

**287 495 Home-Made Pasta with Passion (做面点的康复旅程)**

TOTAL DURATION: 00:15:23

Time in	Time out	Transcription	Translation
00:00:15	00:01:41	Ryan: 欢迎收听 Speak My Language 母语讲故事节目。在每一集里面, 我们都会分享生活在我们多元文化社区里残障朋友们的精彩生活经验。我是你们的主持人 Ryan Chen, 我现在正服务于 Ethnic Communities Council of Queensland。在节目里面, 我们会听到生活在我们多元文化社区里, 身体有残障的朋友是如何通过新学到的技能和社区里面的资源去过好每一天的生活。我们既邀请残障朋友们讲述他们自己的故事, 也找来来自各个机构的特邀嘉宾, 向我们分享一些有用的信息, 包括一些适合残障朋友们去的好去处、适合他们参与的活动和机会。大家好, 欢迎收听我们的节目。今天我们邀请的朋友, 她的名字叫 Mary。她今天会跟我们分享一些她的兴趣爱好, 还有生活得开心又充实的一些经验。今天我们的这位朋友选择用一个代替的名字, 这个名字是 Mary。她会跟我们分享她的故事。你好 Mary, 欢迎今天来到我们这个节目。	Ryan: Welcome to the Speak My Language program. In each episode, we share the wonderful life experiences of people with disability living in our multicultural community. I'm your host, Ryan Chen, and I work for the Ethnic Communities Council of Queensland. In this program, we will hear how people with disability living in our multicultural community use newly acquired skills and community resources to live well every day. We not only invite people with disability to tell their own stories, but also invite special guests from various organisations to share useful information, including great places to go and activities and opportunities suitable for people with disability. Hello everyone, welcome to our program. Our guest today is Mary. She will share with us some of her hobbies and interests, as well as hands-on experience on how to live a happy and fulfilling life. Our guest today has chosen to use an alias, Mary. She will share her story with us. Hello Mary, welcome to our program.
00:01:41	00:01:43	Mary: 谢谢。	Mary: Thank you.
00:01:44	00:01:52	Ryan: 我听说你挺喜欢做面点的, 请问这个兴趣爱好是从什么时候开始的?	Ryan: I heard that you like making pastries. When did you take up this hobby?
00:01:52	00:01:58	Mary: 这个兴趣爱好是我从大学读书的时候开始的。	Mary: I took up this hobby when I was in university.
00:01:58	00:02:17	Ryan: 听说你在一个康复中心那边住了一段时间。能简单地跟我们讲一下, 那时候是什么原因去了那边, 在那边怎么样去重拾了这个兴趣爱好的?	Ryan: I heard you stayed in a rehabilitation centre for a while. Could you briefly tell us what led you there and how you rediscovered this hobby during that time?

00:02:17	00:02:34	Mary: 是因为我做了一个手术, 手术之后就到康复中心进行康复训练。在康复训练的过程中就重拾了我做面点的兴趣爱好。	Mary: I underwent a surgery, so after that I went to the rehabilitation centre for rehabilitative training. During the rehabilitative training, I rediscovered my interest in making pastries.
00:02:34	00:02:47	Ryan: 那在这个手术以后, 有哪些方面的身体的能力你是觉得受到了影响, 从而希望在这个康复的过程中去锻炼或者提升的?	Ryan: After the surgery, what aspects of your physical abilities do you feel have been affected that you hope to train or improve during the rehabilitative process?
00:02:47	00:03:06	Mary: 手术以后的话, 我主要是在记忆跟协调能力上面会受一些影响, 所以通过这个康复训练能恢复我这方面的能力。	Mary: After the surgery, it was mainly my memory and coordination abilities that were affected. So with this rehabilitative training I can regain these capacities.
00:03:06	00:03:28	Ryan: 明白了, 那我想知道在这个康复中心里面, 他们的工作人员有没有为你的兴趣爱好, 做菜做面点等等的, 去提供一些协助? 譬如说在材料上、调味料、厨具等等的方面?	Ryan: I see. Could you please tell me, did the staff at the rehabilitation centre provide any support for your hobbies, such as cooking and making pastries, in terms of ingredients, seasonings, kitchen utensils, etc.?
00:03:28	00:03:57	Mary: 是有的。其实在康复中心, 做烹饪也是康复训练的活动之一。我在中间有做过很多西式点心。在康复中心, 他们都会提供食材、厨具, 包括有康复训练人员一起共同完成。	Mary: Yes. In fact, in the rehabilitation centre, cooking is one of the rehabilitative activities. I have made a lot of Western pastries during my time there. The rehabilitation centre provided food ingredients and kitchen utensils, and there were rehabilitative trainers working together with me.
00:03:57	00:04:04	Ryan: 我想知道当时你分享食物给其他的病友的时候, 你自己有什么感受?	Ryan: I'm curious, how did you feel when you shared the food you made with other patients?
00:04:04	00:04:18	Mary: 因为我也是病友之一, 所以我完全能体会到在医院里面、住院期间能吃到有特色的餐食是非常开心的一件事情。	Mary: Being a patient myself, I could fully understand how joyful it is to have special meals during hospital stays.
00:04:18	00:04:32	Ryan: 很能理解。而且它们也能增加自己餐食的多样性, 所以应该也会让他们的住院生活增加一些乐趣?	Ryan: I understand. It also added variety to their meals, so it must have added some joy to their hospital stay?
00:04:32	00:04:40	Mary: 是的, 当时厨房里面的厨师看到我做的餐食, 都开玩笑, 说他要失业了。	Mary: Yes, when the chef in the kitchen saw the food I made, they joked about losing their job.

00:04:40	00:05:00	Ryan: 好, 那你一定做得也很不错! 因为之前跟你聊天的时候, 你提到面点是你可能最近特别喜欢的一个类型, 那我想知道, 做面点有什么特别吸引你的地方?	Ryan: Well, you must be doing pretty good then! You told me earlier that pastry-making might be a type you've particularly enjoyed recently. What in particular attracts you in pastry-making?
00:05:00	00:05:44	Mary: 第一, 我有两个孩子, 他们特别爱吃。所以自从我们在家做面点, 下午去接他们放学的时候, 他们每天都会问, 今天又有什么新的面点? 再就是, 做面点的整个过程也是非常有趣的。因为这个里面是有步骤的, 可以控制面、水, 还有做的馅, 还有一些佐料的量, 包括温度, 因为现在天气温度也是有变化的。这些不同做出来的面点的口味都不一样。	Mary: First, I have two children, and they love pastries. Ever since we started making pastries at home, every afternoon when I pick them up from school, they always ask, "What's new today?" Furthermore, the whole process of making pastries is very interesting. The steps involve controlling the dough and water, filling preparation, the amount of seasonings, and adjusting the temperature, since the weather affects it as well. The taste of the pastries varies with these different factors.
00:05:44	00:06:06	Ryan: 是, 可以理解。我平时自己也有做一些菜, 所以我也知道很多细节都会对最终的出品有影响。那你喜欢的面点, 因为我们说的面点就是很广的一个概念, 会有哪一些是你特别喜欢做的吗?	Ryan: Indeed, I understand. I cook myself, so I know that many details will affect the outcome. Are there any particular types of pastries that you especially enjoy making, since "pastry" is quite a broad term?
00:06:06	00:06:32	Mary: 当然首先就是饺子了, 中国人都是很爱吃饺子的。我们做有不同的馅, 像大白菜猪肉馅, 芹菜肉饺。然后再就是包子, 最近做的是白菜粉丝肉包, 还有鲜肉包。最近做得最多的是葱油饼, 葱油饼现在是我孩子的最爱。	Mary: Of course, dumplings come first as all Chinese love them. We make dumplings with different fillings, like cabbage with pork and celery with meat. Then there are steamed buns. Recently, I've made buns with cabbage, vermicelli and meat, as well as fresh meat buns. Lately, I've mostly been making scallion pancakes; my children love them.
00:06:32	00:06:33	Ryan: 这样。	Ryan: I see.
00:06:33	00:06:40	Mary: 又酥又香, 有时候还放一些芝麻, 就是芝麻葱油饼。	Mary: It is crispy and smells delicious, and sometimes I'll sprinkle some sesame seeds on top, so they are sesame scallion pancakes.
00:06:40	00:06:43	Ryan: Mary 有计划要去开店吗?	Ryan: Do you have any plans to open up a store, Mary?
00:06:43	00:06:47	Mary: 呵呵, 还没考虑。	Mary: Haha, I haven't thought about it yet.
00:06:47	00:06:53	Ryan: 因为品种真的很多, 而且还有人特别喜欢的, 所以一定是很不错。	Ryan: Because there are so many varieties, and there are some that people particularly like, so it must be very good.
00:06:53	00:06:54	Mary: 是的。	Mary: Yes.

00:06:54	00:07:02	Ryan: 那你离开了康复中心以后, 还继续有做面点的习惯吗? 有在家继续做吗?	Ryan: After you left the rehabilitation centre, did you continue to make pastries? Have you continued doing this at home?
00:07:02	00:07:27	Mary: 有的, 在住院期间做的可能是西式的。回家在家康复, 我的护理人员是中国人背景, 所以他们主要擅长做一些饺子、包子之类的, 也有做蛋挞。所以在这方面都做了一些尝试。	Mary: Yes, during the hospital stay I made mostly Western pastries. When I came back home for recovery, my carers were of Chinese background, so they were mainly good at making dumplings, steamed buns, and egg tarts. So we have tried these.
00:07:27	00:07:36	Ryan: 你觉得跟其他人一起去做这些面点、点心, 这个过程好玩吗?	Ryan: Do you think it's fun to make these pastries and desserts with others?
00:07:36	00:08:04	Mary: 我觉得很好玩。而且最重要的他们也都很喜欢。因为在一起动手, 从和面、揉面、做面皮、制作、调馅, 到最后不管是蒸还是烤, 包括清洗都是一种享受, 因为整个过程代表一个工程结束了。	Mary: I think it's a lot of fun. And most importantly, they all like it too. Doing it together, from mixing and kneading the dough, preparing the wrappers, making and stuffing them, to the final step, let it be steaming or baking, including cleaning, I enjoy every step of it because the whole process represents the completion of a project.
00:08:04	00:08:44	Ryan: 听到你这个分享, 我对洗碗都有了一个新的认知。其实你这样说我也能理解, 就是全部东西做起来都是一个可以享受的过程, 而且也可以有很多其他人都一起分享到这个过程里面, 包括工作人员跟家人。除了做面点, 你还有没有一些其他的兴趣爱好是离开康复中心以后开始建立了或者找到了, 能跟我们分享一下吗?	Ryan: Hearing you share this, I have gained a new understanding of washing dishes. I can understand that the entire process is enjoyable, and you can share it with many other people, including staff and family members. In addition to making pastries, have you picked up or discovered any other hobbies after leaving the rehabilitation centre that you can share with us?
00:08:44	00:09:25	Mary: 那当然。做面点只是康复活动的一部分, 还有就是做一些运动。我比较幸运, 我家附近就有一个公园, 这个公园有一个比较大的一个绿化带, 周边可以连到不同的公园, 所以可以根据我们的需求, 好比今天我们想走一个小时或者走半个小时, 根据你的活动量可以去周边的公园做一些运动。	Mary: Of course. Making pastries was only a part of the rehabilitative activities; I also did some exercise. I am lucky that there is a park near my home. It has a large green belt and is connected to various parks nearby. So we can do some exercise depending on our needs: whether we want to walk for an hour or half an hour, we can adjust the activity level accordingly at the nearby parks.

00:09:25	00:09:47	Ryan: 听起来这个兴趣爱好的可行性也是很高。因为我们可能很多朋友在澳洲生活都会知道, 周边, 我们住的地方, 很多时候都会有一些大大小小的公园。你去的这些公园的设备设施都比较完善吗?	Ryan: It sounds like this hobby is also highly practicable. Many of us living in Australia may know that there are often many parks big and small in our neighbourhood. For the parks that you visit, are they all well-equipped with a wide range of amenities?
00:09:47	00:10:32	Mary: 是的, 在公园里面, 像洗手间、饮用水龙头, 这些都是基本的配备。还有一些健身器械、儿童娱乐的设施, 包括各种各样的, 因为不同的公园的风格是不一样。所以护理人员就陪我一起去公园锻炼。有的时候, 如果孩子在家的话, 像周末, 我也会带上孩子, 我们一起去不同的公园, 去锻炼、去娱乐。	Mary: Yes, in the parks, amenities like restrooms and drinking fountains are always available. There are also a range of fitness equipment and children's play equipment, as different parks have different designs and features. So my carer goes with me to the park to exercise. Sometimes, if my children are at home, like on weekends, we will go to different parks together to exercise and have fun.
00:10:32	00:11:08	Ryan: 这个挺好, 跟做面点一样, 都是可以让其他人一起加入, 譬如说家人或者护理人员。可能过程中, 大家也是有交流、聊天, 时间可能会过得比较快。说到时间, 我们访问的时间也差不多到了尾声。最后我想问一下 Mary, 如果听众朋友也有兴趣去学习做面点, 你能给他们一些建议吗?	Ryan: This is great. Just like making pastries, you can invite other people to join in, such as family or carers. The process might involve connecting and chatting with each other, which may make time pass more quickly. Speaking of time, our interview is almost coming to an end. Finally, I would like to ask Mary if you have any tips for our listeners who might be interested in learning to make pastries?
00:11:08	00:12:20	Mary: 当然可以。其实现在很多信息都可以在网上查询到, 所以你可以去网上看视频, 或者是网站上面都有关于做一些面点的介绍。可以根据自己的爱好, 你做什么方式的, 好比西式的、中式的面点, 你可以有侧重, 因为最后做出来都是要让家里人享受。整个做面点的过程其实就是在帮助你的大脑恢复。因为这牵涉到前期的准备, 例如要用什么样的材料、按照什么样的步骤、什么样的顺序, 然后你要不停地去观察, 去检查整个操作的过程。当然, 最后花了这么多时间跟精力去做了以后, 最后有一个非常好的一个 rewarding (回报), 就是在最后可以享用美味。	Mary: Of course. In fact, a lot of information can be found online, so you can watch videos and read about instructions on various pastries on websites. You can choose according to your own interests, whether you prefer Western or Chinese styles of pastries, as ultimately, it's all about enjoying with your family. The whole process of making pastry is actually helping your brain recover. It involves preparations, such as what ingredients to use, what steps and order to follow, and you need to monitor it and check the process constantly. Of course, after spending so much time and effort, there is a very good reward at the end, which is enjoying the delicious outcome.

00:12:20	00:12:35	Ryan: 没错, 这一点也是很重要。就是这个兴趣爱好会让你很快就会得到一个好的成果、好的回报。努力了, 花了精力时间去制作这个食物, 然后马上就可以很快享受到它的美味。	Ryan: Yes, this is also very important. The hobby gives you a quick and rewarding result. You put in the effort and time to make this food, and then you can enjoy its deliciousness right away.
00:12:35	00:12:36	Mary: 是的。	Mary: Yes.
00:12:36	00:13:30	Ryan: 好, 谢谢 Mary 今天参加我的访谈。在 Mary 的故事里面, 我其实也学到了一些东西, 例如说找到自己的兴趣, 做自己爱做的这个兴趣爱好, 过程中自己能够享受到乐趣, 同时也有可能跟别人建立融洽的关系, 比如说跟家人或者护理人员。像 Mary 这样做面点或者说到公园里面散步都是一些很好、很有利于健康的一些兴趣爱好。这个就是我学到的东西。Mary, 你在节目的最后有没有一些话想跟我们听众朋友分享一下呢?	Ryan: Okay, thank you Mary for joining me today. I learned several things from Mary's story, such as finding your own interests and doing what you love. In the process, you get to enjoy yourself and possibly build good relations with others, like family or carers. Whether it's making pastries or taking a walk in the park like Mary does, they are good hobbies that are beneficial to health. This is what I learned. Mary, do you have anything to share with our listeners at the end of the program?
00:13:30	00:13:53	Mary: 可以。我觉得保持一个积极的态度是最重要的。然后要积极地参与, 不断地去尝试。这样的话, 对于自己和身边的人都能带来一些正能量。	Mary: Yes. I think maintaining a positive attitude is the most important thing. Then you need to actively participate and keep trying new things. In this way, you can bring positive energy to yourself and the people around you.
00:13:53	00:14:09	Ryan: 非常好的分享。谢谢 Mary 今天的时间。各位听众朋友, 如果你对我们的访谈觉得有兴趣, 也希望继续关注我们其他的访谈内容。谢谢。	Ryan: Very good sharing. Thank you Mary for your time today. Dear listeners, if you found our interview today interesting, please follow our program in the future to hear about other interviews. Thanks.
00:14:09	00:14:13	Mary: 谢谢。	Mary: Thank you.
00:14:13	00:15:17	Ryan: 如果你喜欢我们的节目, 请登录我们 Speak My Language 的官方网站 <a href="http://speakmylanguage.com.au">speakmylanguage.com.au</a> 了解更多。也欢迎你将这个节目介绍给你的亲朋好友。登录我们的社交媒体平台 Facebook、Twitter、Instagram 和 LinkedIn, 把我们的信息传播给全澳洲, 以及世界各地的听	Ryan: If you have enjoyed our program, please visit the official website of Speak My Language at <a href="http://speakmylanguage.com.au">speakmylanguage.com.au</a> to learn more. You are also welcome to share this program with your family and friends. Follow us on our social media platforms Facebook, Twitter, Instagram and LinkedIn to spread our message across Australia and around the world. The Ethnic Communities Council of Queensland is proud to produce

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