

CPA 協康會會訊

NEWSLETTER

FEBRUARY 2023 TO APRIL 2023 ISSUE
二零二三年二月版

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Wishing you a Happy
Lunar New Year!

新年快樂 身體健康
學業進步 大吉大利
龍馬精神 出入平安
步步高升 喜氣洋洋



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc.

協康會 35 週年

1988 - 2023



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。

To provide a range of services and support to people with disabilities, as well as to promote a caring community for the optimal growth of people with disabilities. 弱能人士，無論是何種膚色，種族或信仰，皆應獲得平等對待及享受豐盛而有意義的人生。

Our Mission 我們的信念

That people with disabilities irrespective of colour, race or creed should be treated equally and to enjoy a rich and meaningful life as far as possible. 致力為弱能人士提供一系列服務，尤其是華裔人士，使他們能夠得到適當的照顧，及推廣一個對弱能人士關懷備至的社會。

Our Belief 我們的使命

Committee Members 2023:

The Hon. Dr Helen Sham-Ho OAM 何沈慧霞博士, Hon. President
Miranda Chau 周潤梅, President
Sylvia Tinyow 陳劉秀蓉, Vice President
Ivy Lau 劉陳愛虹, Vice President
Maria Lee 阮李麗萍, Treasurer
Aileen Pang 馮美良, Vice Treasurer
Dr Jennifer Chan 陳素娟博士, Secretary
Ping Mu 繆桂萍, Committee member
William Wu 吳光偉, Committee member
Josh Lee 李香爵, Sib-Connect Program Coordinator



President Message

Dear Members and Families

Happy New Year! I hope everyone had a wonderful holiday season, and that the spirit of the New Year is with all of us! I look forward to celebrating 2023 with everyone, and I look forward to more growth and improvement of our services.

It is my honour to be the 35th President of CPA, along with my 10th year of service as President to witness the milestone of its 35th Anniversary.

Also, with considerable interest, we will be introducing the new Physiology exercise to our Saturday program from February, as well as celebration events, and trips. We have many ideas that we are discussing to continue helping our members and families lead a fulfilling life and happiness.. Stay tuned!

Last year, we've successfully launched our Sib-Connect program, it was great to see many of our siblings participated and enjoyed the social activity. I know Josh is working hard on launching something new, that we know you'll love! Keep your eyes open!

The Wedding bells will soon be ringing for the happy couple Josh and Andrea this month, we are wishing them all the love and happiness! Congratulations!

Also congratulations to the CPA Dragon boat team on your win for the LNY festival event at Cockle Bay last month. CPA team came 2nd place in the charity category. Checkout the [results & actions](#). Well done team on your courageous exertion, looking forward to having you back next year.

Our organisation is a centre-based organisation, self-supporting, entirely run by committee members who donate their time to benefit all

members. I encourage our members to support the committee and to participate and help in every and any way you can, it takes a lot of work

to operate the organisation and the more people actively engaged and participating, the better our organisation will be.



Our committee wants to ensure our organisation is a family-friendly organisation with a great culture, and to this end, we are passionate about involving all families. We encourage you to step forward, being actively engaged with your child's activity is extremely rewarding. You can do to help the organisation while enhancing your enjoyment and social experience. Thank to those parents who regularly actively engaged the programs, keep up the good work!

It makes me a proud president of CPA, as I announce that have crossed another milestone in the history of our organisation. Last month CPA completed 35 years of its establishment. I take this occasion to thank each of you for being an earnest part of CPA. My heart-felt gratitude also extends to all the donors, supporters and volunteers. Without your generosity and contribution, we could not have achieved such a milestone. Please keep your eyes and ears open for the announcement of the celebration party coming on your way!

I like to specially thanks to *Alice In Wendyland Charity Ltd*, for their generous donation of \$11000 last month at the LNY celebration event. We are extremely grateful and thank you for their generosity.

I would like to invite everyone to celebrate this joyous occasion with us. I wish you all well and will continue to support CPA for years to come.

Miranda Chau – President



親愛的會員和家人

新年快樂！我希望你們都渡過一個美好的假期，願新春的喜氣盈盈繼續洋溢大地！我期待與大家一起慶祝 2023 年，也期待協康會的服務有更多的發展和進步。

很榮幸擔任協康會第 35 屆會長，這也是我擔任會長的第十個年頭，見證了本會成立 35 週年的里程碑。

我感到非常雀躍，因為從 2 月開始，週末活動將納入以物理治療為基礎的「運動班」、隨之而來將有各項慶祝活動、以及各種外遊。各項活動現正在討論和籌劃中，本會期望繼續提供支援，幫助我們的會員和家人過上充實和幸福的生活。敬請關注本會會訊！

去年，我們成功推出了 Sib-Connect 計劃，很高興看到我們的兄弟姐妹群組參與並享受其中的交流活動。Josh 正在努力安排新項目，我相信您們會喜歡的！請緊密留意！

本月 Josh 和 Andrea 這幸福的一對，即將敲響婚禮的鐘聲，我們祝福他倆婚姻美滿、幸福綿綿！恭喜！

此外，一月底在 Cockle Bay 的春節慶典活動「龍舟競渡」中，協康會龍舟隊在慈善類別賽事中獲得第二名，在此熱烈祝賀團隊獲勝。你們表現出色、勇敢努力，期待你們明年再次參與競渡。[比賽過程](#)

本會是一個自立團體，支持社區的中心，由委員會成員管理，他們貢獻自己的時間造福

所有成員。我鼓勵大家在各方面支持委員會的服務，並盡你所能參與和提供幫助，協康會的運作需要大量工作和配合，大家越積極參與，我們的服務就會越進步。

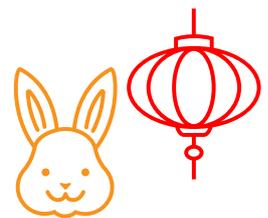
協康會作為一個友愛家庭式的團體，委員會希望保持這優良文化，我們熱切期望所有家庭的積極投入。我們鼓勵您與大家同行邁進，積極參與您孩子的活動是多麼有益的。參加團體活動的同時，也可增加社交體驗，分享同行的樂趣。感謝一直支持我們的家長，希望你們繼續積極參與，分享成果！

正如上文提到，我作為會長感到非常自豪，能見證協康會跨越歷史的一個里程碑。上月，本會正式成立了 35 週年。我藉此機會感謝你們每一位在各方面參與協康會活動的朋友。我也衷心感謝所有的贊助者、支持者和義工。沒有你們慷慨無私的貢獻，我們不可能達到這樣一個里程碑。有關即將到的慶祝活動詳情，敬請留意我們的通告！

除了感謝最近的捐贈者、我要特別感謝「愛夢慈善機構」。上個月貴會在新年慶祝活動中再次捐贈 \$11000 給協康會。我們非常感激並感謝他們的慷慨。

最後、我邀請大家一齊來慶祝這個歡樂的時刻。祝大家一切順利，希望你們繼續支持協康會。

周潤梅
會長



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, 3:00pm — 4:30 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 4:30 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 2:30pm 至 4:00pm

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 2:30pm 至 4:00pm

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



椅子瑜伽 & 普拉提 Chair Yoga & Pilates

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

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



跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

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

GROUP EXERCISE CLASS



HELPS TO EFFECTIVELY BUILD UP STRENGTH AND MOBILITY

delivered by Amelia, Physiotherapist expertizes in
paediatric, disability, neurological & aged care services



Belmore Weekend Program

Date and time:

- 18 February 2023
- 2:30pm—4:00pm

Venue:

- Belmore Senior Citizens Centre

Program will include:

- Balance & coordination exercises
- Resistance training using weights, resistance bands or body weight
- Core strength & endurance
- Posture correction
- Relaxation exercises
- Games and much much more ...

Enquiries 查詢: text 0406 233 222 Tues & Thurs 10am - 3pm



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.



wellways



positive partnerships

Working together to support school-aged students on the autism spectrum

免費華人家庭自閉症 嶄新工作坊



來參加一個嶄新的工作坊，把握一次難得的機會，讓您和其他華人父母、
和照顧者一起聆聽、分享、和學習支援自閉症孩子。

這工作坊讓你學習：

- 明白自閉症與你的孩子
- 幫助孩子學習的策略和工具

這工作坊會以廣東話/普通話，及英語輔以中文翻譯進行。

參加者可享用免費早點和午餐

地點:

Cabra-Vale Diggers Club
1 Bartley Street
Canley Vale NSW 2166

日期和時間:

廣東話工作坊

2023年3月16日，星期四
上午9:45 - 下午2:00

(澳洲東部標準時間)

登記請按



普通話工作坊

2023年3月17日，星期五
上午9:45 - 下午2:00

(澳洲東部標準時間)

登記請按



登記參加華人家庭工作坊，請按上面連結，或掃描二維碼。查詢請聯絡：

李小姐 (普通話/廣東話/英語)

Kim Healy (英語)

☎ 0481 912 213

✉ plee@positivepartnerships.com.au

☎ 0481 918 781

✉ khealy@positivepartnerships.com.au



By Barry Mak



CPA team Dragon Boat Race

On Sunday 29th January 2023, we went to Cockle Bay, Darling Harbour. City of Sydney organised Dragon Boat Race to celebrate lunar new year. It was the 8th day of year of the rabbit. CPA formed a team to compete in the race. There were 12 men and 12 women in the team, my brother, my sister and I were in the team. That morning, my sister drove my family to Darling Harbour. Aunty Miranda and aunty Sylvia were already there. They set up mats and camp chairs for us to have a rest between races, they were very kind.

We put on sunscreen to avoid sunburn. First, we need to do warm up exercise like arm and leg stretchings to avoid hurting ourselves during the races, then we stood by for the races to begin. When the time came, we marched to the gathering spot to line up for the races. A drummer sat at the bow of the boat to help every drummer to keep the beat because everyone needs to beat at the same rhythm. We have 20 rowers in the boat, 10 men and 10 women, that was the rule. We hopped in the boat one at a time, I need to look front, listen to the drum beat and row at full power to win the race. "Are you ready?" the lady drummer shouted loudly. "One, two, three, four....., dig it in, give more, more, more.....", I was so excited!

When finished, we hopped out the boat and walked back to the resting area to have lunch. We had kimbap, banana and muesli bars for lunch and we drank a lot of water, Sydney Council provides water refill station for everyone. We also had ice cream cones for dessert, yum!

Finally, all the races were finished. **WE CAME SECOND IN THE RACE, HOORAY!**



Educational And Creative Hub (EACH) Program - for CALD Young Children with Disabilities

I really enjoyed participating in the fun activities inside the mini golf place and was happy to play with Cecilia there. Some things that I liked there were the creative designs made for you to score your ball into like beds, a bike ride and even a car! I had fun shooting my ball into the holes and helping my sister, Cecilia. And about what we did at Holey Moley, we practiced shooting out balls into holes just like the real life sport golf but just in a smaller version which is why it's called mini golf. We also ate some food after with everyone and then we said out goodbyes and called it a day. (IN MY OPINION) I think the best bit about my experience was when I helped and played with Cecilia, my sister, and had a great time there. Overall it was one of the funniest places I've been to with you and the special group Rachel, and thank you for taking us all there. Huge thanks, **Caitlin**



Mini Golf Kids Party at Holey Moley On 03 Dec 2022



Teams, let's gear up with the golf clubs and balls!



After two rounds of 9-hole game, we can't wait for the yummy tuck-in :)



Sib-Connect

兄弟姐妹連結小組

Derek lau: Hi Josh, I think the first event for SibConnect was a good opportunity to meet other people. It was organised pretty well with enough entertainment and food. I think for future SibConnect socials, if there was better attendance we could have bigger events which will be more enjoyable.



Josh Lee: It is a pleasure to organise SibConnect events which helps to create strong friendships between the siblings of the CPA members. Our most recent events include the cny dragonboat race and our gathering at Holey Moley. We have shared our experiences and developed a deeper understanding of each other's lives. It is also great to create new friendships and connections with each other and hope this will continue with more SibConnect events scheduled this year.





Dragon boat training



Cooldown exercises



Dragon boat training



Warmup exercises



LNy event from NSW Multicultural



NSW Premier at the function



NSW Premier at the function



Christmas lunch @ Ashfield RSL



Aerialize @ Canterbury



Christmas lunch @ Dooley Regents Park



AGM in progress



MC for 2023



Our supporters Monica & Sam Chu and Bonnie Ma



Christmas lunch @ Ashfield RSL



Our Santa William



Having fun with Monica!



Dragon Boat race @ Cockle bay



Our super mums !



You've done very well CPA!



Phew!!



Hooray! We made it !



2ND Place



Our cheer leaders Nancy & Alex



CPA CPA WINNER OF THE DAY!

February

Aaron Cheng
Edward Chu
Jonathan Yung
Leon Huang
Nancy Wang
Raymond Chin
Tony Soo

March

Aliza Tam
Capstone Lee
Christopher Yeung
Difei Sun
Fiona Zhong
Henry Trieu
Isaac Wang
Karen Lau
Oliver Tian
Sarah Yim
Surayya Jamil
Wen Jin Huang

April

Annelise Fung
Claudia Ho
Victor Wu
Vincent Blackwell
Warren Tang



Donors

(cash donations \$100 or above)

Alice in Wendyland Charity Ltd
Anita Un
Anthony Lu c/-Quei Lan Lu
Bee Leong Pang
Betty Pang
Joseph Lee & Co
The Hon. Dr Helen Sham-Ho
AFA FL Investment Holding Pty Ltd

Volunteers

Darby Mu, Harry Tinyow, Mario Yuen,
Winda Mok, Management Committee
Members.

Dragon Boat Team 2023:

Alan Mak, Albert Suen, Barry Mak, Bruce
Poon, Clement Wu, Derek Lau, Gordon
Chen, Josh Lee, Kevin Lau, Sam Yau, Wenxi
Huang, Willis Li, Caitlyn Mac, Clara Lau,
Crystal Mak, Jennifer Chan, Kathy Lau,
Leisel Poon, Lifen Xia, Lorraine Hoy,
Miranda Chau, Monica Davila, Sherlyn
Yeak, Sherry Zou.

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 2023



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

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

WEEKDAY AFTERNOON PROGRAM

Monday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn
Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 4:30/5:00pm	Morning	Afternoon 2:30pm to 4:00/4:30pm
04/02	Music Therapy by Christine 3:00-4:30	NO Bowling	Chair Yoga / Pilates / Dance by Monica 2:30-4:00
11/02	Art & Crafts with Ellen 1:30-3:30	Tenpin Bowling 11am – 12:30pm	Zumba with Norma 2:30-4:00
18/02	Cooking with Antonia 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Exercise Physiology by Amelia 2:30-4:00
25/02	Exercise Physiology by Amelia 4:00-4:30	Tenpin Bowling 11am – 12:30pm	Arts project with Ellen 2:30-4:00

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