



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

CPA NewsLetter 協康會 會訊

FEB 2018 ISSUE / 二零一八年二月版

2018

HAPPY NEW YEAR

Up Coming Events:

- ◆ Dragon Boat Races
- ◆ Celebration of Chinese New Year
- ◆ Workshops About Recycling
- ◆ Family Picnic
- ◆ Educational Workshop

Community Reports:

- ◆ BEAM Project Report
- ◆ Christmas Celebration Report



Website 網址: www.chineseparents.org.au,
Email Address: admin@chineseparents.org.au



CPA Newsletter FEB 2018 Issue
協康會 會訊 二零一八年二月號

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

Office Address 辦事處:

Shop 11 (Lot 33),
20-22 Anglo Road, Campsie, 2194

Post Address 郵址:

PO Box 345
Campsie NSW 2194

Office Hours 辦公時間:

Tues & Thurs 週二及週四
10am—3pm 十時至三時

Phone 電話: (02) 9789 1315

Mobile 手機: 0406 233 222

Email 電郵:

admin@chineseparents.org.au

Websites 網址:

www.chineseparents.org.au

ABN: 63 938 108 704

DGR : 900 487 253

Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organizations. 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。



澳洲弱能兒童協康會

Chinese Parents Association—
Children With Disabilities Inc

Dear Members,

Chinese Parents Association—Children With Disabilities Incorporated (CPA) is pleased to announce the relocation and expansion of our organisation.

Our new office is now open at:

Address: Shop 11, 20-22 Anglo Road,
Campsie NSW 2194.

Phone: (02) 9789 1315

Mobile: 0406 233 222

CPA has been providing services to children with disabilities and their families for more than 30 years. We are committed to provide more expert services in the future.

澳洲弱能兒童協康會 (CPA) 非常感謝所有成員和社區的長期支持，協康會不斷的發展，已在2017年12月19日搬遷至新地址。新地址環境優雅、設施齊全，更便於協康會以後提供更多的優質服務。

新辦公室現已開放，詳情如下：

地址： Shop 11, 20-22 Anglo Road ,
Campsie NSW 2194

電話： (02) 9789 1315

手機： 0406 233 222

協康會已經為弱能兒童及其家庭提供服務超過30年。我們承諾在未來提供更多服務選擇。

CPA Management Committee
Chinese Parents Association—Children with
Disabilities Inc.

New CPA Committee 2018

現屆管理委員會名單



Hon President 名譽會長 :

The Hon. Dr Helen Sham-Ho OAM 沈慧霞博士

President 會長 :	Miranda Chau	周潤梅女士
Vice President 副會長 :	Mrs Ivy Lau	劉陳愛虹女士
	Mrs Sylvia Tinyow	陳劉秀蓉女士
Treasurer 財政 :	Ms Maria Lee	阮李麗萍女士
Vice Treasurer 副財政 :	Mrs Aileen Pang	
Secretary 秘書 :	Dr Jennifer Chan	陳素娟博士
Program Co-ordinator 活動策劃 :	Ms Elena Lau	容劉敏兒女士
Committee Members 常務委員 :	Dr Jeff Li	李雲信博士
	Mrs Ping Mu	繆桂萍女士
	Mr William Wu	吳光偉先生
	Mrs Elly Li	李羅艷媚女士

Professional Advisors 專業事務顧問 :

Mr Peter Wong	王友國先生
Mr Fan Chun Wing	范鎮榮先生

Community Service Workers 社區服務員 :

Ms Eugenia Liang	梁玉華小姐
Mrs Lilian Tse	謝潔儀女士

Program Instructors 活動課程導師 :

Art Teachers:	Irene Mok, Nick Baldas
Junior Group Teachers:	Jackie Chan
Music Therapist:	Christine Morson
Dance Teacher:	Elizabeth Ramsay
Computer Teacher:	David Luo

NEW YEAR, NEW INITIATIVES:

MESSAGE FROM THE PRESIDENT

Dear members

Happy New Year to all of you! As we started 2018, I extend New Year's greetings from CPA to all the members. How did you spend your New Year's holiday? I enjoyed a relaxing break with my family and feel physically and mentally refreshed.



I'm proud and humbled to have recently been elected to serve the 6th consecutive year as president of this amazing organisation. Started by a group of forward-thinking committee members in 1988, CPA has steadily grown in membership and influence over the years, and now serves its 30th anniversary. I like to extend a special thank you to my team, Vice Presidents: Sylvia Tinyow, Ivy Lau, Treasurer: Maria Lee, Vice Treasurer: Aileen Pang, Secretary: Dr Jennifer Chan, Program Co-ordinator: Elena Lau, Committee Members: Elly Li, Ping Mui, Dr Jeff Li, William Wu, our Community Service Worker: Lilian Tse, Eugenia Liang, and our volunteers in the office and classes. They are inspiring, and tireless members who keep this well-oiled machine running day in and day out throughout the year. I am grateful to work with such a great team and am excited to see where we will take the Chapter in 2018.

Welcome to 2018, another year sure to feature exciting changes in how we support our members as CPA became NDIS service provider. From February, CPA will gradually introduce some new classes Monday to Friday afternoon at our new office. These classes include: Computer Skills, Shopping & Money Skills/Life Skills and Social & Communication. The Saturday activities will remain as usual at Lidcombe for Tenpin Bowling and at Belmore Senior Citizen Centre and Belmore Youth Resource Centre for other educational, social and recreational programs.

If you would like to use your NDIS funding to pay for a place in our program, now is the time to make sure CPA is factored into your plan – it will need to be in your plan budget under *Innovative Community Participation*. Please note that we do have limited spaces for our weekday program (max 10 per program).



New Year, new initiatives: Message from the President

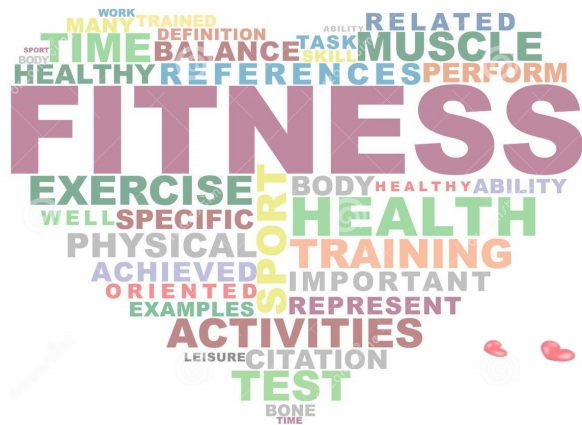
Please join us in celebrating our Grand Opening of our new office at Campsie. The launch will be on Friday 23 February, come to check out our new office and say hello to Lilian.

As we are approaching one of the most anticipated events of Sydney's Chinese New Year festival, the City of Sydney presents the 2018 CNY Dragon Boat Races which returns to Darling Harbour on 24 and 25 February. The CPA dragon boat team is training hard already at Pyrmont; it was great to see the enthusiasm and the energy in our team. Get up close to all the action on 25 February, be there to cheer the CPA team!

2018 will be an exciting year for CPA as we will be celebrating a significant milestone of CPA - our 30th anniversary. This day commemorates all that you have accomplished since the day CPA opened its doors. It is also a testament of your perseverance, and also a signal of longevity, integrity, strength and success. Celebrating this longevity is a great motivator for leaders, donors, volunteers, and our dearest members and is truly a cause for celebration. I am looking forward to share this big day with you with a full-on celebration happen in September.

So, from myself, all our Committee Members, volunteers, thank you for your membership and support. We promise to keep evolving to serve you, no matter what the new normal brings in 2018. Have a wonderful Chinese New Year, I wish you good health and lasting prosperity.

Miranda Chau
President



BEAM

Training Project

陽光課程活動



-- Behaviour-management, Exercise And Motor-skill Training for Children with disabilities
***Kindly sponsored by Australian Chinese Charity Foundation Inc (ACCF)

This is a both community-based and centre-based project providing behaviour management technique to parents/carers and physical /motor skill training to young children with disabilities.

Once a month, on a Saturday afternoon, the program will be facilitated by an experienced special education teacher, Jackie Chan, at the Belmore Youth Resource Centre, Belmore. It aims to make it fun to learn through various kinds of movement and exercises: children yoga, circus and gym activities; group music, movement / rhythm and overall body co-ordination development.

All children benefit from physical activity, and children with disabilities are no exception. They will have the opportunity to creatively explore and practise skills safely while building self-confidence and self-esteem. Their participation in sports and physical activities promotes physical, emotional and social well-being. Parents' involvement helps to reinforce the healthy lifestyle message.

Anyone who is interested in this program is welcome to contact Lilian on 0406 233 222.



這個陽光課程是包括室內和室外活動。其主旨是提供給父母/照顧者一些“如何處理挑戰式行為”的技巧；和教導兒童們一些體能運動: 兒童瑜珈, 馬戲班雜技, 舞蹈步法, 羣體合作活動等。透過音樂韻律, 去培養參加者的節奏感, 全身手足的配合。參與此項課程, 小朋友可以在一個安全的環境內發揮他們的創作能力, 建立他們的自信, 自尊和良好的情緒處理和社交能力。

父母的參與有助維持強化健康的生活方式。

如有興趣參與此活動, 請與 Lilian 聯絡: 0406 233 222

2017 年聖誕聯歡會

踏入十二月,雪梨市中心變得更繁忙及多姿多彩。商店被粉飾得五光十色,充滿著聖誕的氣氛,使市面招來更多市民和遊客。雖然慶祝聖誕節,不是硬性規定要互贈禮物,但這時候人們都樂於購物,商家乘此機會,希望把積壓在倉底裡的貨物,在新的一年來臨前速速銷光。

處處瀰漫著節日的氣氛,各區市政局及其轄下社區,都有慶祝活動,而澳洲弱能兒童協康會,亦於十二月九日在 Club Central Hurstville 的宴會廳舉行聖誕聯歡聚餐。這會所座落於眾多華人聚居之區域,交通十分方便,乘搭火車或巴士均可到達。這是一所繁忙的會所,能在聖誕節期間預訂一個可容納140人的宴會廳,真是不容易,幸好一切就緒,妥善安排。這天,我們在宴會廳門外設立了接待處,有些食客前往近側食肆時,經過接待處,也會好奇地走過來諮詢一下我們的活動。

宴會廳內,俱樂部的技術人員早已把燈光和音響調較妥當,而協康會的執委們,正忙於帶領陸續到來的嘉賓就座,及將精緻漂亮的禮物擺放於當眼處,將眾人的目光深深地吸引著。在午餐開始前,首先是週年大會,結束後,會長周潤梅女士發表歡迎詞,並感謝大家的支持。這午餐的食物非常豐富,份量特多。餐後,每桌都剩餘很多食物,需要打包帶回家,以免浪費食物。

整個聯歡會過程中,一直有專人播放著幻燈片,是紀錄著協康會的孩子們在學習中之過程,其中發人深省的,是由導師 Nick Baldas 帶領的一個項目,利用光線投影在屏幕上的原理,讓孩子們將自己的面部輪廓用線條繪畫出來。作品用來表達孩子的個性特徵,並讓孩子們加深對自己的認識。



每一年的聖誕節聚餐,協康會都會頒發證書給青年組和幼兒組的成員,以示鼓勵他們的學習精神,此外,還有兩個特別獎的獎座,分別給予兩組在去年中表現優秀的孩子,這個獎座具有特殊意義,是認可及表揚他倆在各方面均有改善和進步,讓他們把獎座留在家裡,隨時提醒著孩子繼續努力向前。

協康會的CPAKIDz 是一個有音樂天份的表演團隊,他們的歌聲和舞蹈將眾人帶入普天同慶的歡樂氣氛,隨著Jingle Bell 之歌聲,聖誕老人出來派禮物了!孩子們趕著與他拍照留念。全場的壓軸戲是抽獎節目,這次聖誕聚餐,得到有心人捐出大量豐富禮品,興高采烈的中獎人士與等待中獎的其它人一齊起鬨,非常熱鬧。

尾聲來了,但曲終人未散,音樂還在播放著。不願離去的孩子們,又再靠攏起來,隨著音樂拍子跳舞。音樂是奇妙的,可以令人興奮,而舞蹈亦可以打開心扉,表達自我。父母們看著自己的子女玩得不亦樂乎,而自己則趁此機會與其他家長交流經驗,大家懷著相同的信念,傾談著如何撫養自己的子女,各人歡欣地度過美好的一天。

Lilian Tse



The City of Sydney presents the 2018
CHINESE NEW YEAR DRAGON BOAT RACES returns to Darling
Harbour Saturday 24th and Sunday 25th February 2018

COMING TO WATCH TO SUPPORT THE *CPA DRAGON BOAT TEAM*
Sunday 25th Feb, from 9am

Get up close to all the action & join in the fun!





Feb—April Activities:

- ◆ Dragon Boat Races—25/02/2018
- ◆ Celebration of Chinese New Year —17/02/2018
 - ◆ Workshops about recycling at St George Community Centre, Kogarah—17/03/2018 & 24/03/2018
- ◆ Family Picnic at Como Pleasure Grounds—14/04/2018
 - ◆ Educational workshops at Reverse Garbage, Marrickville - 24/04/2018 & 28/04/2018



2018 is the 5th time CPA has participated in the annual Dragon Boat Race as part of the City of Sydney's Chinese New Year celebration. Our team has prepared for the event many weeks in advance, training at Pyrmont. We are looking forward to see you, joining us on the day of the race.



Regular Weekend Activities

Junior Group 兒童組



Rhythm & Music

唱遊活動

Instructor : By Christine
Time 時間: Saturdays 星期六,
4:00pm — 5:00 pm
Venue地點: Belmore Youth Centre,
38 Redman Pde, Belmore
This program is kindly sponsored
Campsie RSL Club



Fun to Learn!

Time 時間: 逢星期六下午
3:00pm 至 4:00 pm
Venue地點: Belmore Youth
Resource Centre,
40 Redman Pde, Belmore

This program is kindly sponsored
Campsie RSL Club



Community Outdoor Activities

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

This program is kindly sponsored
Campsie RSL Club

Youth Group 青年組



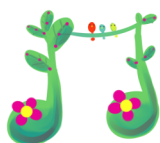
Ice-Skating

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



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10:15 am 開始
Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141



Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
This program is kindly sponsored by Canterbury Bankstown Council



Art Programs

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



Dance Lessons

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

GALLERY



Christmas celebration



Christmas celebration



Christmas celebration



Christmas celebration



Christmas celebration



Christmas celebration



Farewell morning tea at MRC



Morning tea at Ice-Skating Rink



Performance at Ermington CC



Cooking class



Cooking class



Cooking class

GALLERY



ACCF cheque presentation



ACCF cheque presentation



Booklet editorial team



Seminar for parents



Dragon boat training 2018



Dragon boat training 2018



Music and dance class



Music and dance class



Music and dance class



BEAM project—Junior Group



BEAM project—Junior Group



BEAM project—Junior Group

Acknowledgement



Donors (for donations \$100 or above)

Amen Lee
Bee Leong Pang
Betty Pang
Christina Lam
D & G Fashion Australia
Dora Li
Eugenia Lieu
King Kong R/E
Serkin Chatswood
Sita Leung
Sylvia Tinyow
Vishua Hindu Parishad
Yijun Gu

Volunteers & Supporters

Anna Yew
Chun Wing Fan
Darby Mu
Harry Tinyow
IKON Realty
Jackie Chan
Mario Yuen
Paul Yau
Peter Wong
Winda Mok

Thank you!



FEB Brian Su
Edward Chu
Jefferson Foo
Jonathan Yung
Leon Huang
Raymond Chin
Rowena Wong
Tony Soo

MAR Capstone Lee
Dave Sun
Fiona Zhong
Henry Trieu
Issac Wang
Karen Lau

APR Victor Wu



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

February - April 2018 Weekend Activities

Activity Venues:

Ice-Skating - Canterbury Ice Rink, Phillips Avenue Canterbury

Bowling at Tenpin City Lidcombe - 92 Parramatta Road, Lidcombe

Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore

Activity fees applied (refer to current fees schedule)

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 9:00am to 12:00pm	Afternoon 2:30pm to 4:30pm
February			
3 Feb	Dance Rhythm & Music	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Shopping & Cooking class
10 Feb	Fun to learn Rhythm & Music		Art Class (Workshop 8)
17 Feb	BEAM Project		Music Rehearsal (DVD) Birthday Party & CNY Celebration
24 Feb	Dance Rhythm & Music		Dance Class (Brazilian)
	CNY festival Music Performance @ Eastwood 5pm		
25 Feb (Sun)	CNY festival Dragon Boat Race @ Darling Harbour 9am		
March			
3 Mar	Fun to learn Rhythm & Music	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Music Rehearsal (DVD)
10 Mar	Dance Rhythm & Music		Art Class (Workshop 9)
17 Mar	BEAM Project		Art & Crafts Birthday Party
24 Mar	Dance Rhythm & Music		Money Skills
April			
7 Apr	BEAM Project Rhythm & Music	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Music Rehearsal (DVD)
14Apr	School Holiday – Family Picnic at Como Pleasure Grounds, 2A Cremona Road, Como		
21 Apr	School Holiday – Visit Rydalmere Environmental Education Centre		
28 Apr	School Holiday – Visit Marrickville Environmental Education Centre (TBC)		
The above programs may be changed without prior notice due to unforeseen reasons.			