

Chinese Parents Association-Children With Disabilities Inc

澳洲弱能兒童協康會



CPA NewsLetter 協康會 會訊

NOVEMBER 2012 Issue

二零一二年十一月版

Congratulation : Carers Awards

**Into 2013: CPA 25th Anniversary
Launch of CPA 2013 Calendar**

Merry Christmas

Upcoming Events:

- ◆ **Milson Island Family Camp**
- ◆ **Christmas Party at Maxims**
- ◆ **Raffle Tickets**
- ◆ **CPA AGM**
- ◆ **Chinese New Year Twilight Parade**



CPA NewsLetter Nov 2012 Issue
協康會 會訊 二零壹二年十一月 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。

會長通訊

親愛的會員，

你們好! 時光飛逝，轉眼間又到二零一二年年終。回顧過去數月，協康會如以往的忙碌，為會員家庭及孩子們舉辦了很多不同種類的活動。

參觀 Calmsley Hill City Farm，令孩子更親近他們喜愛的動物，體驗乘坐古老的拖拉機拉動的觀景車樂趣及大家一起暢敘享用午餐等。

感謝 Miranda 為協康會精心安排慶祝父親節臥龍岡一天巴士遊的豐富的行程，使我們能在 Bald Hill 遠觀美麗的海灘景色，在沿海大橋雨林漫步和觀看噴水洞等奇景。晚上更到 Builders Club 享受豐富自助晚餐，參與者都費盡歡忘返！

協康會中秋節午餐是在大唐酒樓舉辦。參與的成員更得到盧太特意送出精美餅食及恒暉送贈的美味月餅，各人都非常喜悅。我深深體會到各委員每次活動都非常忙碌地參與，發揮到團體合作和互助的精神。

今年每一個學校假期，協康會都舉辦了「假期美術課程」，鼓勵和協助孩子們發展美術技能，他們的成績，使我們喜出望外。因此，為表揚孩子們的努力學習精神，今年協康會將編印一個精美的 2013 年曆，每頁的插圖都是孩子的原創，顯示出他們的創作思維，想像力和情緒表達等，著色豐富和斑斕，希望你們能欣賞接受。

2013 年是協康會成立了 25 週年的紀念年，協康會籌備了一連串的活動與會員及社區分享，共同見證協康會多年努力的成果。這是本年的最後一期會訊，亦附上暑期及 2013 年初的活動表，希望你們能抽空參與。在此，本人對各委員無私的奉獻及盡心盡力，令每次活動都非常成功，衷心感謝！願大家攜手合作，邁向 2013 年！

會長
李羅艷媚

A Message from CPA President

Dear Members,

Time flies swiftly and we are approaching towards the end of year 2012.

During the past months, CPA had organised a number of outdoor activities that were most memorable.

We had visited the Calmsley Hill City Farm where our children were able to feed the animals and ride on the tractor.

Thanks to Miranda for arranging the exciting trip to Wollongong where we had the Father's Day celebration. We visited the famous "Blow Hole" and the Bald Hill Beaches.

Mid-Autumn celebration was another joyous event which took place at Great Century Restaurant at Bankstown. I am grateful for the assistance from all the volunteers and the Management Committee members for their participation.

Every school term in 2012, CPA held "Art Program" for our young members offering an opportunity to develop their skills and interest in art and craft work. The result

was most satisfactory. Their art work will be printed in "CPA 2013 Calendar", displaying their imagination, creativity and potential in art and craft. I hope you will all like it.

This is the last issue of CPA NewsLetter in 2012. It has been a fruitful year with a variety of programs to suit all members of the Association. I would like to send my thankfulness to all those who have offered help to us during Year 2012, especially the members of CPA Management Committee. With their active participation and assistance, CPA was able to deliver our best quality service.

CPA is stepping into her 25th year of community service. There will be a list of activities and program scheduled for the celebration of CPA 25th Anniversary!! The continuous support from our members and the community are most valuable to us!

We are looking forward to another exciting Year of 2013!

Elly Li

NOTICE TO MEMBERS Annual General Meeting

週年會員大會
2012-2013

Chinese Parents Association-Children with Disabilities Inc ABN 63 938 108 704
Members are advised that the Annual General Meeting 2012-2013 of members
Will be held at Maxims Wedding Reception
At 11 Cross Street, Bankstown
On 16 December 2012 Sunday, commencing at 12 noon.

Congratulation!

To: Ping Mu : NSW Carers Award
Maria Lee: Local Carers Award (Auburn)

照顧弱能女兒愛心無限 香港移民母親獲頒關顧者獎

(報導攝影: 葉子榮)

節錄自16/10/2012澳洲新報

紐省政府昨天宣佈2012年度關顧者獎項，以及「高度讚揚」(Highly Commended) 關顧者獎項，其中一名獲獎者是華裔關顧媽媽繆桂萍。

紐省高齡及殘疾服務廳配合本星期的關顧者週，即10月14日至20日，於昨日在紐省會議大樓內舉辦頒獎儀式，表揚社區關顧者組織和個別人士。

本年度關顧者獎項，是由媽媽Maria Heaton獲得，Heaton有一名16歲殘疾弱能兒子，他自出生便患有罕見腦部疾病，導致其生理和智商出現殘疾。

除了年度獎項，高齡及殘疾服務廳長康斯坦在儀式上，也頒發高度讚揚獎項，給各地區的關顧組織與個人，香港移民繆桂萍是獲獎人之一。

繆桂萍的女兒Stephanie患有中度弱能及生理殘疾，在說話和協調上也面對困難，無法自己照顧自己，而繆桂萍關顧女兒已超過20年。

繆桂萍接受本報訪問時說，其實弱能兒童和其他兒童一樣，都有他們可愛和善良的一顆心，希望家長們不要戴有色眼鏡，去看待弱能兒童。

繆桂萍指出，雖然女兒Stephanie無法很好表達自己，不過她很喜歡聽童話故事，尤其是白雪公主和灰姑娘，也很喜歡玩拼圖遊戲。

她表示Stephanie有善良的心，有時候帶她到外面購物時，看到別人有東西掉在地上，Stephanie會主動幫人撿起東西。

她指出照顧一名弱能兒童需要有更多的愛心、耐心、細心、小心和觀察，希望其他家長給更多機會弱能兒童，花多一點時間去瞭解他們，不要戴上有色眼鏡。

繆桂萍也是澳洲弱能兒童協康會(CPA)的前任會長，這個協康會在1988年成立，當時會名是華裔弱智及傷殘子女家長會，並由一群有弱能子女的華裔家長所組成，目前有多達200名家長會員。

另一方面，康斯坦廳長在頒獎儀式上表示，澳洲全國的關顧者在一年付出13.2億個小時照顧其他人，為國家經濟節省超過400億元。

他指出僅僅在紐省的關顧者人數，就估計有高達85萬人，而今年是第20屆關顧者，其主題是「Be Care Aware」。

紐省政府也設立了一個新網站，向年輕關顧者提供更好的幫助，確保他們在照顧別人之餘，也能活在休閒上得到平衡，該網站是www.youngcarers.com.au





但願'協康'久，千裡共嬋娟 記"澳洲弱能兒童協康會"中秋慶祝會

By Chloe

2012年9月22日中午，"澳洲弱能兒童協康會"假座賓士鎮大唐酒樓舉行中秋節慶祝會，歡聲笑語、歌聲繞樑為此處留下了一縷縷的餘韻。

當天出席慶典的人士包括主要贊助人 Virginia Lo 盧太、義工顧問范鎮榮先生、一班弱能兒童和青少年及其家長，此外，還有一位特別嘉賓，她是在悉尼大學攻讀 Disability & Community Faculty Research 的博士學位研究員 Rebecca Barton，她正以"協康會"為研究對象進行一個項目。盧太和 Rebecca 分別發表簡短的演講，她們不約而同地對"協康會"在社區中的貢獻表示贊賞，這些貢獻包括對弱能人士所提供的協助和為照顧者安排的各種交流平台。

近年來，"協康會"的青年樂隊早已成為了不少主流社區活動中必獲邀請的表演團隊；在這屬於自己慶祝活動中，他們自然是台上的主角。為了應襯中秋佳節，他們特別演唱了一曲《月亮代表我的心》。佳餚當前，配以美樂，大家都倍覺享受，家長們目睹台上孩子們的精采表演，更是深感欣慰。

不久，牽動人心的贈送禮物和抽獎時段又到了。禮物和獎品都人人有份、永不落空。孩子們次遞地走上台上領獎、歡天喜地地拎著獎品下台，歡樂的氣氛達至了高潮。大會別出心裁的安排不得不叫人佩服。

中秋節代表華人對團圓的期盼，也表達了世人對完美的追求。假如生命好比月亮，那麼有些人的一生都不會出現月滿的中秋節。生命的月缺，讓弱能人士的家庭更能體味出"人有悲歡離合"的哀樂、也更能坦然地對待"月有陰晴圓缺"的無常。佳節之際，我們衷心"但願'協康'久，千裡共嬋娟"，希望政府和社區伸出更多援助之手，讓特殊需要的孩子們也可達到生命的月圓。



2012 Christmas Party 聖誕聯歡會

Date 日期: 16/12/2012 Sunday 星期日

Time 時間: 11:00 am – 2:30 pm

Venue 地點: Maxims Wedding Reception 美心大酒樓
11 Cross Street,
Bankstown



CPA Christmas Raffle 2012

Fundraising for activities 2013

Great Prizes!

- 1st Klein International (佳源純水) \$500 Voucher + \$300 Coles Myer Card (Maria Jones)
- 2nd One "New iPad with Wifi 16G" (Andrew Li)
- 3rd One \$300 Coles Myer Gift Card (Maria Jones)
- 4th One Samsung SPD-86H Digital Photo Frame (Multipower Office Direct)
- 5th One EXTE Lady Watch (Jacqueline S W Ho)
- 6th One pair of Blumarine Lady Sun Glasses (Sylvia Tinyow)
- 7th One Breville Control Grip (Breville)
- 8th One \$100 Coles Myer Gift Card (Mandarin Kitchen)
- 9th-10th One Jane's Kitchen voucher (梁珍記飯店) 餐券 valued at \$100
- 11th One Hurstville Chinese Restaurant voucher (華英小廚) 餐券 valued at \$100
- 12th-13th Five cans of Top Shell Meat (Dadeehong 大地行)
- 14th-15th One Dixon Travel 德信旅遊 Day Trip Voucher \$39 + \$20 Coles Myer Gift Card
- 16th-20th Massage: 6 visits (Klein International 佳源純水)
- 21st -24th One Ettason P/L 林和成 Gift Pack + Dixon Restaurant (京唐酒家) 精華素 2 瓶 Nanosome Gold Serum

\$ 5 each!

DRAWN: Sunday 16 December 2012
Winners will be notified. Results published on Singtao Daily on Thurs 20 December 2012 &
CPA Website: www.chineseparents.org.au

Into 2013: CPA 25th Anniversary Launch of “CPA 2013 Calendar”

To celebrate CPA 25th Anniversary, CPA has printed the “CPA 2013 Calendar” for our members and the community as a memorabilia. It is the collection of the artwork of our young members who had attended the Art Program during the four school term holidays in 2012.

We are proud of their hard work, concentration, imagination and creativity. With the encouragement and support from the teachers, parents and volunteers, they were displaying and developing gradually their appropriate skills, potentials and talents in art and craft!

二零一三年是澳洲弱能兒童協康會成立二十五週年的紀念年，協康會將會舉行一連串的活動，以示慶祝。在今年的學校假期裏，協康會舉辦了數個美術課程，教授青年會員繪畫知識，技巧；鼓勵他們發揮創作力，想像力和表達能力。他們制作了很多美麗的圖畫。



協康會第一個「二十五週年」的紀念刊物是〔協康會2013年曆〕。所用的繪畫都是年青會員的原創，著色斑斕活潑，印刷精美。這也成就了協康會的心願：發展孩子們的潛能。希望你們欣賞接受，給我們支持及鼓勵。

Enquiries查詢: 9784 8120 Tues & Thurs 10am – 3pm / 0406 233 222 Mandy

Milson Island Sport and Recreation Camp

Hawkesbury River Via Brooklyn

Friday 23rd – Sunday 25th November 2012



Activities: Bush walking, canoeing, archery, bike safety, swimming...

活動項目：行山、獨木舟、射箭、單車安全、游泳……

Enquiries查詢: 9784 8120 Tues & Thurs 10am – 3pm / 0406 233 222 Mandy

UP COMING EVENTS 節目預告



Women Health Seminar—8 Nov 2012 Thursday
Every 2nd Thursday of the month

Mum to Mum—Healthy Exercise
15 Nov 2012 Thursday



Milson Island Family Camp 23—25 Nov (Friday—Sunday)

Dad to Dad—Badminton
in November at Bankstown Sports Stadium



VARIETY Christmas Party - 4 Dec 2012

Sydney Special Children Christmas Party—12 Dec 2012



AGM/Christmas Celebration at Maxims—16 Dec 2012

Movie Time in Jan 2013



Sailing at Kogarah Bay 12 & 26 January 2013

Dancing Lesson 12 & 19 Jan 2013
To Be Announced 節目待告



Chinese New Year Celebration —Twilight Parade at Sydney

Regular Weekend Activities

Junior Group 兒童組

Fun to Learn! Independent Living Skills!

導師 Instructor: Melissa Cox



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 sponsored by Canterbury ClubNSW
Bulldog Leagues Club

Rhythm & Motion

By Christine

唱遊活動



Date: Saturdays 星期六

Time: 3.30pm — 4.30 pm

Venue: Belmore Youth Centre
38 Redman Pde, Belmore

Kindly sponsored by Canterbury ClubNSW
Bulldog Leagues Club

Community Outdoor Activities



Date: Saturdays

星期六

Time: 2:00:00pm

Or

School Holidays

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 青年組

Ice Skating

日期: 星期六 Saturday

時間: 8.45am to 9.45am

地點: Canterbury Olympic Ice Rink
Phillips St, Canterbury, NSW.



Kindly sponsored by:
Bankstown City Council

Youth Art Program



時間: 星期六舉行

下午 3:30pm 至 4:30pm

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

Kindly sponsored by ACCF 華人公益金

Music Lessons

時間: 星期六舉行

下午 2:30pm 至 3:30pm

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



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

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

Photo Gallery



ART CLASS



BOWLING



BOWLING



C.A.R.E.S.



C.A.R.E.S.



FATHER'S DAY TRIP



FATHER'S DAY TRIP



FATHER'S DAY TRIP



FATHER'S DAY TRIP

Photo Gallery



REPRESENTATION AT CANTERBURY CITY COUNCIL



MUM TO MUM



MUM TO MUM



LINE DANCE



LINE DANCE



MUSIC THERAPY



MUSIC THERAPY



WHS



DAD TO DAD

A Visit to the Art Gallery of NSW

8 September 2012



On Saturday 8th September CPA went to visit the Art Gallery of New South Wales at the Domain. Some of us waited outside the entrance of the Art Gallery at 10.00am until the others arrived. We got split into four groups & got shown around the gallery by a staff member. While we got shown around the art gallery we saw different artworks by different artists.

We all got told about how the artworks got created & looked at each one of them to see how they were. Most of the artworks were really expensive so we had to be careful not to make them dirty.

BY

Andrew Li
CPA Young Member

Each group kept going to see all the different artworks in the art gallery. After we saw all the artworks we went to the table to make different types of artworks. After the artworks were made we had a group photo. When we left the gallery we went to have lunch at Glasgow Arms Hotel where everyone ordered meals.

In the end we went to have an art program in Ultimo Community Centre where we coloured in the 2013 calendar to make it look nice.



An email from the Art Gallery of NSW:

Access workshop for Chinese children

"We were delighted to have such a wonderful team of volunteers who are very patient in explaining the art work, and the interaction with our children is just fantastic. Parents were surprised to see how their children respond to the questions asked. The format of the tour really suits our group. Great day, great experience!"

Miranda Vuong, Vice President, CPA.

Fifty parents and children from the group Chinese Parents Association—Children with Disabilities (CPA) Inc enjoyed a workshop in July with the Community Ambassadors under the guidance of public programs staff Danielle Gullotta and Dr Lim Chye Hong. This workshop was designed to engage the children and Parents with selected artworks through close observation, discussion, open-ended questions, role-play and the use of sensory materials.

The children were then given the opportunity to respond by making their own artworks. This workshop was so successful that the group plans a return visit to the Gallery on 8 September 2012 for the Lord Mayor's Community Access Day in association with the 18th Biennale of Sydney.

Access Programs at the Gallery are provided for children and adults who are hearing or vision impaired or who have an intellectual disability.

CPA Illawarra trip

Our one day trip to the South Coast began with a sunny lookout from Stanwell Park. The beautiful beach, the horizon line and dots of houses meant we were all trying to take our perfect shot . We then visited the Sea Cliff Bridge which was built 'out on top of the sea' and so you could spot it very distinctively from afar. We took a stroll on the bridge and the lines and lines of Marriage Locks took away everyone's attention. Couples engraved their names on a pad lock locked on the bridge. It was an enjoyable scenic walk as the water reflected nice shades of blue and green.

Next stop was the Minnamurra Rainforest Centre. We had lunch and then meandered through the rainforest. After an hour or so of walking uphill and crossing bridges, we arrived at the waterfalls. We took plenty of photos and then walked back (fortunately, it was downhill!). Of course, we took a group photo outside the rainforest centre in order to mark our accomplishment!

After some exercise, we rewarded ourselves with some shopping at Jamberoo Markets. Although there was only one stall left, a few of us purchased jewellery at bargain prices!

After that, we watched the Kiama Blowhole and the Little Blowhole surge into action. It was a great photo opportunity as the water formed small rainbows.

Soon enough, everyone was hungry and we entered Star Buffet. It was one of the buffet restaurants with unbelievably large varieties of food! After our numerous entrees, mains and desserts, we carried our food-filled stomach home. A day where we visited beautiful landmarks, shopped and ate delicious food can never go wrong!



By

Samuel Poon
CPA Young Member

Junior Group Sep-Holiday Program

During the September 2012 School term Holidays, CPA had organised two holiday programs especially for our junior members: Community and Road Education Scheme (C.A.R.E.S.) and the Weekend Ten Pin Bowling.

The "Community and Road Education Scheme" was held on 27 September 2012 Thursday morning at Bass Hill. The weather was just nice and sunny. Most of our members arrived punctually at 10 am, they were well received by Constable Amanda and her assistant Michael.



To begin with, the children had to watch a video presenting the importance of putting on the appropriate helmet, and the correct way of putting it on. Then they were assigned with the bicycles that best suite them. It was encouraging to see they the children had learned the rules and followed the instruction accordingly. They lined up neatly before commencing their practice.

It is one of the aims of this program: to teach the children to learn to abide by the rules, and the parents had witnessed this very satisfactory outcome.

CPA organised the Ten Pin Bowling at the AMF Bowling Centre at North Strathfield on 29 September 2012 Saturday afternoon.

Once again, all the participants arrived on time for the sport. We had booked two lanes for the players. Our children enjoyed throwing the ball with the aid of the bowling ramp. Their eyes were wide opened at seeing the pins bowled down by their balls. It was another good lesson for them as they had learned to take turns by looking at the names appeared on the billboard screen. It was a relaxing afternoon for the parents as well. The day finished with a simple snack of wedges from the Centre.

We are planning some more educational programs in the upcoming school holidays.

在本年度九月的學校假期中，協康會為兒童組安排了兩項假期活動: 社區道路安全計劃和週六保齡球。

社區道路安全計劃的中心地址是在Bass Hill。舉行日期是九月二十七日上午。各參加者都準時到達。當天早上畧有寒風。其後，太陽出來了，溫暖的陽光，使人感到非常舒懷。孩子們首先要觀看一節錄像課，學習如何選擇適合的頭盔和注意扣戴安全頭盔的要訣。接着Constable Amanda 為孩子們選擇了合身的腳踏車，讓孩子們集合列隊，靜待號令出車。

看見到孩子們學懂了耐心聽從指引，我們都感到高興，這正是此一活動的其中一個目標。

在九月二十九日下午，兒童組在North Strathfield 的AMF保齡球館準時集合，開始了保齡球活動。各人分成二組，在二條球道進行拋球活動。我們借用了二座保齡滑球架，幫助孩子發球。看到瓶子被保齡球推倒，孩子們都十分開心。這個活動亦讓孩子們學習到耐心等待自己的活動次序，依次輪流發球。爸媽們也能享受一個輕鬆的下午。

我們期待下一次的開心假期活動！

Holiday Fun

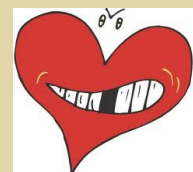
My school holiday (term 3)

On 27th September, the CPA playgroup and I went to Bass Hill for bike riding. When we got there, the playground was very big. There were roundabouts, traffic lights and zebra crossings for kids to learn road safety.

There was a police constable there to show us the DVD about road safety. Then she taught us how to wear a helmet. After that we followed her to ride the bikes. When we turn left, I put my left hand out to signal turn to the left. I stopped at the stop sign and the red light. I gave way at the roundabout. It was like a real road except no cars were passing, but we had to always follow the rules. I rode the bike for 1 hour. Then we went to MacDonald's for lunch. I had a great day.

My mum drafted it, my dad corrected it, I typed it.

Robbie Leong 2 10 2012



WOMEN HEALTH SEMINAR

澳洲弱能兒童協康會之婦女健康講座轉眼間已踏入第五個年頭。當八月九日婦女健康講座四週年紀念時，我們選擇了到韓式自助餐吃午飯。當天一行二十多人浩浩蕩蕩的到了聚會地點，大家還搶著跟何醫師拍照留念。韓式自助餐有多款美食，如炸蕃薯、涼粉及凍薰蹄等。

這個講座每月只有一次，但人數卻不斷增加，當中不單有年青及年長的婦女，更有男士出席，每次都座無虛設。在這四年裏，大家建立了深厚的友誼，偶爾也會相約茶聚，如最近一次一個學員的爸爸九十多歲大壽，我們十多人到他府上慶祝，每人各帶一道美食。那天主人家特別親自為我們泡製了自家種植的桑子水，一聞就想喝下整瓶，還有那味即摘的清炒芥菜，只要嚼一口，頓覺心曠神怡，好像來到一個清幽的世界，叫我邊吃邊讚不絕口。

不得不講，從何醫師的講座裏，我們學到了不少的健康常識與知識，偶爾也做一些健康體操，如用一條較厚而有彈性的褲子，將褲頭位置放在背後，二條褲管橫跨腋下，褲腳在後頸枕位置打結，這樣做可以防止寒背，也可將背肌的膏肓位置的穴位關閉，不致洩氣，這個動作平常在家也可試做。

何醫師曾提議我們結束講座，但每位學員都執著地堅持延續下去，因為我們相信健康是無價之寶，而且何醫師不厭其煩的教導，也是我們所喜愛及欣賞的，往後的日子，只好繼續辛苦何醫師了。



By

Winnie Yeung

Dad-To-Dad 爸爸對對碰 之 「營養與自閉症之關係」

At the Dad to Dad program on Saturday 22nd October, we had 37 people listening to Dr. James Chin's talk on relation of nutrition on autism. We saw results of many researches on this subject on his slides. An alarming puzzle Dr Chin mentioned that autistic brain grows bigger than normal brain because there are more nerves in autistic brain that affects behaviour was actually shown in TCN 9's 60minutes program on the following Sunday.

He mentioned an alarming statistics – one in 100 births was born with autism here while three in 100 births in China had autism.

The following is the extract of the synopsis of his talk sent to me by Dr. Chin

“..... The evidence for mercury from thiomersal vaccines is not proven. However, mothers consuming mercury contaminated foods, particularly fish, can readily pass on the heavy metal to the foetus. Environmental mercury is a serious problem as is polychlorinated biphenyls and paraben. All these are endocrine disruptors

One hormone in particular – cortisol, the primary agent responsible for stress, can severely damage brain development in the foetus. It is important that pregnant mothers avoid stressors as much as possible. Even cravings for licorice during pregnancy can trigger untoward outcomes. Licorice contains cortisol analogues that mimic the action of the stress hormone

..... Stressed mothers should take care to supplement their nutrition with vitamins, micronutrients and antioxidants to ensure that their cells have the capacity to function optimally when adversely affected by environmental and dietary toxins. The use of essential amino acid supplements can have rapid and profound effects in improving the symptomology of children with ASD.”

We were told that good nutrition improves the growth of brain and especially it is important for child under six when brain developed most of its functions.

Reported by Vincent Yu

Disclaimer: Any views or information expressed in the article are those of the individual author, they do not reflect the views Chinese Parents Association—Children with Disabilities Inc

在 10 月 22 日（星期六）的「爸爸對對碰」座談會上有 37 人出席陳宇秋博士的「營養與自閉症之關係」的講座。我們從幻燈片中看到了許多研究的結果。陳博士提到，自閉症人士的腦部因為有更多的神經組織，所以發育會比正常人士的更快。

他又提到了一個令人震驚的統計數字，在澳洲自閉症嬰兒的比例是 100:1 而在中國是 100:3。

以下是陳博士的談話概要.....

「...thiomersal 疫苗還沒有得到證實。然而，準媽媽吃了水銀污染的食物，特別是魚，可以很容易地傳遞重金屬給胎兒的。水銀污染環境是一個嚴重的問題。這些都是內分泌的干擾物.....

特別是激素—皮質醇，主要負責處理壓力，可能會嚴重損害胎兒的大腦發育。重要的是，懷孕婦女應盡可能避免壓力，甘草對懷孕婦女也可能會產生不良的後果.....

.....壓力狀態下的母親應注意補充營養，維生素，微量營養素和抗氧化劑，可保它們的細胞有能力以最佳方式運行，不受不利的環境和飲食的毒素影響。氨基酸補充劑的使用有助改善自閉症兒童的症狀。」

我們獲悉，良好的營養能促進大腦的增長，尤其重要的是對未滿六歲的孩子，有助大腦發展大部分的功能。

Community Participation Report

During September to October, CPA has supported the community by participating in various festival programs. We have not only raised the awareness in the community towards our services, we also encouraged our members to more participation in the community. Our "CPAKidz" Band had presented their singing performances at the following events.

Bankstown Children's Festival 15th September 2012:

It is "CPA Kidz" Band's first time performing in this event. Bankstown Children's Festival is a day of celebration to experience different cultural traditions, costumes, dances, performances, songs, lion dancing, drumming workshops and share traditional and delicious foods with one another.

Canterbury Children's Festival 27th October 2012

Following the success of performance last year at the Festival, this year, CPA Kidz again joined in the community participation in Canterbury Area. After numerous time of practice and rehearsal, our children had been presenting the performance with confidence and in their excellent forms.

Granny Smith Festival-City of Ryde 20th October 2012:

To share the joy of this festival, it was the second time that CPAKidz showcasing their singing in front of the large audience at City of Ryde. The annual Granny Smith Festival celebrates the life and legacy of one of our district's most famous citizens, Maria Ann Smith - aka Granny Smith - who, back in 1868, 'accidentally' grew the first batch of little green apples that bear her name and are now grown all over the world.

The Granny Smith Festival began in 1985 and is now regarded as one of Sydney's largest street festivals, a true community carnival, full of colour and good old fashioned fun.

By Mandy

協康會青少年音樂組 "CPA Kidz" 在這一學期裏，都積極參與一系列的社區活動，增廣見聞，融入社羣，建立和諧社會。在這些社區節日慶典中，孩子們都充滿信心和合作精神，為觀眾們演奏獻唱了多首悅耳的樂曲，獲得不少讚賞，鼓勵和支持。他們參與演出的市政府舉辦的活動有：

- ◆ Bankstown Children's Festival
15th September 2012
- ◆ Granny Smith Festival-City of Ryde
20th October 2012
- ◆ Canterbury Children's Festival
27th October 2012



Granny Smith Festival 2012



Canterbury Children Festival 2012

ACKNOWLEDGEMENT

August to October 20, 2012

Donors

Barnabas Chow
Dora Li
Virginia Lo
James Vuong
Jie Yu Chen
Johnny Li
So Yin Chong
Heng Fai Trading Co P/L
Winnie Lai

Volunteers

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

★ HAPPY ★
BIRTHDAY!

Boys & Girls !!!

November

Livana Li
Bowman Yu
Sean K M Lo
Ben Zhou
Kimberly Zhou
Kevin Li
Lawrence Li

December

Samuel Siu
Louisa Tong
Timothy Yau
Samson Yuen
Edward Wang
Dale Wang
Jackie Li
Stanley Tong
Jimmy Kong

January

Chris Lin
Barry Mak
Jonathan Lee
Tiffany Tan
Karen Chen
Kerry Liu
Thuman Ha
Teresa Wong
Wong Yin Wah



November 2012 – January 2013 Saturday 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	
November 2012				
3 Nov	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Arts Class 2:30-4:30	Irene M.
10 Nov	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 Nov	World Festival of Magic – Sydney Convention & Exhibition Centre (Lions Club of Bondi Inc)			
17 Nov	Fun to Learn/cooking Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15 or Sailing 10:00	Music 2:30-4:30 Birthday Party 4:30	Catherine Paix
24 Nov	Milson Island Sport Recreation Camp 23-25 Nov			No Activities
December 2012				
1 Dec	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15 or Sailing 10:00	Jing Dance School 2:30-3:30 Music 3:30-4:30	Jing Dance School Ernest
4 Dec	Variety Christmas Party – Sydney Convention & exhibition Centre			
8 Dec	Fun to Learn/Art & Craft Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15 or Sailing 10:00	Craft Class 2:30-4:30	Irene M.
12 Dec	Sydney Special Children Christmas Party 0-12 years old (Wednesday)			
15 Dec	Cooking /Birthday Party (optional)	Ice-Skating 8:45 Bowling 10:15 or Sailing 10:00	Music 2:30 – 4:30 Birthday Party 4:30	Catherine Paix
15 Dec	Magic Mania – Sydney Olympic Park State Sport Centre			
16 Dec	CPA AGM / Christmas Party at Maxims			
22 Dec	School Holiday Break			
23 Dec	Children’s Pantomime Show – Parramatta League Club			
29 Dec	School Holiday Break			
January 2013				
5 Jan	School Holiday Break			
12 Jan	A4D	Sailing 10:00-2:00	A4D - Dance	
19 Jan	A4D		A4D - Dance	
26 Jan		Sailing 10:00-2:00		
The above programs may be changed without prior notice due to unforeseen reasons.				

*Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street North Strathfield
Sailing at Kogarah Bay Sailing Club Princes Hwy Kogarah Bay | Others at Belmore Senior Citizen Centre, Redman Parade Belmore*

* Ice skating & Sailing in the school holiday is not funded by CPA

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