



Happy Chinese New Year



洲弱能兒童協康會

Chinese Parents Association- Children With Disabilities Inc.

Newsletter 協康會會訊

February to April Issue 二零二二年二月版 | www.chineseparents.org.au | admin@chineseparents.org.au

Highlights

SBS 中文台 AM1107 在 20/12/21 早上播出一個叫 '我不是名人' 的訪問活動，受訪嘉賓是協康會的會員譚錦添

... 過程雖艱難、但他從不後悔。

「不論嬰孩出生後會遇到甚麼情況，我們仍然覺得她是最美好的。」

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Dear Members

Welcome to 2022! I hope that you and your loved ones are healthy, safe, and that your holidays were peaceful, bright, and merry.

Reflecting back on the last 12 months, it's hard to believe how much has happened around us. We entered the year with hope and some trepidation.

I am honoured and excited for the opportunity as I enter my 9th year as the President of the CPA. I look forward to continuing to serve and ensure that CPA legacy continues. My goal is to promote the mission and objectives of the association.

While we're always excited to welcome new members each year, saying farewell to outgoing ones can be difficult. This year, we honour one outgoing committee member by sharing her reflections about her time with CPA. Elena Lau who served CPA from 2003, her role included as a committee member, president from 2006 to 2009 and program co-ordinator from 2010 to 2021. Her hard work she has contributed to CPA in different roles throughout the years particularly in building our music performances have been tremendous, and her devotion to the CPAKIDz. We sincerely thank you Elena and wish her all the best going forwards.

Jane from our office had resigned for a new opportunity. Jane has been an integral part of the admin team over the last three years working on funding applications and office duties. We wish her well in her future endeavours. In the meantime, Rachel will be working three days in the office from March.

As we are facing the uncertainty nowadays, planning is quite challenging, we can only reply on wishful

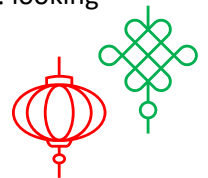
thinking "handle it when it happens". This quarter, we will plan our timetable month by month rather than quarterly. Until we are safe to resume face to face activities when situation looks somewhat better, CPA will continue to provide the on-line programs every Saturday, all on-line programs will be free of charge to our members and families.

It was great to see many families enjoyed family time at WSLR the beach side weekend getaway last month. Seeking out fun activities is even important now, doing something you enjoy can distract you from problems and help to cope with life's challenges. Bringing the joy to the families and ensuring that we are doing it in a low-risk manner are the priority focus from CPA. In the year ahead, CPA will continue organise low-risk outdoor activities, providing more opportunities for meaningful engagement of our members and families, introducing innovative programming formats and topics, virtual programming.

Thank you members for your continued participation and enthusiasm in our community, and sponsors for your support and advice. Finally, I'd like to give a special shout-out of appreciation to our committee members, Rachel from our office and specially thank to Maria Lee, our Treasurer, for their tireless work on behalf of the CPA, and for all the resources, guidance and support they provide each and every day. Thank you all!

I wish you a safe and health New Year filled with hope, happy Chinese New Year 2022! looking forward to seeing you soon.

Miranda Chau



親愛的會員，

歡迎 2022 新一年的來臨！我希望你和你所愛的人都有健康和平安，而且渡過一個平靜、充滿朝氣和快樂的假期。

回顧過去 12 個月，很難相信我們身邊發生了許多事情。我們只能帶著希望和惶恐的心情邁進了這一年。

在我擔任協康會會長的第 9 個年頭之際，我感到很榮幸也很興奮能再獲得這個機會。我期待繼續服務並確保協康會的傳統得以延續。我的目標是促進協康會的使命和宗旨。

雖然每年我們總是很高興地歡迎新成員，但告別離任的成員卻更是困難。今年，我們透過協康會過往的一些點滴，藉此表揚一位剛離任的管理委員會成員，Elena Lau 從 2003 年開始服務協康會，她的職務包括管理委員會委員、2006 年至 2009 年的會長、以及 2010 年至 2021 年的項目統籌。多年來她的辛勤工作，為協康會作出不同範疇上的貢獻，在組織協康會的音樂公演方面，成績斐然，她對 CPAKIDz 是絕對的全心投入。我們衷心感謝 Elena，並祝她一切順利。

我們的員工 Jane 亦辭職另闢新天地。在過去的三年裡，Jane 一直是協康會行政上不可或缺的一員，專責申請政府撥款和辦公室職務。我們祝愿她在未來的工作中一切順利。與此同時，Rachel 將從三月開始在辦公室工作三天。

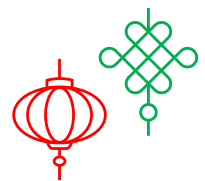
面對現在各方面的不確定性，規劃亦甚具挑戰，我們只能“見步行步”。本季度，我們將按月而非按季度進行規劃；協康會將繼續在每週六提供在線學習，直到疫情好轉、我們可以安全地恢復面對面的活動；所有在線課程將免費提供給我們的會員和他們的家庭成員。

很高興看到許多家庭在上個月的海濱家庭度假營中，享受了美好的家庭時光。對於今天的我們，進行一些有趣味性的活動至為重要，做一些你喜歡的事情可以舒緩生活上帶來的壓力，並有助於應對當中的挑戰。為家庭帶來歡樂並確保我們以低風險的方式進行活動是協康會的優先重點，未來的一年，本會將繼續籌劃低風險的戶外活動，為我們的會員和家庭提供更多有意義的互動機會，引入新穎的學習形式和主題，以及虛擬的學習項目。

感謝各位會員一直以來的參與以及對我們社區團體的熱忱，和贊助商給予的支持和建議。最後，我要特別鳴謝我們的管理委員會成員、辦公室的 Rachel、尤其是我們的財政 Maria Lee，感謝他們對本會不懈的工作以及每天所提供的資源、指導和支持。謝謝你們！

在這充滿希望的新一年，祝您們闔家平安和身體健康！2022 年農曆新年快樂！期待很快見到您們。

周潤梅





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。

2022 CPA Management Committee

2022 現任管理委員會

Hon President 名譽會長: The Hon. Dr Helen Sham-Ho OAM 沈慧霞 博士

President 會長: Ms 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 馮美良 女士

Secretary 秘書: Dr Jennifer Chan 陳素娟 博士

Committee Members 常務委員: Mrs Ping Mu 繆桂萍 女士
Mr William Wu 吳光偉 先生



The Hon. Dr Helen Sham Ho OAM



Miranda Chau



Sylvia Tinyow



Ivy Lau



Maria Lee



Aileen Pang



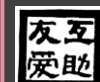
Dr Jenifer Chan



Ping Mu



William Wu



小組節目 Junior Group Program



Rhythm & Motion 唱遊活動

Instructor 導師: By Christine

Time 時間: Saturdays 星期六, 4:00pm — 5:00 pm

Venue 地點: Belmore Youth Centre, 38 Redman Pde, Belmore



Fun to Learn! Independent Living Skills!

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

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



Community Outdoor Activities

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

大組節目 Youth Group Program



藝術課 Art Programs

Time 時間: Saturdays 星期六, 下午 3:00pm 至 5:00pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



音樂課 Music Lessons

Time 時間: Saturdays 星期六, 下午 3:00pm 至 3:30pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午 11am 開始

Venue 地點: Tenpin City Lidcombe, 92 Parramatta Road Lidcombe,
(Parking at rooftop)



網課 On-line Activities

Announcement through Wechat & email

Due to COVID-19, Belmore centre base programs suspended until further notice.
由於冠狀病毒, Belmore 中心活動暫停直至另行通知。

新春遊輪家庭樂 CNY Family Lunch Cruise

Saturday 05/02/2022

3 hours Classic Lunch Cruise as we journey up the Picturesque waters of the Georges River



NDIS Participants *	Others 其他	Fees Include 費用包括
Fees \$55.00 pp (17yrs and above)	\$45.00 pp (17yrs and above)	2 course meal, coffee & tea (2 道菜午餐, 咖啡和茶)
\$40.00 pp (4yrs to 16yrs) PWD** must be accompanied by a carer	\$40.00 pp (1:1 Companion card holders and 4yrs to 16yrs)	

Departure location & Time: 11:00am – 2:00pm
出發地點 & 時間: Sans Souci Wharf, Riverside Drive, Sans Souci (see map next page 請參閱下頁地圖)
Don't be late for your cruise! 敬請準時 逾時不候

*NDIS participants are people who have current NDIS funding to claim for the above activity fee.
有 NDIS 計劃並可申領此項活動的參與者.** PWD refers to the children with disabilities of ordinary Chinese Parents Association-Children With Disabilities Inc.

Lucky draw 幸運抽獎
Li Si 紅包

Seats are limited, first served

Enquiry: admin@chineseparents.org.au
0412 536 633

Chinese Parents Association-Children With Disabilities Inc.

Postponed until further notice

Family Fun day at Model Park 模型公園家庭樂

Sunday 04/07/2021, 10:00am – 3:00pm



869 Luddenham Road, Luddenham
<http://www.modelpark.org.au/>

	PWD (NDIS participant)	Others	Under 4yrs
Fee includes entry fee, morning tea, BBQ lunch, slot car race & unlimited miniature train rides	\$35 pp	\$20 pp	Free

Own Transport
Please wear closed shoes, warm clothes, bring water.

Booking essential, please book by 報名截止日期 26/06/2021 through CPA Website or email admin@chineseparents.org.au Full payment required upon booking

Enquiry: Miranda 0412 536 633

*NDIS participants are people who have current NDIS funding to claim for the above activity fee. 有 NDIS 計劃並可申領此項活動的參與者。
PWD refers to the children with disabilities of ordinary Chinese Parents Association-Children With Disabilities Inc.

Postponed until further notice

友互愛助 澳洲弱能兒童協康會
Chinese Parents Association - Children With Disabilities Inc
Physical, Emotional, Art, Coordination & Education (PEACE)
Program for CALD Children with Disabilities



攀爬歷奇 Tree Top Fun

Kindly sponsored By Canterbury - Bankstown Clubgrants Bankstown Sports Club

Date 日期: 26 / 01 / 2021 Wednesday
Time 時間: 10:00am-12:00pm (arriving 9:45am at reception)
Venue 地點: Tree Tops Adventure Park - the Hills
95 Castle Hill Road, West Pennant Hills NSW 2125
Fee 費用: PWD NDIS claimable participant \$35
Others \$25

TreeTops terms and conditions apply
<https://www.treetops.com.au/adventures/treetop-adventure-park>

Registration deadline: 31/12/2021 截止

* vacancies limited, first in first serve 名額有限, 先到先得
* priority will be given to PWD 優先給予 PWD
* for members under 16 16歲以下成員, 需由家長或監護人陪同
* Upfront non-refundable 訂金不退款
請預先付款以作保證 (不可退還) 至 Chinese Parents Association
Pay by bank transfer 銀行轉帳 (週一至週五 10am - 3pm)
PwD= refers to the children with disabilities of ordinary members of the Chinese Parents Association - Children with Disabilities Inc.

Postponed until further notice

SYDNEY LUNAR FESTIVAL DRAGON BOAT RACES 2022

5 February 2022 -Sports Crews
6 February 2022 -Corporate / Social Crews
Cockle Bay Darling Harbour

CITY OF SYDNEY presents
2022 LUNAR NEW YEAR DRAGON BOAT RACES returns to Cockle Bay, Darling Harbour
2022 農曆新年龍舟賽

Sunday 6th February 2022

COME TO WATCH TO SUPPORT THE CPA DRAGON BOAT TEAM!
支持 CPA 龍舟隊!

Race day Sunday 6th Feb. 9am-3pm
Race Distance 200m

We are seeking for 10 male paddlers, 10 Female paddlers, 4 reserves to form our team please contact Miranda 0412 536 633, 有興趣參加 CPA 龍舟隊請聯絡 Miranda 0412 536 633

Get up close to all the action & join in the excitement!
Come and join the CPA Team!

CPA, CPA Winner of the Day!

Registration now open
現已開始報名

Training Dates & Time	At	Admission
22/01 & 29/01 10am-11am	At	Member \$10, Member is Free

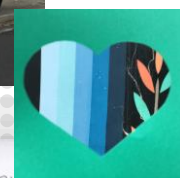
Chinese Parents Association - Children With Disabilities Inc.

Cancelled this year

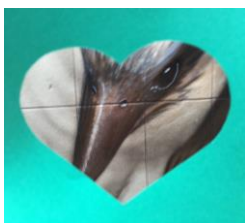


SAID PROJECT

Social Art & Independent Development Program & Workshops



Good Job everyone!



Newtown Graffiti map location

Jack Zhou

Newtown Graffiti Map - Street Art Locations in and Around Newtown, NSW, Australia

Stop	Time	Location	Questions
A	2:30 pm	Newtown Train station (King Street)	Meet here at 2:20pm for 2:30pm
B	2:35	305 King Street Newtown	What is the name of this painting? <i>I have a dream</i>
C	2:50	239a King Street (cnr Church St. & King St)	What are the colours on the shapes? <i>red, blue</i>
D	3:05	2 Lennox Street (IGA CarPark)	What is the name of this Artist? <i>Alex Lenours</i>
E	3:20	284 Church Street	Describe what happen in this painting? <i>There is a bag falling off</i>
F	3:30	10 Lennox Street	How many cats can you find? <i>3 cats</i> What other animals can you find? <i>Birds and butterflies</i>
G	3:45	38 Lennox Street (cnr Mary st & Lennox St)	What are the shapes in the painting? <i>circles and triangles</i>
H		Cnr Lennox St & Eliza St There are a lot to see at Eliza St, walk along toward the Train station. Trip end.	



Escarpment Boardwalk Parramatta



Wollongong Surf Leisure Resort



Illawarra Rhododendron Gardens Mount Pleasant





On Saturday 11 December 2021 CPA went for a Christmas Party at Regents Park RSL. Everyone wore Christmas hats & sat at their assigned tables and performed some of the dances.

When everyone got here we got our food table by table. Each of us got our own plates of food, then CPA kids performed some of our dances, sang Christmas & received certificates for art classes.

Then people lined up to get presents from Santa and finally the raffle. It has been such a great time & hope to come again.

Andrew Li



CPA Christmas Party Celebration



On Saturday 11th December 2021, I went to the CPA Christmas Party at Dooleys Club in Regents Park. I saw CPA friends such as Samson, aunty Maria, uncle Mario, Jonathan, Victor Li, Jason, aunty Elena, Victor Wu, uncle William, Andrew, aunty Winnie, Jack, Timothy, aunty Jennifer, Reuben, aunty Miranda, uncle Harry, aunty Sylvia, uncle Alex and aunty Nancy. Everyone in CPA and guests wore Christmas colours either red or green shirts for the celebration and I wore an elf hat. We had a buffet for lunch with roast beef, roast pork, pumpkin chunks, baked cheese with cauliflower, teriyaki chicken, pasta and steam rice. While we were having buffet lunch, we watched a slideshow about CPA activities in 2021 with many photos. After the slideshow, CPA kidz danced with the songs "Flying Without Wings by Westlife" and "Gangnam Style by Psy". We sang Christmas carols such as "Jingle Bells", "Jingle Bell Rock", "Santa Claus Is Coming To Town" and "We Wish You A Merry Christmas". Santa gave us presents and uncle Alex took many photos of us. We had a lucky draw. After the CPA Christmas Party was finished, I said goodbye to my CPA friends and "Merry Christmas and A Happy New Year in 2022". I enjoyed the CPA Christmas Party at Dooleys Club in Regents Park.

By Barry Mak

A precious getaway Family on the trip

Day 1 (Jan 14)

Aunty Miranda gave me and my parents a lift to the Wollongong Surf Leisure Resort. She picked us up from home at about 11 am. After loading all the luggages to the boot, we headed off to the camp.

At about 12:30 pm, we stopped for lunch at a restaurant at Heathcote. I had my favourite food - fish and chips for lunch. Reuben had a burger and chips.

We drove pass the Lookout at Bulli. We parked there and took some photos. The scenery was beautiful. We had ice cream at the cafe nearby.

We arrived at the Resort at about 2 pm. A few CPA families arrived before us. The cabin keys and wifi codes were picked up from the Reception.

After settling down, I had a walk to the nearby beach with Reuben, Karen and my parents. The sea was beautiful. The walk took about an hour and a half but it was a nice walk.

Dad cooked fried rice for dinner and I did the clean up after that.

Later I walked around the Resort and chatted with my friends who stayed in different cabins.

Reuben, Karen, Stephanie and Tim stayed at the conference room to watch a movie.



Day 2 (Jan 15)

I woke up at about 7 am. We had croissants, sausages and fruits for breakfast. I helped cooking the sausages.

After breakfast, we went for a bush walk with a few CPA families. It was a long walk but fun. The weather was excellent. On the way back, we saw three buildings with different shapes. The front one has a sign "Science Space" painted on it. We paid for entry using a discovery voucher. Inside, there were lots of interactive exhibits that we could play. We spent some time there. I enjoyed the visit and learnt more about science and the planetary systems.

It was very windy and poured at about 6 pm but only for a short time.

I helped cooking instant noodles for lunch and spaghetti for dinner. I also washed the dishes after the meals.

Reuben, Karen and Tim watched movie at the conference room again.

Day 3 (Jan 16)

We had pastas for breakfast. Then, I packed up my luggages and prepared to check-out at 10 am.

After checking out, we went to Illawarra Rhododendron Gardens in Aunty Miranda's car. The garden was about 15 minutes drive from the Resort. A few CPA families joined us too. We took some group photos and walked around the gardens. There was a huge lotus pond and different kinds of plants and flowers in the gardens. The lawn was big and green. We had sandwiches for a picnic lunch in the shed. We then headed home.

It was a wonderful trip with fantastic weather. I enjoyed it very much.

By Samson Yuen & Mum



‘我不是名人’

譚錦添 (Tim)

25年前當獲悉太太懷上第二胎時，一家人都十分興奮，期待着家庭新成員的到臨。當太太懷孕約三個月時，醫院約我和太太去開了一個會議，我們被告知，根據太太的產前檢查報告，醫生覺得胎兒頸部比較短，有唐氏綜合症的徵狀，確診的機率相當高，建議我們作更詳細的檢查，又或可選擇做墮胎手術。

當時我和太太感到很驚訝。我倆經過詳細的商討，由於我們都是基督徒，最終我倆決定將此事交給我們的神。



我以前在香港是一名社工，深知道一個有殘疾的子女的教養並非容易，未來的路將會很難走，但我和太太仍然堅信神會將最美好的賜給我們，最後決定讓小女兒安然到臨。

小女兒 Aliza 出生前一個月，我辭去了工作，一心與太太一起等待。小女兒出生後證實患有唐氏綜合症。最初兩、三年，是最辛苦和疲於奔命的一段時期。因為小女兒有很多不同的先天性疾病，例如心漏、聽力問題和智力反應遲鈍，其後還有弱視等問題，所以在她出生初期，我們便不斷帶她去看專科醫生，或進行特別的治療。雖然太太在政府醫院工作，取假帶

女兒看病相對是容易一些，但一旦請假太密便成了常態，對工作和同事做成了影響，故此，我間中也要分擔這方面的照顧工作。



女兒看病相對是容易一些，但一旦請假太密便成了常態，對工作和同事做成了影響，故此，我間中也要分擔這方面的照顧工作。

小女兒大約四歲時，除了治療外，也開始面對入學的問題，返學放學的接送安排，就成了一個很重的擔子，一個難以解開的結，因我夫婦兩人都在日間工作，如何照顧小女兒日間的作息，確是費煞思量。後來聽取了朋友的意見，決定加入澳洲郵政(Australia Post)夜間的揀信工作，日間確實可以充份照顧小女兒的需要，看醫生、上下課的問題都解決了，不過自己以往並無返夜班工作的經驗，日夜的生活作息完全顛倒了。每天清晨六時放工的時間，其實是最疲倦的時刻，但卻要照顧小女兒返學，如是者再回到家準備上床時，人又已經清醒過來，難以熟睡，每天勉強只有三至四小時睡眠，在睡眠質素如此差勁的情況下，一轉眼便過了十二個年頭。

小女兒升讀中學後，隨着年齡增長，她的健康情況比較穩定，自我照顧的能力亦令我們安心，照顧她的需要算是輕鬆了不少，太太遂建議我轉回日間工作，希望可以改善睡眠的質素。幸運地我很快便順利申請到自己心儀的郵差工作，終於可以替 12 年日夜顛倒的生活劃上一個句號。

小女兒 Aliza 自出世至成長，身邊一直有很多天使幫助。她雖然是中度弱智，但因我太太的努力和不屈的精神，小女兒很早便開始了一些有效和針對性的治療和訓練，所以她的自理能力和社交能力都很好。現在每天返工，花耗差不多四個小時在交通上，她也有能力應付，我們亦算安心了。

這是我們的故事，相信協康會裡面每一個家庭都同樣有自己的故事。在此希望大家能互勉互勵、互助互愛，為我們有特殊需要的孩子們，創造一個更美好的將來。



‘我不是名人’可在 sbs 電台收聽 Tim 的音頻採訪 [SBS Language | 香港移民父為病女不惜辭工當夜更 日睡三小時不言悔](#)

Inner West Community Wellbeing Grant Project Social Art & Independent Development



The program complies with Council's Inclusion Action plan, connecting youth with disabilities to the community, including 4 architectural discovery-tours in Inner-West LGA. Participants reproduce their impression in art-forms in 6 art-workshops. Their artworks are hand-made into greeting cards with loving messages to elderlies in the community at festival times.

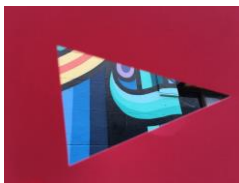




Zumba at Belmore



Social Art & Independent Development Project



2021 Christmas Party Dooleys Regents Park



Finally, we met Nancy and Alex face-to-face!





Multicultural
NSW



Translated resources on COVID-19

The Hon. Mark Coure MP, Minister for Multiculturalism, and Joseph La Posta, CEO, Multicultural NSW, wish to thank you and your communities for keeping people safe during the pandemic.

We acknowledge it can be difficult navigating through the amount of information out there on COVID-19. To help, we have put together a list of translated resources to pass on to your family, friends and communities.

Vaccinations and booster shots

If you are 18 years and older and it has been more than three months since your second COVID-19 vaccination, now is the time to get your booster shot.

With COVID-19 circulating widely in the community, it's more important than ever to ensure you maintain the high levels of protection against serious illness. Widespread vaccination can also help break the chain of transmission and protect those who are at higher risk during this challenging time.

Bookings can be made at [NSW Health vaccination clinics](#), GPs, pharmacies and Aboriginal Medical Services (AMSS).

Information sheets

View information on vaccines for children aged 5-11 in [74 languages](#).

Rapid antigen tests (RAT)

Anyone who receives a positive rapid antigen test is now required to register with Service NSW.

Registering via the [Service NSW website](#) or app is mandatory and most importantly will ensure you are linked to health care support and advice based on your COVID-19 risk of developing severe illness.

If you or someone in your family can't register online, please call Service NSW on 13 77 88. If you require a free telephone interpreter, call 131 450, say the language you need in English and ask the interpreter to connect you to Service NSW.

More information on using a rapid antigen test and what to do if you test positive can be found in 15 languages [here](#).



Monitoring for symptoms and getting tested

- [Getting tested for COVID-19 – fact sheet in 63 languages](#)
- [Information for people who test positive – fact sheet in 63 languages](#)
- [Doctors answer commonly asked questions about COVID-19 – videos in 19 languages](#)

Managing COVID-19 safely at home

View videos in:

- [Arabic \(العربية\)](#)
- [Cantonese \(廣東話\)](#)
- [Chaldean](#)
- [Mandarin \(普通话\)](#)
- [Vietnamese \(Tiếng Việt Nam\)](#)

Other important support and information

- NSW Health has partnered with [Sonder](#) to provide a personal wellbeing service with 24/7 multilingual chat and phone access to a range of mental health, medical and wellbeing support services
- Free translation and interpreter 24-hour helpline TIS National 131 450
- NSW Health Isolation Support Line on 1800 943 553
- NSW Health COVID-19 Care at Home Support Line on 1800 960 933
- National COVID-19 Vaccine Helpline 1800 020 080
- Service NSW 13 77 88

Regards

Multicultural NSW

Helpful links

[Information for people exposed to COVID-19 | NSW Government](#)

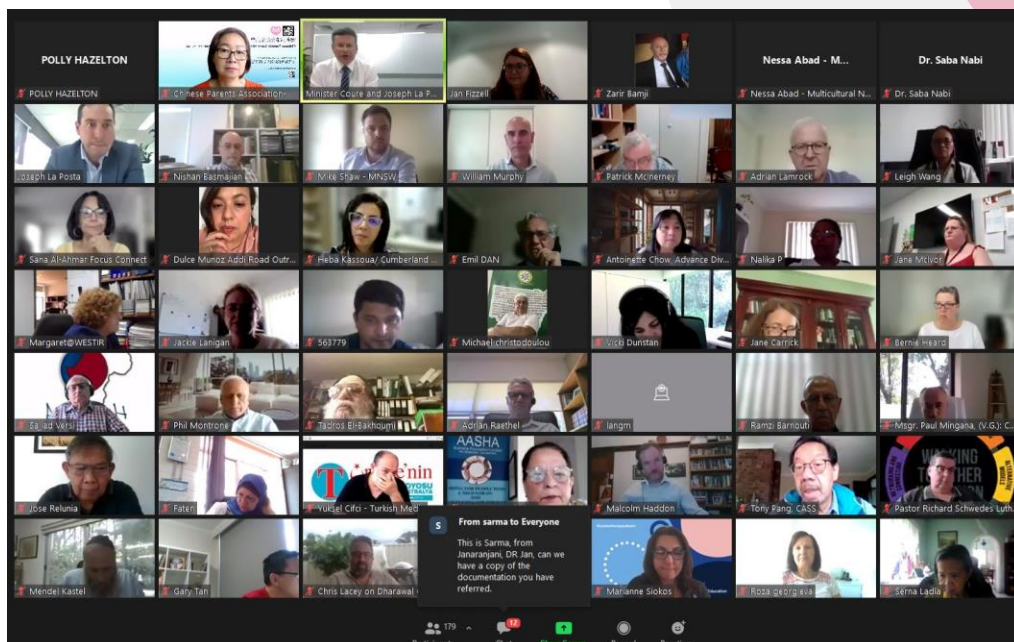
[Testing positive to COVID-19 and managing COVID-19 safely at home | NSW Government](#)

[Rapid antigen tests for community \(COVID-19\) | NSW Government](#)

[Information for people exposed to COVID-19 | NSW Government](#)

[Find a RAT](#)

[NSW Health - Dr Jan Fizzell, Dr Matt O'Meara, and Dr Ketaki Sharma talk vaccination for 5-11 year olds | Facebook](#)



How are ants and other creatures able to walk on the ceiling?

- **The reason** most animals are not able to walk on the ceiling is due to a force called gravity. Gravity pulls everything down to the Earth. So, when you jump up, you are pulled back down.
- This force will try to pull us down if we are dangling from something, so we need to have a strong hold if we are to hang from anything without falling off.
- Now, although walls and ceilings look really smooth to us, they are in fact covered in lots of tiny holes and gaps. Small animals such as ants or spiders have very small feet, and they often have hundreds of thousands of hairs and bristles on their legs and feet.
- These hairs and bristles can fit into the holes and gaps on walls. The ceilings are a bit like climbing walls for the insects – they can grab hold of lumps and bumps, using their many hairs, and stay put.

STUCK LIKE GLUE

- Some insects are also able to produce a sticky substance, made from sugars and oils, from the end of each of their hairs. This acts a bit like glue, giving them even better sticking power to stay on walls and ceilings. In fact, if you look really closely where a fly has walked, you might see tiny, greasy footprints from the sticky glue.
- Most insects also have claws at the end of their legs. Although these claws help them to hold on to things, the claws stop the insects from becoming stuck to surfaces forever. When the insect pushes down with its claw, it also twists it a bit to release the foot from the surface, allowing them to walk around.
- It's not just insects that can walk on walls and ceilings. Some reptiles and amphibians such as geckos and tree frogs can "stick" to ceilings. This is usually due to the same principles: huge toes to increase the sticking area, lots of small hairs and a secretion of gluey mucous.

HOLD ON TIGHT

There's more to it than that, though. Insects attach to ceilings using something called a "van der Waals force". This is when tiny molecules, such as those in the microscopic hairs on the end of insect's feet, press really close to other molecules and stick together.

If we were to put our feet on a wall, there would always be small gaps between us and the wall, so we wouldn't be able to stick. However, if a tiny insect, with even tinier feet, were to push its hairs against a wall, the molecules in the hairs can stick to the molecules on the wall.

The stickiness is weak, but with enough hairs sticking to the wall it is enough to keep the insects on the ceiling. As the sticking occurs because of a molecular force, this means that the insects can stick to a surface whether it is wet or dry, and they can even stick to very smooth surfaces such as glass.

Also, these animals are all very small and light. Lighter animals have a lower gravitational force acting on them to pull them off the ceiling. The stickiness of the van der Waals force is more powerful than the forces of gravity, so the insect sticks.

The hairs and bristles on insects' feet increase the surface area, giving the insect a larger foot to stick to the ceiling. This makes insects really good at holding on.



* By Louise Gentle (Senior Lecturer in Wildlife Conservation, Nottingham Trent University)
Curious Kids is a series by The Conversation that gives children the chance to have their questions about the world answered by experts. If you have a question you'd like an expert to answer, send it to curiouskids@theconversation.com and make sure you include the asker's first name, age and town or city. They won't be able to answer every question, but they'll do their very best.



Birthday Boys & Girls

February



Aaron Cheng
Edward Chu
Jonathan Yung
Justin Tran
Nicholas Lee
Raymond Chin
Tony Soo

March



Aliza Tam
Capstone Lee
Christopher Yeung
Dave Sun
Fiona Zhong
Henry Trieu
Isaac Wang
Karen Lau
Sarah Yim
Wen Jin Huang



April



Annelise Fung
Claudia Ho
Victor Wu
Vincent Blackwell
Warren Tang
Xiao Ming Sheng



致謝 Acknowledgement

Donors (\$100 or above)

The Hon. Helen Sham-Ho
Anita Un
Betty Pang
Katherine Huang

Donors in kind

Alex & Nancy Ma
Dora Li
Ebenezer Mission
Lions Club of Sydney Host

Volunteers

Alex & Nancy Ma
Harry Tinyow



How can you help ? 請給我們支持 郵址 Postal Address : PO Box 345 Campsie, NSW

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
附屬會員 Affiliated member
義工 Volunteer

會員年費 \$10
Membership Fee \$10 p.a.
(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. 亦可直接存款于以下帳戶 Payment could also be made by direct deposit to the
Association's bank:

A/C: BSB 082080, Account No. 86 208 5669 or by PayPal via www.chineseparents.org.au



February 2022




Activity Venues (Activity fees applied refer to current fees schedule)

- Bowling @ Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- Saturday afternoon @ Belmore Senior Citizen Centre, 38-40 Redman Parade Belmore
- PCYC Auburn @ Wyatt Park, Church Street, Lidcombe
- Aerialize @ 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

February 2022			
Monday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn
Friday 04 Feb – 08 Apr	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

February 2022	Morning	Afternoon (Zoom)
05/02	No activity	Chair Yoga / Pilates / Dance By Monica (Fitness 2 Wellbeing) 2:30pm – 3:30pm 
12/02	Tenpin Bowling (TBC) 11am – 12:30pm	Zumba By Norma 2:30pm – 3:30pm
19/02	Tenpin Bowling (TBC) 11am – 12:30pm	Music and Drama By Rachael 2:30pm – 3:30pm 
26/02	Tenpin Bowling (TBC) 11am – 12:30pm	Music and Drama By Rachael 2:30pm – 3:30pm 

The above programs may be changed without prior notice due to unforeseen reasons.

