



# Chinese Parents Association - Children with Disabilities Inc

## 澳洲弱能兒童協康會

CPA Newsletter  
澳洲弱能兒童協康會 會訊

AUGUST 2008

二零零八年八月號

### Secretary's Message

#### 秘書通訊



This is certainly the most significant year in CPA's 20 years history. While we are excited to the coming 20<sup>th</sup> anniversary celebration, it is also a good time to reflect on the association's achievements so far to continuously improve our services and create more values to our members, their families and the society.

In April this year, the management committee had a full-day strategic plan meeting. We openly and honestly shared our thoughts on the past and especially the future of CPA. We seriously asked ourselves tough questions such as:

- Why is the association essential to our members and the community?
- What are the needs of our members and their families and how can we provide the best possible services to meet their needs?

It is good to see that the MC members have reached a shared vision for the future and have developed a realistic strategic plan. We have significantly improved our working culture. We are open to and cherish different ideas and views. We respect different personalities and we

trust, motivate and empower our workers and volunteers to offer their best to our clients. We have re-focused all our resources to nurture our children with disabilities so that they can gradually build up their confidence and independence to live as dignified citizens. We have realized the importance of family in the development of these children. We have therefore developed many programs for their mothers, fathers, brothers and sisters. We have expanded our seminar series to also implemented a feed-back system so that all participants can rate our programs and give their ideas for further improvements.

We would like to take this opportunity to thank our volunteers and all the people who give professional and generous financial support to our association. Without their support, we cannot sustain the current level of services. We also want to thank all the participants for their contribution and dedication. Finally we are looking forward to welcoming you to CPA's 20<sup>th</sup> anniversary celebration on 07/09/2008 at Maxim Wedding Reception in Bankstown.

Jeff Li (The Secretary of CPA)

### Contact Us

CPA Newsletter is our quarterly publication. We share community news with our members, and we welcome your contributions.

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。

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Websites 網址  
[www.chineseparents.org](http://www.chineseparents.org)  
and  
[www.communilink.org.au/  
Chineseparents](http://www.communilink.org.au/Chineseparents)

ABN 63 938 108 704

### How can you help? 請給我們支持:

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 Jun)

名字 Name: \_\_\_\_\_ 姓氏 Family Name: \_\_\_\_\_

地址 Address: \_\_\_\_\_

電話 Tel : \_\_\_\_\_ 電郵 Email: \_\_\_\_\_

請將支票抬頭 Please make cheque payable to :  
" Chinese Parents Association-Children with Disabilities Inc"

郵址 Postal Address : PO Box 345 Campsie, NSW 2194

DGR # 900 487 253



**20th Anniversary Celebration**  
**慶祝二十週年紀念**

**Mid-Autumn Festival 中秋節** and

**父親節 Happy Father's Day**

**Raffle Ticket Draw 獎券抽獎**

Date 日期: 7 September 2008 Sunday  
Time 時間: 11.30am-2.30pm  
Venue地點: Maxim Wedding Reception  
11 Cross Street, Bankstown



**Fee費用:**

\*\*Adult Members 會員 \$25  
\*\*Children aged 4 to 18 小朋友4至18歲 \$15

**Free 以下人士免費:**

\*\*People with disabilities 弱能人士  
\*\*Children under 4 小朋友4歲以下

Enquiry: Tuesday & Thursday 10am-3pm 9784 8120  
查詢: Mob: Mandy 0406 233 222

**CPA New Website:**

**[www.chineseparents.org](http://www.chineseparents.org)**

**CPA Current Website:**

**[www.communilink.org.au/chineseparents](http://www.communilink.org.au/chineseparents)**

# Raffle Ticket Draw

7 September 2008 Sunday

A Raffle Ticket Drawn will be conducted on the 7th September 2008 at CPA 20th Anniversary Celebration so to raise fund for the continuous provision of service and activities for our members and their families.

CPA would send our special thankfulness to the kind donors, friends and parent members for their support and sponsorship of prizes for the raffle ticket draw.

澳洲弱能兒童協康會將在二零零八年九月七日在賓士鎮美心大酒樓舉行二十週年紀念聚會。屆時會有獎券大抽獎。籌募所得的款項將用作提供各項活動和課程之開支。希望各會員朋友，社區熱心人士能給予本會大力支持購買及鼓勵。

本會所有會員在此向給我們送上各項名貴禮物作為抽獎獎品的慷慨善心人士，致送上我們真切誠懇的鳴謝，無限的感恩。

## THE GREAT PRIZES:

- 1<sup>ST</sup> PRIZE: Klein International \$500 appliance voucher plus \$500 Coles Myer voucher
- 2<sup>nd</sup> PRIZE: Klein International \$500 appliance voucher plus \$400 Coles Myer voucher
- 3<sup>rd</sup> PRIZE: Apple iPhone from Chattabox Corporate Services P/L
- 4<sup>th</sup> PRIZE: Ten cans of Abalones from Central Fish Market
- 5<sup>th</sup> PRIZE: LG FLATRON Ultra Slim Design 17" Monitor from Samson's Handy Man
- 6<sup>th</sup> PRIZE: Omron Electric Nerve Stimulator & Automatic Blood Pressure Monitor from Wu's Pharmacy
- 7<sup>th</sup> PRIZE: Jane's Kitchen voucher 2 x \$100
- 8<sup>th</sup> PRIZE: Tang Dynasty Seafood Restaurant voucher 2 x \$100
- 9<sup>th</sup> PRIZE: D to D Food & Beverage Restaurant 4 x \$50 voucher
- 10<sup>th</sup> PRIZE: \$100 Hurstville Chinese Restaurant Dinner voucher plus \$100 Coles Gift Card

## Consolation Prizes

- 11th Prize: Pearl bracelet & necklace from Aileen Pang
- 12th Prize: Television 34 Cm with DVD Player from Harry Tinyow
- 13th Prize: Rice Cooker from Ettason Pty Ltd
- 14th Prize: Rice Cooker from Ettason Pty Ltd
- 15th Prize: 1 Sommet 3.1 megapixel digital camera from Andy Luu
- 16th Prize: Sydney One day trip voucher 2 x \$39 from Dixon Travel
- 17th Prize: 2 x \$20 Green Gourmet Buffet vouchers + 2 Children Size Pillows from Sleep City
- 18th Prize: 1 x \$20 Green Gourmet Buffet voucher + 2 Children Size Pillows from Sleep City
- 19th Prize: 1 x \$20 Green Gourmet Buffet voucher + 2 Children Size Pillows from Sleep City
- 20th Prize: 1 x \$40 Coles Myer Gift voucher from Peter Wong

Table prizes at Maxim Wedding Reception are generously sponsored by

- \* Ettason Pty Ltd
- \* Chun Shing Trading Co. Pty. Ltd.

如欲購買獎券，請與本會及以下地點聯絡：

1. CPA Campsie Office — Suite 4, Level 2, 59 Evaline Street, Campsie
2. Klein International — Chatswood
3. Hurstville Chinese Restaurant — 184 Forest Road, Hurstville

## Upcoming Activities 節目預告:



### Early Intervention Activities

#### 談天說笑兒童坊

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，給二至七歲小孩提供早期訓練。整個活動內容有唱歌，遊戲，說故事，玩具，舞蹈等有趣的項目。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，相互照顧和交往的能力；家長亦能參與，好能建立更多與孩子溝通的渠道。

日期： 2008年 9/8, 16/8, 23/8, 6/9, 13/9, 20/9, 18/10, 逢星期六舉行，共七節。  
時間： 下午2:30 至 3:30  
地點： **Belmore Youth Resource Centre , 38-40 Redman Pde, Belmore**

### 音樂治療班

#### Music Therapy Program

A music therapy program for children with special needs

\*\*\*\*\*

Music Therapy aims to encourage participants to speak up, express their feelings and gain confidence; it may also strengthen oneself communicative, motor, emotional, social and leisure skills.

#### 音樂治療法

是由音樂治療師利用各種音樂媒介去達到一些非音樂性的目的。對弱智兒童而言，由於智能不足而導致各種社會適應問題，若能利用音樂來發展他們適應社會的能力如溝通技能、自我表達、安全感，感知肌能和認知能力等，這便是治療概念的實踐了。

#### Youth Group 少年組

日期： 2008年 9/8, 16/8, 23/8, 30/8, 6/9, 13/9, 20/9, 27/9, 18/10, 25/10, 逢星期六舉行，共十節。

時間： 下午 2:30 至 3:30

#### Junior Group 兒童組

日期： 2008年 9/8, 16/8, 23/8, 6/9, 13/9, 20/9, 18/10, 逢星期六舉行，共七節。

時間： 下午 3:45 至 4:30

### 活躍舞蹈組



由專業舞蹈教師指導及教授小朋友組員一些簡易的舞步，配合音樂及歌曲，組員們能隨著樂曲的節奏，載歌載舞，跳出他們熟悉的步伐來。這個活動，既可提供他們學習舞步的機會外，又可訓練他們的節奏感，體能和合拍精神，以便鼓勵他們作舞台演出的預習。而且，又能給他們一個方法去發洩/表達情緒。

日期： 2008年 9/8, 16/8, 23/8, 6/9, 13/9, 20/9, 18/10, 逢星期六舉行，共七節。

時間： 下午 3:30 至 4:45

地點： **Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore**

### 羽毛球學習課



為少年會員提供羽毛球學習堂，以鼓勵他們能有多些運動，強壯身體，互相交流，切磋球藝。

日期： 2008年 16/8, 30/8, 13/9, 27/9, 18/10, 逢星期六舉行，共五節。

時間： 中午 12:00 至 1:00

地點： **Hurstville Aquatic Centre, Cnr Forest Rd & King Georges Rd**

### 保齡球賽

日期： 2008年 9/8, 23/8, 6/9, 20/9, 25/10 逢星期六舉行，共五節。

時間： 上午 11:30 至 1:00

地點： **546 Liverpool Road, S. Stratfield**

For enquiry & contact, please call 查詢詳情，請電

Mandy 0406 233 222 , or 9784 8120 Tues/Thurs 週二、週四 10am—3pm



很少文章會刻意討論弱能人士的兄弟姊妹，大多數弱能人士的文章都是談論他們的需要和有關事件。那麼，與一個弱能的兄長一同成長是什麼的一回事？我會有那些感受？坦白說，我也不知從何說起，我的意思是，這一切都只是很自然的事，也沒有什麼特別值得談論。因此，有趣地我看了一些有關兄弟姊妹的文章，以下是一些經常提及到的感受。

### 孤立和孤單的感受

很少人會明白我對我兄長和他的行徑的復雜感受和這些感受的深度。因此，在一段長的時間裡，我感覺到很難在公開場合談論我自己的哥哥。過去甚至現在，他都是敏感的話題，儘量不談越好。

### 難堪, 令人氣忿, 感到挫折和防護

我知道我的兄長與其他人的兄長並不一樣，他的行徑在公開場所很多時都會令人側目。很多時候，我一些朋友會告訴我有關他們看見我哥哥獨個兒大聲朗唱。有時，這實在很難令我不窘得臉紅難堪，真的希望他能夠正常一些。

我經常都會為哥哥的行徑感到氣忿和挫傷，為何他對父母缺少尊敬？為何他令父母為他而費盡心機？而他並不經常理會父母的感受，或者他的行徑令父母不快。他變幻無常的發脾氣，也很少從錯誤中吸取教訓。他很少會珍惜他已擁有的，還要取得更多。在一起成長中，我記不起曾幾何時他送過生日，聖誕，或其他節日的禮物給我。

然而，當我看到或聽到其他年齡比哥哥少一半的兒童取笑他，一些親友冷落他，一些朋友和同僚用「弱智」的字眼互相取笑奚落。因哥哥的行徑，我看到父母成為別人的話柄，這些都使我感到氣忿。我期望能夠為哥哥和父母辯白，好還他們一個公道。縱使哥哥如何令我氣忿和挫傷，他始終是我血肉相連的哥哥。

### 悲傷, 失落和感覺不公平

成長過程中哥哥所失去的使我感覺悲傷。他不能夠像其他人一樣達到真正的自立，他只有有限的就業機會，他不能了解復雜的感情，只可以跟隨別人的旨意和期望，他也不能建立有深度人際關係，他也經常受他能力影響而氣餒。

為我父母，他們經常置哥哥的利益為先，這使我感覺悲傷。他們為照顧哥哥而義無反顧，他們付出極大的心血，他們仍充滿愛心和越發堅強。有時，他們會為哥哥的弱能而自責，這使我更不安和難過。誠然，他們值得得到世界上最大的快樂，但世事有時是多麼不公平？

我也會為自己感到悲傷，我會為將來感到惶惑不安，我知道將來也許我需要為哥哥承擔責任。小時候，我會因為想起這點而落淚。

### 自疚感

我會為自己擁有正常人的能力而感到內疚，為何我可以駕駛而哥哥卻不能？我可以晚上與朋友出門而哥哥一定要在天黑前回家？我因為沒能像父母一樣照顧哥哥而內疚，特別是當他們也需要休息一下的時候。但我也需要自己的生活啊。

這篇文章可能書寫很多比較負面的個人經驗和感受，但作為弱能人士的妹妹，我也學到不少寶貴的人生經驗。譬如，透過與哥哥一起成長的經驗，我接觸到一個不同的世界。我會看到很多人是多麼無知和對人苛刻。我也體會到如何建立堅強的人生和樂於施予無條件的愛。

我知道，因為我哥哥，我更能珍惜我所擁有的能力。我會為我認為對的事情而力爭上游，我會堅持生命的使命和原則，我會體會人與人之間的差異。我與父母親密相處，我也懂得自己的所作所為會足以影響別人的道理

在很多情況下，我虧欠哥哥很多。正是他與我一起成長，才塑造出今天的我。



日常生活中，憤怒是一種常見的表達情緒反應。如果孩子的忿怒情緒能夠得到紓解和處理，他們不但能夠培養健康的自我形象，建立責任感，而且可以享有更和諧的人際關係。在此，我希望與大家一分享處理孩子憤怒情緒的原則。

### (一) 對孩子感同身受

從我工作的往經驗中，當孩子怒不可遏，面紅耳赤時，如果以較低而平淡的聲調向他們說：「我見到你很鬨，我知你很鬨，我明白你很鬨呀！告訴我發生什麼事。」他們每每會較快減少自我防衛和怒氣，嘗試平靜下來。

### (二) 了解孩子憤怒背後隱藏的感受

其實孩子表現憤怒，背後往往隱藏一個或以上的負面情緒，如恐懼被罰或面對陌生環境、被別人拒絕、羞辱、表現力不從心、後悔、緊張、煩惱、寂寞、筋疲力盡……等等。例如有些同學感到恐懼和擔心，遇到生活程序改變時便會大發脾氣；如果我們了解他們的負面感受，可以用圖咭、時間表預告他們將有的改變及在日常生活中訓練他們逐步適應些微的改變，便可以紓緩他們的情緒及增加他們的安全感。

### (三) 對孩子有合適的期望

我們對孩子的期望需因應他們的需要及能力，切勿期望過高或過低。例如手眼協調及專注力較短的孩子會因做功課或溫書的時間太長而與家人爭執。因此，我們可以按照孩子的能力而安排小休時間，並且以時間表及獎勵計劃配合應用。孩子步入青春期，因為追求獨立及決定權，容易說反話及表現反叛。我們如能在日常生活中給他們發言權及合理的選擇權，並多與他們說正面的說話，孩子便會培養出較穩定的情緒。

### (四) 接納憤怒的情緒和感受

孩子發怒生氣並無不可，但我們需了解他們的動機和造成的結果。因此，我們雖然接納孩子憤怒的情緒，但須明確地表示不接納不恰當的憤怒表現行為。例如我們接納孩子的功課被妹妹塗而生氣，並表示明白他很生氣，予以體諒。但不接納他打妹妹、不停大叫大罵、尖叫或毀壞物件。因此我們需向孩子表達不接納沒建設性的行為如大力關門、擲東西、踢物件及破壞性行為如打人、罵人、虐待動物甚至暴力。

### (五) 判斷孩子發洩憤怒的方向

發洩憤怒的方向括外洩型及內傾型。當孩子的憤怒外洩，如將怒氣轉向身邊的人、傢俱、寵物時，我們需採用紀律的方式及讓孩子承擔後果。然而，當孩子的憤怒內傾時，我們便要非常小心，因孩子可能會顯得沮喪抑鬱、失眠或自我傷害。這時我們便須加以疏導他們的情緒，例如鼓勵他們表達自己、建立興趣、參予音樂活動、做運動及學習自我鬆弛……等等的方法。

### (六) 讓孩子承擔憤怒造成的後果

我們如能善用邏輯性的後果，孩子便可以從中學習負責任及接受現實。當孩子因憤怒而犯錯時，我們給予他們後果時需具備以下條件：



- (1) 後果與違規行為需有關係，讓孩子更能體會明白。  
例如：孩子因生氣而打媽媽，他需向媽媽道歉及替媽媽做家务。如果孩子發脾氣撕破書本及弄地方，他需要修補書本及清潔地方。
- (2) 後果需配合孩子的身心發展階段  
當我們給予後果時，須考慮孩子的能力是否能夠完成。我們須留意與孩子訂立合約，如他們不明其中意義及責任，效果也不會明顯。
- (3) 給了孩子後果必須貫徹執行，快而準，引導孩子從中汲取教訓。
- (4) 給孩子後果時表達善意及欣賞孩子願意負責任。例如向孩說：「肯認錯是好的！」，「我欣賞你誠實！」  
「叻的孩負責任！」……當孩子完成責任後，可輕觸孩子微笑，讓他們有信心地離開現場。

### (七) 教導孩子適當地處理憤怒

當孩子犯錯時，家長需以身作則，示範不同的處理憤怒情緒方法，切勿採用體罰。如果孩子能適當地表達時，我們須即時讚賞及鼓勵他們繼續改進。

\*\*\*\*\*

以下是一些處理即將爆發情緒的方法，大家可以參考一下：

#### (一) 離開現場、深呼吸、飲水

當孩子盛怒時，讓孩子暫時離開事發地點，然後鼓勵他們以深呼吸、慢慢飲水、洗面……等方法冷靜自己。我們需留意當孩子情緒激動時不宜參予有身體接觸或競爭性的群體活動。這時候，我們需鼓勵孩子進行個人活動或個人離身的運動。

#### (二) 數數

由於數數需以左腦思考(理性思考)，會幫助孩子由情緒化(右腦)轉向理性及較容易安靜下來。數數時如由倒數10開始更見成效。

#### (三) 轉移注意力及正確地表達

我們可教導孩子正確及安全地表達自己，例如讓他們緊握或拍打枕頭、豆袋、軟波，也可提供畫紙、泥膠讓他盡情紓發自己。在過程中，家人需監管及給予輔導，讚賞孩子能安全地表達自己，並一找出解決方法。

#### (四) 鼓勵孩子大哭一場，紓解不滿，並嘗試以自己喜歡的物品

如心愛的玩具、紀念品、公仔一邊安慰自己，一邊學習冷靜下來。

#### (五) 教導孩子果斷地表達及預告

當孩子忿怒時，鼓勵他們先以言語表達如：「不要再叫我肥仔，我唔鍾意呢個花名！」「我有得玩遊戲，我好鬨！」「我好煩呀！我想下！」這樣，在旁的人便較能作出合適的回應及避免強化他們憤怒的情緒。

其實，父母就是孩子最佳的訓練員，盼望大家透過對孩子細緻的觀察，配合以上的原則及方法，與孩子建立更溫馨和諧的親子關係！

節錄自 心橋集 - 第三十三期二零零八年二月

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

## Reports on Activities

### **Olympic Park Outing - 17 July 2008**

為配合 2008 年 8 月將有奧運會在北京舉行，我們特地在學校假期期間弄了一天外遊活動。目的地就是位於 Homebush 的奧運公園。當天有五十人參加這項活動，大家都十分歡喜。

首先我們一起到 Acer Arena 觀看 Disney on Ice 表演節目；之後大家走到附近的公園草地上午餐，休息過後我們便介紹一些體育場館給小朋友認識並拍照留念。



### 家長座談會-自閉症兒童與行為處理

2008年6月21日在 Belmore Senior Citizens Centre, 我們與金匙移民資源中心合辦了一個講座：家長座談會-自閉症兒童與行為處理。並得到現職於 Department of Ageing, Disability and Home Care 的心理學家 Joyce Man 小姐作主講嘉賓。共同探討以上論題。家長先要了解子女的情緒及脾性，然後再從中找出如何處理他們的負面的行為，儘量給子女示範正當的行為。出席人士踴躍發問，互相交流經驗。

On 21/06/08 at Belmore Senior Citizens Centre, CPA held a seminar discussing about the behavior management of children with disabilities. We were honored to be co-partner with Canterbury –Bankstown Migrant Resource Centre and had Ms Joyce Man as our guest speaker. There was a good response from the parents who had been earnestly exchanging their parenting experiences and techniques in managing their children's behaviour. It is suggested that CPA should organize more seminars regarding this topic in future.

### **Performance Night at Roseland Sports & Aquatic Recreational Club**

**Brian Su**

The youth group of CPA were invited by Recreation Sports and Aquatics Club to do some performances for their 21st Annual Presentation Day, which was held on Sunday 29<sup>th</sup> of June 2008. Our youth group had been practising very hard for this performance. Veronica, our dancing teacher, taught us the steps to go with the song 'you drive me crazy'. At first it seemed hard or tricky for the steps for the dance but a couple weeks later, we got the hang of it. On the day of the performance, we went to Bankstown Sports Club Showroom. After we got dressed into our uniform for the dance, we had a rehearsal before the dance. At about 12:45 pm, Uncle Jeff and I thanked RSAC for their invitation and introduced our performance team. First, Joanne sang the song called *Proud of you* and then we danced to the song called *you drive me crazy* by Britney Spears. Through this performance for such a large number of people, it certainly built up our confidence. Each performer was presented with a beautiful black RSAC hat with yellow piping by the Honourable Linda Burney, Minister for Fair Trading, Minister for Youth, Minister for Volunteering, Member for Canterbury and John Gorrie, President of RSAC. Finally, we would like to thank everyone for all your support and all your effort to make this performance so successful. We will continue to strive for success and keep up our good work.

### **Movie at Chatswood — KUNG FU PANDA**



This activity, lead by Hung and Ping, was a great opportunity for social gathering and recreational activities for those members who are not able to regularly attend our Saturday program. The day began with a lunch at the Mandarin Club, then settling into our seats comfortably with some popcorn inside the cinema at Hoyts. The children and carers enjoyed the event greatly and wished that more movie days would be organised in the coming term breaks and holidays.

Ping Mu





## **SPECIAL THANKS TO THE FOLLOWING DONORS AND SUPPORTERS**

*For their generous support with the printing of CPA 20th anniversary magazine:*

- ♡ *Aspen Pharmacare Australia Pty Ltd*
- ♡ *Sydney Automotive paints and Equipment Pty Ltd*
- ♡ *Dr Anthony Chan*

*For their generous financial donations:*

- ♡ *Dr Andrew Li*
- ♡ *Lions Club of Sydney North West*
- ♡ *Lion Club of Sydney Waratah*
- ♡ *Maggie Chan*
- ♡ *Mary Leung*
- ♡ *May Lee*
- ♡ *Mianda Yau*
- ♡ *Mrs Maria Jones*
- ♡ *Pak Hay Ho*
- ♡ *Peter Wong*
- ♡ *Rotary Club of North Sydney  
Benevolent Fund*
- ♡ *Shirley Yeung*
- ♡ *Smarts Repairing Services*
- ♡ *Sylvia & Harry Tinyow*

*For all the sponsors for the raffle ticket prizes:*

- ♡ *Aileen Pang*
- ♡ *Andy Luu*
- ♡ *Central Fish Market*
- ♡ *Chatterbox Corporate Services P/L*
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- ♡ *Hurstville Chinese Restaruant*
- ♡ *Jane's Kitchen*
- ♡ *Klein International*
- ♡ *Lo, Lawrence—Microsoft Software  
Donation Program*
- ♡ *Samson's Handy Man*
- ♡ *Sleep City*
- ♡ *Tang Dynasty Seafood Restaurant*
- ♡ *Wu's Pharmacy*

*CPA would like to extend the thankfulness to the following supporters:*

- |                                 |                               |
|---------------------------------|-------------------------------|
| ♡ <i>April Cheung</i>           | ♡ <i>Harbour Property P/L</i> |
| ♡ <i>Dr Clive Sun</i>           | ♡ <i>Joyce Man</i>            |
| ♡ <i>Daniel and Selina Chau</i> | ♡ <i>Seaja Chang</i>          |

### In CPA Administrative Team:

Ms Mandy Yip has joined CPA Administrative Team as Community Service Worker starting from 1 July 2008.

She can be contacted at CPA office on Tuesday & Thursday 10am -3pm on 9784 8120 or 0406 233 222.

Ms Mandy Yip 由二零零八年七月一日開始加入本會，工職社區服務員，參與本會事務。聯絡電話：9784 8120 週二，週四上午十時至下午三時，或 0406 233 222



### **花燈展覽 Lantern Parade**

本年九月七日中秋節慶祝，將與父親節，協康會二十週年紀念慶祝同時舉行。為提高兒童對中秋節的認識，介紹一些中華文化，我們計劃由家長及孩子聯同攜手，設計創造花燈，參與在慶祝會中展覽，讓與會人士嘉賓能細心欣賞。希望各家長及孩子們能踴躍支持參與。

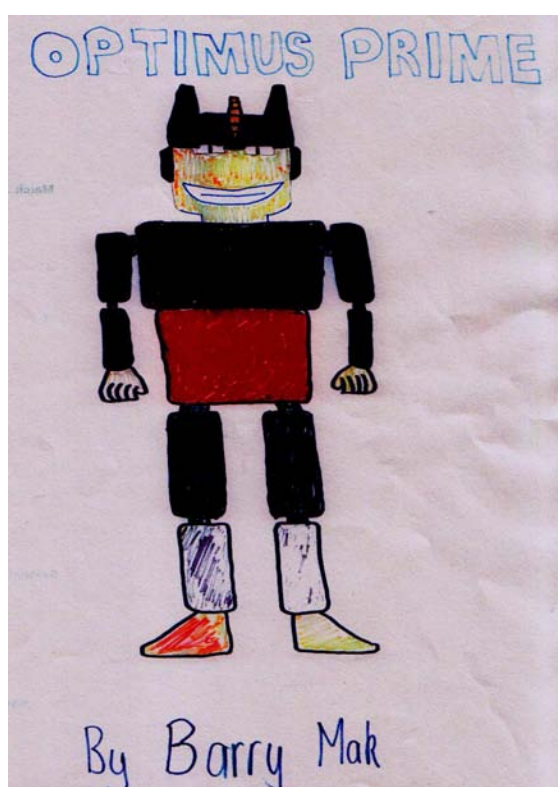


## 澳洲弱能兒童協康會二零零八年八月至十月週末活動項目表

Date日期	Venue活動場地	Address地址	Time時間	Program活動項目	Remark備註
2/8/2008 Saturday	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm 2:30-3:30pm 3:45-4:30pm 3:30-4:45pm	El Activities兒童啟蒙活動 Music Therapy音樂治療組 Music Therapy音樂治療組 Dance Class活躍舞蹈組	Junior Group Youth Group Junior Group Youth Group
9/8/2008 Saturday	AMF-Enfield	546 Liverpool St S.Stratfield	11:30-1:00pm	Ten pins bowling保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:45pm	Father's Group	Parents
			2:30-3:30pm	El Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group
16/8/2008 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	El Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group
23/8/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	El Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group
30/8/2008 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	Dance Class 兒童舞蹈組	Junior Group
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group
			3:45-4:45pm	Birthday Party & Karaoke	All members
6/9/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	El Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group
7/9/2008 Sunday	Maxim Wedding Reception	11 Cross Street Bankstown	11:00-2:30pm	20 <sup>th</sup> Anniversary Celebra- tion, Father's Day and Mid-Autumn Festival	All members
13/9/2008 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	El Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group

20/9/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group
27/9/2008 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	Dance Class 兒童舞蹈組	Junior Group
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group
			3:45-4:45pm	Birthday Party & Karaoke	All members
10/10/2008 to 12/10/2008	School Term Break	Milson Island Centre		Family Camp Details to be advised	All members
18/10/2008 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities兒童啟蒙活動	Junior Group
			2:30-3:30pm	Music Therapy音樂治療組	Youth Group
			3:45-4:30pm	Music Therapy音樂治療組	Junior Group
			3:30-4:45pm	Dance Class活躍舞蹈組	Youth Group
25/10/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	Dance Class 兒童舞蹈組	Junior Group
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group
			3:45-4:45pm	Birthday Party & Karaoke	All members

## Artwork of the Month — Barry Mak



## Upcoming Events for Parents, Carers and their families



**Monthly Seminars** in September,  
October, November & December 2008



### Family camping: Milson Island Centre

Date: 10, 11 & 12 October 2008

Interested members please contact Mandy:

0406 233 222

## Membership Renewal 會員申請

Please note membership is due for renewal.  
Membership fee is A\$10.00 p.a. GST incl.

請注意新年度會費已到期，會費每年A\$10.00.