



自我介紹及創作理念

〈香寓執光：阿公手路菜〉

晚風徐來、夕霞落下、我因疲憊而咻的進入了夢鄉，夢裡掉進了回憶樹洞中，那有我兒時好玩運動夢想...，及小時身體的異常後思考落寞，故事有挫折被歧視感受像枷鎖禁錮了我，但也有溫暖的溫層，就像阿公的手路菜；滷肉飯及它的歷史；我的阿公很會畫人像畫及做烹飪，所以在他的薰陶下我從小也喜歡繪畫及美食，而媽媽則從小注意我的健康及耳提面命地與學如何帶我自理生活及認字並使用輔具—這溫暖療癒了我受傷的心路歷程，這歷程映照出一片溫馨且療癒的氛圍；他們都有我要學習的榜樣，我希望長大也能像他們般心靈強壯不受影響，努力往開家香寓店來把這溫暖傳承下去...。

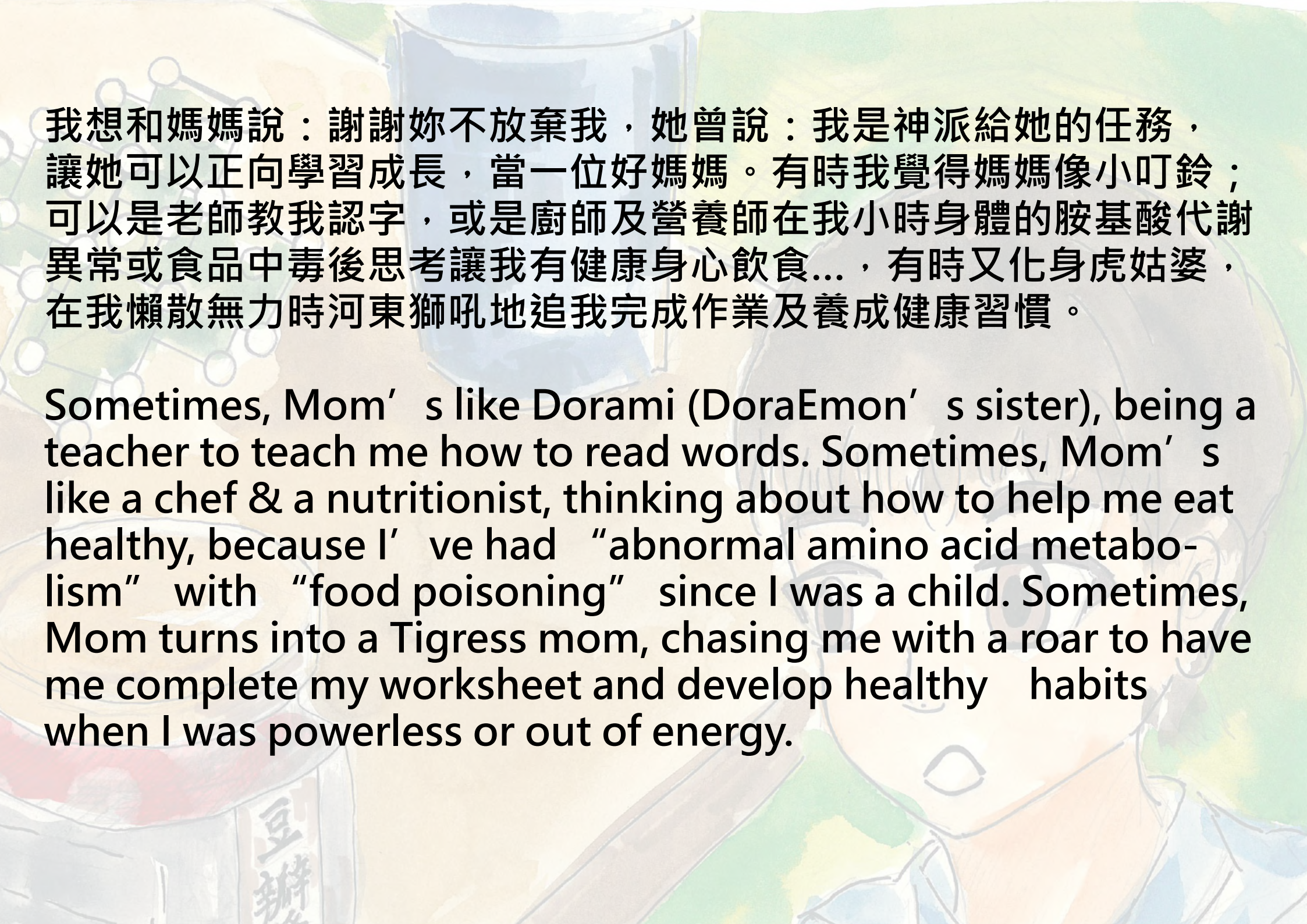
咻- 咻-我從回憶樹洞掉了下去；那是小時運動的夢想...

我無神地遊走到了體操館內，直到焦急的媽媽、幼兒園導師找到了我，我才回過神來我想那時我是喜歡運動而受吸引去了各種活動。

Galileo Galilei said, "Passion is the origin of talent", and I thought that motivation is your gift. In a short moment, I'm falling down in a tree-hole full of memory, which was a dream of childhood PE hours....,

I didn't know why I came aimlessly with dull-eyes to the gymnastic hall, until my anxious mom and kindergarten teacher found me; I came to my senses. I think I was attracted to gymnastics at that moment, but I also remember the coach said that to Mom: If I don't accept your son as my student, it means that there is no coach in Taipei who will accept him as a student.

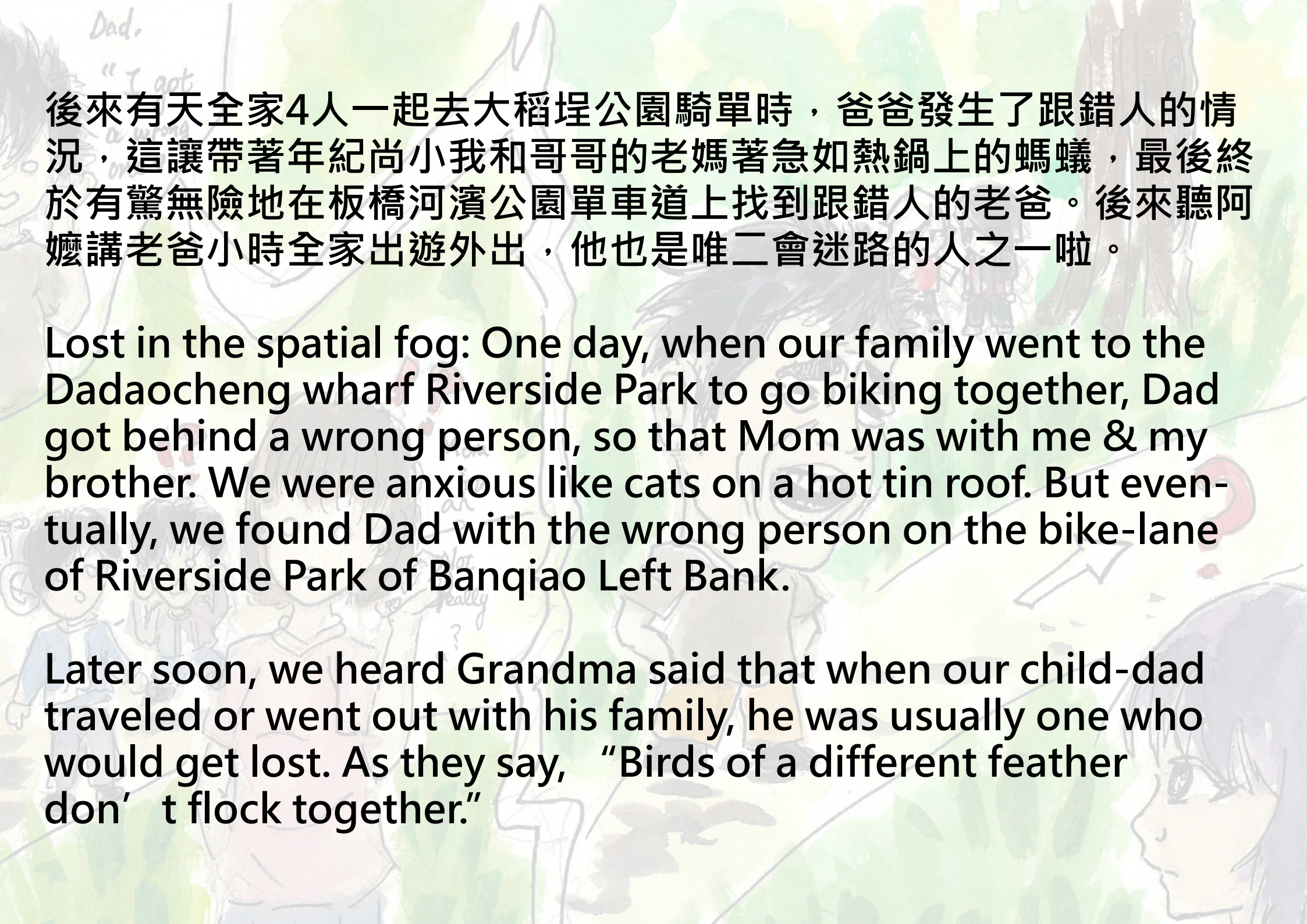


The background is a stylized, painterly illustration of a person's face. Overlaid on the face are various icons and text representing different roles: a graduation cap, a chef's hat, a stethoscope, a book, and a tiger. The text is in a bold, black, sans-serif font.

我想和媽媽說：謝謝妳不放棄我，她曾說：我是神派給她的任務，讓她可以正向學習成長，當一位好媽媽。有時我覺得媽媽像小叮鈴；可以是老師教我認字，或是廚師及營養師在我小時身體的胺基酸代謝異常或食品中毒後思考讓我有健康身心飲食...，有時又化身虎姑婆，在我懶散無力時河東獅吼地追我完成作業及養成健康習慣。

Sometimes, Mom' s like Dorami (DoraEmon' s sister), being a teacher to teach me how to read words. Sometimes, Mom' s like a chef & a nutritionist, thinking about how to help me eat healthy, because I' ve had "abnormal amino acid metabolism" with "food poisoning" since I was a child. Sometimes, Mom turns into a Tigress mom, chasing me with a roar to have me complete my worksheet and develop healthy habits when I was powerless or out of energy.





後來有天全家4人一起去大稻埕公園騎單時，爸爸發生了跟錯人的情況，這讓帶著年紀尚小我和哥哥的老媽著急如熱鍋上的螞蟻，最後終於有驚無險地在板橋河濱公園單車道上找到跟錯人的老爸。後來聽阿嬤講老爸小時全家出遊外出，他也是唯二會迷路的人之一啦。

Lost in the spatial fog: One day, when our family went to the Dadaocheng wharf Riverside Park to go biking together, Dad got behind a wrong person, so that Mom was with me & my brother. We were anxious like cats on a hot tin roof. But eventually, we found Dad with the wrong person on the bike-lane of Riverside Park of Banqiao Left Bank.

Later soon, we heard Grandma said that when our child-dad traveled or went out with his family, he was usually one who would get lost. As they say, "Birds of a different feather don't flock together."



Dad,

"I got
a wrong
one"

!!?

Mom

ah?

Not

really

?

?

在求學過程中當我身體生理狀況不好最先發現異常的媽媽和幼兒園的導師溝通後；導師細心看到有一些簡單的字我是寫不出來、甚至學不會寫自己名字。後來媽媽帶我到醫院做了診斷及鑑定，才知道原來我有書寫障礙。

Lost in reading & translation: In the background of studying history, every time my body & physiology was unwell, Mom, who first found the abnormality, would talk with my kindergarten teacher. Besides, my teacher carefully noticed that there were some easy words that I couldn't write, and even the classmates could write their own names, but I still couldn't. But sometimes, I could remember some words taught in the morning. And then, Mom took me to the hospital for diagnosis and assessments, then found out that I had dysgraphia.

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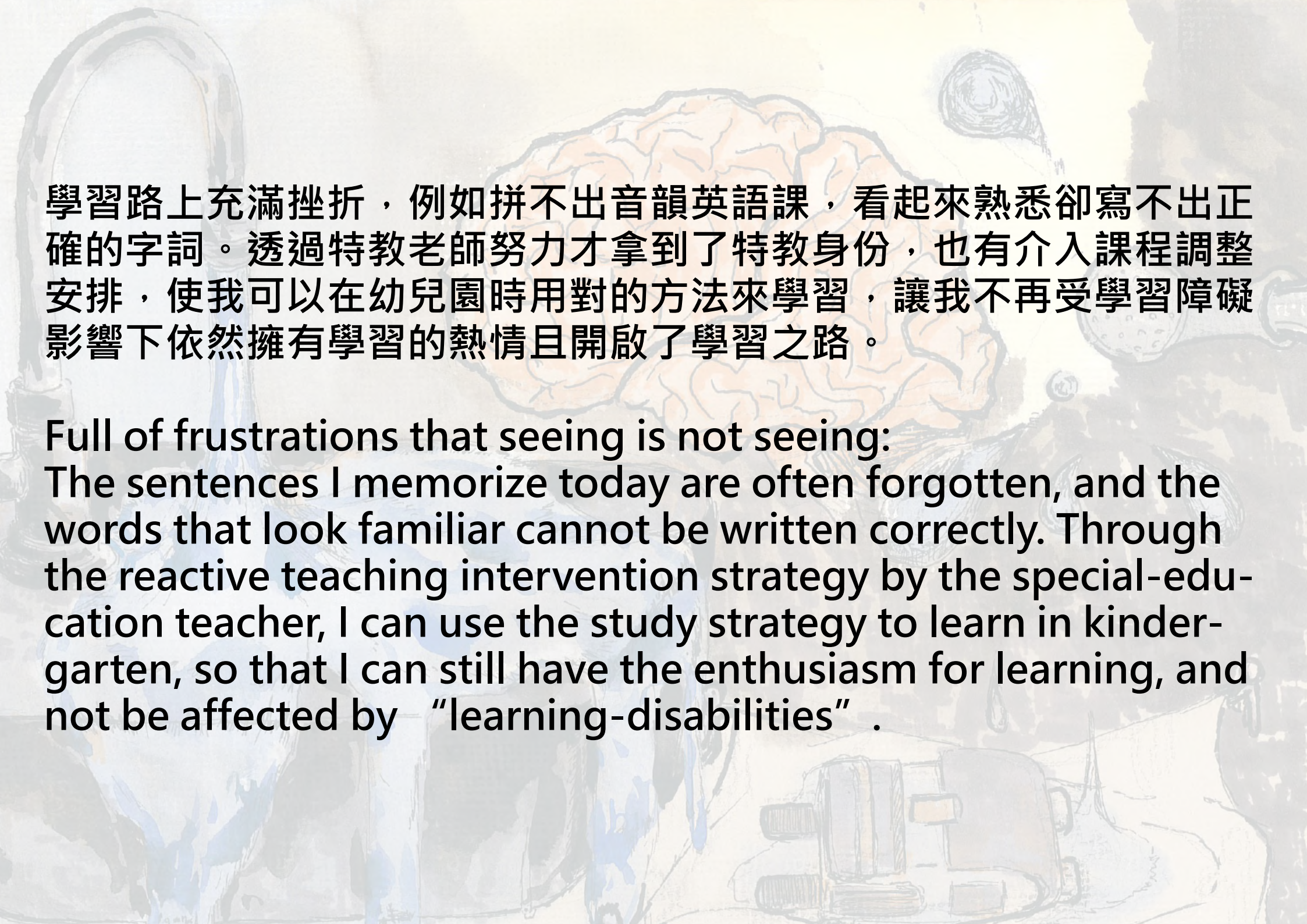
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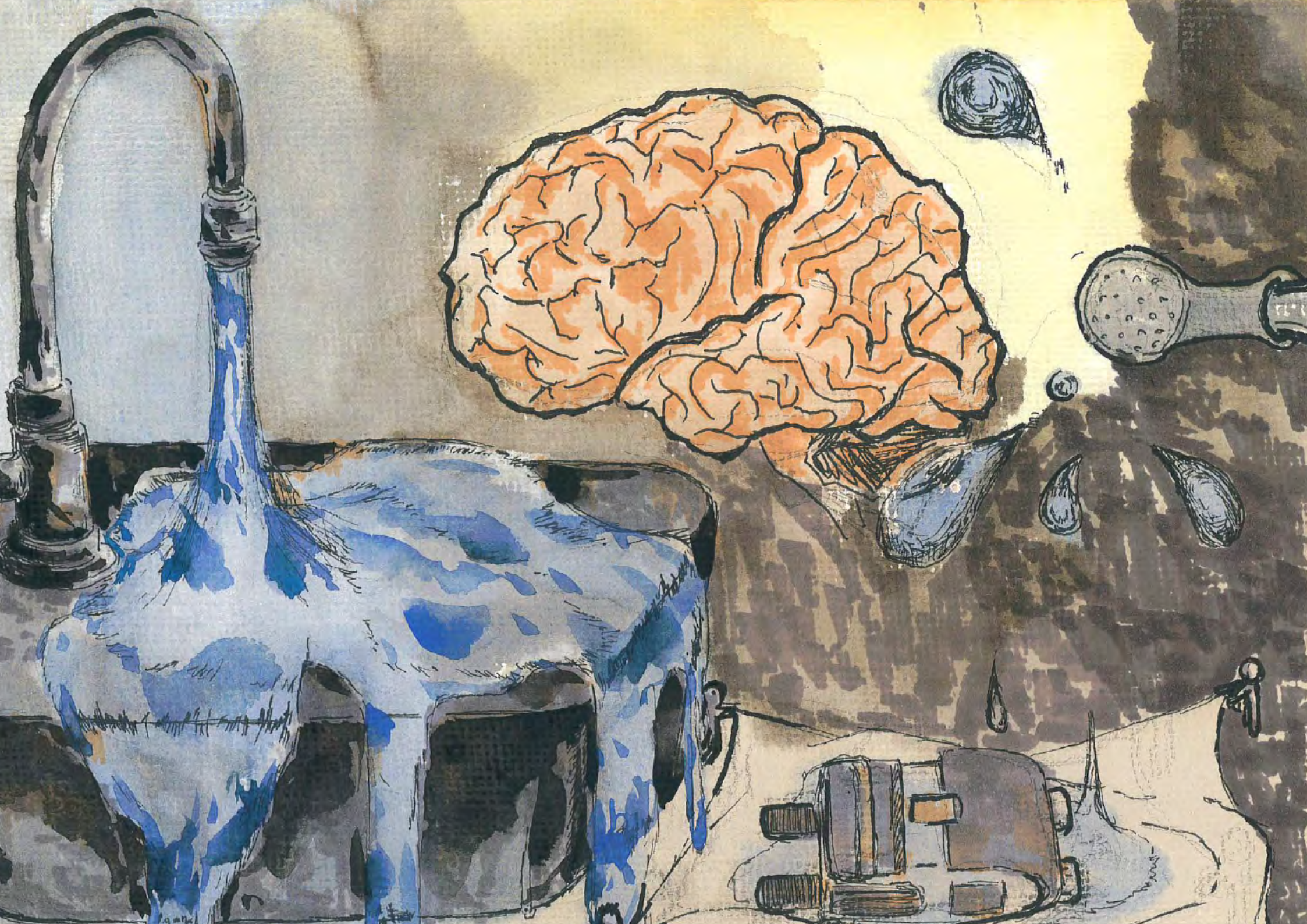
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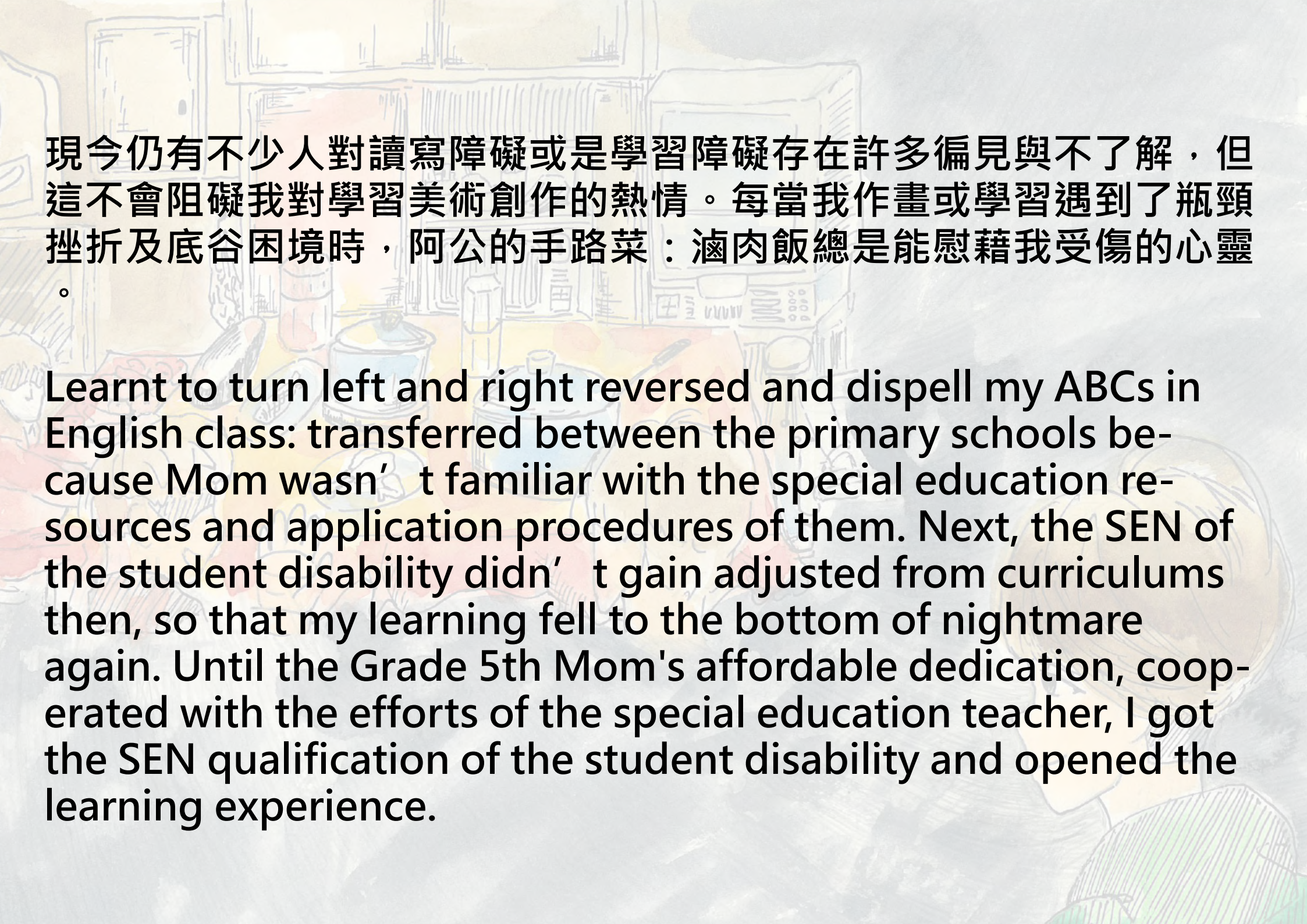
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The background features a faint, artistic illustration. At the top center is a stylized brain in shades of orange and yellow. Below it, on the right side, is a brown backpack with straps and buckles. The overall style is soft and painterly, with a light blue and grey color palette for the background elements.

學習路上充滿挫折，例如拼不出音韻英語課，看起來熟悉卻寫不出正確的字詞。透過特教老師努力才拿到了特教身份，也有介入課程調整安排，使我可以在幼兒園時用對的方法來學習，讓我不再受學習障礙影響下依然擁有學習的熱情且開啟了學習之路。

Full of frustrations that seeing is not seeing:
The sentences I memorize today are often forgotten, and the words that look familiar cannot be written correctly. Through the reactive teaching intervention strategy by the special-education teacher, I can use the study strategy to learn in kindergarten, so that I can still have the enthusiasm for learning, and not be affected by “learning-disabilities” .

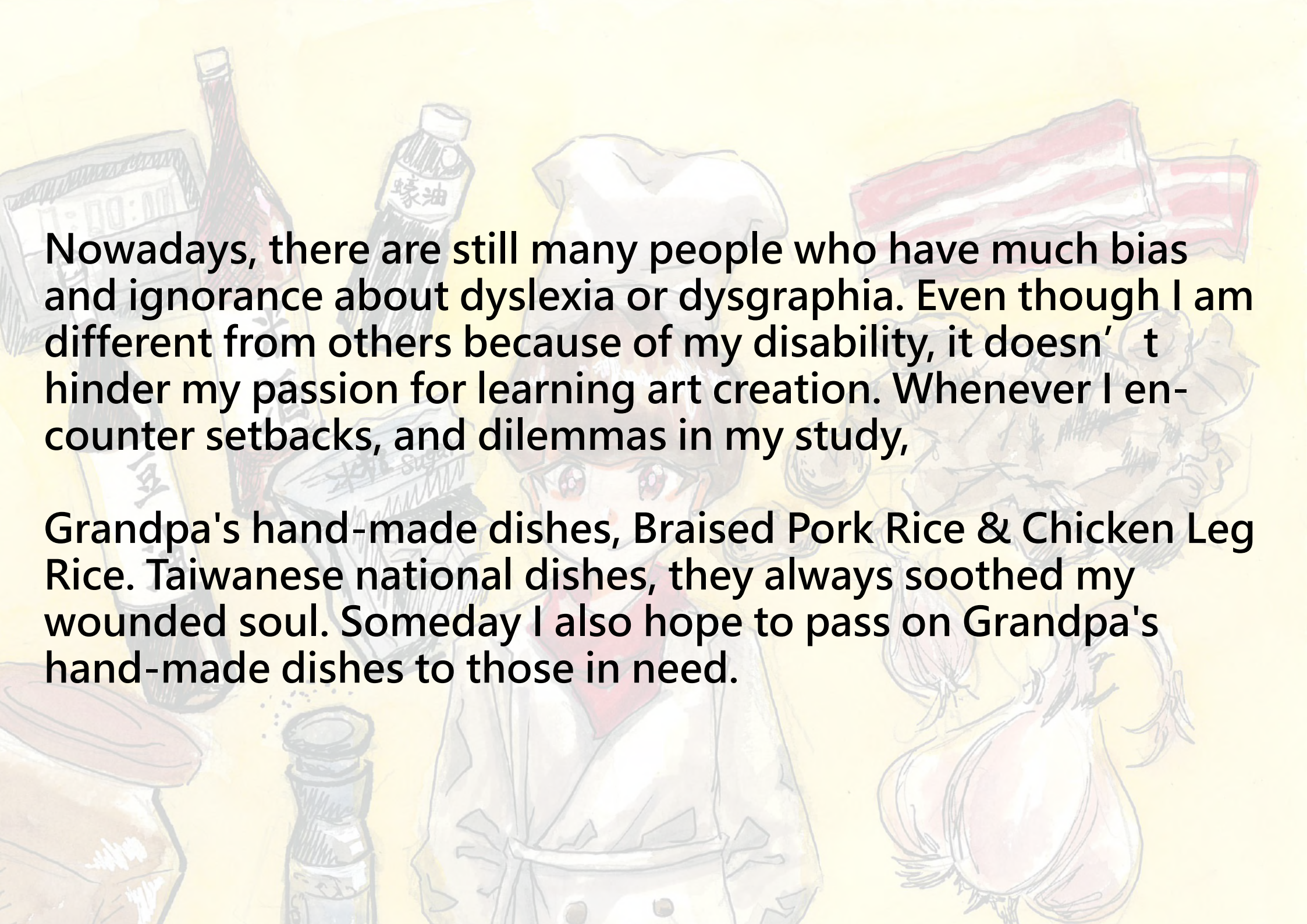




現今仍有不少人對讀寫障礙或是學習障礙存在許多偏見與不了解，但這不會阻礙我對學習美術創作的熱情。每當我作畫或學習遇到了瓶頸挫折及底谷困境時，阿公的手路菜：滷肉飯總是能慰藉我受傷的心靈。

Learnt to turn left and right reversed and dispell my ABCs in English class: transferred between the primary schools because Mom wasn't familiar with the special education resources and application procedures of them. Next, the SEN of the student disability didn't gain adjusted from curriculums then, so that my learning fell to the bottom of nightmare again. Until the Grade 5th Mom's affordable dedication, cooperated with the efforts of the special education teacher, I got the SEN qualification of the student disability and opened the learning experience.





Nowadays, there are still many people who have much bias and ignorance about dyslexia or dysgraphia. Even though I am different from others because of my disability, it doesn't hinder my passion for learning art creation. Whenever I encounter setbacks, and dilemmas in my study,

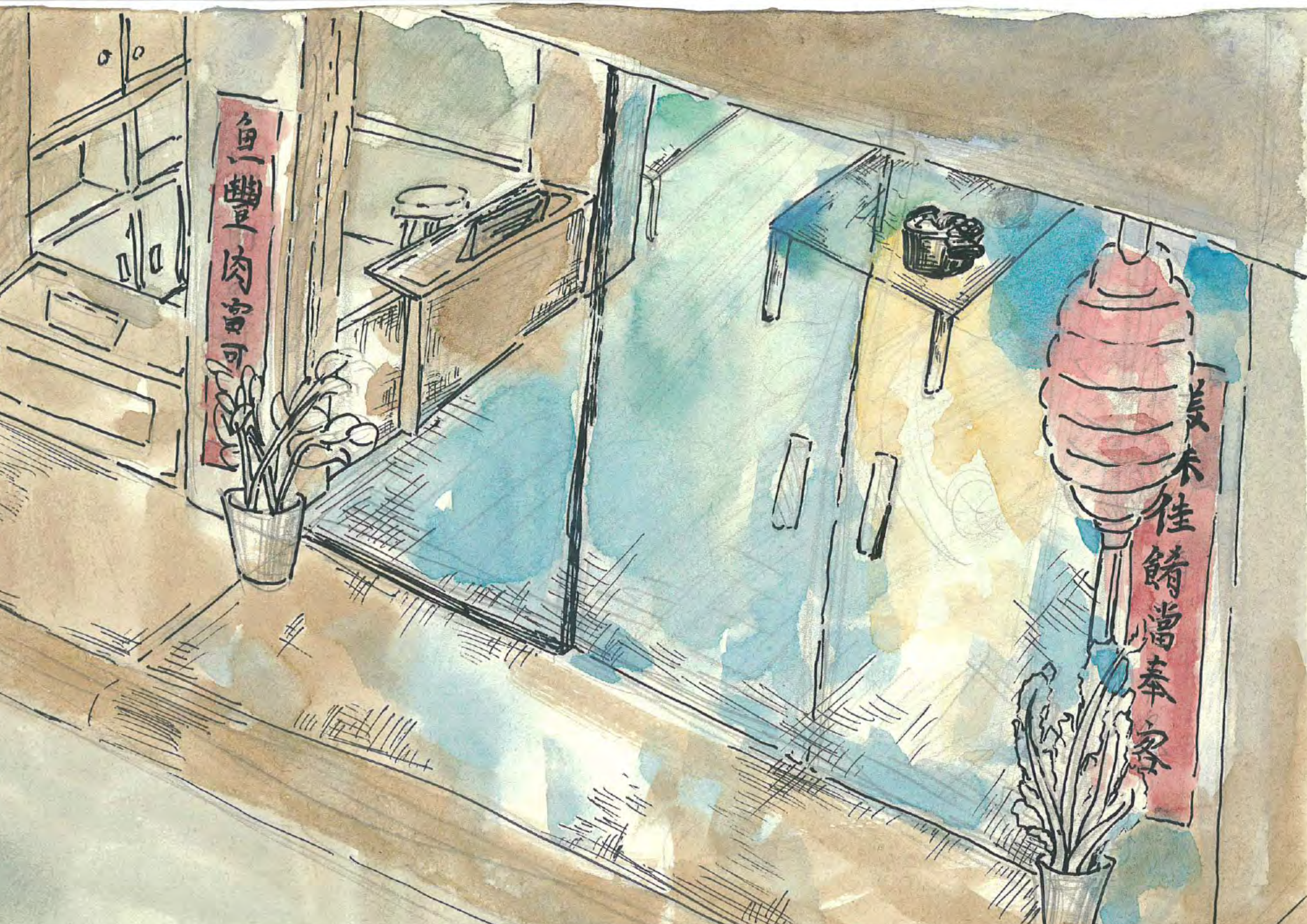
Grandpa's hand-made dishes, Braised Pork Rice & Chicken Leg Rice. Taiwanese national dishes, they always soothed my wounded soul. Someday I also hope to pass on Grandpa's hand-made dishes to those in need.



談到台灣滷肉飯歷史，何時出現滷肉飯呢？根據我讀了清、日時代的閩語辭典註釋；只見以醬油滷豬肉「鹵肉」、沒有「鹵肉飯」，相關文獻也未記載，推斷滷肉飯可能是二戰後貧困家庭面對經濟困乏才有國民美食。因此我也希望能把阿公手路菜的小確幸承傳下去，傳遞出去正向力量給需要慰藉的人。

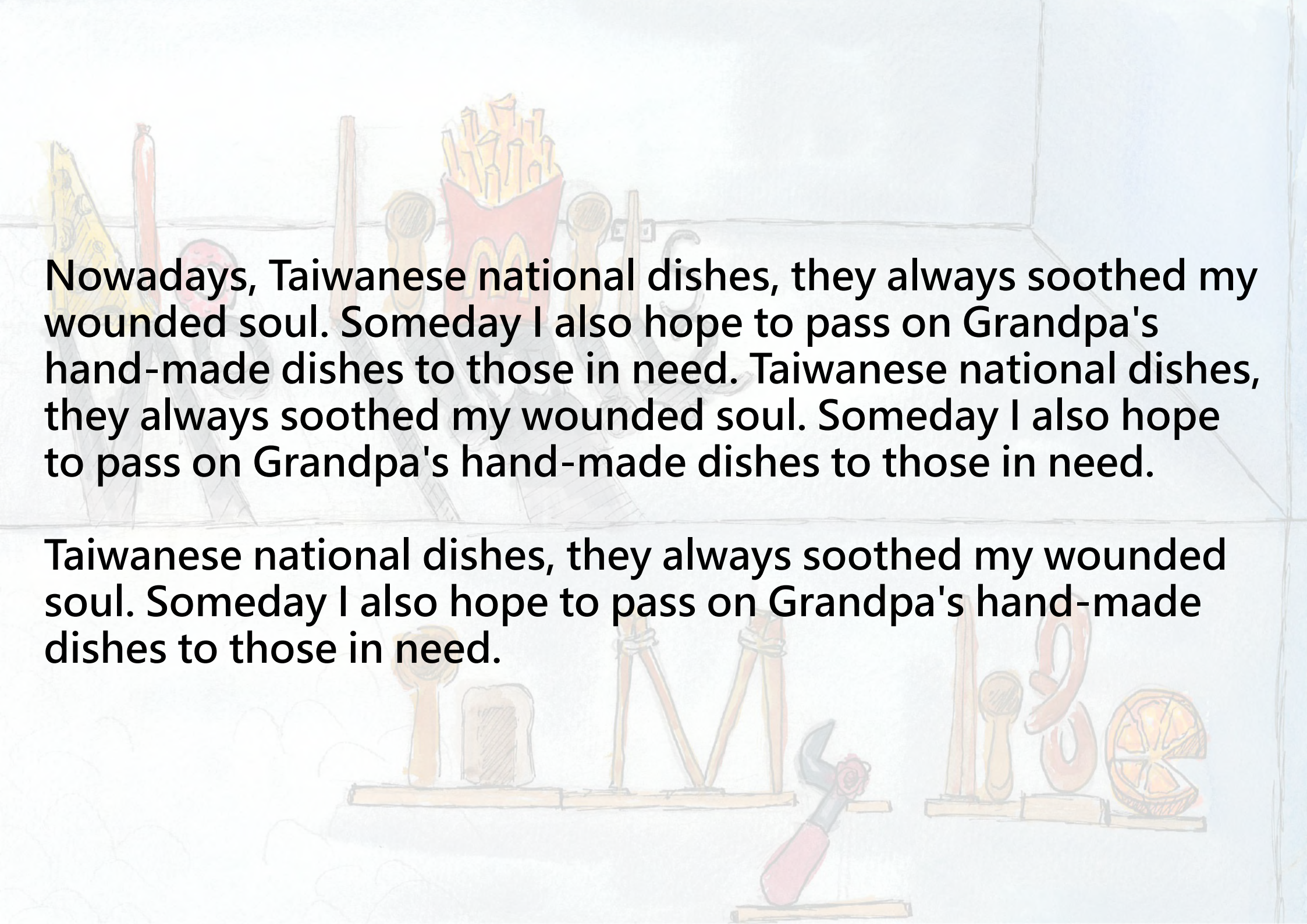
Taiwanese National Cuisine, The History of Braised Pork Rice:
When did the Braised Pork Rice came out? According to the Library Taiwanese dictionaries of Qing Dynasty & Japanese Colonial Period I read,

there is only "braised pork" marinated in sauce, but no "braised pork rice", and there is no more record of it. So it is inferred that the Braised Pork Rice might have come out after World War II while poor family passed through their low eco-



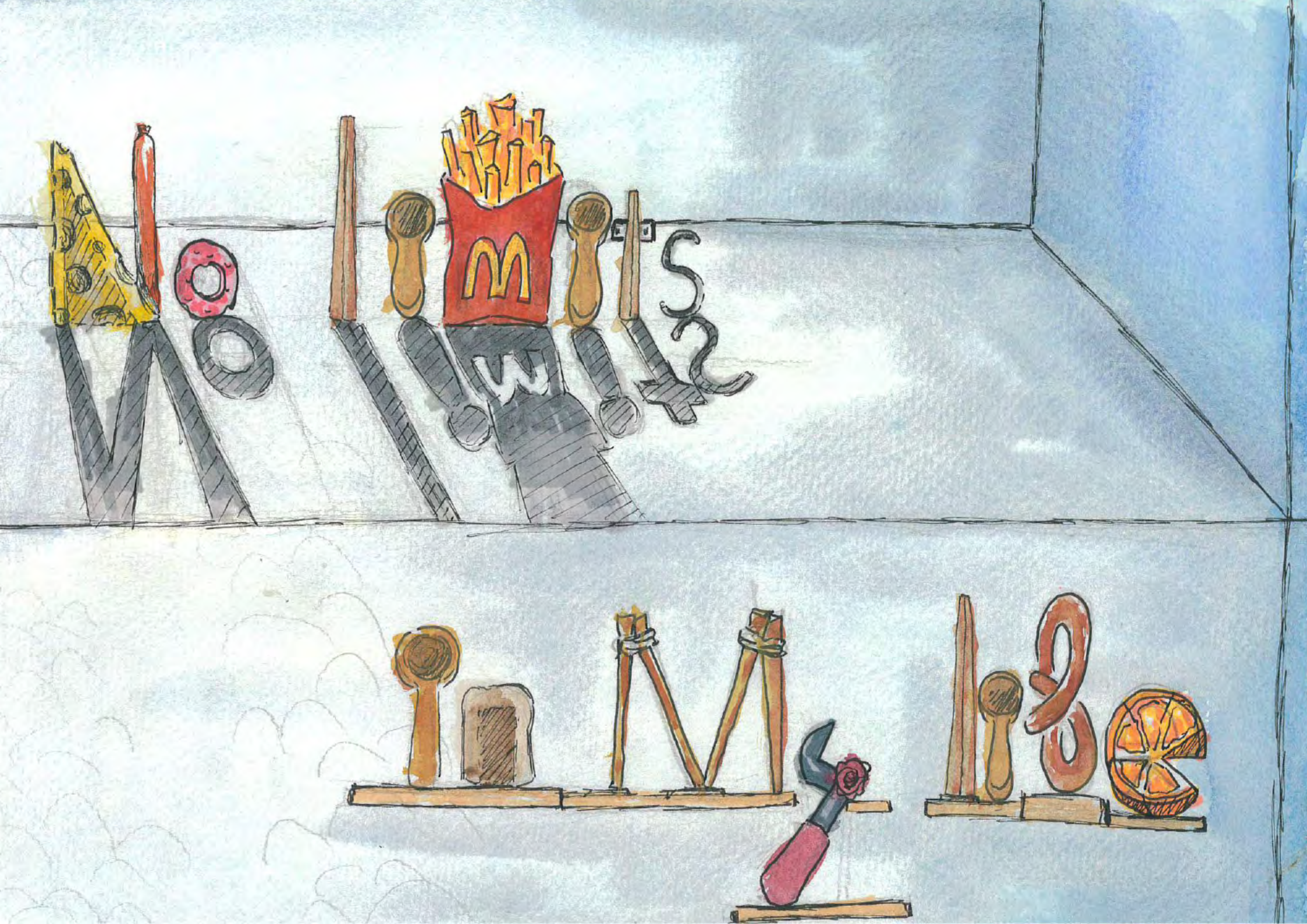
魚翅肉當可

長木佳餚當奉客



Nowadays, Taiwanese national dishes, they always soothed my wounded soul. Someday I also hope to pass on Grandpa's hand-made dishes to those in need. Taiwanese national dishes, they always soothed my wounded soul. Someday I also hope to pass on Grandpa's hand-made dishes to those in need.

Taiwanese national dishes, they always soothed my wounded soul. Someday I also hope to pass on Grandpa's hand-made dishes to those in need.



WOW!

WOW!

LOVE



故就萌生了創作這本香寓(不設限)繪本的想法
That why this book “no limits in my life” came out to show
here.