



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

## CPA NEWSLETTER 協康會會訊

AUGUST 2020 ISSUE 二零二零年八月版

# HAPPY MOON FESTIVAL

### Reports / Information for members:

- ◆ Sharing of members' success stories:  
(Reuben & Samson)
- ◆ Covid-19 information from CPA
- ◆ Tips for cleaning the house



## **PART 1 :**

- ◆ Vice-president's message  
副會長感言
- ◆ Sharing of our members' stories  
會員經歷分享

## VICE-PRESIDENT'S MESSAGE

### 副會長感言

各位會員：

大家好，在過去三個月來，對我們協康會是一個考驗，面對新冠肺炎病毒傳播，協康會的活動全部暫停運作，因大家都要留在家中，好讓這個疫情盡快過去。

經委員們商量及安排下，本會為幼兒組及青少年組提供了網上課程，逢星期六下午二時三十分至三時三十分跳舞班由 Liliana 導師帶領，跟著三時三十分至四時三十分的打鼓，音樂及旋律班則由 Elizabeth 主持這個項目；另一個網上有趣學習班是特為幼兒組安排的，由導師 Jackie 主持，學習班每隔一個星期六的上午十一時至中午十二時進行；很多組員踴躍參加以上的項目。

我們都知道孩子們留在家中，不能上班或上學，作為家長媽咪實在不易做，本會特別安排了媽媽休閒站給我們的母親們一個輕鬆的時段，由 Sarah 指導的。

這段日子，孩子們從網上參與課程，不但給他們一個新嘗試，也讓我們做家長的看到孩子學習能力到了另一個階段。

新冠肺炎病毒，雖然暫時在紐省不再大爆發，但我們仍要凡事小心，要處於警剔狀態，所以協康會仍在考慮下季的活動安排，請各位會員留意通訊。

祝大家平平安安，我們一起去渡過這個疫情。

協康會副會長  
陳劉秀蓉



# VICE-PRESIDENT'S MESSAGE

## 副會長感言

Dear CPA Members,

Greetings to everyone! I hope you are all well and safe.

It has been a challenge for CPA in the past three months. In face of the spread of the COVID-19, all CPA's activities have been temporarily suspended since March in order that everyone will stay home and practise social distancing and hoping that the pandemic will be over soon.

Considering the uncertainties of the pandemic situation and the continual benefit of our members, CPA Management Committee has then decided to run online virtual programs for all our members. Two online classes were organized for all members (both the Youth and Junior groups) every Saturday afternoon - Dance Class by Liliana from 2:30 to 3:30 and Drumming/Music and Rhythm by Elizabeth from 3:30 to 4:30. Another online program, Fun to Learn hosted by Jackie, was also arranged for the Junior Group which was aimed at a smaller class interaction. This Fun to Learn session was run every other Saturday morning from 11:00 to 12:00 noon. All these online classes have been well received by our members.

While most children are not attending school or going to work and have to stay home during this difficult time, it is a real challenge to all Mums.

In view of this, CPA has also organized an online Mum to Mum relaxation program for all the Mums. It was led by Sarah and run every other Friday evening from 5 to 6pm, giving Mums a well-deserved break.

It is delighted to see when children participate in online programs, they are exploring from a new media and learning context. Not only are they trying out new technologies, but also reaching another level of learning and capability through virtual interactions.

Although the pandemic situation in NSW seems to be flattening, we cannot be complacent. We still need to be vigilant and careful at all times. We ask for everyone's cooperation and that we do our part to stop the spread of COVID-19. Therefore CPA, at this stage, has to consider carefully the possibility of resuming our weekend programs next term. Please keep an eye on our newsletter and members notifications. I will appreciate your patience and understanding.

I wish you all safety and good health! Let us work together to overcome this pandemic!

Vice President  
Sylvia TINYOW

## CPA 會員經歷分享

智力障礙或者殘疾會影響生活及帶來不便，但通過努力，我們依然能看見非常多的成功例子。他們通過自己的努力，家人的陪伴與協助盡力克服困難，一步一步的融入社會，和其他人一樣享受精彩生活。

### SBS—Short Film Festival

這一系列的短片是由Film Victoria, Screen Queensland, Screen Tasmania, Screenwest 和 The South Australian Film Corporation等專業機構共同合作拍攝。影片一共14部，旨在支持支持一些代表性不足的社區領域表達他們的心聲，也給更多社區新興創意拍攝項目機會，讓人們可以通過這類型拍攝活動來分享他們的生活點滴。CPA的會員之一的 Reuben Vuong 就參與其中一個短片的拍攝，名爲：Lives in Action. 以下是短片介紹：

### Lives in Action

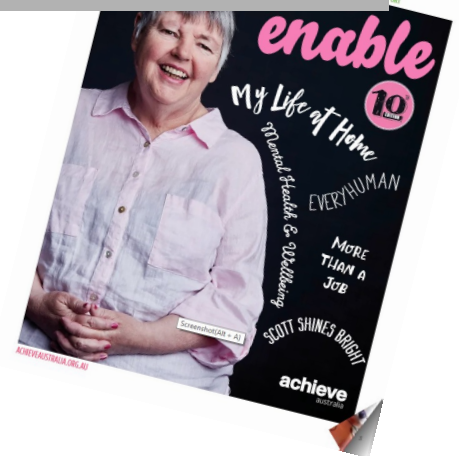
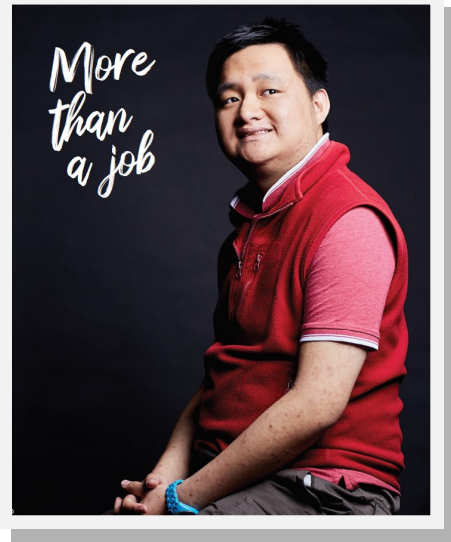
A group of neurodiverse filmmakers explore the experience of living with a disability through interviews with six Australians from culturally and linguistically diverse backgrounds. How do different cultures grapple with disability? What are the barriers these individuals confront day to day in Australian society? These interviews defy expectations, challenge stereotypes and provide insight into how culture can provide a sense of belonging.

Executive Producer: Genevieve Clay-Smith

Directors: Lillian Paterson & Hawanatu Bangura

Producers: Chloe Lawrence-Hartcher & Genevieve Clay-Smith

Production Company: Bus Stop Films Featuring: Julie Duong, Sangeetha Punnia-Moorthy, Abraham Darouiche, Amrita Ramjas, Reuben Vuong, Miranda Chau, Jubran Botany, Catherine and Chris Yousif



除了SBS 短片系列，Achieve Australia 在他們最新一期的雜誌裏面也分享了Reuben的故事及他近段時間的進步。工作除了是一個很好的社區融入渠道，建立社區關係以外，Reuben 還從中鍛煉自己適應工作要求改變和情緒控制能力。想瞭解更多，可以登陸以下網址：

<https://achieveaustralia.org.au/enable-magazine-winter-2020/>



Lives in Action: short film : sourced from www.sbs.com.au

# Reuben

## FEATURE

Reuben Vuong loves everything about trains. “I love trains very much, I would be happy if I could work at the trains or trams museum, be a miniature train driver or making miniature model trains,” he says passionately.

Alongside his passion for trains, Reuben has also been training and working at Achieve’s My Career disability employment service learning both job and life based skills since September, 2018. But since the COVID-19 restrictions he hasn’t been going to work at AchievAble Enterprises like usual, which has been challenging.

“I usually enjoy being at home doing my routine tasks, but I don’t like it if I have to stay at home every day doing the same thing,” explains Reuben. “I miss my work, my gym and the life skills programs.”

At work Leanne Larche, Operations Manager at AchievAble Enterprises, is supporting Reuben to learn new job skills, improve communication and to learn to work as a team with his colleagues. “Reuben’s communication has improved over time and we can see he is communicating better with his co-workers now,”

says Leanne. “Reuben is more understanding of changes within the workplace and he is more patient when there is a change of task.”

In the past, Reuben would sometimes become frustrated with any sudden change in work tasks or when he would identify an error. By working closely with Leanne and her team to develop his communication skills, Reuben is now able to communicate better than before with his colleagues and family.

**“I am looking forward to coming back to work, meeting my friends and going out to social activities on the weekend.”**

Miranda Chau, Reuben’s mum, has also noticed the positive changes that the employment and training opportunities have provided for her son. “Reuben is certainly more independent and his social interaction skills have improved,” she says. “Reuben would call me every day when he finishes work to tell me what he has done at work and he would name one task he was working on that day. We have more conversations now than before.”

Regular, steady employment and building skills can also provide a new-found confidence and helps to create a greater sense of wellbeing for the people we support. “Reuben is happier and he is using more words and also new words in conversations. He looks forward to going to work each morning,” says Miranda.

Leanne says it has been essential to involve Reuben’s family throughout his training and development to maintain the focus on what Reuben needs. “We have worked really closely with Reuben and his mum, Miranda, which has assisted our team in developing strategies to better support Reuben based on his individual needs,” explains Leanne.

“Now Reuben is more patient and accepting of change and communicates to staff when he sees an error that needs fixing,” says Leanne. “He has become better at dealing with these types of situations, which is great to see.”

After the restrictions ease, Reuben says he is keen to get back to his regular routine of working, social activities and on-the-job training. “I am looking forward to coming back to work, meeting my friends and going out to social activities on the weekend. I like being given an opportunity to learn a new job.”



## CPA 會員經歷分享—Samson

Samson, 是另外一個值得表揚的會員。熟悉Samson的朋友都知道，他是一個非常陽光，活力十足，很會帶動氣氛的人。通過自身的努力，家人的無限支持，他在工作中也逐漸找到了屬於自己的節奏，學會更多工作技能，提升溝通能力和生活自理能力。他的進步告訴我們，只要努力，很多事情都是可以做到的。



Although it was “dark and wintry”, Samson says going to Vivid was “pretty amazing”. He also knows it’s something he wouldn’t have done a few years ago.



CASE STUDY

## GAINING CONFIDENCE TO GO OUT

"When Samson first started coming here he didn't want to go out. He would always stay in his pyjamas and he would say he felt sick in the stomach. One staff member would have to stay back with Samson. Nowadays, he looks at the clock, sees it is 9 o'clock and goes and gets changed [to go out]. He's improved a lot."

Northcott's Support Worker, Ranjita (pictured above left), is describing how our customer, Samson, has grown in confidence during his time accessing Northcott's Respite service. Samson has been a regular customer at our Roselands respite house since August 2017, visiting for weekend stays every couple of months.

Samson has autism and can feel anxious in unfamiliar situations or activities out of his normal routine. When he first started coming to Northcott's Respite service, he wouldn't go out with the other customers on the arranged outings. His anxiety would get too much and he would feel sick.

"It was nerve-breaking," Samson says, referring to the way he used to feel when getting ready for outings with the other customers and Northcott support staff.

"The first time ... when I've never been to the place, it's pretty nerve-breaking," he explains.

Nowadays, however, through building up trust and supporting Samson to prepare for the group outings, our team at Roselands has been able to make

Samson feel comfortable about joining in on the outings. This year, he even took part in the group's outing to the light festival, Vivid Sydney, taking public transport and battling large crowds to experience the lights and Sydney's CBD.

Although it was "dark and wintry", Samson says going to Vivid was "pretty amazing". He also knows it's something he wouldn't have done a few years ago.

"It's different coming here now. It's all changed. It's better now," he says, then listing the names of his friends who often join him at Roselands.

Samson says he normally arrives around 4pm on Friday to spend the weekend. Regular activities include watching Foxtel, helping prepare meals, having barbecues, going shopping and watching movies.

"Each time, there's different weekend outings. This weekend, we went to the Bankstown Festival. We got some lunch at the festival."

Respite is also an opportunity for Samson to learn some new skills away from home. With support from Northcott's staff, he is happy to try mopping the bathroom and chopping vegetables for dinner. He also loves to make tea for his friends and the staff.

When asked if he enjoys his weekends with Northcott, Samson smiles and replies: "Yeah."

Sourced from Northcott annual report 2018-2019





## **PART 2 :**

- ◆ Aug-Oct up-coming activities  
8-10月協康會活動推介
- ◆ Fun activity for you to enjoy  
趣味居家活動
- ◆ Covid-19 Information from CPA
  - ◆ 清潔小tips

# Aug—Oct Activities



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

*Please log in 15 min before the class. We can still talk, sing and have fun! 😊*

## CPAKIDz Virtual Class

### Free Drawing Class with Alex Ma

Who:	All Welcome
When:	Saturday, 2pm-3.15pm 01/08, 15/08, 29/08, 12/09, 26/09, 10/10, 24/10
Join Zoom Meeting:	Please email <a href="mailto:admin@chineseparents.org.au">admin@chineseparents.org.au</a> We will email you the Zoom meeting link
What you will need:	Computer or laptop with a camera, ipad, mobile or table. Other materials: A4 papers, pencils, a box of crayons



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

*Please log in 5 min before the class. We can still talk, sing and have fun! 😊*

## Virtual Classroom

### Free Art & Craft Class with Ellen

Who:	All Welcome
When:	08/08, 22/08, 05/09, 19/09, 03/10, 17/10, 31/10 (2pm – 3pm)
Join Zoom Meeting:	Please email <a href="mailto:admin@chineseparents.org.au">admin@chineseparents.org.au</a> We will email you the Zoom meeting link
What you will need:	Computer or laptop with a camera, ipad, mobile or tablet



# Aug—Oct 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, 3.30pm-4.30pm, 01/08, 15/08, 29/08, 12/09, 26/09, 10/10, 24/10
Join Zoom Meeting:	Please email <a href="mailto:admin@chineseparents.org.au">admin@chineseparents.org.au</a> We will email you the Zoom meeting link
What you will need:	Computer or laptop with a camera, ipad, mobile or tablet



澳洲弱能兒童協康會  
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### Free Virtual Dance Class

by Liliana

### 免費網上舞蹈課 導師 Liliana

Who:	All Welcome
When:	29/08, 12/09, 26/09, 10/10, 24/10 (4.30pm – 5.30pm)
Join Zoom Meeting:	Please email <a href="mailto:admin@chineseparents.org.au">admin@chineseparents.org.au</a> We will email you the Zoom meeting link
What you will need:	Computer or laptop with a camera, ipad, mobile or tablet

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



# Aug—Oct Activities



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

## Free Virtual Zumba Class

With Norma

### 免費網上舞蹈課

**Who:** All Welcome

**When:** 01/08, 08/08, 15/08, 22/08, 05/09, 19/09, 03/10,  
17/10, 31/10 (4.30pm – 5.30pm)

**Join Zoom Meeting:** Please email [admin@chineseparents.org.au](mailto: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

*Please log in 5 min before the class. We can still talk, sing and have fun! 😊*

# FUN ACTIVITIES FOR YOU TO ENJOY

## 趣味居家活動

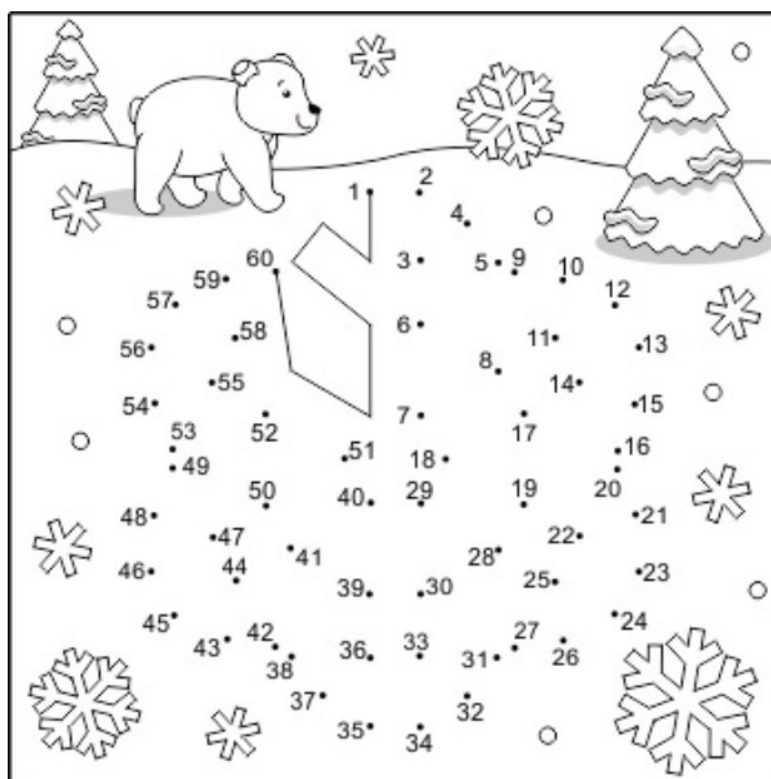
### 乾花相框DIY



相框不只能放照片，還可以用幹花裝飾哦！趁著天氣好，大家可以DIY了一個植物相框。把顏色鮮艷的花瓣或者葉子夾在書裏放上重物壓一周，拿出來擺在相框裏是不是也不錯哦！用帶襯板的相框時，最好把葉片背面用熱熔膠固定一下，防止滑動。

### 繪畫活動一 點連點

按照數字從小到大的順序鏈接起來，進而還原一副背後隱藏畫作



# FUN ACTIVITIES FOR YOU TO ENJOY AT HOME 趣味居家活動

## 美食DIY



Little Chef Time

## ZUCCHINI AND CORN FRITTERS



### *Ingredients:*

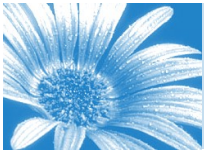
1. 2 **corn cobs**, kernels removed
2. 3 **zucchini**, grated with large box grater, excess liquid drained
3. 2 tsp fresh **thyme or lemon thyme leaves**
4. 1 **egg**, lightly beaten
5. 1/4 cup **millet or rice flour**
6. **Salt** and **pepper**
7. 2 **egg whites**
8. Extra virgin **olive oil** spray, for frying
9. 2 **eggs for poaching** (optional)

### *Steps:*

- A. **Combine** corn kernels and zucchini in a large bowl. **Add** lemon thyme, beaten egg and flour. **Season** with salt and pepper, **mix** to combine.
- B. **Heat** medium non-stick frying pan over medium-high heat for 3 minutes. **Whisk** egg whites until they are frothy and have increased in volume, then **fold** through corn and zucchini mixture.
- C. **Spray** pan with oil then **add** the mixture using 1/4 cup measure for each fritter. **Cook** for approximately 2 minutes each side or until golden. Cook in batches, covering cooked fritters in foil to keep warm.
- D. In the meantime, **prepare** the poached eggs by bringing water to the boil with 1 tblsp vinegar and a pinch of salt. Once boiling, **spin** the water with a fork or spoon and **crack** eggs in one at a time. **Cook** for 3 minutes (runny yolks) or until your liking.
- E. **Divide** fritters between 2 plates and **top** with a poached egg. **Serve** immediately







## COVID 19 information from CPA



### **INFORMATION PACKAGE FOR: CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES INC.**

According to the World Health Organisation, the coronavirus is a newly discovered infectious disease that effects an individuals' respiratory system. At this time there are no specific vaccines or treatments for COVOID-19, however there are measures put into place by our government that this information package will help you/your child understand and ease any worries you may have during this time.

#### **What does this package include?**

The status of the virus is changing rapidly, and it is important to take some safety precautions to ensure you are protected from the coronavirus. Below are some important government resources and useful documents that you can read to understand what is happening in the country regarding the corona virus, give you some tips to stay safe during this time and beneficial booklets that will allow you to understand how to assist your child through the changes and get a better understanding of their mental and emotional well-being.

#### **Well-being and understanding of your child**

Ensuring that your child understands the extent of this virus is very important and knowing the way your child is feeling or what they are thinking is just as important. The link provided here has the purpose of supporting and reassuring all children. It is a booklet that explains aspects of the virus and allows the children to express how they are feeling about the current situation we are in. You can download the PDF from this link in the many different languages provided in their website: <https://www.mindheart.co/descargables?sfns=mo>. Also, this link: <https://cdn.flipsnack.com/widget/v2/flipsnackwidget.html?hash=fxt9ypmcb&t=1584407416&fullscreen=1&sfns=mo> will take you to a virtual storybook called 'My Coronavirus Story' which further explains the virus and its implications using words and illustrations.

#### **NDIS: useful information**



## COVID 19 information from CPA

The website provided here is a useful site that includes a range of information for NDIS participants and their families about the virus. It includes information on government services, visual resources and information in languages other than English.

[https://everyaustraliancounts.com.au/emergency-information-for-ndis-participants-and-families-about-the-coronavirus/?utm\\_medium=email&utm\\_campaign=EAC%20Coronavirus%20Update&utm\\_content=EAC%20Coronavirus%20Update+CID\\_d4e707132a32bdc36c15fa15d367520f&utm\\_source=newsletter&utm\\_term=Coronavirus%20page&sfns=mo#easy-read-visual](https://everyaustraliancounts.com.au/emergency-information-for-ndis-participants-and-families-about-the-coronavirus/?utm_medium=email&utm_campaign=EAC%20Coronavirus%20Update&utm_content=EAC%20Coronavirus%20Update+CID_d4e707132a32bdc36c15fa15d367520f&utm_source=newsletter&utm_term=Coronavirus%20page&sfns=mo#easy-read-visual)

### **Supporting children with ASD**

All dependent children need support from their parents/caregivers during this time of stress and uncertainty. Provided below is an excellent resource that guides caregivers a deeper understanding of the corona virus and strategies to support individuals with Autism Spectrum Disorder through these uncertain times:

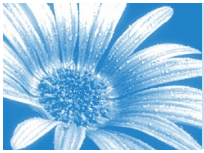
<https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf>

### **Good Hygiene**

Good Hygiene practice is very important to prevent getting sick and to stop the spread of the virus. This means:

- wash your hands often with soap and water. This includes before and after eating and after going to the toilet.
- use alcohol-based hand sanitisers when you can't use soap and water
- avoid touching your eyes, nose and mouth
- clean and disinfect surfaces you use often such as benchtops, desks and door knobs
- clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes.
- use tap and go instead of cash where possible
- increase the amount of fresh air by opening windows or changing air conditioning

This YouTube video shows the hygiene tasks that are recommended to everyone:  
[https://www.youtube.com/watch?time\\_continue=14&v=PoHhtlwajGU&feature=emb\\_title](https://www.youtube.com/watch?time_continue=14&v=PoHhtlwajGU&feature=emb_title)



## COVID 19 information from CPA

### Social Distancing

The Corona Virus spreads when people come into contact with each other so, the government created the rule of social distancing, where people need to stay 1.5 metres apart to avoid the spread of any viruses. This video further explains the concept of social distancing:

[https://www.youtube.com/watch?v=2WCtGFNENYU&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=2WCtGFNENYU&feature=emb_rel_end)

### Staying at home

As the coronavirus continues in Australia, more restrictions have been put into place. One of the most important one is staying at home, and self-isolating only leaving the house for essential trips. Unfortunately, this is why we haven't had our weekly Saturday activities and are staying at home. By doing this we reduce the risk of catching the virus and stopping the spread. Watch this video by the Government Department of Health to understand self-isolation further: <https://www.youtube.com/watch?v=8ZfWp7Zdp9M>

### Additional Resources:

Here are some helplines that will answer any questions or ease any worries you may have surrounding the Corona Virus:

- **Disability Information Helpline – 1800 643 787**

Monday to Friday 8 am to 8 pm (AEST)

Saturday and Sunday 9 am to 7 pm (AEST) – not open on public holidays.

- **NDIS Coronavirus hotline – 1800 800 110 then press 5**

There are special teams of NDIA staff available to answer your questions and help with your plan if you press 5 after calling the NDIS contact centre.

Open Monday to Friday 8am to 8pm (local time).

- **National Coronavirus hotline – 1800 020 080**

Available 24 hours a day, 7 days a week.



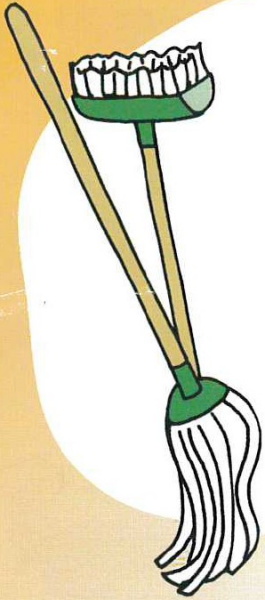


# 日常清潔小TIPS

**天然清潔方法或‘綠色清潔方法’是用較少的清潔產品及更安全的替代品清潔您的家居 - 產生較少的廢物及減少對有害產品的需要。**

大部份的家庭都擁有比實際需要為多的家用清潔劑。這些清潔劑製造包裝的廢物，這些廢物會棄置在垃圾掩埋地，清潔產品的化學品可以對我們的健康和環境造成損害。

要有一個潔淨的家居，我們並不需要使用所有的清潔產品。要有效地、以便宜的方法和 safely 地清潔家居所有地方，您只需要以下的基本成份(加上消耗體力)。



## 您的天然清潔用品

所有這些成份都可以在您當地的超級市場購買得到，而且價格便宜。

**碳酸氫鹽**  
(Bicarbonate of Soda)

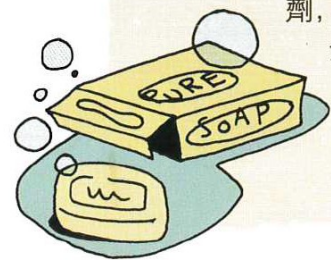


清潔、除臭、軟化水份，而且是很好的去污粉。存放在麵粉瓶內，保持乾燥。



**白醋** (White vinegar) 分解油脂而且是除臭劑和溫和的消毒劑。以一比一的份量混合清水，存放在噴霧瓶內。

**純肥皂** (Pure Soap) 是適合一般用途的清潔劑，可以完全經生物分解。



**檸檬汁** (Lemon Juice) 是溫和的漂白劑、除臭劑和清潔劑。



**洗滌鹼** (Washing Soda) 分解油脂和除去污漬。



**硼砂** (Borax) 是天然的礦物鹽，有清潔、除臭、漂白和消毒的作用。也可以用來抑制害蟲如螞蟻和蟑螂。







## 日常清潔小TIPS

您的秘訣是“它們是安全，氣味不錯和真正有效。”

### 適合所有用途的清潔劑

在溫水混進純肥皂或白醋，這是適用於家居所有地方的便宜和簡易的一般清潔劑。



### 在浴室

**廁所清潔劑** 用硼砂和檸檬汁混合，用來清潔非化糞池類的便桶。

**陶瓷清潔劑** 使用濕布以碳酸氫鹽清潔瓷磚、洗手盆、廁所和浴缸。

**鏡子清潔劑** 用一卷報紙塗上桉油，可防止鏡子有霧氣。



### 在廚房

**清潔表面** 用濕布以碳酸氫鹽清潔工作檯的檯面、洗碗池、窗戶和您的冰箱或冷凍櫃的表面。

**碗碟洗滌劑** 使用純肥皂清洗碗碟及在沖洗的水內加進白醋，讓玻璃器皿更加閃亮。

**烤爐清潔劑** 避免使用腐蝕性的烤爐清潔劑，當烤爐仍然溫熱時，用蘸了肥皂水的布揩擦。

### 在起居室

**地毯清潔劑** 在使用吸塵器清潔前，先在地毯上灑上碳酸氫鹽，用來除臭。這也是很好的去污劑，只需在乾後用吸塵器或用刷清理。

**窗戶清潔劑** 將半杯的醋加進一公升的溫水，這是很有效的窗戶清潔劑。如果窗戶特別骯髒，先用溫的肥皂水清洗。使用用醋浸濕的皺報紙擦窗戶，可以達到明亮的效果。





## 日常清潔小TIPS



### 洗衣房

**漂白劑** 將一杯檸檬汁加入半桶水，將衣物浸透過夜，或在每次洗衣量以半杯的硼砂代替，可以令白色衣物更潔白，顏色衣物更明亮。

**除污劑** 在洗衣物前，使用桉油除去污漬，只需用用數滴的油，並讓油揮發。

**衣物洗滌劑** 要獲得便宜、環保和安全的衣物洗滌劑，混合三份一塊純肥皂(磨碎)和三份一杯洗滌鹼，將混合物放進桶內，以熱水溶解，再加入水份，混合液會結成軟膠狀，每次洗衣時用 2-3 杯。

### 在車內

**電池清潔劑** 用 2 茶匙的碳酸氫鹽加進一公升的水，混合後用大量的溶液清洗電池的端子，在端子的週圍塗上凡士林可以防止污垢繼續積聚。

**擦亮劑** 給您的車子如常清洗，等車子乾後，在車漆上灑上玉米粉，在車身磨擦，達到閃亮的效果。

**鎳的擦亮劑** 用乾和清潔的布使用麵粉或碳酸氫鹽。

**除焦油劑** 用蘸了桉油的布揩擦乾淨。

**更多提示** 用濃的醋液揩擦聚乙烯表面，讓空氣流通，可除去新車的氣味。蘸了醋的軟布是清理車擋風玻璃和車窗的最好材料。將載有碳酸氫鹽的容器打開，可以吸收氣味，尤其是狗的氣味及污濁的煙味。不要忘記在草地上清洗汽車！



our environment *it's a living thing*



# Easy green cleaning

Create your own Eden

有許多有關於清潔和化學清潔劑使用，可以在您本地的圖書館可以查閱。您也可以查詢或致電新州環境及自然護理署 (Department of Environment and Conservation NSW)，電話 131555 或登錄網頁：<https://www.environment.nsw.gov.au/resources/communities/languageresources/110741-Cleaning-English.pdf>





## Social Distancing—extra visual aids for you

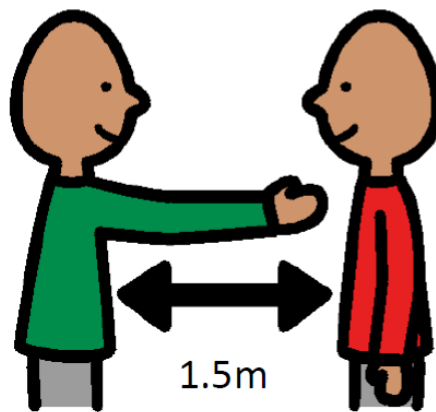
These cartoons illustrate the importance of keeping social distancing under the influence of COVID 19.

If you are interested, you can access more information on the following website:

<https://www.autismspectrum.org.au/how-can-we-help/covid-19-information/helpful-resources-for-families-and-autistic-people>



### Social Distancing



Right now we are all working together to stop coronavirus germs from spreading.





## **PART 3 :**

- ◆ Photo gallery
- ◆ Birthday boys & girls
- ◆ Acknowledgement



# PHOTO GALLERY

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



Zoom : Dancing Class



Zoom : Drumming Activity



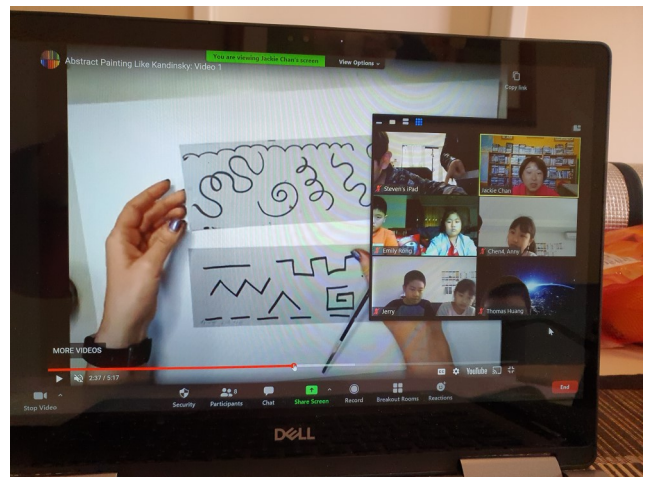


# PHOTO GALLERY

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



Zoom : Zumba Activity



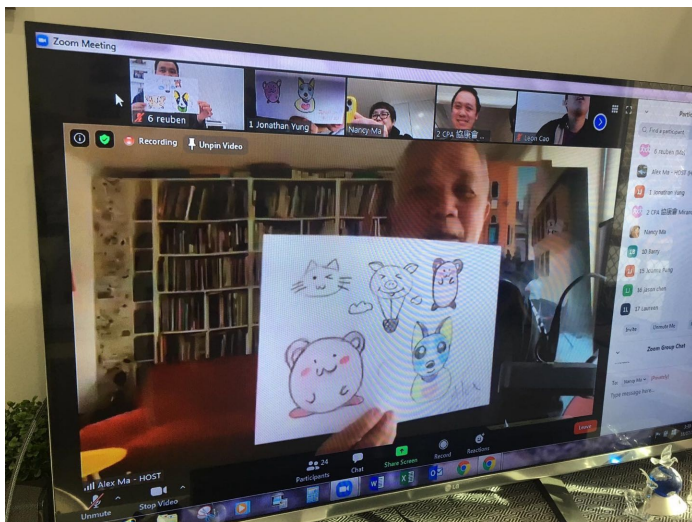
Zoom Activity for Junior Group: Fun to Learn





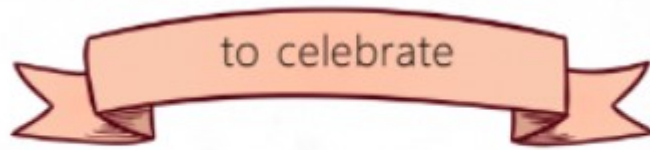
# PHOTO GALLERY

SWEET MEMORIES OF CPA



Zoom Activity : CPAKIDz Drawing Class with Designer Alex Ma





# HAPPY BIRTHDAY



## AUG

Cecilia Yu

Jack Zhou

Queenie Lai

Duo Xu

Jackie Zhang

Stephanie Mu

Eric Chong

Martin Su

Thomas Huang

## SEP

Andrew Li

Jessica Zhuang

Sophie Lam

Auden Cheung

Kevin Nguyen

Willis Li

Clara Li

Sihan Lin

Yin Soon Tan

## OCT

Chloe Mak

Kevin Ka Yin Lee

Shaun Cao

Damian Leung

Reuben Vuong

Joshua Truong

Richard Yu



# Thank you



## Donors (for donations \$100 or above)

LogicWise P/L

Nancy Ma

## Volunteers & supporters

Alex & Nancy Ma

Darby Mu

Jackie Chan

**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

# August - October 2020

## Virtual Classes

### 網上課程



#### SATURDAY 星期六

Junior Group 小組

All 合併班

3:30pm to 4:30pm

2:00pm to 3:15pm

2:00pm-3:00pm

4:30pm to 5:30pm

#### August

01/08	Fun Learning - Jackie	Drawing – Alex Ma		Zumba - Norma
08/08			Art & Crafts - Ellen	Zumba - Norma
15/08	Fun Learning - Jackie	Drawing – Alex Ma	Birthday celebration	Zumba - Norma
22/08			Art & Crafts - Ellen	Zumba - Norma
29/08	Fun Learning - Jackie	Drawing – Alex Ma		Dance - Liliana

#### September

05/09			Art & Crafts - Ellen	Zumba - Norma
12/09	Fun Learning - Jackie	Drawing – Alex Ma		Dance - Liliana
19/09			Art & Crafts - Ellen Birthday celebration	Zumba - Norma
26/09	Fun Learning - Jackie	Drawing – Alex Ma		Dance - Liliana

#### October

03/10			Art & Crafts - Ellen	Zumba - Norma
10/10	Fun Learning - Jackie	Drawing – Alex Ma		Dance - Liliana
17/10			Art & Crafts - Ellen Birthday celebration	Zumba - Norma
24/10	Fun Learning - Jackie	Drawing – Alex Ma		Dance - Liliana
31/10			Art & Crafts - Ellen	Zumba - Norma

**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