ACCA NEWS
澳華會訊

二零一六年八月 AUGUST 2016

澳華公會2016年『健康生活社區計劃』
ACCA's Healthy Living Community Event

2016年6月16日澳華公會在其西區中心舉行了2016年『健康生活社區計劃』的啟動儀式。逾百位熱心健康的長者和嘉賓出席了本次活動。

會長陳麗紅女士首先為活動致辭。她首先向當天到場支持的貴賓：前聯邦政府助理財政部長Alex Hawke先生，本次計劃贊助方代表Paul Garrard先生，Parramatta聯邦議員Julie Owens女士，Parramatta州議員Geoff Lee博士，Granville州議員Julia Finn女士，Parramatta 前市長John Chedid先生，-Michael Beckwith先生。

她表示澳華公會自1974年成立以來一直致力於華人社區長者的關護和服務，而本次健康生活社區計劃的目的是希望通過組織一系列如太極拳和功夫班等活動，進一步促進社區長者們的身心健康，並讓健康的理念傳遞到整個社區。她最後還特別向Parramatta Leagues Club向本次活動提供的1萬元的慷慨贊助表示了誠摯感謝，並祝願長者們能身體健康、壽比南山。

出席的諸位嘉賓也紛紛上臺致辭，分別對長者們以往的辛勤工作和付出而成就如今繁榮和平的澳洲表達了崇高的敬意，並表示老年人是家庭和社會楷模和財富。他們對澳華公會即將為社區長者組織的集文化和健康於一體的太極拳和功夫活動表示極為讚賞和支持，並希望這個『健康生活社區計劃』能為華人社區甚至以外的整個社區的長者都帶來健康。
接下來澳華公會舞蹈團為活動獻上了精彩舞蹈表演。

隨後著名太極拳師傅何威廉先生為大家展示了一套專門為長者設計的太極健身操。

On 16th June 2016, ACCA held the launching ceremony of the "Healthy Living Community Event" at its Western Centre in Parramatta, attended by over one hundred seniors and guests.

Ms Shirley Chan, the President of ACCA delivered the opening speech. She firstly expressed her appreciation to the guests present to support the programme, including the guest of honour the-Hon Alex Hawke MP, the Assistant Minister for Immigration and Border Protection; Mr Paul Garrard, Representative of Parramatta Leagues Club; Ms Julie Owens MP, Federal Member for Parramatta; Dr Geoff Lee MP, State Member for Parramatta; Ms Julia Finn MP, State Member for Granville; Mr John Chedid, Former Lord Mayor of Parramatta and Mr Michael Beckwith. She also acknowledged ACCA's 42 years of dedication and commitment on Australian Chinese community service and looked forward to promoting healthy living through a series of activities and classes (e.g. Tai Chi and Kung Fu) of the "Healthy Living Community Programme" to the communities. At the end, she paid tribute to the Parramatta Leagues Club for their generous donation of $10,000 for the programme and wished all seniors have a healthy and long life.

All the VIPs made their speech after, paying tribute to the sacrifice and effort the seniors have made to make Australia a prosperous and peaceful country. The seniors are role models of our society. The guests also acknowledged ACCA's "Healthy Living Community Programme" which creatively provides activities combining cultural appreciation and healthy exercise, and hope the programme can promote healthy living for not only Chinese community but all other communities.

Dancers from ACCA dance group then performed a beautiful Chinese cultural dance, followed by Tai Chi exercise moves demonstrated by Tai Chi master Mr William Ho.

目錄

封面 2016年『健康生活社區計劃』
01 會長的話
03 2016年度義工感謝午宴
04 2016年度新一屆幹事團隊
05 靈猴獻瑞，齊賀新春
07 巴拉瑪打消防局開放日參觀活動
08 西區服務中心歡慶端午佳節
09 北區高齡組活動開放日
09 祝賀中文學校的同學
10 『 穩步向前計劃 』
11 最新活動
12 最新活動
13 最新活動
14 相片集
封底 鳴謝

Content

Healthy Living Community Event FC
President's Message 01
Volunteers Appreciation Luncheon 2016 03
New office bearers 2016 04
Chinese New Year Celebration Luncheon 05
Parramatta Fire Station Open Day Visit 07
Western Centre Celebrating
Dragon Boat Festival 08
Pennent Hills Senior Group Open Day 09
Congratulations to CLS' students 09
Stepping On Program 10
Upcoming Activities 11
Upcoming Activities 12
Upcoming Activities 13
Photo Gallery 14
Acknowledgment BC

與眾高齡組領導人會面
Meeting with seniors group leaders

華人社區警民互動演講會
Enhancing Safety Awareness in Chinese Community & Policy-Community Relations

出席了中國駐悉尼總領事李華新先生任滿榮歸歡送會
Farewell Reception for the former Consul General of China in Sydney His Excellency Li Huaxin

『健康生活社區計劃』活動中與到場貴賓合影留念
Healthy Living Community Event group photo with guests: *from left to right*
ACCA's Hon Secretary John Hugh, Ms Julia Finn MP, Dr Geoff Lee MP,
the Hon Alex Hawke MP, ACCA's President Shirley Chan,
Ms Julie Owens MP, Former Lord Mayor of Parramatta John Chedid, Mr Michael Beckwith

會長的話
President's Message

Dear Members,

It is an honour and a privilege that I am writing to you as President of ACCA. I am excited to lead a team which is dynamic and committed to the further success of ACCA.

I wish to express my gratitude to all the past Presidents and directors for their enormous contributions in making ACCA where it is today.

The new office bearers and I will endeavour to expand ACCA's core aged care services further and provide more benefits to our members.

Since assuming office on 3 April 2016 some of the events attended by myself and my fellow directors included:

1) Farewell reception for the outgoing People's Republic of China Consul General His Excellency Li Huaxin in April 2016;

2) ACCA Volunteers' Appreciation Luncheon in May 2016, to thank ACCA volunteers for their contributions;

3) ACCA Northern Centre Open Day on 3 June 2016 which showcased a variety of aged cared programs and other cultural interest classes;

4) ACCA Western Centre Dragon Boat festival on 9 June 2016 which included tasting of traditional glutinous rice and other snacks;

5) ACCA's formal launch of "Healthy Living Community Event" on 16 June 2016 at the ACCA Western Centre with funding provided by the Parramatta Leagues Club. About one hundred guests and members attended the event. This event promoted healthy living through traditional Chinese exercises like tai chi and kung fu.

As many of you are aware for many years ACCA had been planning to establish a service centre in Hurstville. Hurstville has the largest Chinese population in Sydney but ACCA's conspicuous absence in this area has long been noticed by members. I'm very happy to report that following a personal approach by me the owner of the property the Leung family has generously donated their second floor premises for ACCA to use free of charge. ACCA has now signed a lease for a token $1 a year. I'm deeply touched by the generosity of the owner and I thank them enormously.

On behalf of the board of directors, I wish to thank our staff, members and volunteers for their ongoing support in making ACCA a highly regarded Chinese community organisation.

親愛的會員們:

我非常榮幸能在此以澳華公會會長身份向您致此信。同時，我也為能夠領導如此一個有幹勁和對發展澳華公會充滿使命感的團隊而感到興奮。

首先，我要特別向所有歷屆的會長和董事成員們致敬。正因為有他們的巨大付出，才造就了如今的澳華公會。我和本屆的董事會將秉承他們這種奉獻和奮鬥精神，進一步發展澳華公會的核心養老服務和提供更多更好的會員服務。

自從2016年4月3日新一屆董事會上任開始，為了進一步推廣澳華公會，我本人和其他董事成員積極組織和參加了許多活動，其中包括：

1) 代表澳華公會受邀參加了於2016年4月22日舉辦的前中國駐悉尼總領事李華新先生離任招待會；

2) 為向澳華公會義工們表達感謝，我們在2016年5月11日舉行了2016年度義工答謝午宴；

3) 為了向公眾展現澳華公會多姿多彩的高齡活動，我們組織了北區高齡中心的2016年度開放日。

4) 在2916年6月9日，我們組織參加了西區中心的歡慶端午節活動；我也很榮幸地與當天參活動的長者一道共用美味粽子和其他各類節日美食;

5) 為了進一步促進社區長者們的身心健康並讓健康的理念傳遞到整個社區，我們在2016年6月16日在西區中心正式啟動了『健康生活社區計劃』。該計劃得到了Parramatta Leagues Club的慷慨贊助，並將會組織一系列如太極拳和功夫班等有益健康的活動和課程。

長期以來，許多會員都在議論和期待澳華公會能夠在悉尼最大的華埠—Hurstville設立中心。實際上，我們在許多年前已經開始為此而計劃和籌備。現在，我很高興告訴大家，通過我與當地梁氏家族的聯繫，已經得到了他們無比慷慨的支持—以每年1元的象徵性租金出租他們位於Hurstville中心地段的一座兩層樓的樓宇的第二層給澳華公會作為長期活動中心。他們這種慷慨善舉真是讓人深深感動，我也借此機會再次向梁氏家族表示衷心的感謝。

最後，我僅代表澳華公會董事會，向我們的員工、會員和義工們致以誠摯的謝意！感謝你們一直以來的貢獻，使得澳華公會成為一個在華人社區為人愛戴和有影響力的華人組織。

會長 President
陳麗紅 Shirley Chan

澳華公會2016年度義工答謝午宴
ACCA Volunteers Appreciation Luncheon 2016

2016年5月11日，為了向過去一年為澳華公會的社區服務無私付出的義工們表達感謝和嘉獎，澳華公會在悉尼唐人街八樂居酒樓舉行了一場義工周年感謝午宴。近百位的義工代表參加了當天的午宴。

午宴在會長陳麗紅女士的致辭中正式拉開了序幕。陳會長對義工朋友們的無私奉獻精神和給予澳華公會社區服務的長期支援和協助表示衷心的感謝。她同時提到現今一共有132名義工朋友長期為澳華公會的送餐服務、高齡日間服務、高齡組活動、電腦和攝影興趣班等社區服務平均每人每週提供4.8小時的義務工作。她還特別對一位如今已經88歲的高齡義工朋友表達了敬佩之意。

陳會長同時也向諸多到場支持本次活動的澳華公會管理層、合作機構、當地政府和華人社團的代表人士表示了感謝。他們包括：副會長關正峯先生、董事藍菲立先生和諸霞麗女士、時任執行總裁鄧何秀娟女士、聯邦議員Nick Varvaris先生、高嘉華市副市長鄧小穎女士、Randwick市議員Ted Seng先生、Invocare的Edward Chui先生和Agnes Yiu女士、中國和平統一促進會常務副會長兼秘書長田飛先生以及知名華人領袖駱漢豪先生。

席間，聯邦議員Nick Varvaris先生和高嘉華市副市長鄧小穎女士也分別受邀上臺致辭。他們分別對義工朋友們的奉獻精神和取得的成績表示敬意和嘉許。他們也表達了義工精神是澳大利亞多元文化精神的重要組成部分和創建和諧社區的重要因素，並鼓勵更多社會人士能加入到社區義務工作中來。

11th May marked the ACCA Volunteers Appreciation Luncheon held to recognize and reward the 132 volunteers that help deliver ACCA's community services. The event was kicked off by ACCA

澳華公會義工獎狀

ACCA Volunteer Certificate of Appreciation

awarded to

In recognition of your continued dedication and commitment in assisting the community services of the Australian Chinese Community Association of NSW

Shirley Chan - President

11th May 2016

Date

President Shirley Chan's speech, welcoming the volunteers and guests who attended the luncheon and recognizing the generous hundreds of hours ACCA's volunteers donated as well as their dedication and supporting through the year.

Volunteers were then treated to well-prepared dishes catered by the Eight Restaurant, followed by the delivery of certificates of appreciation acknowledging their help in ACCA's community services of Meals on Wheel, Aged Day Care, Seniors Group, Computer & Photographic Class and Dancing Troupe.

義工接受獎狀合營留念
Group Photo of Award Receivers

澳華公會2016年度新一屆幹事團隊
ACCA's new office bearers 2016

為了讓年輕化和有才幹的團隊能有更多的機會帶領澳華公會繼續發展，藍菲立先生和何婷美女士　於2016年4月3日分別卸任了澳華公會會長和秘書的職位。在同日舉行的新幹事選舉中，選出了以下新一屆幹事團隊，

會長：　陳麗紅
副會長：　關正峯　林偉民　梁穎
秘書：　胡煜明
司庫：　陳錫玲
助理秘書：周欣逸
助理司庫：黃冠勳

陳麗紅女士表示十分榮幸當選澳華公會新一任會長。對能成為一個不斷進取和致力於澳華公會進一步發展的團隊的重要成員，她感到無比興奮。

陳麗紅女士對前任會長在其任期的20個月內所為澳華公會做出的重大貢獻和取得的非凡成就表示了由衷的讚賞和致意。

"藍菲立先生長期的辛勤耕耘，已經為澳華公會接下來進一步的發展打下了堅實基礎。那個時期澳華公會正處於在未知領域中前行的最艱難的時期。面對挑戰，藍菲立先生帶給了澳華公會強而有力的領導。如今的澳華公會已經更加穩固強大。" 陳麗紅女士表示。

陳麗紅女士也同時向前任秘書何婷美表示了敬意。

"何婷美女士在澳華公會成功出版其40周年紀念刊中起了決定性的作用。上一年度的年度會員大會的順利召開也有賴於她的辛勤付出。"

陳麗紅女士還向前任司庫黃冠勳先生致以了謝意。黃冠勳先生將繼續任職助理司庫一職，以協助和指導仍是一位年輕會計的新任司庫陳錫玲小姐。

藍菲立先生表示接下來他會地全力支持和協助新一屆幹事團隊，確保澳華公繼續應對在為社區提供高品質高齡關護和殘障服務中面臨的各種挑戰。

On 3 April 2016, Felix Lam and Miranda Budiman stepped down as President and Secretary of ACCA respectively to allow a younger talented team the opportunity to continue with the good work. An election of office bearers was held and the following were duly elected:

President:	Shirley Chan
Vice Presidents:	Daniel Kwan
	Rudy Limantono
	Theresa Liang
Secretary:	John Hugh
Treasurer:	Stephanie Chen
Assistant Secretary:	Danny Zhou
Assistant Treasurer:	Adrian Wong

Shirley Chan said that it was an honour and a privilege to be elected President. She is thrilled to be part of a team which is dynamic and committed to the further growth of ACCA.

Shirley Chan paid tribute to her predecessor and expressed her gratitude for the extraordinary amount of work accomplished in the last twenty months.

" Felix did a lot of hard work and has laid the building blocks and foundation for ACCA to grow further. It was one of the most challenging times where ACCA sailed into unchartered waters. Felix was able to provide strong leadership and ACCA has emerged stronger than ever." said Shirley Chan.

Shirley Chan also acknowledged the contributions of past Secretary Miranda Budiman.

" Miranda was instrumental in the successful publication of ACCA's 40th Anniversary Book. She worked very hard to ensure last year's AGM and election of directors run smoothly."

Shirley Chan also thanked the past Treasurer Adrian Wong who stepped down to become Assistant Treasurer so that he could mentor the new Treasurer Stephanie Chen.

Felix Lam says he will continue to make himself available to assist the new team to make sure ACCA continues to meet the challenges in the delivery of quality aged care and disability services to the community.

靈猴獻瑞 齊賀新春

2016農曆新年聯歡午宴
2016 Chinese New Year Celebration Luncheon

爆竹一聲除舊歲，澳華喜迎丙申年。靈猴獻瑞賀新春，福壽康寧齊開顏。本月十七日，澳華公會高齡服務特別為長者們舉辦了別具一格的大型的猴年新春團拜活動，地點在悉尼唐人街的新富麗宮酒樓。是日風和日麗，天氣不冷不熱，職員和義工一早就到長者家中小心翼翼地陪同他們由東南西北各區前來，在喜氣洋溢的賀年音樂中魚貫進場。只見酒樓張燈結綵、鑼鼓喧天，筵席三十多台，出席人數超過三百八十餘人。大家猴年春風得意，互相恭祝新年，共敘快樂人生。“老驥伏櫪，志在千里”，華人長者們懷有樂觀的人生態度，積極參與社交活動，而澳華公會高齡服務多年來說明長者們增加生活獨立能力，在家歡度晚年。

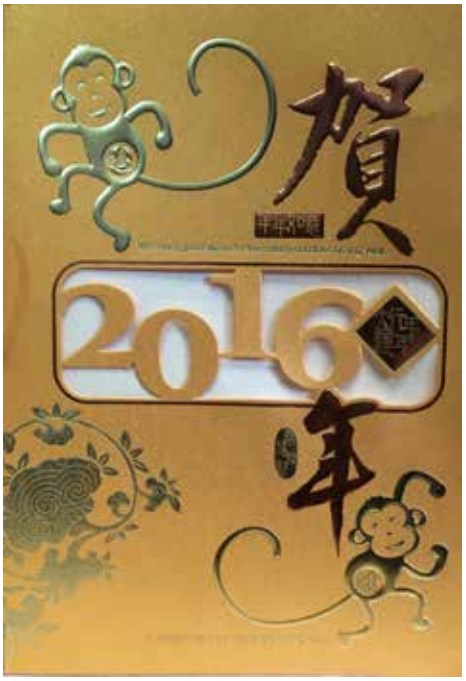
威武神彩的舞獅拉開了序幕，它表達了力量智慧、吉祥如意、求吉納福的美好意願。時任會長藍菲立先生致上歡迎和祝賀詞。他恭祝大家新年快樂、身體健康、龍馬精神。他說：“猴子是一種聰明機智、可愛活潑的動物。今年是丙申猴年，象徵激情、創造力和快樂。我恭祝新年帶給長者們闔家安康、幸福好運。祝願澳華公會在新的一年揚鞭策馬，取得更好的成績。” 藍先生強調澳華公會將繼續為長者們提供優質的服務。如果大家有什麼建議，請隨時告訴我們。

接下來是由威洛比市議會多元文化舞蹈團進行的精彩中國傳統的舞蹈表演，第一支舞是活潑優美的“高青山”，是由一首耳熟能祥的著名臺灣歌曲所編。第二支舞是娥娜多姿“茉莉花”，歌曲是大家熟悉的中國民歌。白色的鵝毛扇子不斷折迭、展開和移動，形成了各種美麗的花朵造型，讓人看得如癡如醉。享用美味豐富的午宴後，接著是人人喜愛的幸運大抽獎。最後，萬眾期待的財神爺出場，給每人送上利是和祝福。這次活動一如既往受到新富麗宮酒樓的大力支持，特此鳴謝。今年的禮物和獎品特別多，感謝恒暉貿易有限公司、林和成貿易公司、順達旅行社、UNIKC Group, White Glo等機構的贊助，使長者們滿載而歸。

長者與舞獅互動
Senior interacted with the “lion”

ACCA Elderly Service hosted a Chinese New Year Luncheon in celebration of Lunar Year of the Monkey. The luncheon was held at the Marigold Restaurant in Sydney Chinatown and was attended by more than three hundred and eighty clients, carers, volunteers and staff.

The Luncheon began with the Chinese traditional Lion Dancing, which was the symbol of power, happiness, longevity, and good fortune. “Kung Hei Fatt Choy! San Tai Kin Hong! Loong Ma Ching San! ” (means Happy New Year! Wishing You Healthy and Happy!) Former President of ACCA, Mr. Felix Lam greeted everyone with great New Year spirit. He said: “Ladies and gentlemen, thank you all for coming to join us on



this once a year great traditional festive occasion. I am very happy to see so many of you are here today!"

Felix explained a bit of symbolic meaning of the year of Monkey. "I hear that the monkey is a smart and intelligent creature. This year is the Fire Monkey. Fire brings passion, creativity and joy. I hope this year brings to you and your family lots of joy, happiness and prosperity. Also brings to ACCA lots of energy, innovation, growth and great success." Felix emphasized "ACCA will continue to deliver the best possible quality of services. If there is anything else that ACCA can do for you, please do not hesitate to discuss with our staff." Felix acknowledged the senior groups who were there on the day.

The celebration was followed by the traditional Chinese dancing, performed by the MOSAIC Multicultural Taiwanese Dance Group of Willoughby City Council. The first dance was called "Gao Shan Qing" which means high and green mountains. The dance group was dressed in traditional colorful clothing. The second dance "Jasmine Flower" is also well known to the Chinese community. It is a popular Chinese folk song. The folding, unfolding, and moving fans formed a variety of flowery shapes which were so beautiful.

There were cheers and applause aplenty throughout the event as everyone was delighted with the exquisite banquet, the entertainments, and the lucky draw prizes. A little later the "God of Fortune" appeared, giving out Red Pockets and wished everyone a blessed and wealthy Year of the Monkey. ACCA would like to thank the UNIKC Group, Travel Express Services, White Glo, Heng Fai Trading Co., and Ettason P/L for sponsoring of table prizes and lucky draws.

西區家居配套服務王主任于客戶合影
HCP West coordinator and clients

巴拉瑪打消防站開放日參觀活動
Parramatta Fire Station Open Day Visit

當天的講座活動有25人參加。巴拉瑪打消防站派出消防員駕駛一輛巴士到澳華公會西區會址，接送全體參加者到巴拉瑪打消防局。他們一早為長者們擺設好椅子及午餐茶點，並邀請了7號電視台主持在場拍攝，並於當晚電視上報導。可見政府消防部門重視提高大眾的防火意識，為己為人做好的防火措施，確保市民生命財產安全。

當天消防局的一位華人消防員為我們作翻譯，參與者都非常專注認真聽講，並觀看了消防員撲滅火頭的現場示範。講座中提及的消防安全需要注意事宜及措施：

（1） 不要用水撲滅熱油引起的火，水會讓火快速蔓延，導致嚴重傷害。應用防火布蓋掩熄。
（2） 對於燃燒的火頭還是要用滅火器撲滅。
（3） 在烹飪時不要離開廚房，離開廚房時應切斷電源，關掉電爐。
（4） 晚上睡前應檢查所有電器，關掉電源。
（5） 在廚房的特定安全地方放置一個化學乾粉滅火器及一條滅火布氈。並在起居室，靠近臥室的門廳和靠近廚房處安裝煙霧警報器。
（6） 如果遇到火災，逃生外面後馬上撥打「000」報警

當天我們跟消防員非常融洽交談和拍照留念，收獲良多。

Some 25 members from the Western Centre Seniors group enjoyed a day of information and fun at Parramatta fire station on 5th May 2016.

The fire station opened its doors to the public, giving visitors a chance to meet the team as well as to obtain important fire prevention and safety tips.

A bus was specially arranged by fire station to pick up the seniors. To surprise the participants, a variety of refreshments and foods were well prepared when they arrived. The reporters from Channel 7 were also invited and the event was broadcast in the evening news of the day.

Moreover, the fire station provided a “professional” interpreter who is actually a Chinese fire fighter from the station, ensuring all the seniors can understand the fire awareness tips and enjoy the live demonstration showing how to put out a fire.

The talk mentioned the following fire safety issues and measures:

(1) Do not use water to put out fat and oil fires. Water can cause the fire to spread rapidly and cause horrific burns which may result in serious injury. Fire blanket should be used instead.
(2) For other types of fire, fire extinguisher should be used.
(3) Do not leave your cooking unattended. If you must leave the kitchen whilst cooking, turn off the hotplate.
(4) Ensure that all cooking appliances are turned off after use, especially before going to bed.
(5) A dry chemical fire extinguisher and a fire blanket should be installed in a safe place in the kitchen. Install smoke detector near the door of the bed room and living room, and near the kitchen.
(6) When there is a fire, ring ‘000’ from a safe place.

After the talk the seniors chatted cheerfully and taking photos with the firemen. All of us learned a lot from the talk. To obtain more information about fire safety, please visit the website *www.fire.nsw.gov.au.*

西區服務中心歡慶端午佳節
Western Centre Celebrating Dragon Boat Festival

2016年6月9日，澳華公會西區服務中心的高齡組舉行了一場歡慶端午節的活動。
澳華公會會長陳麗紅，副會長關正峯和秘書胡煜明也專程到場，向老人家表達節日的祝福，並與老人家們同歡樂共慶此傳統中華佳節。活動隨後為大家獻上了端午節不可少的傳統食品-粽子和許多其他精心準備的美味節日佳餚，讓老人家們一飽口福。

長者們正在享用美味粽子
Seniors enjoying glutinous rice dumplings

On 9th June 2016, the seniors group from Western Centre celebrated the Dragon Boat Festival.
President Ms Shirley Chan, Vice-President Daniel Kwan, Secretary Mr. John Hugh and Director Helena Chai also came to convey their festival greetings and join with the seniors to the celebrate the traditional Chinese festival.

To mark the event, the traditional glutinous rice dumpling (zongzi), was served together with other delicious food prepared by the centre staff.

西區高齡組與消防員們合影
Western Centre Seniors Group & Firefighters

北區高齡組活動
開放日
Pennent Hills Senior Group
Open Day

2016年6月3日， 澳華公會北區高齡組舉行2016年度開放日的活動。本次活動目的是向公眾展現澳華公會多姿多彩的高齡活動，並藉此向社會傳遞敬老護老的愛心和美德。

活動節目包括：氣功、歌唱、書法、四重奏和舞蹈。精彩表演一個接一個，讓在場的老人家們目不暇接，直呼過癮！活動最後還有幸運大抽獎，讓好運和幸福伴隨著如此精彩的一天圓滿結束。

會長陳麗紅，副會長關正峯、梁穎，董事藍菲立、何婷美出席了當天的活動。

澳華公會舞蹈隊表演
Performance by ACCA Dancing Troupe

On 3rd June 2016, ACCA Northern Centre Seniors Group held an open day event to demonstrate a variety of ACCA's elderly care activities and advocate respecting and caring the elderly to the public.

Activities of the day included: Chinese Qigong, singing, calligraphy, quartet and cultural dancing. All participated seniors were so entertained by the non-stop activities and performances, as well as the lucky draw ending the day with fortune and happiness.

President Ms. Shirley Chan, Vice-President Mr. Daniel Kwan and Ms. Theresa Liang, Directors Mr. Felix Lam and Ms. Miranda Budiman attended the event.

氣功表演
Qigong Performance

祝賀中文學校的同學
Congratulations to CLS' students

熱烈慶祝澳華公會中文學校CKG/C1班的同學們，他們在Catherine Yeung老師和Becky老師的指導下獲得了在2016年5月22日行的2016年度全澳中文朗誦比賽的粵語4-6歲年齡組別的冠軍。在此我們再次向徐永耀校長及各位同學和老師們表示祝賀。

我們在此也向所有參加本次比賽的澳華公會中文學校的同學們表示感謝，並祝願他們在今後比賽中繼續取得佳績

It is a proud moment for ACCA Chinese Language School that their CKG/C1 students (whose teachers are Mrs. Catherine Yeung and Mrs Becky) won the first place for the Cantonese 4-6 Years age group in the 2016 National Chinese Eisteddfod competition held on 22nd May 2016.
Congratulations, Principal Phil and the team!

We also want to extend our appreciation to all of ACCA Chinese Language School students who entered the competition and wish them the best in their future endeavors.

穩步向前計劃 Stepping On Program

澳華公會與東南悉尼當地衛生區（SESLHD）合作舉辦的穩步前行計劃，旨在減少跌倒及幫助曾經跌倒過的老年人重建信心。此項以研究為基礎的計劃，內容包括了增強力量和平衡練習，在家中摔倒風險及社區安全，鞋類和服裝，視力對摔倒的影響，維生素D和鈣，良好睡眠，用藥和暈眩。今年，在專家的協助下，我們訓練有素的穩步前行主持人一共舉辦了兩組（粵語和國語）穩步前行計劃課程，讓27位華人長者得益。

在課程的最後，學員們均表示他們從課程中學習到了新的信息和技能。部分學員甚至能在課程中與大家分享他們的進步與改善。所有參加者都給予穩步前行計劃很高的評價，均認為課程很有成效、主持人和演講專家都非常專業以及課程舉辦地點十分便利。他們都表示願意向其他人推薦此課程。

ACCA has formed a partnership with the South Eastern Sydney Local Health District (SESLHD) to run the 'Stepping On' program, in which aiming to reduce falls and build confidence in older people after a fall. This research-based program covers strengthening and balance exercises, home fall hazards and community safety, footwear and clothing, vision and falling, Vitamin D and calcium, sleeping better and medication, as well as dizziness. This year with the assistance of local experts, our trained SOP facilitators had run 2 groups for 27 Mandarin and Cantonese speakers in the financial year 15-16.

At the end of the program, participants had indicated that they had learned new information and skills from the program. Some shared with their group of their accomplishments. All participants evaluated the program to be useful, facilitators and guest speakers competent, venue convenient and they would recommend the program to others in future.

最新活動 Upcoming Activities

最新活動 Upcoming Activities

澳華公會與澳洲統計局合作舉辦

人口普查「CENSUS」 填表服務

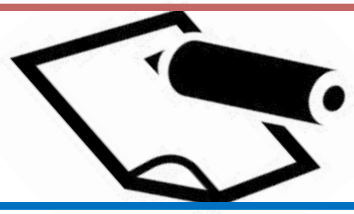
澳洲統計局(Australian Bureau of Statistics,簡稱 ABS)每五年進行一次人口及居住情況普查。今年的 8 月 9 日 (星期二) 將會是澳洲的人口普查夜。所有居住在澳洲的家庭單位 都必須完成一份普查表格。

對象: 對英語和電腦不熟悉的長者,尤其是獨居或夫婦同住的長者

*請務必致電預約

**由 2016 年 7 月 29 日起,請注意查看寄到您信箱裡的人口普查信。這封信將會有你的網上填表登入號碼以及有關指令，請携同此信出席預約.

服務時間和地點



Parramatta（澳華公會西區服務中心） - 8月11日 上午10:30 - 下午1:30
地址：15 Hunter St, Parramatta NSW 2150 電話：9687 8981

Chatswood（澳華公會北區服務中心） - 8月12日 上午10:30 - 下午1:30
地址：Suite 103, Level One, 10 Help St, Chatswood NSW 2067 電話：9281 1377

Hornsby（圖書館） - 8月12日 下午1:30 - 下午4:30
地址： 28-44 George St, Hornsby NSW 2077 電話：9412 3488

Hurstville（澳華公會南區服務中心） - 8月15日 上午10:30 - 下午1:30
地址： 1st Floor, 8 Park Road， Hurstville NSW 2220 電話：9281 1377

Surry Hills（澳華公會中區服務中心） - 8月17日 上午10:30 - 下午1:30
地址：2 Mary St, Surry Hills NSW 2010 電話：9281 1377

acca 澳華公會 Australian Chinese Community Association

Australian Bureau of Statistics

最新活動 Upcoming Activities

柏金社與澳華公會合辦

柏金遜症華人社區公開講座

柏金社與澳華公會將於 2016 年 9 月 6 日舉辦「柏金遜症華人社區公開講座」，讓各位有多瞭解關於柏金遜症的影響，治療以及醫療的新進展。

此講座邀請了 Westmead 醫院腦神經科 Dr. Florence Chang 和新州柏金遜協會心理輔導員 Kristin Robertson-Gilliam ：

- ⇒ 柏金遜症及醫療的新進展 (Dr. Florence Chang)
- ⇒ 柏金遜症對心理方面的影響及其治療 (Kristin Robertson-Gilliam)
- ⇒ 解答關於柏金遜症問題

對象: 柏金遜症患者，照顧者以及想認識更多有關柏金遜症的人士
語言: 英語主講，國語翻譯
日期: 2016 年 9 月 6 日星期二
時間: 上午 10:00 至 下午 1:30

查詢及登記

澳華公會中區服務中心
地址: 2 Mary Street, Surry Hills NSW 2010
登記: 02 9281 1377
电邮: info@acca.org.au

澳華公會 Australian Chinese Community Association

柏金社

2017年「 养老金政策的變動」 講座

- ⇒ 何謂2017年養老金資產測試
- ⇒ 了解資產測試的變化以及這些變化對您領取養老金有何影響

講座詳情及登記辦法

對象: 領取養老金 或想認識更多有關此計劃的人士
語言: 英語主講 · 國語/粵語翻譯

北區
8 月 26日 （星期五） 時間: 上午 10:30 至 上午 11:30 - 粵語
地址: 8 Warne St, Pennant Hills 2120 登記: 02 9412 3488

中區
9月 7 日（星期三） 時間: 上午 10:30 至 上午 11:30 - 粵語
地址: 2 Mary Street, Surry Hills NSW 2010 登記: 02 9281 1377

西區
8 月 26日（星期五） 時間: 上午 10:30 至 上午 11:30 - 國語
9月 8日（星期五） 時間: 上午 10:30 至 上午 11:30 - 粵語
地址: 15 Hunter St, Parramatta 登記: 02 96878981

澳華公會 Australian Chinese Community Association

centrelink

好消息! Good News

我們的Hurstville中心現已開放！

中心位於1st Floor, 8 Park Road, Hurstville（更生會的樓上），並暫定逢星期一、五開放。我們歡迎您的到來 ！從8月8日起，逢星期一將會舉辦串珠工藝班。另於 8 月 15 日，中心將為當地的華人社區提供填寫人口普查表服務。參加詳情請致電 9281 1377 查詢及預約。 Hurstville 中心將會進一步舉辦一系列的興趣班、社區信息講座和協助長者填表服務，敬請留意進一步的公佈!!

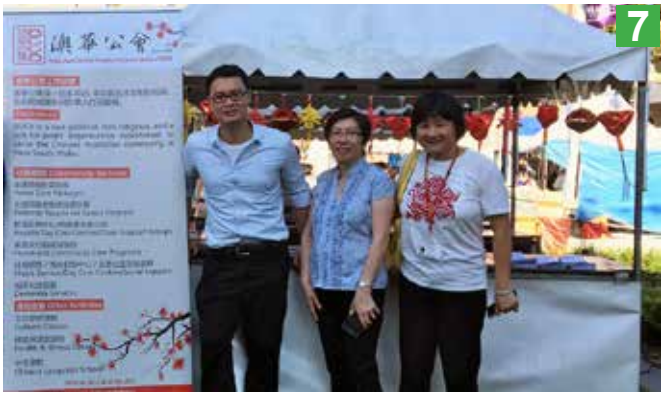
Our Hurstville centre has now opened!

We are located at 1st Floor, 8 Park Road, Hurstville, right above CanRevive. The centre now opens on every Monday and Friday; feel free to visit us! From 8th August, we will hold a Beading Class on every Monday and on 15th August, we will be helping local Chinese community to fill in their Census form, please call 9281 1377 to make an appointment. In the future, we will host a series of interest classes, information sessions and form filling service, please stay put for future announcement!!

相片集 Photo Gallery

1. 國家殘障保險計劃（NDIS）講座
2. 西區中心教育課程
3. 敏思中心藍山一日遊
4. 北區高齡組長者與來賓合影
5. 北區暫托中心客戶和職員合影
6. 西/北區耆英日間中心春季一日遊
7. 職員參加巴拉瑪打新年慶祝活動
8. 澳華公會參加2016年健康和福利博覽會之攤位

1. NDIS Information Session presneted by "My Choice Matters"
2. Education program at Western Centre
3. Mingshi's clients outing to Blue Mountain
4. Pennant Hills seniors group and guests
5. Clients & staff from Northern Sydney centre-based Respite centre
6. Western & Northern Sydney Aged Day Care Centre Spring Excursion
7. Staff participated at the 2016 Parramatta New Year Festival
8. ACCA's community service stall at CCCS's Senior Health and Wellbeing Expo 2016



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龍寶山華人永遠陵園

家福樂園基督教墓園

北區紀念公園

龍寶山諮詢中心是屬於全澳最具規模的殯葬公司，恩福關懷公司 (InvoCare Australia) 轄下的多元文化部。我們提供一站式墓地選擇及喪禮策劃服務。資深華籍顧問可爲閣下安排參觀恩福關懷公司以下的墓園：

- **松柏紀念公園**
  (內設龍寶山華人永遠陵園)
- **卡素寶紀念公園**
  (內設家福樂園基督教墓園)
- **福隆紀念公園**
  (內設寶福山華人永遠陵園)
- **北區紀念公園**
- **六福紀念公園**

爲方便華人朋友能夠按照自己的意願預早選購福地，本公司可提供免息分期供款未雨綢繆計劃。歡迎查詢及預約參觀。

龍寶山諮詢中心

悉尼華埠 莎瑟街368號 太平洋貿易中心 四樓411室

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鳴謝 Acknowledgement

ACCA wishes to acknowledge the following government departments and the programs they fund:
澳華公會希望鳴謝以下政府部門和他們所資助的項目：

1. **Commonwealth Department of Health** 聯邦衛生部
   - Home Care Packages 家居護理配套服務
   - Commonwealth Home Support Programme 聯邦家居援助計劃
2. **Department of Family and Community Services** 新州家庭及社區服務部
   - Ageing, Disability and Home Care 高齡、殘障和家居護理服務
3. **NSW Department of Education** 新州教育部
   - Community Language Schools 社區語言學校
4. **Republic of China—Overseas Chinese Affairs Office** 中國國務院僑務辦公室
   - Chinese Education Model Schools 海外華文教育示範校

特此感謝我們的贊助商和企業合作夥伴
Special thanks to our sponsor and corporate partner

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