雖然也有去做健身，但已沒有開始時那麼積極，加上在進食方面未能好好配合，所以未收到預期效果。

太太迪仙仍在兒童醫院工作，她甚為忙碌，加上兩個孩子日漸長大，課外活動及交際應酬也日漸增加，太太與我在這方面都頗為費神，疲於奔命。頌恩就讀的學校，雖然政府替她安排了免費交通接送，但因時間未能配合司機到來家中接頌恩返學。迪仙在送了加恩到火車站後，便要趕在 7 時 30 分前帶頌恩返回工作的醫院，在那裏將頌恩交給接送返學的司機，所以迪仙每天也是在衝呀衝的。去年迪仙在家中被一隻有毒的蜘蛛咬了一口，要急送到醫院治理。在治理過程中，才發現她有高血壓，而上壓竟然超過了二百度，經過調理，血壓現已慢慢回落了，但仍然要繼續努力，真的要感謝神和那隻蜘蛛！

以上是我與家人的一些近況的分享，也期望可以知道你們的消息，歡迎你們來信或用電郵和我們通訊。

我的地址是：

6 Julia Close, Cherrybrook NSW 2126 Australia.

電郵地址是：[irenetim2004@yahoo.com.au](mailto:irenetim2004@yahoo.com.au)

也歡迎大家利用 Facebook 與我聯絡。

在此祝大家生活快樂，身體健康！

添及家人敬上 2/2010

## FAMILY NEEDS & PLANNING FOR THE FUTURE



A key issue for families of children with disabilities is knowing what services are available to meet their current needs and to access these services. The Community Consultants who work for ADHC keep up to date on the range of services available in the area. There are services offered directly by ADHC and also those funded by ADHC and conducted by non-government organisations.

A key issue is being known to the ADHC community teams, and having proper assessments to help better match your needs to services.

It is in the interests of all families of children with disabilities to make contact with ADHC community teams to arrange appointments with the ADHC community workers and for assessments. Being registered with ADHC helps you access services that ADHC has control of who can use these programs. Also collectively, everyone being assessed and registered helps ADHC know of the need for current and future service needs that may influence funding decisions by ADHC. Also let them know if there are cultural and linguistic issues and needs, where Chinese speaking staff and services would be more helpful.

Attached is the contact details for the ADHC information, referral and intake teams in each region.

Families also need to consider issues such as when parents get older and experience health problems in the future and the potential need for services such as respite care or even future accommodation. ADHC staff can be very helpful in these situations.

### ADHC Regional Office Locations

#### Metro South

Street Address: Level 3, 56 Railway Pde  
BURWOOD, NSW 2134  
Phone: (02) 9334 3700  
Fax: (02) 9334 3708  
PO Box Address: PO Box 1332  
BURWOOD NSW 1805  
Email: [Information.Referral@dadhc.nsw.gov.au](mailto:Information.Referral@dadhc.nsw.gov.au)

#### Metro North

Street Address: Level 5, 93 George St  
PARRAMATTA, NSW 2150  
Phone: (02) 9841 9500  
Fax: (02) 9841 9322  
PO Box Address: PO Box 3004  
PARRAMATTA, NSW 2124  
Email: [MetroNorth.Intake@dahc.nsw.gov.au](mailto:MetroNorth.Intake@dahc.nsw.gov.au)

#### Hunter

Street Address: Level 5, 670 Hunter St  
NEWCASTLE, NSW 2300  
Phone: (02) 4978 6100  
Fax: (02) 4978 6299  
PO Box Address: PO Box 2161  
DANGAR, NSW 2309  
Toll Free: 1300 205 268  
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**Information provided by:  
Global Disability & Health Care Services**

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

# Acknowledgement 鳴謝

## Acknowledgement

*Special thanks to the following donors, volunteers & in-kind donors during the last three months:*

### Donors

ACMA Charitable Trust  
Chun wing Fan  
Denis Jackson  
Doris Yeung  
Gladys Emily Hellyer  
Lions Club of Sydney  
North West  
Mandy Yip  
Ms Maria Jones  
Multipower Office Direct  
Natalie Chen  
Vincent YU  
Wenda P/L

### Volunteers

Anna Yew  
Angela Poon  
April Cheung  
Chun Wing Fan  
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Dora Li  
Gary Szeto  
Jacqueline Ho  
Joe Wong

Jessica Mu  
Kelly Woomack  
Ki Ming  
Ming Fan  
Paula Su  
Peter Wong  
Sam Li  
Terry Li  
Virginia Cheng  
Winda Mok

### In-Kind Donors

Dora Li  
Jenny Ho



## Birthday Boys and Girls of the Months!!

### May

**Carmen Martin  
Eric Luu  
James Martin  
Julian Lesnie  
Ka Chun Tse  
Madeleine Chng  
Samuel Poon  
Victor Li**



### June

**Laurence Ye  
Leon Cao  
Philip Wong  
Robyn Chan  
Samuel Lu  
Simon Lac**



### July

**Hanlin Tan  
Joanne Pang  
Leslie Huang  
Matthew Lau  
Matthew Sin  
Nicholas Chi**



# Weekend Program 週末活動一覽表

May 2010	Junior Group - afternoon	Youth Group - Morning	Youth Group - afternoon	Others
1-May	Fun & Play Sing with me (Christine)	Ten Pins Bowling	Music Therapy/Karaoke	
8-May	Fun & Play (Melissa) Art (Tracy)	Ten Pins Bowling	Chinese Dance/Rehearsal	
2-May	Mother's Day Celebration			
15-May	Fun & Play (Melissa) Sing with me (Christine)	Ten Pins Bowling	Golf at Sefton	
22-May	Fun & Play Art (Tracy)	Ten Pins Bowling	Golf at Sefton	
29-May	Fun & Play (Melissa) Sing with me (Christine)	Ten Pins Bowling	Chinese Dance/Rehearsal	Birthday Party
<b>June 2010</b>				
5-June	Fun & Play (Melissa) Art (Tracy)	Ten Pins Bowling	Music Therapy/Karaoke	
12-June	Fun & Play (Melissa) Sing with me (Christine)	Ten Pins Bowling	Cooking Workshop	
19-June	Fun & Play (Melissa) Art (Tracy)	Ten Pins Bowling	Golf at Sefton	
26-June	Fun & Play (Melissa) Sing with me (Christine)	Ten Pins Bowling	Chinese Dance/Rehearsal	Birthday Party
<b>July 2010</b>				
3-July	Fun & Play (Melissa) Sing with me (Christine)	Ten Pins Bowling	Music Therapy/Karaoke	
8-July	Term Break	Kingpin bowling at Darling Harbour		
17 July	Term Break —	Imax Movie		
24-July	Fun & Play (Melissa) Sing with me (Christine)	Ten Pins Bowling	Golf at Sefton	
31-July	Fun & Play (Melissa) Art (Tracy)	Ten Pins Bowling	Chinese Dance/Rehearsal	Birthday Party
<b>"The above programs may be changed without prior notice due to unforeseen reasons."</b>				

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 : \$ \_\_\_\_\_

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- |      |                   |                          |
|------|-------------------|--------------------------|
| 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: \_\_\_\_\_

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