



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

CPA NewsLetter 協康會會訊

NOV 2018 ISSUE / 二零一八年十一月版



**Up-Coming Activities**

- ◆ Day Trip to Hazelhurst Reginal Gallery & Art Centre
- ◆ Christmas Party
- ◆ Circus Workshop
- ◆ Family Circus Fun
- ◆ Fusion Cruise & Chinese New Year Celebration

**Reports**

- ◆ Celebration of CPA's 30th Anniversary
- ◆ Father's Day & Mid-Autumn Festival
- ◆ Health Seminar Report
- ◆ Report on 2018 NSW Carers Awards



CPA Newsletter NOV 2018 Issue  
協康會 會訊 二零一八年11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 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。

# **2018 ANNUAL GENERAL MEETING 2018 週年大會**

**Date 日期:**  
Saturday, 15/12/2018

**Time 時間:**  
11am—12pm

**Venue 地點:**  
Club Central  
(2 Crofts Ave, Hurstville, NSW)

**Enquiries 查詢:**  
Contact: Jane on  
(02) 9789 1315 or  
0406 233 222,  
Tues & Thurs, 週二及週四  
10am—3 pm



## President's end of year message 會長感言



Dear Members and families

As the year comes to a close, our minds and hearts are filled to the brim. It's been a great year! Together we've learned much and shared experiences that will long remain with us in the years to come. The strength of our community and wholehearted passion to make our organisation a wonderful place of socialising, learning for our children primarily but for all makes CPA truly a special place.

Special thanks to our parents and carers who have contributed in ways small, large, and unimaginable! Thanks for getting your kids to Belmore activity centre on time each Saturday and helping your kids in the learning process; the partnership between parents/carers and CPA is important.

Looking back on this year, I'm proud to note how far we have come as a family of CPA, celebrating our strong history. 2018 is an extraordinary year as we celebrated 30 years of CPA. We are proud of the accomplishments of the organisation over the past 30 years and recognise that we could not have delivered on our mission without the support of our sponsors, donors, community leaders, government allies, Councils, committee members, and volunteers. I specially wish to extend a heartfelt thank you to three of our close friends, our Honorary President Dr Helen Sham-Ho OAM, for her hard work and continuous support from the beginning of CPA. Helen has inspired many members with her leadership and mentorship by encouraging us to keep CPA in high spirits and grow. To our dear friends, Nancy and Alex Ma I like to thank their generosity and their ongoing commitments, they have contributed their personal time, working tirelessly, contributing their professional advice and guiding the program, as well as financially support, the list go on... , all to the success of the events. I would like to thank you all for attending the 30<sup>th</sup> Anniversary Charity Dinner. It was a memorable evening!

I like to congratulate our Vice President Ivy Lau, who had been awarded "2018 NSW Carer of the Year". Ivy received the award on 11 October presented by the The Hon. Ray Williams, Minister for Disability Services. We are so proud of Ivy! There are only two months left before Christmas, we still have a few projects and activities lining up to be completed. The up-coming event includes: Day trips for travel training program, Family bowling day, Christmas celebration, Chinese New Year celebration Cruise. The annual Chinese New Year Dragon Boat race will be on 10 February. The CPA team training will be resumed in mid-January. Please stay in tune!

Working towards the end of my term 2018 as your President, I feel grateful and inspired by my experience in leading this remarkable group of committee members. Thank you for your encouragement, guidance and advice.

Finally, I would like to acknowledge and thank the volunteers for their time and dedication this past fiscal year. I could not have hoped for a more dedicated team to share this experience. And, I would of course, like to thank each of you, for your support this past year.

Have a blessed Christmas and may the season be a good one.

Miranda Chau  
President

## Message from CPA President for 30th Anniversary Dinner

I would like to welcome you all very warmly to this 30th Anniversary Charity Dinner to celebrate this important milestone in CPA history. I want to thank you all for taking the time from your busy schedules to join us for this special occasion.

This gala is a true celebration of our past, present, and future. It is an opportunity to honour those parents who helped establish the organisation in 1988. It is a chance to acknowledge those who built and now operate (and continue to grow) our organisation which consists of over 200 members. It is also a time to recognise those who developed, implemented, and currently deliver rich programs and services in supporting our members and families. It is also a time to take a glimpse into our future by improving our service to the greater communities.

Our vision is a future where we continue to grow and support people with disabilities and their families. We work in partnership with community service providers, professionals and disability advocates. Our goal will continue to focus on expanding the program and introducing new activities, through these programs CPA enable people to stay connected, socialise, receive supporting advice, share experiences and support each other.

We are proud of the accomplishments of the organisation over the past 30 years and recognise that we could not have delivered on our mission without the support of our sponsors, donors, community leaders, government allies, Councils, staff and board. I wish to extend a heartfelt thank you to our Honorary President Dr Helen Sham-Ho OAM, for her hard work and continuous support from the beginning of CPA. Helen has inspired many members with her leadership and mentorship by encouraging us to keep CPA in high spirits and grow.

To our dear friends, Nancy and Alex Ma I like to thank their generosity and their ongoing commitments, they have contributed their personal time, worked tirelessly throughout the whole event by contributing their professional advice and guiding the program, the list go on..., as well as financially support, all to the success of this event. I thank our volunteers and parents for their continued support over the years. I want to acknowledge our incredible advocacy committee members who have worked tirelessly contributed their time, care and love over the years to assist in all the activities and of course to make this event possible.

On behalf of the CPA families, I sincerely thank each one of you, we look forward to your continued partnership in helping CPA and communities together, grow and thrive.

Enjoy the celebration! Cheers!

首先讓我們一起去祝賀協康會 30 年來的成就。我想藉此機會感謝家長們的努力，義工們的奉獻，和尊貴商戶，社團的贊助，他們在過去 30 年來對本會的支持，是值得我們自豪的。

對於本會在過去所取得的成就，實有賴本會的贊助者，社團，政府各機構，市政府，員工及委員會的支持。在此，我亦衷心的感謝我們的名譽會長，前紐省上議員沈慧霞博士 OAM，自本會成立以來，她恆常對本會作出無私的貢獻。在她的領導下本會能夠秉承服務社群宗旨。

我還要衷心的感謝兩位好朋友馬耀平夫婦(Nancy & Alex)，他們一直以來，以愛心及承諾，獻出寶貴時間，貢獻他們的專業意見，領導及協助我們籌辦多項活動，更予財政上的支持令到每次活動得到圓滿成果。再次衷心的感謝。

我亦要感謝本會的義工及家長們多年來的支持。我更感謝我們的委員會成員，他們在每次活動中，努力不懈地付出時間，協調所有活動籌辦，當然今晚的活動成功亦少不了他們的功勞。

最後我謹代表協康會所有家庭，誠摯的感謝在座各位，希望大家能一如既往的對協康會繼續支持，協助我們孩子茁壯成長!

Miranda Chau  
President



# 澳洲弱能兒童協康會30週年慈善晚宴- 星島日報



澳洲弱能兒童協康會9月29日晚在雪梨華埠富麗宮酒樓舉辦30週年慈善晚宴，逾400位會員及嘉賓出席，為該會成立至今的非凡成就喝彩，也為未來協會能更好開展籌集善款。

晚宴上，該會約30名弱能兒童精心排練了多首歌曲和舞蹈表演。晚會以表演《007 James Bond Theme》及《喜氣洋洋》開幕，其間還數次貫穿擊樂合唱表演《Happy》和手語表演《Top of the World》、《世上只有》、《Angel Mother/她們》、《憑著愛/真的愛您》和舞蹈表演《Gangnam Style》。

協康會會長周潤梅致辭表示，晚宴是對該會過去、現在和未來的一次慶賀，也是對200多個弱能兒童家庭與協會過去共同成長，付出無數努力表達感謝的一次機會。協會今後將繼續致力於幫助弱能人士與社會取得聯繫，獲得支持與建議，分享經驗並相互支持。

該會榮譽主席、紐省上議院前副議長何沈慧霞致辭稱，協康會從一個小小的非政府機構，發展到今日並繼續不斷壯大，是難能可貴的成就。她表示，自己從1988年起參與到協康會的工作，同年她亦當選第一個中國出生的紐省議員，對能持續支持協康會和擔任其榮譽主席感到自豪。

澳洲各級政要為該會成立30週年發來賀信。晚會還進行了切生日蛋糕、慈善獎券抽獎、慈善拍賣及遊戲環節等多個環節。

澳洲弱能兒童協康會成立於1988年，是一個非牟利、非宗教的慈善組織。協康會相信所有殘疾人士，不論膚色、種族或信仰，應該一視同仁，理應享受豐盛而有意義的人生。



瀏覽詳細的媒體報導，您可以登陸以下網址：  
<https://www.singtao.com.au/10-%E7%A4%BE%E5%8D%80/640530-%E6%BE%B3%E6%B4%B2%E5%BC%B1%E8%83%BD%E5%85%92%E7%AB%A5%E5%8D%94%E5%BA%B7%E6%9C%8330%E9%80%B1%E5%B9%B4%E6%85%88%E5%96%84%E6%99%9A%E5%AE%B4/>

Congratulation message from Prime Minister of  
Australia: The Hon Malcolm Turnbull MP  
來自澳大利亞總理The Hon Malcolm Turn的賀詞



PRIME MINISTER

**MESSAGE FROM THE PRIME MINISTER**

**CHINESE PARENTS ASSOCIATION – CHILDREN WITH DISABILITIES INC**

*“The Association is like a big family to me ... The members treat each other like brothers and sisters. We gather together and share our cheers and mishaps. It gives me comfort.”*

This heartfelt reflection featured in a book commemorating the 20<sup>th</sup> anniversary of the Chinese Parents Association – Children With Disabilities Inc. (CPA).

I am sure that sentiment is just as relevant - and prevalent – today as the CPA celebrates 30 years of supporting some of our community’s most vulnerable people.

The CPA’s belief that people with disability should be treated equally and be able to enjoy as rich and meaningful a life as possible goes to the heart of our Australian values.

Whether it’s through picnics, camping, dance, music, cooking, crafts, bowling, ice skating, or any of the many other sport and leisure activities you offer, you are helping people feel more connected and extending the hand of friendship.

I offer my warmest congratulations to the CPA on this milestone and trust that this book is a fitting tribute to the work you have done over the past three decades.

May you continue to ‘share your cheers and your mishaps’ in the spirit of camaraderie, support and mateship.

A handwritten signature in blue ink, appearing to read 'Malcolm Turnbull'.

The Hon Malcolm Turnbull MP  
Prime Minister of Australia

19 July 2018



# Congratulation message from Assistant Minister for Social Services and Disability Services Federal Member for Ryan



**The Hon Jane Prentice MP**  
Assistant Minister for Social Services  
and Disability Services  
Federal Member for Ryan

MC18-001824

Ms Miranda Chau  
President  
Chinese Parents Association - Children With Disabilities Inc.  
PO Box 345  
CAMPSIE NSW 2194

Dear Ms Chau

Thank you for your email of 8 July 2018 to the Minister for Social Services, the Hon Dan Tehan MP, about the upcoming 30<sup>th</sup> Anniversary of Chinese Parents Association – Children With Disabilities Inc. Your email has been referred to me as the Assistant Minister for Social Services and Disability Services.

I am pleased to provide a congratulatory message for your commemorative book:

I would like to congratulate the Chinese Parents Association – Children with Disabilities Inc. on the achievement of this significant milestone. Thank you for your ongoing commitment to delivering services to support and improve the lives of people with disabilities and their families across Australia. I look forward to continuing to work together on delivering the shared vision of the National Disability Insurance Scheme to supporting all people with disabilities and their families to achieve their goals.

I wish you all the best as you celebrate this auspicious occasion.

Yours sincerely

A handwritten signature in blue ink that reads 'Jane Prentice'.

JANE PRENTICE  
Assistant Minister for Social Services and Disability Services

21 AUG 2018

# Congratulation message from The Leader of the Opposition: Luke Foley MP

MESSAGE

**Luke Foley MP**  
Leader of the Opposition



## CHINESE PARENTS ASSOCIATION CHILDREN WITH DISABILITIES INC. 30<sup>TH</sup> ANNIVERSARY

I am proud to lend my support to the Chinese Parents Association - Children With Disabilities as you celebrate your 30<sup>th</sup> anniversary.

From the most humble of beginnings, the Chinese Parents Association has blossomed to become an important resource in our Australian Chinese community, providing valuable educational, social and most importantly emotional support to families.

I would especially like to thank the many volunteers for the outstanding work that you do for these special children – your dedication, passion and love has helped and will continue to help transform lives in the community that you serve.

On behalf of New South Wales Labor, I wish you a happy 30<sup>th</sup> anniversary and I wish you all of the very best for many more years of service to the community and the children and families that you so proudly support.

Yours sincerely

A handwritten signature in blue ink that reads 'Luke Foley'.

**Luke Foley MP**  
NSW Opposition Leader





# Congratulation message from The Leader of the Opposition: The Hon Bill Shorten MP



**THE HON BILL SHORTEN MP  
LEADER OF THE OPPOSITION  
SHADOW MINISTER FOR INDIGENOUS AFFAIRS AND  
ABORIGINAL AND TORRES STRAIT ISLANDERS  
MEMBER FOR MARIBYRNONG**

**CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES (INC)  
30<sup>TH</sup> ANNIVERSARY**

On behalf of the Australian Labor Party, I send my heartfelt best wishes to the Chinese Parents Association-Children with Disabilities Incorporated (CPA) on the occasion of its 30<sup>th</sup> Anniversary.

I take this opportunity to acknowledge and pay tribute to the members, staff and volunteers who have given so generously in their support and advocacy for parents of children with a disability within the Australian-Chinese community.

Your enormous contribution over thirty years of operation is commendable, and I have no doubt that you have made a significant difference to the lives of very many families and children.

Every child deserves to grow up feeling valued and supported. Through the work of organisations like the CPA, delivering important outreach services and programs, we can help children develop their full potential.

CPA also provides valuable advice and support to parents – keeping them informed of available services and facilitating opportunities to engage socially with other families. We know that when people feel connected to their communities they develop the resilience and confidence to cope with any challenges they may be facing.

Thank you for your ongoing commitment to children with disabilities and families within the Australian-Chinese community. I congratulate you again on this significant anniversary and I wish everyone a joyous and memorable celebration.

Yours sincerely

Bill Shorten  
Leader of the Opposition

Congratulation message from the Honorary  
President of CPA:  
The Hon. Dr Helen Sham-Ho OAM JP



It is with great pleasure that I send this greeting to the Chinese Parents Association-Children with Disabilities Inc.(PCA) on the occasion of its 30th Anniversary. It is quite a significant milestone for such a small NGO to survive and thrive.

My warmest Congratulations! I pay tribute to all the parents, relatives and friends as well as the many volunteers to have helped and support the association for all these years. For myself, I am very pleased to have been involved almost since its establishment in 1988; at that same year I was elected as the first Chinese born Member of Parliament in Australia. I feel very honoured and proud to be its Honorary President. I do believe that everyone in our humane society, whether they are intellectual disabled or not, should have the same right and be given the equal opportunity to enjoy quality of life, to a fulfilling life and happiness. I will always fully support CPA to achieve its Mission. May I also convey my very best wishes for the success of its 30 Anniversary celebration dinner!





# Congratulation message from Gladys Berejiklian MP - Premier of New South Wales



## Chinese Parents Association – Children with Disabilities

It is with great pleasure that I offer my best wishes to everyone at the Chinese Parents Association – Children with Disabilities, as you celebrate your 30<sup>th</sup> anniversary.

Since 1988, the strength and courage of a small group of determined parents has reached out to so many families and children with disability, showing your support and growing the organisation to over 200 members.

I commend you for the work you have done to help those in the community who require information and services to assist children with disabilities, and for the innovative range of programs and activities you provide.

On behalf of the NSW Government, congratulations on all you have achieved in these 30 years, and I thank you for the great impact you make to the community.

A handwritten signature in blue ink, appearing to be 'Gladys Berejiklian'.

**Gladys Berejiklian MP**  
Premier

Congratulation message from The Minister for  
Multiculturalism, Minister for Disability Services:  
The Hon Ray Williams MP



**The Hon Ray Williams MP**  
Minister for Multiculturalism  
Minister for Disability Services

EAP18/6814

Ms Miranda Chau  
President  
Chinese Parents Association – Children With Disabilities Inc.  
PO Box 345  
CAMPSIE NSW 2194

[admin@chineseparents.org.au](mailto:admin@chineseparents.org.au) / [mirandachau99@yahoo.com.au](mailto:mirandachau99@yahoo.com.au)

Dear Ms Chau

Thank you for your correspondence informing me of the 30th anniversary of the Chinese Parents Association – Children With Disabilities Inc. (CPA).

I sincerely congratulate the CPA on three decades of working with families of children with disability in the community. This is a notable achievement.

I would be delighted for the following congratulatory message to be included in your commemorative souvenir book:

*Thirty years of providing such valuable support to children with disability and their families is a marvellous achievement. In my dual role as Minister for both Multiculturalism and Disability Services, I offer double congratulations to all the tireless CPA members and volunteers who have made it possible.*

*The Hon Ray Williams MP  
Minister for Multiculturalism  
Minister for Disability Services*

Thank you again for writing to me, and please accept my very best wishes for the ongoing success of the CPA.

Yours sincerely

**Ray Williams MP**  
Minister for Multiculturalism  
Minister for Disability Services

## LETTER FROM MR. FAN 范鎮榮先生—不離不棄 同舟共濟

如果要在華社選擇一個能長期激勵人心和令人佩服的團體，弱能兒童協康會會是筆者首選其中之一。這個以弱能人士和家長為對象的團體源於1988年，在港大畢業的社工駱黃美苓女士幫助下成立，今年慶祝創會30週年。

每逢週末下午在協康會Belmore中心，都會有近70至80人參加活動，內容包括青年音樂，舞蹈和興趣班，生日會等。兒童活動有音樂治療，手工等。而家長則有資訊分享，研討和負責做支援義工。除了夏令和公眾假期外，其他時間都是風雨不改。

參加者都是弱能兒童，青少年和成人和他們的父母。弱能情況包括弱智或智障自閉和部份有肢體殘障或集中能力失調。他們都因為弱能使他們喪失一些自助能力而需要長期援助。通常照顧者都是他們的父母。

在今天要培養一個正常子女成長已不容易，更何況是有弱能的人。父母幫助弱智子女成長，有時好比希臘神話裡西西弗思故事一樣，需要同命運做永恆的對抗；儘管你努力去做，成效都是很慢，或甚至原步不前，但你仍然要周而復始的做下去。就好像西西弗思永無止境的推石上山至懸崖，掉下，又重新再來一樣。

可幸協康會很多成員在他們家人支持下，都慢慢能夠克服種種障礙而站立起來。筆者認識一些協康會弱能朋友多年，他們部份已在主流社會獲得工作，也有學到一些基本自立技能或人生興趣，使他們未來人生中，都因為這些成就而站立起來。

現實上，他們還是要面對未來生活所帶來的困難，但他們都有所準備，國家殘障保險計劃 (NDIS) 也給他們帶來新的希望，期望能過一般人的生活。

這些都體現他們的決心，堅毅和勇氣，克服因弱能而帶來的不便，在生命旅途繼續向獨立自強邁進。也反映他們父母和家人對他們始終支持，愛護和不離不棄的信念。

筆者有時想，是甚麼動力使這團體十多年來繼續週末中心和其他活動？是每一個家長都希望自己的子女能夠像其他同齡人一樣，學到音樂畫畫等技巧，能認識新朋友，一起渡青年或兒童生活。因為有弱能子女，大家都是坐同一條船，因此能同舟共濟互相扶持。他們都很積極的支持協康會活動。協康會辦過幾次成功的音樂會，都是由於家長幫忙排演，造衣服，舞台指導，製作道具等 - 大家都同心協力，希望自己子女能夠登台表演。其他活動，他們是策劃者，支持者，義工，教練等。

多年來，他們合作的模式是一種合作社的模式，是最基層社區發展的工作模式，也能達到最佳成效。這模式使家長能互相支持，從而建立牢固的友誼。

也是在這基礎上，他們發展出一套以家長為主導的管理架構，許多工作發展都會彼此研究溝通方才實施。今年，經過多番考慮，協康會決定成為NDIS服務提供者，也搬入新的辦公室。使許多關心他們的義工和社區朋友興奮不已。

作為義工，協康會的自務，互助互勉精神，務實和努力，使我一而再的重返這個團體。我也知道這是我們華人社區一個重要的社區資源，為未來有弱能子女的家庭帶來希望和支援。在協康會做義工，有時我們幫助協康會一些小事務，但我們學習到家長的堅毅和勇氣，從中了解到由家長身上體現的人生是需要面對困難，對需要堅持的事，要不離不棄的人生道理。我們學到的其實比我們幫協康會所付出的更多。

希望協康會繼續成長，使更多有需要的華人家庭得益，百尺桿頭更進一步。  
(歡迎討論：cfan@optusnet.com.au)

范鎮榮  
社工，協康會義工



# Celebration of Mid-Autumn Festival & Father's Day



Elena: “ Feel good to celebration because we can teach our children to recognize traditional festivals, such as Mid-Autumn Festival”

Jonathan: “I like the Mid-Autumn Festival because I can eat my favorite moon cake!”

Chinese Parents Association—Children with Disabilities has been hosting celebration for Mid-Autumn Festival for many years. The stories or reasons to celebrate Mid-Autumn Festival might be different among members, for example, kids might consider that as a good opportunity to get their favorite food while mums and dads consider this as education opportunity. But there was no doubt that this celebration was a success. This year, we had more than 80 people joined us on the day.

The buffet was held on 1st of September 2018, at Padstow Bowling & Recreation Club.

Besides tasty buffet recipes, Ping also homemade some moon cakes and gave one to each family as a present! According to her, this was not just a day to celebrate moon festival, but it also promoted family, something that people could share together regardless of their cultural background. Food is a great opener and a great way to open the door to welcome people and make friends.

CPA also took this opportunity to celebrate Father's day and acknowledged all the dads for their contributions and supports to their families.



# Health Seminars

- ◆ August/ 2018 : Body Mapping—Understanding the signals of your body
- ◆ September/ 2018 : Heap Project Health Seminar—Herpes Zoster (Shingles)
- ◆ November/ 2018 : Heap Project Health Seminar—How to prevent getting Dementia

**澳洲弱能兒童協會**  
CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.  
HEAP Project Health Seminar  
(The talks will be conducted in Cantonese. 講座將以廣東話進行)

**帶狀疱疹[皮蛇]** 主講: 鄭雪鵬醫生  
Herpes Zoster (SHINGLES) due to Varicella zoster virus  
Patient with shingles

腰背痛 胸口痛 癢 深層刺痛

免疫機能低

Kindly Sponsored By Canterbury Bankstown Club Grant - Campsie RSL Club

Date 日期: 20/ 9/ 2018  
Time 時間: 10:30 am - 12:00 am  
Venue 地點: CPA Campsie office  
Shop 11 20-22 Anglo Road  
Campsie

Registration is essential 請早報名  
Enquiries 查詢: contact Lilian, on (02) 9789 1315 or 0406 233 222

**澳洲弱能兒童協會**  
CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.  
Health Seminar for "CARE for CAREERS" Project  
**如何預防老人痴呆症**  
How to prevent getting Dementia  
主講: 鄧東林中醫師

台灣稱失智症, 也可稱癡症。  
認知障礙症是一個主要影響腦部  
功能的前, 老年人較易患上  
(65歲以上: 4-8%, 80歲以上: 20%)  
重點就是要在問題出現初期, 分  
辨正常的無記憶性和認知障礙症(老  
人痴呆症), 以便能有效地減緩退  
化。

Kindly Sponsored By Burwood Council Community Service Grant 2018

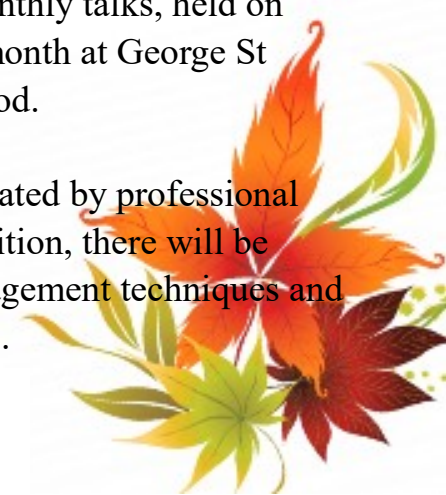
Date 日期: 25/10/2018 星期四 Thur  
Time 時間: 10:15 am to 12:00 pm  
Venue 地點: George St Community Centre  
51 George Street Burwood

Fee 費用: FREE  
Fee for Lunch: \$10 for members (Optional)  
\$15 for non-members

The talk will be conducted in Cantonese 講座將以廣東話進行  
Registration is essential 請早報名, Closing date 截止日期: 18/10/2018  
Enquiries 查詢: contact Jane, on (02) 9789 1315 or 0406 233 222 Tues & Thurs, 禮二及禮四, 10am-3pm  
Or Ping 0413 029 838

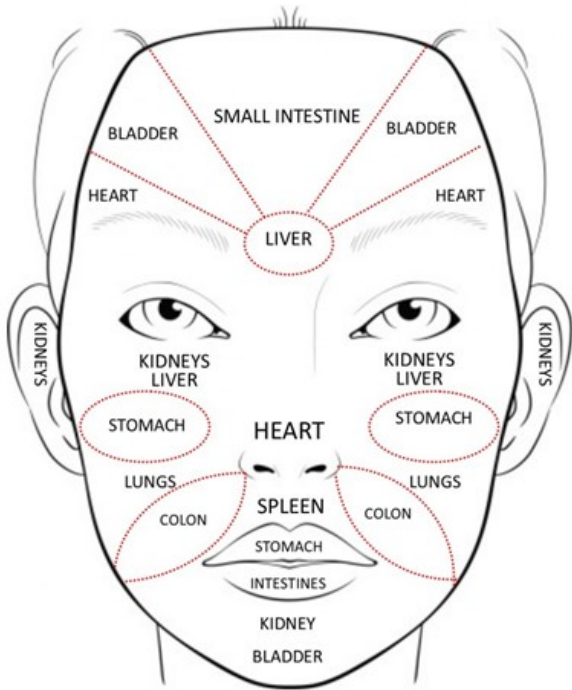
Keeping the medical knowledge up to date can be difficult – and it is even more daunting if an individual does not have a background in health or medicine. This is a community-based project aims to provide, to the CALD carers caring for people with disabilities, as well as people from the community with the up-to-date development in the use of medication and the correct method of using them in the health maintenance and illness prevention. The target groups will be a group of carers, people with disabilities and the general residents in Burwood LGAs. It will consist of 5 monthly talks, held on every third Thursday of the month at George St Community Centre at Burwood.

These seminars will be facilitated by professional medical practitioners. In addition, there will be demonstration on stress management techniques and on anxiety reduction methods.





# Body Mapping



## WHAT DOES YOUR FACE SAY ABOUT YOU?

據醫學調查表明，人體的內臟與臉上不同的部位存在著特定的聯繫。由專家得出的建議，人應該多做自我觀察，及早發現身體的各種反應，做提早處理。這次講座有由梁玉華中醫師和麥建文中醫師進行介紹，目的是根據面部反射區圖，做相關症狀和反應的介紹。通過這張圖片我們可以清晰地知道人的內臟與臉上部位的一一對應關係。並且，我們可以通過觀察臉上的變化而得知相應器官可能會出現的問題，這樣我們就可以及時採取相應的措施，不會錯過治療的黃金時間。



## 中医的脏腑面部全息图

1. 循环系统：心血管，压力
2. 呼吸系统：咽喉，肺部
3. 神经系统：心脏
4. 内循环系统：胸
5. 消化系统：肝胆，脾胃，大小肠
6. 泌尿系统：肾，膀胱
7. 生殖系统：子宫
8. 运动系统：四肢



面部全息图

## 养生汤

- ✦ 香菇木耳黑豆红枣汤
- ✦ 材料：香菇15个，木耳10克，黑豆100克，小麦30~50克，红枣3~5个，生姜数片，食盐适量。（2~3人份）
- ✦ 做法：
  - (1) 黑豆提前用清水浸泡，洗净备用；香菇、木耳发泡；红枣去核切丝。
  - (2) 锅内加适量清水煮沸，将香菇的根蒂部切下，与黑豆、小麦一起放入锅中，中火熬制约1小时。
  - (3) 放入香菇、木耳、红枣丝和生姜片，小火再煮20分钟，调味即可食用。
- ✦ 黑豆味甘性平，具有健脾益肾的作用。香菇味甘性凉，能健脾胃，益气血。木耳味甘性平，具有补气养血，稍兼活血的功效。小麦养心安神，能改善心悸和睡眠质量。搭配生姜、红枣温中健脾，益气养血。此汤特别适合素食者作为健脾胃、养气血食用。





## NSW Carers Awards 2018 Winners

The Hon. Ray Williams, Minister for Disability Services, announced the recipient of the 2018 NSW Carer of the Year, Ivy Lau of Carlingford, at the 2018 Carer of the Year Awards on the 11 October 2018.

Ivy has been a carer for her daughter, who was born with Down Syndrome, for almost 30 years, as well as her husband who was diagnosed with Parkinson's disease 10 years ago.

On top of her caring role, Ivy works full time as an IT application specialist and is an active member of the Chinese Parents Association for Children with Disabilities, where she supports other community members with disabilities by running computer sessions and organising musical performances.

In NSW, 1 in 10 people are carers with more than 904,400 people across the state providing unpaid support to members of the community.

The NSW Carers Awards is a NSW Government initiative that helps to recognise the remarkable contribution unpaid carers make to their loved ones and the wider community.

The Minister for Disability Services, the Hon. Ray Williams, said everyone should show their appreciation to a carer they know during the 2018 National Carers Week.



**Ivy Lau -  
2018 NSW Carer of the Year**

For more details, please access the following website:  
<https://www.careforacarers.nsw.gov.au/for-carers/2018-carers-awards>

Let's **celebrate**



**International Day of  
People with Disability**  
國際身心障礙日

Sunday 2<sup>nd</sup> December, 1pm-5pm  
Strathfield South High School  
(43 Hedges Avenue, Strathfield South)

2 hour dance workshop. A disco for everyone!  
Afternoon Tea included.  
**FREE EVENT**



詳情請聯繫澳洲弱能兒童協康會:  
(02)97891315週二和週四10am-3pm

To find out more, please call Council on:  
9748 9999 or email [council@strathfield.nsw.gov.au](mailto:council@strathfield.nsw.gov.au)



**COME & JOIN US ON THE DAY!**

澳洲弱能兒童協康會將於 2018 年 12 月 2 日，與 Strathfield Council 一起合辦慶祝「國際身心障礙日」的活動。慶祝將會以「的士高」形式舉行，讓所有參與者都可以輕鬆快樂地融入活動，非常適合各類年齡的人士參與。協康會的成員們，也可藉此機會學習如何更好地融入社區。當天除了跳舞外，還有免費茶點招待，希望大家能一起來參加，活動詳情如下：

- ⇒ **Date & Time 日期 & 時間: 02/12/2018, 1pm—5pm**  
**Address 地點: Strathfield South High School**  
(43 Hedges Ave, Enfield NSW 2136)



Enquiries 查詢: Contact Jane, Tues & Thurs, 週二及週四 10am—3 pm, (02) 9789 1315, 0406 233 222



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




# Week Day Afternoon Program I:

<p><b>Thursday</b> <b>5pm – 6pm</b></p>  	<p><b>Gym &amp; Fitness class</b> <b>coached by PCYC qualified trainer</b></p> <p>The class will consist of a 15-minute warmup which will include dynamic and aerobic movements to fire up the CNS and muscles. 30 minutes of the class will include the strength and conditioning portion, which will consist of bodyweight movements incorporating balance, strength and co-ordination. The movements will be broken down into the basics, with progressions when able.</p> <p>15-minute cool down consisting of PNF + dynamic stretching with some relaxing breathing exercises to lower the heart rate back to resting.</p> <ul style="list-style-type: none"> <li>• Please in sports attire, bring water bottle, towel</li> </ul>
<p><b>Dates:</b></p>	<p>Every Thursday</p>
<p><b>Where:</b></p>	<p>PCYC Auburn (Formerly Netball Centre) Wyatt Park, 1 Church Street, Lidcombe <a href="https://www.pycnsw.org.au/auburn/contact-us/">https://www.pycnsw.org.au/auburn/contact-us/</a></p>
<p><b>Fees:</b></p>	<p>\$28 per session</p>





# Week Day Afternoon Program 2:

<p><b>Monday</b> <b>4:30pm – 6pm</b></p> 	<p><b><u>Intermediate Computer Course</u></b> ( Please bring your own laptop)</p> <ul style="list-style-type: none"> <li>• Intermediate Microsoft Office skills ( Word, Excel, PowerPoint)</li> <li>• Intermediate Internet searching</li> <li>• File Management</li> </ul>
<p><b>Dates &amp; Time:</b></p>	<p>Every Monday, 4.30pm—6pm</p>
<p><b>Where:</b></p>	<p>CPA office, 20-22 Anglo Road, Campsie</p>
<p><b>Fees:</b></p>	<p>\$42 per session</p>

\*\* For more information, please kindly contact our office staffs

## 2018 Christmas & New Year Celebration

Date 日期: 09/12/2017, Saturday 星期六

Time 時間: 12.30 pm – 2.30 pm

Venue 地點: Club Central (2 Crofts Ave, Hurstville, NSW)

**Booking is essential, closing date for registration**

**請早報名, 截止日期: 01/12/2018**

**Enquiries: contact Jane on 9789 1315 or 0406 233 222**

**Tues & Thurs 週二及週四 10am-3pm**

PWD\* refers to the children with disabilities of ordinary members of the Chinese Parents Association - Children with Disabilities Inc.



# UPCOMING EVENTS



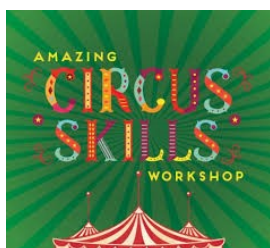
For November—December , there are plenty of FUN activities:  
for you and your family to enjoy!

- ◆ Zumba (Rhythm & Music)  
03/11/2018, 24/11/2018  
For junior group



- ◆ Birthday Party :  
17/11/2018

- ◆ Strathfield: Celebration of International Day  
of People with Disabilities, 02/12/2018



- ◆ Circus Workshop :  
01/12/2018, 4-5PM, for junior group



- ◆ Christmas Party :  
At Club Central 15/12/2018

# 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 by  
Bankstown Sports 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 by  
Bankstown Sports Club



### BEAM Project

Time 時間: The third Saturday of  
each month, 每個月第三個週六,  
3pm to 4pm

Venue地點: Belmore Youth  
Resource Centre,  
40 Redman Pde, Belmore

This program is kindly sponsored by  
ACCF

## Youth Group 青年組



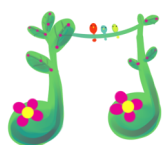
### Ice-Skating

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 Strathfield Sports Club



### 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



Celebration of Moon Festival & Father's Day



Ice-Skating Activity



Health Seminar



CPA performance at ACCF dinner



Movie Activity



Dance Practice



2018 NSW Carer Award



# GALLERY

## CPA 30th Anniversary Celebration



# Acknowledgement

## Donors & Sponsorship (for donations \$100 or above)

Alex Ma & Nancy Ma  
Annie Tang  
Anthony and Rosa Leung  
Australia Fujian Chamber of Commerce  
Australian Chin Lien Chinese Association  
Australian Chinese Charity Foundation  
Australasian Culture and Trade Promotion Association  
Betty Pang  
Campsie Chinese Congregational  
CanRevive Inc  
Catherine Chung  
Chan Wah  
Chin Lien Association  
Connie Chung  
Dai Wing Wah Cantonese Opera  
Dominic & Cecilia Pak  
Harry & Sylvia Tinyow  
Heng Fai Trading Co P/L  
Hong Kong Economic & Trade Office  
Iris Lee  
Janis Liang  
Jenny Wallis  
Justin & Irene Lam  
Karin Cheung  
Kei Wei Ching  
Kevin Chan  
Khanh Quach  
King Opal  
Lee Kum Kee  
Lina Tinyow  
Lions Club of Syd Pacific  
Lions Club of Sydney Inner West  
Lions Club of Sydney Waratah  
Macarthur Newsagent  
Marigold Chinese Restaurant  
May Vuong

## Donors & Sponsorship (for donations \$100 or above)

Microsoft  
Mimi Tse  
Miranda Chau  
Mrs Wah  
Nancy Wang  
Niche Mobile Solutions P/L  
Oriental Merchant  
Overseas Chinese Photographers (Aust) Association  
Peter & Momo Wu  
PolyU Alumni  
Rosemary Lock  
Samsons Handyman  
Samuel & Monica Chu  
Simon Ko  
Simon OT Leung  
Smash Brothers  
Spencer Fong  
Tanabo Pty Limited (Lisa Harris)  
Taronga Zoo  
The Hon Dr Helen Sham-Ho  
Vincent Kong  
Wamada Jewellers  
Way In Network  
Xun Chen  
Yi Jia International P/L  
Yi Jun Gu

## Volunteers

Alex Ma & Nancy Ma  
Angela Poon  
Anna Yew  
Chun Wing Fan  
Clara Lau  
Crystal Mak  
Daniel Yung  
Darby Mu  
Derek Lau  
Harry Tinyow  
Irene Cheung  
Jackie Chan  
Jason Fok  
Lian Chin  
Mario Yuen  
Paul Yau  
Sam Li  
Sandy Ho  
Winda Mok  
All other volunteers at the 30th anniversary charity dinner not listed above

## Media

2ac Australian Chinese Radio  
2CR China Radio  
Australian Chinese Daily  
Sing Tao Newspaper







**NOV**

Bowman Yu  
 Joshna Wang  
 Laurence Trieu  
 Lawrence Li  
 Livana Li  
 Sandra Wang

**DEC**

Adrian Chau  
 Chen Rong  
 Daniel Li  
 Jasper Zhang  
 Jeremy Wang  
 Jimmy Kong  
 Louisa Tong  
 Samson Yuen  
 Timothy Yau

**JAN**

Barry Mak  
 Christopher Lin  
 Edmund Su  
 Jason Chen  
 Katie Chen  
 Michael Lu  
 Teresa Wong  
 Thuman Ha  
 Tiffany Tan



**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

# Nov 2018-Jan 2019

## 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
- Monday afternoon at Campsie office, shop 11, 20-22 Anglo Road Campsie
- Thursday Afternoon at PCYC Auburn, 1 Church Street, Lidcombe

## WEEKDAY PROGRAM

Monday	4:30pm to 6:00pm	Computer Class	CPA Campsie Office
Thursday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn 1 Church Street, Lidcombe

## WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 9:00am to 12:00pm	Afternoon 2:30pm to 4:30pm
<b>November</b>			
3 Nov	Zumba Music Therapy	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Exercise Physiologist (Fort Health Care)
10 Nov	Fun to learn Music Therapy		MATT: 1 <sup>st</sup> trip: Hurstville Station to Como, Como Leisure Grounds
17 Nov	Zumba 3:00 – 4:00pm	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Dance Class 🎂 Birthday Party
24 Nov	Fun to learn Music Therapy		ART Contour workshop (Nick)
27 Nov	Variety Kids X'mas Party (10am – 4pm)		
<b>December</b>			
1 Dec	BP: Circus Workshop @ SAT Canterbury (4-5pm)	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Art & Crafts
8 Dec	Zumba Music Therapy		MATT: 2 <sup>nd</sup> trip: Hurstville Station to Gynea, Hazelhurst Reginal Gallery Art Centre
15 Dec	🎄 AGM & Christmas Party (Final Contour Workshop 14) 🎉		
16 Dec	Bowling @ Zone Bowling, Reversby Workers Club		
22 Dec	Christmas Holiday		
29 Dec	Christmas & New Year Holiday		
<b>January</b>			
5 - 12 Jan	School Holidays		
19 Jan	Family Circus Fun @ Sydney Aerial Theatre, 7-9 Close St Canterbury 🧒🧒🧒🧒		
26 Jan	School Holidays		
27 Jan	Fusion Cruise, Chinese New Year Celebration		
<b>The above programs may be changed without prior notice due to unforeseen reasons.</b>			