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亞凱迪亞華人協會 2015-2016 **Arcadia Chinese Association** www.ArcadiaChineseAssociation.org

年會特刊

發行人 亞凱迪亞華人協會(ACA)

輯組 Jamie Lee, Lawrena Chang

Celia Chang, Joanna Liang

廣告組 Edward Wong, Shelley Liu 攝影組 Ricky Lau, Tony Cheung

校對組 Shelley Liu, Celia Chang

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亞凱迪亞華人協會 Arcadia Chinese Association

各位華協的夥伴們大家好,

轉眼間,2015即將接近尾聲。回想這一年,我,邱馨慧,只能 感恩,感恩,再感恩!

從來沒有想到自己竟也能為華協盡上綿薄之力。繼續接下會長 的棒子時,我期許並堅持一個信念,就是責任來臨的時候,我 要抱最高的希望,做最大的努力。相信各位理事也是秉持著這 一致的堅持。華協今天的成就是屬於大家的!這一年來大家為



華協所付出的辛勞,在此我謹代表華協誠摯地獻上我最真誠的感恩之心 ~ 謝謝!

在華協的日子裡,最讓我感動的是,我們每個人雖然來自不同的家庭,成長在不同的 環境,也在不同的領域中學習,但我們卻有著共同的熱情,那就是讓華協能走得更 有意義更長遠。是否曾想過,有時候一個事工的推展光靠著「熱情」反而成為事情推 動的阻力。因為每個人都熱情的自陷在一個~「我」是為了華協更好的迷思裡。曾幾 何時,我自己也是那個陷入自我中心的人。在一股熱情中自己回首看一看,才發現 除了「我」之外,更有「你」還有「他」。在一個團體裡怎麼樣才能把「你,我, 他」串在一起並肩為華協的前途打拼呢?我淺薄的在此與各位分享或許這個答案就是 「尊重」。

「尊重」是一個團體的大課題。而什麼是真正所謂的「尊重」呢?到底在一個團體裡 如何「尊重」彼此呢?我個人認為尊重是~用耐心去聆聽不同的聲音;用愛心去包容 不同的看法;用專心去採納不同的建議;用虛心去接受不同的才能。如果我們每個人 都能培養修煉這寬容大度的心,便能將這個心念彰顯在我們的家庭,工作場所甚至社 會。彼此影響,彼此受惠,彼此雙贏!願我們華協每個人帶著這股正能量為社會帶來 一片祥和。

提到「和」。中國人常說「以和為貴」。我個人認為這裡提到的「和」絕對不是鄉愿, 而是我們凡事以團隊的精神為本。尊重彼此既是尊重這個團隊(華協),因而自己也 受到肯定與尊重。當我們肯定自己價值的同時,更要肯定別人同等質量的付出,甚至 超越自己,這就是所謂的「和」。

讓我們在2016年未來的前夕,一起努力把以「尊重」為本這股力量毫不保留地方發 揮出來。相信華協在2016年將會有一個嶄新的風貌。在此更祝每一位夥伴還有您的 家人身體健康,工作精進,更上一層樓。

> 會長 邱馨慧 President Francine Chiu



亞凱迪亞華人協會 Arcadia Chinese Association



It has been a rewarding year for us all at the Arcadia Chinese Association (ACA). First and foremost, I would like to thank everyone on the committee for the assistance, our residents for their support, and especially our President, Francine Chiu, for her outstanding leadership. I would also like to thank our dedicated volunteers for their effort generous sponsors for their contributions. Without these pillars of strength, all the great things we have achieved would not have been possible.

As I mentioned in the Co-President Message last year, the ACA has been very active with a wide range of excellent community offerings. Our mission is to promote the understanding and learning of the Chinese culture. It is to bridge

the culture gaps that exist in this ethnically diverse community. Not only do we participate in community driven events, we actively organize and sponsor them. For example, ACA hosts the Senior Citizens Luncheon, Arcadia Law Day, and other special events as they arise. Additionally, ACA supports educational programs and charity events that involve vital community organizations. ACA also works closely with our city officials by providing free educational programs to help raise awareness on community safety issues, such as water conservation, residential safety and burglary prevention, earthquake preparation, and so on.

Every year ACA organizes or supports over thirty events in Arcadia. One of the signature events this year was the Moon Festival in September. With the collaboration of The Arboretum, this festival event attracted more than 2,500 people. We are especially pleased with and proud of the huge turnout that comprised of diverse ethnic backgrounds. With this event we laid a foundation for the theme for the upcoming year "respect". What an appropriate theme it is! I hope that despite our cultural differences we are united by our similarities. We can humbly learn and openly interact with each other for a better and harmonious world.

In this coming year, more will be in store for us. I encourage those who are ready for new challenges to come forward and share their talents. And to those who are unsure, I urge you to step out of your comfort zones to explore new opportunities. If we tread on new grounds, we will realize our own unique potentials. My colleagues here are great examples. I look up to them with deep admiration, and hope to follow their footsteps in my journey to success. This year, let "respect" be the resounding voice of unity and harmony within us and among us. For it is in respect that we live in dignity. I quote the great Russian author, Leo Tolstoy, when he wrote, "Respect was invented to cover the empty place where love should be."

Thank you again and I hope to meet each one of you personally, with respect.

Sincerely,

Shelley Liu

Shelley Liu Co-President



City of Arcadia



Office of the City Council

September 16, 2015

Gary A. Kovacic Mayor

Roger Chandler Mayor Pro Tem

Tom Beck Council Member

Sho Tay Council Member

Mickey Segal Council Member To the Members of the Arcadia Chinese Association:

For many years the Arcadia Chinese Association has supported the City of Arcadia with its volunteer services throughout our great community.

My theme this year is "Respect," as is yours. As residents, we may sometimes disagree on certain issues, but we all need to maintain a climate of mutual respect for one another. I believe we work best as a city when we embrace a sense of community, and work together to keep Arcadia such a wonderful city in which to live.

We should continue to celebrate our rich diversity, stay involved in the community, and make connections with our neighbors, which is what the Arcadia Chinese Association members do on a consistent basis. Thank you for your excellent community support.

Barb and I send our best wishes to all the members of the Arcadia Chinese Association for continued health, happiness and prosperity.

Sincerely,

Gary A. Kovacic

auf. Fovacie

Mayor 市長

240 West Huntington Drive Post Office Box 60021 Arcadia, CA 91066-6021 (626) 574-5403 City Hall (626) 446-5729 Fax www.ArcadiaCA.gov



City of Arcadia



Office of the City Council

Gary A. Kovacic *Mayor*

Roger Chandler Mayor Pro Tem

Tom Beck Council Member

Sho Tay

Council Member

Mickey Segal Council Member September 17, 2015

To the Arcadia Chinese Association,

The City of Arcadia is very proud of the Arcadia Chinese Association's many accomplishments. For many years you have been excellent leaders in promoting inter-cultural respect and understanding throughout our community.

You are to be commended for the many hours of volunteer services you provide to many programs, activities, and organizations within the community including the Police Department, the Fire Department, Library, Red Cross, Methodist Hospital, and the Chamber of Commerce.

I thank you for your continued outstanding service to our City, and look forward to attending future Arcadia Chinese Association events. Best wishes for continued success and happiness in the upcoming year.

Sincerely,

Roger Chandler Mayor Pro Tem

副市長

240 West Huntington Drive Post Office Box 60021 Arcadia, CA 91066-6021 (626) 574-5403 City Hall (626) 446-5729 Fax www.ArcadiaCA.gov



City of Arcadia



Dominic Lazzaretto City Manager



September 11, 2015

Greetings!

On behalf of all City employees, I want to congratulate the Arcadia Chinese Association on your many successful endeavors and to thank you for your contributions to our city.

Your yearbook theme of "respect" is something that is very appropriate and meaningful. It is evident in your volunteer services and community involvement that respect plays an important role for the members of the Arcadia Chinese Association. All Arcadians benefit from your involvement in the community.

Best wishes to all of you,

Dominic Lazzaretto City Manager

市府經理

240 West Huntington Drive Post Office Box 60021 Arcadia, CA 91066-6021 (626) 574-5405

特稿 LETTERS & MESSAGES



City of Arcadia

October 19, 2015

Police Department P.O. Box 1131 Arcadia, CA 91077

ACA President



Robert T. Guthrie *Chief of Police*

Dear Presidents

On behalf of the men and women of the Arcadia Police Department, I would like to take this opportunity to congratulate you and the Arcadia Chinese Association on your 2015–2016 Annual Yearbook. This yearbook marks over 30 years of dedicated service the Arcadia Chinese Association has provided the great citizens of our community, and I cannot thank you enough for your organization's dedication and support to law enforcement as well over the years.

The Arcadia Police Department strongly values its relationship with the Arcadia Chinese Association – a relationship that spans many years now, and is one based on mutual support, respect and appreciation. Please give my regards to all of your Association members, and let them know that I wish them the safest, happiest, and healthiest year to come.

The strength and goodness of Arcadia rests in the strength and goodness of organizations like yours. Again, thank you for your service.

Best wishes,

B. Guthrie

Bob Guthrie Chief of Police 警察局局長

Message from Arcadia Fire Department

On behalf of the Arcadia Fire Department, we wish to express our thanks to the Arcadia Chinese Association for their service within our community. It is a great privilege and pleasure for the Arcadia Fire Department to partner with such a fine community organization. It is the mission of the Arcadia Fire Department to educate ourresidents and businesses in fire and life safety measures, emergency preparedness, and to continually protect lives and properties within the community. We strive to accomplish this goal through public education programs, such as ACTION (Arcadians Caring Together Improves Our Neighborhoods) and annual fire and life safety inspections of all businesses in Arcadia.



During the past fiscal year, the Arcadia Fire Department provided numerous educational programs to the community; including fire station tours, fire safety demonstrations, emergency preparedness workshops, and ACTION programs.

The Arcadia Fire Department maintains three fire stations to serve the community. Fire Station 105 (Headquarters) is located at 710 S Santa Anita Avenue, Fire Station 106 at 630 S Baldwin Avenue, and Fire Station 107 at 79 W Orange Grove Avenue. Each day there are 17 firefighters on duty throughout the City with three fire engines, one fire truck, two rescue ambulances, and one command vehicle.

Last year, the Arcadia Fire Department responded to over 5000 calls for service; including fires, medical emergencies, hazardous materials incidents, traffic collisions, fire alarms, floods, and other natural disasters. Firefighters and Fire Prevention Bureau personnel performed over 3500 fire and life safety inspections. The Fire Prevention Bureau staff works tirelessly year-round to educate and ensure the safety of businesses and their patrons. Our bilingual part-time inspector has the ability to convey to residents and business owners in the Chinese community the importance and processes of fire and life safety inspections, which has proven effective in minimizing miscommunications due to language barriers and cultivating positive relationships, leading to a higher safety compliance rate.

The Arcadia Fire Department places the highest of value and importance on meeting the needs of the community we serve. We strive for excellence in every facet of our responsibility to the citizens of Arcadia, whom we are proud to serve. We have progressive personnel who value professionalism and customer service. Our vision for the future is dedicated service through a proactive approach to fire prevention, protection and rescue services, ongoing training and education programs, and efficient delivery of the services necessary to minimize loss of life and property and enhance the safety of all those who visit and reside in the City of Arcadia.

As the Fire Chief, I would like to personally congratulate and thank the Arcadia Chinese Association for their support of the citizens of Arcadia and Arcadia Fire Department.

Sincerely,

Kurt Norwood Fire Chief

Arcadia Fire Department 消防局局長



City of Arcadia

Arcadia Public Library

20 West Duarte Road Arcadia, CA 91006 (626) 821-5567

library.ci.arcadia.ca.us



380 West Huntington Drive Post Office Box 60021 Arcadia, CA 91066-6021 (626) 574-5440

museum ci arcadia ca us

Mary Beth Hayes Directory of Library and Museum Services



November 2015

On behalf of the Arcadia Public Library Board of Trustees and the Arcadia Historical Museum Commission, I am honored to offer my congratulations to the Arcadia Chinese Association for another successful year of service to the Arcadia community. The Library and Museum are fortunate to be the recipient of the Arcadia Chinese Association's extraordinary generosity and commitment to the community, and we are pleased to serve the community along with you.

Over the years, the Arcadia Chinese Association has been a strong supporter of the Children's Summer Reading Program at the Library. Each year, your financial support has enabled the Library to purchase extra copies of popular children's books. With nearly 2000 children participating in the Summer Reading Program each year, your financial support allows the Library to provide fun and educational reading materials for Arcadia's young readers.

The Arcadia Chinese Association has also provided dedicated volunteers to assist with the English Conversation Class held at the Library. This program helps students improve their English and become more confident with their English conversation skills. In addition, two ACA members are now serving on the Library Board of Trustees. Members of the ACA support the Gilb Museum of Arcadia Heritage by assisting with historical and cultural programs, participating in fundraising efforts, and serving on the Boards of the Museum Foundation and Friends of the Museum.

The Library and Museum are proud to be partners with you in providing high quality programs, services, and materials to the community. We look forward to many more years of mutual cooperation as we work together to support the City of Arcadia and its citizens.

Heartfelt congratulations to the Arcadia Chinese Association on another successful year.

Mary Both Hayes
Mary Beth Hayes

Director of Library & Museum Services

圖書館與博物館主任



Arcadia Historical Museum Foundation

380 West Huntington Drive P.O. Box 661514 Arcadia, CA 91066

ACA DESERVES ACCOLADES

THIS PAST YEAR UNDER THE DIRECTION OF FRANCINE CHIU AND SHELLEY LIU, THE ACA HAS EARNED THE COMMUNITY'S RESPECT.

The important action I have observed with this group is their immersing in other organizations and city activities. I'm very proud that ACA's president Francine Chiu has taken a leadership role in working with the Arcadia Woman's Club on a Fundraiser to help combat Domestic Violence, Against, Women and Children.

Former ACA president Joanna Liang, has been appointed to the Library Board of Trustees and serves on the Friends of the Museum Board of Directors. Alice Wang a former ACA president brought 30 Chinese guests to support the Museum's Foundation Dinner. Edward Wong, JPL engineer and former ACA president, was guest lecturer at a standing room only-Exploration to Mars Program for the New Education Center. Whereever I go, it appears the Chinese Citizens are entering into a partnership with Arcadia, that is based on respect and goodwill.

My Best Wishes for your continued success.

Sincerely,

Floretta K. Lauber

President, Arcadia Historical Museum Foundation

President, Friends of the Arcadia Museum

Florette K. Lauber

亞市博物館基金會主席



特稿 LETTERS & MESSAGES

Office of the Board of Education 150 South Third Avenue Arcadia, CA 91006

p 626 821 6640 f 626 821 8647 www.ausd.net



November 2015

Dear Members of the Arcadia Chinese Association,

On behalf of myself and the entire Arcadia Unified School District Board of Education I would like to say how grateful we are to the Arcadia Chinese Association. The direct impact you make on our children is seen every day as they continue to learn and grow as successful students and individuals in a global society.

It is truly astonishing to witness what our students and teachers are able to accomplish year after year because of your support. Our students continue to matriculate to the finest colleges and universities in the world. They are being prepared for college and for life thanks to first-rate teachers and staff. The support both our students and staff receive from the Arcadia Chinese Association is essential in these successes.

The board of education looks forward to continuing and growing our relationship together. It is strong partnerships throughout our community that make our schools the best in the country. I look forward to seeing what else we can accomplish together. Thank you Arcadia Chinese Association, your work and support are true assets to Arcadia Unified School District.

Sincerely,

Kay Kinsler

President, Arcadia Unified School District Board of Education

學區教委主席

Board of Education

Kay Kinsler President Janet Chew Vice President

Fenton Eng

Cung Nguyen

Lori Phillipi Member Travis Chen Student Representative David Vannasdall Superintendent Office of the Superintendent 150 South Third Avenue Arcadia, CA 91006

p 626 821 6640 f 626 821 8647 www.ausd.net



November 2015

Dear Members of the Arcadia Chinese Association,

I would like to once again thank each and every one of you for your continued support. Thanks to everything the Arcadia Chinese Association does, our students and staff are continuing to excel at extraordinary levels. In these new and challenging times of school funding, your work is becoming even more important than ever before.

It was wonderful to see so many of you at the Arcadia Educational Foundation (AEF) "Bright Night" fundraising gala in September. Seeing your support of AEF is a great symbol of what our volunteer organizations can accomplish when working together. I sincerely appreciate your attendance and monetary generosity at this event, and so many others that you contribute to.

With the completion of the new Career and Technical Education (CTE) facility, the new Aquatics Center, and new video scoreboard at Arcadia High School, along with the renovations at Longley Way Elementary School, we have now completed all the school projects for the Measure I facilities enhancement bond that was passed by voters in 2006. I greatly appreciate your support in voting for this bond, and your support throughout the entire process. Our students are now reaping the many benefits of our much-improved classrooms and schools.

We are all very fortunate to live, work, and educate our children in Arcadia. This community is also very fortunate to have the Arcadia Chinese Association as an advocate for our schools and children. I am pleased that you are such an integral part of the support structure that is needed to continue to provide an excellent education for our community. I look forward to continuing our important work together. Once again, on the behalf of myself, our board of education, our students and staff, thank you.

Sincerely,

David Vannasdall

Superintendent, Arcadia Unified School District

學區總監

Board of Education

Kay Kinsler President

Janet Chew Vice President Fenton Eng Clerk

Cung Nguyen Member

Lori Phillipi Member

Travis Chen

Student Representative





Dear ACA Members,

Thank you for your longstanding and ongoing support of the Arcadia Educational Foundation (AEF). Your organization plays a critical role in helping members of our community become better citizens and participate in community activities. Community participation is the lifeblood of democracy.

In this spirit, I felicitate ACA for selecting respect as this year's theme. Respect and education are two concepts that complement each other. Respect, an admiration of someone for their abilities, requires an awareness of surroundings, other individuals and self, the key components of community. One must understand the complexity of the world that surrounds them to realize the skill, dexterity or wisdom required to excel and achieve greatness at any task. The gateway to understanding this complexity is education.

As many of your members know, AEF works closely with AUSD to fund high-impact programs. Last year, AEF financed two transitional counselor positions to help students at the critical transition periods between elementary and middle school and middle school and high school. AEF's hope is to expand on this effort and fund college counselors at the high school level.

Through my involvement with AEF. I have seen first hand the ACA's dedication to enhancing the local schools by offering generous support to AEF every year. With these donations, AEF has worked to provide a broader learning experience across all levels of learning in Arcadia's renowned school district.

The state of California does not provide AUSD enough funding to offer the top-tier public school education that parents in Arcadia expect from our district. AEF's goal is to shrink the gap between state funding and the finances required to sustain AUSD's reputation. Thank you for supporting AEF.

親愛的亞凱迪亞華人協會:

感謝您長期以來對亞凱迪亞教育基金會的支持。你們的團體在幫助社區成員投入社區活 動上扮演非常重要的角色,而投入社區活動正是民主的血脈。

基於這個精神,我恭賀亞凱迪亞華人協會選擇以"尊重"為今年的主題。尊重與教育是 兩個相輔相成的概念。尊重是對於他人的能力的敬重、需要對周遭環境、自我及他人有 足夠的覺知.這個覺知是我們造就一個社區的重要的成份。我們必需對周遭環境的複雜 度有所認知才會明白如果要在任何方面有所成就所必需具備的靈巧智慧。要瞭解掌握事 物的複雜度,教育就是主要的路徑。

如您們各位所知, 亞凱迪亞教育基金會和學區密切合作,致力於提供具高度影響力的活 動。去年,亞凱迪亞教育基金會資助聘雇兩名過度期輔導員,幫助學生在小學過度到中 學·中學過度到高中的重要期間適應新環境。 亞凱迪亞教育基金會還希望增加資助聘雇 申請大學的輔導員以協助高中生申請大學的過程。

在我投入亞凱迪亞教育基金會的這些年‧我親眼見證亞凱迪亞華人協會透過慷慨的捐 款.每年對地方學校的支持。透過這些捐款.亞凱迪亞教育基金會致力於提供所有年級 更廣大的學習經驗。

加州州政府並沒有提供我們學區足夠的經費、讓學區可以經營家長所期待的頂尖的公立 學校。我們希望能夠縮小州府提供的經費及我們所需的經費之間的差距。感謝您支持亞 凱迪亞教育基金會。

Sincerely, 誠摯的

Norm Offstein, AEF President 主席

P.O. BOX 660009, Arcadia, California 91066 (626) 447-2165 www.ArcadiaEdFoundation.org

亞市商會 **Arcadia Chamber of Commerce**

Superstition, good luck symbols/charms and customs have always been of interest to me, and happen to be a part of the Chinese culture. When asked to write in this year's Arcadia Chinese Association yearbook I had no idea as to what to write about...until I started to do a little research and realized I had known the answer all along.

The number eight (8) is a lucky number in the Chinese culture because when said, it sounds very similar to the word 'prosperity'. Now, personally I have never been "lucky" in solving mathematical problems. However, I feel my luck has changed.

Simply add 2 + 0 + 1 + 5 = ? That's right, 8! Now remove the + symbols. Wow! Now you should have 2015 which is our current year, year of the goat. Now let's look at 2016, year of the monkey. Take $16 \div 2 = (lucky number) 8$. What did I learn from this mathematical problem? Well, firstly to leave math to Mathematicians. However, more importantly that it symbolizes a lot of good luck and prosperity for everyone. And that is my hope, my wish and prayer that we all prosper in health, wealth, happiness and peace.

Yours Sincerely,

Andrew W. Gregson President, Arcadia Chamber of Commerce 商會主席







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■ 亞凱迪亞華人協會 ■ 2015-2016 — Respect 尊 重 21



亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org

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1998-1999	S. H. Wen	文	1/2	華		
1996-1998	Theresa Hwang	黃	嚴曦	平		
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1992-1994	S. H. Wen	文	7	華		
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亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org

July 2015 - June 2016 理事及顧問

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(會計師)



尊重彼此 彼此尊重

■ 編輯組

追溯自1912年代的亞凱迪亞社 馬夫斯自1912年代的亞凱迪亞社 東義工精神早就已成為市民們傳 統的印記:是秉著服務社區、尊 記:是東著服務社區以尊重彼 此和友善的互相對待,手牽手肩並 成為社區的公共福祉盡心 力。

 同心協力成為義工團隊的肢體,彼此互相敬重互相勉勵,為社區的共同目標而努力不懈,更能夠創造一個幸福美滿和樂的家庭。

RESPECT

Carol Libby

Respect for others, their feelings, property and reputation is paramount in our society and an asset held high in this city of Arcadia, we call "ours."

As Arcadia grew population from the "puny village of 360 souls" in 1903 to the 56,000 of 2015, the discouraging influences of its beginnings to the justifiable pride we hold in it today, Arcadians have



L-R, Shelley Liu, Carol Libby, Joanna Liang, Karen Hou

routinely held their neighbors in high regard. Re- were welcomed into the community and Arcadia's spect has been a hallmark and a characteristic of the spirit of volunteerism became theirs as well. city's neighborhoods for decades.

"Hand-in-hand with respect and friendship shown Arcadia Police Department and then Chief for others" is Arcadia's tradition of volunteerism. Charles Mitchell, the Neighborhood Watch This strong commitment of giving back to the Program was established. Citizens became aware community that sets Arcadia apart from many once more of the need for strong neighborhoods. other communities in the area is a trait that has been relying on bonds of friendship and respect to keep passed on for generations. It is a legacy and can be the community peaceful and safe. traced back to the concerned citizens of 1912.

Arcadia's residents voted to forbid the sale of become a major community asset and under its alcoholic beverages. The saloons were closed, direction, volunteering, community participathe rowdy tourists left and the reputation of tion and the Neighborhood Watch Program are this city changed for the good. Farmers, citrus alive and thriving. Its distinguished leaders are growers and later poultry raising producers to be commended for their thirty-three years of redirected their efforts toward making Arcadia, a diligence and dedicated service to Arcadia. These special place to live and work.

benevolent and socially responsible. The Great superior reputation. Depression brought the needs of the poor and suffering into the forefront and its citizens were unusually kind and generous. Welfare

organizations were formed andthrived. Adecade laterand following the end of World War II, Arcadia experienced a population explosion. The City grew from 15,524 in 1946 to 28,722 in 1952. New homes were built and neighborhoods changed. Hundreds of children entered the school system. To the credit of the leadership of the Arcadia School District and that of the local PTA's, the newcomers

In the 1970s, under the direction of the

Today, Arcadia's neighborhoods are changing It was on April 15, 1912 to be exact, when once more. The Arcadia Chinese Association has leaders set an example by holding all Arcadians in high regard and stress kind and responsible In the 1920s and 1930s, Arcadia became more relationships as the way to maintain Arcadia's

Seven Attributes of Respect

■ Dr. Peter Poon 潘天佑 博士

Respect and dignity are very important in our daily living. For example, parents love to be respected by their children, teachers enjoy being respected by their students who, in turn, strive to gain respect from their classmates and their parents.

True respect comes naturally from the heart with admiration, and can never be forced. It often comes as a result of the acts of kindness and unconditional love. I think of at least seven attributes of respect as follows:

- 1. Respect yourself and your loved ones No matter what your circumstances are, respect yourself and your loved ones. Children who are shown respect by their parents tend to be respectful of others when they grow up. Some children are deeply hurt and may become depressed because of disparaging remarks from their parents, resulting in the loss of respect for their parents and for themselves. Their lives can be turned around if they are given proper respect. It is important to respect our loved ones including our parents, children, relatives, and friends.
- 2. Respect your teachers, mentors, co-workers, and those who work for you As students you learn from your teachers and they deserve your respect. At work, respect your co-workers, and if you are a manager, be a mentor to those who work for you. I worked at NASA's JPL/ Caltech for 35 years, and was a manager for about 20 years. No matter what the position of a person is, I always give him or her respect. When I retired, I was deeply touched by the kind words and affection given by my colleagues.
- 3. Respect your community and other communities Many of ACA's activities demonstrate ACA's respect for the community, e.g., The Law Day, Moon Festival, Senior Citizen Luncheon, and Thanksgiving appreciation luncheons for the Arcadia Fire Department as well as the Arcadia Police Department. In return, ACA enjoys the respect from the community including the City of Arcadia and various community organizations. In addition to respecting our own community, we should also respect other communities.

- 4. Respect your government, your country, and other countries While we should make our government and elected officials accountable to the citizens, we should show our respect to them. One way to show respect to your country is to support the veterans who risked their lives in fighting for your freedom. When we meet people from other countries, show our respect to them by having a genuine interest in them and making them welcome.
- 5. Respect your culture and other cultures America is a nation of immigrants enriched by the presence of different cultures. Some children who were born in America may not be familiar with their parents' culture. It is good for the children to learn the American culture as well as be introduced to their parents' cultural traditions. Take time to learn other cultures! I have been serving as a volunteer tutor for some Hispanic high school students in Pasadena for two years. How exciting it is to appreciate and celebrate various cultures in America!
- 6. Respect your belief and other people's beliefs. America is a free country, and we enjoy the freedom of religion. Some people are open about their faiths, and the others hold them as personal. While we respect our own beliefs, we should be respectful of other people's beliefs.
- 7. Respect the disadvantaged and the poor One time I was with my family in New York City and I took a walk from my hotel and saw a homeless elderly blonde woman pushing a heavily-loaded cart at an intersection. After giving her some money, I offered to push her cart across the busy street. Some passers-by began to take pictures and she became agitated, telling me that she didn't want her pictures taken. I shielded her from the clicking cameras, pushed her cart, and crossed the street with her. After crossing the street, she became placid and told me, "You are an angel." No, I am not, because if I were an angel, I would have taken complete care of her. Later I called a government office to request public assistance for her. One lesson I learned from this inspiring lady: the homeless deserve dignity and our respect also.

Some Thoughts on Respect

Aaron Rose

Who do you respect? For what do you respect them, and how are you working to earn respect from others? The answer to these questions may very well determine the course of your life.

Respect is an interesting concept, as it comes in so many forms. We all want to be respected, and we all have respect for different people, based on different qualities.

The definition of the verb respect is: "to admire (Someone or something) deeply, as a result of their abilities, qualities, or achievements."

We are all familiar with the idea that in order to get respect you must give it. Underlying this idea is the fundamental respect we have for each other as fellow human beings, and for other living beings, be they plant or animal, for we share a common world, and in order to coexist harmoniously we all require a certain level of respect which we must afford to others if we want to receive it ourselves.

Great people throughout history have earned the respect of people around the world for their amazing achievements. Bill Gates, Steve Jobs, George Washington, Benjamin Franklin, Gandhi, and Dr. Martin Luther King Jr. are all heroes to many millions of people, and they are respected for different reasons.

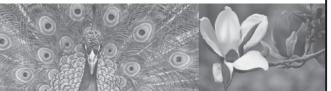
Gates and Jobs are respected for the innovations they brought to the world, and for the fortunes they amassed in their lives, Washington and Franklin are respected for their character, and for the respective roles they played in helping to form our nation, While King and Gandhi are respected for their ability to face injustice, and expand our views on human rights.

We also respect people whose fame and influence are less widespread. Our parents for their contributions to our lives, our teachers for the knowledge and lessons they share, our friends, for being there when we need them, and that person who stood up to the bully when he was picking on someone we were too afraid to defend.

But it is the qualities that we decide to hold above others, and that we choose to pursue to earn respect for ourselves which ultimately shape our lives. If you want to be respected as a great person you must determine which qualities great people before you have displayed, and then work consistently to embody those qualities in your daily life.

So the next time you think about how you can increase the respect you receive from the people around you, think about the qualities and achievements that you are working towards, and if you are not satisfied with the respect that comes your way, take some time to deepen your fundamental respect for life, and to define the qualities that you most respect in others, and decide what you can do to increase those qualities in your thoughts, words, and actions, and you will be on your way increasing the respect you receive from the world.





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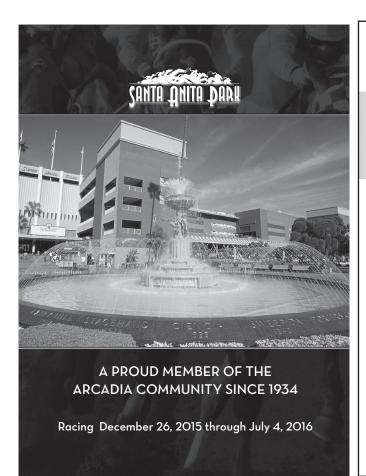
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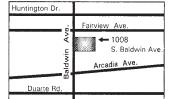
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紐約某中文電視台,加州某製藥廠,加州某印刷廠等多起訴訟案件,分別在加州提出控告.

洛杉磯 Superior Court 法院網站可查詢: www.lasuperiorcourt.org Case Summary, Case Number 法院案件號: 05C02275, 08S01361, 06C01601, 05S00824, 摘自加州 "消費者" 報2014年8月刊.

美國食品與藥物管理局(FDA)新聞發佈(摘錄)

科普常識

產品	美國 F.D.A 新聞發佈(部分)
Female One 潔宮寶 (洁宮宝)	美國康潔麗集團的產品"潔宮寶"其中的"潔宮丹" 含有松鼠葡萄球菌,耳炎差異球菌等8種細菌."潔宮寶" 其中"潔陰爽"含有苯佐卡因(麻醉藥活性成份). 消費者應立即停止使用,聯繫醫生,並獲得全部退款。
X-Hero 威他王 Male Enhance 男力寶 (男力宝)	美國康潔麗集團的產品"威他王""男力寶"對消費者 具有威脅,因為他們可能與某些處方藥(如硝酸甘油)中的 硝酸鹽相互作用,並可能導致血壓降至危險水平. 消費者應立即停止使用,聯繫醫生,並獲得全部退款。
U-Prosta 前列神通	美國康潔麗集團的產品"前列神通"因被FDA發現 含有特拉咗嗪,可以導致低血壓,頭暈,暈厥等症狀, 這使接受治療的高血壓和前列腺問題患者增加了危險. 消費者應立即停止使用,聯繫醫生,並獲得全部退款。

靈芝屬菌科植物,低質且 霉變的靈芝,其後果是非 常嚴重的!

詳見「文匯週刊」第519,520,521期

康洁丽公司的"前列神通"遭洛杉磯消費者控告! 法院案件號碼:BC459279 美國FDA稱"所有的非處方螯合療法都不可信!"氨基酸螯合法被視為美國十大健康欺詐行為之一

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車 RESPECT

■ Yee Horn Shuai 帥以宏

記得在我1979年出國之前的台灣, 人與人之間在態度上的尊重基本上只限於 對長輩及對自己有利害關係的人如老師、 長官及老闆。在美洲大陸的華人間,這現 象也很普遍。時至今日,大家都不可否 認,在台灣及在美洲大陸的華人圈中,人 與人之間在態度上的尊重有顯著的進步。 從前,你到餐廳坐下,服務員冷冷地請你 坐下並倒茶已是很好的服務態度了。現 在,你一進餐廳,服務員就鞠躬哈腰,嘘 寒問暖,讓你渾身舒暢。從前,你到店裡 去買東西,店員如果盯著你看,通常是監 視你是否會偷東西。今天,你一走進店 鋪,店員就高呼歡迎,如有問題,總是耐 心地回答。可是,今日的我們比從前更懂 得尊重他人嗎?依我的觀察,不見得。

今天的人們,表面上很禮貌、很尊重 他人;可是,骨子裡比從前還不懂得尊重 他人。我最常遇到的狀況之一是,不論是 同輩或晚輩,搶話之風非常盛。你的話還 沒說到逗點,更不要說句點,就被對話的 人接過去說他/她要說的話。如果是一群 人開會,不但互相搶話,還常常偏離主 題,結果浪費時間甚至議而不決。也就是 說,發表自己的意見比聽取別人的想法還 要重要。

在華人圈中,經常聽到的是,從前的 發自內心的尊師重道的精神早就灰飛煙滅 了。從前,家長拿藤條給老師請老師盡量 教訓他們的孩子。今天,做父母的常不檢 討自己的孩子的行為,而總是怪老師對他 們的孩子的處分不當。過去,公務人員作 威作福老百姓敢怒不敢言。今天,公務人 員無論如何盡心服務,還是動輒得咎。我 個人認為,這就是自我意識的過分提升而 忽略了尊重他人的結果。而唯一的解決方 法就是回到我們的傳統美德 — 凡事先從 你想責怪的人的角度去想一想。歐美人的 說法是,站在別人的鞋子裡。

What I remember the Taiwan before I came to the US in 1979 is that, one's outward expression of respect to others was basically limited to elders and people who he had a stake such as teachers, superiors and bosses. Even among the Chinese in America, this situation was very common. It is undeniable that, today, in the Chinese communities in both Taiwan and America, the outward expression of respect has improved tremendously. In the past, it would be considered as good service, if, after you walked in a restaurant, the waiter/waitress showed you the way with a poker face and pour you tea. Nowadays, as soon as you walk in a restaurant, you will be treated with bows, sweet greetings and smiles, making you feel good. In the past, if you went shopping, if the shop keeper looked at you, it was mostly monitoring if you would steal. Today, as soon as you walk in a shop, you will be greeted with high-pitched "Welcome" and the shop keeper will always answer all your questions patiently. However, are people today more respectful of others than before? In my opinion, not necessarily.

People today have better manners and show more respect to others. However, they are actually worse off deep in their minds. One of the situations that I experience most is that, most people, both young and old, have the habit of cutting off others' speeches. If it is a meeting or a group gathering, they not only cut off each other's conversation but also switch to different subjects, wasting time and often not reaching conclusions. It seems that, to most people, it is more important to express their own opinions than to listen to others'.

In the Chinese communities, I often hear people lament that the respect to teachers and emphasis on morality from the bottom of people's hearts have already waned. In the past, parents bring whips to teachers and asked teachers to discipline their kids. Today, parents often don't exam the behavior of their own kids, but always blames the teachers for improper treatments. Today, no matter how much efforts to serve are made by the government officials, they still get blamed easily. In my personal opinion, this is just the by-product of the over elevation of people's self-esteem that results in the lack of respect to the others. The only solution to this problem is to go back to our traditional value, i.e., before you blame anyone, stand in his/her shoes.

尊重妻子意願?不行的!

■ Sunday Xu 徐清文

妻是一位美麗善良的英文教師,結婚30年,我們生活非常愉快。在我們的這麼多年的長相廝守的歲月裡,我是不是一直尊重妻子的意思?很多時候,還真不行!

妻膝蓋不太好,我讓他不要搬重物, 她經常趁我不在,還再做。妻手腕沒有 力氣,我讓她不要拎物品,她經常做, 害的我經常為此爭吵不休。有時還要類似 捉小偷的方法監視她,不讓她幹。就此事 而已,我絕對反對她的意願。

妻一直睡眠不好,我為此想過很多方法來改善。我讓她按時睡覺。按時起床。 檢查關掉精彩的電視劇,我因此經常嘮叨她,她覺得我很煩,說我比老太婆還嘮叨!我們兩個的想法,完全不同。

妻喜歡繡花和做一些十字繡什麼的 女紅的活,我經常去勸她起來走走,活 動一下,不要老彎腰,保持同一個姿 勢。為此她很討厭我去打擾她。

恭賀亞市華協三十三週年慶!

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"尊重"與有HOA社區的關聯性

■ Pearl Chen 陳珍珠

在美買屋自住,若是買棟連排的康斗 或城市屋的房子(condo/townhouse/PUD), 不論房子和隔壁鄰居是否緊密相連,都有公 用車道和公共設施,基本都設有"社區管 理委員會" (Homeowner Association 或簡稱 HOA)依社區法(CC&R)來維護和治理社區。 大家住在一個小社區內,社區居民們就好比 大家庭份子住在一個大宅院內, "社區管理 委員會"理事均由區內居民推選義務擔當。

我們華裔新居民與本地老居民要如何和 睦相處,進而發揮鄰里守望相助,共享社區 資源呢? 我以為與人相處之道就要先從本刊 的主題"尊重"(respect) 開始。尊重社區內 老居民生活方式和文化,是新居民基本禮貌 和友善的表露; 而遵從社區法的規定,則 是新居民表達重視制度和表示入境隨俗的配 合意願,更是絕對必要的。 在這樣"尊重" 和"遵從"基礎上,我們必能很快溶入社區 和鄰居融洽相處!

試想我們是新搬遷進來的人, 若是有 格格不入的行為舉止必招致鄰人側目和背後 議論,可能馬上成為不受歡迎的人,進而影 響到整體社區內的和諧氛圍,有甚者還會被 貼上一個族群不好的標記的。根據我過去擔 任過管理委員會理事 (HOA Board Director/ Officer) 的經驗,看到老居民對社區美化保 持和寧靜環境維護不懈餘力,且都是遵循原 則按規距辦事的, 有如此高公民素質的居民 們,針對房地產物業的提升和增值兼有重要 貢獻。

與此同時,我也見到有些新居民只圖自 己方便、不太懂得尊重他人和不了解社區規 章的行為令人不舒服和煩憂。 例舉幾個現象 如下:

- -> 在社區內大聲喧嘩,尤其三五成群聚在一起 的時候。
- -> 公共垃圾箱亂象不勝枚舉:有因為沒帶鑰匙 **關門的人就高空拋丢垃圾進大垃圾箱但却散** 落一地不收拾的; 有不願弄髒雙手打開垃圾 箱蓋子的、有嫌垃圾箱蓋子太高太重的各種 原因, 隨意放在大垃圾箱旁邊地上的; 有拆 卸物品的包装隨便丢在垃圾箱旁的...
- -> 佔據客人公共停車位 (guest parking)多時。
- -> 停車在車庫門庫門前面共用車道上多時。
- -> 任憑孩童在共同車道上玩耍運動。
- -> 利用公共用水在車道上洗車。
- -> 在屋外掛簾、堆積雜物或晾曬衣物。
- -> 進入公共游泳池區無視告示上的規定,攜帶 食物和飲料入內,桌椅使用後沒有歸位。
- -> 公共洗手間枱面和地上到處濺濕,擦手紙有 時散落一地。
- -> 在屋頂上安裝Dish衛星小耳朵,而沒先諮詢 管理處而影響社區外觀統一。
- -> 帶狗狗外出散步沒有繫上狗鍊、沒自備袋子 撿起狗屎。

倘若社區內以上這些情況持續發生, 肯定會引起其他居民反感,社區環境將大打 折扣,同時增加居住環境責任風險,我們應 該責無旁貸避免上述行為發生。華裔居民在 亞市已經常在社區裡是佔多數的族裔,藉此 呼籲大家要自重自愛有好行為,對鄰居尊 重,多為他人著想,遵從社區規章行事,反 必能受到其他居民尊重!

再者,您還有餘力的話,建議您爭取到 社區管理會內成為理事做義工參與為社區服 務機會,便能從大局的角度幫助您了解自己 所在的社區,為社區變得更加美好做出更多 的貢獻。最後,您所付出的時間和精力將豐 富您個人體驗和經歷!







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尊重生命,尊重自己

■ Celia Chang 蕭千惠

比起永恆,人生是何其短暫, 有如曇花一現。守候多年的開了 於在最近開了,10月16日開了 梁,10月18日又開了一朶,10月 19日再開了一朶,連續幾天內 門 了三朶,大吉大利,上帝對我 恩待,好感恩!

夫妻互相尊重,建造和睦家庭

■ Melissa Cheng 梅麗莎

每對夫妻在相戀和結婚時,都海誓山盟,信 誓旦旦,海枯石爛也不變心。在婚禮上,要擺 999朵或9999朵玫瑰,希望愛情永永久久。我還 沒有看到哪對夫妻在結婚時就想著要離婚的事。 每每與人們美好的願望相反,很多夫妻在經歷了 一段婚姻之後離異了。美國的離婚率為50%,中 國大陸的離婚率也直線上升。結婚時自有相愛 的理由, 離婚時也必有過不到一起去的原因。每 對離婚的夫妻總會有特殊的理由。為了經營美好 的婚姻,我們認為夫妻的互相尊重,是必不可少 的。

我們夫妻是大學和研究院的同班同學,相識 相知相戀已有二十八年,結婚也已二十二周年 了。我們孝敬父母,養育孩子,為了我們的家 庭,一起打拚。我們已經經歷了四個七年之癢, 但仍像初戀時一樣,深愛對方。其中的秘訣就 是:尊重對方,給對方充分的信任,合力經營和 諧的家庭。

尊重首先要從尊重對方的意見開始。每個人 都是獨立的個體,在成長的過程中,受原生家庭 的影響,外部環境的薫陶,受教育程度的不同, 會自然而然地形成自己性格和人格特質,形成自 己的價值觀、人生觀和世界觀。這些觀念在和配 偶結婚之前,恐怕就已經根深蒂固了。你喜歡也 好,不喜歡也罷,基本上這些觀念不會因為婚姻 而改變,正可謂"江山易改,本性難移"。所以 在成家之後,對某些問題或家庭事務有不同的看 法和意見,就是最正常不過的了。因為夫妻畢竟 不是由一個模子刻出來的。這時最為關鍵的就是 夫妻要互相尊重,聆聽對方的意見,一起找到最 好的解決辦法。這個過程,也是互相尊重,互相 妥協的過程。大到購房置業買車,投資理財,孩 子要不要上補習班,小到客廳的裝飾,廚房的擺 設, 窗簾的顏色, 不一而足。遇有不同意見, 首 先要放下自我,從對方的角度,來個換位思考, 也許結果就會大不同。

其次要從言語上尊重配偶。有些家庭覺得老 夫老妻了,沒有必要向對待朋友和同事那樣客客 氣氣,行禮如儀。很多夫妻認為家裏就是放下面 具的地方,就是要直來直往,想說什麼就說什 麼,便口無遮攔,隨口說出令配偶傷心的話。比 如為配偶貼負面標簽,什麼"你總是這個樣子, 說你多少遍都不聽","上回你就這樣,害得我 如何如何","這日子沒法過了,離婚!"。這 些話會極大地傷害對方。在家裏,和風細雨式的 溝通是必不可少的。

最後要在行為上尊重配偶。 人是屬血氣的, 有七情六慾,喜怒哀樂。很多人把自己的情緒, 尤其是負面情緒,表現在肢體語言上。此時的 肢體語言,一定不是溫柔的細膩的體貼的,而是 暴躁的粗魯的富有攻擊性的。夫妻意見不合時, 可以以平静的心情,平和的語言,和緩的肢體動 作來溝通,千萬不要摔鍋摔碗砸電視,或者推搡 對方,打耳光,拳腳相加,向對方施暴。因為家 庭暴力是觸犯法律的行為,在美國可不是鬧著玩 的。經常在媒體上有關於華裔家暴的報導。在有 的案例中,妻子跟警察講是家庭糾紛,是家務 事,請求警察別把施暴的丈夫拘捕。到此時,已 經鬧大了, 豈是求情就能了結的事?接下來的法 律訴訟過程,其繁瑣擾心之程度,只要想一想就 讓你頭大。過激的肢體語言,不但深深傷害夫妻 感情,並且觸犯法律,大家千萬要避免。做父母 的,千萬不要在孩子面前爭吵或者有肢體衝突。 父母應當言傳身教,為孩子們作出榜樣。

我們夫妻都是基督徒。我們牢記《聖經》上 的話: "你們作妻子的,當順服自己的丈夫,如 同順服主。因為丈夫是妻子的頭,如同基督是教 會的頭。他又是教會全體的救主。教會怎樣順服 基督,妻子也要怎樣凡事順服丈夫。你們作丈夫 的,要爱你們的妻子,正如基督愛教會,為教會 '(以弗所書6:22--25)。丈夫深知妻子 是"骨中骨,肉中肉",妻子也深知丈夫是"她 的頭",我們在基督里便合二為一了。遇到不同 意見的時候,我們都是彼此尊重,平心靜氣的溝 通協商,找到最好的解決辦法。實在不能達成一 致意見的瑣事,丈夫從不計較,統統按太座說的 辦。在我們家,一切勞苦重擔都交托給上帝,一 切瑣碎的"大事",都交托給老婆。兩個兒子在 和諧的充滿愛的家庭中快樂成長。如此,美滿婚 姻,和睦家庭成矣,岂不美哉!



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尊 重 Respect

2014-2015 華協年度捐款

ACA Donations to Community

1.	AAUW Tech Trek \$500.00	11.	Chamber of Commerce Installation \$1,500.00
2.	AHSCPBC Fundraising Gala \$1,400.00	12.	Foothill Unity Center\$500.00
3.	AHS Scholarship \$3,000.00	13.	Friends of Live Oaks Library \$500.00
4.	Arcadia Assistance League\$500.00	14.	Holloween Candy Drive\$250.00
5.	Arcadia Educational Foundation \$1,000.00	15.	Law Day\$980.00
6.	Arcadia Fire Dept\$500.00	16.	Mayor's Breakfast\$200.00
7.	Arcadia Historical Museum Foundation\$1,400.00	17.	Methodist Hospital Foundation \$1,000.00
8.	Arcadia Music Club\$200.00	18.	Relay for Life\$400.00
9.	Arcadia Police Dept\$500.00	19.	Senior Citizen Luncheon \$3,800.00
10.	Arcadia Public Library\$500.00	20.	Taste of Arcadia\$1040.00



亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org

Our Mission 華 協 宗

- Involve Arcadia communities in Chinese cultural events and assist their understanding of the Chinese culture and tradition;
- Support Arcadia education, community fund-raising and social/cultural events;
- Encourage community involvement with honors and scholarships.
- (d) Promote volunteerism in community services;
- Assist Chinese immigrants to assimilate into the American culture and tradition through sponsored events;
- 通過活動促進對華人文化、歷史、語言、文學和藝術的瞭解;
- (b) 支持Arcadia社區教育、慈善和文藝...活動
- (c) 對Arcadia有卓越成就和貢獻的居民提供獎學金和褒獎
- (d) 在Arcadia 社區範圍內,促進社區的和諧和縮小文化差距
- 協助華人居民瞭解美國文化、傳統、政府、學校、社區,特別是鼓勵華人參與社區義工活動



2014-2015 Annual Activities

06/21/14		
	Installation Ceremony & Get to Know You	Shelley Liu's Home
08/30/14	Water Conservation Mixer	Arcadia Museum Educational Center
09/22/14	Taste of Arcadia – Chamber of Commerce	Los Angeles County Arboretum
09/28/14	Arcadia Historical Museum BBQ	Arcadia Historical Museum
10/18/14	Residental Safety & Burglary Prevention Mixer	Arcadia Museum Educational Center
10/31/14	Halloween Candy Drive	Westfield Santa Anita Mall
11/01/14	32nd Annual Fundraising Gala - "We Are Family"	DoubleTree by Hilton, Monrovia
11/18/14	Thanksgiving Appreciation Luncheon for Police Dept.	Arcadia Police Department
11/19/14	Thanksgiving Appreciation Luncheon for Fire Dept.	Arcadia Fire Station #105
11/20/14	Volunteer Appreciation Dinner	Bodhi Veggie Cuisine
12/14/14	Holiday Mixer	AWU Delicious Food
01/29/15	Arcadia Historical Society Event	Prince Erik Hall
02/17/15	City Employee Appreciation	Arcadia City Council Chamber
02/21/15	AHSCPBC Annual Fundraising Gala	Arcadia Community Center
02/27/15	Senior Citizen Luncheon (Joint Sponsorship with the City)	Arcadia Community Center
03/13/15	Mayor's Breakfast	Arcadia Community Center
03/26/15	Chamber of Commerce Installation	DoubleTree by Hilton, Monrovia
04/21/15	Outgoing Mayor, John Wuo, Plaque Presentation	Arcadia City Council Chamber
04/25/15	One Day Santa Cruz Island Trip	Santa Cruz Island
05/02/15	Fire Dept. Pancake Breakfast	Arcadia Fire Station #106
05/09/15	Law Day (Joint Sponsorship with the City)	Arcadia Public Library
05/16/15	BBQ Mixer	Jimmy Au's Home
06/18/15	AHS Scholarship Award Presentation	Arcadia Chamber of Commerce

42 尊 重 Respect — - 2015-2016 ■ 亞凱迪亞華人協會 ■



2014-2015 年度活動摘要

日期	活 動 內 容	地點
06/21/14	華協新舊理事交接暨與社區人士聯誼會	會長邱妙麗家的後院
08/30/14	華協舉辦省水交誼會	亞市博物館教育中心
09/22/14	參加亞市美食品嚐活動	亞市植物園
09/28/14	參加亞市博物館烤肉晚餐	亞市博物館旁草坪
10/18/14	華協舉辦家庭與人身安全交誼會	亞市博物館教育中心
10/31/14	萬聖節發派糖果	西野購物中心
11/01/14	華協三十二週年籌款晚宴	雙橡樹希爾頓飯店
11/18/14	感謝亞市警察局人員感恩節午餐	亞市警察局
11/19/14	感謝亞市消防局人員感恩節午餐	亞市消防局
11/20/14	感謝華協理事和義工晚餐	菩提齋素食餐廳
12/14/14	華協舉辦聖誕節交誼會	亞市阿五美食
01/29/15	参加亞市歷史協會	亞市艾瑞克會議廳
02/17/15	感謝市府員工活動	亞市市議會
02/21/15	參加亞市高中華裔家長會新年籌款晚會	亞市社區活動中心
02/27/15	與市府合辦慶祝農曆新年敬老午餐會	亞市社區活動中心
03/13/15	參加亞市市長社區早餐會	亞市社區活動中心
03/26/15	参加亞市商會交接典禮晚宴	雙橡樹希爾頓飯店
04/21/15	華協致贈獎牌給卸任市長鄂志超	亞市市議會
04/25/15	華協春季一日遊	聖塔克魯斯島
05/02/15	參加亞市消防局鬆餅早餐會	亞市消防局
05/09/15	華協與市府合辦法律日	亞市圖書館
05/16/15	華協舉辦烤肉交誼會	前會長區應鐘的家
06/18/15	頒發獎學金給亞市高中學生	亞市商會會議室



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A Passion for Travel

Kathy Symons

Rio Hondo College Art History Professor Emeritus

I continue to have a passion for travel. As long as I am physically and mentally capable I plan to continue traveling. Travel is very culturally enriching. It gives an opportunity to witness different people throughout the world. I always come back from a trip, though, proud to be an American and thankful to live in a country where we can express our beliefs

parade witness associated with **Buddhist** Novitiatetion ceremony in Pagan. A balloon ride at dawn over Pagan was a highlight. We ended out trip in North East Burma with visits to the Lonhi, Ahn, Akha, Palaung and Lahu tribes for their New Years festivals.

publicly without fear of persecution.

My year began with a trip to the South Asian country of Myanmar/Burma. Myanmar is beginning to open up to tourists but still suffers from political persecution by the government. Our guides spoke freely about their frustration which was unheard of when I first traveled there in 1991. Our first stop was to visit the Naga people in the far Northwest of the country bordering on the Indian State of Assam . We had to take a local flight and then a drive in 4 wheel drive vehicle for 2 hours over very bumping dirt roads. We came for the annual Naga festival, a New Years celebration when tribes from the area including some from India mostly walk to the destination. There were only 15 tourists visiting the event from Europe Japan, Australia and the 3 of us from the US The accommodations were primitive with having to sleep on the floor on very thin pads. It was cold at night. There were however, shared western toilets and an area to take a sponge bath. The local people were very friendly. For 3 days the tribes displayed their dancing skills in very elaborate traditional dress with colorful woven fabrics and horn and beaded helmet like headdresses. We then flew to the Southwest of the country to visit the Chin tribe with their large earrings. We also visited the ancient capital from the 16th century, Mrauk ,with its many temples and pagodas. The Swedagon in Yangon and the ancient cities of Pagan and Mandalay offered beautiful architecture. We were lucky

In May I joined a Grand Circle tour to Cuba. Cuba was like stepping back to the 1950's It was amazing to see how enterprising the Cubans are. After the US embargo which began in the 1960's and the collapse of the Soviet Union in the early 1990s. Cuba was left to its own enterprises. They had to get by with what they had. The Cuban culture is very much alive. The arts - painting sculpture, music ,dance and the theater are encouraged. Religion has been restored not only traditional Catholicism but also the Afro Santana beliefs. The people are looking forward to the opening of relations with the US which is slowly happening.

My most recent trip this year was in September to the Caucasus's countries of Azerbaijan, Georgia, and Armenia. These countries were part of the Soviet union but have now returned to their former independence. They displayed a fierce love of freedom probably because they have throughout history been invaded by their more powerful neighbors - Russia, Iran, Turkey. The food here was delicious with many varieties of stuffed vegetables, - peppers, cabbage and eggplant. Their arts reflected a love of carpet weaving with many intricate designs. We visited Mosques, Armenian and Georgian Churches, monasteries and former castles. I marveled at the elaborate stone carving of Armenian Kachkars (Memorial Stones), Georgian murals, and Azjerbyjan ancient pictographs.

Learning Chinese Language and Culture at the Arcadia Moon Festival

Stephanie Cash

East Los Angeles College

I had the opportunity to attend the Arcadia Moon Festival at the Los Angeles Arboretum. It was a great mix of traditional and modern Chinese culture, as well as a mix of familiar and new experiences for myself. It made me miss the days that I would go to Chinatown with my popo, shopping, eating bao and meatballs, trying to keep myself entertained while she played mahjong with her friends. While many things like the songs and foods are familiar to me, I am only beginning to learn Chinese language. I have been studying Mandarin for four weeks at East Los Angeles College so it was fun to be able to speak even a little bit of Chinese with other people at this event. It was also exciting to share the experience with my friend who had never seen Chinese traditional instruments, tried moon cake, or seen a peacock up-close.

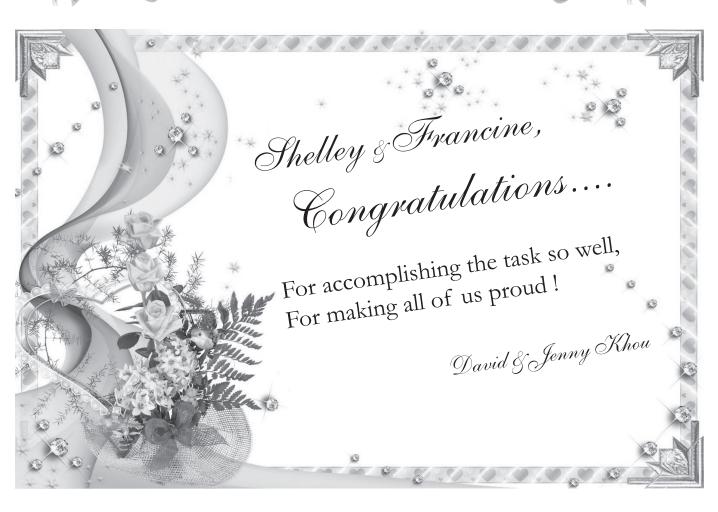
When we first walked into the courtyard, I was pleased that I recognized the song that was playing. It was a song that is in many Kung Fu movies, "Wong Fei Hung" with lyrics about being (a?) man with blood as hot as the sun – very epic and appropriate for the martial arts demonstration that was happening. I only recently learned what the song was about because I was looking online for Chinese music videos that have pinvin and English translations. I was happily surprised when other songs that I had added to my playlist were also songs that were performed. The Arcadia High PTA dance group did a number to Phoenix Legend's "Most Dazzling Folk Style," and a young girl sang the children's song about the well-behaved rabbit. My friend and I were impressed by all the children that performed, particularly the discipline of the martial arts students and the talent of the ribbon dancers and singers. We were also taken by the duxiangin. My friend had never seen traditional Chinese instruments performed and I had never seen a duxiangin. It made me think of the times when I trying to learn to play the sheng.

It was fun sharing culture with the friend that I went with. She is from Kansas and is of Belize and African-American background. She is very interested

in Asian cultures, and has spent two vears teaching English in Japan and is currently studying to be a translator. Throughout the evening we found that there are many similarities between Japanese and Chinese culture. Chinese and Japanese share many written words, although with different pronunciations and sometimes different, related meanings. For example, the symbol for "hao" means "like" in Japanese. One of the performer's singing style reminded me of the singing in Beijing Opera, so I showed my friend videos of Beijing Opera after the event. While she did not particularly like the high-pitched singing style, she very much appreciated the intricate make-up and dress and the style of deliberate movements which reminded her of Japanese Kabuki theatre.

Throughout the night I tried to see if I could recognize any words or phrases. I was able to recognize some simple words like "xie xie," "peng you," "hao," and "shen me". I was nervous to practice my Chinese with anyone, but luckily I met a very nice vendor, Mr. Sun, who was selling rice paper cloth for practicing calligraphy. I wrote the character for "shi" and Mr. Sun was surprised and pleased. I told him that I was learning Chinese and he said "qing wen, ni gui xing?" Although I had trouble understanding, he was very kind to practice with me. He asked me if I had a Chinese name. While I was given one, I do not remember it because my popo would always call me "bobo." He wrote "mei hao" on the rice cloth and told me I could use this as my Chinese name. While I don't think I could introduce myself as beautiful and good, it was sweet of him to say this. He was also nice enough to give me a discount on the rice cloth and brush. I tried it at home and since it uses only water and dries in minutes, it's a fun and almost meditative way to practice the characters. The moon festival was a great way to spend an evening celebrating the harvest moon and Chinese culture. I look forward to learning more Chinese and being able to interact with more people in the community.





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美國中華民族文化中心,以弘揚 中華民族文化;開展各類國際文 化、藝術交流活動;十多年來, 開展眾多的體現中華56個民族文 化的各類各項活動,參與美國社 區及主流社會的活動,使中華民 族文化走出了國門,走向了世界 ,走進並融入美國各階層,得到 廣泛的贊譽和認可。



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亞市博物館: 黃昌博士講述太空作業

■ 編輯組

前亞凱迪亞華人協會會長黃昌博士, 應亞市博物館(Arcadia Museum Foundation)邀請,於二月八日假座新建成的 博物館教育講座中心 (Arcadia Museum Education Center),講述太空作業,包括 前往火星的好奇號高空吊車,2020年火 星計劃,及令可能與地球相撞的小行星 改道等,聽眾極為擁擠,座無虛席。

作為導航軟體程序式設計小組負責 人,加州理工學院噴射推進實驗室(JPL) 高級工程師,和獲得2013年太空研討會 議最佳文章獎項的黃昌說:太空高空吊車 系統發明和設計前所未有,使好奇號不但 能柔軟著陸,更需保證六個輪子完全著地 不能翻倒。降落火星最後關頭的七分鐘 內,由於信息傳遞延遲,地面無法即時控 制,降落時數十種機器要全部自動成功啟 動和運作。此外在火星大氣層內實施的導 航控制,大大提高降落目標準確度,使降 落離偏差不超過三公里。

黄昌再簡單講述其他太空作業,如旅 遊者一和二號 (Voyager 1 & 2), 在三十 多年前成功飛越木星和土星,歐洲航天 局 (ESA) 登陸彗星,未來計劃捕獲高達 10米的小行星,和計劃令小行星改道, 如此希望能避免如2013年小行星撞落西 伯利亞的重演。

被問及有否外星人,黃昌說外太空有 數以百萬計的太陽系,類似地球的存在 機率極高,最好我們不要與有極高智慧 的外星人相遇為佳。

最後黄昌提及,太空作業的成就,是 歸功所有參與的科學家和工程師們,此 高科技成就引起的與奮和鼓舞,會影響 許多青年學生,包括華裔子女,帶動他 們提高學習科技的興趣,當天來的觀眾 有年長者,也有年輕學生,假若能夠提 起年輕學生對科技的興趣,這太空講述 就已經很值得了。



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獻給我的小學同學們

Joanna Liang

明月幾時有,把酒問青 天。不知天上宫闕,今夕是 何年。我欲乘風歸去,唯恐 瓊樓玉宇,高處不勝寒。起 舞弄清影,何似在人間。轉 朱閣,低綺戶,照無眠。不 應有恨,何事長向別時圓。 人有悲歡離合,月有陰晴圓 缺,此事古難全。但願人長 久,千里共嬋娟。- 水調歌 頭 北宋 蘇軾 -

那是1961年,五十 多年前,我們相遇在桃園大溪對面山下一個臺地 小村莊,名為僑愛新村。村子的正門有一座水泥 口字型石牌樓,正門後底部,有著長排的青翠竹 林, 風吹著竹林聲…嘎嘎作響; 竹林的後面是一 大片綠油油一望無際的稻田,竹林的右邊,有一 間高聳矗立的教堂,緊接著教堂的右邊是一個鐘 樓,清脆響亮的鐘聲,劃破了總是寂靜的小村 莊;鐘聲-它伴隨了我無憂無慮、快樂成長的童 年及青春歲月,那兒就是我魂縈夢牽懷念的故

仍是孩童的我們,日日聚集在僑愛國民小學 的簡陋小教室,從勺勺口口開始了我們人生識字 的啟蒙教育。一、二年級似乎在懵懂的歲月中度 過…,小學三年級的郭慶生老師最愛說故事,是 全校所謂的「壞老師」,然而當如今我們談笑之 中,印象最為深刻的,竟然是他說故事時滑稽生 動的挑扁擔書面。四年級的孫斂芝老師,漂亮、 能幹、教學一流,還是土風舞高手;每天課間的 土風舞時刻,就是從四年級開始,男生、女生有 了第一次的「牽手」經驗,情竇初開的小男生 們,也開始了躍躍欲試"站崗"的滋味。從五年 級開始吧!我們有了營養午餐,我和徐玉楣抬饅 頭,班長和丘得來吧?有兩組抬湯、舀湯後由女 生們郭賽華、康翔瑜、張儀貞、李美月…一排排 分送。漂亮、可爱的康翔瑜曾代表全校,獻花給 遠從紐西蘭到校訪問的Mr.博士,感謝他們支援 我們營養午餐的麵粉及經費。當年聯考升學壓力 當道,小學五、六年級是在黃文洲老師「竹筍炒 肉絲」的鞭策下,逐漸培養出一些向上進取的意 志。猶記得黃老師常常問我們全班「有沒有信心 啊?」童稚的心靈並不全懂,但他鼓勵的話語卻深 深印在腦海、也經常地廻盪在時空交替…反反覆 覆的思緒中。



2015年春節的前夕,我們 這一班又再度重逢在僑愛的 最高學府-僑愛國小。當年 辦公室前開得燦爛火紅的橘 紅色鳳凰花,已不復見,泥 土地的大操場也已舖 LPVC 人工跑道…物换星移,有無 些許"少小離家,老大回" 的輕嘆呢! 誠如賽華所言「 盛年不重來,一日難再晨, 及時當勉勵,歲月不待人」 。時光荏苒,我們的年輕過

往歲月,已日復一日悄悄從指縫間溜滑而逝,然 若我們彼此可以互相的鼓舞勉勵,雖然失去的歲 月不可再回頭,但把握住當下、珍惜彼此再度重 溫舊夢所擁有的幸福,不也是鍾靈所謂"不知老 之將至"的最佳寫照與詮釋嗎!

2015年的夏天,僑愛國小畢業四十八年後的 夏季,心中仍懷念著那個橘紅色鳳凰花開的分離 時刻…「焉知五十載,重上君子堂」。同學們, 挽強班長及夫人、儀貞、小鵬、芳軍、賽華、褚 牧師(襄烈)及兩位公子、植池院長、秋亮、思堯、 祥芸、文麟、秋華、國毅及乙班的婉儀、麗華一 同齊聚在新店我大臺北華城的家中,共同歡慶我 們一甲子的人生歲月; 杯觥交錯、把酒言歡、充 滿一室咖啡的濃香…"少壯能幾時,鬢髮各已 蒼",使我更加珍惜的要抓住少壯的尾巴,將溫 馨歡樂的美麗色彩,醺染在我們每一位同學已蒼 的髮鬢。長久以來塵封的記憶影像,成為一幅幅 生動鮮活的書面、栩栩如生呈現眼前。同學們, 您的巧手編織了我綺麗的生活、又將累積的歲 月,成為我歡樂無限的記憶。

2015年的秋季,又是一個月圓的中秋,坐在 洛杉磯的院落,掬著皓月、就著秋風…想起了那 個太平洋彼岸的故鄉,我們美麗的臺灣寶島-曾 經在無數的中秋時節,親友相聚團圓慶祝。「明 月幾時有,把酒問青天,不知天上宮闕,今夕是 何年,我欲乘風歸去…,多美的詞句,北宋的蘇 東坡留傳千古的絕佳詞句,也給了後人很大的鼓 舞與緬懷。欣賞著三十六年來才能一見的"血 月",使我更加的珍惜太平洋彼岸,四十八年後 又再度重聚-1967年僑愛國小畢業的我們這一 班一六年甲班。"懷君屬秋夜"…,讓我再一次 誠摯的祈求,但願人長久,千里外,嬋娟共。

盧台英 謹誌於洛杉磯 2015-09-27 中秋夜

紀實攝影的隨心所欲

■ Ricky Lau 劉華傑

華協這幾天一直追著要我寫一篇短 文,頗有壓力感覺。第一,覺得自己 的墨水太淺,寫不出什麼像樣的咬文嚼 字;再者,協會裡文人墨客人才濟濟, 隨手拈來就是千字大作。實在有些為 難。而且,各路寫作高手一向以嚴肅認 真著稱,而我卻是偏向於自由散漫的作 風,既然要寫,我就隨心隨意聊幾句吧! 在華協當義工也有一段不長不短的時間 了,期內我主要的任務就是把華協組織 的各項活動用相機記錄下來,也就是一 個紀實攝影的工作了,那麼就聊聊紀實 攝影這個話題。

攝影一詞來源於希臘語"光線"和 "繪畫",就是以光線繪畫的意思。攝 影是一門淵博的學問,是一門藝術創作 的過程。把瞬間即逝的那一剎那的感動 凝聚了,能把觀者的眼球吸引著,帶動 著觀者的思緒,編織著由畫面而引出的 故事,唤起共鳴,才是攝影的真諦。攝 影包含著好幾種的分類;比較普遍的分 別是風光攝影;人像攝影;婚紗攝影; 静物攝影;商品廣告攝影;紀實攝影; 生態攝影;概念攝影;藝術攝影等等分 類。紀實攝影並沒有很明確的定則,簡 單來說其實就是在真實的環境呈現真實 的影像,一般都是圍繞著一個主題和人 類活動,實在地以一組照片來敘述一個 故事或者一個事件,可以是嚴肅的,趣 味化的,生活情調的,有新聞價值的, 歡笑的,驚喜的,感動的,哀傷的,等 等。

紀實攝影的拍攝技巧是需要把握得 恰當,當你看到一張好照片的時候,不 要以為是隨便碰上好運氣拍出來的,攝 影和其他手工作坊有點雷同,在工作過 程中獲取經驗,不斷的練習,不斷的重

複,不斷的嘗試,不斷的改進,積累下 來的拍攝心得,對往後的拍攝工作會更 加的得心應手。 俗話說,熟能生巧。一 張好照片的由來是攝影師以多年來無數 次的失敗和教訓的結晶。尤其是紀實攝 影,在一個不受控制的環境裡,更需要 有耐心的搜尋攝影目標,要有敏捷的抓 拍能力。錯失了一個談笑風聲的畫面, 我不可能走過去請他們再重覆談一次; 錯過了一個多年合作夥伴的擁抱,我也 不可能請她們再抱一次;台上的演講, 頒獎,捐獻儀式等等,我都不能夠請嘉 **賓們再來一次。**

在我們華協的活動中, 拍攝難度次 數不是很大,最大的限制是場地的擁 擠,當看到一個非常動人的一幕,但是 因為時間和障礙物無法迅速靠近主題的 時候,解決辦法是使用長焦距把要表現 的主角收入鏡頭。最大的挑戰是如何克 服眾多朋友們在相機鏡頭前的站樁式深 厚功底。要克服這個難題的就希望大家 都能放下官方式的思想吧!畢竟華協的 活動大都是以活潑歡樂為主的。不過, 在這裡也就不討論這個話題了。雖然活 動是每年重覆舉行,但是,每一年的活 動感人精彩的瞬間,每一年我們的義工 朋友們付出的汗水換來的欣悦,卻是無 法重覆的。每一次的活動之前,我都會 回看以往的這個活動的照片,認真的思 考和計劃即將展開的活動應該採取什麼 方式來表達不同的感覺,即使是每一個 年度活動,還是會盡量採用不同的拍攝 手法去表達活動的精彩點滴,讓人們每 次看到的照片都會有一些新鮮的故事內 容,我的任務也就完成了。總而言之, 攝影是一門把不可複製的瞬間凝聚的藝 術。

爬黨 - 快樂的健身!

■ Sunday Xu 徐清文

體低的枯回力有們費窮都身空濟,改樣所不動,於人可稀道的這持下一氣聲與大可稀道的這持下一氣聲樂大可稀道的這持下一氣聲樂大可稱,發展,人人人,不可不可不可以不可不可,不是,來發見,不要,來發見我免無?

窮中鍛煉幾個小時呢? 有的!請參加我們的"爬黨"。



早上陽光15%。出發 : 3302 Lake Avenue, Altadena, CA 91001。 從Pasadena 的 Lake st. 直向北到前往125年 前建立,大車站 前以居上上 前本 或以看到,回音山。 道,房基,回音山。

我的一個朋友,心臟一直不好,看過洛杉磯很多"名"醫,都沒有好。經常登山,讓他很快恢復健康了。在他的帶領下,我喜歡上了登山!

南加州人,真的非常幸福,很多的山,很多的林中小路,可以登山。我們組織了一個微信群,每週六早上8:00登山。從剛開始的2-3個人,到現在已經是十幾位了。每週的3-4小時,我們可以走5-8英里。我們有10歲的小女孩,有退休的男男女女。有地產經紀,有科學家,有政府的工作分員,有學生,有數據專家。大家相互交流,有說有笑,聽故事講笑話,不知不覺,我們是爬山的黨,簡稱,"爬黨"。

下面介紹一些短的半天的行程和附近山腳的登山路線:Sam Merrill Trail to Echo Mountain, 高度3,200英尺,5.8英里,時間4小時。

Rubio Canyon Trail 高度350英尺大概1.3英里,時間大概2小時。早上陽光15%。出發點:1351 Pleasant Ridge Drive, Altadena, CA 91001。窄窄的小路带您走進百年前的歷史。軌道,和斷壁殘垣恍如隔世。這裡有兩條道,如果您走上了左側小路,會帶您登上火車站,很陡峭,危險。

Mount Wilson Toll Road to Henninger Flats 高度1325 英尺,大概3英里,時間大概3.5小時。路非常好,都是可以走汽車的路,是1917年運輸世界最大的天文望遠鏡上去的路,上面有一些房屋,野餐的桌子和椅子。比較曬早上陽光70%。

Eaton Canyon Falls 高度 375 feet 大概 3.5 英里,時間大概3小時早上陽光前半段85%,後半段5%。出發點: 1750 North Altadena Drive, Pasadena, CA 91107。前小半段又寬,又曬。後大半段全部在樹蔭和小溪。前面比較平,後面的高低不平。大概40高的瀑布,週末人潮如織,塵土飛揚的。最好拉開距離。

Bailey Canyon: 高度 2500 feet大概8英里,時間大概 4-5小時早上陽光25%。出發點 451 W Carter Ave Sierra Madre, CA 91024。山間小路,彎彎曲曲的,中途有兩個愛心木製長板凳。開始的地方有洗手間,沿途野花爭艷,野兔和蛇賽跑。中途有一個小木屋的基地。Mount Wilson 頂上有一個平頂。

Mt Wilson Trail 高度4740 feet 大概13.6英里,時間大概6-7小時早上陽光70%。出發點:Lizzie's Trail Inn and The Richardson House。167 E. Mira Monte Ave, Sierra Madre, CA 91024。剛開始的地方比較蔭涼,後面很曬的,大概走2小時的地方有一個小瀑布。

Sturtevant Falls end of Santa Anita 高度大概

3.25英里,時間大概3小時早上陽光15%。出發點 為 Chantry Flats Road, Angeles National Forest, Arcadia, CA 91006。沿著 Santa Anita

一直向北上山,到底是一個停車廠,要付停車費 的,而且基本上沒有位置。很多停在窄窄的路 邊,人很多。停車場旁有一個味道"很好"的洗 手間,其南側有一條水泥路,一直下去,有森林 氧吧,"杜甫"草堂,小橋流水,清泉瀑布。

Monrovia Falls 高度 400 feet 大概 2 英里, 時間大概2.5小時早上陽光5%。出發點: 706 North Canyon Boulevard, Monrovia, CA 91016。上面的地點可以停車在路邊,如果想開 裡面一些也可以,停車費6美元。進去左側的瀑布 路線比較短,大概不到2英里,全部是樹蔭。如果 進公園的門,走右側的水泥路,有巨形水壩,童 子軍營房,游泳池,楓葉林,林中小路,彎彎曲 曲的,不錯。

Fish Canyon Falls 高度 650 feet 大概4.8英 里,時間大概3小時早上陽光25%。出發點:3901 Fish Canyon Road, Azusa, CA 91702。八十尺高, 三層瀑布目前乾了,還有一個很深的魚塘。這 條路,比較不單調,左側,右側,小溪,高山,

攀岩,險峻。100年前的女童軍照片,礦石,鐵 橋,燒毀的度假屋。

Azusa Peak and Glendora Peak 高度 1200 feet 大概3英里,時間大概2小時,早上陽光45%。 出發點: Sierra Madre Avenue & Garcia Trail. Azusa, CA 91741和天文台的好萊塢 Sign 比美的 白色大A(目前山體滑坡,暫時關閉)

Bridge to Nowhere (死路橋)高度900 feet 大概5.5英里,時間大概6小時,早上陽光25% 。出發點:Bridge To Nowhere Trail Head 停車場 100 Camp Bonita Rd, La Verne, CA. 開車的線路 是:210 N Azusa下一直向北,開始進山的時候, 路名自動改為 San Gabriel Canyon, 經過 Morris 水庫,和San Gabriel水庫。沿途道路彎彎曲曲, 有很多騎車,跑步的人,注意對面來車,看到一 個很大的橋,上橋。路名是 E Fork rd. 沿著有雙黃 線的路,不要上叉路。經過加州矯正營,義工消 防局等有房子的地方向前大概5000英尺的地方看 到道路上緊急有轉彎上山的時候。是您該直行脫 離 Fork Rd。前行一點就看到很多車停路邊了。死 路橋,蹦極,天然泳池,必須多次拖鞋才能越過 的河流,沿著淘金、尋寶軌跡的探險歷程。絕對 讓您終生難忘。



阿諾老師淺談活力太極拳

A Brief Talk of Arnold Chien'S Kinetic Tai Chi

■ Grandmaster Arnold Chien 簡阿諾

阿諾老師於2006年創立活力太極拳, 其目的是想要還原太極拳源自於技擊的 原貌,但又不失其保身健體的普世價值。 活力太極拳的特色,就在於它的每一招 一式, 都有其特定且嚴謹的規範,此規 範包含兩部分,一在意念,一在姿勢。 守住意念能帶來健康,守住姿勢能抵禦 外侮。 最後再把這兩部分的學習心得依 個人的理解心得二合為一,即可提高個 人的精神層次,重而貢獻給人類文明正 面的影響! 在近10年的教學生涯中,實 踐證明學生在阿諾老師的教導之下,都 能改善多年擾人的宿疾,對人生有更多 正面的想法,而年輕人則在阿諾老師獨 創的太極拳混合武術班(Tai Chi Mixed Martial Art)中,盡情地揮灑汗水,進而 了解以柔克剛的真正意義!

太極拳是一種兼顧健康與技擊的武術。 具有悠久的歷史。 在拳法中屬於內家拳 以"易經"中陰陽相沖相合的哲理為基 礎來體現武術的運用。 阿諾老師在近三 十年的教學生涯中。 深感初學太極拳者 迷失於艱深難懂的理論而望洋興嘆,甚 為可惜。於是在2006開始,用淺顯易懂 的教學,在南加州各大公司,聯邦政府 與與社團推廣活力太極拳,並被南加州 大學(USC)遴選為2014功夫大師(2014 Kung Fu Master)。 在成為本會理事之 後,阿諾老師也在阿凱迪亞社區活動中 心開班教授太極拳,並傳授獨一無二的 太極混合武術班,以回應目前美國最流 行的Mixed Martial Art(MMA),學生將 在快樂,積極的環境中學會太極拳的精 華,並渡過一個充滿活力的學習過程。 班級分為幼童班,青少年班,成人班與 老人斑.

太極拳一般給人的印象是給老人學的。 但這話只對了一半,因為年輕人學效果 更好,更快。而太極拳精華之一的摔 法,更是只有青少年才能夠發揮的淋漓 盡致! 在八個星期的課程中,學生將學 會初級的拳法套路;打法和摔法;推手 與擒拿。實戰練習時並使用混合武術 (MMA)的規則,讓學員一窺太極拳的全 貌。

阿諾老師運用電腦的二位元系統的原 理。把人體周身定義為12點。相應於 "易經"中天干地支中的12地支: 其中4 點落在人體的中軸脊椎,依次為眉心, 胸中,背中,與腎中。 此4點不隨重心 的轉換而改變其對於12地支的屬性 其餘 8點落在左右兩側之肩,掌,胯,足。 並隨著重心的變換而改變其對應於12 地支的屬性。練太極拳時就是透過對這 12個部位的相沖相合而完成的一系列動 作。 阿諾老師並融入現代物理學中動能 與位能的轉換原理來幫助學生更加了解 這些看似深奧難懂的原理。並提高學習 興趣。 其結果就是各個動作合乎陰陽, 效法自然。 若能持之以恆長久練習,能 改善身體狀況,使弱者強,強者壯,達 到內外兼修,平時謙恭有禮,技擊時所 向披靡! 所以作為父母親的就讓您的小 孩來享受這充滿活力的武術吧!

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Respect 尊重 55

美國以公司名義購房的利與弊

■ Melissa Cheng 梅麗莎

1、以公司名義買房有哪些利?

2、 以公司名義買房有哪些弊?

而在此基礎上,盈利的利潤分紅還需繳納個人所得稅。第三,公司買房基本屬於投資類型,因此不能享受個人的25萬免稅額。第四,在賣房時個人和公司所需繳納的收益稅稅率相差較大,分別為最高20%和35%。

3、哪些公司類型可以用於購房?

4、小提示:

- ①使用公司名義買房時,如果是自住,那麼類似於地稅、貸款利息等費用不能用來抵稅。但如果是投資,可以提供租金報稅紀錄等,用這些費用抵稅。
- ②根據有些州的法律,未成年人可以成為公司股東。因此以公司名義買房時,可以將未成年子女算成股東。



於1言 殺蟲消費服務公司

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雅音合唱團



雅音合唱團於 1990 年秋季由馬盈宇女士及黃醒民老師創辦於美國南加州亞凱迪亞市. 成立的宗 旨乃以歌會友, 齊聚華人社區喜愛音樂人士, 提供學習與交流的機會, 歷任指揮鄭煥壁等多位老師 辛勤的付出, 為雅音打下了良好的基礎. 團員們不懈的努力, 讓雅音走過了二十五年的寒暑, 屹立 不搖,延續了音樂學習之路. 2009 年孫偉志老師接下指揮棒,給雅音注入新的生命和活力. 孫老師 畢業於台北市立師範學院音樂教育系主修鋼琴,擔任音樂教師多年,2005 於洛杉机獲得 Azusa Pacific University 合唱指揮碩士學位,並任該校鋼琴教授至今. 孫老師為人平易近人, 教學嚴謹, 不 單有指揮的才華,鋼琴演奏方面也十分受肯定,是位傑出的音樂教育家.

雅音合唱團時常參與各種社團活動演出,如每年一度的海華南加州合唱團聯合演唱會,2007年的 "Creation", 及 2008 年的"費加洛婚禮"歌劇表演, 團員們無不鼎力支持, 深獲好評. 2010 年度公演, 節目包括中外名曲及歌劇 Les Miserables 精選. 為慶祝中華民國建國百年, 2011 年十月與爾灣華 聲合唱團聯合組團回台參加桃園合唱文化節演出,並在台北舉辦一場大型演唱會. 2013 年的年度 公演則以母親節及百老匯歌舞劇西城故事為主題,2014年的年度公演主題是經典老歌,雅音新唱. 2015年五月的年度公演則邀請爾灣華聲合唱團和東安兒童合唱團,共同盛大演出.

雅音合唱團每星期二晚 7:30-9:30 練唱, 歡迎加入我們的陣容. 練唱地點: 信義會十架堂, 66 W. Duarte Road. Arcadia, CA 91007 聯絡電話: (626)574-2284, Betty

指揮:孫偉志 **伴奏:** 柯采秀 **團長**: 田學文

團員: 女高音: 許鑾鶯, 黄其嘉, 張幸, 陳瑪麗, 林雪莉, 王蘋, 張小明, 李奇融, 莫秀珍

陳慶伶,徐達鳳,楊秀慧,鍾淑儀,許碧妙

女低音: 周黎敏,李佩芸,劉懿漫,李宜樺,郭美倫,閻秉琳,蕭千惠,黃美智,田文蘭

男高音: 陳建文, 嚴偉康

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■ Joanna Liang 盧台英

亞凱迪亞華協的新、舊理事交接典禮、暨與社區人士聯誼會,於六月二十一日下午兩點半在新任會長 邱妙麗家的後院舉行。前任會長盧台英(Joanna Liang)女士,將象徵權利與義務的Gable交接給新任兩位會長, 邱馨慧(Francine Chiu)與邱妙麗 (Shelley Liu)女士。

今年一改往年的交接典禮風格,採輕鬆、活潑、自由的方式舉行,由帥以宏律師主持, 仍是由亞市市長鄂志超(John Wuo)主持新舊理事交接典禮,簡單風趣。

除了市長出席外,市議員、博物館的主任及經理、商會總裁、並有多位社區的領袖們也都到場祝賀, 並致贈感謝狀。





卸任會長盧台英,為感謝兩年來理事及顧問們 的辛勞,特別贈送三十位理事、及七位顧問每人一盆 色彩鮮豔的非洲堇,象徵著過去的一年盡心效力,就 如同這盆花卉一般的艷麗精彩。

新任會長邱馨慧與邱妙麗表示: 她們將改變以更生 動、自然的方式,深感榮幸當選新任會長,並期望更 加提升表演節目的內容,繼續為華協的服務宗旨而全 力以赴,典禮歷時兩小時圓滿的閉幕。













萬聖節發派糖果

Halloween Candy Drive at Westfield Mall 10/31/14

■ Jamie Lee 李宛蒨

每年的十月三十一日是美國傳統節慶之一的「萬聖節」,即是傳說中妖魔鬼怪集體出動作祟的日子,家家戶戶都得分發甜食,否則就會被作弄、鬧得雞犬不寧。

華協一向提倡融入社會、為民服務,於是我們每年此時招集華協義工,準備各式糖果餅乾,在川流不息的Arcadia Westfield 購物中心的中庭設攤位,發糖給來此Trick-or-Treat的大小朋友們。也藉由此機會宣傳Arcadia華人協會這一年度,於社區做的各項公益活動,也鼓勵此地華人加入義工的行列。

當然今年也不例外,10/31/2014下午五點到七點半,華協的理事們也入境隨俗換上了不同的造型,佈置攤位分發糖果,和參與活動的居民們一起歡樂過節。與會的居民們,不分族裔、不分年齡、打扮成卡通人物、電影明星、就連怪獸、精靈、天使…全都出場了,帶給大眾目不暇給的視覺享受,及無比歡樂的氣氛,直到活動結束,大家帶著滿足開心的笑容,期待著明年此時再與君同歡。



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Respect 尊重 65

32週年籌款晚宴

32nd Annual Fundraising Gala - "We are Family" 11/01/14

■ Joanna Liang 盧台英

今年亞市華人協會一年一度的籌款晚宴,於十一月一日晚上六點半,在雙橡樹希爾頓飯店歡喜快樂熱鬧登場。特別改變晚宴的地點,到更為高雅、富麗堂皇的飯店舉辦,特別邀請許多中國傳統的樂器如:口笛、排簫、巴烏、二胡、葫蘆絲等精彩表演。神奇的魔術演出,更是獲得熱烈的掌聲,悠美的白牡丹舞蹈、及熱情的拉丁舞更是獲得滿堂賀彩。悠揚的英文歌曲及恰恰和搖滾樂,真是使人陶醉而流連忘返,讓每一位在場的嘉賓,都感受到歡樂、溫馨的大家庭氣氛。



市長JohnWu與夫人、及市議員ShoTay與夫人、及許多的VIPs,賓客共約三百位皆到場歡慶。晚宴會中,華協特別捐贈支票給社區多個慈善團體及服務社區的不同非營利組織。例如:AAUW(美國大學婦女協會)、Arcadia Museum Foundation(亞市博物館基金會)、Arcadia Public Library(亞市圖書館)、Arcadia Educational Foundation (亞市教育基金會)、Methodist Hospital Foundation、Assistance League Arcadia、Foothill Unity Center、Friends of Live Oak Library 等入個團體。



當晚的抽獎獎品也非常豐富,第一特獎是由 會長邱馨慧及邱妙麗贈送的兩台I-Pad。藉著活 動,各族裔間有了交流的機會,並拉近彼此的 距離。而華協籌得的款項,又可回饋社區,賓 客們在和樂融洽的氣氛下,感受到大家庭的快 樂與歡欣,華協熱心服務社區不遺餘力,真是 每位華協義工的最大榮幸。



華協活動 ACA ACTIVITIES



感恩節午餐 慰勞警局與消防局人員

11/18/14

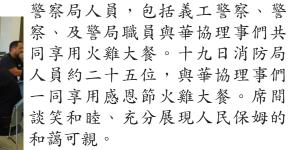
Thanksgiving Appreciation Luncheon for Police and Fire Dept.

■編輯組



為感謝亞凱迪亞的警察局、及消防局人員一年來的辛勞,華協會長Francine Chiu & Shelley Liu 及其他七位理事,特別在感恩節季節十一月十八日及十九日,準備豐富的火雞大餐前往警局、及消防局慰勞他們。在感恩的季節裡,感謝他們維護亞市的治安不遺餘力、保障居民的居住、及人身安全。

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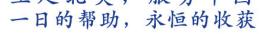
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第十五屆春節敬老午餐會

Senior Citizen Luncheon

2/27/15

■ David Lee 李太衛

亞凱迪亞,一個座落在聖蓋博谷山腳下有百餘年歷史小城:有跑馬場,購物中心,植物園,高爾夫球場,縣立公園,現代水準警察局/消防局,兩億五千萬翻建學區···是個人文薈萃的南加名城。

八〇年代台灣,九〇年代香港,兩千年後大陸,大量華人選擇以亞市為家,所看重的是由許許多多居民奉獻心力所打造的整體環境。為了向這些朋友的辛勞表達敬意,華協再度於二月二十七日中午邀請三百多位社區長輩共慶春節。

早上九點,理事,義工,高中家長,朋友們開始把社區活動中心裝扮成喜氣洋洋的新年氣氛。緊接著美味中式餐點,各種表演包括中英歌曲,熱舞,樂器,武術,財神熱鬧上場。更值得一提的,華人協會為表揚前教委Joann Steinmeier 對學區二十七年的貢獻,特別頒贈 「社區服務獎」。整個午宴在高中家長會合唱團表演奧運主題曲 "同一首歌"的悠揚樂聲中畫下完美的句點。華協願藉這個小小的活動表達華人對主流社區的謝意和敬意。















華協活動 ACA ACTIVITIES





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亞市華協聖塔克魯斯島一日遊

One Day Santa Cruz Island Trip 4/25/15

■ Yee Horn Shuai 帥以宏

今年年初時,會長Francine和Shelley要我為華協辦個一日遊。我的建議包括去棕梠泉 [Palm Springs]、約書亞樹國家公園 [Joshua Tree National Park]及峽島國家公園 [Channel Islands National Park]的聖塔克魯斯島 [SantaCruzIsland]。我建議的聖塔克魯斯島一日遊的行包括由凡吐拉港 [VenturaHarbor]乘渡輪到聖塔克魯斯島,然後在島上做登山健行、參加海上划獨木舟 [Sea kayaking]及午餐等活動。在華協理事會通過去聖塔克魯斯島一日遊的活動之後,由我策劃,然後與Shelley配合安排各項細節。在一番招兵買馬之後,有33人報名參加。其中有15人是我的朋友。

在一切細節都安排好之後,大家都興奮地期待4月25日的來臨。可是在前一天〔4月24日〕下午,Shelley接到渡輪公司的電郵說第二天很可能會有強風而渡輪無法開航,並要求Shelley於次日清晨5:30去電查詢是否船期被取消。由於大家都已升火待發,如第二天早上因船期取消而將活動取消,多煞風景。所以,我馬上連夜研究出一個遊覽聖塔芭芭拉及其近郊的替代計畫〔Plan B〕,以防萬一。

還好老天見憐,25日早上5:30起來後得到的消息是,風雖然大,渡船還是可以啟航。所以,我們馬上分別通知大家活動按原計畫進行。於是,參加的33人共乘6輛汽車於7:00分別從亞市及聖瑪利諾市各自集合的地點開車往凡吐拉港前進。到了港口,又得到一個壞消息。提供海上獨木舟活動的店家說,風速雖未大到

不能開航渡輪,但已無法帶沒經驗的人划獨木舟。因報名參與這活動的人全是第一次,我只好將這活動取消。〔過去我已帶很多人玩過這島的海上獨木舟。 所以,這次寧願利用同樣的時間在碼頭旁的巨海帶樹林〔Giant Kelp Forest〕中 做浮潛,所以未報名。但當天也因需要帶領這些本要划獨木舟的人做些活動, 我也只好放棄了浮潛。〕

9點整,渡輪緩緩開動。因船在港灣中只能以5海浬的時速前進,所以港中的景色盡攝眼裡。港裡有排列整齊及行進中的各式船舶,有成群的海鳥飛翔,包括海鷗、塘鵝、魚鳥等,有許多海狗或躺在岩石上或游戲於水中。渡輪出了港口就加速前進。許多人跑到船頭去,頂著風、聞著鹹溼的清新空氣、看著藍天白

雲,大家都對這一趟旅遊充滿了期待。

當渡輪接近聖塔克魯斯島時,船長經擴音器宣布在前方有一群海豚及幾隻鯨魚。大家都興奮得湧到船舷邊去看海豚和鯨魚。先是看到遠方有一大群海鳥低空飛翔圍繞著或浮游在一片翻騰的水面。等渡輪接近之後,時看到有一大群海豚及幾隻鯨魚。這些海豚急泳穿梭,時而飛躍而出水面,時而出沒於船邊;這幾隻鯨魚則時而噴氣如霧,時而沉潛而翻起大Y型尾巴;引起眾人為時而時和被落。原來是,那裏有一魚群經過,引來了海鳥及大魚搶食。而海鳥群的飛翔容易從遠方看到。船長就是

如此斷定那裏會有海豚和鯨魚。 停留了約20分鐘,船長說不能 再多停留,必須繼續前進了。這 樣,大家才依依不捨地告別了這 些可愛的水中動物。

約10:40,渡輪抵達了聖塔克 魯斯島的蠍子下錨處〔Scorpion Anchorage〕並靠上碼頭。上岸 之後,我們先去離沙灘不遠的大





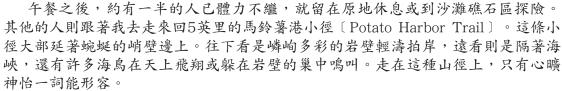




華協活動 ACA ACTIVITIES

樹下佔了幾個野餐桌椅。然後我帶著大家走岩洞點迴轉小徑〔Cavern Point Loop〕。小徑隨坡而上,然後 沿著懸崖峭壁延伸至岩洞點〔Cavern Point〕。山徑兩旁點綴著已近尾聲的黃色黑芥末花〔Black Muster〕 ,迎風搖曳。回首看蠍子下錨處及其近海散佈著許多突兀的岩礁,風景之美不在話下。岩洞點是小徑的最 高處並突出於海上,是觀賞聖塔克魯斯島峭壁沿岸的最佳地點。岩洞點之後,小徑迴轉下坡,經過一個 露營區。這營區每個營地都很寬敞,又有高大的尤加利樹林遮蔭及自來水可取用,廣受喜愛露營的人們歡 迎。在營區路上看到好幾隻只有峽島國家公園裡才有的稀有紅狐狸 [Red Fox] 在到處覓食。紅狐狸體型如 小型家狗,非常可愛,不太怕人,但也不讓人太靠近。所以,大家都輕聲慢步地跟隨著紅狐狸拍照。

> 回到野餐桌處,我拿出兩個登山小火爐和鍋子煮魚丸湯和開水泡咖啡請大家 喝。大家則拿出自備餐點互相請客,在和風煦日中,吃了一個豐盛的午餐。



回到野餐桌處,稍作休息及到沙灘聽滔之後就去排隊登船。"開船之後 才注意到風浪之大如排山倒海。所幸的是,船長的駕駛技術高超。只見船一下行進 於浪谷底,兩邊的浪高過船的上層甲板;一下又行進於浪脊之上,四望無際的巨 浪;一下加足馬力向前衝刺;一下又減速躲避排山而來的浪頭。簡直是驚險萬分。 - 些膽小的人都在向自己所信的神祉禱告。在船平安進入凡吐拉港的時候,全體乘 客向船長報以熱烈的掌聲表示讚賞與感謝。

約6時下船。登岸之後,大家互告珍重,各自乘車回家,結束了一天精采的旅遊。



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法律日

Law Day

■ Dr. Edward Wong 黄昌博士

5/9/15

The 17th Annual Arcadia Law Day was held at the Arcadia Public Library Auditorium, 20 West Duarte Road, from 10 a.m. – 1 p.m. Saturday, May 9, 2015. It was an event jointly sponsored by the City of Arcadia and the Arcadia Chinese Association. Mayor Gary Kovacic and ACA Director Dr. Edward Wong co-chaired the program. There were over thirty volunteer attorneys and financial advisors and thirty ACA volunteers supported the activity. No appointment was required for this free service and everyone was welcome to attend. Translation service was available in Mandarin and Cantonese. Other languages may be available to the extent possible. Over 250 people attended this service, a number higher than previous years.

Volunteer attorneys met with the public and provided them with a free one-on-one consultation for 20 minutes on general legal questions. Law Day attorneys generally provided a summary of legal rights and general advice, and answered questions on immigration, consumer rights, landlord-tenant issues, insurance, property, family law, bankruptcy, government benefits, employee rights, workers' compensation, personal injury and other topics. Volunteer financial advisors answered questions that often arise in correlation with legal issues such as in the areas of taxes, real estate, investment and financial planning. The attorneys were unable to accept any cases from the people they met. Real-time adjustments were made on the fly to match up questions of attendees with the appropriate lawyers.

ACA has been a partner with the City of Arcadia in promoting and organizing the event since a couple years after it began. The event is the most meaningful one for ACA each year and that they never have trouble recruiting the many volunteers needed. There is instant gratification for volunteers to see attendees receive such important and helpful information. ACA also has made several improvements to streamline the event flow this year and resulted in better capability in handling larger volume of people attending. "Over the years Law Day has provided vital legal services to the community, and we look forward to continuing the tradition this year with our 17th annual Law Day event," said Mayor Gary Kovacic, who is an attorney and the event's chairperson since its inception. "The lawyers who volunteer their time, the City of Arcadia and the Arcadia Chinese Association all take great pride in being able to help our community on a one-on-one basis with their legal issues and to truly make a difference in the lives of our citizens."

ACA hosted a delightful luncheon to express their appreciation to the volunteer attorneys and financial advisors as well as ACA volunteers. Contributions from Law Day Attorney Lead Bob Garrett and City of Arcadia Communications Coordinator Connie Schacatano were also appreciated. The Law Day reflected excellent collaboration between the City of Arcadia and ACA for an event that benefits the community. Since ACA is fully committed to volunteerism and community service, it was also a joyful event for all ACA volunteers.



燒烤晚會

BBQ Mixer

5/16/15

■ Lily Lam 林李梨蓮

今年夏季亞凱迪亞華人協會得到前會長 Jimmy Au之邀請,借用了他家的庭園舉辦了一個燒烤晚 會. Jimmy的家位於亞凱迪亞市,是一座非常寬敞和舒適的房屋,據他所說,之前在他後院亦曾經舉 辦過一些超過百人的活動而且非常成功。還有他家中擁有一座非常優美的音響器材和卡拉OK設備, 這樣證明他和家人都是非常懂得享受人生。

當天中午我們華協的一些理事們約在四時左右到達了Jimmy的家,有些人帶了不同的燒烤食 物,有牛排,雞翼,玉米,番薯,水果,水和做沙拉的材料,還有很多很多不同的食物,非常豐 富,約五時左右華協的理事和顧問及家人約五十人陸續到達了。我們就開始燒烤,因為食物實在太 多,所以兩個小時都不能把食物吃完。約在8時左右我們就把東西收拾好,結束了燒烤會。

之後Jimmy就邀請我們進入他的家中唱卡拉OK和跳舞。他還特別請了教Salsa舞的老師來教授 我們跳舞,不到一個小時連從來不懂跳舞的人都懂得基本的步法,真了不起。我們除了跳舞還有 唱歌,最後Jimmy的女兒和孫女都高歌一曲,還有他的太太歌聲也是非常動聽,全家都能歌善舞, 真是音樂世家。我們在十一時左右就告辭了,最後還是要多謝Jimmy和他的太太及家人熱情招待, 讓我們過了一個難忘的晚上。



活動集錦 Group Activities







08/30/14 Water Conservation Mixer

10/18/14 Residential Safety & Burglary Prevention Mixer



11/13/14 Guest Speaker at Board Meeting



11/20/14 Volunteer Appreciation Dinner



01/29/15 Arcadia Historical Society Event



12/14/14 Holiday Mixer



02/21/15 AHSCPBC Annual Fundraising Gala



02/17/15 City Employee Appreciation



07/2315 Special Olympic Dinner



05/02/15 Arcadia Fire Dept. Pancake Breakfast



06/18/15 AHS Scholarship Award Presentation



03/13/15 Mayor's Breakfast

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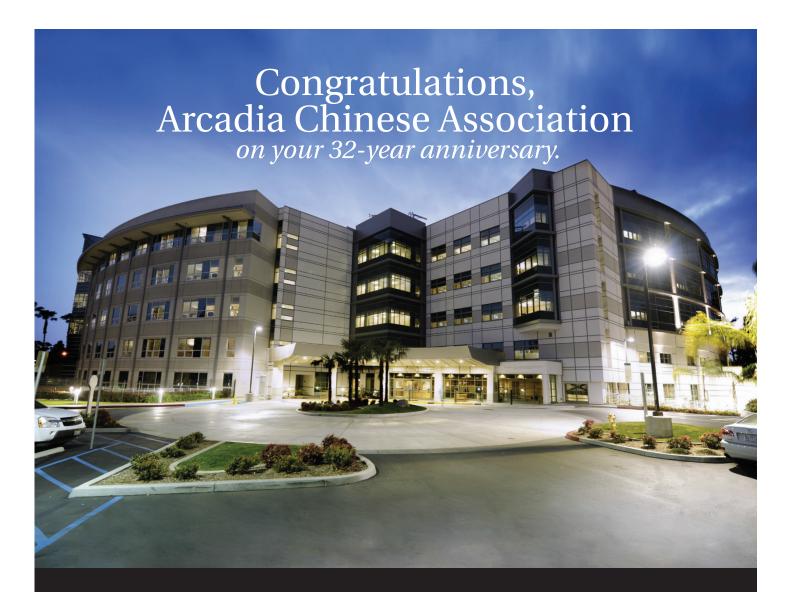
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