



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

.....

May 2012 CPA newsletter
二零一二年五月協康會會訊



Happy Mother's Day
母親節聯歡會

SCHDDL HOLIDAY ART PROGRAM
學校假期美術課程

Family Fun Day & Farm
家庭/動物農莊同樂日

Mum to Mum Evening Night
「媽媽休閒站」晚會

FUNDED BY:

**DEPARTMENT OF FAMILY AND COMMUNITY SERVICES
NSW**

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Message from Secretary 文書通訊

Jennifer Chan



Dear members

Having been a secretary for CPA for more than three years, I was amazed and impressed by the great progress and achievement that CPA has made for these years: our first art exhibition, our first CD production and our unique kids' talent night for fund raising, amongst many others. I am not going to echo these here but instead, I would like to describe with great excitement the launch of our third CPA booklet. Well, it is not our first booklet; but nevertheless, it is a very special and unique booklet. Why? The contribution of mums in the partnership of raising a child with a disability has long been recognized but that from dads is often neglected. Dads are generally not as talkative as mums and so perhaps their contributions are less mentioned and shared. However, in the role of raising a child with a disability, mutual understanding and so mutual support are very important. No doubt, dads are more sensible, directional and rational than mums but you will be surprised to see how dads are so willing to share their genuine feeling, experience and even worry in the booklets. I hope you enjoy reading this book.

親愛的會員朋友：

在協康會任文書一職已有三年多；在這段日子中，協康會的建樹和進展，使我頗為驚歎：她第一次舉辦畫展，製作第一隻音樂光碟，舉行籌款晚宴，讓孩子們大展才藝等。

更令人鼓舞的是「協康集之三：爸爸的心事與期望」終於出版了。在社區內，母親被視為子女的主要照顧者，通常都受到很多的關懷；而父親一職，很多時都飽受漠視。這書是特別的：書中關注的人物是「爸爸」。常常，爸爸多是較沉靜的一群，他們所作的貢獻和付出，很多時都被忽畧。但在親子過程中，夫婦互相了解和扶助是十分重要的。無可置疑，父親是較母親敏感，重方向性和理性。在這本書中，多位爸爸都願意表達出他們內心的感情，經驗和他們的牽掛，與我們分享。

希望你們喜歡這書！



march
International Women's Day

慶祝三八婦女節：好媽媽的表白 International Women's Day: A Mother's Speech

如何做個好母親？一個好母親又有什麼特點？你覺得好的東西可能對孩子不一定是好的。每位女性都有個別不同的年齡、背景、教育及經驗，孩子也是一樣。養育子女中有太多的變數，而這些變數一天又一天的在轉變。在這個時代，女性去工作，並有成功的事業迫使逗留在家中做全職母親和照顧子女看似不切實際的，但為了做一個成功的母親，卻必須願意調整她們的性格和喜好來切合孩子的需求。

以下有五點關於成為一位好母親的特性或品質：

1. 樹立一個好榜樣
2. 陪伴追隨著子女
3. 愛心和耐性
4. 當一個好的聽眾
5. 要有責任心

但對於殘疾兒童的母親來說，以上五點的特性或品質就要增加幾倍！相信一般懷胎時的女性，都會幻想將來「我的孩子是一名醫生、社會名流、體育員...」，又或「我的女兒是一位芭蕾舞女演員」。期望他們能完成大學、結婚和生育。對於我來說，這一切的幻想從我兒子被診斷為患有自閉症的那刻開始全部都消失了！那時候我兒子Reuben才兩歲。

我最難忘的是當一名社工職員拿給我的一份表格，這表格的題目印著“Disability Allowance”（殘疾津貼），我當時真的無法接受這個現實和定局。其後我們被介紹到很多不同的社會殘疾服務機構如學校、療法中心等。那時我心裏很慌亂和憂慮，不知如何是好。

從此之後我開始把自己的一切夢想埋藏，全心全職集中精神照顧 Reuben。

每天的生活我都面臨著無數的種種問題，Reuben不大說話的，他只有在不開心的時候才會發出叫聲和哭聲。Reuben 喜愛重覆性的玩意，特別喜愛Thomas The Tank Engine玩具、影片和書本。最喜愛吃油炸的食物和非常愛喝可樂。Reuben十分揀飲擇食，每天的午餐只肯吃 Nutella三文治和乾的粟米片。幸好晚餐他肯吃米飯、一些肉類和蔬菜，但所有水果都不吃。他有一些不能接受的東西如不肯用牙膏刷牙、不肯用肥皂和不能容忍嬰兒哭聲、叫聲和說話中的某個字和句子，也不喜歡到喧鬧及人多的地方。Reuben不肯與其他小朋友分享玩具，不能接受改變如鞋子破了不肯換新鞋，活動要取消或更改等。

因著這些限制，很多地方和場合都成為我們外出的攔阻，最可憐還是姐姐 Eleanore 想逗留在兒童遊樂場多點時間也不行，由於問題，嬰兒敏銳的聲音會令 Reuben發脾氣；還有其他種種原因讓 Eleanore 的活動受到影響。我很替女兒不值及難過，小小年紀已被迫學會遷就及保護弟弟。

一年又一年的過去，轉眼間已渡過一個充滿挑戰的十年，我一直在尋找答案及原因。我參加了無數有關自閉症的研究班、講座小組，每週帶Reuben去做語言治療，職業治療，勤學治療等，藉著導師所教的各種溝通交流方法去幫助 Reuben。我更在兒子就讀的班上當義工，以便目睹 Reuben 在課堂的狀況和表現，而從他的表現中去了解他的要求和原因。Reuben 的視覺吸收能力比聽覺好得多，因此我將所有的日常用品如衣服、鞋襪、書本及玩具等統統拍下照片，再配合活動、事件等把名稱寫在每張圖片上。每次說話時就使用這些圖片來幫助他去明白，還有在屋裏每個角落如洗手間、睡房、書房、飯廳、廚房、冰箱等都貼上相關的圖片。日常的工作程式次序都用號碼排起來：1, 2, 3, 4... 這是一個很有效的方法來與 Reuben 溝通和交談。漸漸地圖片不再需要用了，只要寫出字句便可，這方法今天仍然受用。使用了十時 Reuben 才學會接受用牙膏刷牙，十年時間才肯去嘗試接受新的食物和飲品，十年時間才漸漸接受改變。試問我還有幾個十年時間？

我用盡了我的耐心來追隨子女，帶他們四處遊覽，參加不同的活動，由其是 Reuben，我要把他帶出他的沉默、寂寞的世界。我很相信如果我繼續支持他，隨著時間過去他會更進一步！

兩年前我不幸患上了癌症，是一種罕有的癌症來自盲腸叫 Pseudomyxoma Peritonei (PMP)。患有這種癌症的機會是一百萬份之二。由於此症罕見，很多醫生不認識亦不知道如何識別它。在澳洲只有三名醫生認識 PMP 和懂得去做一些精巧手術。在這毫無打算和方向的情況下，我感到失望、灰心和破碎！每次望到孩子可憐的臉孔，我不禁流起淚來！我不知哭了多少次？我很擔心，因為捨不得兩個子女，尤其是Reuben，他很需要我的照顧。手術之前我很害怕，不知手術後可否回到家人身邊，我做了

一個極重大的手術，用了十三個小時才完成。在昏迷的睡眠中我夢到我的家人在叫喚我，一種 憐和悲哀的聲音，我為了這些聲音甦醒過來，它令我感別強壯和充滿信心，也把我帶回現實直到今天！

Happy Women's Day!



由於手術重大複雜，手術後我在醫院住了六個星期。我很感激和難得有一位好奶奶，一直在援助我，支持我。在我虛弱的期間，她代我照顧 Reuben，包括接送他上學放學和一切的家務。在住院其間，家人常來探望。我給Reuben看我肚子上的疤痕，跟他說「媽咪肚子痛痛要在醫院看醫生，醫好了媽咪便回家。」爸爸每次帶Reuben 來探我，他都是乖乖地安靜坐在我床邊。到了一天我終於出院回家，當Reuben 見到我便說「媽咪 Tummy 痛痛好了！」我聽到他說這話便即時感動到流淚！我很有信心在想，我今後一定不再離開他，我相信我自己！

周潤梅



Deep In Dad's Mind

- Raising a child with a disability

協康集之三

爸爸的心事與期望



Chinese Parents Association - Children with Disabilities Inc.

澳洲弱能兒童協康會

Book Launch

28/04/2012

On 28 April 2012, CPA will launch its "Raising a child with a disability" Series Book III.

This launch will be a momentous event as it celebrates the completion of the CPA new publication -

"Deep in Dad's Mind" - Raising a child with a Disability

It is a celebration of the achievement of CPA fathers in their great effort and commitment of raising a child with a disability.

The main objectives of the production of this book are to promote the social support for and raise community awareness towards people with an intellectual disability and their families. It also provides a platform for the fathers to share their experience in raising a child with a disability and supporting their families / spouse.

This is a bi-lingual book — written in English and Chinese, with the aim of reducing some language barriers and making the book more readable.

It consists of twenty articles written by fathers, mothers, siblings and other professionals; and comments by eight prominent members of the community that constitutes the community view column. There are in total twenty-eight article contributors.

The book is beautifully designed by Ms April Cheung with the artwork from Bowman Yu for the back-cover.

We also express our thanks to Mr Jiang Wei Lian for his Chinese Calligraphy for the front cover. It also involves the work of many volunteers who helped in translation and proof-reading.

Prior the start of the edition of the book, we had organised a successful fathers' forum with the assistance of Mrs Ruby Chan to catch a glimpse of their thoughts, views and expectation. A few articles are based on in-depth interviews with fathers, a mother and a sibling.

Thanks is extended to the sponsors, especially Hurstville City Council CDSE and Club Central Hurstville; without their financial support, this event would not be made happen. We would like to send our gratitude to the editorial team, CPA Management Committee members and all the parents for their continuous encouragement and support.



By Sherman Yu

澳洲弱能兒童協康會

Chinese Parents Association - Children with Disabilities Inc.



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澳洲弱能兒童協康會 編纂的

「協康集」之三： 爸爸的心事與期望

編輯工作終於完成
並予付印。現訂於

二零一二年四月二十八日

舉行發佈會：

**Biddegal Room
Club Central
2 Crofts Ave, Hurstville**

此次製作「爸爸的心事與期望」一書的目的是為育有弱能子女的父親及其家庭提供社會支持；同時亦希望能藉著此本書冊去引起社區人士對他們更多的關注。協康會為父親們設置此一平臺，好讓他們能與社區大眾，互相分享育兒的經驗，心得和感想。

全書共有二十篇文章，是由父親，太太，子女和專業人士提筆；並有八位社區知名人士送上的社區感言。

這本書冊是用雙語寫成：中文和英語。使讀者能容易明白和分享書中有趣，感性和豐富的内容。

封面設計是由張婷仙女士負責，美觀感人；封底的圖畫是俞育忠的作品，繪畫出他心

目中父母的形象；同時亦感謝蔣威廉老師為「協康集」題字。有多位義工提供文章翻譯及校對等服務。

在開始編纂此書之前，陳鄭鳳儀女士主持了一個父親座談會，讓父親們可以表達他們的心聲，意見和期望；並把談話記錄下來，可作為將來推行 / 改善服務的參考。數篇有關父親，母親及女兒的專訪，描寫動人。

協康會感謝各界的贊助人和機構，特別是Hurstville City Council CDSE 和Hurstville Club Central, 使我們能編製此書，回饋社區；亦能幫助弱能人士及其家庭，獲得多些明白和體諒，參與多些社區活動，融入社羣。

對協康會幹事，編輯組成員和家長會員致意，感謝你們的不斷的鼓勵和支持。

Junior Group Activities

Fun to Learn! Independent Living Skills!

導師 Instructor: Melissa Cox

This Program is specially designed for children aged 3-9 years. Through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills.

Independent Living Skills such as simple cooking/food. Preparation is scheduled

Melissa will guide the children to learn through stories, games, songs and movements.

時間: 逢星期六下午2:30pm 至 3:30 pm

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



Rhythm & Motion

唱遊活動

Research has shown that music has a profound effect on body and mind. It is beneficial in helping to ward off depression, to promote movement, to calm people, to ease tension and to improve communication and socialization, especially amongst children with disabilities.

Date: Saturdays 星期六

Time: 3.30pm — 4.30 pm

Venue: Belmore Youth Centre
38 Redman Pde, Belmore

Kindly supported by: D.G.T. Vision Inc
際慈善 (澳洲總會)

Community Outdoor Activities



Visit:

Play centres
Saliability
C.A.R.E.S.

Date: Saturdays 星期六

Time: 2:00-4:00pm

兒童組美術活動

Junior Art Program

Date: Saturdays 星期六

Time: 3.45—4.30 pm

Venue: Belmore Youth Centre
38 Redman Pde,
Belmore

Youth Group Program

Ice Skating

Kindly funded by
Canterbury Financial Assistance
Program

日期: 星期六 Saturday
時間: 8.45am to 9.45am
地點: Canterbury Olympic Ice Rink
Phillips St, Canterbury, NSW.



Independent Living Skill Training

**Cook for Oneself,
Families and Friends!!**

**Exciting Menus!
Food tasting!
Health Eating!**



Saturdays

Kindly Sponsored by
Canterbury Financial Assistance Program

Music Lessons

These classes are conducted for Youth group, 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 & form a social support network.

時間: 星期六舉行 下午 3:30pm 至 4:30pm
地點: Belmore Youth Resource Centre,
38-40 Redman Pde, Belmore

Kindly Supported by: D.G.T. Vision Inc
國際慈善基金 (澳洲總會)

Sports for Youth Group

保齡球課

Ten Pin Bowling Lessons



時間: 逢星期六舉行,
上午10am 開始
地點: 3 - 5 George St,
North Strathfield

Kindly Supported by:
Disability Sport
Assistance Program

Photo Gallery



Special Olympic 8/2/12



Special Olympic 8/2/12



Cruise — 12/02



Salisability — 24/03



Salisability — 24/03



Mum To Mum — 01/03



Volunteer training — 31/03



Volunteer training — 31/03



Legal Talk — 18/02 & 25/02



Arts & Picnic — 07/04



Arts & Picnic — 07/04



Arts & Picnic — 07/04

Photo Gallery



Chinese Cultural day—11/04



Chinese Cultural day—11/04



Chinese Cultural day—11/04



Club Kids - Play House



Clud Kids - Play House



Special Olympic — 8/02



Clud Kids - Play House



C.A.R.E.S.



C.A.R.E.S.



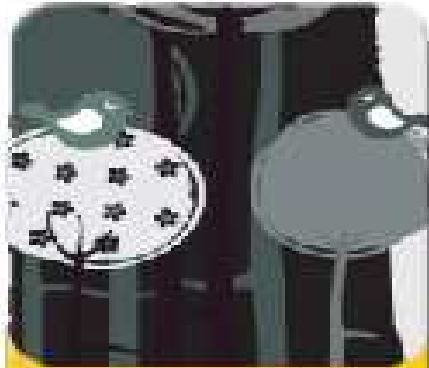
Arts & Picnic — 07/04



Fairy Bread Fun Day — 25/03



Up coming Events



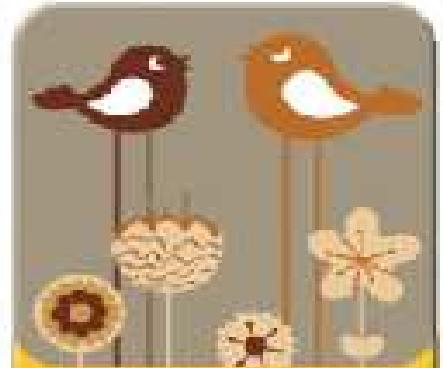
Book Launch

28 April
2012



Mother's Day Celebration

5 May
2012



Art Lessons

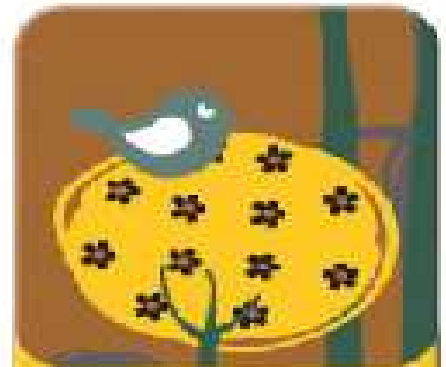
7 July
14 July
2012



Women Health Seminar
every 2nd Thursday of the month



Mum to Mum Day activity
31 May 2012
Evening meeting
2 June 2012



Family Fun Day & Farm

8 July 2012
Term break

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

Chinese New Year Lunch Cruise 2012 Report



On Sunday 12th February, CPA celebrated Chinese New Year with lunch on the waters of Sydney Harbour.

At 11am, we gathered at Pier 4 on King St Wharf to get ready to embark on Fusion Cruises. It wasn't long before the cruise ship arrived and we filed in a big line to slowly board the vessel. Shortly after we settled into our dining area, there were prawns, fresh salad, dim sim, pasta of sorts, ham, pork with gravy and other delicious food laid out on the table for our buffet lunch. The dining area was tightly packed with tables and chairs so there wasn't a lot of room for moving around. In this case, we had kind mums, dads, siblings and volunteers to help bring a plate for everyone. Our plates were piled with mountains of food and we enjoyed the lunch as much as we could while swaying to the harbour waters. Some of us took time outside on the front deck to enjoy the warm sun shine and salty sea air as well as the beautiful view of the city surroundings and the sub-structure of the Harbour Bridge as we cruised beneath it.

After lunch, we played game similar to the concept of a lucky draw. Pieces of paper with sentences written on them, such as "wearing a green shirt" or "mothers over 35 years old, wearing high heels", were drawn out of an envelope and called out. If anyone in the room agrees to what was being called out, they would stand up and those who didn't would stay seated. In the end, the winner would be the last person standing in the room. We had several rounds of our lucky draw game and prizes were given out to the winners.

Our cruise vessel took us back to shore at 2pm and we disembarked Fusion Cruises. We all walked back on to the harbour wharf and headed home, feeling satisfied and happy with the lovely thoughts of our afternoon.

By Eleanore Voung



Easter Activities

Kokoda Track arts & picnic

On Saturday 7th April CPA went to have a picnic at Rhodes Park. First we drew the Easter bunny that Mrs Chan taught us how to draw. After we finished drawing we traced around the pencil marks with a permanent marker then coloured in. After that there was a group photo with the drawings.

Some of us went for a walk to other places in the park. When it was lunchtime everyone got a plate, fork & a serviette. Each of us got almost the right amount of food and drinks. Everybody got an Easter egg on such a hot day that it was starting to melt. When it began melting it had to be eaten quickly. There were cakes and all that for dessert in the end. We all had a great time & hoped to come again soon.

Andrew Li



This is the 2nd time CPA went to Kokoda Track Killoola Street, Rhodes Park.

The Kokoda Track Memorial Walkway is a unique tribute to the bravery of Australian troops who fought through atrocious conditions and against vastly superior enemy numbers in the Papua-New Guinea campaign of July 1942-January 1943. With US support the Australians inflicted on the Japanese Imperial Army its first defeat. At the centrepiece are magnificent granite walls bearing photographic images of the campaign; there are 22 stations or plaques along the walkway, each describing a significant place or engagement; the walkway has been planted with lush tropical vegetation simulating the conditions of The Kokoda Track.

This time, April 7th CPA went to there again to join the arts and have a picnic.

Arts and Picnic at Kokoda Track

By Clement Wu

Since that day was Easter Saturday the picture that we were to draw was a bunny holding a basket full of Easter eggs and surrounded also with some eggs and pretty flowers. There were about 40-50 people who joined the arts and picnic program.

Our arts teacher firstly told us to draw the nose and mouth of the bunny. Next we drew the head and ears and the arms of the bunny. After that, we drew the body, the legs and its scut. Then we drew a basket full of Easter eggs and which is held by the bunny. Lastly, we drew flowers and eggs around the bunny and coloured the picture. We all enjoyed drawing this picture and were very proud of it. Parents and other careers took photos of us each holding our picture.

After all this work and effort, we deserved to have a picnic lunch. The food was delicious especially the hot dogs! Eventually we were dismissed and went home.

Report of “Sailability”

March 24, 2012 was a very happy and exciting day for CPA junior group parents and children. For most of us, this was the first sailing experience.

It had been raining for a whole week, and surprisingly the weather turned clear on Saturday; therefore we were able to participate the “Sailability” program at Kogarah Bay Sailing Club.

Elena, Miranda and “Sailability” volunteers were already there when we arrived. They were very patient and experienced in helping and teaching children with disabilities to sail. I could tell by our children’s faces that they were very look forward to this sailing activity. This was absolutely a wonderful moment when I saw our junior kids that they could overcome their fear and stepped into the yacht with confidence. Although the “sea journey” was short, it has enriched the life experiences of our children. Last but not least, big thanks to Elena, Miranda and “Sailability” volunteer’s help on the day. CPA junior group parents would like to have more interesting programs like this in the future as we believe our children are brave enough to receive new challenges.

At Kogarah Bay

二零一二年三月二十四日是協康會兒童組家長及孩子既開心又興奮的一天，因為我們大多數人都是第一次體驗滑浪風帆的樂趣。

經過多日來的連場豪雨，幸得天公做美，當日天朗氣清，我們兒童組的家長及孩子得以前往 Kogarah Bay Sailing Club參加他們舉辦的風帆活動。

Elena, Miranda 及 “Sailability” 的義工們已一早到達現場，他們都很有耐性及經驗去幫助和教導弱能兒童如何穿上救生衣及依次序上落風帆。從孩子的臉上表情可以知道他們實在是非常期待今次的風帆活動。當我看到兒童組的孩子們可以克服恐懼、憑著信心踏進帆船的情景，這絕對是一個美妙的時刻。這次的”海上行程” 雖短，卻確實豐富了孩子們的生活經驗。

最後感謝Elena, Miranda 及 ” Sailability” 的義工在場協助，協康會兒童組家長希望將來有更多這樣有趣好玩的活動，因為相信我們的孩子也有足夠的勇氣去接受新挑戰。

Mandy Yip



CPA Kidz' Performance on Chinese Cultural Day - Chinese Garden, Sydney



By Jonathan Yung

On 11th April morning it was windy and cloudy day. I went to perform at Chinese Garden on Chinese Culture Day. We had Barry, Joanne, Leon, Vanessa, Victor Li, Reuben, Chloe, Stephanie, Livana and myself. We performed three songs which were 男兒當自強, 甜蜜蜜, and Tomorrow will be a better day.

The Chinese Garden of Friendship is celebrating Chinese culture in April with a range of hands-on workshops as part of the Living in Harmony Festival.

Firstly, the MC introduced the programs of the Chinese Culture Day which presented by a range of Chinese organisations and groups. Before our performance, lion dance was performed accompanied by the music of beating of drums, [cymbals](#), and [gongs](#), synchronising to the lion dance movements and actions.

It was a successful performance and we received a big applause by the audience.

4月11日上午，當日的天氣是大風和天陰。我們在中國文化日的中國花園裏有歌唱表演。表演成員有 Barry, Joanne, Leon, Vanessa, Victor Li, Reuben, Chloe, Stephanie, Livanna 和我自己。我們一共演出了三首歌曲：男兒當自強，甜蜜蜜及明天會更好。

中國友誼花園在4月份正提倡中國文化，包括在 Living In Harmony Festival 中舉辦一系列的工作坊。

首先，大會司儀介紹中國文化日的節目程序，分別由不同的華裔組織和團體演出。在我們的演出之前，先有舞獅助慶，獅子的舞動配合著音樂節奏強勁的鼓，鈸，鑼等樂器，十分精彩。

這是一個成功的演出，我們亦獲得觀眾一片熱烈的掌聲。

Fairy Bread Fun Day



Children Exploring
the Family Unit through Art

On Sunday 25 March everyone from CPA went to perform at Pine Street Creative Arts Centre for 4 songs. At the centre some little kids handed out fairy bread to everyone. Some of us coloured in some pictures so we wouldn't get bored. When all the audiences arrived a speech was given for the performance to start.

The first song we played was mission impossible then moon represents my heart, we are the world and last of all mission impossible again.

Jonathan and I played the opening for moon represents my heart & Joanne sang it in Chinese. In the end we played the other Chinese song How sweet it is and proud of you for the conclusion. For lunch we had a sausage bun & a veggie patty burger. Some of us decided to join in dancing with the two aborigines during the Aboriginal Show. It was such a great time that we hope we could come again soon.

Andrew Li



DAD TO DAD 「爸爸對對碰」

— 打開氣功 Qigong 的秘密 Unlock the Myth of Qi Gong

By Vincent Yu

傳說氣功能發出體外作醫療或功夫之用,也有人認為僅是人的一種呼吸方法。但是我認為最主要的用途是自己體內運氣使血脈流暢,營養輸送無阻,安眠養神,比單純的打坐沉思(Meditation)更好,更易恢復疲勞。作為有自閉孩子的家長,更是求之不得。假如多練習氣功的話,脾氣變溫和忍耐力增強。

我在三月三十一日的爸爸對對碰集會作了練習氣功的基本動作解說。這幾個動作可以配合甚何呼吸運動就形成各種氣功練習。如若僅有外形的呼吸動作,那就不叫氣功了。對一個不喜歡運動,以下這五個基本動作是最容易不過了。

(1) 立的姿勢:

身軀直立, 雙腳平行距離肩寬, 兩手平放左右, 面正望前看, 放鬆全身和手足。

(2) 腳趾碰地:

腳趾稍微點地, 腳底成弓形使湧泉穴(K1)打開。這個穴道是足少陽腎經第一個穴道, 在針灸學稱為第二個心臟。這個姿勢能使陰氣通暢。

(3) 舌舐上顎

這個動作是連通任脈和督脈兩條內經。口中齦交和承漿兩穴以體內電原相接傳氣。

(4) 收緊肛門

當收緊肛門時, 附近任脈經的會陰穴(Ren 1)壓縮, 隔膜下沉, 肺容擴大, 丹田充氣, 有強陰壯陽之兆, 陽氣狂盛。

(5) 意識運氣

做氣功時的腦海寧靜, 吸氣時意識到陽氣從丹田經會陰壓力從背後升上任脈到頭頂, 下齦交經承漿, 順呼氣之勢意識氣流由督脈經歸回到丹田。

在會上我再配合手足動作運氣, 會員們也覺得能運用自信。最後一定用雙手輕柔腹部將陽氣從丹田散開, 手的熱氣也可按摸面部而覺得精神飽滿。我也強調在床上做到以上(3), (4)和(5)三個基本動作也能得益非淺。



Some people can cure a lot of diseases or can perform unbelievable acts in martial arts. Others think it is merely a way of breathing. I think, if done properly, Qi Gong can help our bodies to improve blood circulation and nutrition transportation. In addition, it helps our sleep and our brain function better than just doing meditation along. It usually helps me to recover from tiredness very quickly. That is precisely what we need most when dealing with our children with disabilities. When we exercise Qi Gong regularly, I found that my temper is good and I become more patient.

On the last Dad to Dad gathering on 31st March, I explained the five principle rules of Qi Gong. Together with different gentle movements, we form various kinds of Qi Gong classes. Exercise of movements without observing those rules, we cannot call them Qi Gong.. I have summarized five important fundamentals as follows:

(1) Standing Posture

Standing with feet apart in parallel, the distance between the feet should be as wide as the shoulder. Body is straightened with two hands on the side. Face should look ahead. The limbs, chest, waist as well as mind must be in a relaxed state.

(2) Grounding Toes

In this posture make the toes touch lightly on the ground so that the sole becomes raised to form an arc. In the middle of the sole lies the Yong-Quan (K1) acupoint which is now in an open state. This is the number one acupoint for the Kidney Channel of Foot Shaoyin. This action will help circulation of Yin Qi in the exercise. This is also regarded as the primary important point in Acupuncture or the second heart.



(3) Tongue Touching Palate

This action joins the Ren Channel with the Du Channel which are the two channels totally embedded within the trunk. The connection is made possible through the formation of bionic electricity to join the Mouth-YinJiao (Du28) and ChengJiang (Ren24) acupoints. Hence during Qigong, the Qi can circulate within Ren and Du channels.

(4) Thigh Tightening

This movement is actually tightening the first acupoint HuiYin (Ren 1) of the Ren Channel. In turn it will increase the intensity of Yang Qi.

(5) Qi Realisation

Qigong emphasize in brain concentrating and realizing the presence and movement of Qi in the body. When breathing starts,

one should put their mind on the lower DanTian (area located at about two inches below the navel) which acts as a reservoir of Qi. During inhalation, the lower DanTian will bulge outwards. The mind has to work its way from the pelvis up through the back to the top of the head. While the lower abdomen expands in size further as breathing takes place, the diaphragm actually lowers down to assist the intake of air. When Qi reaches the top of head, one should start to exhale. The mind continues to feel the Qi moving down the nose, neck, chest and abdomen and then returns to lower DaiTian. As exhaling takes place, the diaphragm slowly returns to the original position, but the abdomen continues to concave inwards to expel the rest of air in the lung before it returns to the original state

In the meeting, I had shown some simple movements and all the members present could follow easily.



Miranda Vuong's Recipe: Rainbow Jelly Cream Cake

Ingredients:

- Aeroplane jelly powder x 4 , lime, strawberry, orange & mango
- Gelatine
- Thicken cream 300ml
- 1 table spoon of sugar



Methods:

1. Prepare jelly (lime, strawberry & orange) one day before, keep in fridge to set over night. Dissolve jelly powder with 1 teaspoon of gelatine per a pack.
2. Dissolve mango jelly, 1 table spoon of sugar, 1 teaspoon of gelatine with 1 cup of boiling water, set a side to cool, or put in a cool water bath.
3. Use an electric mixer medium speed to whip the thicken cream until thicken and firm (cannot pour when turn over approx. 2-3 minutes) carefully not to over whip the cream.
4. Pour (2) into (3) mix well using the lowest speed until mixed. Keep it in the freezer for 2-3 minutes.
5. Cut the pre-set jellies (1) randomly into small pieces. Pour into a big mixing bowl.
6. Remove thicken cream mixture from the freezer, add to cut jellies (5) and mix well.
7. Lay a large piece of plastic glad wrap in the container (this help to remove the cake from the container easily), pour the mixtures (6) in the container cover with glad wrap, press it down gently to remove any air bubbles.
8. Keep in the fridge to set over night. Ready to serve next day. Serve cold.

Happy cooking!



Bowling family fun evening at North Strathfield - 17 April 2012

Written by Yin Soon assisted by dad



On the 17th April 2012, Chinese Parents Association Inc organised a family fun ten pin bowling school holiday activity at North Strathfield AMP for the children and their families.

My dad and I attended. It was scheduled to begin at 6:30pm but when we got there at 6:30pm, many parents and their children were already there, showing their excitement for the fun night to begin. The children and their parents that were there were happy to see us and greeted us with smiling faces.

However, before all the excitement could begin, we need to get ourselves equipped. The kids and their parents including me and my dad went to the reception counter to get our bowling shoes that best fitted us. Next we went to choose the bowling balls that best suited us from the bowling ball racks and placed them in the ball collecting machines next to our allocated lanes. At the same time, chit chatting could be heard from all corners of the bowling centre showing everyone's eagerness to get started.

At about 7:00pm, Maria came and arranged to get all our names to appear on all the T.V screens in the lanes that were pre-allocated to us. My dad, Bowman, Thuman and I were at lane 30. However, before we could get started to play or even rolled the ball, the names on the T.V screens came out sadly to be not in the teams that were allocated to us. Maria had to call the service staffs to give us some assistance to get everyone's name to appear on the right lanes. At about 7:30pm, with all our issues and problems finally settled, everyone was ready to start their games and the first person on each lane started to bowl their first ball.

When everyone got their turn to bowl, they all concentrated very hard, hoping to hit down all the pins. Many of the kids got many 'strikes'. I also did really well with only a few instances where the ball fell into the gutter.

I believed every kids and their parent had a fantastic time bowling together and it was interesting to look at each other with everyone taking on a unique style in bowling their bowling balls. Even though some kids and parents had difficulties in handling the balls and bowling them the right way, I knew that everyone had an awesome time by just being together.

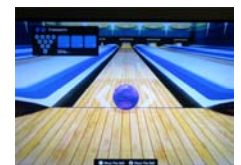


After the first game, all of the parents and their kids were asked to stop for a while for some food to eat. Everyone started to get bowls and huddle around the table to see what types of foods were available. There were a wide range of finger foods laid on the table ranging from curry puffs, pizzas, French fries, garlic breads, spring rolls as well as salads which I believed brought great satisfaction to everyone's tummy with mine included.

After everybody had enjoyed the finger food to their hearts' content, they went back to their lanes for a second bowling game. During the second game, all the kids and their parents once again gave their best. this time aiming to



get an even higher score than they previous had. This goes for my dad, Bowman Thuman and me too. In conclusion, no matter how good or bad the children and their parents rolled the bowling ball, it was a happy, healthy, safe and terrific family fun day.



ACKNOWLEDGEMENT

FEB TO APR 2012

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*Thank
you*

May

Carmen Martin
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July

Alan Ngo
Hanlin Tan
Joanne Pang
Leslie Huang
Matthew Lau
Matthew Sin
Nicholas Chi
Samuel Siu

*Happy
Birthday*



May-July 2012 Weekend Activities

| | Junior Group- Afternoon | Youth Group- Morning | Youth Group- Afternoon | Remarks |
|--|---|-----------------------------------|--|-----------------------------|
| | 2:30pm to 4:30pm | 8:45am to 12:00pm | 2:30pm to 4:30pm | |
| May 2012 | | | | |
| 5 May | Mother's Day Celebration Lunch at Merrylands RSL Club | | | |
| 12 May | Fun to Learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Craft Class 2:30-3:30 Jing Dance School 3:30-4:30 | Jing Dance School |
| 19 May | Fun to Learn/cooking Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Music & dance Lesson 2:30-4:30 | Annette G. |
| 26 May | Saliability at Kogarah Bay Birthday Party | Ice-Skating 8:45 Bowling 10:15 | Cooking class 2:30-3:30 Birthday Party 4.00-4:30 | |
| June 2012 | | | | |
| 2 June | Fun to Learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Arts Class 2:30-3:30 | Irene M. |
| 9 June | Kids Playclub | Ice-Skating 8:45 Bowling 10:15 | Music & dance Lesson 2:30-4:30 | Annette G. |
| 16 June | Fun to Learn/cooking Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Craft Class 2:30-3:30 Jing Dance School 3:30-4:30 | Jing Dance School |
| 23 June | Fun to Learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Music Arts Class 2:30-3:30 | Irene M. Annette |
| 30 June | Fun to Learn/cooking Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Cooking class 2:30-3:30 Birthday Party 4.00-4:30 | |
| July 2012 | | | | |
| 7 July | School Holiday Break | Ice-Skating 8:45 NO Bowling | Vacation Arts Program 2:30-4:30 | Teacher Chen |
| 14 July | School Holiday Break | Ice-Skating 8:45 NO Bowling | Vacation Arts Program 2:30-4:30 | Teacher Chen |
| 21 July | Fun to Learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Music & dance Lesson 2:30-4:30 | Annette G. |
| 28 July | Fun to Learn/cooking Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Cooking class 2:30-3:30 Birthday Party 4.00-4:30 | |
| The above programs may be changed without prior notice due to unforeseen reasons. | | | | |

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | ~~Bowling at Tenpin City 92 Parramatta Road, Lidcombe~~ |
Others at Belmore Senior Citizen Centre, Redman Parade Belmore George St, North Strathfield

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