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## Helping Hands: The Unexpected Pair

**Terrence Deng 鄧兆君**  
**Andrew Lai 黎耀中**

### 援助之手：意想不到的搭檔

Hello, we are two university Co-op students for this year's Helping Hands Program, Andrew Lai and Terrence Deng. While Andrew is from UBC, Terrence from SFU, the main difference between us is not the fact that we are from competing universities, but in our hobbies and personalities. For example, Andrew enjoys watching and playing sports, while Terrence enjoys reading novels watching the news. Andrew is more casual, while Terrence is more serious. Then one would ask, "how on earth would these two work well together?". But it is because of these dissimilarities that we find our compatibility. With such differences, we learned to cover for each other's deficiencies and weaknesses. What one lacks, the other has, uniting our different attributes to form a compatible working partnership. To be more specific, while Terrence focuses more on macro level perspective when handling situations, Andrew concentrates his attention on micro level perspectives. As a result, this pair of Helping Hands Co-op students continue to work well with not only ourselves but as well with other coordinators in the office, because we all work towards one common goal of enhancing the quality of life for Chinese speaking people.

大家好，我們是華人警訊服務中心援助之手項目裡面的黎耀中和鄧兆君。黎耀中是來自英屬哥倫比亞大學（UBC）的心理系實習生，而鄧兆君則是來自西門飛沙大學（SFU）的犯罪學系實習生。我們不僅擁有不同的學歷背景，還有相對不同的性格。比如說鄧兆君是一個比較安靜且認真的人，黎耀中則比較鍾愛觀看以及參與各項運動項目。值得一提的是，正是因為性格上的不同而鑄造了這意想不到的搭檔。在工作上，雖然鄧兆君在細節上處理事務不如黎耀中，但宏觀分析上則比黎耀中略勝一籌。而正是這樣的一對搭檔成為了今年的援助之手項目的實習生。今年我們會再接再厲地為大溫哥華華人社區提供服務與提升生活質量。



## Community Track Day — 社區交流日

**Terrence Deng 鄧兆君**  
**Andrew Lai 黎耀中**

A day where the Chinese Community Policing Centre took part in the Hastings- Sunrise community, getting together with other non-profit organizations to participate in the 2013 Community Days at Hastings Racecourse. A sense of community was seen in the gathering of participants, from young children to elderly individuals, all gathered to participate in the BBQ and the day's events. As funds were raised to benefit the community for each horserace, this power of community and happiness really resonated with the participants the entire day.

社區交流日是由溫哥華華人警訊和喜事定社區中心聯合舉辦的一個活動。活動當天大家可以在PNE (Pacific National Exhibition) 裡一邊沐浴著陽光，一邊享受著燒烤美食，還能一邊欣賞跑馬賽事。還有不同的活動來提高社區生活水平。這個社區交流日最重要的是融合不同的社區與文化，促進人與人之間的聯繫，還有鞏固社區和諧風貌。



CitizenU 是溫哥華市政府為了教育青年關於反欺凌，防止歧視意識為中心而實行的一個項目。它在提供長達 9 各月的訓練與教育。在頭三個月內的課程裡學子們接觸到如何避免受歧視，受欺凌後該如何面對，等等。在第二期的學習會裡學生們更會接觸由歷屆畢業生所創作的反歧視反欺凌相關作品等。而這個項目的畢業典禮正是在第二期之後舉行的。學生們在畢業禮上可以把頭兩期裡學到的東西融匯到一起，暢談今後關於歧視和欺凌項目的發展與猜想等。這個項目志在讓學生們在融貫各方欺凌與歧視方面的知識之後，再在不斷地創新之下達到消除這兩個難題的目的。相信這個項目會令今後的校園欺凌會明顯減少，潛伏在社會裡各階層的歧視也會逐漸消失。目前為止已經達到不俗的效果。

## CitizenU 畢業禮- CitizenU graduation

鄧兆君 Terrence Deng  
黎耀中 Andrew Lai

CitizenU is a program run by city of Vancouver which contains three phases in total, the first phase involves the basic training on bullying and discrimination; the second phase encourages participants to attend different special events/presentations created by other organizations about discrimination and bullying; while the third phase requires participants gathering their experiences to come up with a new presentation/promotion in regards to bullying. All these phases combine into a 9-month program, and it is primarily for youth group age from 13 to 24.

The graduation comes after phase 2 (June 8th)—presented their ideas of what they're going to about their events. There is also a scavenger hunt. The alumni from CitizenU will bring their accumulated knowledge about discrimination and bullying, and raise the awareness for communities as well as within their school.



## 如何應對網絡欺凌

鄧兆君 Terrence Deng  
黎耀中 Andrew Lai

## How to Handle Cyber Bullying

網絡上的欺凌看起來不值一提，但實際上它的危害比現實中的欺凌還要大。因為互聯網的本質是互通並開放，所以網上欺凌變得更加容易，危害更大，且更難避免。比如說現在很多人用臉書，Twitter，以及各大論壇。這些不同的社交媒體是互相連接的，在臉書上發的東西，可以在推特上看見。在論壇裡轉發的帖子，也可以通過臉書來獲得。因此，網絡欺凌的危害會擴散得更廣。那麼我們如何去對付網絡欺凌呢？作為受害人，有以下幾種方法：首先是告訴家人/身邊朋友關於被欺凌的事實，其次去尋找相關的諮詢。然後把欺凌的人拉黑，不再聯繫，最後把整個過程的歷史保留下來，以便報警。而作為家長，應該以孩子的角度出發去解決問題，支持孩子，並且一起尋找有效解決方法。單單地讓孩子不要上網並不是一個很好地解決辦法，因為現在年輕一代已經把網絡生活融為生活的一部分了，這也是為什麼網絡欺凌是一個潛在的危險。

Cyber-bullying is becoming a very more frequent danger to online users. Because of the nature of internet itself, bullying takes in various forms and becomes more convenient. For instance, through the use of Facebook, Twitter, Instagram and various online forums, one can easily post offensive language targeted to one person, in addition, all the social media services are linked to each other, hence exaggerates the effects brought by Cyber Bullying. How do we deal with it? We have come up with general possible solutions: 1. Look for peer/family support. 2. Counselling services. 3. Block the person/comment. 4. Keep history of the comment so you have evidence to report

As a parent, if your child tells you about being bullied, talk with them first, and know the cause of it. Then, seek a solution together, telling him/her just get off the internet is not the solution because social media has been incorporated into parts of youth's daily life, from watching the news to chatting with friends online. For this generation these days we cannot simply "get off" from the internet. This is why cyber bullying is a potential threat to most youth.



**Volunteer of the Month for May**

"It has been a great first year here at the Chinatown CPC. I have been given a fantastic opportunity in meeting new people and learning about the history of the downtown east side here. The differences we can make and the ability to make a change is very fulfilling here. I highly enjoy working with others here and love the support we all have for each other. Thank you all for this opportunity."

**五月份最傑出義工**

“第一年在華人警訊服務中心是一個很好的經驗。我有機會可以認識到新的朋友和學到溫哥華東區的歷史。我們可以改變很多，讓我們非常有成就感。我好喜歡跟大家一起當義工，可以和大家彼此互相加油鼓勵。謝謝大家給我這個機會。”

**Volunteer of the Month for June**

"I was born on January 8, 1988 in Oakville, Ontario. Moving to Vancouver at the young age of 2, my life has since been in this city. Currently, I am attending Simon Fraser University studying for a major in Psychology. The direction I wish to take after attaining a degree with, hopefully, be either a position in law enforcement of some kind, or possibly the military. This is because I wish to be part of something that is has a wide reach to a multitude of sources, thereby allowing me to assist in make positive changes happen."

**六月份最傑出義工**

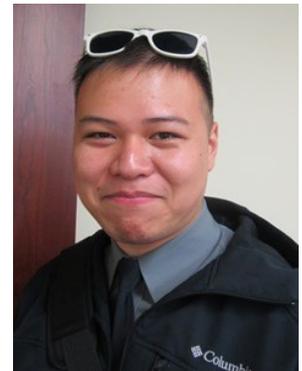
“我是一月八號一九八八年出生的。我出生在奧克維爾，安大略省。在我兩歲的時候，我們搬家到溫哥華。我的生活此後一直在這個城市。目前，我就讀加西門菲沙大學主修心理學。達到學士之後，我希望從事警方或軍事方面。這是因為我想成為有廣泛影響力的其中一部分，讓我有機會協助正面的改變。”

**Volunteer of the Month for July**

A volunteer at the Chinese Community Policing Centre since 2009, Rosita can be counted to volunteer for many of our special events, such as our monthly park clean-ups, annual fundraising garage sale and various other community events. In addition to special events, Rosita also comes in weekly to volunteer at the front desk. In her spare time, Rosita enjoys swimming, shopping and travelling to different parts of the world.

**七月份最傑出義工**

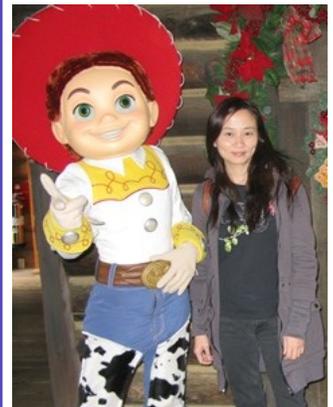
自從2009年，Rosita就在華人警訊服務中心當義工。Rosita 是一位很能夠依賴的義工。她參與了華人警訊服務中心很多的特別活動。加上，Rosita 每一個禮拜都會來華人警訊服務中心的前面櫃台當義工。在休閒時間，Rosita 喜歡游泳，逛街，和去各式各樣地旅遊。



Kevin



Andrew



Rosita

To volunteer with the Chinese Community Policing Centre or to learn more, please call  
604-688-5030

想成為華人警訊服務中心的義工或想知得更多，請致電  
604-688-5030

**Want your picture on this page?**  
**come volunteer for the Chinese Community Policing Centre!**  
**想要你的照片在這頁嗎?**  
**快來成為華人警訊服務中心的義工吧!**  
**(604)688-5030**

# Upcoming Events 最新活動

[WWW.CHINESECPC.COM](http://WWW.CHINESECPC.COM)

118 Keefer Street,  
Vancouver, B.C.  
V6A 1X4

Tel: 604.688.5030  
Fax: 604.688.5070  
Email: [Info@chineseccpc.com](mailto:Info@chineseccpc.com)

August						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2: Night Market (6:30-8:30)

5: BC Day (Office Closed)

10-11: Garage Sale 11-4

16: K4K 10-2

17: Volunteer Appreciation Party (3:40-6)

24: Andy Livingstone Park Clean-up 11-12

30: Night Market 6:30-8:30



September						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2: Labour Day (Office Closed)

5: CCPC Volunteers Recruiting Session 6-8)

6: CPC Fundraising Garage Sale (Chinatown Night market) 6-8:30

19: Project Griffin (8:30-4:30)

28: Andy Livingstone Park Clean-up (11-12)



October						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

14: Thanksgiving Day- Office Closed

26: Andy Livingstone Park Clean-up 11-12

31: Halloween- Office Remains Open



The events listed above are the most up-to-date as of the publication date of this newsletter. For newly added events please visit the events page at [www.ChineseCPC.com](http://www.ChineseCPC.com). We hope to see you at our events!

以上為此期刊刊登時最新活動資料，請至[www.ChineseCPC.com](http://www.ChineseCPC.com)查尋任何更新。希望你參與我們的活動！



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Mandy Ng

Miranda Tseng

Amy Wu

**Editor**

Terrence Deng

Andrew Lai

**Contributors**

Rita Leung

Amy Wu

**Translation**

Terrence Deng

Amy Wu

**Photos**

Angela Lau

James Lim

Miranda Wong

Amy Wu