



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc



CPA Newsletter 協康會會訊

NOVEMBER 2020 ISSUE 二零二零年十一月版



Merry Christmas

&

Happy New Year

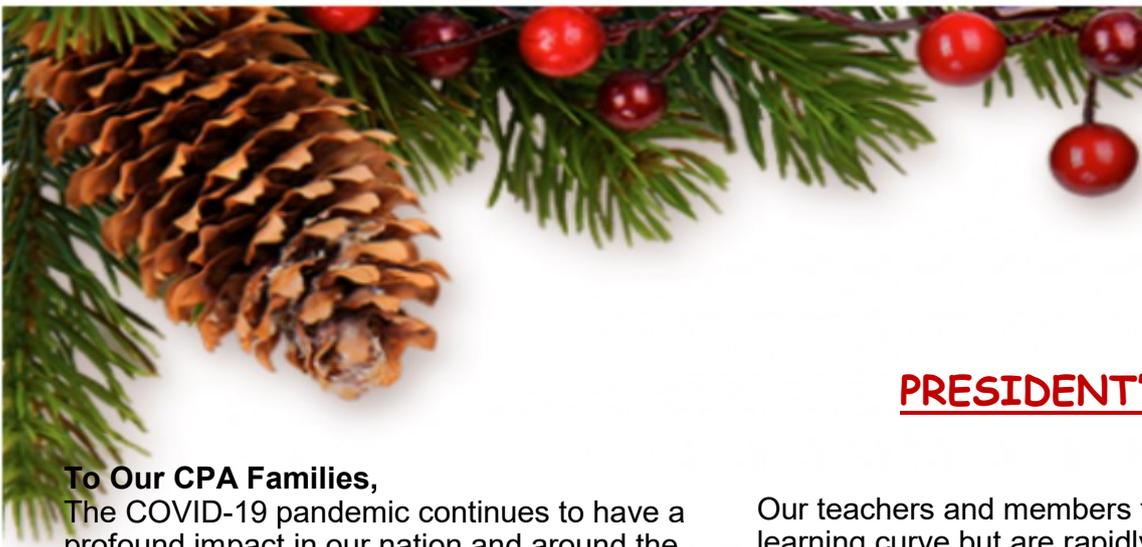


Up Coming:

- ◆ 2020 CPA AGM

Report / Information for members:

- ◆ Report on CPA's safety plan towards Covid-19
- ◆ Fun activities for members to enjoy during Christmas (art & craft, visual aids, cooking recipes, decorations & much more)



PRESIDENT'S MESSAGE

To Our CPA Families,

The COVID-19 pandemic continues to have a profound impact in our nation and around the world. It has caused a global emergency throughout the human population worldwide and that has changed our habits, how companies operate and the economy in general. Having lived through this situation, we have all learned lessons, such as appropriate reactions, effort and commitment.

I want to thank all of our members for their commitment and response to the COVID-19 situation, and in particular our office staffs of their commitment to their work and have endeavoured to keep business as usual without too much interruption.

It was disappointing that we have to stop all our face to face gatherings from late March, and cancelled our Newcastle trip in April which we all looking forward to.

Despite the unpredictable nature of the pandemic, this uncertainty caused us anxiety and many concerns, mainly changes in routine, loss of support, reduction in social interaction and COVID-19 itself. Even under these very difficult circumstances, the coronavirus has challenged us to work together in very different ways.

CPA have established a new way and quickly built our capacity for online learning. In supporting our members and families during this difficult times, we organised online classes which are free of charge.

I was overwhelmed to see many participants joined every class. We have so far 'yield up' over two terms of online learning progress. We have tried to stick to the timetable as much as possible, in fact we were able to do more activities on each Saturday than when we were at the Centre. Our executives and teachers prepared strategies planned to enable online learning to continue and importantly every one continue to benefit.

Our teachers and members face a steep learning curve but are rapidly gaining confidence. In the response to the new learning environment, it is evident that it has improved the participant's concentration. They were able to follow instructions much easier, and successfully complete the tasks smoothly. I am so glad to see the positive outcome from these on-line gatherings.

There will be a great deal more disruption to our culture ahead as the nation fights its battle against the virus, possible for months ahead. Our face to face gathering will remain close for the rest of 2020. Under the Health Orders, CPA have a registered COVID Safe plan in place. These resources and guidance will help protect every one of us when we resume our programs in 2021.

We are fortunate to have a Management Committee that works well together and I appreciate the support and input of our committee members. Thank you to the teachers, and staffs for their effort, especially thank you to Alex and Nancy Ma who volunteer their time on Saturdays to host the art classes, and to parents who support along the side of their children in all our online classes.

I know that 2020 is already shaping up to a challenging year but with continued cooperation between the organisation and all of us we will overcome any difficulties presented. I look forward to continuing my involvement with CPA in 2021. Hope that COVID-19 can go into remission. I look forward to get settled back in our Centre. Stay safe!

Miranda Chau
President

會長感言

各位會員，大家好：

COVID-19 疫症大流行繼續在澳洲和世界各地影響着我們。為了應對疫情，全球作出了緊急措施，這些應變不僅改變了我們的生活習慣和商業的運作方式，也影响着全球的經濟狀況。這些不一樣的經歷，讓我們都吸取了教訓，學習到面對處境如何適應，並努力付出和作出承諾。

我要感謝我們所有的成員在面對 COVID-19 所作出的回應和承諾，特別是我們辦公室的工作人員，努力保持協康會的服務如常運作而不至造成太多的干擾。

令人遺憾的是，從 3 月下旬開始，我們必須停止所有面對面的聚會，並取消了我們都期待着的 4 月 Newcastle 之旅。無可否認，疫症大流行帶來各方面的不確定性，我們的常規給打亂了、也失去支援、社會互動減少，面對 COVID-19 以及這些生活上的不肯定，使我們感到焦慮和擔憂，但在這些非常困難的情況下，冠狀病毒也挑戰了我們以截然不同的方式去共同努力應對。

這期間協康會也積極採取行動，迅速安排了在線學習課程。在這個困難時期，我們盡力為會員和家人提供支持，這些網上課程都是免費的。

看到每個網上課程都有很多參與者，我感到非常振奮。到目前為止，我們已經提供了兩個學期的在線學習課程。我們盡量仿照以往在中心活動的時間表，讓各種學習得以繼續，現在每個星期六我們都能進行更多不同的在線活動。我們管理委員會的成員和老師們有策略地制定了這些學習機會，使在線課程繼續進行，重要的是期望每個人都繼續參與和受益。

雖然老師和成員都要面對新穎的學習環境，但大家也努力地適應並且信心遞增。這種學習環境明顯地提高了參與者的專注力。他們能夠輕鬆地遵循教導，並順利及成功地完成學習。我很高興看到這些在線聚會的積極成果。

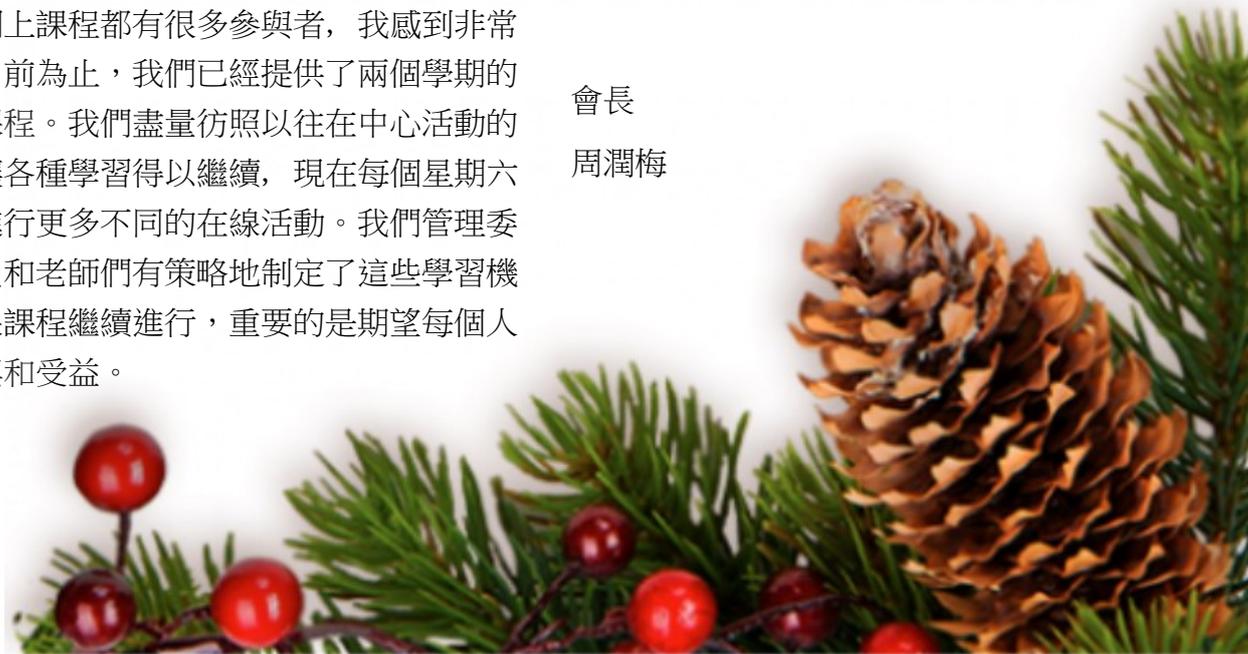
隨著國家因應的防疫措施，未來幾個月我們的生活將繼續受到衝擊和限制。我們的面對面聚會將繼續暫停直至 2020 尾。根據《衛生指令》，協康會已註冊了 COVID-19 安全計劃，該計劃書將作為 2021 年恢復中心活動時的安全指引，為確保我們每個人的安全和健康。

我們很幸運有一個運作優良的管理委員會，我感謝委員會成員的支持和投入，感謝老師和工作人員的辛勤工作，尤其感謝 Alex Ma 和 Nancy Ma 在星期六抽出時間義務教授美術課，以及在所有網上課程中與孩子們一起參與的家長。

2020 年是充滿挑戰的一年，但是隨著各方面的努力和我們彼此之間不斷的合作，我們將克服任何遇到的困難。我期待在 2021 年繼續參與協康會的各项服務。希望 COVID-19 疫情能夠盡快完結。我期待著重新回到我們的活動中心，並請大家注意安全！

會長

周潤梅



Chinese Parents Association—
Children with Disabilities

2020—AGM 周年會員大會 (Annual General Meeting)



Time 時間: 12/12/2020, 10.30-11.30am

Address 地點:

Online meeting through Zoom

Please have your Zoom ready

In order to join the meeting, if you need to enquiry any information, feel free to contact our friendly staa



Booking is essential. More details will be available later, through CPA websites or emails, if you have any questions, please contact our office on 0406 233 222 (Tuesday or Thursday, 10am-2pm)

CPA takes steps to protect your health & safety

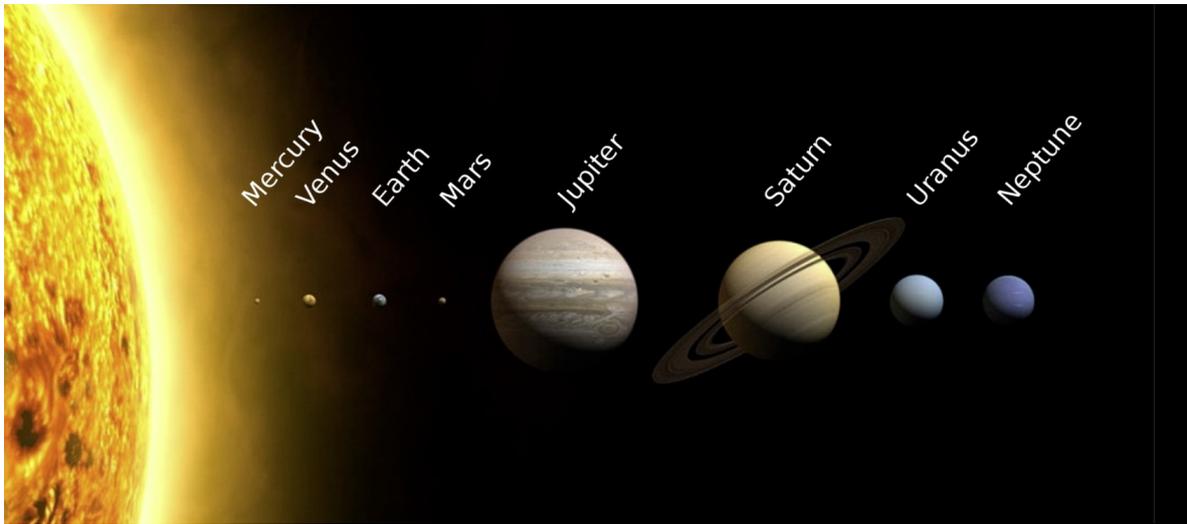


Since the pandemic, CPA has implemented numerous changes and trying our best to provide the services to children with disabilities and their families while closely following the state of COVID safety instructions.

- ⇒ Most of our staff and Managing Committee had finished the COVID-19 online Infection Control Training while we ensure members are COVID19 conscious, fed with latest updates and safety information from our government.
- ⇒ Our office was closed and staff is required to work from home. When the safety measures relieved, workers were arranged to work in different days to avoid contact. Meetings were hosted online and communication through social media.
- ⇒ All activities and programs were suspended to ensure safety of our members and staff, but we never suspend our care to our members, we switch all our activities to online classes. We host online Mom-to-Mom relaxation class at a time suitable to their work-from-home schedules.
- ⇒ We also avoid unnecessary contact with visitors by limiting visitation by appointment.
- ⇒ We observe closely the government instructions and support all strategies by registering for COVID Safety Plan and COVID Safe business, putting up appropriate signs and keeping logs of all visitors' contacts.
- ⇒ As we have contacts with lots of parents and carers, we took this privilege to distribute positive and correct information from the government to our contacts, sharing help and care with people in despair and fear.
- ⇒ We also advised our contacts to install the COVID Safe App., cooperate and support our government's safety measures.
- ⇒ We worked online and through social media to achieve safety measure and instant responses. We are thankful as we got great support from our parents and facilitators.

Curious Kids:

Why don't the planets closest to the sun melt or burn up?



The planets closer to the Sun than the Earth are indeed hotter than the Earth is. But that still doesn't make them hot enough to melt the rocks that they are made from!

Mercury is the small, rocky planet nearest the Sun. The side that faces the Sun has a temperature of around 430°C . Remembering that 100°C is the temperature at which water boils, that makes 430°C very hot indeed. In fact, it's hot enough to melt some types of metal, like lead.

However, Mercury is not made of lead. It is made of rocky materials that have melting points above about 600°C .

So while Mercury is indeed very hot, it is not hot enough to melt. And certainly not hot enough to boil or turn into gas.



Hello, curious kids! If you have a question you'd like an expert to answer, ask an adult to send it to curiouskids@theconversation.edu.au. Make sure you include your name, age (and, if you want to, which city you live in). All questions are welcome – serious, weird or wacky!

Household Hacks – cleaning tips and tricks

How to remove kettle stains with vinegar



Stains accumulate over a period of regular use



Pour into kettle one cup of vinegar



Add water into kettle until half full



Press button to start boiling



Repeat step 3, if stains are not completely removed, until clean



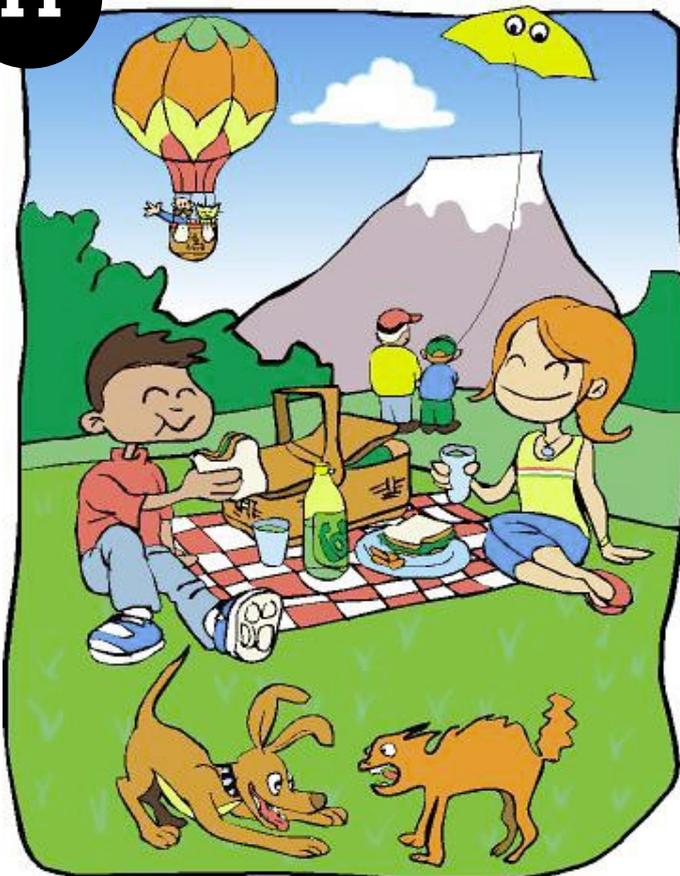
Spot the difference

9



Can you find all the differences between the two sets of pictures?

11



Scores: 8 differences in total, you are good
12 differences : excellent
17 differences: expert
More than 19: genius

FUN ACTIVITIES FOR YOU TO ENJOY

趣味居家活動



Little Chef Time It's possible to make Bread in a Bag



Ingredients:

- 3 cups of **all-purpose flour**, divided into 3 portions
- $\frac{1}{4}$ cup of **sugar**
- 1 teaspoon of active **dry yeast**
- 1 cup of **warm water**
- 3 tablespoons of **extra-virgin olive oil**
- 2 teaspoon of **salt**

Procedures:



1. **Preheat** oven to 375°F (190°C) and **spray** or **brush** 2 mini loaf pans with oil



2. In a large resealable plastic zip-lock bag, **place** 1 cup flour, sugar, and yeast and **add** warm water



3. **Seal** bag and **squish** together with your hands to **mix**

4. Let **rest** for 10 minutes at room temperature (Yeast should **activate**)

5. Then **add** 1 cup flour, oil, and salt to the bag, **seal** and **squish** together



6. **Add** remaining cup of flour and **mix** until combined. **Remove** from bag, **place** it on a chopping board sprinkled with extra flour and **knead** 5 minutes until smooth



7. **Halve** dough and **place** in two loaf pans. **Cover** with a kitchen towel and **let rise** for 30 minutes

8. **Brush** top of bread with olive oil or melted butter and **bake** until golden, about 30 minutes



9. **Remove** from oven and let cool, **slice** and **serve** with butter

FUN ACTIVITIES FOR YOU TO ENJOY

趣味居家活動： 聖誕雪花 DIY



8. 六個都做好後，可以開始將雪花瓣彼此釘起來囉。每瓣雪花對分可看出是由兩條和三條組成，將 A 雪花瓣的兩條與 B 雪花瓣的三條釘在一起，以此類推



9. 釘好圍成一圈的雪花，再將中心彼此黏貼或是釘在一起就完成啦！



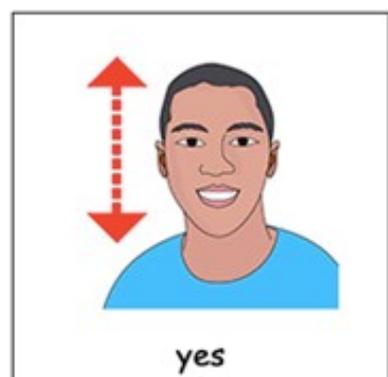
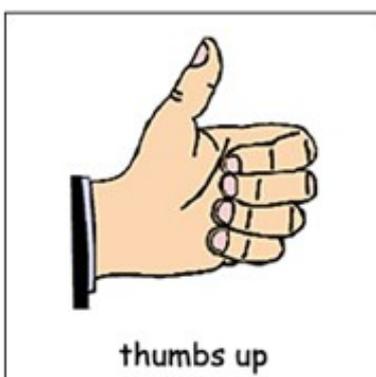
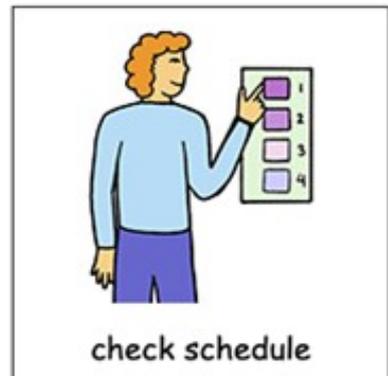
10. 可以用不同大小的紙張來製作小雪花和大雪花，讓牆面更有豐富性。

Viola！聖誕雪花牆完成了，祝大家聖誕快樂

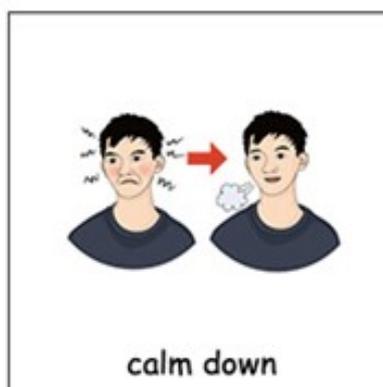
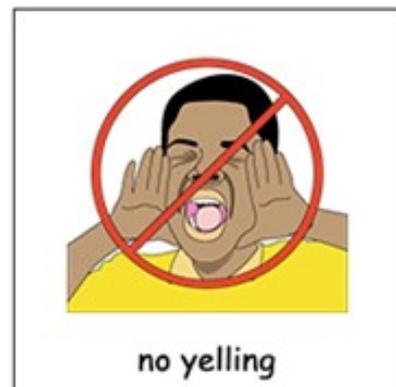
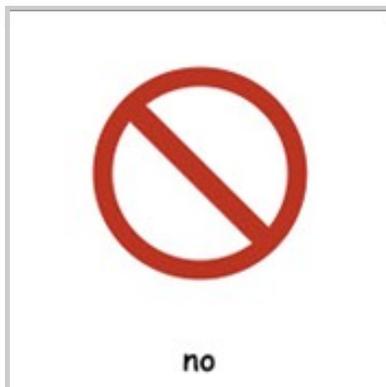


Visual aids

Following visual aids are helpful tools of positive behaviour strategy (PBS) to help coping with triggers and nurture a positive culture at home.



Visual aids



Visual aids

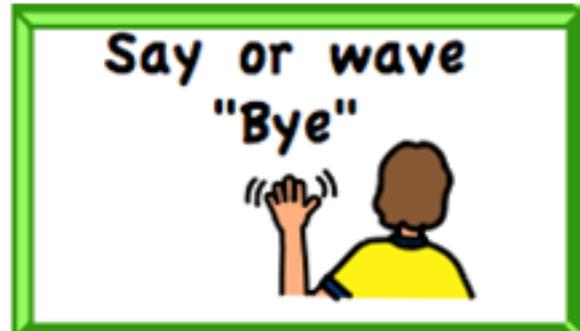
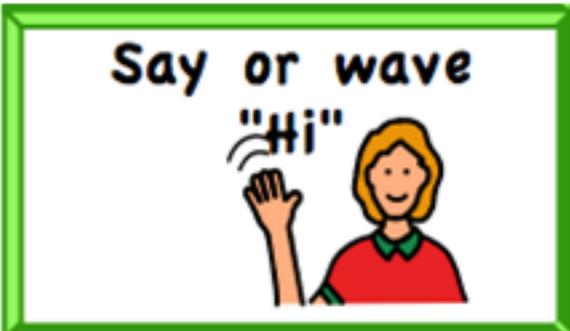
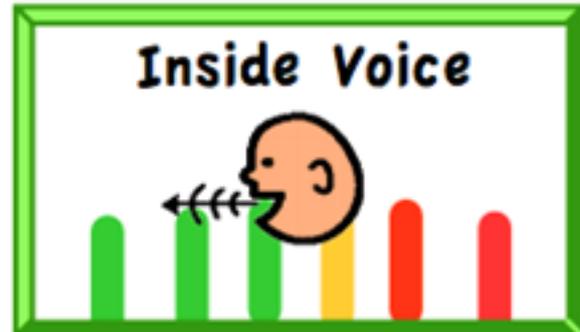
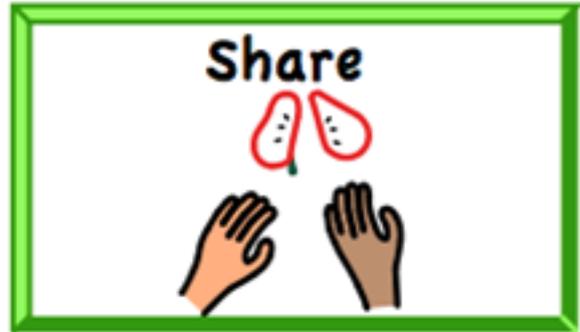
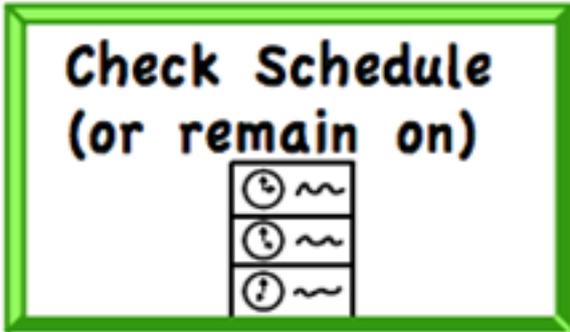
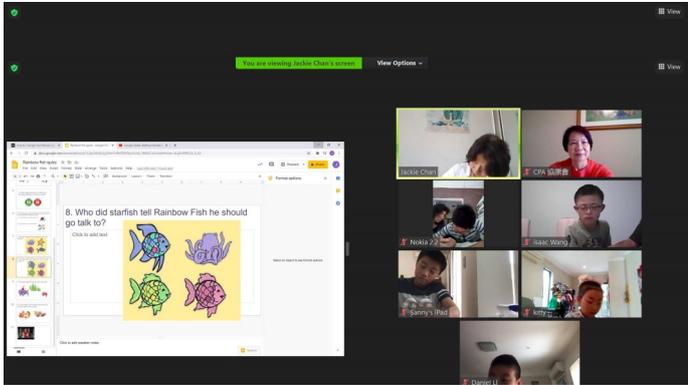


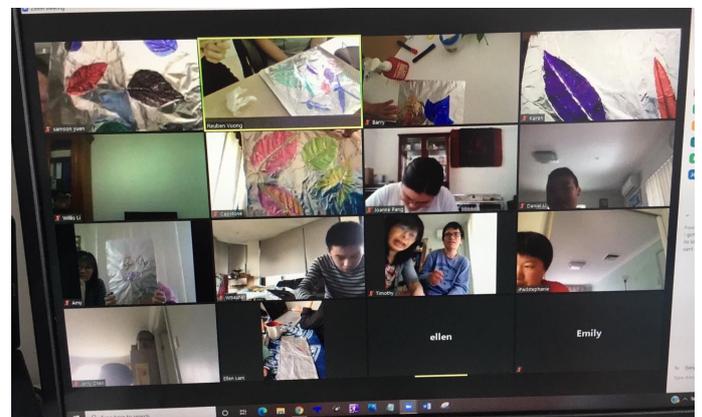
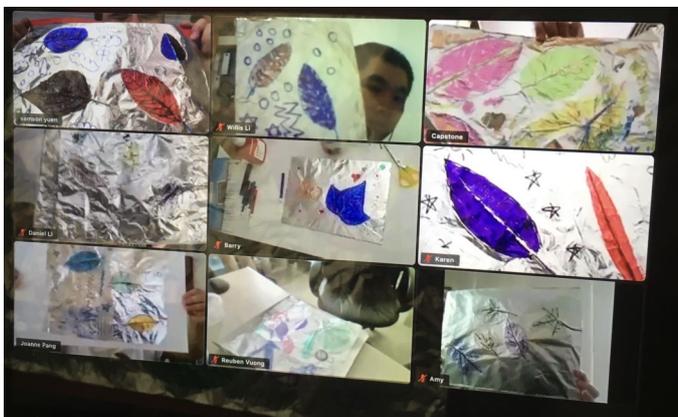
PHOTO GALLERY



Oct 2020—Fun to Learn Class



Sept 2020—Fun to Learn Class



art and craft classes with Ellen

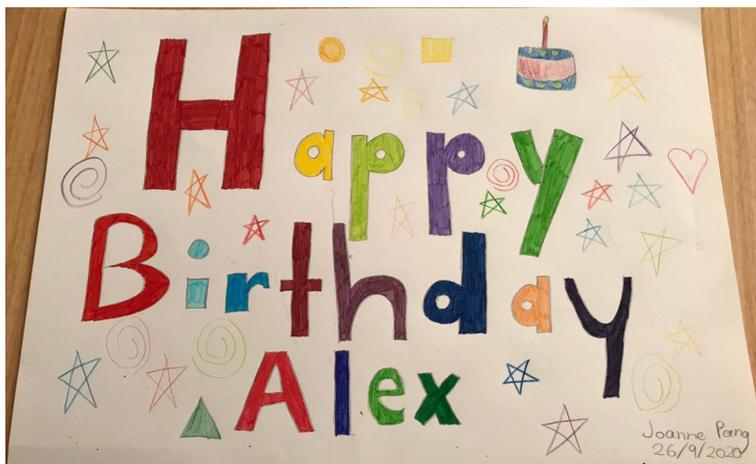
PHOTO GALLERY



Zumba Class August 2020



Gifts for children with disabilities from donors



Alex Ma Drawing class 的學員親自繪畫生日卡，
為 Alex 老師生日送上祝福

Alex Ma is 🥰 feeling thankful in Castlecrag, New South Wales, Australia.
26 September at 15:10 · Sydney, NSW · 🌐

意想不到!
今天開始Zoom教畫畫前, CPAkids先送給我, 他們自己手繪的生日咭!
既感動又感恩。
What a surprise!
Before the Zoom drawing class to CPAkizs (children with disabilities), they send me their hand drawn B'day cards.
#alexmadrawingclass



Art Class Oct 2020

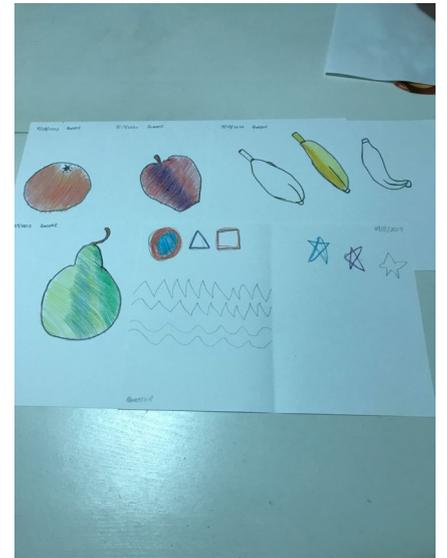
Artworks from Alex's Drawing Classes



Claudia Ho



Jerry & Anny Chen



Queenie Lai



Jason Chen



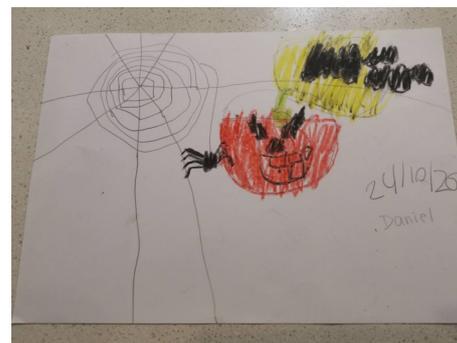
Fiona Zhong



Joanne Pang



Chen Rong

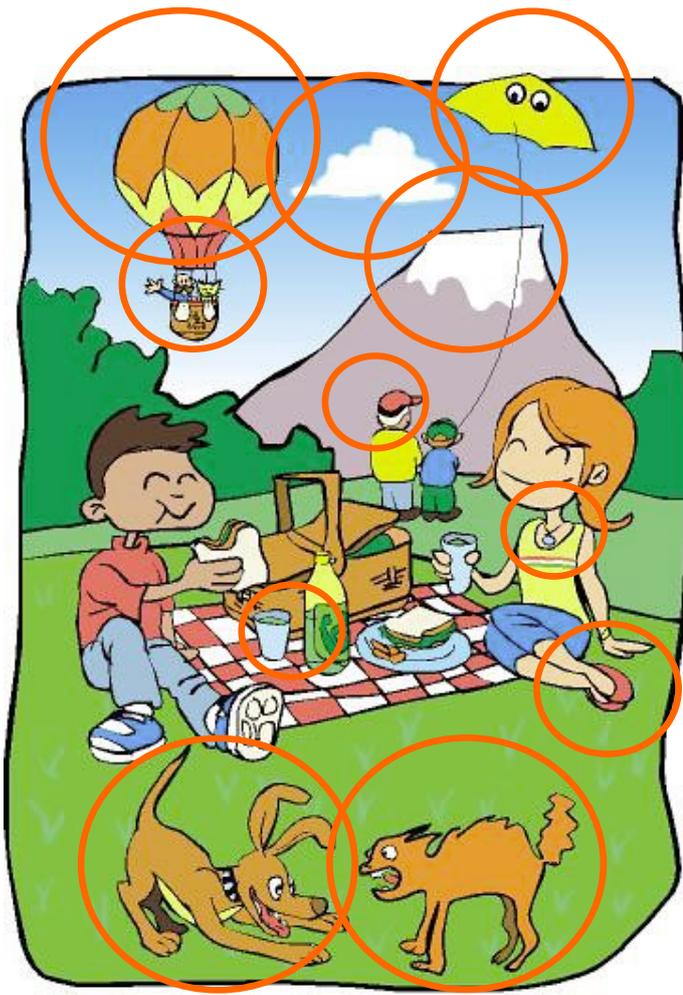
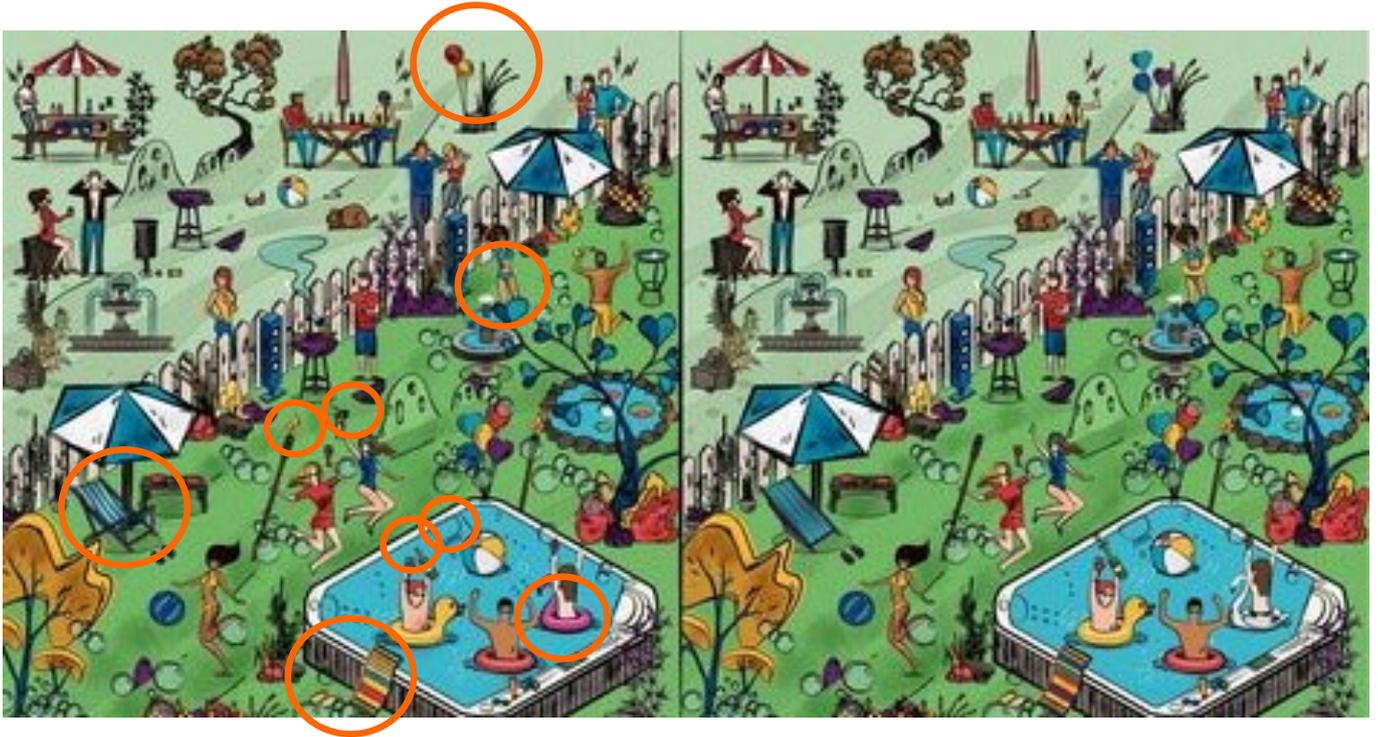


Daniel Li



Betina Zhang

Answer: Spot the difference





We wish you
a very
happy birthday!

NOV

Bowman Yu
Laurence Trieu
Lawrence Li

Livana Li
Sandra Wang
Xuxin Ye

DEC

Adrian Chau
Chen Rong
Daniel Li
Isaac Liew
Jackie Li

Jasper Zhang
Jimmy Kong
Justin Li
Samson Yuen
Timothy Yau

JAN

Barry Mak
Christopher Lin
Edmund Su
Jason Chen

Katie Chen
Thuman Ha
Tiffany Tan



Acknowledgement

We highly appreciated for all your supports!

Wish you a happy and safe holiday!

Donors (for cash and/or in-kind donations \$100 or above)

iCare c/- Shee Loung Suen

Mundipharma P/L

Alex and Nancy Ma

Sunshine & Star P/L (Dennis Yeung & Amanda Lam)

Volunteers

Alex & Nancy Ma

Darby Mu

Dixon Chan

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: _____

November - January 2021

Virtual Classes

網上課程

SATURDAY 星期六

Junior Group
小組

All Groups 合併班

2:45pm to
3:45pm

1:30pm to
2:30pm

2:00pm to
3:30pm

4:00pm to
5:00pm

4:00pm to
5:00pm

November

07/11			Drawing – Alex Ma	Music & Movement - Belinda	
14/11	Fun Learning - Jackie	Art & Crafts - Ellen			Zumba - Norma
21/11			Drawing – Alex Ma	Music & Movement - Belinda	
28/11	Fun Learning - Jackie	Music & Rhythm - Elizabeth			Zumba - Norma

December

05/12				Music & Movement - Belinda	
12/12	10:30am AGM will be held on-line				
12/12	Fun Learning - Jackie	Art & Crafts - Ellen			Zumba - Norma
19/12					
26/12	Boxing Day				

January 2021

02/01	School Holiday Break – January school holiday program to be confirmed				
09/01					
16/01					
23/01					
30/01					

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

聯繫方式

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

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Email 電郵: admin@chineseparents.org.au

Websites 網址: www.chineseparents.org.au