

Chinese Parents Association-Children With Disabilities Inc

澳洲弱能兒童協康會

# CPA NewsLetter

協康會 會訊

May 2011 Issue



二零壹壹年五月 號



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- ▶ Aspen Pharmacare Australia Pty Ltd
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協康會 會訊 二零壹壹年五月 號

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

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## Article Contribution 歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

歡迎會員朋友來稿，在「會訊」發表，使能與其他會員朋友分享，響應本會的「互助友愛」的宗旨。

## CPA “Pedestrian Safety Crossing” Fridge Magnetic Tag



Kindly supported by NRMA Insurance, CPA has produced this lovely fridge Magnetic Tag, designed by Ms April Cheung, for children and young people with disabilities as well as for the public community, with the aim of promoting the “Pedestrian Safety Crossing” rules.

**Anyone interested in getting the tags, please enquire:**  
如想獲取此冰箱磁貼，請聯絡:

**0406 233 222 Mandy of  
CPA office (02) 9784 8120 Tues/Thurs**

## A Letter of Encouragement From City of Sydney

Hi Mandy,

Thanks for your organisation, children and family's participation in the Chinese Cultural Day event, they did a fantastic job. Aboriginal Elder Millie Ingram told me how much she enjoyed the children and young people's performances. Congratulations. I look forward to working with them in future events. Please pass on our thanks to all of them.

Cheers  
Susana

各位會員朋友，

你們好。首先，我在此感謝協康會會員的支持，推選本人為本年度的會長。我有幸為協康會及會員朋友服務，定全力堅負會長的責任，履行會長的義務。

我亦要向前會長和各位幹事委員致謝，在他們默默的付出和努力耕耘下，使協康會更加茁壯和不斷進步創新。更感動的是各會員朋支，對協康會不離不棄，毫不間斷的送上鼓勵和支持，增強我們的士氣。

過去一年，每一次的大型活動均得到許多會員的參與。在悉尼市中國農曆新年大巡遊間，看到我們孩子面上的喜悅和自信，及彼此互助互愛，真令人興奮，我們的努力是沒有白費。

今年的活動項目，除維持原有的週末活動外，我們亦增添了新嘗試：在學校假期中舉辦美術課程 (Art Program)，週本有溜冰(ice skating)和舞龍排練，希望能為孩子們提供更多新活動，使他們能發揮所長。

媽媽休閒站是為各位母親而設，給她們有機會可以放下家庭瑣務，坐下相聚，互相交流，詳敘育兒心得，經驗，互通資訊。Dad to Dad 對一群同路人的父親而言，更是難得的偷得浮生半日閒，放下工作煩惱，說說笑笑享受片刻 -- 一樂也。我們會繼續舉行這些活動的。

如各會員朋友有寶貴意見和資訊，請不要吝嗇給我們提示，好讓我們得以改善，儘量可以提供優質服務。

願在我們一起努力下，協康會能邁進美好的一年！

**Elly Li**

## Disability Information Expo



Elly, Mandy & Maria at the Expo

在四月六日，The Inner-West Disability Network 在 Burwood RSL 舉行了一個資訊展覽會，參加者有政府部門，各種社會服務機構，教育和職業培訓部，以及暫息服務等。協康會也參與展覽，Elly, Maria 和 Mandy 等出席此活動，並能與其它參與機構交流和互傳資訊，獲益良多。

The Inner West disability Network had invited people with a disability, families, carers and community members to attend the Free exhibition of disability service providers on April 6, 2010 at Burwood RSL.

The exhibitors included Community services, government departments, education and training providers, open and supported employment service providers, accommodation and respite services, post-school and day program providers and equipment suppliers.

CPA had the honour to be invited as one of the participants. We had the opportunity to develop a creative approach to information sharing and referral pathways and had been assisted to build better working relationships with local organisations and promote our services to the community.



## Regular Weekend Activities 定期週末活動



### Junior Group Activity:

## Play & Fun

導師 Instructor: **Melissa Cox**



This Program is specially designed for children aged 2-9 years. Through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills. Melissa Cox will guide the children to learn through stories, games, songs and movements.

這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動，以遊戲小組的方式進行，給二至九歲小孩提供早期訓練。整個活動著重提供與小朋友單獨個別溝通的機會。細心聆聽他們要傳達的心意，指導鼓勵他們正確發音及發展說話的能力。小朋友能在一個輕鬆和配有柔和音樂的氣氛中，學習與別人溝通，相互照應和交往的能力。整個課程分三部分：自由活動，說話環節及集體遊戲。家長亦能參與，好能建立更多與孩子溝通的渠道。

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



## Kids in Rhythm & Motion

唱遊活動

by **Christine**

Date: Saturdays 星期六  
Time: 3.30pm — 4.30 pm  
Venue: Belmore Youth Centre  
38 Redman Pde, Belmore

Kindly supported by

**D.G.T. Vision Inc**

國際慈善基金

(澳洲總會)

## Junior Art Program



Date: Saturdays 星期六  
Time: 3.45—4.30 pm  
Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore



## 兒童組美術活動

For enquiry please call 查詢請電： Mandy on 0406 233 222 or  
(02) 9784 8120 on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

## Regular Weekend Activities 定期週末活動



### \*\*\* Music therapy \*\*\*

Music Class 音樂班,  
Performance Class 表演班 &  
Dancing Class 舞蹈組



These classes are conducted for children from 9 years old to adults with the aims to encourage participants to speak up, express their feelings and gain confidence through music; it also strengthens one self's communicative, motor, emotional,

時間: 星期六舉行 下午 2:30pm 至 4:30pm

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

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

## Ice Skating

日期: 星期六 Saturday

時間: 8.45am to 9.45am

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



## Sports for Youth Group

### 保齡球賽

## Ten Pin Bowling



時間: 逢星期六舉行,  
上午 10am 開始

地點: 3 - 5 George St,  
North Strathfield



Kindly supported by  
Disability Sport Assistance Program

## Cooking Workshops

Independent living  
Skill training

Exciting Menus!  
Food tasting!

Saturdays



For enquiry :

Mandy on 0406 233 222  
(02) 9784 8120 Tues/Thurs

星期二/ 星期四 10am to 3 pm

## Upcoming Activity in May 五月份活動

# Mothers Day & Volunteer Week Celebration-Bufferet Lunch

## 母親節及義工週自助午餐慶祝會

Date 日期: 1/5/2011 Sunday 星期日

Time 時間: 11:30 am—2:30 pm

Venue 地點: Auburn RSL Club  
33 Northumberland Road, Auburn

Fees 費用:

### Members 會員 :

Mothers 母親 : Free 免費

Adults and children 12 or over 成人及兒童 12 歲或以上 : \$15

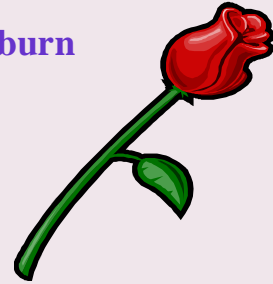
Children (4-11) 兒童 (4-11 歲) : \$10

Children under 4 兒童 4 歲以下 : Free 免費

### Non-members 非會員

Adults and children 12 or over 成人及兒童 12 歲或以上 : \$20

Children (4-11) 兒童 (4-11 歲) : \$12



This Program is Kindly Supported by  
City of Ryde, Community Grants Program

Booking is essential 請早報名, Closing date 截止日期 : 21/4/11

# Upcoming Activities

## 節目新動向

### Women Health Seminar

#### 婦女健康講座

Every Second Monday of the month

on 9 May 2011

每月第二個星期一

上午十時至十二時



### 123 Magic

由 Anna 用 國語講解

三星期親子課程 費用全免

給育有 2-12 歲 孩子的父母:

日期: 12/5, 19/5, 26/5

星期四上午 10-12 時

地點: 59 Evaline St  
Campsie NSW

### Movie



#### Kung Fu Panda 2

Friday 8 July 2011

### Dad 2 Dad

#### 爸爸對對碰

A visit to Café  
serviced by people  
with disabilities.

Thursday 26 May 2011

Eastwood League Club  
6:00pm

### Australia Aviation Museum

Bankstown Airport

Starkie Drive

Bankstown Airport

Saturday 16 July 2011

### Mum 2 Mum 媽媽休閒站

Thursday 9 June 2011

10:00am - Relaxation

Exercises

At: Allman Park  
Cnr Norton & Victoria  
Street, Ashfield



11:30am - Buffet lunch

At: 串串香 Yummy Chinese BBQ,  
287 Liverpool Road, Ashfield



Please call

查詢請電:

Mandy

0406 233 222

or

(02) 9784 8120

Tues/Thurs

10am—3pm

### Art Program for Children with disabilities & siblings July School Holiday

4th, 5th & 6th July 2011





# 活動記錄花絮

## Chinese New Year Buffet Lunch



Get together at the Star Restaurant



The Chinese Parents Association family celebrated Chinese New Year on the 5<sup>th</sup> February at Star Family Restaurant in Bankstown RSL Club. A buffet lunch was tentatively organised by the CPA committee to welcome this new year of the rabbit. On the day, as families began arriving at the restaurant, many New Year greetings and blessings can be heard all around as families wish each other the very best in this new year. This immediately sparked up the cosy ambience of Chinese New Year to its surrounding. Families rapidly settled into their seats at the areas especially reserved for the CPA families and raffle tickets were distributed. There was no way in hiding the excitement in both the parents and the children as they happily chatted away with their friends and family as they patiently waited to try the wide variety of food available.

There were Chinese, Western and also Japanese cuisines, a remarkable selections of food! There was also roast pork, a definite Chinese New Year delicacy!! It was impossible to find anyone who was not impressed. The food was so irresistibly tasty that many people kept returning with empty plates for more food. There were also a wide range of delicious desserts, which filled all our tummies to the maximum. Before the day ended, a lucky draw was held. There were cries of surprised and joy as the winning numbers were called and the winners excitedly went up to collect their prizes. Furthermore, each child was given a cute little soft toy rabbit and everyone received a lucky red packet each. It had been a fantastic day where smiles can still be seen on everyone's faces as they headed home.

By **Seojin Tan**



# 活動記錄花絮

Performance at Belmore Park at Chinese New Year 2011

悉尼貝爾摩公園 — 新春歌唱表演



by Katherine Huang

两年前，RSAC 在 Bankstown 举办的一个午餐会上，我第一次听到 Joanne 的歌声，心里很感动，看到其他小朋友在台上非常认真又有秩序地演奏，我很羡慕，心里想我的儿子如果也能像他们一样该多好。当时我儿子的状况很不好，他已经 10 岁了。因为他怕吵又无法控制自己，午餐会还没有结束，我们全家就不得不离开。

从那以后，在 Elena 的帮助下，我慢慢地带我儿子参加 CPA 的各种活动，在和家长同孩子们的接触中得到很多鼓励和帮助，也看到在家长和孩子们的努力

下，这些特殊的孩子也可以有作为，被人尊重，他们也可以实现有意义的人生。

两年过去了，我儿子也可以参加演出了。今年 1 月 29 日，在 City Belmore Park 的庆祝中国新年的表演中，在台下的父母紧张又担心，观众认真又好奇的眼神注视下，这些让父母倾注大量心血和时间的孩子们不负众望，赢得热烈的掌声。Joanne, Samson 和 Bowman 的演唱更加自信和自然，Barry 和 Jonathan 的演奏更娴熟，其他表演者的配合也更和谐。

观众的掌声包含着尊重，因为他们从孩子们表演中也得到鼓励。我此时心里想，是不是观众中也有一个或多个人像我两年前第一次看到孩子们表演时一样被感动和激励，如果有，那么亲爱的孩子们，你们的演出已经超越了表演。





# 活動記錄花絮

## 悉尼市 中國農曆新年慶典活動 之 2011 新年花車巡遊夜



Getting there 齊出發



Setting up 準備就緒



Parade started 巡遊開始



Well done!  
Dads!  
你們好棒呵!



Community Participation  
參與社區活動

二零壹壹年二月六日， 星期一： 天氣報告 - 颶風， 陰天，有幾陣驟雨。推開窗，看到這種光景，心想：這不是一個適合慶祝新春花車巡遊的天氣啊！協康會參與花車巡遊的隊伍已老早出發去了！他們有沒有多帶備衣服？有沒有給雨點弄濕？下午出發，要呆候至晚上七時，節目巡遊才開始，還要從市政廳漫步行至達令港，這是一個頗為疲累的活動，隊員們可能承受得起呢？！給 Elena 通電，回覆是：他們已到達，在準備中，間中有微雨和風；也傳來一段短片，他們或坐在地上，或倚在欄干，耐心地等候…等候…。我決定到市區去…

羣眾在下午二時已開始魚貫的進到悉尼商業市中心。馬路兩旁的行人道已架上鐵欄，以防止觀眾衝出街上。很多人已佔據了好的位置，以方便欣賞各種街頭表演及美麗的巡遊花車隊伍。我到達悉尼市世界廣場時已是六時多，到晚了，站在人群的第三排，要從站在前面的人的肩膊隙縫中才看到一些景象。街頭上，娛樂項目都很吸引：有踏高蹺的；有翻筋斗，大顯跳躍功架的功夫小子；有穿著光亮閃爍兔子衣服和滾軸溜冰鞋的表演員在街道上溜來竄去，娛樂觀眾。隨著音樂的飄揚，第一座巨兔花車緩緩到來，帶領著一組組的街頭舞者，巨龍和一系列的中國農曆動物生肖花車。

首先出場的是 TVB 團隊，還有隨行的 TV Buddy。跟著到達的是各社區團體和學校表演組。

我在人羣中，踮着腳尖，翹首盡望，隨着時間的流逝，企盼協康會

團隊的出現…大約八時過後，還沒有踪影，他們是否被安排在巡遊隊伍的最後一排！？開始有些洩氣，身傍聲音說：「那張是不是協康會的旗幟？」聽着急忙伸頸前望，正是協康會的團隊來！我鼓起勇氣，向前二排的觀賞者禮貌地要求，可否讓我暫時擠到前排，為我的朋友們揮手打氣！他們立即向左右兩旁挪開，騰出了空間讓我走至圍欄處。我大力搖手叫喊：「Samson! Barry! Elly...」Winda 和 Eleanore 專注着打鼓，擊出隊伍步行的節奏。終於，Andrew 望到了我，臉上附着一點疑惑，疑惑為何我會在那兒出現和呼叫！

之後，我謝過讓位的觀眾，退回到第三排，他們對協康會的團隊表現，也甚為欣賞。參與花車巡遊活動，對家長和弱能子女來說，含有特別的意義。這是一項大制作，考驗和挑戰，同時也印證到家長的努力付出，堅強的意志和恆心。透過參與活動，家長們堅毅不懈地互相扶持，設下詳盡的計劃，付出時間和精神給孩子們提供訓練和誘導，最重要的是改進了他們的社交溝通能力，增加參與社區活動的機會，向社區人士表達他們的孩子也能做到一般孩子的所能！這都是所有父母的盼望！你們的愛心，就像團隊閃爍的隊衣，照亮了孩子們的臉！

在此，感謝 Jennifer 作為隊長，Elly, Miranda, Sylvia 和其他家長在巡遊前為隊員朋友縫製了耀目光亮的衣裳！

By S. L



# 活動記錄花絮

## The spectacular Chinese New Year Twilight Parade 2011

Sunday 6 February 2011 – weather forecast:- a windy day with few showers! It would not be a good day to go parade, I guessed. Would CPA participating team get enough clothing? Would they get wet? It would be a long, tiring day for them! I would not stop repeating all these negative thoughts. I phoned Elena, she said they were all there near Town Hall, doing preparation and came.....a video showing their sitting down on the floor and waiting...waiting.... So I decided to go to City...

Crowds started gathering on both sides of the CBD streets from 2pm onwards, so to secure the best spot and view for the entertainment. By the time I arrived at the World Square, it was too late.



I was on the third row, looking through gaps between the shoulders of the audience in front of me. Mad Hoppers on spring stilts, thrilling human springboards, and roller-skaters in illuminated rabbit costumes swirling around the streets enthralled the young and old. The magical first Rabbit float led the parade through the city, accompanied by fabulous music, hip hop artists, flamboyant dragons and beautiful illuminated animals of the Chinese Zodiac.

First came the marching bands from TVB, with the TV Buddy, then the community and school groups. I stood on tippy-toe and with my stretching neck, trying to get a glimpse of CPA team.... At last, the corner of the pink CPA banner started to catch my attention, then slowly approaching the CPA team. I gathered my courage and asked the people in front of me to lend their spot to me so to cheer for my friends. They all kindly stepped aside and let me through.



I did yell and wave my hands vigorously, "Samson, Barry, Andrew....." Winda and Eleonore were immersing themselves in drumming the right beats for the marching. Finally, Andrew looked to my side and spotted me, Miranda and Elly also smiled. It was such an exciting moment!

Retreating back to my third row, I thanked the people around me; they all admired our marching group. This participation of Twilight Parade was the clear evidence of their hard work. It demonstrates the determination, the morale and the capability of the parents and young people with disabilities. The preparation of this parade took up a lot of their time and work in training and rehearsal. They tirelessly supported each other, planned the program, with the aims of trying to realize their children's potential, improving their skills and most important, increasing their social and community participation, and raising the awareness of the general public that their children are capable of leading a normal life like their peers. This is what the parents wish to accomplish! They had done it, though there is still a long way to go. They deserve our salute, understanding and support!! Well done, parents and young people!!

A thank you to the leader: Jennifer; Elly and other parents for their craftsmanship in making the glittering costumes!!





## A Day at Jamberoo



On the 20th January 2011, CPA joined RSAC to Jamberoo Action Park in Kiama. The coach left RSAC club room at 8:15am and arrived Jamberoo at 9:30am. We quickly changed our swimmers. Edgar, Tim, Victor and I hurried to the Tai Pan. We rode the raft down the giant waterslide. It was a thrill ride of drops, twists and turns. We screamed as loud as we could as we went down the totally dark tunnels of the enormous monster snake ride. That was awesome and exciting and fun!

The next ride we went to was the Rapid River. We enjoyed a leisurely river ride on the rubber raft until we reached the rapids and waterfalls. Before lunch, we swam at Outback Bay, the massive wave pool. A swimming pool made like a beach. At 12 pm, we lined up for our lunch. We had bread rolls with sausages, soft drinks and apples. After lunch, we tried more speed slides, like Splash Out, and jumped on The Rock. The last activity was the Chair Lift. We enjoyed the spectacular views of Jamberoo Valley. At 3pm we were back to the hut. After we had taken our group photos, we went back by the coach to RSAC club room at about 5pm. We were all exhausted. Hoping to see you next at Jamberoo where we can relax and have fun.



Special Olympics

## Ice Skating at Canterbury Ice Rink

By Miranda Vuong



The Special Olympics ran a "Come and Try" day at the Canterbury Ice Rink. Little did I know, it was the first step that led to something I thought was beyond my imagination. For years and years, Reuben didn't like putting on the tight ice-skating boots. Whenever I took him to the rink, he would just sit and watch from the bench. Reuben's school has a weekly excursion to the ice-skating rink and as usual, he refused to put on the shoes but he was more than happy to be seated in a chair and be pushed across the ice by his fellow skating classmates.

When I heard about the "Come and Try Day", I decided to give it one more shot and tried to "break the ice" between Reuben and his constant reluctance to ice-skating. This time, he was less reluctant to put on the skate boots which was a good start. A number of young people from CPA were also there - Jonathan, Barry, Andrew and Tim. A couple of coaches were there teaching them all the basic skills, step by step. Reuben was able to move along the edge of the rink while holding on to the fence throughout the entire session, whereas his fellow classmates were gliding smoothly across the ice all by themselves - with no assistance. My hope was that Reuben may eventually be able to do the same.

After a short few weeks, my wish came true. At first, Reuben was skating whilst holding on to the barrier of the rink but slowly, he gradually left the barrier and started skating up and down the rink all on his own. I couldn't believe my eyes. The lesson ended quickly within the hour and I couldn't wait to bring such exciting news home to the family!

From then on, every Saturday morning I take Reuben to the ice-skating classes. The week after the "Come and Try" session, there were more instructors to assist in the lesson so Reuben was still able to have the one-on-one assistance.

By the third week of ice-skating, Reuben was happily skating by himself without any help. He improves more and more each week. This is something that I have been hoping for a long time and it has finally happened. It came as a huge surprise considering it took such a short amount of time for Reuben to grasp the basic skills from day one at the "Come and Try" session. After years of imagining about the impossible, who knew that it would end up becoming a fun weekend sport activity?

Good Work! 





# 活動記錄花絮

## Activity Snaps

Blue Mountains - April 2011



Having fun on the bus



Pine Crest Orchard - apple picking in the rain



Arriving at Scenic World Blue Mountains



Pine Crest Orchard - apple picking



Scenic World Blue Mountains Railway ride



Scenic World Blue Mountain Railway ride



ZigZag Railway - Lithgow



Chinese Cultural Day Performance at Chinese Garden



Mum to Mum 媽媽休閒站茶聚



Cooking Class 烹飪班



Women Health Seminar 婦女健康講座



Workshop on Self Awareness & Communication skills 自我認識 溝通技巧



The Product 美味食品



Open-discussion 互相切磋



# 活動記錄花絮

# SibSpace

## Diary



### On 19 February 2011:

*by Jessica Mu*

SibSpace went on their first independent outing for the year on 19th January 2011. We were very excited to have a new recruitment, Eleanore joined us. In total there were 5 siblings and we met up at Hurstville Greater Union. After marching into the cinema with a large box of popcorn, we found that we were the only ones in a tiny cinema. Eventually the Disney movie "Tangled" came on and kept us thoroughly entertained. Personally I thought that the storyline was quite clever.

After stuffing our faces with popcorn (and chocolate, courtesy of Pearlie and Bianca), we heading off for lunch. Unfortunately our sushi train experience was never to be encountered because it had actually closed down. Lucky, we had Kimberly to lead us to another sushi shop in the train station so we didn't have to miss out completely. In the food court that we were eating in, Kimberly spotted a chocolate machine where the claw picked up chocolates. She had 5 attempts which resulted in two chocolates and we could see that she was keen to get more. After 5 more attempts and no chocolate, it was time to go.

SibSpace Activity is kindly sponsored by **Kogarah Community Grants Program.**

### On 19 March 2011:

*by Karen Yuen*

The SibSpace siblings went on an outing on Saturday 19 March 2011. Due to wet weather, our plans to play tennis had to be postponed. Instead, we went to North Strathfield to play ten-pin bowling and laser tag. This was actually a blessing in disguise because the changes enabled two new siblings to join the group.

To start off, we had a fun game of ten-pin bowling. Sam was the front runner for most of the game – maintaining a consistently high score and hitting more strikes than any of us. But Jess followed closely behind. It was pure luck that I hit a spare in the final round and took the lead.

After wards we played an exciting game of laser tag. For some siblings this was the first time they had played laser tag. By then everyone was in good spirits and had worked up quite an appetite.

The group decided to have lunch at a Japanese restaurant. Most of us shared plates of different sushi with exotic names such as 'white dragon roll' and 'rainbow roll'. The food was delicious and was topped off with green tea or black sesame ice cream.

All the siblings seemed to have an enjoyable time. It really was great to meet some new faces and to catch-up with the regulars. SibSpace hopes to try for tennis again in late April... hopefully we will not be rained out again.

Thank you to Jess for your time and efforts! Also thank you to Eleanore for being my last-minute GPS and helping out with the outing! Much appreciated!



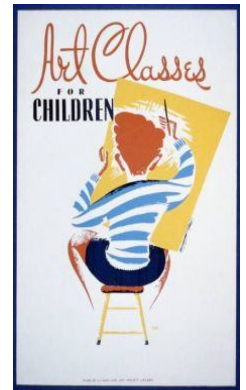
# 假期美術課程 *Holiday Art Program*



Our Young Artists



Painting in progress



## By Vincent Yu

This third vocational arts class was held on 11<sup>th</sup> and 12<sup>th</sup> April. Originally we would have 13<sup>th</sup> April as well, but most of the students were involved with performance in the City. The main theme for this class was to learn painting flowers for the coming Mother's Day using Chinese paint. The main difference here is that many layers of different colours are in the pen instead. A single stroke expresses the natural changes of colours in a flower pedal. This will teach students not to repeat colouring the same stroke and to retain the natural presentation of a single stroke of the pen, whether it is a Chinese painting or a western painting. It also teaches them the boldness of a stroke of paint.

We had six kids in both days. In the morning we had painted daisies and roses. In the afternoon, we had free use of oil pens and sketches.

Jonathon paid most attention to teacher's instruction and produced his flower quickly. Chloe was listening but could not digest quickly. However her little hand wanted to paint freely. Leone was surprisingly paying a lot of attention and started to paint slowly. Bowman was always too quick in his hands without controlling the technique of layering paints on his pen. Both Sam and Tim did not have many problems following the instructions, but they tried too hard to perfect their strokes by repeatedly adding colours to them. Vanessa, who joined us in the second day, painted quite well. Mrs. Chen said that she should continue her talent in sketching.

After the first day, I was talking to Jennifer at home about Elena wanted us to present a painting that she could use for the cover of the audio CD that CPA has been producing. She came with the idea of a piano man surrounded with kids to describe our theme song.



Due to other commitment that Bowman would miss the second day class, we decided that Bowman should sketch the painting on a large canvass board that evening to let all the others colour it. He did particularly well that night.

When I showed the sketch on the second day, suddenly Tim told me his intention to destroy the board according to one of the story he was telling me. He started to play drum on it with his hand. So I had to fend him off the whole day. When colouring was finished by everyone, Tim drew a smiling face on the board and told me that was Pea in the Pod from a book he had read. We made some amendment on the painting. The painting was done beautifully at the end by everyone taking part in the project.





“澳洲弱能兒童協康會”籌備已久的 2011 年度首次外遊活動 - “藍山之旅”，終於 4 月 16 日展開了旅程。

秋雨菲菲的清晨，早上 7:50 分，第一輛旅游巴士 Hurstville 接載了約三、四十名團友；另一輛雙層巴士 8 時正在 Strathfield 接載了其餘六十多名乘客，合共一百零八人在風、雨中向著藍山進發。



當各人在座位上舒舒服服地坐下來之際，各籌委和義工卻仍忙個團團轉。義工 Tim 為大伙兒簡介了當天的行程。接著，他帶領大家玩了兩個手口並用的遊戲，“叉燒包”和“牛腩麵”，讓大家的興致來了個熱身，眾人玩得嘻嘻哈哈。接著，一些朋友為大家高歌助興。梁女士特別選唱 <<順流逆流>>，她籍這首歌鼓勵各位特殊兒童的家長樂觀地面對人生的逆境。



不久，車隊便抵達了第一個景點 Bilpin Pine Crest Orchard 果園。大家冒著寒雨、踏著泥濘步入菓園，尋覓菓實。有些人在樹下吃著新鮮的蘋果；亦有撐著傘來張雨中摘果照；更多的人提著裝了蘋果的沉甸甸的袋子去付款。



下一個活動是到 Lithgow 乘坐 ZIG ZAG 蒸汽火車。這種火車早於十九世紀建成，是當時連接藍山和悉尼的樞紐，現在成為假日遊人的消閒好去處。火車到站了，“隆隆隆，隆隆隆”，在煙雨飄搖中，白煙從火車頭的煙囪燎燎升起。聲與形都把大家帶回中古時代。



孩子們坐在火車中相當興奮，父母們也可籍著這約一小時的旅程小休一會兒或互相交流。

告別了蒸汽火車，藍山之旅的車隊繼續向藍山前進。下午約三時，雨勢稍弱，我們到達了藍山的“Scenic World Blue Mountain”，接著先後乘坐了驚險刺激的 Railway 和 Cableway。Railway 帶著乘客從藍山高處以近 90 度垂直下衝，兩邊灌林從生，遮天蔽日，腳下似無底深淵，不少人感到相當震撼，亦有一些孩子大呼“好玩 fun”。Cableway 像懸在空中的房子，把乘客從一座山峰帶到另一座山峰。大家在雲霧中從一個山頭飛向更高的嶺峰，沿途欣賞到著名的三姐妹峰，領略到俠士飛檐走壁的自由飄逸。

回到了“Scenic World”的正面，大家一起拍了一張大合照，為這次旅程留下印記。至此，全天緊湊而豐富的行程便告一段落。

驅車回到 Hurstville 後，我們在“怡樂居”用晚膳。菜式十分豐富可口，有走地雞、荷豆蝦球、滋味牛仔骨等。加上經過一天的車舟勞頓，大伙都吃得津津有味。

雖然天公不造美，整個藍山之風雨伴隨，但是一點也無損這次外遊的成功和團友的興致。這有賴一班協康會籌委和義工的無私奉獻、特別是萍姐、Elly、Maria 和 Miranda 等人居功至高。在人生的旅程中，特殊兒童的家庭比起一般人經歷著更多的風雨；但是只要大家不放棄、互相扶持，誰說不會有晴朗的一天呢？





# “Caring for Kids” –

## First Aid Training for Parents & Volunteers

By **Mandy Yip**



The “One day first aid course” was held by CPA at Mortdale RSL Club on April 17. We had invited Carrie Tang from St. John Ambulance to be our instructor. There were 16 participants and they were mostly CPA parents or volunteers. This certificated course consists of two parts of examination: practical and written. If we pass these two parts of exam, we will be awarded a 3-years validity “Caring for Kids” first aid certificate.

We also learnt about the management of accidents and sicknesses that are common in children, namely:

Choking, Asthma, Unconscious, Wound & Bleeding, Head Injury, Nose Bleeding, Earache, Eye Injury, Burns and Scalds, Strain, Sprain & Dislocation, Fractures, Poisoning, Insect Stings, Allergic Reaction and Infantile Convulsion.



At the beginning of the training session, Carrie explained the meaning of first aid and the aims of doing it. During the class, we learnt about the DRSABCD:

**D**anger,  
**R**esponse,  
**S**end for help,  
**A**irway,  
**B**reathing,  
**C**PR and  
**D**efibrillator

We used the equipment provided by St. John Ambulance to practice DRSABCD. There had been a bit of hassle for some of us in blowing the air into the dummy, and we finally all passed the practical exam. Some participants were worry about the exam. Carrie reassured them it was not difficult at all. We all appreciated Carrie's effort in delivering the course in an interesting and lively way.



由於這是一個證書課程，我們都必須應付兩部份的考試，包括實習和筆試，而兩部份的考試都通過的話，便可獲發一張有效三年的照顧小孩急救證書。

Carrie 首先便讓我們曉得急救是當意外發生後，給傷者的第一類照顧，而急救的目的是分別為：

- \* 傷者安排一個安全的環境等候救治
- \* 保存生命
- \* 防止傷勢或病情惡化
- \* 幫助康復
- \* 令傷病者感到舒適

課程中我們學到了基本復生程序 (DRSABCD)：

**D**anger - 檢查危險

**R**esponse - 檢查反應

**S**end for help - 馬上求助

**A**irway - 檢查呼吸氣道

**B**reathing - 檢查呼吸

**C**PR-施行心肺復甦法

**D**efibrillator- 使用去纖顫器

我們也學到了很多小孩常見的意外或傷病處理方法，其中包括：哽塞，哮喘，不省人事，傷口和流血，休克，頭部受傷，流鼻血，耳朵有異物，眼部有異物、眼睛受傷，燒傷及燙傷，扭傷、拉傷和脫臼，骨折，中毒，蟲咬過敏反應，熱性痙攣。

我們利用聖約翰救傷隊提供的假人作對象不斷練習 DRSABCD，最後各人都順利通過了「實習」這部份的考試。我們一致認為，在 Carrie 輕鬆風趣的教導方法下，我們已學懂了很多關於照顧小孩的急救知識。

## 兒童急救課程

澳洲弱能兒童協康會於四月十七日在 Mortdale RSL Club 舉辦了一個兒童急救證書課程，並有幸請到聖約翰救傷隊的華裔訓練員 Carrie Tang 作我們的導師。學員一共有十六位，大部份都是協康會的家長或義工。



## 記【探討弱能人士：青春期的煩惱及處理方法】

Maria Lee



On 2/4/11, at Belmore Youth Centre, CPA and First Light Care jointly organised a sex education workshop for parents. It was conducted in Cantonese. There were about 30 attendees. The facilitators Iris and William were from First Light Care. They were very experienced in delivering the topic. The workshop was run in a way that the parents did not feel

embarrassed. Iris handed out some facts/myths sheets regarding sex for people with disabilities for discussion. She also gave us sheets with seven scenario of sexual behaviour of children with disabilities. Then we had group discussion about "how did we feel" and "what would we do" when we encountered those situations. It's quite interesting. From the workshop, I learnt that I shall stay positive when I observe, think and react; teach my son appropriate sexual behaviour and reinforce; give him options/ advice so he won't hurt

himself when he masturbates.

At the end, Iris reminded parents that they shall also look after themselves, support each other and show appraisal to their other halves. It is a long way to go and we shall learn as we go.

All in all, it is a wonderful workshop about "sex" which we hardly talk about in our daily lives. It corrected some of my misconception about sexuality of people with disabilities. I believe other attendees found it helpful too.

晨光關懷協會是由一群澳洲華人基督徒社群領袖及專業人士始創於一九九七年的非牟利機構。晨光致力透過專業輔導、教育及訓練促進社群邁向更和諧的人際關係，個人及婚姻關係成長、並健全的家庭關係。晨光的異象是在澳洲協助及建立一個包括不同年齡及背景人士的環境，令他們可以發展及維繫一個安全、互相支援及彼此培育的家庭關係，旨在減低及預防因傷害性行為及干擾家庭關係而引致的生理、心理、社會、靈性及經濟上的損害。

Information adapted from

### "Sexual Behaviours of Concern in Young People with Autism Spectrum Disorders"

By Brent Hayward & Kylie Saunders Nov 2010

Brent Hayward and Kylie Saunders had delivered their presentation on "Sexual Behaviours of Concern in Young People with Autism Spectrum Disorders" during the 10th Annual Disability Support Workers Conference in Melbourne, on 17-18th Nov 2010.

They pointed out that "Adolescents with ASD have the same desires and fantasies as people who do not have ASD" (Strokes, Newton & Kaur 2007). Sexual behavior includes self-image, emotion, values, attitudes, beliefs, behavior and relationships. To parents and carers, it is the observable behaviours that are the most obvious of these, for example masturbation.

In their paper, they had identified some of the sexual behaviours that are common in ASD:

- Touching private body parts
- Removing clothes in public
- Masturbating in public areas

- Touching others inappropriately
- Discussing inappropriate sexual subjects
- Looking up shorts, skirts, dresses or sown shirts
- Obscene gestures
- Non-consensual hugging
- Inappropriate remarks and suggestions that have sexual connotations
- Echolalic repetition of sexual terms
- Perseveration on sexual topics.

As the summary, Hayward and Saunders listed 18 strategies for Sexual Behaviours of Concern in ASD:

1. Ensure the person can engage in a variety of non-sexual pleasurable activities,
2. Identify and reduce environmental causes of anxiety
3. Ensure the person has the ability to communicate their needs, seek attention and express emotions
4. Establish and maintain routine and predictability for the person
5. Make available a number of sensory-specific activities based on individual assessment of preferences
6. Provide opportunities to establish everyday relationships with others
7. Teach social skills for development of Friendships
8. Obtain a medical review for persistent anal touching/scratching/picking
9. Introduce time in the person's schedule for Masturbation in private
10. Teach skill development based on functional behavior assessment (FBA)
11. Ensure the person has access to their bedroom whenever they choose
12. Respect the privacy of bedrooms
13. Eliminate the use of mechanical restraints Such as bodysuits which restrict the person's access to their body
14. Allow private time when bathing (if safe to do so
15. Allow private time without clothing in bed, the bedroom or bathroom
16. Provide access to water-based lubricants and/or sexual aids
17. "Shape" behavior according to the environment (e.g. help to redirect the person to their room if they are found to be masturbating in the lounge room)
18. Use appropriate interventions such as social stories and social scripts

Disclaimer: Any views or information expressed in this article are those of the individual author, they do not reflect the views of CPA.

# Acknowledgement

CPA would like to thank the following Donors and volunteers who offered their support to our Association in the last three months:



## Donors

Chen Shiu Yin  
周亦高先生  
James Vuong  
Miu Yuen (Julia) Chan  
Natalie Chen  
Paula Su  
Smarts Repairing Services

## Volunteers

Anna Yew	Jacqueline Ho	Paula Su
Brian Su	Jennifer Yu	Peter Wong
Chun Wing Fan	Jessica Mu	Sam Li
Daniel Yung	Johnny Li	Shirian Chui
Dora Li	Karen Yuen	Tim Tam
Eleanore Vuong	Mario Yuen	Victor Tan
Elena Lau	Ming Fan	William Mak
	Paul Yau	Winda Mok

Birthday boys & girls  
of the Months



You are cordially  
invited to our  
Birthday Party on :

28 May 2011  
25 June 2011  
30 July 2011



## May

Emily Cheng  
Eric Luu  
Julian Lesnie  
Ka Chun Tse  
Madeleine Chng  
Samuel Poon  
Victor Li  
Wilson Trang

## June

Elaine Chan  
Laureen Poon  
Laurence Ye  
Leon Cao  
Philip Wong  
Queenie Tung  
Robyn Chan  
Samuel Lu  
Simon Lac

## July

Alan Ngo  
Hanlin Tan  
Joanne Pang  
Leslie Huang  
Matthew Lau  
Matthew Sin  
Nicholas Chi  
Samuel Siu





## May— July 2011 Weekend Activities

	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Others
	2:30pm to 4:30pm	8:45am to 12:00 noon	2:30pm to 4:30pm	
<b>May 2011</b>				
1 May	<b>Mother's Day Celebration – Lunch at Auburn RSL</b>			
7 May	Play & Fun <b>Art</b>	Ice-Skating 8:45 Bowling 10:15	Art/Craft Program 2:30 Jing Dance School 3:30	Irene M. Xin Yu Zhang
14 May	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music Lesson 2:30-4:30	Annette G.
21 May	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Jing Dance School 2:30 Music Lesson 3:30	Xin Yu Zhang Nathan Y.
28 May	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Cooking Class 2:30 Birthday Party	
<b>June 2011</b>				
4 June	Play & Fun <b>Art</b>	Ice-Skating 8:45 Bowling 10:15	Art/Craft Program 2:30 Jing Dance School 3:30	- Xin Yu Zhang
11 June	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music Lesson 2:30-4:30	Annette G.
18 June	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Jing Dance School 2:30 Dragon Dance 3:30	Xin Yu Zhang
25 June	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Cooking Class 2:30 Birthday Party	
<b>July 2011</b>				
2 July	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Jing Dance School 2:30 Dragon Dance 3:30	Xin Yu Zhang
9 July	<b>School Holidays</b>			
16 July	<b>School Holidays</b>			
17 July	<b>Dragon Dance Performance at RSAC Presentation Lunch</b>			
23 July	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music Lesson 2:30-4:30	Annette G.
30 July	Play & Fun <b>Art</b>	Ice-Skating 8:45 Bowling 10:15	Cooking Class 2:30 Birthday Party	
Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury   Bowling at George Street, North Strathfield Others at Belmore Senior Citizen Centre, Redman Parade Belmore				
<b>The above programs may be changed without prior notice due to unforeseen reasons.</b>				

**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)**

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