



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

CPA NEWSLETTER 協康會會訊

MAY 2020 ISSUE 二零二零年五月版



UP-COMING ACTIVITIES:

- ◆ Free Virtual Rhythm Class
- ◆ Free Virtual Relaxation Class
(mum to mum)
- ◆ Free Virtual Dance Class.
- ◆ Fun Learning—for junior group only

REPORTS:

- ◆ Floral workshop at Bankstown
- ◆ Dragon Boat Race Report
- ◆ Milson Island Camp Report
- ◆ Treetop adventure



PART 1

PRESIDENT'S MESSAGE

會長感言





Message from the President on COVID-19

Dear Members of CPA families
Your health and well-being are on our minds as we all deal with a national and global emergency related to the novel coronavirus pandemic. Please know we are thinking of you and wishing you continued good health.

The global situation regarding COVID-19 is evolving quickly. At CPA, we are taking as many precautions as we can in order to reduce transmission of this virus, and protect our members, staff and teachers.

At a time of great uncertainty, I'm inspired by the energy, resilience, and commitment of our staffs and committees. Following advice from the World Health Organization, we are practicing "social distancing" by working from home until further notice. Staffs have moved quickly to adapt, continuing to advance CPA's work while balancing commitments to family.

Strict travel restrictions are in place and public events have been cancelled or postponed. Due to the directive to close non-essential workplaces, CPA's programs and activities will not open for the foreseeable future with the health and safety of everyone.

These restrictions are to keep all of us safe, to protect those most at risk and to limit the impact the growing number of cases will have on our health system. The sooner we all respect these restrictions, the sooner we can get back to doing what we love most. However, the organisation's communication channels, wechat, mobile 0406 233 222 and email remain open for members' queries. We will continue to update members accordingly.

While this pandemic has forced us into a challenging new reality, we will continue to provide support to our members and families so that we still able to enjoy our regular Saturday gathering. From mid-April, we will engage in virtual face-to-face lessons using video conferencing program Zoom, our teachers and facilitators will continue to utilising this method as a learning channel. Participates will require a laptop with webcam to access these virtual classes. These lessons are free of charge.

I thank you for your patience and assistance as we work through this evolving situation. Please take your health seriously. Working together we'll overcome the current pandemic, stay well and safe.

Miranda Chau
President



親愛的協康會成員

這段日子，我們所有人都在應對有關新型冠狀病毒大流行的全國性和全球性緊急情況，您的健康和幸福是我們所關注的，請知道我們都在掛念着您，並祝願您們保持身體健康。

關於COVID-19全球形勢正在迅速衍變。在協康會，我們正在採取各種可行的預防措施，盡量減低這種病毒的傳播，以保護我們的成員、員工和教師。

在這個充滿不確定性的時刻，我們員工和委員會的活力、韌性和承諾給予我絕大的鼓舞。跟隨世界衛生組織的建議，我們協康會正在實施「在家辦公」來進行「社交疏離」這個措施，直至另行通知，員工亦積極採取適應行動，在平衡對家庭承諾的同時，繼續推進協康會的工作。

澳洲已實行嚴格的出國禁令，公共活動亦已被取消或推遲，基於政府的指示，非必要性的工作行業必須關閉，為考慮到所有人的健康和安，協康會原有的各項活動和講座，在可預見的未來將暫停舉辦，這些限制措施是為了確保我們所有人的安全，特別是保護高風險的人士，並為減低急劇增加的病例對我們的醫療系統所帶來的壓力。

我們所有人都應及早遵從這些限制，才能盡早恢復我們既往的生活，做我們最喜歡的事情。在禁令期間，協康會的通訊渠道，包括微信，手機0406 233 222和電子郵件仍然開放供會員查詢及聯絡，我們會繼續與大家保持聯系及更新資訊。

儘管這個疫症大流行迫使我們進入了一個充滿挑戰的新現實，但我們將繼續為我們的成員及其家人提供支援，好讓我們仍然能夠享受每週六的聚會活動，由4月中開始，我們將使用視頻會議程序Zoom進行網上視象課程，讓我們的老師和會員利用這個渠道繼續作交流和學習，參與者將需要準備一台帶有網絡攝像頭的手提電腦來接連這些視象課程，這些課程是免費提供給大家的。

在這段抗疫期間，我們共同應對疫情帶來的限制措施和不斷變化的局勢，我感謝您們的耐心和幫助。請珍惜並認真對待您們的健康，讓我們一起努力，共同克服當前的疫症大流行，祝大家平安和健康。

周潤梅
會長



PART 2

REPORTS

活動報告

(FEBRUARY-APRIL 2020)





FLORAL WORKSHOP 2019

At Bankstown Art Centre

— Rachel Lo



We had a lovely time prepared something special for our families before the Christmas season at Bankstown Art Centre studio.

The venue was a perfect location for our workshop which is convenient, clean and spacious with plenty of light. . Our group of CALD youth with intellectual disabilities and their carers had created their Christmas wreath from scratch. Each one of the wreath is unique and hand made with their own creative talents, most of all, with their love.

Participants were provided with a base branch ring and several types of floral materials to mix and match their artwork.

This small exercise trains their organisation skills, assembling skills and fine motor skill. For our carers, they show great interest and enthusiasm to finish the item. They are all surprised at how easy it is to make the wreath and expressed their gratitude towards the workshop. They are inspired and consider making more for their friends and relatives as gifts.

Special thanks are for our volunteers and teacher Lulu who had been a floral designer for weddings and conferences for the past few years, had lovingly devote their time to prepare floral materials and set up the workshop.





Dragon Boat Race

@ Darling Harbor 2 Feb 2020

It was a much cooler day after the previous heat stroke in Sydney of 43 degree, everyone was so relieved and thankful for the good start!

Our volunteer Sylvia helped us to get a wonderful sheltered spot as early as 5:30am while most of us arrived 8am for 11am start. We had good time doing warm up exercises and visiting some promotional stalls by our fellow competitors. We are grateful to have Anthony once again as our instructor who shouts “Big 3, long 5” as our team metronome since our first training back in 04 Jan. We only managed to have three trainings prior to this race and we all felt that we did not have enough practice.

All 22 of us participated in race 11 (heat 1), race 23 (heat 2), race 30 and the final race for charity challenge. There were 5-6 teams in each race and in our final race with Team Ewon (lane 1), Thales Legacy (lane 3), Flying Daffodils (lane 4), The Fred Hollows Foundation (lane 5), we finished in second place at 1:06.20. We were all so joyful for the result as we had given our best to all four races.

I hope to see more of our youth and members, even MCs to participate in this yearly event in the future, not aiming to win but to participate in this great sport and strengthen our bonding thus achieving higher team spirit.

By Jane Ng



Feedback from Andrew Li:

On Sunday 2nd February 2020 had the dragon boat race at Cockle Bay Darling Harbour. It was a beautiful sunny day that many teams took part in the race. We were in races 11,23,30 & 38.

Everyone had sushi for lunch and we came 3rd in the first two races and 2nd in the final. Our team won the 2nd place trophy and it was such a great day and hope to come again.



“ Mum always want me to keep fit , to improve the concentration, the communication and cooperation skill. I finally find the paddling of dragon boat exercise can fulfil all these criteria.

On the 4th, 18th and 25th of January, CPA arranged a dragon boat training at the Bago Spirit Boat Training Club.

On the 4th January, it was up to 35 deg C. We went on training with Anthony Wong. Before we went on the boat, we did some warm up and stretches exercise. We paddled to the shade area under Anzac bridge. After few minutes rest, we head on to the fish market but Anthony said we were not having fish and chips. I got splash when we were paddling but the dragon boat was still very stable and shoot forward. After we back to the ramp, we also needed to bring the boat back on shore and then we did more stretches exercise before we back home.

On 18th January, it was cloudy, and looked like would rain soon. After warm up exercise, Anthony gave us a talk about the competition at Darling Harbor on 2nd Feb. After the speech, we rowed along the same route we did on 4th January. On the way Miranda remind me to listen to Antony's instruction.

On 25th January, it was the final training before competition. We practiced an racing with Woolworth team. We rowed very hard in this final training.

On 2nd February, we joined the dragon boat competition at Darling Harbor. I only joined 3 of 4 races. In the first two races I joined we only got 3rd places but at final I joined, we got the 2nd place.



CPA got the 2nd
place trophy!

I wish I can join the race next year. Of course I also want CPA arrange more similar training for us to help us to burn our fat and improve our team work spirit.”

from Willis Li



Milson Island Recreation Camp



Milson Island Camp 7-9/2/2020

譚錦添

二月七日，狂風暴雨的一天，揭開了CPA主辦的三天兩夜 Milson Island 宿營的序幕。在惡劣的天氣下，我和太太午後到女兒工作的地點接她放工，滿以為一個半小時從 Allambie Height 到集合地點 Hawkesbury River 會有充裕的時間，但人算不如天算，由於有交通意外，導致交通大擠塞，接了 Aliza 後只餘下35分鐘，幸好有 GPS 的幫助，幸運地準時到達了集合地點。待 CPA 工作人員和營友乘火車抵達後，便冒着大風雨轉乘渡船往目的地，就在這短短往碼頭轉船的時間，大夥兒都被雨水淋個濕透，非常狼狽。

最終幾經風險到達營地，營地職員用小貨車，將營友的行李運送到房間，在這種惡劣天氣下，這的確是很大的幫助。營友被分別安排到兩幢十分整潔的營舍。由於這個週末無其他人分享營地，我們就儼如成為了這個小島的主人了。

安頓行李後，第一樣迫切要做的事情，便是來個熱騰騰的熱水澡，將濕透的衣物換過。稍事休息，便到食堂享用美味的晚餐。我不是第一次到訪此營地，深覺他們的食物烹調，簡單但味美，份量足。當然，這類營地，一般供應的都是西餐，有些團友可能未必接受，但以我曾當過廚子的人來說，這裡的出品，是絕對在水準之上。由於天氣惡劣，晚上的娛樂，就祇有電影晚會。由於大家不太熟悉營的影音器材的操作，致使營地職員和熱心的營友努力地去解決問題，大家忙得團團轉，最後在大家努力下，把困難克服了，順利地播放電影讓大家觀賞。

第二天早上，天氣仍然差勁，眼看全日的活動都要泡湯了，幸好有短暫時間，天氣稍為穩定，營地職員遂安排了射箭活動，讓大家有一些戶外活動，並練習一下眼界。午膳後稍事休息，大家步行前往室內籃球場玩劍擊活動。教練首先介紹劍擊應有規則及如何可以得分，然後參加者要穿上劍擊制服、面罩及全身保護衣服，然後雙人對打，首次見識，大開眼界。教練能夠安排兩項活動，也總算有些安慰。晚上仍然有電影晚會，有了前一晚的經驗，第二晚就順利得多了。

第三天本來安排了在午餐後才離營，但由於天氣比前兩天更加惡劣，最後決定了早餐後便離開營地。由於風浪頗大，營地為安全計，用島上僅有的兩部車分批二人或四人送我們到碼頭。途中風雨交加，路旁不少大樹被風吹倒，驚險百出，真是刺激！同時營地經理安排更換了一艘較大較穩定的船隻接載我們。不過在上船之際，凜烈的狂風將大家吹得寸步難移，險象橫生，真的擔心大家的安全，幸好最後各上都平安上了船，到達彼岸，從而結束了一次艱苦但又難忘的旅程。

在過去的工作中，自己有帶領過甚多營會活動，經驗也算豐富，但這樣極端的惡劣天氣，也祇是第一次遭遇上。眼見數位 CPA 帶領營會的工作人員，在這樣困難的環境下，仍然沉着應付，冷靜處理，見招拆招，以致整個活動仍然能在惡劣的天氣和環境下順利完成，大家安全回家，特別是第二天有營友感到不適際，在此非典型肺炎流行期間，真替病者及其他營友擔心，幸好在 CPA 的義務工作人員的關懷和耐心的與營地職員溝通後，由醫護人員和警察的護送下，將染病的營友和家人盡速送離營地，並妥善安排到了醫院接受治療，真的要向 Maria 和萍姐等人拍掌致敬。



TREETOP Adventure —

FUN activity for all of us to enjoy



Treetops
It is third time I've been there the reason why I like going to treetops is because I like doing obstacle course and having fun with my belmore friends.
I was not scared of any colour levels except for orange because the log swing is difficult. But finally I did it.
Last, I like going to treetops for the fourth time with Belmore friends. Next time I'll try harder ones and I would have to have fun.

from ChenReng
Date: 10th march

After two hours of crazy climbing and flying, the children had tried their best to conquer the bush.

Although exhausted and wet through, they loved the special experience. It was a day full of fun and excitement, challenges and achievements. For all climbers it was definitely an adventure they wanted to challenge again.





PART 3

FUN ACTIVITIES

MAY TO JULY

5-7月活動介紹





UP COMING ACTIVITIES

For MAY - JULY 2020,
there are plenty of FUN activities:
for you and your family to enjoy!



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



Free Virtual Rhythm Class

by Elizabeth



免費網上韻律課 導師 Elizabeth

- Who: All Welcome
When: Every Saturday 每週六下午 3:30 pm – 4:15pm
Join Zoom Meeting: <https://us04web.zoom.us/j/5649988835>
What you will need: Computer or laptop with a camera, ipad, mobile or tablet.

*Please log in 5min before the class, say Hi to Elizabeth,
we can still talk, sing and have fun! 😊*



UP COMING ACTIVITIES



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

Free Virtual Relaxation Class

“mums to mum” 媽媽休閒站 by Sarah

免費網上瑜珈班 導師 Sarah

Who:

Mums, family members welcome

When:

24/04, 08/05, 22/05, 05/06, 19/06, Every Second Friday

每隔一個星期五下午 5:00pm – 6:00pm

Join Zoom Meeting:

<https://us04web.zoom.us/j/5649988835>

What you will need:

Computer or laptop with a camera, ipad, mobile or tablet, mat, water

Please log in 10mins early to catchup before the class! 😊



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

Free Virtual Dance Class

by Liliana

免費網上舞蹈課 導師 Liliana

Who: All Welcome

When: Every Saturday 每週六下午 2:30 pm – 3:15pm

Join Zoom Meeting:

<https://zoom.us/j/98931677438?pwd=K2x1K1hadzdSY2U2cS9WZ1V0ZHhzQT09>

What you will need:

Computer or laptop with a camera, ipad, mobile or tablet.

*Please log in 5min before the class, say Hi to Liliana,
we can still talk, sing and have fun! 😊*



UP COMING ACTIVITIES



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

Please log in 5min before the class, say Hi to Jackie, we can still talk, sing and have fun! 😊

Junior group Virtual Classroom

Free Fun to Learn with Jackie

Who:	Junior Group only (by registration)
When:	Every second Saturday, 11:00am – 11:45am, 02/05, 16/05, 30/05, 13/06, 27/06,
Join Zoom Meeting:	Please email admin@chineseparents.org.au We will email you the Zoom meeting link
What you will need:	Computer or laptop with a camera, ipad, mobile or tablet

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

POSITIVE PARTNERSHIPS

免费华人父母自闭症网路研讨会

5月5日, 周二 | 早上10:00 - 10:30

- 了解Positive Partnerships在这新冠肺炎中, 可以为华人自闭症家庭提供的支援
- 联系其他家庭
- 介绍免费网上学习资源

登记参加:
<https://www.surveymonkey.com/r/Q2CR2DW>

查询:
Patricia 0481 912 213
Kim (英语) 0481 918 781



PART 4

FUN ACTIVITIES FOR YOU TO ENJOY AT HOME!

CPA provides you with fun activities including cooking & drawing during the period of staying at home, come & try it out!

在家待得無聊麼？CPA為您準備了有趣的活動，
讓您和孩子盡情享受居家樂！一起來試試吧



FUN ACTIVITIES—Try this recipe



Little Chef Time

Blueberry Muffins



Ingredients:

1. 1 $\frac{3}{4}$ cups self-raising flour
2. 3 tablespoons sugar
3. 1 teaspoon baking powder
4. 1 cup blueberries (frozen or dried)
5. 1 large egg
6. $\frac{3}{4}$ cup milk
7. $\frac{1}{3}$ cup butter melted

Steps:

- A. **Preheat** oven to 200°C
 - B. **Place** twelve cupcake cases onto muffin tins
 - C. **Sift** flour, sugar and baking powder into a mixing bowl and **stir** in blueberries
 - D. In a small bowl, **combine** egg, milk and butter, then **pour** into flour mixture
 - E. **Stir** gently with a fork until all dry ingredients are just moistened. Batter should look quite lumpy
 - F. **Spoon** batter evenly into each muffin cup
 - G. **Bake** about 20 minutes or until golden brown on top
- **Variations: you can replace blueberries with any dried fruit**



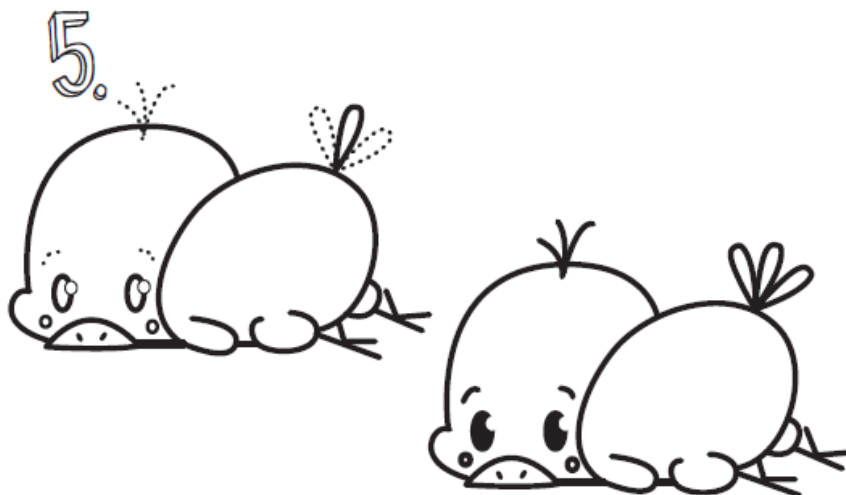
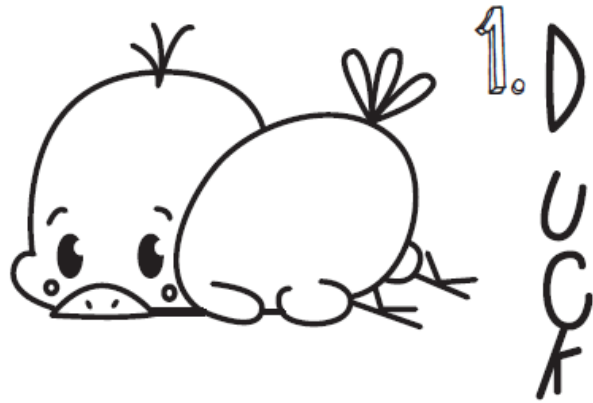
DRAWING FOR KIDS

This is a free compilation of fun drawing for you to keep you busy!
Let's learn how to put numbers, letters & words together!



DRAWING —Get some paper Try this!

JUST CHILLING DUCKY

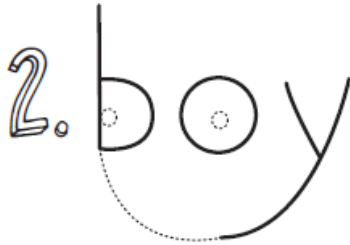


DRAWING —Get some paper Try this!

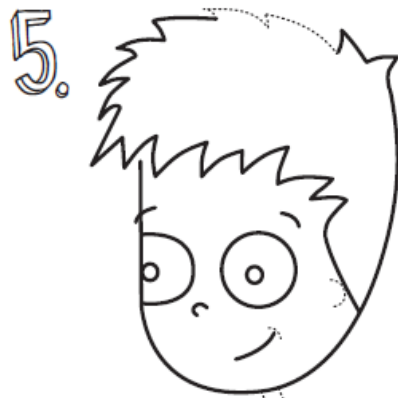
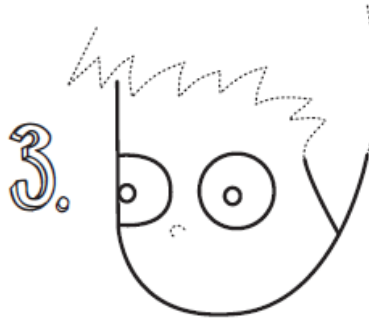
ENERGETIC LITTLE BOY



1. boy

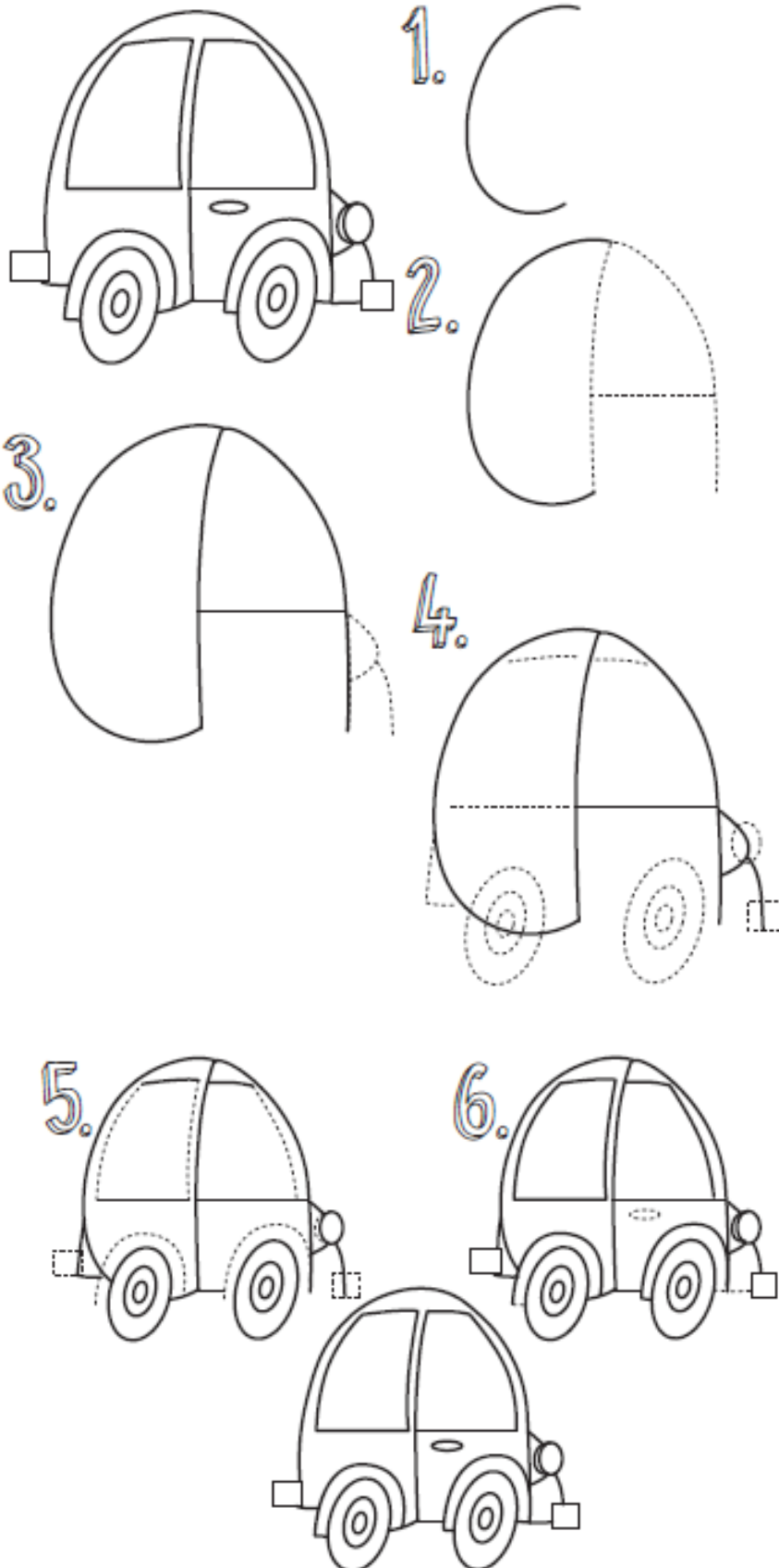


Letter M Shaped Zig-Zags



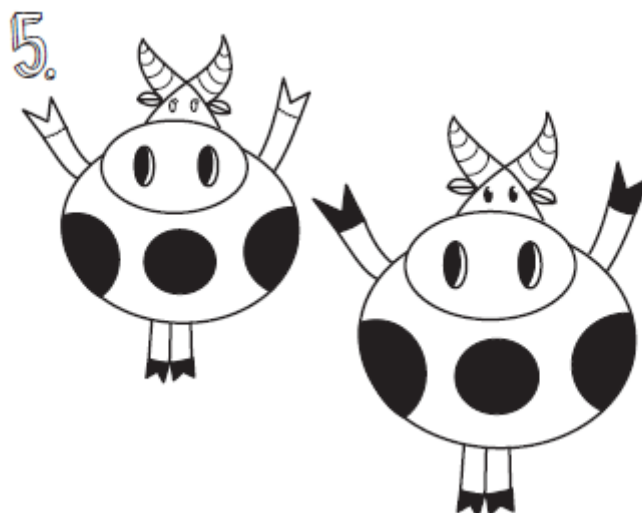
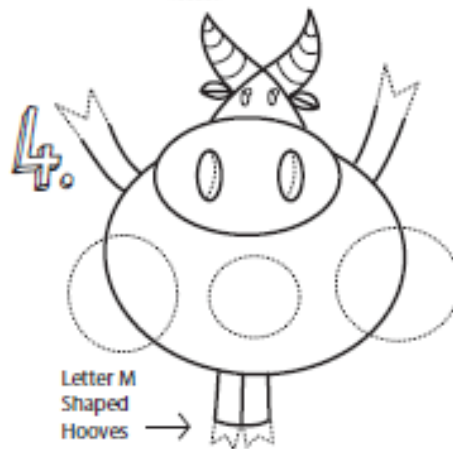
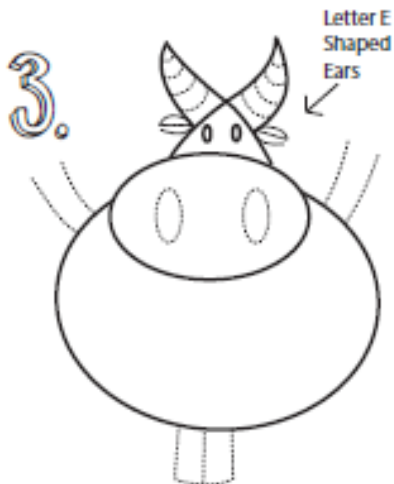
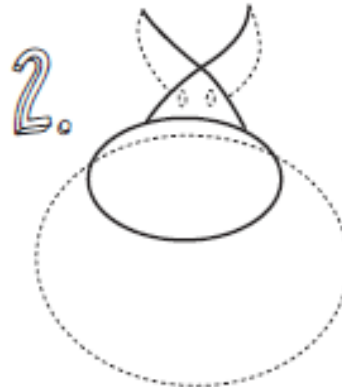
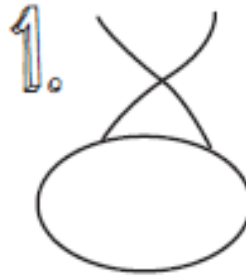
DRAWING —Get some paper Try this!

BUGGY CAR

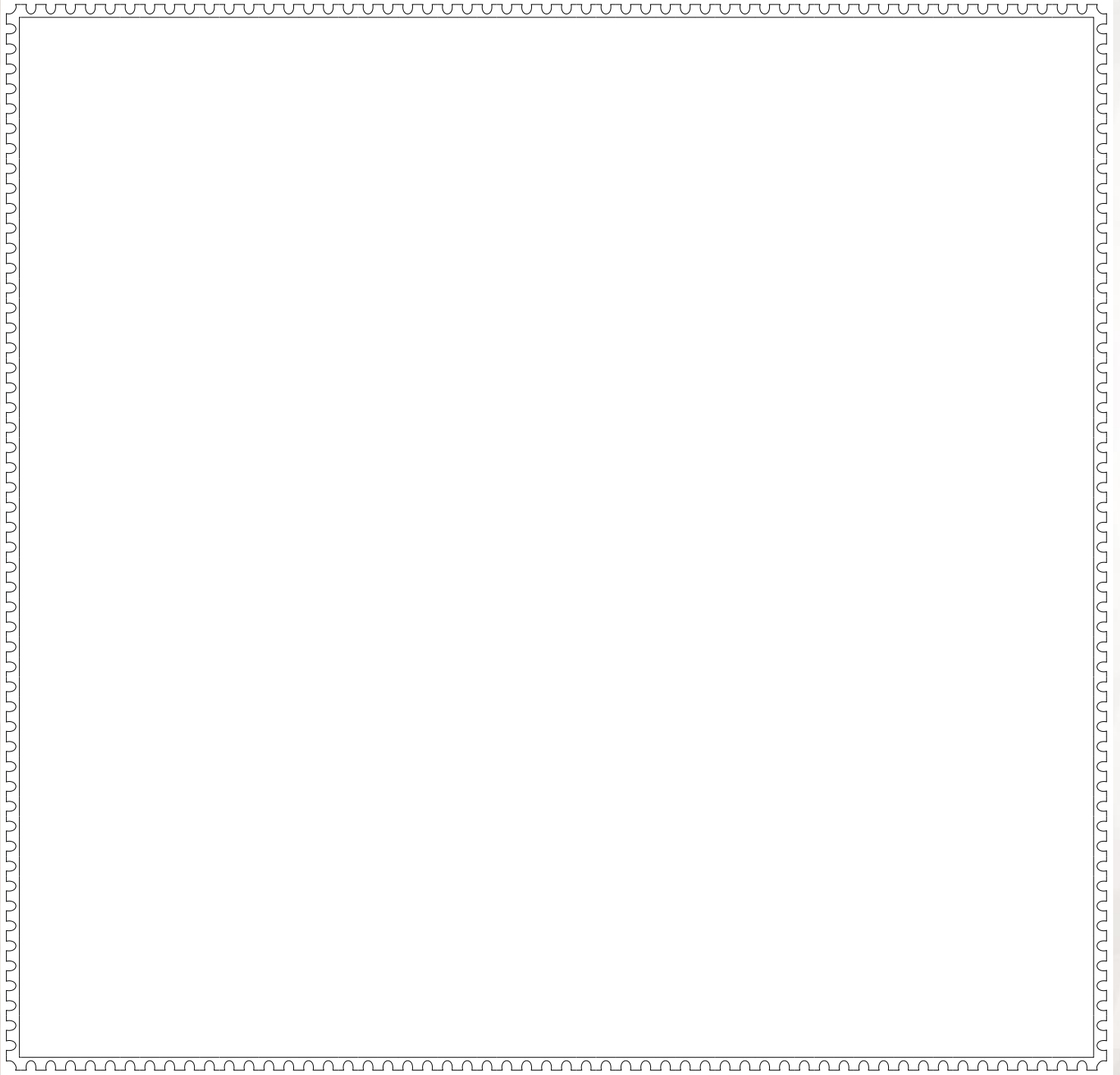


DRAWING —Get some paper Try this!

MOXIE OX



NOW YOU TRY IT!



If you like this, let us know. We will put up more fun activities for you next time!



Garden —enjoy backyard activities!



OUTDOOR GARDEN ACTIVITIES

Here are five no-cost ideas for any time of the year to get kids outside and having fun. Remember, they'll be more willing to spend longer outdoors if you can too!

- € **Make every meal a picnic.** Eating outdoors on a picnic rug is a simple way to get the kids outside. As a bonus, the kitchen stays tidy.
- € **Set a garden treasure hunt.** Make a simple list of things kids can find (such as a red flower, heart-shaped leaf, feather or a smooth stone) but to keep it a challenge, throw in a few curly ones too.
- € **Backyard art gallery.** Whether it's the latest effort with the crayons on paper or examples of DIY craft projects, kids can make art works and then create their own exhibit by sticky taping art works to the fence, hanging them in the trees or even pegging them on the clothes line.
- € **Improvise a cubby.** Expensive, purpose-built cubbies soon gather cobwebs, but a teepee made from a few bamboo poles and a sheet gets the thumbs up every time.
- € **Create plant labels.** Smooth pebbles or small stones painted with a lick of white paint can be written on and are a great way to label plants in the garden.





PART 5

PHOTO GALLERY

2-4月精彩活動照片



PHOTO GALLERY

S W E E T M E M O R I E S O F C P A



Zumba & Music Therapy Feb/2020



Milson Island Recreation Camp Feb/2020



Belmore Music Class & Birthday Celebration Feb/2020



PHOTO GALLERY

S W E E T M E M O R I E S O F C P A



Fun to Learn Feb 2020



TREE-TOP Feb 2020



Junior Group—Dance Class



Arts & Craft



PHOTO GALLERY

S W E E T M E M O R I E S O F C P A



Dance class at Bankstown Arts Centre



Dance class on 8/2/20



Art class on 7/3/20



Independent Living Skill Training Workshop





PART 5

- * **BIRTHDAY BOYS & GIRLS**
- * **ACKNOWLEDGEMENT**
- * **WEEKEND ACTIVITIES**
(MAY TO JULY)



HAPPY BIRTHDAY

MAY

Carmen Martin
Eric Luu
James Martin
Julian Lesnie

Ka Chun Tse
Laureen Poon
Leo Lee
Patrick Chow

Samuel Poon
Victor Li
Wilson Trang

JUN

Colin Su
Gordon Ding
Jan Su
Lachlan Nguyen

Leon Cao
Michael Lee
Queenie Tung
Robbie Leong

JULY

Alan Ngo
Anderson Yang
Eddie Wong
Jackson Yung

Jerry Chen
Joanne Pang
Lintom Lin
Matthew Sin

Nicholas Chi
Stanley Au

Happy Birthday



Acknowledgement:

Thank you for your help!



Acknowledgement

Donors (for donations \$100 or above)

Mabel Luu
Vincent Trang
Xcent Josh Lee

Volunteers

Anna Yew
Jackie Chan
Mario Yuen
Winda Mok
Dragon Boat Racing Team

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)

名字 Name: _____

姓氏 Family Name: _____

地址 Address: _____ Suburb: _____

Post Code: _____

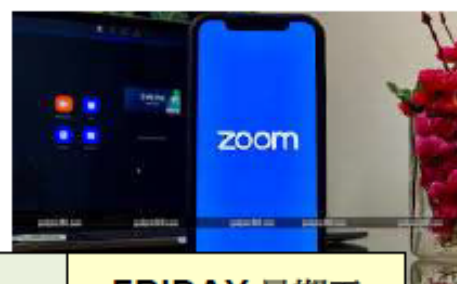
電話 Tel: _____ 電郵 Email: _____

May - July 2020



Virtual Classes

網上課程



	SATURDAY 星期六			FRIDAY 星期五
	Junior Group 小組	All 合併班	All 合併班	Mum to Mum 媽媽休閒站
	11:00am to 11:45am	2:30pm to 3:15pm	3:30pm to 4:15pm	5:00pm to 6pm

MAY

02/05	Fun Learning - Jackie	Dance - Liliana	Drumming - Elizabeth		
09/05		Dance - Liliana	Rhythm - Elizabeth Mother's Day celebration	08/05	Relaxation - Sarah
16/05	Fun Learning - Jackie	Dance - Liliana	Music - Elizabeth Birthday celebration		
23/05		Dance - Liliana	Drumming - Elizabeth	22/05	Relaxation - Sarah
30/05	Fun Learning - Jackie	Dance - Liliana	Rhythm - Elizabeth		

JUNE

06/06		Dance - Liliana	Drumming - Elizabeth	05/06	Relaxation - Sarah
13/06	Fun Learning - Jackie	Dance - Liliana	Rhythm - Elizabeth		
20/06		Dance - Liliana	Music - Elizabeth Birthday celebration	19/06	Relaxation - Sarah
27/06	Fun Learning - Jackie	Dance - Liliana	Drumming - Elizabeth		

JULY

04/07	SCHOOL HOLIDAY				
11/07	SCHOOL HOLIDAY				
18/07	SCHOOL HOLIDAY				
25/07	TBC	TBC	TBC		TBC

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



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

ABN: 63 938 108 704

DGR: 900 487 253

Contact details

聯 係 方 式

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organizations. 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。

Office Address 辦事處:

Shop 11 (Lot 33), 20-22 Anglo Road, Campsie, 2194

Post Address 郵址: PO Box 345, Campsie NSW 2194

Office Hours 辦公時間:

Tues & Thurs 週二及週四, 10am—3pm 十時至三時

Phone 電話: (02) 9789 1315

Mobile 手機: 0406 233 222

Email 電郵: admin@chineseparents.org.au

Websites 網址: www.chineseparents.org.au