

澳洲弱能兒童協康會

**Chinese Parents Association —
Children with Disabilities Inc**

專
員

2012 Chinese New Year Parade Trophy Award
悉尼市新年花車巡遊「傑出獎」

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中秋節聯歡

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新洲美術館之旅

CPA NewsLetter

August 2012

二零一二年八月

協康會會訊

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FUNDED BY:

DEPARTMENT OF FAMILY AND COMMUNITY SERVICES NSW



Vice President's Message

Dear Members,

It is a great pleasure to greet you as the Vice President of CPA. I hope everyone is enjoying this winter sunshine as much as I am. I was thrilled to see many of our community supporters and our members attending the launch of our third book - "Deep In Dad's Mind". We received a huge positive feedback from the book launch and this could not have happened without the generosity and persistence of the people who worked behind the scenes for this recent publication. I would like to express my gratitude to Mr Chun Wing Fan for his leadership, the editorial team and everyone who made contributions and efforts to make the book once again a success.

There is another outstanding achievement that is worth a mention - CPA was presented with the "Outstanding Achievement Award" by City of Sydney Council for this year's Chinese New Year Parade. This was one of the only two trophies awarded among the 63 groups and organisations who participated in the parade. It is a cause for celebration to recognise our accomplishment as an association and I congratulate each and every one of you for a job well done! We are definitely looking forward for another exciting parade in the coming Year of the Snake.

In mid-June, our talented CPA KIDZ were invited to perform at a special event to promote disability awareness held at Campsie Library. It also allowed our CPA KIDZ to perform their songs for a different audience. As usual, our CPA KIDZ presented a great attitude and sensible behaviour for the performance.

During the same time, many of our CPA families attended a celebration lunch for the 25th anniversary of the Recreation, Sports and Aquatics Club (RSAC).

CPA KIDZ were invited to perform on stage at the opening of the lunch. Their sparkling stage presence made us parents so proud of them! Through their music and voice I felt a sense of improvement and hope that it will lead them to a bright future.

As a result of the success in our recent and past published books and newsletters, we have experienced an increase in the number of members in our association. I would like to make a warm welcome to several new families who have recently joined CPA. We continue to seek ways to provide assistance for our members and trust you will enjoy your time as a part of our association.

Speaking of members, I would like to show my sincere appreciation to a specific group of people in CPA. Our management committee and volunteers organise countless activities, programs and funding applications throughout the year for our CPA families. They have contributed an immense amount of their generous time; thoughts and energy in making them possible so please join me in thanking them for their hard work and innovation.

Keep an eye out during the approaching months in CPA for we have a few of these activities and events soon to happen. They include the Father's Day Illawarra family day trip, Mum-to-Mum dinner gathering, celebration lunch for the Mid-Autumn festival and last but not least, the Christmas lunch party at the end of the year.

Until then, keep warm in this winter.

Best Regards,

Miranda Vuong

王周潤梅

Vice President



副會長通訊

亲爱的会员，

你们好！希望你们都能尽情享受这冬日季节温暖的阳光。

澳洲弱能兒童協康會於四月二十八日在好市圍市 Club Central 舉行了協康集之三『父親的心事與期望』新書發佈會。通过这次新书的发布，我们收到了很多积极正面的回響。感谢幕后工作人员及相关人员的慷慨解囊与长期支持，使这次新书发布会能如此成功。本人再次感谢范振荣先生的领导。

另外，协康会在農曆新年期間，参加了由悉尼市政厅举办的中国新年花车巡遊，並榮幸獲頒贈“杰出贡献奖”。悉尼市政厅是從63个不同的参加此次花车巡遊的机构和團隊中，選出兩個獲獎團隊，协康会是其中一个。这是一件值得庆祝的事情，我对每位参与此次工作的人员和義工表示感謝！我们期待明年蛇年另一个令人兴奋的新年遊行。

六月中旬，Campsie 图书馆举办了「促进社会对残疾人士认识」的活動，並邀請协康会青少年樂隊參與表演。这次活動，既可增加我們的青少年融入社區的機會，同時又可让我们的孩子向社區的观众展示他们的歌藝。每次演出，协康会的孩子都表現万优良的态度和美好的行为。

协康会的许多家庭亦参加了「康乐，体育及游泳俱乐部」(RSAC)25周年纪念的午餐活动。协康会的青少年亦獻出音樂表演。

他们的燦爛閃爍的舞台服飾和演出，使我们的家长都十分自豪。從他们的音乐表演中，我们都感受到了他们的努力和进步，相信他们必定有一个光明的未来。

通过我们出版的书籍和資訊發佈，增加了社區人士對协康会的認識，我们的会员正在不断的增加。我向加入协康会的新家庭表示热烈的欢迎。我们将继续努力为我们的成员提供服務，希望我们的会员能分享我们舉辦的各種娛樂教育活動。

作为会员，我想向协康会一群工作人員表示谢意：我们的管理委员会和義工为协康会成员家庭组织設計了很多不同的節目，活动和籌款。他们献出了很多宝贵的时间，感谢他们的辛勤工作和不斷的创新。

在未来的數个月里，协康会籌劃了多个活动：其中包括父亲节全家一日游，妈妈休閒站的晚餐聚餐，中秋节午餐聚會，当然还有年终的圣诞节聚餐等，既可參與社區活動，又可享受閤府一堂，更可與朋友互聚，一舉數得，請忽錯過參與共渡這些快樂時光！

最后请注意做好冬天御寒工作。

祝好，

王周潤梅

Vice President

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

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 constitute 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.

On 28 April 2012, CPA launched its “Raising a child with a disability” Series Book III. This launch was a momentous event.

“Deep in Dad's Mind”

– Raising a child with a Disability

It was a celebration of the achievement of CPA fathers in their great efforts and commitments of raising a child with a disability.

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.

We would like to extend our thanks 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.

父親的心事與期望 幫助弱能子女的經驗和心路

澳洲弱能兒童協康會 — 新聞稿 28 April 2012

澳洲弱能兒童協康會於四月二十八日在好市圍市 Club Central 隆重舉行了協康集之三『爸爸的心事與期望』新書發佈會。

典禮由代表紐省公民和社區部部長的 Oatley議員 Mark Coure 先生， Club Central 主席 Bernie Holdsworth 先生，好市圍市市議員 Philip Sansom 先生，紐省殘障人議會議員吳于艷華女士，和澳洲華人慈善總會會長劉敬宇先生主禮。出席嘉賓和協康會會員朋友共80餘人。

義務編輯范鎮榮說，在社區內，大致而言，母親通常都被視為子女的主要照顧者，受到很多的照顧關懷；而父親一角，很多時都飽受漠視。因為爸爸們多是較沉靜的一群，他們所作的貢獻和付出，往往很多時都被忽畧。但在親子過程中，爸爸的積極參與，是十分重要的。這書特別之處是：書中關注的人物是「爸爸」。目的是探討育有弱能子女的父親的責任和角色，使家庭內增加互相了解和體諒，以促進家庭和諧。

父親的故事都有很強的感染力，故事訴說一些家庭如何在人生的谷底，在充滿失望，擔憂和焦慮的情況下掙扎求存和反彈。許多家庭都能回復正常，一些更能練就鋼鐵一般的力量。很多情況下，父親會歇力使面臨困境的家庭回復穩定，在面對迷惘的前路上，支持憂傷的配偶，安慰家人和輔助子女。

SCIE的研究報告指出，很多父親都想有在家庭以外的人仕可以聆聽他們的憂慮和擔心，但他們又不擅於去尋找這些支援；他們同時希望參與傾訴聆聽的人都是男性，他們可以較為開懷地去討論和發表意見。協康會亦盡力提供此平臺，讓爸爸們表達出他們內心的感情，經驗和他們的牽掛，與我們分享。

全書84頁共有二十篇文章，是由父親，母親，子女和專業人士提筆；並有八位社區知名人士送上社區感言。這本彩色書冊是用中英文寫成，設計精美。

協康會會長李羅艷媚說家有弱能兒，許多時這些經驗和感受都很難告訴外人。在過去幾年，協康會逐漸被社區認識和接受，家長亦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。出版第三期協康集正是協康會向社區鳴謝和回應的表示。

協康集之三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。請發電郵至 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。協康集網址 www.chineseparents.org.au。

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

Kindly funded by: Canterbury CDSE

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

國際慈善基金 (澳洲總會)

Community

Outdoor Activities



Date: Saturday 星期六

Time: 2:00-4:00pm

Visit: Play centres/Saliability/C.A.R.E.S.

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 Activities

Ice Skating



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

Independent Living Skill Training

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

Exciting Menus!

Food tasting!

Health Eating!

Saturdays



Music Lessons

These classes are conducted for Junior 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 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10 am 開始

地點: 3 - 5 George St,
North Strathfield



Coming Events

Art Program 美術課程

- 29/09/2012, 6/10/2012

Father's Day Celebration 父親節一日遊

- Family Scenery Day Trip, Sunday 26/8/2012

Women Health Seminar 婦女健康講座

- Every 2nd Thursday of the month 每月第二個星期四

Mid-Autumn Festival Celebration 中秋節聯歡

- 22/09/2012 (At Grant Century Bankstown)

Mum to Mum 媽媽休閒站

- 2/08/ 2012 (details to be announced 詳情待告)

- 18/08/2012, Evening at Hurstville

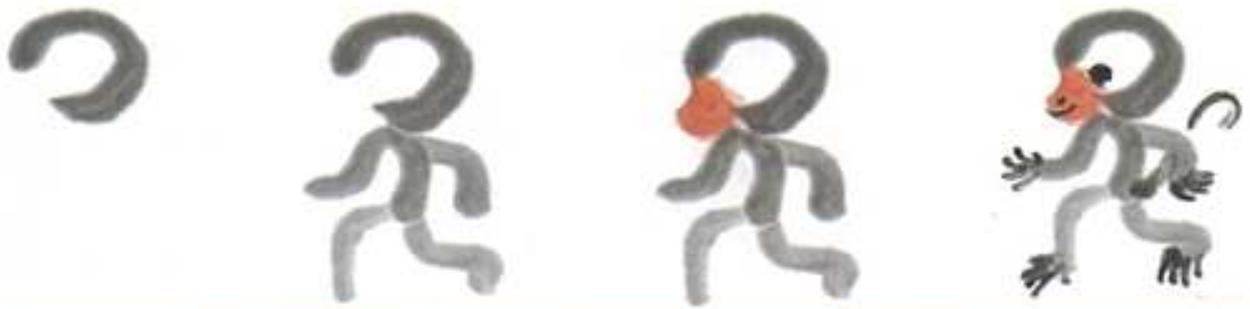
Dad to Dad 爸爸對對碰

- Badminton 5/08/2012 (details to be announced)

"Open Access Tour" 參觀美術館

- 8/(visit the Art Gallery NSW 10:30 am)

A Happy Day At Monkey Mania



開心遊戲日

On 26th May afternoon, I attended my first outing activity which was in Bankstown Sports Club with CPA group as a volunteer. It is really a nice place to spend the whole afternoon with all the children and parents.

The weather was so cool and windy, so we had to change our plan for sailability to outing at Monkey Mania, however it turned out to be such a great program for all of the children and parents.

Wilson and Jackie seemed to be good friends, they could not wait to enter that giant children's playground. They climbed, jumped, slided, chased, crawled, smiled... Jackie seemed to be more interested in video games. He was so excited to follow the actions which were presented on the wall screen with his younger sister. Although the families came at different times, we still had all the members gathering together eventually. While all the children were busy, it was the best time for all the parents to sit down and share their feelings. Happy time is always short. I hope I can attend a lot of good activities as outing at Monkey Mania.

五月二十六日下午，我以自願者的身份第一次參加了協康會組織的外出活動，活動地點設在Bankstown Sports Club. 我和所有的家長和孩子一樣在這裡度過了愉快的時光。

因為風大的原因，取消了原來計劃去滑浪風帆的活動，而決定去Bankstown的Monkey Mania. 所有的參與者都很開心的參加了這次節目。

Wilson and Jackie 是很好的朋友，他們等不及要到那個巨大的兒童遊樂園去玩了，他們爬著，跳著，滑著，追著，爬著，笑著... Jackie 看起來對電腦遊戲很有興趣，一直和他的妹妹跟著牆上屏幕的遊戲玩著。儘管所有的家庭都不同時間來，但到最後還是來齊了。當所有的小孩子都忙著玩的時候，自然是家長們坐下來暢談的時候了。愉快的那個時間總是過的很快，希望下次我能有機會再參加這樣的活動。

by Lisa

Trophy Award For 2012 Chinese New Year Parade

On 29th January 2012, Chinese Parents Association-Children With Disabilities Inc (CPA) took part in the 2012 Chinese New Year Twilight Parade sponsored by City of Sydney. It was the Year of the Dragon, co-incidentally, CPA had been presented with a hand-made dragon model as a gift, named by Sam LI. Our parents and siblings decorated the dragon and CPA banner with lots of colourful flash and beam lights. During the Twilight Parade, CPA team, comprised of our young people with disabilities, parents, siblings and volunteers, performed the "Dragon Dance", along with other participating community teams. Our dragon dance looked very bright, sparkling and it was such a spectacular performance. Everything went according to plan and everyone had a fantastic time. By the waves of applause we received, it proved to be a successful parade.

In April, CPA received an invitation to a Special Function at Town Hall from the City of Sydney. We were notified that we would receive an award in recognition of our contribution in the parade.

On 4th May, President Elly and I attended the reception on behalf of CPA. We met many parade participants from other multicultural community organisations. During the reception, we were proud to be presented a trophy for "Outstanding Achievement" by MP Clover Moore, the Lord Mayor of City of Sydney.

This was a great encouragement to us. We are grateful for the social support we received from the community. Our hard work and effort had been recognised; in addition, we had raised the community awareness towards our young people with disabilities and our families. We look forward to participation in the Chinese New Year Parade in 2013, the Year of the Snake.



傑出獎
悉尼市花車遊行

2012年1月29日，澳洲弱能兒童協康會(協康會)參加了由悉尼市政府主辦的新年花車遊行。為了慶祝龍年，我們會員的父母和兄弟姐妹用豐富多彩的閃光燈裝飾了這條龍和協康會的旗幟。在此次花車遊行中，由殘疾青少年，父母，兄弟姐妹以及自願者組成的協康會小組聯合其他參與此次活動對社區小組共同表演了“龍之舞”。我們的“龍之舞”閃閃發光，非常壯觀。所有的表演都按計劃進行，每一位參與者都度過了愉快的時光。如浪般的掌聲肯定了這次花車表演的成功。

4月，協康會收到了參加在悉尼市政廳舉辦的特別聚會的邀請。悉尼市政府將會為協康會在2012新年花車遊行上作出的特殊貢獻而頒獎。

5月4日，協會主席李羅艷媚和我代表協康會參加了這次聚會並接受了頒獎。我們也遇見了很多參與新年花車遊行的不同組織的會員。在頒獎過程中，我們很自豪的接受了由悉尼市長 Clover Moore頒發的“傑出獎”。

這對我們是很大的鼓舞，我們很感激社區的支持。我們的努力被認可了，而且也提高了社區對殘疾青少年和我們家庭的意識。我們期待參與2013年蛇年的新年花車遊行。

By Mandy Yip

Art Gallery

參觀美術館

By Jonathan
CPA young member



On 14th of July, we visited the art gallery at Art Gallery Road, The Domain. I caught the train and took off at St James Station.

There were Victor Li, Victor Wu, Clement, Barry, Tiffany, Theresa, Nicholas, Joanne, Samson, Leon, Reuben, Stephanie, Soon and myself. The art gallery organised a special tour for us.

We had three groups of ten people each, that we focused on level 3. Each group has two tour guides who were volunteers.

The Yiribana Gallery is dedicated to the permanent display of Aboriginal and Torres Strait Islander art. Many paintings were drawn by the family members when they were young. The artists liked drawing lines in black and white.

The program was followed by an artwork section. We had the opportunity to design our own artwork using colourful paper to tear in different shape and glue on the paper. Check out my artwork below...



媽媽休閒站

S. 在我們教會是大家的寶貝，因著他而有機會參加澳洲弱能兒童協康會的活動，每次看到這些孩子單純、天真的樣子，心中總止不住的歡呼“生命是值得喜悅的”；當然！在這些孩子的背後，任勞任怨的父母真的辛苦了！！當知道有Mum to Mum的餐會時，心想不論有多忙都該去聽聽、看看這幾位“走出來”的“特別”女士們--

進了餐廳只見阿萍迎了上來，每次辦活動見她總是忙上忙下、前後招呼，今天也該是她輕鬆的時刻，她還是習慣性地忙著。因為遲到的關係，匆匆和大家打了招呼，因為比較熟識的媽媽們已經坐滿了一桌，我們沒有選擇地在另一桌安坐下來；一開始，只是禮貌性地和左右問好，但是，由於幾個共同的話題，話匣子立刻被打開來，談烹調、談學校、說你家、說我家、你的曾經、我的曾經。

當有人提出遇到的困難時，立刻有此起彼落的回應，G. 的媽不但有問必答，更自稱為半個顧問，舉凡學校如何申請、有哪些福利、孩子各階段的需求等等，一一交待得非常清楚，並歡迎大家打電話到她家繼續研討，她說：絕對知無不言，最後還笑著感謝大家的聆聽，因為孩子不會溝通，平時就是少了說話的對手，因此大家催促她，不如定期開分享會吧！

正當大家肚腹飽飽、歡樂滿滿之際，有人習慣性的看時間，並彼此眼色交換，這段難得的美好時光該結束了，從每一位Mum的眼神透露：家中有一份甜蜜的負荷正等著她們。

望著大家匆匆的脚步，是的，她們是一群撇開世俗的價值眼光，看待自己不完全的孩子為寶貝的偉大女性!!這一次Mum to Mum的聚餐中，我看到“抉擇”的重要性：“如果人生是條單行道、一條不歸路、你希望路上的風景是什麼？”

惦著你們的人

Mum To Mum

悉尼的初冬，已是有些嚴寒了。本年六月九日就在這個初冬嚴寒的晚上，澳洲弱能協康會（CPA）媽媽休閒站（Mum to Mum）有二十位媽媽們卻充滿溫暖與歡欣之情參加了在Canterbury RSL Club金滿酒樓舉行的聚會，以往的媽媽休閒站，都是在每個月的第一個週四中午進行。這次考慮到一些媽媽們的需要，Mum to Mum第一次將聚會時間改為週六晚上。作為上班族的一員，我有幸第一次參加了媽媽們的聚會。

這天晚上的聚會多姿多采：除了有豐富的晚餐外，還有載歌載舞。晚餐六時半開始，有近十道之美味佳餚陸續送上來。其中有山東雞、黑椒牛柳、椒鹽魷魚、斑片蒸豆腐等菜式。

媽媽們一邊吃一邊傾談，十分開心。大約八時半輕快的音樂就響起了，媽媽們就一起去聽歌，在會長Elly及Miranda的帶領下，阿娟等幾位媽媽們也邁著輕盈的步伐進入舞池。伴隨著歌手的悅耳歌聲和優美的音樂，媽媽們都忘了任何不快，身心都只在享受。而不會跳舞的媽媽們則閒聊講笑，交流生活經驗。耳聽動人音樂，眼見迷人舞姿，口述自認為愜意的事，媽媽們還有什麼能比這種狀態更能放鬆呢！

時間過得很快，一轉眼已到了晚上十時，媽媽們開心地回家了。她們的心靈電池又充滿了一次電而她們也熱烈期待著下一次聚會的來臨。

媽媽休閒站



閒情一夜，媽媽們相聚在 Dynasty

弱能兒童的父母,特別是媽媽,就像終生上緊發條的時鐘、時刻圍著這些孩子轉。這些偉大的母親,並不吝嗇把大部分甚至全部的時間都貢獻給孩子,也並不惋惜沒有為自己留下什麼。協康會特別為媽媽們而設的“媽媽對對碰”,讓這些辛勞媽媽們籍著聚會保留一點屬於她們自己的時間和空間,養精蓄銳。

6月9日星期六夜晚,一群為數約20人的媽媽們相聚在Canterbury League Club內的Dynasty中式餐廳內。室外正是嚴冬之夜,裝璜得古色古香的廳房之內卻十分熱鬧。席上都是同道中人—而且都沒有帶上孩子和家眷,大家都顯得罕有地輕鬆。這些女士們隨意地談論著生活軼事,好不快活,好像又回到了無憂無慮的少女時代。偶而,某些媽媽還是會不自覺地談到孩子的狀況,另一些機警的媽媽便馬上把她們拉回這閒情一夜:“今晚這麼開心,我們不談自閉症。”

不久,豐富的菜式便上桌了,有拼盤、貴妃雞、雜菌時蔬、咕嚕肉、特色炒飯等。也許因為心情的閒適,大家的胃口也特別好,吃得分外香。

晚膳後,有人提議到俱樂部內的歌舞廳內跳舞和唱歌。大家便聯袂而行。該夜的主題恰好是“中國之夜”,甫踏入廳內,大家竟看見舞台上勁度十足的女歌手在唱耳熟能詳的<<夜上海>>,倍感親切。舞池內,舞影婆娑。所有來賓都有“酒不醉人人自自醉”的微醺。對於這群媽媽,她們或許該更深地沉醉下去,這閒情的一夜是她們無休止地照料弱能孩子的一次小憩,好好善用!

By Chloe



金時圖書館演唱會

Campsie Library Singing Performance

On Saturday 16th June 2012 CPA went to perform at Campsie library at about 10.00am. After ice-skating everyone went to Campsie to perform in the library. Some of us were able to find parking in the car park downstairs. We performed 7 songs to the audience. Everyone had to perform quietly as there were people studying.

The first song we performed was "we are the world" where Jonathan & I played the introduction. The second song was a Chinese song called "the moon represents my heart" which Jonathan & I played the introduction and Joanne singing the song. Our next song was "You raise me up" which was sung by Joanne again.



Next was another Chinese song called "As sweet as honey" was also sung by Joanne. Then we played "Proud of you" which Jonathan & I played the introduction then Joanne sang the whole song. After that there was a song played called "Tomorrow will be better" which was sung in Chinese. The last song we performed was an Australian song called "I still call Australia home."

After the performance was over everyone had pizza & soft drinks for lunch. There was also tea & coffee to drink, and even doughnuts. We all had a great time & everyone enjoyed it.

By Andrew Li
CPA young member

July School Holiday Program: A visit to C.A.R.E.S. Centre

The junior group members and parents were eager to attend the Community and Road Education Scheme at Bass Hill. During the Easter Holiday, we were unable to attend this program due to rainfall and windy weather. It was really disappointing! Days before, we had been keeping our fingers crossed, hoping it would be a sunny day on 5 July Thursday! The cloudy and chilly weather did not influence our children's enthusiasm, and they all arrived punctually!

We were received warmly by Constable Amanda and her assistant, Michael. To start with the program, Constable Amanda presented a video about the bicycle riding safety rules to our children. It was encouraging to see our children passed the test of safety signs recognition.

Then, Constable Amanda assigned the bicycle to each participant in accordance to her/his height, size and abilities, and a safety helmet! They lined up on their bikes waiting for their turn, and they rode slowly one after another following the yellow lines on the under-covered playground.

社區道路教育計劃

No sooner, they took their bikes to the open road area and they were riding freely, watching for the traffic light signals, pedestrian crossings and stop signs..... Constable Amanda and Michael also rode along their sides, helping them to understand the rules and caring for them!

Parents were happy and proud to see their children behaving well, following instructions and helping each other. It was a good opportunity for socialisation and motor co-ordination training! Constable Amanda expressed that there has been great improvement in their riding skill each time she met up with them! She said CPA would go to C.A.R.E.S. Centre as many times as we wish!! A big thank- you to Amanda!

As soon as we were leaving the Centre, it started to rain! We took shelter at the nearby McDonald with a warm lunch!

Calmsley Hill Journal

By Barry Mak
CPA Young Member

On 8th of July 2012, I went to Calmsley Hill City Farm with CPA. This is my second time visiting the farm. The first time I visited the farm was in 1999 with my teacher Catherine.

At the entrance there was a big aviary. I saw parrots, galahs and cockatoos. They were very noisy. I went inside the farm. I went to the chicken house. I saw some brown and red chickens, some white chickens, peacocks, turkeys and ducks. The duck laid an egg.

I went to 'Animal Patting', I saw lamb, sheep, ram, goat and rabbit. The rabbits were put in cages. The place smelled bad. I washed my hands many times.

I went to see the 'Working Dog Show'. I saw a lady holding a rake. There were a lot of sheep and two dogs. The dogs were helping the lady. The dogs were very smart and they ran very fast around the sheep. Sometimes the sheep were very naughty. They pushed each other, so the dog bit their legs to pull them apart. Some sheep had very thick wool on them and some sheep had very thin wool on them. Mum said the sheep had a haircut. When the dog show finished, the lady put the two dogs on chairs, and a man came in with a big snake around his neck. The snake was yellow and white in colour. The man let me touch the snake. He told me not to touch the snake's head as it might get angry and bite. The snake was smooth and soft.



Then I went to see the wallabies, wombats and emu. The wombat was hiding in a log. Some wallabies were tanning under the sun and some wallabies were jumping around.

I had my lunch. mm.....mm.....mm.....

After lunch, I went to see the koalas. The two lazy koalas were sitting on the trees. They didn't move. They were sleeping the whole time. They needed a smack on their bums!

While I was waiting for the 'Tractor Ride', I saw a pony, it looked similar to a horse but smaller. Beside there was a donkey and a camel. The camel had two humps on its back. The camel needed a bigger house.

The tractor was ready. I sat on the front row. The man drove us slowly around the meadow, up and down the hill. I saw a black and white cow eating grass. The man said the cow gave us milk. I saw sheep here and there. A baby cow was hiding under his mother's tummy all the time. Maybe the sun was too hot.

When the tractor ride finished, mum drove me home. What a nice day!



Sweet Memories



Book Launch



Book Launch



CBFA Visit



CBFA Visit



CBFA Visit



Campsie Library Performance



Campsie Library Performance



Mum to Mum Activity



Mum to Mum Activity



Mum to Mum Activity



RSAC Performance



RSAC Performance

Sweet Memories



RSAC Performance



C.A.R.E.S. Activity



C.A.R.E.S. Activity



Art Program



Art Program



Art Program



Trophy Award For 2012



At Calmsley Farm

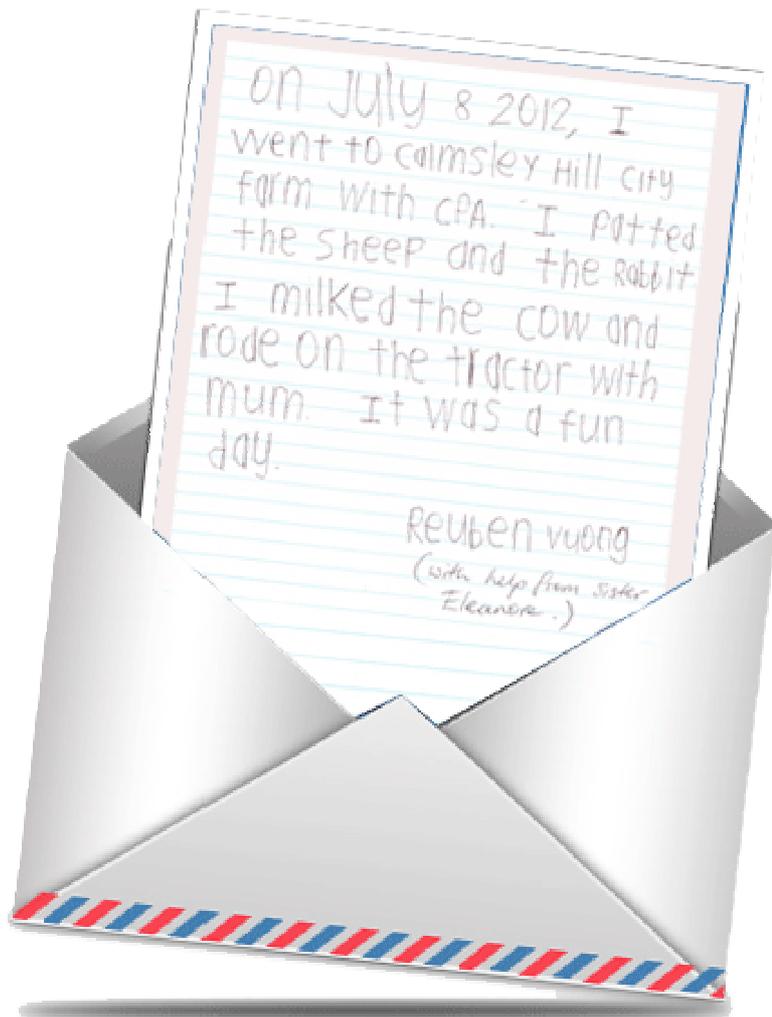


At Calmsley Farm



Farm Activity

Calmsley-Hill-Farm



ACKNOWLEDGEMENT

MAY TO JULY 2012

Donors

Andrew Li
Cham Poon Tang
City of Canterbury Council
DCL Embroidery
Eleanora Vuong
Elena Lau
Jessica Mu
Julie Chan
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Kevin Kong
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Volunteers

Chun Wing Fan
Darby Mu
Dora Li
Jacky Lam
Jacqueline Ho
James Vuong
Karen Yuen
Mario Yuen
Paul Yau
Vincent Yu
William Mak
Winda Mok



It is On:
25th of August
22nd of September
27th of October



August:

| | |
|--------------|--------------|
| Jack Zhou | Jarren Dang |
| Ronnie Cheng | Stephanie Mu |
| Vicky Chan | |

September:

| | |
|-----------------|----------------|
| Andrew Li | Colin Wang |
| Edgar Tan | Henry Yang |
| Kenton Lieu | Laurence Trieu |
| Tyler Griffiths | Yin Soon Tan |

October:

| | |
|------------------|--------------|
| Adam Lee | Chloe Mak |
| Damien Leung | Kenneth Wong |
| Kevin Ka Yin Lee | Raymond Wang |
| | Reuben Vuong |
| | Tiffany Zhou |
| | Yi Fan Gao |

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

名字 Name: _____

姓氏 Family Name: _____

Aug - Oct 2012 Weekend Activities

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at AMF Bowling, George Street North Strathfield | Others at Belmore Senior Citizen Centre, Redman Parade Belmore. (* Ice skating in the school holiday is not funded by CPA)

| | 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 | |
| August 2012 | | | | |
| 4 Aug | Fun to learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Jing Dance School 2:30-3:30 Craft Class 3:30-4:30 | Jing Dance School |
| 11 Aug | Fun to learn Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Arts Class 2:30-4:30 | Irene Mok. |
| 18 Aug | Fun to learn/outing Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Music 2:30-4:30 | Catherine Paix |
| 25 Aug | Fun to learn/cooking Rhythm & Motion | Ice-Skating 8:45 Sailing 10:00 or Bowling 10:15 | Cooking class 2:30-3:30 Music 3:30-4:30 Birthday Party 4:30 | Ernest Chow. |
| 26 Aug (Sun) | Father's Day - Illawarra Day Trip by coach | | | |
| September 2012 | | | | |
| 1 Sept | Fun to learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Arts Class 2:30-4:30 | Irene Mok. |
| 8 Sept | "Open Access Tour" - visit the Art Gallery NSW 10:30 | | | NO afternoon activities |
| 15 Sept | Fun to learn/cooking Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Jing Dance School 2:30-3:30 Music 3:30-4:30 | Jing Dance School Ernest & Catherine |
| 22 Sept | Mid August Celebration lunch at Great Century Restaurant Bankstown | | | |
| 29 Sept | School Holiday Break | Ice-Skating 8:45 * NO Bowling | Vacation Arts Program 2:30-4:30 | Teacher Chen |
| October 2012 | | | | |
| 6 Oct | School Holiday Break | Ice-Skating 8:45 * NO Bowling | Vacation Arts Program 2:30-4:30 | Irene Mok. |
| 13 Oct | Fun to learn/art & craft Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Music 2:30-4:30 | Catherine Paix |
| 20 Oct | Fun to learn Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Jing Dance School 2:30-3:30 Craft Class 3:30-4:30 | Jing Dance School |
| 27 Oct | Fun to learn/cooking Rhythm & Motion | Ice-Skating 8:45 Bowling 10:15 | Cooking class 2:30-3:30 Music 3:30-4:30 Birthday Party 4:30 | Ernest Chow. |
| The above programs may be changed without prior notice due to unforeseen reasons. | | | | |

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