

November - December 2011 Weekend Activities

	Junior Group-Afternoon	Youth Group-Morning	Youth Group-Afternoon	Remarks
	2:30pm to 4:30pm	8:45am to 12:00pm	2:30pm to 4:30pm	
November 2011				
5 November	Canterbury Children Festival — Harcourt Public School, First Ave Campsie 1:30 pm Opening, Performance 3:28 pm – 3:43 pm			All
12 November	Fun to Learn- cooking Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music Lesson 2:30-4:30	Annette G.
19 November	Fun to Learn: cooking Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Art/Craft 2:30 –4:30	Irene M.
26 November	Sailability / Picnic lunch / Birthday Party at Kogarah Bay 10am – 3pm			All
30 Nov (Wed)	Sydney Special Christmas Children's Party			All
December 2011				
3 December	International day for People with Disability — Picnic & performance at Timbrell Park, Five Dock			
6 Dec (Tue)	Variety the Children's Party—Sydney Convention & Exhibition Centre- Darling Harbour			All
8 Dec (Thur)	2011 Special Children's Big Day Out			All
10 December	Careflight Magic Mania— Sydney Olympic Park Sports Centre			All
11 Dec (Sun)	AGM & Christmas Party (Sunday)			All
17 December	School Holiday starts			
24 December	School Holiday - Christmas Eve – Merry Christmas			
31 December	School Holiday - New Year's Eve – Happy New Year			
The above programs may be changed without prior notice due to unforeseen reasons.				

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street, North Strathfield |

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

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

CPA NewsLetter

協康會 會訊

November 2011 Issue



二零壹壹年十一月號

普天同慶渡聖誕

Xmas Celebration

金龍賀歲喜 迎春

Chinese New Year of Dragon

Holiday Activities 2012

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

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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。

President's Message 會長的話:

親愛的會員,

你們好。首先我感謝各位委員, 家長, 義工及工作人員的支持, 令協康會能做更多的嘗試。在大家無私的合作下, 我們成功地在八月中舉行了首次畫展。我們多次在學校假期時間舉辦繪畫班, 得到陳秀英老師悉心的指導及鼓勵, 啟發孩子們的創作靈感及培養他們耐性及興趣。藉著這次畫展更可激勵他們的信心。

在九月份發佈的「讓我高飛」CD 更實現協康會家長及孩子們的夢想, 令他們作多方面的嘗試。希望值著音樂能得到更多社區人士更深的認識, 支持和關注, 更能令孩子們在音樂中找到自我價值, 自信, 發展個人特質, 學習自立及融入主流社會。更重要是他們不再感到孤單, 因為他們有很多朋友在協康會及給他們支持。

我更深的感受是原來只要我們給孩子們多點機會嘗試, 再加點耐心, 愛心及恆心, 或許他們不能做到最好, 但也可以做到他們的所能。各位家長, 希望你們給孩子提供多點機會去嘗試不同於經驗, 令他們更充實吧!

最後我感謝所有為我們畫展, 及 CD 製作的人士, 有你們的不斷的支持及鼓勵才能達到理想的效果。感謝你們。

協康會會長
Elly Li



CPA would like to thank the following Donors and Volunteers who offered their support to our Association in the last three months:

Thank you

Donors

Lions Club of Sydney Waratah
Monica Chu Johnny Li
Nathalie Chen Grand Elite Travel
Evette Mansour Lily Kwong
Vincent Yu Rita Wu
Jennifer Chan Hilda Li
Fung Luen Wong Esther Trinh
Jeff Li Boon Hock Tan
Barnabas Chow Agnes Yiu
Catherine Ly Jenny Ma

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Mr John Evernden Mrs Nancy Ma
Mr Ross Fear Mrs Tania Mihailuk
Mrs Dianne Giblin Mr Wilson Ng
Mrs Mary Greig Mrs Betty Pang
Mr Marcus Ho Mr Philip Sansom
Mr Bill Kritharas Mrs Lavender Tsim
Mr Alan Lee Ms Helen Walton
Mr Jiang Wei Lian 蔣維廉
Mr Anthony Lee Mrs Chan Sau Ying

Volunteers

Amanda Tam	Eugenia Liang	Paula Su
Anna Yew	Ernest Chow	Nathan Yung
Andy Luu	Mandy Yip	Kevin Huang
Bruce Poon	Jacqueline Ho	Winnie Yeung
Chun wing Fan	Darby Mu	Jenny Ma
Daniel Yung	Jessica Mu	May Mak
Dora Li	Paul Yau	Peter Wong
Ernest Chow	James Vuong	Ming Fan
Elaine Martin	Eleanore Vuong	Jennifer Yu
Crystal Mak	Alan Mak	William Mak
Sandra Tung	Mario Yuen	Karen Yuen
Sam Li	Winnie Koit	

Media 2AC Radio 2CR Radio Australian Chinese Daily Australia New Express Daily Singtao Daily TVBJ

*You're invited to
a Birthday Party!*

On
26 November 2011

November

Livana Li
Bowman Yu
Sean K M Lo
Ben Zhou
Sandra Wang
Kevin Li
Lawrence Li

December

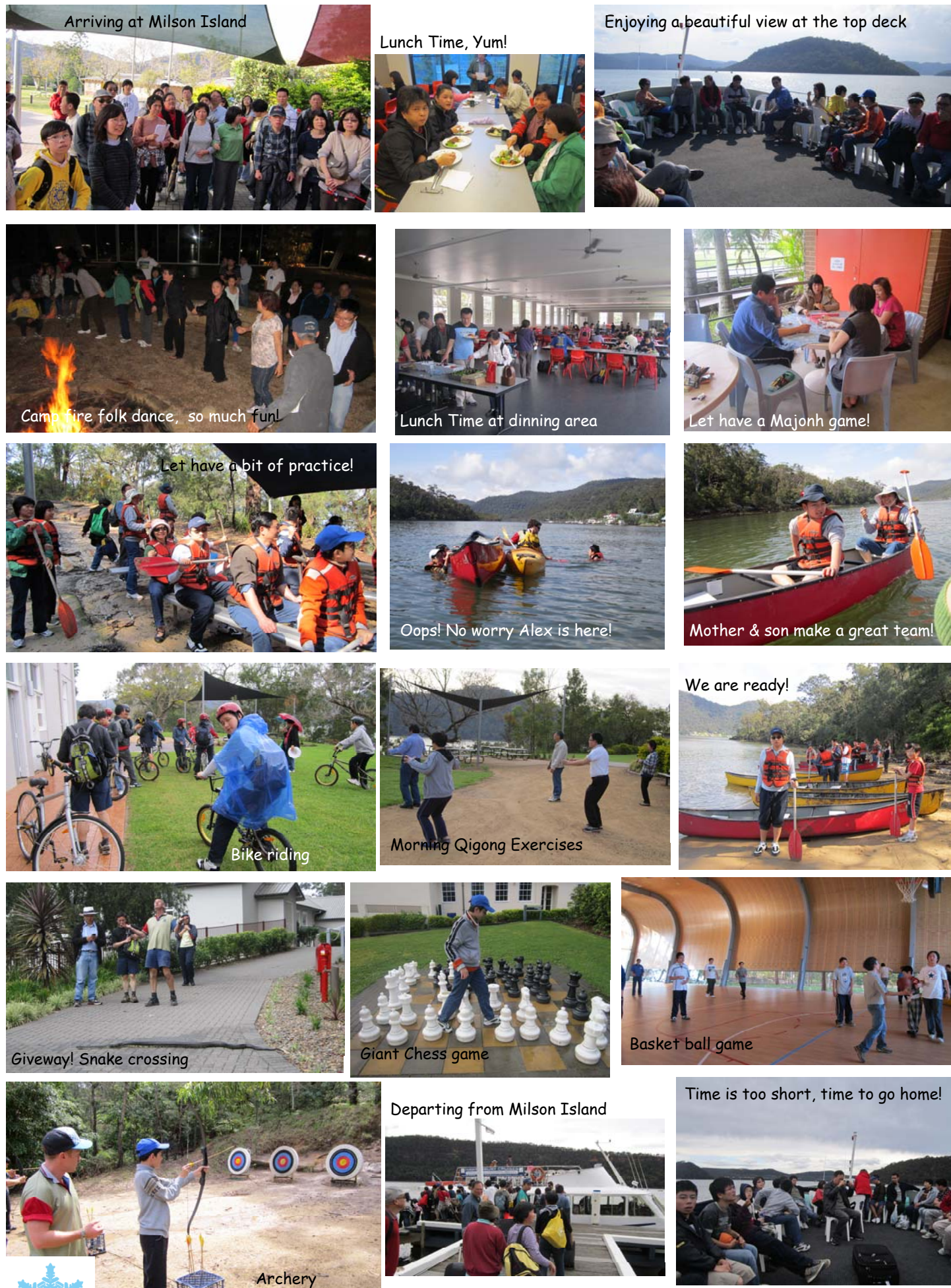
Samuel Siu
Louisa Tong
Timothy Yau
Samson Yuen
Edward Wang
Dale Wang
Stanley Tong
Jackie Li

January

Vincent Huang
Wong Yin Wah
Teresa Wong
Barry Mak
Jonathan Lee
Tiffany Tan
Kerry Liu
Thuman Ha
Chris Lin



Milson Island Sport Recreational Camp 7-9 October



CPA Christmas Raffle 2011

Fundraising for activities 2012

Great Prizes!!

- | | | | |
|------------|--|------------|---|
| 1st | One iPad 2 Wi-Fi 3G 16GB with iPad Smart Cover \$840(Adhunter P/L) | 13th | Taronga Zoo Admission (2 adults & 2 children) |
| 2nd | One Coles Myer \$500 Gift Card (Maria Jones) | 14th | One Breville Advance Gourmet Wok |
| 3rd | One Coles Myer \$400 Gift Card (Relastar P/L) | 15th | One Breville 4 slices electronic toaster |
| 4th | Hamper (Lanoro International Division of LanoroAust) & 1 Coles Myer \$100 Gift Card (Relastar P/L) | 16th | 大地行 (Da Dee Hong) Two cans of Abalone |
| 5th | Nexus Holidays 聯誼假期—8 days tour: Beijing for 4 people (Air tickets are not included) | 17th, 18th | One set of Multiple Choice by Topchoice 20 pcs dinnerware (Klein International) |
| 6th | Nexus Holidays 聯誼假期—8 days tour: Shanghai for 4 people (Air tickets are not included) | 19th, 20th | One Tian Ci Vegetarian Chinese Restaurant 天慈純素食 \$50 Voucher |
| 7th | One WISH \$200 Gift Card (Nelson Yuen) | 21st, 22nd | One Woolworth \$50 Gift Card |
| 8th | One Samsung Monte Mobile Phone (Daniel Yung) | 23rd | One Rice Cooker (Ettason) |
| 9th, 10th | One Hurstville Chinese Restaurant 華英小厨 \$100 Voucher | 24th | Water Fountain (Affinity Beauty Salon) |
| 11th, 12th | One Jane's Kitchen 梁珍記飯店 \$100 Voucher | | |

Tickets: \$5 each

Drawn: Sunday 11 December 2011

Winners will be notified. Results published on Singtao Daily on Thurs 15 December 2011 & CPA website: www.chineseparents.org.au

NOTICE TO MEMBERS ANNUAL GENERAL MEETING

2011-2012

Chinese Parents Association-Children with Disabilities ABN 63 938 108 704
Members are advised that the Annual General Meeting(2010-2011) of members
Will be held at Auburn RSL Club
On 11 December 2011 Sunday, commencing at 12 noon.

澳洲弱能兒童協康會推出《讓我高飛》音樂專輯

十八名孩子擊鼓齊鳴同賀中秋



協康會主席李羅艷媚 (Elly Li) 率先致詞表示，「這張專輯是十八名弱能兒童的心血結晶，花近一年時間籌備，藉此建立他們的自信和友誼，希望觀眾細心欣賞。」

這個聯歡午宴邀請不少名人出席，包括坎特伯里副市長 Bill Kritharas，好士圍市長 Philip Sansom，賓士鎮市長 Khal Asfour，及賓士鎮省議員 Tania Mihailuk。開始之先四位特別來賓率先揮動金筆，進行簡單而隆重的舞龍點睛儀式。在音樂總監李子揚 (Alan Li) 伴唱「男兒當自強」下，一班弱能人士表演長達五分鐘的舞龍，惹得全場拍案叫好。

坎特伯里副市長指，自 1988 年起，坎特伯里市議會多年來一直與協康會長期合作，大力資助及支持舉辦各式各樣的活動。他指，一名親戚家中也有弱能兒童，因此深明當中的苦況，並且非常感謝協康會努力不懈貢獻社群。此外 Tania Mihailuk 議員亦表示，自己親戚的兒子患有自閉症，但無奈七十年代的澳洲並無足夠支援家長的資料和社團，直至廿三年前隨著協康會的成立，不斷擴展本地發展弱能人士的特殊服務。



紀錄：子騫

最後好市圍市長 Philip Sansom 及賓士鎮市長 Khal Asfour 亦分別致詞讚揚協康會的成就和努力。推出這張音樂專輯《讓我高飛》是要鼓勵孩子表達自己，及父母學習以欣賞的心看待他們。

專輯出版人劉敏兒 (Elena Lau) 是電琴手容傳智 (Jonathan Yung) 的母親。她稱，「《讓我高飛》是今年協康會的重點項目之一，希望能為弱能兒童留下一個美好的回憶。」另外她非常感謝坎特伯里市議會為專輯出錢出力，又多謝音樂總監令他們「夢想成真」。

而音樂總監李子揚則表示，「這班小孩子的歌聲非常真誠，每次都被他們打動，眼淚不禁湧流。」他又說，「今次讓我重新思索音樂的真諦，不是要演繹華麗的樂曲，而是要唱出『表達自我情感』的音符。雖然這純粹是一張非賣品專輯，但意義深遠，願大家好好珍藏。」

午宴後，十八名弱能兒童終於親身出場演繹四首經典名曲如「You Raise Me Up」、「甜蜜蜜」、「紅日」和「明天會更好」。激昂的電子琴和電子鼓，配合木魚、結他和非洲鼓等樂器，觀眾無一不聽出耳油拍掌和唱，全場洋溢溫馨的氣氛。最後活動在激烈的幸運大抽獎下完滿結束。

婦女健康講座

時光飛逝，何醫師義務為協康會主持的婦女健康講座不經不覺間已有三年多，感謝何醫師的耐心指導及循循善誘，讓我們對自己的身體、健康、保養及疾病的防範，都有較詳細及深刻的了解。

認識身體及健康保養可說是一種刻板的學術常識，但在何醫師的悉心安排及活潑教導的方法下，每個學員都能抱著一個輕鬆的心情去聽講。在互動的流程裏，眾學員都可以向何醫師隨意提問，增加鑽研學問的機會。

過去三年何醫師主講的題目包括人體各個器官的運作和功能，如五臟六腑、陰陽及五行等。何醫師更教導我們如何透過食療及適當的運動去調理身體，藉此可以預防疾病，保持身體健康。

Ping Mu

在此我要再次多謝何醫師，她豐富淵博的學識、親切甜美的笑容及謙厚和藹的態度，彷彿成為了她的「生招牌」，每次講座都吸引了一班固定的參加者出席，有不同年紀的，也有男有女。

為答謝何醫師這幾年來的愛心和勞苦，我們一班學員特別舉行了一個三週年自助午餐慶祝會，出席的學員共有二十多人。我們揀取了一間自助餐餐館，好讓學員可以自由選擇自己喜愛的食物，各色其式。席間學員們跟何醫師談笑不斷，及至聚餐結束時，各人仍依依不捨。

希望來年婦女健康講座可以延續下去，「預防勝於治療」，讓我們可以學到更多的健康保養知識，時刻保持身心康泰！



協康集之聲

各位家長，

去年，CPA 出版協康集，受到大家和社區的歡迎。協康集所收集的文章，都是家長養育子女的經驗分享，專業人士的意見和工作成果的記錄。明年，我們將再接再勵，出版第三本協康集，並以父親的經驗為主題。

父親的經驗在有關弱能人士的報導和研究中，是比較冷門，但父親對幫助弱能子女成長的重要性是不容忽視。他們有許多經驗，經過整理和總結，對其他家長，是十分有幫助的。

我們成立了一個編輯委員會，並開始接受大家的建議和投稿。

投稿內容包括以下：

- 1) 父親的經驗 - 他們在幫助子女成長的過程中所扮演和演繹的角色，是否有一些可以分享？
- 2) 許多父親都會與你們的配偶共同面對艱難，帶領家庭前進，你們是否會有苦樂的經驗分享？
- 3) 接受專業服務的經驗 - 醫生，社工，輔導，等等和
- 4) 從太太 / 子女的角度，丈夫 / 父親的形象是怎樣？
- 5) 父親的擔憂和期望。

歡迎大家的投稿，希望不要長過 800 字，請與范鎮榮聯絡

cfan@optusnet.com.au



Community And Road Education Scheme Report

Road Safety

On Thursday morning we went to Base Hill. The weather was lovely and got a little bit sunny. When I get there first, the police told us how to put a helmet on and gave me the two wheel bike. First we practiced around the cones, then I rode along. The police taught us to ride a bike on road safety. The traffic light red means stop. And the yellow is slow down, and the green light means go. If you see the (stop) sign, you need to stop. It was a good day after that we went to Mc donalds to eat lunch, I like it so much, I can't wait to do it next time.

CPA young reporter: By Jack Zhou

06/10/2011



Eric Luu



Jack Zhou

Sibspace:

Siblings Get crafty



On Saturday 30 July 2011, SibSpace attended a card-making workshop at Indigo Crafts in Kirrawee. Over the next 3 hours we learnt how to make a Christmas card and then a birthday card. We were taught different techniques including the use of 3D stickers, double-sided tape, inked stamps, heat guns, glitter and plenty of sparkly diamantes! Despite using the same techniques all the siblings were very creative and each of our cards was very different to one another. The staff at Indigo Crafts were wonderful and very generous with the materials we could use. They even surprised us with a lovely morning tea of cupcakes and tea. After the workshop, we had lunch at a café at Woronora. The siblings had a great deal of fun. So much so, SibSpace plan to attend another card-making workshop on Saturday 22 October.

By Karen Yuen



記「讓我高飛」發佈會的一點體會

一義工

是陽光普照的一天。藍天白雲，晴空萬里，雖略有寒風，也掩蓋不住協康會會員們內心的興奮，都帶著「讓我高飛」的心情，向賓士鎮出發。期待這一天的來臨已久！！

歷年來在孩子們，父母親們，協康會工作人員/義工的努力下，以及獲得社區人士給予的支援和鼓勵，終於達到願望成真：孩子們的第一張「讓我高飛」的音樂光碟面世了！

今天協康會會員都聚首於美心酒樓，喜悅滿懷，一同分享這美滿的成果。

音樂是世界共通的語言。音樂有助打破人與人之間的隔膜，增強相互間的溝通，將各人團結起來。在“The Value of the Arts to People with Disabilities”一文內，作者指出對行動困難的弱能人士來說，一首感性動聽的歌曲，可以刺激起他的活動能力和給他帶來歡愉。音樂有助於使人獲得重生。

回望過去的數年，每一個星期六的下午，家長們都依時的帶着孩子們到 Belmore Senior Citizens Centre 來參與聚會，在音樂治療師指引下，給孩子們提供各類不同的音樂活動，帶領他們進入不同的音樂範疇，學習把玩不同的音樂樂器，閱讀音符....家長們也不辭勞苦，悉心以赴，陪着孩子們一起走過這些驟晴驟雨的日子。教導弱能的孩子，是一件漫長而磨人的事，家長們祇得耐心守候孩子們能有明悟開竅的一天!!

與此同時，一個家長網絡已組織起來，大家相濡以沫，互相勉勵，交換育兒心得。在學習歌唱以外，還為孩子們加入其他與音樂有關連的活動：如現代舞，中國舞，舞台表演....也得到其他專業老師的循循善誘，孩子們也把所學到的緩慢地吸收，點點滴滴地積聚起來。

觀看到孩子們「學有所成」，父母親們也歡愉不已，萌生起把孩子們的成績記錄起來，以便留下一個回憶，也可印證孩子們也如其他小朋友一樣，能他們的「所能」。這是製作「讓我高飛」音樂光碟的意念。



作為協康會的義工和旁觀者，除了明白家長們製作「讓我高飛」的目的，也頗觀看到這群孩子與父母們一同走過的心路歷程，和帶來一些領悟和含意：

♥♥ 參與協康會活動的這一群孩子都是幸福的人兒!! 雖然他們是有弱能，但與其他同齡朋友相比，他們絕對是「蠻有福」的：因為他們擁有愛惜保護他們的爸爸媽媽和家人。父母們對他們照顧週到，歇盡所能，為他們奔走尋找適合他們能力的學校，機會及有助他們發展身心德智的資源。噓寒問暖，無微不至。就像「媽媽好」的歌詞：「有媽的孩子像個寶！」所以協康會的孩子，每一個都是幸福的寶貝兒!



♥♥ 協康會的家長們都把他們的愛心和關懷全灌注到他們的愛兒身上。從早上起床到晚上就寢，每一分一秒所做的事情或決定，都是以愛兒為前題，環繞着孩子們的起居飲食，學習遊玩的時間表而操作。孩子們的一舉一動，一顰一笑，一喜一怒，都能觸動父母的心弦。孩子若能發出單音或回應，爸媽們已歡喜不已。孩子若能依指事完成一件簡單事情，爸媽們更感欣慰和以此為榮。這些都不是一般父母所能理解的。因為孩子的成就，得來不易，更怕他們會把所學的迅速忘掉，所以比起其他父母，他們對此更加珍惜和寶貴。在製作「讓我高飛」音樂光碟的過程中，可以體會到他們的感受。看到家長們對孩子的溫柔體貼的目光，使人感動，他們就是頭上帶有光環的天使，永遠附在孩子的身傍，帶領他們，為他們開路，守護他們一生。

"Set Me Free"

CD Launch 2011



By Aileen Pang



On 10.9.2011, "Set Me Free" the very first CD performed by Chinese Parents Associations Kidz was finally launched at Maxim Restaurant Bankstown. At the end of the performance after the launch, we received wonderful comments from everyone congratulating us for the auspicious event. It was a very successful occasion that included the well-planned program and highly coordinated organisation for the stage performances, especially the slides show that have shown to the world that everyone was involved in other activities beside music. Everyone including the parents was amazed with the youth group band that participated in this live performance on how they presented the music beautifully. The group had shown so much confidence in displaying to the public, parents/careers, special guests, government officials, professionals, media etc that they have **abilities and talents** that lay hidden deep inside them through music they presented. This has inspired me to write this on behalf of my family as well as the association to show my gratitude on how they have helped Joanne for the past years.

During the past years, I have noticed Joanne's stage performance with the youth group has improved beyond all expectations. Her self-esteem, confidence, speech, vocabulary, pronunciation in Mandarin, Cantonese, and English has developed speedily after her regular weekly involvement with the youth group band. Not only that, I have witnessed all of the 18 band members worked cooperatively, caring for each other, listening to adults and peers instructions and willing to accept unpredictable challenging situations on every different performances.

As a mother, when I was driving and listening to the songs on the CD in the car sang by Joanne I have thought to myself that this feels very unreal. I recall from my memories, before every time Joanne has performed singing on the stage with the band my heart will get very nervous with worries for her. "Will she run away?" Will she say "No I am not going to sing today?!" Fortunately, none of these had ever happened.

"Listening to the song playing on the CD and while sitting next to me, Joanne will say this is the song she recorded and sang by me. This is how she felt with pride she had inside her now. The contents of the CD messages had really sent through from their hearts of all the children and parents of everyone involved. I can understand the rest of the band members have exactly the same feelings as Joanne with their excellent hard-earned efforts they had contributed.

I am taking this opportunity to express my sincere thanks to Elena who personally drove Joanne to Chatswood to have her photo taken for the CD cover during my knee injury and all the well wishes from every one in the CPA family at that time. I greatly appreciated to all the mothers who have driven Joanne to perform singing on several occasions during my absence. All these had makes me feel so fortunate someone will help you if needed and a great comfort to know every one had showed their loves for each other as though we are living in a big family. Production of this CD will not be possibly without everybody's participations and close teamwork. I have known mothers and fathers worked unselfishly behind the scene and their contributions and their hard work are impossible for me to use words to thank. Their commitments and the sacrifices they have made on their times over days and nights unconditionally have enabled this CD to be produced and launched on schedule time.

In associating with the group, I have learnt a lot from the parents how to handle challenging behaviour when there is one.

If you have any concerns your child have any difficulties in behaviour, speech, motor skills or they have any hidden talents and skills you may want to pursue, please come forward and talk to any one of the committee members, coordinator, or volunteers. They are not professional but they are experienced and will listen, and help to point you in the right directions. The association's intentions are to help special needs children to further any developments they may have to their greatest potential and will continue to provide help to parents to cope in difficult times.

I have always encouraged parents to allow adequate time for their children to express their emotional feeling through music because I strongly believe music will help them to think and to express their thoughts especially when they are lacking in self-confidence in communicating themselves verbally. Eventually you will notice the positive changes in them without you even realizing it. Always remember every single bit helps and small improvement counts.

With continued on going support from the parents, publics, friends, relatives, communities, professionals, volunteers, other organizations, businesses, government officials etc. I am having the confidence and strongly believe that the Chinese Parents Association will continue to help many special needs children to extend their abilities to their best achievements. These achievements will continue to help the parents to ease their stresses and frustrations as well as provide the children with a more useful and better quality of life. We are looking forward to producing a second CD in the near future. If you have any suggestions or contributions in regarding the songs or with any aspects of the production of our next CD, you are welcome to contact the office during office hours. Please bring along your child to come and join our other regular activities including ice-skating, ten-pin bowling, arts and crafts class, cooking, and dancing with qualified teachers.

Towards the end of the performance at the launch, the band members joined with the parents singing "Tomorrow Will Be Better" So let us holding hands in hands together to pray for a better tomorrow for each and everyone of them.



Sexual Health Week

12 – 18 September 2011

A Talk on Sexual Health

Report by Mandy Yip



To participate in the "Sexual Health Week" (12-18 September 2011), CPA had invited the nurses and social worker from the Prince Alfred Royal Hospital, with the support of Ms Jennie Vien from the Marrickville Health Centre, to hold a "Sexual Health Talk" at Metro Migrant Resource Centre at Campsie on September 15, 2011. We were glad to see that the participants not only come from our CPA members, there were attendees coming from the local communities.

The speaker, Ms Elizabeth Griggs, was a friendly and experienced nurse. She suggested that we all sat in a circle and be relaxed. We were encouraged to feel free to speak up and share our views.

Firstly Elizabeth introduced to us some basic knowledge on puberty, e.g. the biological and psychological changes of both girls and boys; she also pointed out that masturbation is a phenomenon. It is a basic human need, just like eating when hungry. It is acceptable as long as it is happened in an appropriate place and not disturbing others. Social worker Dash suggested that parents should give proper guidance to their children when socializing with other people: to seek the consent from the other person first before making any physical contact with him/her.

Elizabeth stressed that parents are the people who know/understand their children the best. It is very important to maintain a good relationship with their children as all children need love to grow.

為響應由九月十二至十八日舉行的「性健康週」，澳洲弱能兒童協康會在 Marrickville Health Centre 的 Jennie Vien 小姐的協助下，特地邀請了 Prince Alfred Royal Hospital 的兩位護士及一位社工在九月十五日為我們主持一個有關性健康的講座。參加者中有我們的家長，也有其他社區人士，我們亦很高興見到有夫婦同來參加是次的講座。

主講者 Ms Elizabeth Griggs 是一名親切的資深護士，她一到來便主動要求我們把桌子挪開，圍一個圓圈坐著，務求大家在一個輕鬆愉快的環境下傾談。Elizabeth 首先介紹了一些基本的少年青春期的生理及心理變化，如身體發育、長暗瘡，而女孩子會有月經的來臨，男孩子則開始長鬍鬚，聲音變沉等；至於心理方面，男女孩子都會開始注意自己的外表，對異性有興趣，自然亦會有性需要，而性需要其實跟肚餓吃東西一樣，是人類基本所需。

Elizabeth 亦指出青少年手淫是正常現象，只要在適當的場合及不影響別人的情況下，如在自己的房間關上門進行，是絕對沒有問題的。社工 Dash 更建議家長教導孩子面對異性時，若有身體的接觸，必先徵求對方的同意，家長在這方面要時刻給予孩子適當的指引。

Elizabeth 謙虛地多次強調自己不是專家，相反每個父母因為長期照顧自己的孩子，只有他們才真正了解孩子的需要，所以為人父母者要多與子女溝通，因為良好的親子關係最能幫助孩子順利過渡青春期的。



各位家長,

Vincent Yu

這個學校假期的美術課程設在九月廿八,廿九,卅日三天。地點是在歐斯更費青年中心 Erskineville Youth Centre 屬於澳華書畫學院課室。這次我們每天有六位小朋友和三位家長,由陳秀英老師主講羅志權教授的構圖法。先用明礬水在宣紙上勾圖,另用防水膠噴射紙面。乾後,我們用油漆顏料紅黃藍三種原色調成各種選擇的色彩或用中國墨水塗上。畫中有明礬水上面的顏色有明暗之分,有膠水的地方形成大大小小的氣泡或天空上的星球。本來想在星期四到中華文化中心參觀羅志權教授的畫展,可以了解一下為何他的作品受到大眾的愛好。得知他將在當天下午停止展覽,我們即刻在中午出發到文化中心觀看。他的畫有濃厚的國畫氣氛更有西洋畫的立體感和色彩,在一團一團的色彩中隱藏著機蜜或動物。他的作品也有些像出自我們自閉孩子的手法。

第二天由於昨天的畫沒有乾透,陳老師就教學生用調好的油彩或油彩棒自己創作。其中 Jonathan, Sam 和 Mathew 在少許指點下都有好成就。Tim 有他自己的創意。其他二位女孩子需要老師在旁幫手,也是很高興的完成了作品。到了下午二點後才開始收拾畫具準備回家,可以看出他們餘興未盡。

第三天我們計劃用麵粉去筋成漿糊用來粘第一天的畫上畫板,帶回家裡欣賞。可是作品還是沒有乾透。所以上午叫學生用顏料畫一些動物在宣紙上。下午再每人自己調粉成糊,沒有時間去筋。可惜失去了一些樂趣,因為麵筋加粉可用來做小動物之類。我們把畫都粘在畫板上。Bowman 更把有氣泡的部份剪下來粘在他一張油畫的天空上形成另一張好畫。之後我們將早上畫的動物剪下來拼貼在一張大畫板上合組攝相留念。這天 Sandra Wang 的笑聲最大。

課餘有家長反應我們畫班每次在不同的地方開辦,很不方便。我們也希望有一個固定的地點,但是由於要在政府指定受資助的區域開辦,不便之處,請原諒。在各種艱難情況下我們也要為孩子們堅持辦下去。

Dear Parents,

This vocational arts class was scheduled on 28th, 29th and 30th of September. The place was at Erskineville Youth Centre where the Australian Chinese College of Painting and Calligraphy usually hold their events. This time we had six participants, accompanied by three parents every day. Our teacher Mrs. Chan would adopt the painting methods advocated by Professor Lo. This method involved the use of alum water and water shield which was the pressurised silicon mixture on Chinese painting paper. The effect was that the paint over the alum water would show different shades of colours. The water shield would form bubbles of white spots which look like water bubbles or stars in the sky. We also made a visit to Professor Lo's exhibition at the Chinese Cultural Centre in Chatswood in the afternoon. His paintings bear heavy traditional Chinese influence with western 3-dimensional effects and strong colours.



On the second day, Mrs. Chan instructed the students to create their own paintings with all the colour or acrylic sticks. Jonathan, Sam and Mathew had been quick in achieving good paintings on their own. Tim also insisted to do his own paintings about characters in the books he had read. The other two girls needed close supervision from the teacher, but they were all happy to complete their paintings. They had been busy in doing the art work and packed up for home after 2pm.

On the last day, we planned to make starch paste by removing gluten from plain flour and using it to stick all the paintings we did on the first day on to canvass board so that it could be hung at home. While waiting for the paintings to dry, the students painted some animals on the Chinese painting papers. In the afternoon, we stuck all the paintings on to canvass boards. Bowman had cut the part of a painting with bubbles and stuck it onto the sky of an acrylic painting with a person holding telescope. The painting became more attractive with a person watching supernova from a distance in the universe. Each student wanted to cut all the animals out from the paintings they did in the morning and stuck on to a large canvass as well. That day Sandra Wang had most laughter amongst them all.

There was the feedback from some parents: the art class had been organized in various venues each time and it was inconvenient for transportation. It has always been our prime objective to search for a permanent venue for the art class for our children with disabilities.



靈感飛越

- 記澳洲弱能兒童協康會畫展

by Vincent Yu

澳洲弱能兒童協康會於8月6日至16日在Chatswood中國文化中心舉辦「靈感飛越-畫展」,展覽由弱能人士創作繪製的圖畫。來自多元文化和語言背景的孩子要融入澳洲常規的學校生活和社交活動已感困難,對於不幸患有自閉症/弱能的孩子難度更甚。常常,他們倍受白眼被視為失敗者、又被看成是家長的累贅。由於語言障礙和信息匱乏,很多家長並不懂得如何為自己的孩子尋找援助,不少人寧願選擇不向身邊的人透露孩子的問題。這些孩子長大後,從特殊班轉向社會,往往就是失業、缺乏興趣和朋友,有些甚至連基本的語言能力都不具備。

身為這樣一個孩子的家長,我們的痛苦隨著他的成長與日俱增。但是,我們堅信,我們的孩子還是可以教的。我們留意他們的喜惡,並可以藉此來鼓勵他們。自閉癥患者的藝術天賦往往是出人意表的,因此他們需要啟發和鼓勵。有些自閉癥的孩子好像具有天賦,在學會說話之前,就能輕易地拿起筆學習,並能描繪出準確度相當的圖畫。

透過繪畫藝術,亦可以有助改變孩子們的行為模式。有一位男孩改善了他老是打盹的習慣,而另一位孩子不斷慣性地講故事的行為也有了修正。

澳洲弱能兒童協康會過去曾多次舉行美術班。自從去年第一次在Bradfield Park Wellbeing Centre 舉辦了假期美術班後,我們發現不少孩子可以將繪畫發展為他們的愛好。這需要家長有耐心,給予孩子很多的鼓勵和讚許,他們才會樂在其中。

至今,累積下來的孩子們的畫作已不少。我們都一致認為舉辦畫展是個好主意,這有助於鼓勵家長和孩子更多地參與。而且,這次我們很幸運得到澳洲中國書畫藝術學院的幫助,讓我們在該中心舉行展覽。

本次畫展包含了四個主要部分。第一部分是初學者模擬教師的作品,也包括一些自由繪畫和集體創作。第二部分是素描。第三部分是油畫,蠟筆畫和油彩媒體。最後一節中包含了所有當代繪畫和工藝品。

畫展開幕當天,協康會很榮幸得到何沈慧霞女士, Mr Victor Dominello, Mrs Lavender Tsim, Ms Helen Walton, Ms Dianne Giblin, Mr Jiang Wei Lian, Dr Henry Y He, Mr Alex Ma, Ms Lin Abbott, Ms Evette Mansour and Ms Chan Sau Ying 等貴賓蒞臨剪彩。會長 Elly Li 致辭:這是協康會第一次為她的青少年會員舉行畫展。並感謝家長俞高坤先生的建議及全力推動,得以成事。她鼓勵家長們可以給他們的孩子多些參與,為他們開拓更多興趣和生活趣味。

此次畫展,獲得很多參觀者的好評;社區人士對孩子們的創意,想像力和表達能力,大為驚嘆,紛紛送上接受,讚賞和鼓勵,也是這個畫展令我們最感動的收益。



Inspiration Explored

Art Exhibition by
People with disabilities

By Helen Walton

I had the pleasure of attending a unique Art Exhibition on the 6th of August with the wonderful title of 'Inspiration Explored'. It was held at the Chinese Cultural Centre of NSW in Chatswood and featured the work of children and young people with an intellectual disability and/ or autism.

The work displayed showed a range of interests and talent but each piece was full of enthusiasm and passion. The artists used colour, shape and differing mediums to illustrate their perception of the world in which they live. Some art was the result of workshops held while other pieces of work stemmed from the artists interest in expressing themselves using this medium.

There were a number of themes which ran through the exhibition and it was interesting to look at the artists interpretation of the planets, stars and big bang theory. There were an assortment of pictures showing places in the world visited, an array of seashore pictures and a beautiful selection of paintings depicting animals including one section on Australian fauna. I was particularly taken by a picture of an Orangatang who's eyes appeared to be trying to tell a story. For a group of individuals who struggle to express themselves using spoken language, this exhibition showed the extent to which these young people could communicate using paint, glue, sand, material and clay. It was exceptional and was well worth attending.

Present at the opening were many guests including the Hon. Helen Sham-Ho (past Member of Parliament), Lin Abbot (Lions Club of Waratah), Lavender Tsim (Chatswood HSBC), Elly Li (CPA President), Vincent Yu and Fan Chun Wing (members of CPA Management Committee) as well as interested parents, friends, family and the artists themselves.

The Chinese Parents Association – Children with Disabilities Incorporated (CPA) was established in 1988. It is a non-religious, non-political and non-profit making organisation with the aims to provide a range of services for people with a disability and their families. The Management Committee comprises parents of children with disabilities. There is also a team of volunteers who offer their time and skills on a daily basis including running programs and activities for members. These programs include positive parenting programs and First Aid training. CPA also offers information forums and seminars for parents and carers of children with disabilities.



感動飛越的“靈感”

-----澳洲弱能兒童協康會畫展觀感

自牧/文

人為萬物之靈長。在這裡，我被一群獨特的孩童以其對生活、對色彩、形象、對美的獨特視覺、思維和他們獨特的表現手法所創作的一幅幅美術作品所震動。我用“震動”二字完全出自真心：我用“美術作品”稱謂他們的優美創作也並非杜撰。也許我們中間的大多數人對他們的心靈世界真的是了解得太少，因而對他們能力的估量不免偏低吧。

之前，澳洲中國書畫藝術學院蔣維廉院長邀我去看他們與澳洲弱能兒童協康會聯辦的畫展。我是如何也想象不到在這些孩童身上竟然會被挖掘培養出這許多令常人也嘆為觀止的閃光的藝術感覺和表現的。其中的某些作品，即便是真正的繪畫藝術家也未必不會認同。這是孩童們獨特的精神使然。於是我就由衷地對主辦這次畫展的CPA 澳洲弱能兒童協康會及澳洲中國書畫藝術學院，特別是長期以來致力於對弱能兒童美術教育培養的教師陳英子女士感佩萬分。

近年來的悉心教育培養，孩童們對繪畫的興趣大增，展覽中他們合作的那幅作品《Australian Bush Land 澳洲田野》已經是有模有樣了，用照片貼拼的那幅表現了他們共同學習過程的拼貼畫色彩濃烈、新穎，一下子就搶了觀者的眼球，細細觀去便會被孩童們學繪畫時快樂的百態所打動，分明是飛越的靈感才產生了這許多的快樂。

我很驚訝的是整個畫展幾乎近半數的畫作是出自一位名字叫Bowman Yu(俞博文)的中國“男子漢”，他差不多已經有了十幾年的畫齡了。迎面牆上巨幅《Sydney Harbour 節日的夜景》的油彩畫，色彩繽紛而瑰麗，一簇簇節日的禮花在玫瑰紫色的夜空綻放，與海水中燈火的倒影交相輝映，維妙而輕鬆。看得出這是俞博文被這美妙之夜激動之後的深刻印象。作品的美妙被眾所公認，它被拍賣捐給了 Cancer Council。

博文的一幅自畫像尤其引我的關注：為何兩隻眼睛的眼球一隻深色，一隻淺？其中的一隻還閃著淚光？我稱這幅作品為《憂鬱王子》。幸福的俞博文似乎還有著不為人解的痛苦吧？多麼希望美育，美術的教育能繼續撫平博文他們心靈的傷痛，讓美麗的心靈飛越得更高，讓這‘美’走向世界。走進每個平常人的心。

我要呼籲：讓我們多多關愛他們吧！他們獨特，但是並不平庸。

MILSON ISLAND 之旅



春回大地，萬象更新。正值學校假期，協康會體恤特殊兒童家長們平日的辛勞，於十月初舉辦了Milson Island 三天兩夜之旅。籍此提昇特殊兒童對外界的認識和互動，家長們的互相交流，資訊分享。特殊兒童的兄弟姐妹們也能彼此互相認識，增進友誼，大家一起沐浴在大自然的懷抱裡，遠離城市的囂嘩。

當日風和日麗，二十多個家庭共六十多人，下午三點半大家準時到達Hawkesbury River火車站集合，轉乘專航渡輪橫渡Hawkesbury River 抵達Milson Island. Milson Island真是個世外桃源，風景如畫，島內設有多項活動如：獨木舟，射箭，高空繩索，騎單車，籃球，網球，排球，游泳，野火營等。

協康會執行委員早已編排好名冊，抵營後分成三組，每間宿舍為一組，每組數家庭，每家庭各住一套房，套房內設備齊全。休息片刻，晚餐時間已至，大家齊集飯堂共進晚餐。餐後各自分工合作，共同清理飯堂。

晚上有野火慶生晚會，大家齊聚一堂，載歌載舞，歡樂洋洋。晚會期間部份特殊兒童及其兄弟們一齊到室內籃球場打籃球，興高彩烈。慶生會結束後，接著由SAM主持的環保講座，教大家怎樣節省水源，製造無化學成份的天然洗潔精，及有機肥料，讓家長們得益不少。

Ten-Pin Bowling at Villawood

By Andrew Li

On Saturday 1st October 2011 both the youth and junior group of CPA went bowling at Villawood bowling Centre. The game was to start at 10.30am with all players in separate lanes. First we changed shoes, had a group photo then everyone went to their lanes to start the game. Some people from Special Olympics Upper North Shore Sydney came bowling. All of us were put in different lanes to bowl. Some of us knocked down every single pin by getting strikes or spares. Everyone had lots of fun bowling and we all could go bowling together one day. Some of the bowlers left earlier as they didn't want to play anymore. In the end when the games were over we changed back into our own shoes and went to have lunch. It was fun bowling here and I wish we could come again.



Granny Smith festival at Eastwood 15 October

Miranda Vuong



The annual Granny Smith Festival celebrates the life and legacy of one of our district's most famous citizens, Maria Ann Smith - aka Granny Smith - who, back in 1868, 'accidentally' grew the first batch of little green apples that bear her name and are now grown all over the world.

The Granny Smith Festival began in 1985 and is now regarded as one of Sydney's largest street festivals, a true community carnival, full of colour and good old fashioned fun. It is supported by local businesses, sporting and service organisations, churches, schools and the wider community. It is a chance for the people and businesses of the City of Ryde to come together and celebrate the history and culture of the area.

CPA participated the event again this year. The CPAKIDZ performed four songs featured from the "Set Me Free" CD. it is a good experience for our kids to perform in front of a big crowd, as well as a good opportunity to raise the awareness of CPA to the public.

Every one had a good day, we wrapped the day with a nice walk around the streets and a yummy lunch at the local!



A VISIT TO AN OPEN DAY — SYDNEY COLLEGE OF THE ART
Saturday 27 August 2011



Miranda Vuong



On Saturday 27 August, the Chinese Parents Association was a part of the Sydney College of the Arts Open Day program. The CPAKIDZ were invited to perform as part of the entertainment.

The performance was scheduled at 11 o'clock in the morning. As usual, everybody arrived early to prepare for the show. The hustle and bustle of everyone moving musical instruments, setting up the sound system and parents helping the children with their costumes showed a good sign of team work and the bubbling enthusiasm for the performance, which was just around the corner.

Very soon the time arrived and we were due to perform. Alan Lee (producer of 'Set Me Free') presented a brief introduction about CPA, along with the brand new launch of the CPAKIDZ 'Set Me Free' CD. The performances began with Alan singing '紅日', followed by Joanne's rendition of '月亮代表我的心', and CPAKIDZ giving all their energy in 'Victory'. The crowd grew bigger and bigger and started clapping to the music. The atmosphere was great!

Soon after the final applause, everyone was quick to begin the pack up. We then headed to the ceramics building for lunch. Ping and other parents served sandwiches, while Nancy Ma – a student of the SCA and a few of her colleagues were in charge of the BBQ. Everyone enjoyed their lunch on the grass area.



Under the assistance of Nancy, we organised a group of CPA siblings, mums and volunteers to prepare over 70 pieces of ceramic items for Father's day gifts. Today, it was the children's turn to make their mark and painted the ceramic gifts with the help of their parents. While this was happening, another group rolled up their sleeves and got their hands dirty creating more ceramic artworks. It was unbelievable to see such a creative and imaginative group of children – there were ceramic pieces of all sorts of different shapes, sizes and colours.

Being a part of the Sydney College of the Arts Open Day was a special experience for CPAKIDZ. It gave them an opportunity to learn, discover and perform in a new environment, showing the audience what they do best. Sincere thanks to Nancy and her husband Alex Ma for their efforts in making this performance possible.



節目預告

Upcoming Activities

Christmas Lunch Party

11 December 2011 Sunday 12.30 pm

Super Choice Buffet Restaurant, Auburn RSL Club
33 Northumberland Road, Auburn



Women Health Seminar

婦女健康講座

10 November 2011
8 December 2011

International Day of People with Disability

3 December 2011

Picnic & performance at
 Timbrell Park, Five Dock

Sailability at Kogarah

Sailing, Picnic & Birthday Party

26 November 2011
7 January 2012

Mum-to -Mum

At Woodstock Centre
 Burwood
 Cooking & Lunch

2 December 2011

Darling Harbour Fusion Lunch Cruise

12 February 2012

Chinese New Year Twilight Parade
 City of Sydney

29 January 2012

Movie at Bankstown Hoyts

January 2012

Chinese New Year Celebration

Belmore Park
 City of Sydney

28 January 2012

For enquiry 查詢詳情:

Mandy:

0406 233 222 or

(02) 9784 8120

(Tues, Thurs 10 am -3 pm)



Youth Group Activities

Ice Skating



Kindly funded by
Canterbury Financial Assistance Program

日期: 星期六 Saturday
時間: 8.45am to 9.45am
地點: Canterbury Olympic Ice Rink
Phillips Ave, Canterbury, NSW



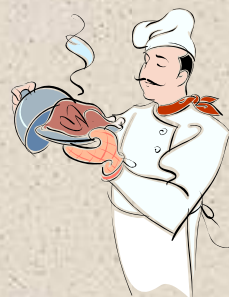
Cooking Workshops

Independent living
Skill training
Exciting Menus!
Food tasting!
Health Eating!



Saturdays

Kindly funded by
Canterbury Financial Assistance Program



Music therapy



Music Class 音樂班,
Performance Class 表演班
Dancing Class 舞蹈組



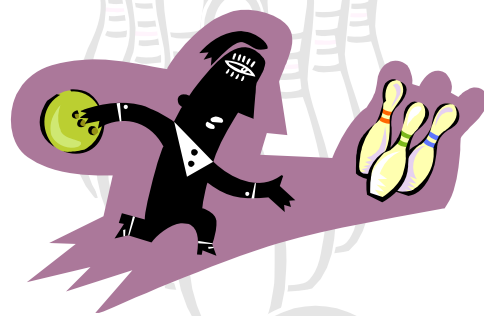
These classes are conducted for children from 9 years old to adults with the aims to encourage participants to speak up, express their feelings and gain confidence through music; it also strengthens one self's communicative, motor, emotional, social and leisure skills & form a social support network.

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)

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 enquiries 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.

Junior Group Activities

Fun to Learn!



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。整個課程分三部份: 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

Kindly funded by: Canterbury CDSE

Visit to Play Centres



Date: Saturday 星期六
Time: 2:00-4:00pm



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)



Junior Art Program
兒童組美術活動



By Irene Mok

Date: Saturdays 星期六
Time: 3.45—4.30 pm
Venue: Belmore Youth Centre
38 Redman Pde, Belmore