

## August to October 2011 Weekend Activities

	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Remarks
	2:30pm to 4:30pm	8:45am to 12:00 noon	2:30pm to 4:30pm	
<b>August 2011</b>				
6 August	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music Lesson 2:30-4:30	(Art Exhibition) Annette G.
13 August	Art/Craft Program 3:30 Play & Fun	Ice-Skating 8:45 Bowling 10:15	Art/Craft Program 2:30 Dance Class 3:30	Irene M. Jing Dance School
20 August	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Dance School 2:30 Music Lesson 3:30	Jing Dance School Nathan Y.
27 August	Play & Fun Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Cooking Class 2:30 Birthday Party	Brian Su
<b>September 2011</b>				
3 September	Art/Craft Program 3:30 Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Art/Craft Program 2:30 Dance Class 3:30	Irene M./ (Father's day) Jing Dance School
10 September	<b>Father's Day Lunch at Maxim Restaurant, Bankstown</b>			
17 September	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Dance Class 2:30 Music Lesson 3:30	Jing Dance School Nathan Y.
24 September	Kid's Club House	Ice-Skating 8:45 Bowling 10:15	Cooking Class 2:30 Birthday Party	
<b>October 2011</b>				
1 October	<b>School Holiday</b>			
8 October	<b>School Holiday – Milson Island Sport Camp (7<sup>th</sup> - 9<sup>th</sup>)</b>			
15 October	Art/Craft Program 3:30 Fun to Learn	Ice-Skating 8:45 Bowling 10:15	Art/Craft Program 2:30 Dance Class 3:30	Irene M. Granny Smith Festival?
22 October	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music Lesson 2:30-4:30	Annette G.
29 October	Kid's Club House	Ice-Skating 8:45 Bowling 10:15	Cooking Class 2:30 Birthday Party	
<b>The above programs August be changed without prior notice due to unforeseen reasons.</b>				

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street, North Strathfield |  
Others at Belmore Senior Citizen Centre, Redman Parade Belmore

**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   
 附屬會員 Affiliated member   
 義工 Volunteer

**會員年費 \$10**  
**Membership Fee \$10 pa**  
**(From 1 July-30 June)**

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

地址 Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

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

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

DGR # 900 487 253

Chinese Parents Association-Children With Disabilities Inc

澳洲弱能兒童協康會

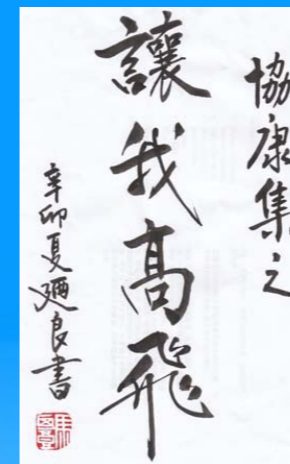
August 2011 Issue

# CPA NewsLetter

## 協康會 會訊



二零壹壹年八月號



Young Performing Star Team

- "Set Me Free" CD Launch

Festival Celebration of

Father's Day / Mid-Autumn

Funded by

Department of Family and Community Services, NSW



CPA NewsLetter August 2011 Issue  
協康會 會訊 二零壹壹年八月 號

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

**Office Address 辦事處:**  
Suite 4, Level 2,  
59 Evaline Street  
Campsie NSW 2194

**Postal Address 郵址:**  
PO Box 345  
Campsie NSW 2194

**Office Hours 辦公時間:**  
Tues & Thurs 週二, 週四  
10am—3pm 十時至三時

**Phone 電話:** (02) 9784 8120  
**Fax 傳真:** (02) 9718 0236  
**Mobile 手機:** 0406 233 222

**Email 電郵:**  
cpacampsie@unwired.com.au  
info@chineseparents.org.au

**Website 網址:**  
www.chineseparents.org.au

**ABN:** 63 938 108 704  
**DGR :** 900 487 253

### Article Contribution

### 歡迎來稿

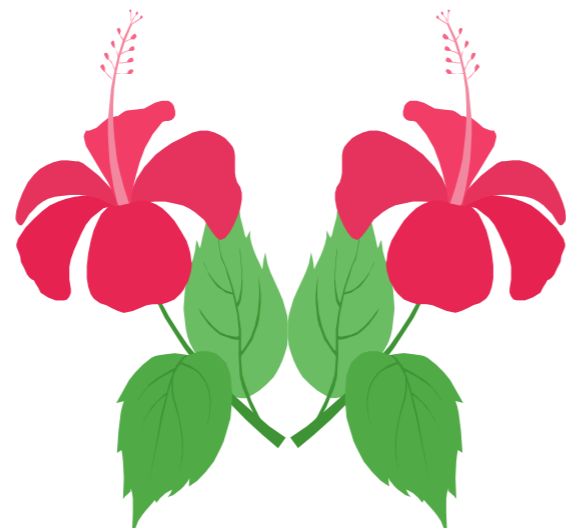
CPA NewsLetter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

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。

## Acknowledgement

HSBC Bank Australia, Chatswood Branch, Australia, has generously made a donation of \$5000 dollars towards CPA program running cost in 2011. Our sincere thanks to HSBC for their financial support.

澳洲弱能兒童協康會感謝澳洲滙豐銀行，車士活分行，慷慨捐贈 本會 \$5000，作為活動經費，為弱能青少年及其家庭，提供教育娛樂節目，增加他們參與各種社區活動的機會，融入社群。



## Acknowledgment

### THANK YOU

CPA would like to thank the following donors, volunteers & in-kind donors for the kind support during the last three months:

#### Donors

Anna Yew  
Australian College of  
Chinese Painting & Calligraphy  
C B Tang  
Dora Li  
HSBC Bank Australia  
Jenny Ho  
Joseph Lee & Co  
Maria Jones  
Relastar P/L  
Charles Coomer  
Julia Ooi

#### Volunteers

Alan Lee	Eleanore Vuong	Miranda Vuong
Alex and Nancy Ma	Elena Lau	Paul Yau
Andrew Li	Jacqueline Ho	Pui Ka Yeung/ Evangelical Free Church of Australia
Anna Yew	James Vuong	Sam Li
Anthony Lee	Jennifer Yu	Samson Yuen
April Cheung	Jessica Mu	Sandra Tung
Barry Mak	Jonathan Yung	Stephen Booth
Brian Su	Karen Yuen	Victor Li
Chun Wing Fan	Lin Abbot	Vincent Yu
Daniel Yung	Mario Yuen	William Mak
Dominic Yip/ Chinatown Baptist Church	Melissa Fung	Willis Li
Dora Li	Ming Fan	Winda Mok

### Birthday Boys and Girls

### HAPPY BIRTHDAY



on 27 August 2011  
24 September 2011  
29 October 2011

#### August

Jack Zhou  
Jarren Dang  
Ronnie Cheng  
Stephanie Mu  
Vicky Chan

#### September

Andrew Li  
Colin Wang  
Edgar Tan  
Henry Yang  
Kenton Lieu  
Laurence Trieu  
Tyler Griffiths  
Yin Soon Tan

#### October

Adam Lee  
Chloe Mak  
Damien Leung  
Kenneth Wong  
Kevin Ka Yin Lee  
Raymond Wang  
Reuben Vuong  
Tiffany Zhou  
Yi Fan Gao

## Rising rate in drug using for Autism

thetelegraph.com.au / P. 6 news / Monday, June 13, 2011

Children as young as two are increasingly being prescribed powerful stimulant drugs like Ritalin for ADHD. Dors are now giving 1007 NSW children younger than six drugs to control attention deficit hyperactivity disorder – 143 more than 2 years ago and a bigger increase than any other state.

Disturbing new federal health department figures also reveal 9373 children aged 7-11 were diagnosed with ADHD in NSW last year and are using drugs along with at least another 10,726 high school students.

Federal Health Minister Nicola Roxon said it was a concern but if children are needed medication it was important they received it.

Leading child psychiatrist Dr Jon Jureidini called on the government to ditch the latest draft guidelines on ADHD treatment and start again based on the new figures and fresh research which found children up to the age of 14 diagnosed with ADHD did not appear to get better or worse even if they took the drugs.

The National Health and Medical Research Council (NHMRC) guidelines, in limbo for two years, say that drugs should not be used as a first-line treatment for the condition in pre-schoolers.

Dr Jureidini said the figures were "disappointing but not surprising". Nationally, 52,528 youths aged under 16 were on medication for ADHD last year compared with 48,148 in 2008.

"What they do is represent that people now think it is an ordinary process to give children drugs for this condition," Dr Jureidini said.

Westmead Hospital paediatrician Professor Michael Kohn, who has patients under the age of six, said the increased use of drugs reflected a major breakthrough in understanding ADHD.

He said more evidence had recently come to light which confirmed that children with ADHD had brains that developed slower. Stimulant medication like Ritalin helped brain growth.

"Children with ADHD have a lower rate of brain grown and development and they do not reach the same peak of brain growth that children without ADHD do," Prof Kohn said.

"When we give them stimulant medication, scans show a more normal pattern of brain development that would otherwise have occurred."

Ms Roxon said she was disappointed the guidelines were taking so long.

"If children need medications, it is of course important they can get access to them," she said. "I am advised the (NHMRC) will issue a new document in the coming months to assist clinicians in the diagnosis and treatment of ADHD in children."

She said she believed there were early signs that the growth in prescription of ADHD drugs were slowing.

### *Is medicine the answer?*

#### Alternative treatments

**Behaviour modification:**  
The key is to reward good Behavior.

**Anger management:**  
The child is taught techniques to defuse their aggression.

**Cognitive therapy:**  
The child learns to think through the possible consequences of their actions.

**Social training:**  
Teaches the child how to interact

**Dietary changes:**  
Some children may benefit slightly from a change in diet



各位親愛的會員

沒有跟大家打招呼已經很久了。最近看到一篇文章，內容提到「正面思考與真誠」，感到很有意思，在這裏跟各位分享一下，希望大家也能感受到其中含意。

裏面提到 . . .

在人際關係中，我們在接觸新朋友時，最怕的是「害羞，膽怯，保守」，要踏出人際關係就必需先除掉這個念頭，您要有正面思考，要以「出於真誠，善於接觸，頻於關懷，相互扶持」的愉快心情，雙方本着真誠的溝通、互助，就能逐步建立友誼，進而合作無間了。

「害羞，膽怯，保守」通常都是一些新家長們第一次到來參加我們協康會抱着的心情，而我們一班熱情的委員們及家長，因已經克服了這個障礙，能以真誠、接觸、關懷，達到相互扶持的目的來接待他們，雙方本着真誠的溝通、互助，建立起友誼來，歡迎他們加入協康會這個大家庭。

又提到 . . .

認識了新的朋友，就要經常連繫，否則，很可能會日久情疏，哪能帶來友誼呢？

所以我們協康會除了週末的青少年組及幼兒班活動外，經常舉辦資訊講座，媽媽休閒站，爸爸對對碰，節日慶祝聯歡會，旅行，家庭營，生日會，電影欣賞等娛樂節目，共享親子樂趣，連繫會員的友誼。

從以上的節錄文章，我相信各委員已經達到正面的思考及以真誠去待人，也能以正面的思考去面對人生，希望其他家長也能像他們態度一樣！

副會長  
陳劉秀蓉

### 123 Magic

 Strengthening Families  
Resourcing Parents  
Inner West Small Grants Scheme



#### Project Aims

- Assist Chinese parents to recognise and implement positive behaviours in their children
- Help Chinese parents to explore different strategies for different behaviours and learn how to manage children's misbehaviours such as tantrums, yelling, fighting and arguing.
- Enable Chinese parents to respond to their children's emotional needs with empathy
- Teach Chinese parents how to build and strengthen the relationship between parents and their children
- Make parenting an enjoyable experience

# Inspiration Explored

ART EXHIBITION 6th-16th August 2011  
10am-1pm & 1:30-4pm (Sunday closed)



[www.myexhibit.com.au/CPA/inspiration-explored](http://www.myexhibit.com.au/CPA/inspiration-explored)

## 越飛感靈

澳洲弱能兒童協康會畫展  
2011年8月6日-16日  
10am-1pm & 1:30-4pm (週日休息)

誠意邀請蒞臨  
靈感飛越畫展開幕禮  
8月6日上午11時  
Chinese Cultural Centre NSW  
Garden Level, Citadel Tower,  
799 Pacific Highway corner of Thomas St,  
Chatswood

CPA澳洲弱能兒童協康會主辦  
澳洲中國書畫藝術學院協辦

You are cordially invited  
To attend

The inauguration of  
CPA Art Exhibition

*"Inspiration Explored"*  
By people with disabilities

6th August 2011  
11 am

Chinese Cultural Centre NSW  
Garden Level, Citadel Tower  
799 Pacific Highway  
Corner of Thomas St  
Chatswood

Contact: Mandy Yip  
0406 233 222/ (02) 9784 8120

Dear friends,

This is a special event exhibiting all the fine art work created by young people with disabilities from culturally and linguistically diverse backgrounds. Their art work demonstrates their abilities, art skills, creativity and imagination, as well as the endless support from their parents/carers in helping them develop their full potential. It is a very important program which will encourage young people to concentrate more on art in future. It will also raise awareness to the general public which will bring more support to the Association, both morally and financially.

The Art Exhibition will run from 6-16 August 2011. We are privileged to receive assistance from the Australian College of Chinese Painting & Calligraphy, Northside Community Forum Inc and HSBC Bank Australia.

We would be honoured to have your presence at the opening. Your support is most appreciated.

Look forward to seeing you!

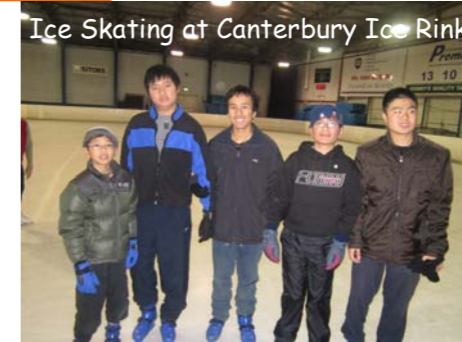
Elly Li (CPA President)  
Vincent Yu (Art Exhibition Co-ordinator)

## Photo gallery

## Activity Report



Ten Pin Bowling at Strathfield



Ice Skating at Canterbury Ice Rink



Mother's Day performance



Saturday Art Class



Look what we made!



School Holiday Art Program



Zumba Class



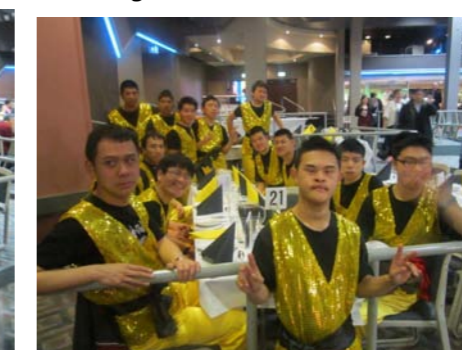
Cooking Class



Stage performance at RSAC Lunch



Dragon Dance Performance at RSAC Presentation Lunch 17 July 2011



Dragon Dance performance  
Great team work!



Visiting Australian Aviation Museum



Dad to Dad meeting



The Lion Club Fund Raising Dinner



**Kung Fu Panda 2**

By Andrew Li

On Saturday 9<sup>th</sup> July, we went to watch Kung Fu Panda 2 at Bankstown Hoyts, organised by the Chinese Parents Association. My dad and I got there first, a little bit too early. Then Joanna, Jack and their mum Rebecca came after us. Then many of my friends arrived. Most members of CPA went to watch the film but some arrived too early and had to wait for the others to arrive. Everyone behaved very well and listened to instructions before the movie was about to start. When everyone arrived we had a group photo outside the cinemas before going in. All children went into the cinema with their parents before the movie started. Some of us bought popcorn & drinks from the counter to take into the cinema. Everyone saw the movie very clearly as they each sat quietly in specific seating positions. The movie lasted for 91 minutes. In the movie, Po, the panda, was played by Jack Black. Other actors are Angelina Jolie, Gary Oldman and Dustin Hoffman etc. In the film there was a mantis, a tigress, a viper, a monkey and a crane. The characters are all good friends and they name Kung Fu together from their master. Together they defeated the evil peacock and saved China from the attack. Po the panda has a goose father named Mr Ping and a panda father, and they all live very happily. The rating for the movie is PG (Parental Guidance). The movie can also played in 3D in cinemas but we watched in 2D. Everyone found the movie very exciting and kept watching until the end. The cinema had plenty of seats for all of us to sit so nobody would be left out. In



the afternoon the youth group went back to Belmore Senior Citizens Centre to practise the dragon dance for the RSAC Presentation.

**A visit to The Australian Aviation Museum (Bankstown)**

By Sam Yau



On Saturday, 16<sup>th</sup> of July, Chinese Parents Association went to The Australian Aviation Museum in Bankstown. We were divided into 3 groups. I was in group one. Our guide took us around the warehouse full of aeroplanes from the past. The museum was donated these aeroplanes but all the computers and electronically equipments were taken out because of security reasons. There were fighter jets and even passenger planes. There was also miniature crafted aeroplanes. We saw costumes of pilots and crew people. We boarded a passenger plane from the Australian Navy. We took photos and even pretended to be the pilot the plane in the cockpit. When we went outside the warehouse, I couldn't believe what I saw. There parked rows after rows of aeroplanes. I took lots of photos of the aeroplanes. I then went on a passenger plane outside. It was a pretty big one. It can carry 20 people. It has computers and air conditioning. It was used by the Australian Navy until 1990. When I left the aeroplane, I saw a jet from the Vietnam War. It was a special jet because the front has a big hole so the air can get through and out at the back. Also, since the bottom part is for air to go through, the pilot has to sit on the engine. I also tried on an old luggage carrier. It is like a normal car but it doesn't have a windscreen and has only one seat. It has a big steering wheel, clutch, brake, accelerator and gear lever. After an hour, it was time to leave the museum. We all went to the gift shop to buy souvenirs. I bought a metal sharpener shaped into an aeroplane.

**Sailing 02/07/11**

By Jonathan Yung



We went to sailing at Kogarah Bay with Andrew, Reuben, Timothy, Sam and Barry. The weather was good and sunny. This service was provided by Kogarah Bay Sailing Club; on open waters that present

great breezes from any direction. Individual coaching was offered to us and each of us had the opportunity to sail twice.

Big thanks to Auntie Winda who prepared lunch for us. We had sandwiches with roast chicken, ham and vegetables.

After lunch we went to Belmore Senior Centre for dragon dance rehearsal which will be performed on RSAC Presentation Day.

**澳洲航空博物館 2011年7月16日**

譚天若



今天我跟爸爸、媽媽和協康會一群人去澳洲航空博物館參觀。我們先參觀了P112-M300型飛機，它看起來像噴射機。但是當我看到一架叫‘格蘭士’的飛機，它才是真正的噴射機，大家以前一定沒見過。然後我從一個導彈發射架上的導彈前經過，這導彈可真大啊！後來我們跟著解說員到處走，在一個模型櫃裡，我終於發現我最喜歡的噴射機，就是科蒂斯P40E型鷄鷹戰鬥機。博物館外面的停機坪上，還放了兩架DC-3大型飛機，爸爸叫它們是老母機，它們的發動機好大好大。二次世界大戰結束後，它們變成民用航機，可以坐28個人，帶著他們去許多國家。航空博物館是位在賓士鎮機場靠近密拔拉路的旁邊。

**Australian Aviation Museum 16/07/2011**

By Tiffany Tan

Today we went to the Australian aviation museum with mum, dad and the group CPA. The Museum was located at Bankstown Airport near Millperra road.

First we saw the P.1 12-M300 the aeroplane that look like a jet but when I saw another plane called gladiator it was a jet that no one seen before. Then I passed a missile from a missile launcher the missile was big!

Next we walked around and I found my favourite jet the Curtiss P40E kittyhawk in the glass box. The dc-3 plane engine's is big and after the war 28 passengers sat on it and travel to countries.

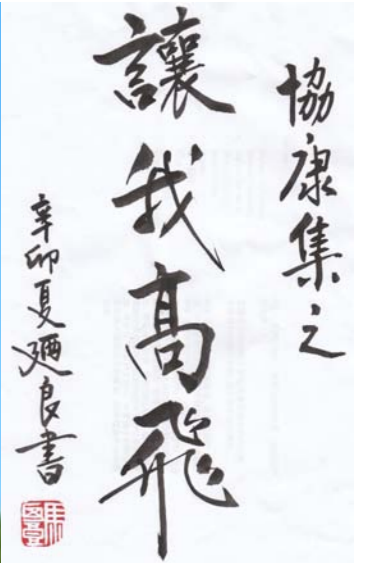


**Set Me Free**



Kindly sponsored by

Canterbury City Council



You are cordially invited to  
CPA "Set Me Free" CD Launch  
on  
9 September 2011 Friday  
11am  
Function Room  
Metro Migrant Resource Centre

誠意邀請蒞臨  
協康集之《讓我高飛》發佈會  
2011年9月9日星期五  
上午十一時  
金時移民資源中心會議室  
CAMPSIE

**Our objectives:**

**CD launch— "Set Me Free"**

"Accept our disability, Develop our ability, Uncover our potentiality."

This is the voice of the parents of Chinese Parents Association-Children With Disabilities Inc. We hope that our children are able to achieve these goals; it is also the belief of our Association.

As parents, we learn to accept and admit our children's disabilities. We sincerely look forward to the understanding and acceptance of and support for our children from the community. We endeavour to raise the awareness of their special needs and meanwhile to assist them to acquire the skills to grow into independent individuals.

The purposes of producing this CD are manifold. Music is a universal language. Through the joy of music, young people with disabilities are able to sing out their dreams, build up their confidence and self-esteem, integrate into the society and lead a positive life!

For their parents, through the process of the production of this CD, they have worked together towards a common goal, established a social and mutual network, and offered each other encouragement and emotional support, hence, promoting a caring community!

**制作《讓我高飛》目的：**

“接受我們的弱能，發展我們的所長，啟發我們的潛質。”

正道出澳洲弱能兒童協康會裡家長們的心聲，希望我們的孩子做到；這也是本會的理念。

作為父母親，我們學習接受、承認我們孩子的障礙，也希望能得到社區人士認識、了解、關注、接受和支持我們的孩子。

我們制作這張光碟的目的，就是透過音樂，發掘孩子的潛能，讓他們透過歌聲，唱出他們的夢想。鼓勵他們

建立自信，發現個人特點，學習自立，俾能融入社會，努力生存！

也提醒弱能孩子的父母們要勇敢、要自信，要以欣賞的心，來看孩子的特質，幫助孩子尋找自己的優點，

把他們最好的表達出來！



\*\*\* 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, social and leisure skills & form a social support network.

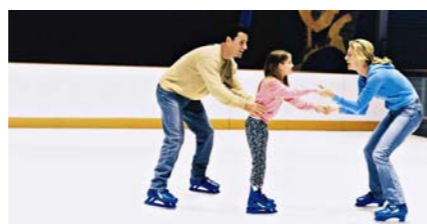
時間: 星期六舉行 下午 2:30pm 至 4:30pm

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)

Youth Group 青年組

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.

Cooking Workshops

Independent living  
Skill training

Exciting menus!  
Food tasting!  
Healthy eating!

Saturdays



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

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.

SibSpace 兄弟姐妹世界



EXCURSION SUMMARY

SIBSPACE GO-KARTING TO MARRICKVILLE - JUNE 18

Eleanore Vuong

On a beautiful Saturday morning, Karen, Jess, Kimberly and I went to Kartatak in Wollie Creek. As we rolled into the car park after the 30-40min car ride, we skipped up the stairs to the indoor race track. We went to the counter to get our photo taken for our Kartatak driving licences. In a few moments, we slipped on a hair net and a sturdy helmet and jumped into a kart. The race started.

It took quite an effort to manoeuvre the kart with no power-steering and an inconsistent acceleration pedal. The track wasn't long so it is easy to fly through each lap very quickly. The 10min time limit for each race felt like it was only a few seconds ago you had just stepped into a kart. Since I was a rookie, everybody else zoomed past and I finished 3-4 laps behind.

After the second 10min race, we headed back to the car for some yummy Uncle Toby's Le Snak crackers that Karen brought along with her. Moments later, we were back in the car and on the road to Reverse Garbage in Marrickville. It's a place where people abandon what they consider as 'garbage' and it becomes a huge environmentally friendly second hand warehouse sale where the items are sold at extreme bargain prices - such as these books for \$2!

As I entered, wide-eyed staring at all the interesting and bizarre items for sale, we took a good hour browsing around the warehouse. Jess bought some unwrapped board games in perfect condition and a few children's picture books.

Our tummies started grumbling so we had some fine authentic Turkish cuisine at Celini's on Marrickville Road. The dishes tasted like nothing I'd ever experience before. By mid-afternoon, we were contented and decided to call it a day!



Giant rabbit made out of plastic bottles!



Special thanks to Karen Yuen and Jessica Mu for making this SibSpace outing possible. It was certainly a fun and interesting day that I will never forget!

Eleanore Vuong



# Holiday Art Program



creative  
kids

Vincent Yu

各位家長,

我希望在此能對家長們簡略的說一下如何培養弱能人士對藝術興趣。其實畫圖有時候是孩子們內心的發洩，從此活動中，父母可以瞭解他們的感覺和喜愛。對他們多些的讚賞和引發他們對大小圖形控制和鮮亮色彩的迷戀是很重要的。而且更適宜從幼兒開始。不時常以真物或相片作比較，以鼓勵為佳。希望藝術能成為他們將來的職業和業餘愛好。不要多挑剔。最好能培養孩子主動繪畫。

其實繪畫對父母的性情也能有所調養。對任何作品要在醜中尋美，溫柔品評。謹言慎行，多忍耐，以免打擊孩子的信心，影響學習氣氛。

這個學校假期的美術課程設在七月四,五,六日。

陳秀英老師和惠珍助教要學生自找題材來圖，惠珍更細心引導各個孩子繪畫的每一個步序和例示。孩子們特別喜形於色集中思想地繪畫。陳老師也細心引導缺乏意境的小女孩，鼓勵她能拿筆上色，在紙或畫版上隨便構圖和更改成畫。Leon 和 Jonathan 更得到老師的欣賞。Reuben 很能控制手筆，但還不能停下來慢慢體會，觀看別人的作業。Barry 能細心畫人物。如何品評一幅畫也是他們將來要學的一個課程。Edgar 也畫得很好，但是他堅持要畫 CPA 的人像。多動的 Kevin 也能靜坐繪畫。奇怪的是聽不到 Tim 的講故事的聲音，他的構圖也很好。SAM 卻是一個全能而樂於助人的好孩子。

在第二天，我們一開始便拿了一卷幾公尺長的紙叫每人畫一幅圖。我覺得很漂亮，它可以作為一幅很好的展覽品。

我們的會長 Elly 對他的孩子 Victor 起初沒有信心。但是經過惠珍的鼓勵和激發，在陳老師的指導下畫了一幅好作品，Elly 也覺得孺子可教也。

到了第三天，我們給每人一張大紙，他們沒有畏怯猶豫地拿筆就畫。這是今次畫班的最大成就。給我們畫展上添增了不少作品。

這次八月份的畫展分四個部分。第一是小兒初時的作品，第二是素描，第三是彩畫，最後是現代作品。希望你們來參觀，並給我們一些迴響和指引。



# Junior Group 兒童組

Junior Group Activity:

Play & Fun

導師 Instructor: Melissa Cox

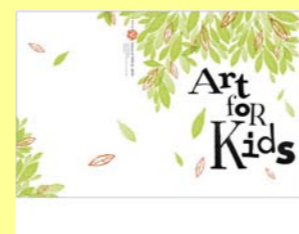


This Program is specially designed for children aged 3-9 years. Through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills. Melissa Cox will guide the children to learn through stories, games, songs and movements.

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，給三歲至九歲孩提供早期訓練。整個活動著重提供與小朋友溝通的機會。細心聆聽他們要傳達的心意，指導鼓勵及發展他們說話的能力。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

# Junior Art Program



Irene Mok

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

# Regular Weekend Activities



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

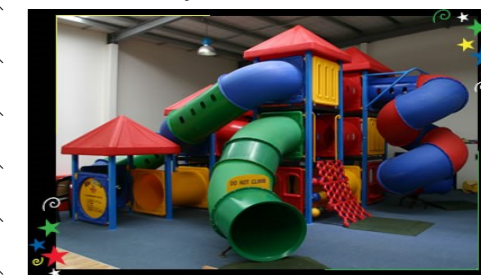
D.G.T. Vision Inc

國際慈善基金

(澳洲總會)



Monthly Visit to  
Play Centre



Date: Saturday 星期六  
Time: 2.00 — 4.00pm

**互助 友愛**

澳洲弱能兒童協會  
Chinese Parents Association - Children with Disabilities Inc.

## Family Getaway 開心家庭營

**日期:** 7/10/2011-9/10/2011  
(Friday 4pm to Sunday 3pm)

**Venue:** Milson Island, Hawkesbury River via Brooklyn, 2083

**Fees:** (including return ferry tickets)

**會員:**  
成人 18 歲或以上: \$180  
兒童 5-17 歲: \$130  
兒童 2-4 歲: \$50  
有 companion card 之照顧者: \$20  
無 companion card 之照顧者: \$100

**非會員:**  
成人 18 歲或以上: \$200  
兒童 5-17 歲: \$150

營內活動: 行山, 獨木舟, 射箭, 安全自行車, 游泳 ... 等

**Date:** 7/10/2011-9/10/2011  
(星期五 4pm 至星期日 3pm)

**地點:** Milson Island, Hawkesbury River via Brooklyn, 2083

**費用:** (包括來回船票)

**會員:**  
成人 18 歲或以上: \$180  
兒童 5-17 歲: \$130  
兒童 2-4 歲: \$50  
有 companion card 之照顧者: \$20  
無 companion card 之照顧者: \$100

**非會員:**  
成人 18 歲或以上: \$200  
兒童 5-17 歲: \$150

營內活動: 行山, 獨木舟, 射箭, 安全自行車, 游泳 ... 等

**This Activity is kindly sponsored by  
Department of Family and Community Services NSW**

Accommodation limited, first in first serve. 名額有限, 先到先得

Closing date for registration 截止日期: 15/9/11

Enquiries 查詢: 97848120 Tues & Thurs 星期二及四 10am-3pm / 0406 233 222 Mandy

**互助 友愛**

澳洲弱能兒童協會  
CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.

## Fathers Day & Mid Autumn Festival Celebration 父親節及中秋節聯歡

**Date 日期:** 10/9/11 Saturday 星期六

**Time 時間:** 11:00 am-2:00 pm

**Venue 地點:** Maxims Wedding Reception  
11 Cross Street, Bankstown

**Fees 費用:** To Be Confirmed 有待通知

**Programs 活動內容:**  
Buffet lunch and fun games ....  
自助午餐及遊戲等...

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

### Community & Road Education Scheme (C.A.R.E.S.) 社區及道路教育計劃

Mandy Yip



On the 21<sup>st</sup> April 2011, CPA junior group children, parents and volunteers went to the C.A.R.E.S. in Bass Hill. The place has been well equipped with all the facilities such as traffic lights, roundabouts, pedestrian crossings and road signs; however they are all in "mini" sizes as they are tailor made for kindergarten and primary students.

The person in-charge is Constable Amanda. She is a very friendly lady. She gave all our children a name label at the entry. After we had all arrived, Amanda then started introducing to us the road safety information which is vital for every road user. She also showed us the signals of traffic light and the road signs like "stop", "give way" ....etc.

Amanda also taught us how to choose and wear helmets. This is a very important message. Wearing helmets properly can protect the heads of bike riders from getting hurt badly when accidents happen.

After Amanda had finished her talk, all the children were given a three-wheel bicycle for practice. It was good to see they were all well behaved, Amanda was surprised to see that they could memorize the road safety rules and practised with what they had learned.

Lastly, Amanda gave every child a certificate and a bag of souvenirs. We trust that this activity has enriched the life experiences of our children, as well as the parents regarding pedestrian crossing and safety on the road.

2011年4月21日, 協康會兒童組大概 20 位包括兒童、家長及義工分別到達位於 Bass Hill 的 C.A.R.E.S. 那裏室外面積廣闊, 有著交通燈、圓環、班馬線及各種路牌, 不過是我們平日在街上看到的「迷你版」, 因為都是特別為幼稚園及小學學童而設的, 活像一個交通安全城。

接待我們的是一位友善的交通警長- Amanda, 她親切的在門口為每個到來的小朋友貼上姓名貼紙, 當所有人都齊集後, Amanda 便開始講解一些交通安全常識, 是每個道路使用者都必須要知道的, 其中包括交通訊號燈及一些指示牌如停止、讓步...等。

Amanda 還給我們示範如何正確地選擇及佩戴頭盔, 這個訊息非常重要, 因為當不幸發生單車意外時, 頭盔能即時保護踏單車人士的頭部, 免受更嚴重的傷害。

Amanda 講解完畢後, 每位小朋友都獲分配一輛三輪單車, 好讓他們騎著去實踐剛剛聽完的「理論」, 還好他們大都表現出色, 連 Amanda 也希奇他們良好的記性及服從性而給予大力讚賞。

最後, Amanda 給每位小朋友頒發證書及紀念品以作鼓勵, 相信這個活動不單豐富了協康會兒童的生活經驗, 當中的交通安全常識更是他們畢生受用的。



Wills, Trusts & Guardianship

遺囑、信托和監護人

2010/11 Ryde Community Grants Program

Kindly sponsored by

We were lucky to have Stephen Booth who has been a specialised lawyer for people with disabilities and their families from Coleman Greig Lawyers with over twenty years experience.

There were twenty three people representing 19 families sitting around two dinner tables to make it rather casual discussion on Thursday night (30/06/2011).

Stephen's talk was carefully phrased without explaining facilities which might not be of any interest to us. Firstly he mentioned about the importance of a will and how a will should be laid out in terms of trustees and split of wealth to the PWD.

Finally he pointed out that parents should record the problems and how they would be best handled as well as the likes and dislikes of the child so that future trustees would be able to study and be benefitted.

On this point, I mentioned that on the previous evening Jennifer and I met Terry Ryan who wrote a book about lifelong planning for his child.

Finally both Stephen and Hong answered a lot of questions including the choice of trustees, whether we could rely on siblings or not.

Stephen Booth's phone no is 96356422 and email is sbooth@colemangreig.com.au

我們很榮幸能邀請到有二十多年歷史的 Coleman Greig Lawyers 工作的專業律師 Stephen Booth 作演說嘉賓。

當天出席人數有二十多人，代表十九個家庭。最初的半小時先自我介紹。

Stephen 很細心謹慎地解釋給在座者有興趣認識的事項。他分析「遺囑」的

重要、如何撰寫「遺囑」、選擇信托執行人及為弱能人士分配遺產等。沒有定下「遺囑」可使孩子日後失去保障，亦令父母擔憂。

最後他提出父母們應記錄下孩子的問題和解決應付的方法，以及他們的喜/惡的事物，好讓日後的信托執行人能知悉如何去照顧孩子。

我向在座人士推薦 Terry Ryan。他曾著有一本書，指導如何為孩子訂下一個《終生計劃表》。他周遊各地去推

介他的計劃書。日後有機會，我們他盡量邀請他為我們演說。

之後是發問時段。Stephen 和 Hong 為家長解答了很多問題：如們選擇執行人；兄弟姐妹可否作執行人？！

如何尋找律師？Hong 說可透過她任職的部門介紹。

如若需要他們的幫忙，以下是聯絡他們的資料：

Stephen Booth's phone no is 96356422 and email is sbooth@colemangreig.com.au

參與社區活動

Upcoming Activities



Collage of activity cards including Women Health Seminar, Dad to Dad, Mum to Mum, Canterbury Children Festival, CPA Music Performance, SibSpace, and Granny Smith Festival.

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.

## Mothers Day & Volunteer Week Celebration-Buffer Lunch

### 母親節及義工週自助午餐慶祝會

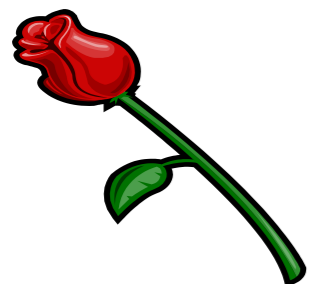
#### 感謝匯豐銀行慷慨捐贈

2011年5月1日，是既溫馨又熱鬧的一天；因為澳洲弱能兒童協康會在 Auburn RSL Club 舉行了一個盛大的母親節及義工週慶祝會。當日共有140位嘉賓、家長、會員及義工朋友出席，我們更邀請到匯豐銀行的詹氏夫婦及一班同事到臨，令現場氣氛生色不少。另外我們非常感謝匯豐銀行慷慨捐贈\$5000給協康會，本會在此承諾將繼續舉辦各類活動，提供弱能兒童及其家人更多的資訊及服務。

除了享用豐富的自助午餐外、慶祝會當天的節目還包括了只為母親而設的幸運抽獎，由本會兒童獻唱名曲「世上只有媽媽好」，及連平日沉默寡言的爸爸們也粉墨登場在台上唸詩，以歌頌及答謝世上所有母親的勞苦、母愛的偉大。

除了母親，一班默默耕耘的義工也是絕對值得表揚的，故此協康會特別給每位義工朋友頒發證書，感謝他們過去為本會所付上的時間、精神和心力，亦盼望見到更多社會人士願意加入義工的行列。

活動接近尾聲時，2位協康會漂亮的義工姐姐為在座的每位母親送上鮮豔的玫瑰花一朵，為整個聚會劃上了完美的句號。



Mandy Yip



On 1st May 2011, the Mothers Day & Volunteer Week Celebration was held by Chinese Parents Association-Children With Disabilities Inc (CPA) at Auburn RSL Club. There were more than 140 guests including our parents, members and volunteers attending the function.

We had invited Mrs. Lavender Tsim from Chatswood HSBC to attend our celebration. We are very grateful to Chatswood HSBC for their sponsorship of \$5000 for CPA programs. It is a great encouragement and CPA would continue in providing quality information service and recreational activities for our children with disabilities and their families.

In addition to the yummy buffet lunch, we also scheduled a full program to entertain the mums. Tim took part by reciting a Chinese poem which expresses gratitude and praise for mothers for their unconditional love. Then our young people presented their song named "Mums are always good" joined in by their fathers.

To recognize the great work by group of volunteers, CPA presented special certificates to each of them for their contributions of their skills, time, energy and effort. They are an important part of our organizational service. We sincerely wish there will be more people joining us as volunteers in the future.

At the close of the celebration, two beautiful young ladies delivered every mother a rose, and this brought our celebration to a perfect ending.

## 媽媽休閒站 Mum-to-Mum

### 夏寶蘭

六月九日星期四早上，陽光普照，但天氣寒冷。我們穿著厚厚的外套，集合在 Ashfield 的 Allman Park。協康會的會長 Elly 最早到達 Allman Park 等候我們。協康會母親組第一個活動就是關節操。「飛手飛拳」、「鼓腰斬肩」、「雄鷹展翅」三二三四、四二三四，我們用輕鬆愉快的心情，跟著 Sandra 做起關節操來。

做完這個有益身心的關節操之後，整個人也覺溫暖。我們原本計劃去串串香享用自助餐，可惜串串香不供應午餐，所以我們改去上海天同小廚。我們上二樓的小廳，那裡有三張大桌。我們一共二十人，佔據了兩張大桌。上海天同小廚真是名不虛傳，食物一般達高上水準。上海小籠包皮薄多汁、蘿蔔絲酥餅賣相不俗。我們這一班彼此扶持的同路人，凝聚一起無所不談。

年青的侍應生端來一碟「鯊魚拌麵」來。

「鯊魚拌麵？」我驚訝地問。

「不是鯊，而是蝦。」坐在我旁邊的 Winda 說。

這使我啼笑皆非，但可激勵我的上進心，努力學習國語。

時間永遠都比我們跑得快，當我們未道別之前，萍姐請侍應生為我們拍照。他手握相機，準備拍照，口裏卻說著茄子、茄子。我感到莫名其妙！Sylvia 解釋給我聽，當我們用國語說茄子的時候，我們便會開口，面帶笑容，就好像我們拍照時，通常會說 cheese 一樣。這才使我恍然大悟。

今天除了學了關節操和享受豐富美味的上海小食外，還上了一堂課 ---- 上海文化。



Paula Su

On Thursday 9th of June, CPA mothers' support group met at Allman Park in Ashfield. It was a sunny but chill morning. CPA president, Elly Li arrived earlier to wait for us. First, we followed Sandra to do some exercises which would help our joints healthy. After exercises, we all felt warm and energetic. Then we lunched at Taste of Shanghai Restaurant and enjoyed the scrumptious food there, especially Shanghai steamed mini pork buns. When the young waiter brought us a yummy dish and told us what it was, I misinterpreted 'prawn' as 'shark' and I really thought they served shark meat noodles. I burst out laughing when I was corrected by Winda. This stimulated me to try harder to learn Mandarin.

There were twenty mothers altogether. We shared our experiences of fostering the physical, emotional and social growth of our children. We learned from each other some survival skills so as to help ourselves become healthier, happier and more resilient. Finally, Ping asked the waiter to take a group photo for us. We were puzzled when the waiter kept saying 'eggplant' in Mandarin. Sylvia explained to us when we said 'eggplant', we would smile.

Today not only I learned how to do some special exercises and enjoyed delicious Shanghai food, but also I was educated in some Shanghai culture.