



# CPA NewsLetter 協康會 會訊

MAY 2013 Issue

二零一三年五月版

CPA 網址: [www.chineseparents.org.au](http://www.chineseparents.org.au)

**Special Issue** 專題:

「互助友愛」的精神

## Upcoming Events

Mother's Day/  
Volunteer Week Celebrations

Art Exhibition at Bankstown Art Centre



CPA Website: [www.chineseparents.org.au](http://www.chineseparents.org.au)  
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協康會 會訊 二零壹三年五月 號

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Children With Disabilities Inc**  
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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

王周潤梅



親愛的協康會會員，

希望您們有一個快樂和休閒的復活節假期。

我很高興與您們分享5月份的會訊，當中包括幾件令人振奮的事件：

- ◆ 我們的第二及第三個畫展分別於4月13日在 Hurstville 圖書館和6月20日在 Bankstown 藝術中心舉行。這個展覽展示了我們30個會員的作品，是慶祝協康會25週年的活動之一，為弱能人士及整個社會都發揮了積極的作用。
- ◆ 繼「讓我高飛」後，我們打算推出第二隻DVD，內容將展示我們會員的活動：包括唱歌、跳舞、樂器演奏等。製作這個DVD的目的是為了提高公眾對弱能人士的認識和了解。
- ◆ 恭賀Andrew Li 和 Jonathan Yung 成功完成跑畢9.5公里 Kuringgai Chase Fun Run 賽事。其他參賽者包括 Reuben Vuong, Bowman Yu, Elena Yung, Jeff Li, Vincent Yu 及本人，亦要感謝 Andrew 外婆到場為我們打氣。當天的壓軸項目是 CPAKidz 的音樂表演，為現場帶出了熱烈的氣氛，在此再次感謝 CPAKidz 及家長們的支持。
- ◆ 上個月 CPAKidz 很榮幸被邀請參加 Ultimo TAFE 的 Muse Gallery 畫展及音樂表演，這是悉尼市政府2013年和諧日的其中一個慶祝項目。這次畫展展出了我們48件畫作，是對弱能人士的一種肯定和支持。要特別感謝我們的家長 Winda Mok, Katherine Huang 和 Qian Cao，為這個畫展做了很多預備的工作，如為畫作上框架及懸掛等。
- ◆ 在Ken Rosewall 的家庭同樂日，我看到每個人都很享受網球和野餐的樂趣。謝謝 Angela 和Garry 帶領當日的遊戲。

最後誠心獻上我的祝願和問候!

Miranda VUONG  
王周潤梅



# President's Message

## Miranda Vuong



Dear CPA Members

I hope that the Easter holiday brought you a lot of happiness and gave you time to take a well-deserved break.

I am happy to bring you the May issue of the newsletter. We have several exciting events and activities coming up in the next couple of months. Two of our second Art exhibitions launch respectively on 13 April at Hurstville Library and on 20<sup>th</sup> June at Bankstown Arts Centre.

These exhibitions showcase our members' marvelous artworks which developed in our painting lessons in the past years. It is a way to encourage them to take this as a hobby. Thirty of our members will be participating. It will also be a celebration of their achievement, as well as of the parents and carers who have taken a supportive role in their endeavour. The exhibition serves as our community participation to encourage people with disability to play an active role in our community.

This exhibition is a momentous event for CPA as we celebrate our 25th anniversary in maintaining a Chinese parents' network to support our children and people with disability. It will be our great honour to have you to share this celebration with us.

After an insightful arrangement into our second CPAKidz CD, it was decided to produce a DVD this time. This DVD will showcase the activities from our members includes dancing, singing, performing music instruments, activities during lessons etc... there will be an indoor and outdoor filming. These recording activities will be happened in May. The objective of this production is to promote and raise the awareness of people with disabilities as well as to celebrate the achievement of our members.

I like to send my congratulation to Andrew Li and Jonathan Yung who had successfully completed a 9.5 km run in the Kuringgai Chase Fun-Run in middle of March. Both did it in less than an hour. Other CPA members took part in this Fun-Run were Reuben Vuong, Bowman Yu, and the parents were Elena Yung, Jeff Li, Vincent Yu and myself, also thank you Andrew's grandmother who came to support us. The highlight of the day was our CPAKidz to perform on stage, which brought atmosphere to life with their songs and music. Thank you CPAKidz and parents, you have always showed your supports.

Last month CPAKidz were delighted to be invited to perform music as part of the 2013 Living in Harmony Festival hosted by City of Sydney. The performance was held at The Muse Gallery Ultimo during the Australian Identity & Beyond Exhibition (AIB). Part of the exhibited was the colourful paintings by the CPA members, total of 48 pieces of artworks. It was a great way to highlight the theme of the day - Art & Music Event, acknowledging and supporting individuals with a disability. I like to send my sincere thanks to couple of our parents, who did a wonderful job in preparation and assisted in framing and hanging the paintings. Thank you Winda Mak, Katherine Huang & Qian Cao.

The Family Picnic at Ken Rosewall Tennis Centre was a fantastic day for all the families. It is good to see everyone enjoyed the tennis and the picnic. Thank you Angela and Gary for leading the ball game and the Easter eggs hunt.

With best wishes and regards,

Miranda Vuong  
王周潤梅





# City of Sydney Chinese New Year Twilight Parade 2013



澳洲弱能兒童協康會的會員和家庭成員們非常榮幸，於2013年2月17日晚，參加悉尼市隆重舉辦的第十七屆中國農曆新年大巡遊。澳洲弱能兒童協康會的成員們歷年以來曾多次參與到該活動中，孩子們除了能夠融入社會，還可以充分的體會到農曆新年傳統熱鬧的氣氛。本次大巡遊是2013年春節連串慶典的重要活動之一，今年由深圳市組派了近300人組成5個方陣參與其中。中國駐澳大利亞大使館公使銜文化參贊舒曉專程前往悉尼出席活動。

悉尼市市長摩爾、市議員兼中國新年巡遊顧問委員會主席郭耀文、中國駐悉尼總領事段潔龍、中國駐澳大利亞使館公使銜參贊舒曉、深圳市副市長吳以環等百余嘉賓出席此次巡遊。摩爾市長對中國文化部、深圳市文體旅遊局和中國駐澳使領館對該活動的大力支持表示特別感謝。

巡遊於晚8點正式開始。巡遊路線從市政廳到唐人街，總長2公里，街道兩旁的人行道早已站滿了熱情興奮的觀眾。在澳大利亞悉尼市長摩爾及一眾主禮嘉賓共同為醒獅點睛後，正式拉開了2013年悉尼中國農曆新年蛇年花燈大巡遊序幕。

澳大利亞土著歡迎儀式之後，中國古老傳說中的蛇仙以最華美的姿態現身悉尼喬治街上空，伴隨融合了傳統戲曲和現代因素的白蛇傳配樂直上雲天。

蛇在中華傳統文化中是無數有關「重生」神話傳說的中心題材。為了傳遞這種神秘的魅力，協康會由Elly負責構思，設計和用特殊的材料精心手工製作了三條靈蛇，有銀色，青色和紫色；配以千盞閃爍的燈光裝飾，在悉尼的夜街上，隨着配樂，鮮靈活躍的舞動著，燦爛耀目。更幸運得到Sam Li為團隊之首，在大會嘉賓欄表演「蛇拳」，為協康會蛇隊增添色彩，獲得不少掌聲。

參與協康會團隊遊行有50人。在巡遊舉行前的多個月裏，隊員們已開始着力排練蛇舞和隊形，務求能舞出蛇的形態和神髓。又得到一羣年輕的義工參與，協助協康會會員排練。巡遊當晚，每位參與成員都排列整齊，專心一意的聽着音樂，隨著節拍舞動靈蛇，發揮團隊合作精神，互相照應配合，顯揚協康會「互助友愛」的精神。在此一刻，每個參與成員都感到驕傲和振奮。團友隊都一致讚賞感謝Elly的心思和工藝，使協康會的蛇隊活靈活現，非常壯觀。

當晚大巡遊還有22輛多彩花車，充滿動感的現場音樂、艷麗的服裝、精美的生肖花燈等應有盡有，現場工作人員展示了幾條由動物園收藏的蛇，其中包括一條長達2米的鑽石蟒蛇。市長及在場眾人與由動物園工作人員背著的巨蟒親密互動。現場最後以燃放的煙火映紅了悉尼市天空，慶典在歡樂的氣氛中結束。



# Community Participation 2013

## 悉尼市2013年中國農曆新年大巡遊



The Chinese New Year Twilight Parade, one of the most favourite events in the City of Sydney and the highlight of the Festival, took to George Street on 17 February 2013, Sunday. Year 2013 is the Year of Snake. In this parade, it brought along floats, lanterns, dancers and acrobates, decorated in the symbol of snakes, serpentine their way from Sydney Town Hall to Harbour Street.

CPA had been qualified as one of the participants in the parade, with a strong team of 50 members formed by young people with disabilities, their parents, siblings and volunteers.

The evening began with pre-parade entertainment at the Sydney Townhall, followed by the painting of eyes on the lions' head and the speech by the Sydney Mayor. The parade was declared to commence.

Few months before the festival, CPA parade team leaders and members had already started the planning, design and practice of the snake dance.

They had to overcome a few obstacles such as shortage of venue for practice, the decision of the snake designs and its construction.

CPA would like to send a big thankyou to Elly for her genius design of three glamorous snakes: silver, green and purple. They were skillfully hand-made by her, studded with over thousand colourful glittering lights, weaving beautifully their way through the illuminated streets of Sydney. We also like to extend our gratitude to Sam Li, for his display of "Snake Ku Fu" to the VIPs, making the dance even more interesting and earning for the team lots of applause and admiration. Through this festival community participation, it also strengthened the spirit of co-operation and mutual support of the team members.

The parade finished with a spectacular fireworks display at Darling Harbour, leaving in the minds of the spectators an impressive New Year celebration in the City of Sydney Community.



# 「互助友愛」的精神

去年底協康會順利改選，辛勞服務了兩年的前會長李羅艷媚退下崗位，家長王周潤梅女士獲執委會一致推選為新任會長。李太將繼續擔任副會長，與王周潤梅共同履行協康會會務。

協康會的性質是以家庭為網絡的互助團體，一年中起碼四十個周末都舉辦各類青少年，家長或家庭活動，它也有聯絡政府，參與社區，支援個別家庭，內部通訊和其他服務，目前它只有一位兼職社工。因此，很大程度上，組織和推行活動的責任都落在義工，特別是以家長為主的委員會成員身上。

每個周末，協康會委員會的十一位家長都很忙碌，特別是負責推動活動的幾位。委員會也經常舉行會議，管理和決定會內大小事務。活動當中，他們會負起領導角色，很多時也是活動的主持人。

會內的活動和工作有時都很瑣碎，他/她們都願意持續承擔會內責任，這份精神和勇氣實在可嘉。近年我留意到委員會陸續有新的成員獲選加入，而會長一職也不斷有更替。前任會長也繼續在委員會內服務，支持新一年的工作，發揮橋樑作用。

這現象是協康會組織漸次成熟的表現，表示越來越多家長了解到大家需要分擔責任和承傳協康會創會的目標。在台前服務的家長也為其他家長提供示範，鼓勵了大家多參與。大家也期望多些新家長加入委員會，共同為社羣服務。

以往協康會關注子女個人成長，透過大家努力，成立了日漸進步的青少年活動，幫助子女發展音樂潛能。近年發展藝術興趣學習，希望這些都能提高弱能朋友未來的生活的質素。其實，委員會的參與，緊密的配合協康會弱能會員的成長，在互相呼應下，幫助自己的子女向前發展，度過每一個成長關卡。

這令我想起孟子所說的『幼吾幼以及人之幼』。誠言，每一位家長最大的期望是幫助自己的子女，使子女能夠有一個理想的將來。而協康會家長在支持自己子女之餘，也幫助其他有同樣需要的家庭，抱著同舟共濟的精神，互相扶持。

我作為非家長的義工，我是為協康會家長對他們子女義無反顧的承擔所感染。我有理由相信其他義工，甚至社區，都會有同樣的感受。過去二十多年我所看到的是協康會幫助了不同年代的家庭，幫助弱能朋友渡過人生過程中的發展關卡，這是協康會需要繼續承傳的主要社會意義和價值。

我不知道是那一位朋友為協康會造出『互助友愛』的會徽。這四個簡單的字，表達出直接而清晰的意思，這一定是協康會的前輩對本會未來發展的期望。

范鎮榮

# 2013 Harmony Day

CPA is very honoured to be invited by City Of Sydney Council to participate in the Celebration of "2013 Harmony Day". On March 23, we had an exhibition named "Art & Music" held at the Muse Gallery of Ultimo TAFE, by a grand opening of CPAKidz singing performance.

There were 48 artworks from our young members displayed. We have received rounds of applause and appreciation for both our singing performance and artworks.

Nick, who is the volunteer coordinator of this event, has impressed me by his view: "Minority groups across the world often feel displaced and isolated. Language, gender, sexuality or a disability, often act as barriers and cause discrimination and persecution. The 2013 art exhibition and serious of events will endeavour to harmoniously connect and combine these minority groups and give individuals within these groups an opportunity to be heard and shine."

I agree with Nick, let us work together to build a more harmonious community.

協康會很榮幸被悉尼市議會邀請參與「2013和諧日」的慶祝活動。在3月23日，我們在Ultimo TAFE的Muse Gallery舉行了一個名為「藝術與音樂」的展覽，並由CPAKidz的歌唱表演揭開了當天的序幕。

共有48幅我們年輕會員的作品展出。不管是畫作或歌唱表演都為我們帶來陣陣的掌聲和讚賞。

Nick，是這個活動的義務策劃人，他的一片言論給我留下了深刻的印象，他認為：“少數群體在世界各地經常感到無所適從和被孤立。語言，性別，性取向或殘疾，往往成為障礙，並導致歧視和迫害。2013年的藝術展覽和一連串的活動將和諧地連結及融合這些少數群體，好讓每個人都有機會發揮所長。”

我同意Nick以上所講的，讓我們一起努力，建設一個更加和諧的社會。

**Mandy Yip**



# 澳洲弱能兒童協康會畫展



The artworks selected for the exhibition are created by young people with disabilities, who have attended the CPA art programs over the past year. Although central themes are set for each art class, the young people were encouraged to use their imagination to compose individual artworks that best illustrate their individual perception of a variety of subject matter. This exhibition provides a window into the free-spirited and bold sense of creativity from young people with disabilities.

Visitors are encouraged to look beyond the scope of technical skills exhibited in the artworks and focus more on the unique expressions conveyed by each individual artist. This exhibition hopes to raise public awareness about the special gifts young people with disabilities have to offer and recognize the importance of diversity in our Australian community.

Irene Mok

這個畫展的入選作品全都是來自一班弱能青年的精心傑作，他們在過去的一年已經開始參加協康會舉辦的繪畫活動。雖然每次繪畫課堂都有特定的主題，我們亦同時鼓勵年輕人能發揮他們的想像力，在作品中去表達其個人對事物的感知。

這次畫展提供了一個平台，讓弱能青年能自由表達創意。懇請參觀者在欣賞展出作品時，不要專注於畫家的繪畫技巧，而是去領會他們所要傳達的獨特訊息。希望透過這個畫展能有助提高公眾認識弱能人士的天份，並肯定多元化在澳洲社區的重要性。





# 澳洲弱能兒童協康會畫展

## 「色彩世界」開幕

記者：馬釋然 Jesse Ma

王周潤梅也為到協康會現有的義工服務水平而自豪。家長們一直在不間斷及不辭勞苦地支持本會，作為一個成功的社會組織，他們寶貴的諒解和讚賞為我們締造了良好的歷史和聲譽。王周潤梅同時感謝贊助商澳華公益金和澳洲華人慈善總會為這個活動所提供的協助和參予，認為他們的熱心和支持為“色彩世界”這個畫展更添豐富的色彩。

王周潤梅最後表示，這個畫展是我們的年輕藝術家的一個學習過程，因為他們意識到，他們的創作能力被社會所接納和重視，同時亦給了他們一個機會去探索自己的藝術才華和為他們的生活帶來了新的意義和目的。“我們樂於推廣這個畫展，值得高興的是，看到它已經正面影響了我們的年輕藝術家，及提高了大眾對弱能兒童的認識。為了慶祝這個特別的日子，讓我們一起舉杯祝愿這個畫展的成功。”

出席當天新聞發布會的還有新南威爾士州殘疾人理事會的成員 Unis Goh、澳洲華人公益金主席陳克勳先生、澳洲華人慈善總會會長劉敬宇先生。

本報悉尼訊記者馬釋然報導由澳洲弱能兒童協康會主辦的畫展上週六上午在好市圍圖書館舉行。Canterbury市議會，市長Brian Robson、好市圍市會議議員 Philip Sansom、澳洲弱能兒童

協康會名譽會長沈慧霞女士等嘉賓出席。畫展從本月13日持續到19日，開展時間為上午10點至下午4點。

澳洲弱能兒童協康會會長王周潤梅發表講話。她歡迎各位嘉賓的蒞臨，認為這是一種榮譽，也令我感到非常自豪，“色彩世界”也是協康會舉辦的第二個畫展。王周潤梅稱，“色彩世界”是懷著雙重的目的和意義。首先，它是一個合作項目，連接和結合不同年齡的人士，以展示他們的藝術才華，為弱能人士發掘機會，透過他們的藝術作品來表達他們的創造力和靈感，為要提高公眾對弱能人士的創作能力有更多的認識。“色彩世界”可以啟發社會大眾，為弱能兒童及成人的父母帶來希望，並改變公眾對弱能人士的舊有意識和觀點。

其次，這個畫展讓有隱性和顯性殘疾的弱能人士揭示了他們的藝術表現。王周潤梅認為，肯定弱能人士的身份價值是交織著種族，性別，社會和經濟的正義。澳洲弱能兒童協康會非常支持利用展出創作藝術品作為研究弱能人士和社區關係的一種途徑。協康會亦很支持栽培新進藝術家，跟社會大眾一起去發掘有關弱能人士文化和驕傲的知識及表達方式。

“節錄自：

2013 年4月15日澳洲新快網



# Happy Australia Day

By Andrew Li

On Saturday 26<sup>th</sup> January 2013, CPA young members went to perform at Arisun Restaurant. It was such a lovely day to perform for the public.

CPA kids had practised the Australian National Anthem before singing to the public. On that day, we all stood up to sing the national anthem when we saw the Australian flag was raised. After the singing of the national anthem there was a minute silence before speeches were called.

After the speeches were made, we performed the second song. It was "We are the World" sung by Samson & Joanne, followed by the song "I still call Australia home", and the music "Mission impossible".

2013年1月26日星期六，CPA的青年組會員參加了在澳大利亞的前軍人服務紀念碑為公眾表演了節目，那是一個美好的一天。之前，CPA的小朋友排練了澳大利亞國歌。在表演那天，我們都起立，望著國旗冉冉升起，唱起了國歌。唱完國歌，我們又肅立一分鐘。

演講結束後，Samson & Joanne 演唱了第二首歌 "We are the world" 和第三首歌 "We still call Australia home"，我們演奏了音樂 "Mission Impossible"。

At the conclusion everyone went to have lunch in the restaurant. Some of us had to do the packing up and moved the equipment over to the cars before eating. There was so much food so we shared the dish with others around.

In the afternoon we went to do the snake rehearsal at Belmore Park. There were three different coloured snakes for the parade: green, blue & purple snakes. Each person had been assigned to rehearse the dance with one of the coloured snakes until about 4:30pm. We all had such a great time and we looked forward to coming to this community participation again.

演出結束後，大家幫忙把設備搬到車上。最後，我們在這家餐廳共進了午餐，午餐的食物很多，我們大家互相分享了這麼豐富的食物。

下午，我們去Belmore Park參加蛇年表演排練，遊行隊伍代表三種不同顏色的蛇：綠色，藍色，紫色。每個人被安排在代表不同顏色的蛇的隊伍裡跳舞，我們一直排練到下午四時三十分。我們都度過了美好的時光，我們都期盼下次再參與到社區的活動當中。





Me with my beloved hair



Shaving in progress....



After the shave: The Coffey Team

I took part in the World's Greatest Shave this year. This is a chance to shave to save and support people with blood-related disorders. Today 31 Australians will be given the devastating news that they have leukaemia, lymphoma, myeloma or a related blood disorder. That's more than 11,500 people this year.

Although survival rates are improving, blood cancers like these are the second biggest cause of cancer death in Australia. I was a cancer survivor three years ago, diagnosed with a stage 3 and a very rare cancer called "Pseudomyxoma Peritonei". It was the darkest time of my life, without knowing whether I would wake up one morning. I've experienced the feeling of being lonely, fragile, devastated and disappointed. I cherished the level of support I received – no matter how big or small, it made a big difference. Today, I am so grateful that this is in the past and I hope it will stay this way.

It has always been my ambitious to be able to help cancer patients, at least to give them emotional support. Quite often I was contacted by new patients who diagnosed with the similar disease. I visited them at the hospital, share my experience with them, give them encouragement and build up their confidence.

During the World's Greatest Shave event in March, I set my personal fundraising goal at \$4000, and my team goal of 11 colleagues from Coffey, was \$7000. The results were overwhelming, the funds went beyond both of my personal and team targets in just one week. Today I've raised \$5111.00, and my team raised \$32,537.00 in total. On top of that, GlobalQuest, a charity initiated and managed by Coffey, matched \$2 for every \$1 raised!

The money raised go towards research, and cures for leukaemias, lymphomas, myeloma and related blood disorders. The donations and sponsorship will also support families and providing patients with a free home-away-from-home near hospital during their treatment, provide as much practical assistance and emotional support.

I am so delighted and appreciated to have such a lovely group of family and friends who helped me achieve my goal. Your support has gone a long way!

This was the best thing I have ever done, I feel so great and proud to do something for a worthy cause!

Miranda Vuong

# 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



### 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

## Community Outdoor Activities



Date: Saturdays  
星期六  
Time: 2:00-4:00pm  
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



### 保齡球課 Ten Pin Bowling Lessons

Kindly sponsored by MYSP Partnership Program



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



# Upcoming Events



- ◆ **4th May**  
Mother's Day/National Volunteer Week Celebrations
- ◆ **9th May & 23rd May**  
Mum to Mum Beading Class & Indonesian Dance Class
- ◆ **18th May**  
DVD Recording at Belmore Centre
- ◆ **25th May**  
Carss Park Picnic at Kogarah Bay and DVD Recording
- ◆ **1st June**  
Break Thru—Job Seeking Seminar for PWD
- ◆ **20th & 21st June**  
Art Exhibition at Bankstown Art Centre
- ◆ **6th & 13th July**  
Holiday Art Program
- ◆ **15th June, 20th July, 17th August**  
DanceKool (to be confirmed)
- ◆ **29th June, 27th July, 31st August**  
Birthday Party
- ◆ **Visit SBS Radio Station in July**

## Picnic & Tennis at Ken Rosewall Tennis Centre

On Saturday 30<sup>th</sup> March 2013 CPA members went to play tennis at Ken Rosewall Tennis Centre. It was such a hot day that everyone had to bring a hat, sunscreen & water. We all brought our own racquets for the game. Everyone got put into different courts to play. Each of us got a turn to play on the courts.

For lunch we had roast chicken, salad & bread rolls. For dessert we had watermelon, muffins etc. After lunch we had Easter Egg Hunt, then we went back to the courts to play other games. Firstly, we played 'passing the ball', then 'tunnel ball', 'soccer & Tip'.

After the games, we went back to the lounge room for a quick drink. Angela Poon got a "congratulation card" with greetings and signatures from everyone because she has graduated from the University. It was such a lovely time that we thought we could come again.



Reported by  
Andrew Li



# 慶祝



# 中國新年

On 23<sup>rd</sup> of February, we went to Chinese New Year celebration at Terrazas Restaurant, Hurstville RSL Club.

It was a rainy day. Mum was hard to look for a parking.

My best friend Christopher Lin came with his mum to join lunch with us.

Auntie Miranda, President of CPA year 2013, held a welcome speech.

Thuman was doing Kung Fu fighting while we were doing snake dance. We sang Chinese New Year songs. Auntie Miranda gave everybody a red packet.

We had yum-cha with fried rice, noodles, steak, dumpling and fruit.

After lunch, Teacher Ms Chen drew snake with crown to greet all of us a healthy and safety year 2013.

We had a lucky draw for ending event.

Although I did not get a prize, I enjoyed a good time with my CPA friends.

在二月二十三日，我們到位於好市圍退伍軍人俱樂部裡的TERRAZAS 餐廳慶祝中國新年。

那天還下著雨，媽媽很難找到停車位。我最好的朋友Christopher Lin 和他媽媽也來參加了我們的午餐。CPA 主席，Auntie Miranda首先致歡迎詞。

在我們跳蛇舞的時候，Thuman 表演了中國功夫。我們還唱了一些中國過年的歌曲。Auntie Miranda 給我們每個人都派了紅包。

我們午餐吃了炒飯，麵條，牛排，餃子和水果等。

午餐後，陳老師畫了戴著王冠的蛇來祝福我們在新的一年裡健康，平安。在最後，我們還抽了獎。儘管我沒有中獎，但我和我的CPA朋友度過了一個快樂的時光。

**By : Jonathan**



## 會員通信區

各位親友:

你們好農曆新年臨近,恭祝各位身體健康.順便跟大家談一談我與家人的近況.

十八歲的大女兒加恩 Janice去年已完成了第十二班,不過每天花三個多小時在交通上的日子原來尚未宣告結束.她今年初開始入讀雪梨大學為期四年的職業治療科,她剛完成了第一年的課程並開始漫長的暑假.雖然功課和考試的壓力不少,她似乎頗為享受學院的生活,與同學有頗多的交誼活動.加恩過去一年每週大約上課三至四天,其實學院離家不算太遠,非繁忙時間駕車大約需要30分鐘.不過如果乘搭公共交通工具,則要花差不多兩個小時轉兩程巴士才回到學校,乘火車則要轉三次再加一程巴士,也需要一個半小時.由於我太太 Irene每天早上六時許都要帶細女 Aliza返工作的醫院等候校巴接送,故此加恩多會乘搭媽媽的順風車,待校車接過 Aliza後,Irene便送加恩到附近的巴士站讓她乘巴士返學.而我的工作地點離加恩的學院不太遠,放工的時間亦很配合,所以我多會等她下課.由於她正在學習駕駛,所以會由她駕車回家,我從旁提點,一方面可以休息,一方面又可與她有多點溝通的機會.

頌恩 Aliza已經十六歲了.藉著神的祝福及帶領,頌恩仍然在一所主要服務有視力殘障人士的特殊學校 St Edmund School就讀,下一個新學年開始便已經是十一班了,轉眼還有兩年,她便要離開學校,前路不知如何,我能做的是改變我的工作時間,等待將來難以預計的改變.她現在於學校除了簡單的學科外,主要學習照顧自己生活上的技能,如學習乘搭火車和出街如何使用盲人用的藤竹,最近的聽覺測驗結果比以前更差,需要用助聽器來輔助,但用了一段時間,她仍未能適應.她學彈鋼琴已有三年多,以中度弱智的小朋友來說,她的表現也算是中規中矩了.她與姐姐兩人都有幫手做家務,加恩在烹飪方面有些天份,所以間中也會下廚,讓我拖著疲乏的身軀放工回家後可以多一點休息.頌恩則負責吸塵及摺衫.她也喜歡烹飪,經常要求協助廚務,她包的雲吞甚有水準.她仍然有點超重,所以 Irene對她的食量有頗嚴格的限制.無論如何,見到她在各方面都有進展,我們也深感安慰.求神繼續保守帶領.



我過去一年在工作方面有較大的改變,由於在日間無法獲得足夠的睡眠,

加上 Aliza兩年後便要離校,基於種種的因素,我在五月份申請調往日間工作,我心知機會不會太大,所以並無存有很高的期望.但適逢其會有一位日間行街派信的同事因某些原因請了十四個月假,如此這般我便在七月開始暫時替代那位同事.現在我每天清晨五時左右起床,六時開始工作,大約早上十時便外出派信,視乎郵件數量的多寡,一般會在兩點左右便派完所有郵件,打電話回公司報告了完成的時間便可放工了.現時的工作壓力較以前大一點,可能仍未完全適應,所以經常都未能在公司預計的時間下完成工作,希望日後對工作較為熟習後便會有所改善.不過由於要步行派信,每天都要行約15公里,工作與運動兼容,在過去的六個月,大約消減了14至15公斤.感謝神的看顧和保守,在十一月底公司已通知我正式轉在日間工作了,十二年的夜班生涯,終於可以劃上一個句號.自從工作時間改變後,晚上與家人相聚的時間多了,睡眠的質素也有改善,生活比較正常.更由於早放工,因此在照顧家庭上仍然十分方便.

太太迪仙仍在兒童醫院工作,她甚為忙碌,加上兩個孩子日漸長大,課外活動及交際應酬也日漸增加,太太與我在這方面都頗為費神,疲於奔命.頌恩就讀的學校,雖然政府替她安排了免費交通接送,但因時間未能配合司機到來家中接頌恩返學.迪仙便要趕緊在7時左右帶頌恩返回工作的醫院,在那裏將頌恩交給接送返學的司機,再送加恩到附近的車站乘車返學,然後才返回醫院開工.迪仙的高血壓似有改善的跡象,經過藥物的治療和調理,血壓現已慢慢回落到接近正常的水平了,但仍需努力.仍需要神的祝福.以上是我與家人的一些近況的分享,也期望可以知道你們的消息.在此再祝大家生活快樂,身體健康!

添及家人敬上



# Sweet Memories 美好的回忆



Dad to Dad



Dad to Dad



Chinese New Year Celebration



Chinese New Year Celebration



Chinese New Year Celebration



Chinese New Year Celebration



Chinese New Year Celebration Parade



Chinese New Year Celebration Parade



Art Exhibition at Ultimo



Art Exhibition at Ultimo



Family Picnic at Peakhurst



Family Picnic at Peakhurst



# Sweet Memories 美好的回忆



Kuringai Chase Fun Run



Kuringai Chase Fun Run



Kuringai Chase Fun Run



Kuringai Chase Fun Run



Kuringai Chase Fun Run



DanceKool Class



DanceKool Class



DanceKool Class



Junior group Bowling



Junior Group Bowling



Post School Option Seminar



Post School Option Seminar



# Bowling Is Fun

One Saturday, we went to North Strathfield AMF for bowling. We have four kids together.

First, I changed the bowling shoes. I was excited as I have not played bowling for a while. Then I picked up the smallest size 6 ball. I knew I did not need to use bowling stand. But we all needed bumper. During the two games, I had a few strikes and I progressed very well. We all finished with good results.

I was glad we came for play even though we could not make the sailing. I tried to come next time as I lived in Newcastle.

在一個星期六，我們一行四個小朋友去 North Strathfield 玩保齡球。

我先換了打保齡球的專用鞋，我很高興因為我很久沒有玩了。我選了最小的6號球，我知道我不必用保齡支架，但是我們都得用緩衝器。在兩局中，我打了幾個全中，我打得很好，我們都得了很好的分數。儘管我們沒有乘坐風帆，今天我們也玩得很高興。我住在 Newcastle，我下次還要來參加活動。

Matthew Sin



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





# Acknowledgement

## Donors & Sponsors

Anna Yew  
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Helen Ho  
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Mandy Yip  
Marigold Restaurant  
Nathalie Chen  
Pearl Lin  
Samson Li  
Y K Wan  
YHP Australia

## Volunteers

Angela Poon  
Chun Wing Fan  
Clara Lau  
Crystal Mak  
Derek Lau  
Dora Li  
Gary Szeto  
Harry Tinyow  
Ivy Lau  
Jacky Lam  
Mario Yuen  
Melissa Fung  
Paul Yau  
Sam Yau  
Winda Mok  
Y K Wan & his team

## Supporter

Lin Abbott

## Art Teachers

Chen Siu Ying  
Irene Mok



## JUNE

Christian Wiranata  
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Robyn Chan  
Samuel Lu  
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## JULY

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Leslie Huang  
Matthew Lau  
Matthew Sin  
Nicholas Chi  
Samuel Siu

## AUGUST

Jack Zhou  
Jarren Dang  
Martin Su  
Ronnie Cheng  
Stephanie Mu  
Vicky Chan

# May - August 2013 Activities

2013	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Remarks
<b>May</b>	<b>2:30pm to 4:30pm</b>	<b>8:45am to 12:00pm</b>	<b>2:30pm to 4:30pm</b>	
4 May	Mother's Day & Volunteer Week Celebration Lunch – Sunny Harbour Seafood Restaurant Hurstville 偉洋酒樓			
11 May	Fun to learn Rhythm & Motion	Bowling 10:15-12:00	Music 2:30-4:30	Ernest Chow
18 May	Fun to learn Rhythm & Motion	Bowling 10:15-12:00	<b>DVD Recording Belmore 2:30-6:30</b>	
25 May	Picnic at Carss Park, Kogarah Bay / <b>DVD Recording / Dancekool</b>			
<b>June</b>				
1 Jun	Fun to learn Music by Catherine	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Music 2:30-3:30	Catherine Paix
8 Jun	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Art Program 2:30-4:30	Irene Mok
15 Jun	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Dancekool 2:30-3:30 Crafts 3:30-4:30	Masaki
20/21 June	<b>Art Exhibition Launch at Bankstown Art Centre</b>			
22 Jun	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Music 2:30-4:30	Ernest Chow
29 Jun	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Cooking 2:30-3:30 Craft 3:30-4:30 Birthday Party 4:30	
<b>July</b>				
6 July	School Holiday Break	Ice-Skating 8:45-9:45 <b>NO Bowling</b>	Art Program 2:30-4:30	Irene Mok
13 Jul	School Holiday Break	Ice-Skating 8:45-9:45 <b>NO Bowling</b>	Art Program 2:30-4:30	Mrs Chen
20 Jul	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Dancekool 2.30-3.30 Music 3:30-4:30	Masaki Ernest Chow
27 Jul	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Cooking 2:30-3:30 Craft class 3:30-4:30 Birthday Party 4:30	
<b>August</b>				
3 Aug	Fun to learn Music by Catherine	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Music 2:30-3:30	Catherine Paix
10 Aug	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Art Program 2:30-4:30	Irene Mok
17 Aug	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Dancekool 2.30-3.30 Craft 3:30-4:30	Masaki
24 Aug	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Music 2:30-4:30	Ernest Chow
31 Aug	Fun to learn Rhythm & Motion	Ice-Skating 8:45-9:45 Bowling 10:15-12:00	Cooking 2:30-3:30 Craft class 3:30-4:30 Birthday Party 4:30	
<b>The above programs may be changed without prior notice due to unforeseen reasons.</b>				

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