

2019

37th year

PEOPLE • PASSION • PURPOSE
市民 熱誠 目標



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Arcadia Chinese Association

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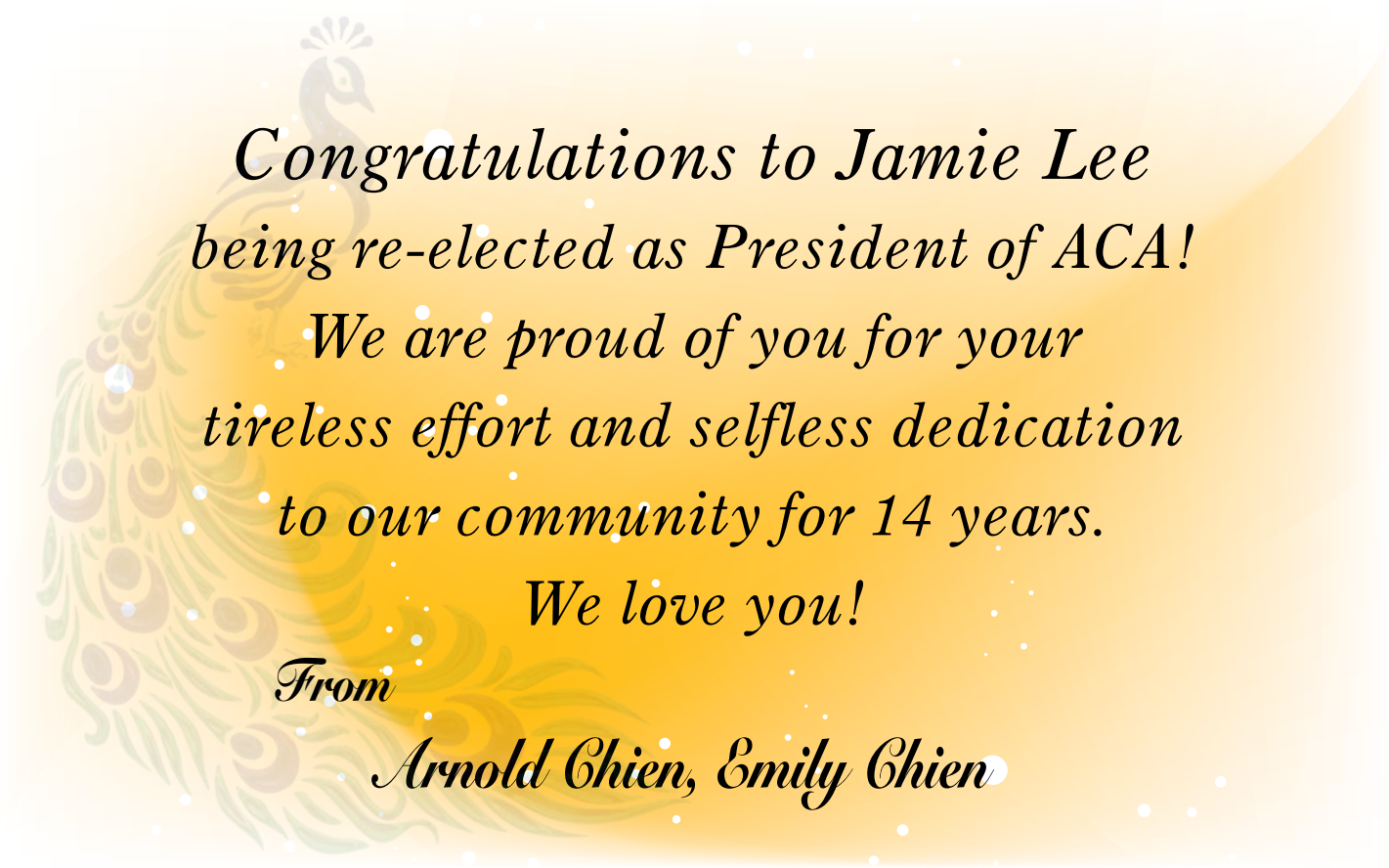
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for
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From
Lily Liu & Family



*Congratulations to Jamie Lee
being re-elected as President of ACA!
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tireless effort and selfless dedication
to our community for 14 years.*

We love you!

From
Arnold Chien, Emily Chien

Councilman Peter Amundson

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亞凱迪亞華人協會 2019-2020
Arcadia Chinese Association
www.ArcadiaChineseAssociation.org 年會特刊

- 發行人 亞凱迪亞華人協會 (ACA)
P.O. Box 1131, Arcadia, CA 91077
- 編輯組 Edward Wong, Joanna Liang
Winnie Li, Susan Guo
- 廣告組 Edward Wong
- 攝影組 Jamie Lee, Qing Hu
- 校對組 Edward Wong, Joanna Liang,
Susan Guo, Winnie Li
- 佳藝印刷 E-Z Printing & Graphic Design
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亞凱迪亞華人協會 Arcadia Chinese Association



會長全家福

敬愛的華協家人及社區朋友們好！

感謝亞凱迪亞華人協會對宛蓓的肯定與支持，推舉我連任華協的會長（2019-2020），我將再接再厲推展華協的慈善公益活動、弘揚義工精神並完成傳承的使命。也期望自己在本屆任內能更上一層樓，帶領華協到另一個新的高度，以不負眾望。

我和先生簡宗佑(阿諾)一起在華協服務了十四年，非常榮幸能見證華協在社區及學區中的貢獻受到了地方各界的青睞與嘉勉。華協37年來的努力不懈，再度迎來了美國國會議員趙美心的讚許。08/30/2019國會議員趙美心在華協會長連任及理事就職典禮

上，向大眾細數華協在社區上的種種貢獻，並當場公布亞凱迪亞華人協會為“國會年度最佳慈善公益組織”。華協二度得到如此的殊榮，著實令義工們喜出望外，感動萬分！感恩華協的理事顧問們任勞任怨、甚至廢寢忘食地達成會務目標。而這份榮耀是屬於大家的，讓我們以華協為榮，也讓華協以我們為傲！

回顧過去一年，亞凱迪亞華人協會的服務項目可謂成果豐碩，除了華協行之有年的活動，如華協會長理事就職典禮 (Get to Know You)、亞市中秋晚會、華協聯誼會、萬聖節發糖活動、感恩節午餐慰勞消防局和警局人員、華協年度募款晚會、新春敬老餐會、感恩市府員工贈禮卡、華協一日遊、亞市法律日、頒發高中畢業生獎學金…，我們也協助學區表演藝術基金會的春節活動、捐款贊助市府圖書館及博物館、學區、弱勢團體和其他公益組織…。

除此之外，亞凱迪亞華人協會也於去年完成了幾項新任務：

- 首度與亞凱迪亞市政府合辦“亞市中秋晚會”
- 重新搭建好華協的雙語資訊網站
- 首次成立了“救災善款”，協助加州大火受災戶
- 首度擁有最多贊助商的贊助與捐款
- 贊助周邊城市的弱勢團體
- 協助亞市扶輪社一同為 Monrovia 童軍營修繕工程籌款

亞凱迪亞華人協會今年的活動主題是：People、Passion、Purpose（市民、熱誠、目標）。華協是一個具有37年歷史的義工組織（公益慈善團體），一直致力於多種族裔的文化融合與交流、提倡社區教育、鼓勵社區服務…。華協深知童軍活動能促使青少年擁有健全的身心發展、學習生活技能及團隊互助的精神…，因此，華協承諾協同亞市扶輪社為已年久失修的童軍營地（Monrovia Camp Trask）的扶輪保壘（Fort Rotary）進行修繕工程的募款，使童軍們有更好的活動環境。華協除了捐款之外，並將在一年一度的募款晚會中為此籌款。晚會所得將全數捐作童軍營修繕費用，目標至少\$25,000到五萬美元。華協呼籲社區大眾支持這個有意義的慈善晚會，進而也鼓勵更多的華人加入社區服務的行列，與我們一起關愛我們的社區。

最後，我以一顆赤誠的心，再次感謝華協的每一位義工辛勤工作的付出，感謝所有協助華協成長的社區民眾及贊助單位。祝福各位在新的一年里有新的展望，心想事成！平安喜樂！

會長 李宛蓓
President Jamie Lee



亞凱迪亞華人協會 Arcadia Chinese Association



Dear ACA family members and friends,

Thank you for your continuous recognition and support, as the re-elected president of the Arcadia Chinese Association (ACA) of 2019-2020, I will carry forward our charity work, keep promoting volunteerism, and fulfill the mission of passing the torch. I also hope that I can take it to the next level and lead ACA to a new height with higher standards.

My husband, Arnold Chien, and I have been volunteering with ACA for the past 14 years, and we are honored to have witnessed the contributions of ACA in our community and school district. The 37 years of continuous efforts of ACA have once again won the recognition from the US Congresswomen Judy Chu. On August 30th, 2019, when Congresswoman Judy Chu attended the inauguration ceremony of the ACA board, she praised ACA for its various outstanding contributions to the communities and announced that the Arcadia Chinese Association was awarded the "Congressional Non-Profit organization of the Year" once again. Winning such an honor for the second time was a true joy for all the ACA members. I am grateful to all ACA advisors and board members for their hard work to achieve all the goals. The honor belongs to everyone. Let us be proud of ACA and let ACA be proud of us!

In the past year, the events that ACA organized were very successful. Our activities are enjoyable for all ages, such as the ACA "Get to Know You" inauguration ceremony, the Moon Festival, the Halloween candy drive, the Thanksgiving luncheon for the Arcadia Fire Department and Arcadia Police Department, ACA Annual Fundraising gala, the Senior Luncheon for Chinese New Year, Gift Cards for Thanksgiving City Staff, ACA Day Trip, ACA sponsored Arcadia City Law Day, High School Graduate Scholarships, etc. We also assisted the Arcadia Unified School District Performing Arts Foundation for their Spring Festival activities, and financially sponsored Arcadia library and museum, school district, disadvantaged groups and other non-profit organizations.

In addition, the Arcadia Chinese Association also completed several new projects since last year:

- The first ACA Mid-Autumn Moon Festival co-organized with the City of Arcadia
- Re-launched new ACA bilingual website
- Reserved donation money for state fire disaster relief
- Reached highest donation balance and largest number of donors in the history of ACA
- Extended support to the disadvantaged groups in the surrounding cities
- Collaborating with the Arcadia Rotary Club for fundraising towards the renovation of the Scout Camp Trust located in Monrovia.

The theme of ACA this year is People, Passion and Purpose. As a 37 year old non-profit charity organization, ACA is committed to ethnical and cultural integration, and the exchange and promotion of community education in order to encourage community services. ACA understands that participating in youth scouting can encourage a sound physical and mental development from a young age, by learning life skills and team spirit. Therefore, ACA commits to collaborating with the Arcadia Rotary Club to raise fund for the renovation of the Fort Rotary, located in the Monrovia Camp Trask, which has fallen into disrepair over the years. In addition to donations, ACA will be fundraising for this project at our annual gala, in which the total proceeds will be donated towards the scout camps repair costs, for the target of \$25,000 to \$50,000. We call on the public to support this meaningful fundraiser, and in turn encourage more of our Chinese and Asian residents to join us in community services to take care of our community together.

With a grateful heart, I would like to once again say thank you to every single volunteer of the Arcadia Chinese Association for your hard work and dedication. I would also like to thank all of our community members and sponsors who have helped the growth of ACA. I wish you all a blessed new year with peace and joy, and all your wishes come true!

President,
Jamie Lee



City of Arcadia



Office of the City Council

April A. Verlato
Mayor

Roger Chandler
Mayor Pro Tem

Peter M. Amundson
Council Member

Tom Beck
Council Member

Sho Tay
Council Member

Dear Arcadia Chinese Association,

As Mayor of the City of Arcadia it is an honor to congratulate the members of the Arcadia Chinese Association on 37 years of outstanding and dedicated service to our City. Your enthusiastic community spirit and continued support over the years is very much appreciated.

Your passion to serve the people of Arcadia with such purpose year after year is commendable, and your support of City events such as Law Day and the Moon Festival is invaluable. Your continued efforts to encourage an appreciation for cultural diversity and to help our residents better understand the Chinese culture and heritage, have made a positive impact on our community.

I have very much enjoyed working with you this year, and look forward to many more productive years ahead. Best wishes for a fun and successful 37th Annual Gala event!

Sincerely,

April A. Verlato
Mayor
市長

240 West Huntington Drive
Post Office Box 60021
Arcadia, CA 91066-6021
(626) 574-5403 City Hall
citycouncil@ArcadiaCA.gov
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City of Arcadia

Office of the City Council

April A. Verlato
Mayor

Roger Chandler
Mayor Pro Tem

Peter M. Amundson
Council Member

Tom Beck
Council Member

Sho Tay
Council Member



To the Arcadia Chinese Association,

The City of Arcadia is very proud of the Arcadia Chinese Association's many accomplishments. For 37 years you have been excellent leaders in promoting inter-cultural respect and understanding throughout our community.

I appreciate the many hours of volunteer services you provide to many programs, activities, and organizations within the City including the Police Department, the Fire Department, Library, Red Cross, Methodist Hospital, and the Chamber of Commerce. Your dedication to helping keep Arcadia a great place to live is very much appreciated.

Thank you for your continued passion and kindness in serving the people of Arcadia. I look forward to working with you in the coming year.

Sincerely,

Roger Chandler
Mayor Pro Tem
副市長

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City of Arcadia



Office of the City Council

April A. Verlato
Mayor

Roger Chandler
Mayor Pro Tem

Peter M. Amundson
Council Member

Tom Beck
Council Member

Sho Tay
Council Member

To the Arcadia Chinese Association,

I am pleased to congratulate the members of the Arcadia Chinese Association on your 37th year serving our community. Arcadia's residents and businesses greatly benefit from the many multicultural events sponsored by your organization throughout the year.

The members' numerous volunteer hours of service to our community are greatly appreciated. Thank you for your passion and continued dedication to immigrant assimilation, and for helping our residents to better understand the Chinese culture and heritage.

I encourage our residents to continue to support your organization which helps to create a stronger bond between the Asian and American cultures.

Thank you for helping to keep Arcadia a great place to live, work and raise a family. Best wishes for many years of continued success.

Sincerely,

Peter M. Amundson
Council Member
市府議員

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City of Arcadia



Office of the City Council

April A. Verlato
Mayor

Roger Chandler
Mayor Pro Tem

Peter M. Amundson
Council Member

Tom Beck
Council Member

Sho Tay
Council Member

To the Arcadia Chinese Association members,

Best wishes for another great year ahead! I am very appreciative of your 37 years of outstanding support of our community.

As a diverse community, Arcadia's residents and businesses have greatly benefitted from the many multicultural events sponsored by your organization over the years. Your willingness to assist various departments and staff with our events such as Law Day and the Moon Festival is greatly appreciated.

Thank you for your hard work and continued passion and commitment to helping our residents better understand the Chinese culture. Our community benefits greatly from your efforts.

Best wishes for continued success in the future.

Sincerely,

Tom Beck
Council Member
市府議員

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City of Arcadia



Office of the City Council

April A. Verlato
Mayor

Roger Chandler
Mayor Pro Tem

Peter M. Amundson
Council Member

Tom Beck
Council Member

Sho Tay
Council Member

To my fellow Arcadia Chinese Association members,

It has been another successful year working together on the many events and projects throughout our great City. I am honored to continue to be a part of such an outstanding organization, and to work with such dedicated, passionate, and hardworking friends.

I look forward to another exciting year ahead as we continue to serve our City, to pursue our mission to encourage appreciation for cultural diversity, and to help the community better understand the Chinese culture and heritage. I believe we have made a tremendous impact on our residents, business owners, and City staff in providing volunteer and support services throughout the community for 37 years.

Thank you for helping to keep Arcadia a great place to live, work, and enjoy.

Sincerely,

Sho Tay
Council Member

市府議員

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City of Arcadia

Dominic Lazzaretto
City Manager



Nǐ hǎo,

As we take this moment to reflect back on the year that has passed, I am struck by the impressive and numerous contributions of the Arcadia Chinese Association. I would like to take this moment to celebrate your accomplishments. It is organizations like yours that make Arcadia the wonderful community that it is. I see so much dedication in the ACA membership that it is fitting that this year's theme is: People, Passion, and Purpose.

Looking ahead to the coming year of the Rat, I am reminded that this will be a time for new beginnings and renewed purpose. It is in this spirit that I encourage you to continue to build the cultural bridges that make our diverse community strong and vibrant. Your leadership brings the community together to the benefit of all Arcadians.

It has been said that gratitude makes sense of our past, brings peace for today, and creates vision for tomorrow. On behalf of all City employees, I thank you for your continued efforts in making Arcadia a wonderful place to live, work, and thrive.

Yīqiè hǎo,

Dominic Lazzaretto
Arcadia City Manager

市府經理

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City of Arcadia

熱烈贊助童軍堡壘修整工程



Office of the City Clerk

Gene Glasco
City Clerk

Esteemed Arcadia Chinese Association:

Congratulations to the Arcadia Chinese Association in recognition of your 37-year anniversary in providing steadfast support and benevolence to the City of Arcadia!

Your tradition of promoting cultural enlightenment to the citizens and organizations within Arcadia and the greater San Gabriel Valley is truly remarkable. The Arcadia Chinese Association's latest undertaking of aiding in the Fort Rotary Rehabilitation project at Camp Trask further demonstrates a resolute commitment to community improvement where it really makes a difference. This undertaking will prove to be an enduring legacy that you can be proud of and one that will be enjoyed by local Boy Scout chapters, families and campers for many future generations.

The Arcadia Chinese Association's credo of "People, Passion and Purpose" are truly at the heart of what you do and I look enthusiastically forward to celebrating more anniversaries with you for many years to come.

With sincere wishes for continued health, happiness and prosperity I remain....

Sincerely Yours,

Gene Glasco

Elected City Clerk

City of Arcadia

市府書記員

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Bob Harbicht
Arcadia Rotarian
Project Chairman

Fort Rotary at Boy Scout Camp Trask

Approximately 15 years ago the Rotary Club of Arcadia constructed a western fort at the Boy Scout camp in the hills above Monrovia. This is a 10,000 square foot, two-story western fort. It includes rooms for crafts, displays and other activities. Plus, it has been great fun to play in for the thousands of young people who visit the camp every year. A view of the fort as it currently appears can be seen in the lower-left corner of the architect's rendering, above-left.

The fort quickly became the center point of the camp and was used regularly by thousands of young people. Unfortunately, the years have taken their toll on the fort. The effects of weather, some design issues and lack of timely maintenance have severely limited the current usefulness of the fort.

The Rotary Club of Arcadia has undertaken the task of repairing and rebuilding the fort. The resulting structure will be better than it was originally. It will be designed to last 50 years, not 15.

We are very pleased that the Arcadia Chinese Association has agreed to partner with us on this very worthwhile project. The ACA and Rotary are two of the most active service organizations in Arcadia and, together, can make this happen.

We estimate that the funds needed for the rehabilitation of the fort will be approximately \$150,000. I am very appreciative that the ACA has put on tonight's fundraiser, with all proceeds going toward the fort reconstruction.

It has been a great pleasure working with President Jamie Lee and the rest of the ACA board. This organization knows how to get things done! The energy and enthusiasm I've seen have been very impressive. I'm looking forward to a great deal of success and progress as we continue to work together on this worthwhile project.

On behalf of the Arcadia Rotary Club, the Los Angeles Area Council of the Boy Scouts of America, and the thousands of youth of the San Gabriel Valley who will benefit from this fort, thanks to each of you for attending this event and your contribution toward our effort. I know you will also have a fun evening.

Sincerely,

Bob Harbicht



City of Arcadia



Police Department

Robert T. Guthrie
Chief of Police

Dear Ms. Liang:

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 2019–2020 Annual Yearbook. This yearbook marks over three decades of dedicated service the Arcadia Chinese Association has provided the citizens of our community, and I cannot thank you enough for your organization's support of law enforcement as well over the years! What a fantastic accomplishment!

As always, the Arcadia Police Department strongly values its continuing relationship with the Arcadia Chinese Association – a relationship that spans many decades 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.

We truly value the relationship between the Arcadia Chinese Association and our Police Department, and we look forward to working with your Association in the coming year. Again, thank you for your service, and wonderful commitment to both our police department and the fine citizens of Arcadia.

Best wishes,

B. Guthrie

Bob Guthrie
Chief of Police
警察局局长

250 West Huntington Drive
Post Office Box 60021
Arcadia, CA 91066-6021
(626) 574-5150
(626) 447-6581 Fax



City of Arcadia

Fire Department

Michael E. Lang
Fire Chief



December 19, 2019

Dear Arcadia Chinese Association,

The men and women of the Arcadia Fire Department would like to congratulate and thank your organization on its 37th year serving the citizens of Arcadia. This milestone is a testament to your dedication and commitment to our community. We are honored to have such an outstanding organization in our City. Arcadia is a better place because of the ACA.

We thank you for your constant support of the Arcadia Fire Department and your generosity throughout the years. We look forward to our continued partnership and join you in the common goal of "Community Unity."

Wishing you continued success, prosperity, and good fortune.

Sincerely,

Michael E. Lang
Fire Chief

消防局局長

710 S. Santa Anita Avenue
Arcadia, CA 91006
(626) 574-5100
(626) 446-7410 Fax
www.ArcadiaCA.gov



City of Arcadia

Arcadia Public Library

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

library.ci.arcadia.ca.us

Gilb Museum of Arcadia Heritage

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

museum.ci.arcadia.ca.us

Darlene Bradley
Director of Library
and Museum Services



Dear Members of the Arcadia Chinese Association,

Congratulations on thirty-seven years of highly commendable and passionate service to the City of Arcadia and its community. Your tireless commitment of bringing people together through various community programs, and unwavering willingness to volunteer in a wide range of activities, truly exemplifies your passion to serve, strengthen, and make better, this wonderful community. The Arcadia Chinese Association has been a very good friend and partner to the City's Library and Museum Services Department over these many years, serving on the Library's Board of Trustees, the Friends of the Museum, providing volunteer support for the English Conversation Classes, Law Day, support of the children's Summer Reading Program, and most recently, providing the community with a brand new Early Literacy Work Station to help our youngest learners build their literacy skills. The Gilb Museum of Arcadia Heritage and the community looks forward to celebrating with you this new year, with a look back at the long and important history of the Arcadia Chinese Association in Arcadia.

On behalf of the City's Library and Museum Services staff, we congratulate you on all that you have done, thank you for your continuous support, and wish you a wonderful and purposeful new year ahead!

Sincerely,

Darlene Bradley

Darlene Bradley
Director of Library & Museum Services

圖書館與博物館主任



Friends of the Arcadia Museum

P. O. Box 661613
Arcadia, California 91066

An organization in support of the Gilb Museum of Arcadia Heritage

Board of Directors

Joyce Platt
President

Janalee Shimmin
Secretary

Marilyn Daleo
Treasurer

Ginny Blitz
Corresponding Secretary

Joanna Liang
Membership

Victor Wu
Consultant

Meredith Brucker

Don Fandry

Robin Graney

Esther Reynoso

Stevy L. Acevedo, M.A.
Curator
Gilb Museum of
Arcadia Heritage
360 West Huntington
Arcadia, CA 91007

Brittani Alberto
Education Coordinator

The Mission of the Friends of the Arcadia Museum is to promote, support and serve the Gilb Museum of Arcadia Heritage and Education Center by acting as advocates for the museum and as ambassadors for educational programming, fundraising and exhibit receptions.

The Friends of the Arcadia Museum is a 501 (c) (3) Organization - Tax ID 27-3472778



To Members of the Arcadia Chinese Association:

On behalf of the Friends of the Gilb Museum of Arcadia Heritage, I am proud and honored to congratulate the Arcadia Chinese Association for the many accomplishments and contributions and for another successful year of service to the Arcadia Community and for the support of the Gilb Museum.

The Arcadia Chinese Association is an integral part of Arcadia. The immersion of the Arcadia Chinese Association into city activities and organizations is commendable. Your

organization's dedication, support, enthusiasm and volunteer services have had a positive impact on our community.

This year the partnership formed between the Gilb Museum of Arcadia Heritage and the Arcadia Chinese Association has expanded and brought new opportunities for support and sharing of cultural activities. The partnership formed is providing support through members serving on the Board of the Friends of the Museum, attending and participating in the museum's fundraising event and attending museum-sponsored activities. Arcadia Chinese Association individuals have joined as members of the Friends of the Museum as well as the Arcadia Chinese Association becoming a life member.

The Board of the Friends of the Gilb Museum of Arcadia Heritage is looking forward to continuing to work together with the Arcadia Chinese Association in collaboration to benefit both the Gilb Museum and the Citizens of Arcadia. The Friends of the Gilb Museum are looking forward to continuing to build a strong bridge between our two entities.

The partnership of the Gilb Museum and involvement of the Arcadia Chinese Association is a positive example of what can be accomplished when all members of the community are united and working towards a common goal of making Arcadia a great place in which to live.

Congratulations to the Arcadia Chinese Association on another successful year. The Board of the Friends of the Gilb Museum wish you continued success, prosperity and happiness in the coming year.

Sincerely,

Joyce Platt
President of the Board of the Friends of the Gilb Museum of Arcadia Heritage
亞市博物館之友會主席

Office of the Superintendent

150 S. Third Avenue
Arcadia, CA 91006

p 626 821 6640

f 626 821 8647

www.ausd.net



December 2019

Dear Members of the Arcadia Chinese Association,

Our Arcadia Unified theme for this school year is “Better Together.” When we combine our collective passion for achieving a common purpose of uplifting each other, great things are possible because we are simply better together. On behalf of our Arcadia Unified Board of Education and the entire district, we share our distinct appreciation for the Arcadia Chinese Association and for the immeasurable ways your members make us better through your support of our students, teachers, staff, and community.

With California ranking 44th in the nation when it comes to state funding for public schools, each year, the support we receive from your great group proves to be vital to ensuring our students and staff have access to important programs and opportunities that we simply could not provide without community backing.

I could not be more grateful to share that our 2019-20 school year has already seen some amazing accomplishments by our staff and students. We have been named in the top 1% of the best school districts in America, as distinguished by *Niche*. In addition, our Arcadia Unified Teacher of the Year, Mike Danielson, was named as one of only 16 LA County Teachers of the Year; our First Avenue Middle School History teacher, Karalee Nakatsuka, was named the 2019 California History Teacher of the Year by the distinguished Gilder Lehrman Institute of American History; and Arcadia High History teacher, Heather Moore, received the prestigious Jane Ortner Award from the GRAMMY Museum.

We very much look forward to continuing to work with the Arcadia Chinese Association, whose people, passion, and purpose make us better together. Sending warm wishes to the Arcadia Chinese Association and its outstanding volunteers for boundless prosperity in the new year ahead.

Sincerely,

Dr. David Vannasdall, Arcadia Unified School District Superintendent

Lori Phillipi, Arcadia Unified School District Board President

Kay Kinsler, Arcadia Unified School District Board Vice President

Leigh Chavez, Arcadia Unified School District Board Clerk

Fenton Eng, Arcadia Unified School District Board Member

Cung Nguyen, Arcadia Unified School District Board Member

Board of Education

Lori Phillipi
President

Kay Kinsler
Vice President

Leigh Chavez
Clerk

Fenton Eng
Member

Cung Nguyen
Member

Conner Hua
Student Representative

David Vannasdall, Ed.D.
Superintendent



phone: (626) 447-2165
 fax: (626) 821-6607
www.ArcadiaEdFoundation.org
info@ArcadiaEdFoundation.org

LEADERSHIP

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Norm Offstein

Wei Yu

Janet Zhang

LIAISONS

David Vannasall
*District Administration
 Representative*

Leigh Chavez
*School Board
 Representative*

Ethan Vuong
AHS ASB Representative

On behalf of the Arcadia Educational Foundation (AEF), I congratulate the Arcadia Chinese Association (ACA) on the 37th anniversary and wish you continued success. I would like to express my gratitude for your continued support of AEF and partnership. Your financial contributions allow AEF to provide support to the Arcadia Unified School District (AUSD) and make a life-long impact on our students' education.

Over the years, generous donations from donors such as your organization have enabled AEF in providing valuable educational programs and services to AUSD schools and students and bridging the budgeting gaps. AEF currently supports Arcadia Unified schools and students with include the mini-grant program, the SchoolMessenger, Naviance and counseling services, a tuition-based annual summer school program, and the annual Scrip program.

Arcadia is a diverse community with people from many different cultures and ethnicities. AEF's goal is to enhance educational experiences for all students and promote quality education in 11 Arcadia public schools. You can be part of this great adventure by becoming an AEF donor to make a lasting impact on our students' education. With everyone's support, we can make a difference and build a community that will inspire the communities around us.

ACA and AEF have the same vision, passion, and purpose to bring the entire Arcadia community together to make our schools, businesses, and people thrive and build on this meaningful enterprise. Working together on this important endeavor will ensure the long-term growth and prosperity of the city of Arcadia, and AEF appreciates the partnership. Let us continue to inspire our community, schools, and businesses to make Arcadia the best place to live and raise families, and build wonderful futures for our students!

Sincerely,
 Miguel Cea, AEF President

我代表阿卡迪亞教育基金會（AEF）祝賀阿卡迪亞中國協會（ACA）成立37週年，並祝您繼續取得成功。感謝您長期以來對AEF的支持以及與AEF之間持續的合作夥伴關係。您的捐款使AEF可以為Arcadia聯合學區（AUSD）提供教育經費的支持，並對我們學生的教育產生終身影響。

多年來，來自包含貴會在內捐助者的慷慨解囊，使AEF能夠為AUSD學校和學生提供有價值的教育計劃和服務，並彌補AUSD教育經費的預算缺口。AEF當前為Arcadia聯合學區的學生提供一些計劃和服務，包括小額捐款計劃，SchoolMessenger，Naviance和諮詢服務，付費的年度暑期學校計劃以及年度Scrip計劃。

阿卡迪亞（Arcadia）是一個多元化的社區，擁有來自不同文化和種族的人們。AEF的目標是改善所有學生的教育環境，並提升11所Arcadia公立學校的教育質量。加入AEF成為捐助者的一分子，您將對我們學生的教育產生深遠的影響。有您的支持，我們可以改善孩子們的教育環境，並且激發我們周圍的每個人共同為下一代的教育投注心力。

ACA和AEF共同的願景，熱情和目標就是促進整個Arcadia社區的團結與和諧，我們都在承擔一件很有意義的事情，以促使我們的學校，企業和社區居民蓬勃發展。通過雙方共同的努力將確保阿卡迪亞市的長期發展與繁榮。AEF非常珍惜與貴會建立的合作夥伴關係。未來讓我們繼續激勵我們的社區，學校和企業，使阿卡迪亞成為下一代生活和成長的最佳場所，並為我們的學生創造美好的未來！

真誠的
 AEF主席Miguel Cea



Foothill Unity Center, Inc.

Helping People. Changing Lives.

790 W. Chestnut Ave. Monrovia, CA 91016
Telephone: (626) 358-3486 Fax (626) 358-8224

191 N. Oak Ave., Pasadena, CA 91107
Telephone (626) 584-7420 Fax (626) 584-7422

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Vice President

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Brian Vosberg
Alice Wang

Founder

Josephine Anderson

Executive Director

Betty R. McWilliams

A California Nonprofit
Corporation, serving the
communities of Altadena,
Arcadia, Azusa, Baldwin
Park, Bradbury, Duarte
Irwindale, Monrovia,
Pasadena, Sierra Madre,
South Pasadena and
Temple City

January 18, 2020



Dear Friends:

Foothill Unity Center is very proud of the Arcadia Chinese Association and its many accomplishments.

The Arcadia Chinese Association and its talented Board of Directors continue to provide outstanding volunteer service to our organization and the community. You have been excellent leaders in promoting inter-cultural respect and understanding. You have also helped make the mission and vision of Foothill Unity Center a reality. Together, we are able to provide vital support services with love and dignity, and help our neighbors in crisis attain self-sufficiency.

I am honored to be a Life Member of the Arcadia Chinese Association. I am also honored to have the many members of the Association as my friends.

Foothill Unity Center and its Board of Directors send the Arcadia Chinese Association and all of its members our best wishes for continued health, happiness, and prosperity.

All the best,

Gary A. Kovacic
President

www.foothillunitycenter.org

Nonprofit corporation under Section 501(c)(3) of the
Internal Revenue Code. Tax Number 95-4310817



ARCADIA

PERFORMING ARTS FOUNDATION

ARTS EXCELLENCE | ARTS FOR EVERY CHILD | ARTS FOR ALL

January 1, 2020

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Partner, Sullivan,
Workman & Dee

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Chairman of the Board
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Loya, Ruud & Romo

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CFO / VP Operations
Business Owner

Richard Tauer
Secretary
Education Consultant

David Lee
First Vice President
Business Owner

Jamie Lee
VP Public Relations
Arcadia Chinese Association

DIRECTORS

Alan Whitman
Managing Director
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Alice Wang
Business Owner

Sara Ho
Cultural Ambassador

Dr. Stephen Soldo
Cardiologist
Methodist Hospital

ARCADIA UNIFIED
SCHOOL DISTRICT LIAISON

Dr. David Vannasall
Superintendent

Fenton Eng
Board of Education Member

Dear Friends:

The Arcadia Performing Arts Foundation sends its very best wishes to the Arcadia Chinese Association. We salute your many accomplishments in Arcadia and throughout the San Gabriel Valley.

The Arcadia Chinese Association and its wonderful Board of Directors provide outstanding volunteer service that always promotes inter-cultural respect and understanding. Many of the major events in our community would not exist without your dedication, vision, and support.

As you know, many members of the Arcadia Chinese Association are active members of our Board of Directors and its team of volunteers. We greatly appreciate their time, talent, and generosity.

Thank you for your support of our foundation and for all you do to promote arts education and excellence. We are honored to work with you as partners for progress.

The Arcadia Performing Arts Foundation and its Board of Directors send the Arcadia Chinese Association and all of its members our very best wishes for a new year full of happiness, prosperity, and good health.

All the best,

Gary Kovacic

President/CEO

Jim Romo

Chair

P.O. BOX 661178, ARCADIA, CA 91066 | (626)739-1886 | WWW.ARCADIAPAF.ORG | 501c(3)Tax ID# 46-0841295



亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org

July 2019 - June 2020

理事及顧問

Officers

李宛蒨	會長
Jamie Lee	President
張丹	第一副會長
Diana Chang	1st Vice President
廖群	第二副會長
Connie Liao	2nd Vice President
郭蕾	第三副會長
Susan Guo	3rd Vice President
黃瑪麗	秘書
Mary Huang	Secretary
王淑卿	財務
Alice Wang	Treasurer (2007-2008年會長)
黃昌博士	會長顧問
Edward Wong, Ph. D.	Presidential Counsel (2010-2011年會長)

Directors

蕭千惠	Celia Chang
簡阿諾	Arnold Chien
邱馨慧	Francine Chiu (2014-2016年會長)
洪育麟	Yulin Hung
顧亮誼	Stella Gu
林李梨蓮	Lily Lam
李衛真	Winnie Li
盧台英	Joanna Liang (2012-2014年會長)
黃素玲	Sherry Liang
施學敏	Sherman Shi

Advisors

陳珍珠	雷關偉瑜	戴守真
Pearl Chen (2009-2010年會長)	Josephine Louie (2011-2012年會長)	Sho Tay (2008-2009年會長)
何雪紅	羅安仁	蔡宗勳
Polly Ho (2009-2010年理事長)	Aaron Rose (2016-2018年會長)	John Tsai (會計師)
朱碧雲	帥以宏	阮夢萍
Bee Hsu (2003-2004年會長)	Yee Horn Shuai (律師)	May Tu
李太衛	徐清文	
David Lee (2005-2007年會長)	Sunday Xu	





亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org



歷任會長

Presidents of Arcadia Chinese Association

2018-2020	Jamie Lee	李宛蓀
2016-2018	Aaron Rose	羅安仁
2014-2016	Francine Chiu / Shelley Liu	邱馨慧 / 邱妙麗
2012-2014	Joanna Liang	盧台英
2011-2012	Josephine Louie	雷關偉瑜
2010-2011	Edward Wong, Ph.D	黃昌博士
2009-2010	Pearl Chen / Polly Ho	陳珍珠 / 何雪紅 (理事長)
2008-2009	Sho Tay	戴守真
2007-2008	Alice Wang	王淑卿
2005-2007	David Lee	李太衛
2004-2005	Monika Yeh	葉蕙心
2003-2004	Bee Hsu	朱碧雲
2002-2003	David Wang	王懋祥
2001-2002	Sherry Wang	王程曉穎
1999-2001	Kay Tseng	曾張恭蓁
1998-1999	S. H. Wen	文少華
1996-1998	Theresa Hwang	黃嚴曦平
1994-1996	Alice Wu	吳祝愛娟
1992-1994	S. H. Wen	文少華
1991-1992	Teresa Hsu	徐趙靜懿
1990-1991	Jimmy Au	區應鐘
Prior to 1990	Dr. S. H. Chang	張勝雄



市民 熱誠 目標

■ 編輯組

亞凱迪亞華人協會，是由一群熱誠的市民們，所組織而成的義工團體，今年已經邁入服務社區第三十七個年頭。在過去歷任會長們的卓越領導之下，義工朋友們的熱誠努力下，及社區領袖們、長者們的鼓勵與支持下，亞凱迪亞華人協會的萌芽、慢慢地茁壯、進而深耕生根的成長…直到今天奠定了服務社區的堅固基石。

亞凱迪亞華人協會今年的主題是：People、Passion、Purpose（市民、熱誠、目標）。由熱誠的市民們所組成的亞市華協，每年都參與大約二十項左右的活動，將每一次舉辦的活動，能夠盡心盡力、圓滿順利、成功的達成目標，成為多年來亞市華協義工們的自我期許，並秉持著華協服務的宗旨：通過活動促進對華人文化、歷史、藝術的瞭解。例如：九月份慶祝亞凱迪亞中秋節活動，將文化淵源、歷史故事等，藉著藝術的創作表演，呈現在每位參與者的眼前，對於社區各個不同族裔間的文化交流、促進社區和諧、縮小文化差距，做出了非常正面的影響，進而顯現出「市民、熱誠、目標」真正的涵義。

每年六月份，華協都頒發三位以上獎學金，給亞凱迪亞優秀的高中學生。這是華協宗旨的另一展現：支持社區的教育發展，鼓勵優秀的學生們，百尺竿頭、更進一步。四月份的法律日，也是市民熱誠、義工們的最佳表現。法律日的當天，每年都有三十位左右的義務律師，為民眾提供免費的法律諮詢服務。這也是秉持著華協宗旨：協助華人

居民瞭解美國文化、傳統、社區。服務社區是美國文化傳統的觀念，也是非常榮耀的事情。因此，華協在法律日當天，也都有大約三十名義工的參與，讓華協今年的主題「市民、熱誠、目標」更顯示其服務社區達成目標的實際行動。

目前，位於 Monrovia 山麓的 Camp Trask 營地，它是聖蓋博谷地區許多當地童子軍，和各個分會及戶外露營者的家，它主要的景點 Fort Rotary 童軍堡壘，是十幾年前由亞凱迪亞扶輪社，和周圍社區的當地扶輪社精心建造完成，如今已經在漫長的歲月中年久失修。而 Fort Rotary 童軍堡壘，是能夠提供童子軍教育訓練場所、游泳、露營等等許多戶外活動課程。今年，華協能夠有機會參與這座童軍堡壘整修工程，並承諾贊助整修工程的款項，支持社區教育，使華協今年的主題「市民、熱誠、目標」就顯得格外的明確並有意義。

亞凱迪亞華人協會感到非常的榮幸，服務社區三十七年，有機會參與各項的活動，並且一直秉持著華協宗旨為目標，一步一腳印，慢慢朝著正確的宗旨目標前進。感謝現任及歷任會長們的卓越領導，和所有市民、義工朋友們的熱誠努力，及社區領袖們、長者們的鼓勵、支持與榜樣，使華協日益茁壯、生根、穩固。華協的宗旨之一，特別是鼓勵華人參與社區的義工活動，祈待大家共襄盛舉，讓今年的主題「市民、熱誠、目標」可以成為亞凱迪亞華人協會最為榮耀的印記。

童軍堡壘 整修工程

■ Dr. Edward Wong 黃昌博士

亞凱迪亞華人協會(ACA)2019-2020年的主題是「市民、熱誠、目標」。這個主題非常適合 ACA 的活動以及對 Camp Trask 設施內的 Fort Rotary 整修工程的支持。營地位於蒙羅維亞山麓，是成千上萬個當地童子軍和戶外露營者的家。它的主要吸引力是建於 2003 年的 Fort Rotary，在漫長的歷史中一直處於失修狀態。不可避免地，其所有設施都需要改進或更換。這包括電氣，框架，結構，底層地板，牆壁和管道。超過65,000名童軍露營者都使用過旅遊營地的 Fort Rotary，每一次的郊遊都會停留1-5天。亞凱迪亞扶輪社和周邊社區的其他本地扶輪社，目前正在進行整修工程，亞凱迪亞華人協會承諾，將為重新整修這座童軍堡壘而協助募款。

亞凱迪亞華人協會參與的主要內容是籌款。ACA將於2020年1月18日舉行的年度籌款晚會上，慶祝其義工社區服務成立37週年。我們承諾將籌集的款項捐贈給 Fort Rotary Rehabilitation Fund。目標是從年度活動中籌集25,000美元。整修工程項目的籌資和實施將需要實現以下三個屬性「市民、熱誠、目標」。

市民：

為了執行一項艱鉅的任務，整修(Fort Rotary)的長期維修工程，需要組織成員，義工和朋友們各方面的專職人員參與。他們包括來自亞凱迪亞扶輪社，蒙羅維亞扶輪社，亞凱迪亞華人協會，Berger 基金會，Oak Tree 基金會等成員。義務工作人員由有執照的工程師，建築師和承包商組成，負責審查破壞程度並創建新的圖紙和計算以使 Fort 達到標準。其他義工們和朋友們包括童子軍、扶輪義工和亞凱迪亞華人協會義工，也可以聘請專業供應商填寫專業工作。

這是亞凱迪亞華人協會和亞凱迪亞扶輪社第一次為實現同一目標緊密合作。特別感謝的是該項整修活動主席 Bob Harbicht，副主席 John Murphy 和亞凱迪亞華人協會會長 Jamie Lee，

她是華協該活動籌款項目的帶領者。

熱誠：

伴隨著參與人數，充滿熱誠的人們推動著整修工程計劃。熱誠是一種強烈的興趣和信念所激發的自我激勵和發展的品質。熱誠促使社區義工們投入時間和精力使社區受益。

亞凱迪亞華人協會是一個完全由義工組成的非營利組織，對社區服務具有強烈的奉獻精神和熱誠。它已經為亞凱迪亞社區服務了37年，並且一直致力於教育和文化推廣，以提高社區價值和目標。我們也認識到 Fort Rotary 對於亞凱迪亞及周邊社區的所有孩子在教育和個人成長中的重要作用。我們的組織向社區中任何願意提供志願服務的人開放機會。我們的義工們將與扶輪社、童子軍和其他義工們一起以同樣的熱誠支持扶輪童軍堡壘的整修工程。正如奧普拉·溫弗瑞(Oprah Winfrey)曾經說過的：「跟隨您的熱誠，它將帶領您實現自己的目標」。

目標：

支持童子軍營 Trask 的 Fort Rotary 整修工程的目標很明確。我們需要使扶輪童軍堡壘達到現代建築標準，讓我們的年輕人通過日營，常駐營地，游泳，偵察員訓練和遠足等活動擺脫日常工作。此整修工程費用預計資金在150,000美元至200,000美元之間。亞凱迪亞扶輪基金會已為堡壘預留了22,000美元。童子軍已認捐25,000美元。ACA計劃在年度籌款晚會中籌款，目標是25,000美元。許多其他的人也承諾作出貢獻。

總之，在 Trask 營地進行的 Fort Rotary 整修工程的支持計劃非常符合亞凱迪亞華人協會的2019年至2020年「市民、熱誠、目標」的主題。未來，我們的組織可以繼續將此主題應用到許多其他義工的工作中。我們能成為 Fort Rotary 整修工程的參與而感到自豪，並期待 Fort Rotary 為露營者和童子軍們重新開放以後，有個盛大的慶祝活動。

People, Passion, Purpose: Support the Rehabilitation of Fort Rotary in Boy Scout Camp Trask

■ Dr. Edward Wong 黃昌博士

The Arcadia Chinese Association (ACA) 2019-2020 theme is “People, Passion, Purpose” (3P). This theme fits well with ACA’s campaign and support towards the Fort Rotary rehabilitation within the Camp Trask facility. Located in the foothills of Monrovia, Camp Trask serves as a home to thousands of local boy scout chapters and outdoor campers. Its main attraction, Fort Rotary, built in 2003, has fallen into disrepair throughout its lengthy history. Inevitably, all of its facilities require improvement or replacement. This includes electrical, framing, structures, sub-floor, walls and plumbing. Over 65,000 campers have journeyed through Fort Rotary at Camp Trask, staying 1-5 days on a typical outing. A renovation effort has currently been undertaken by the Arcadia Rotary Club, along with other local rotary clubs in the surrounding community. The Arcadia Chinese Association pledges to join in and contribute towards this rehabilitation.

A major part of ACA’s involvement has been fundraising. ACA will celebrate its 37th Anniversary of volunteer services during our Annual Fundraising Gala, to be held on January 18, 2020. We pledge to donate the gala proceeds to the Fort Rotary Rehabilitation Fund. The goal is to raise \$25,000 from the annual event. Fundraising and implementation of this rehabilitation project will require three attributes to reach its goal: “People, Passion, Purpose”.

People:

In order to carry out the challenging task of renovating the long-delayed repair of Fort Rotary, involvement of dedicated people from the diverse areas of organizational members, volunteers, and friends is required. They include members from the Arcadia Rotary Club, Monrovia Rotary Club, Arcadia Chinese Association, Berger Foundation, Oak Tree Foundation and others. The volunteer staff is comprised of licensed engineers, architects, and contractors reviewing the extent of the damage and creating new drawings and calculations to bring the Fort up to code. Other volunteers and friends include boys and girls scouts, rotary volunteers, and ACA volunteers. Professional vendors may also be hired to fill in for specialty work.

It is the first time ACA and Arcadia Rotary Club have collaborated together so closely towards the same objective. Special acknowledgement goes to the project chairman Bob Harbicht, project vice-chairman John Murphy, and the ACA president Jamie Lee, who spearheaded the fundraising project in her organization.

Passion:

Along with the number of people involved, renovation is driven by people with passion. Passion is a self-motivated and developed quality fueled by strong interest and

belief. Passion drives community volunteers to devote their time and energy to benefit the community.

ACA is an all-volunteer non-profit organization with a strong dedication and passion for community services. It has served the Arcadia community for 37 years and has always stood behind education and cultural outreach to better community values and goals. We recognize the significance of Fort Rotary's role in education and personal growth for all children of Arcadia and surrounding communities. Our organization is open to anyone in our community who has a heart for volunteering service. Our volunteers will work with the Rotarians, boy and girl scouts and other volunteers with the same passion to support the renovation of Fort Rotary. As Oprah Winfrey once said: "follow your passion, it will lead you to your purpose".

Purpose:

The purpose of supporting the renovation of Fort Rotary in the boy scout Camp Trask is clear. We need to bring Fort Rotary up to contemporary building standards, allowing our youth to escape from their daily routine through activities such as day camps, resident camps, swimming, scout training and hiking. The estimated funding for this renovation project is between \$150,000 to \$200,000. Arcadia Rotary Foundation has earmarked \$22,000 for the Fort. The Boy Scouts have pledged \$25,000. ACA is planning a fundraiser in its annual fundraising gala with a goal of \$25,000. Many others have also pledged to contribute.



In conclusion, the support of the Fort Rotary rehabilitation in Camp Trask fits well into the ACA's 2019-2020 theme of "People, Passion, Purpose." In the future, our organization can continue to apply this theme to many other volunteering endeavors. We are proud to be a part of the Fort Rotary rehabilitation effort, and are looking forward to the days of celebration after Fort Rotary is re-opened for the campers and boys and girls scouts.

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■ David Lee 李太衛

「民為邦本，本固而邦寧」，天，地，人是中華文明和文化的基石。「中華人民共和國」，「We, The People」聯合國憲章，和美國憲法開宗，再再都告訴我們以人為本是古今中外的普世價值。People 可以是芸芸大眾，也可以是街坊鄰居。地不分東西南北，人不分族群親疏，能處處以蒼生，以造福他人為念，用大公無私的心態，不求回報的信念為大眾服務，這是更高層次的人生態度，「People Earn Dignity And Respect Through Sharing」。

亞凱迪亞是南加州有著西方保守傳統風格的城市，華人居民有實力把兩種文化截長補短，融合淬煉成為範例，作為指標。每位華人都從本身做起，大地方著眼，小地方著手，哪怕是一個友善的微笑，親切的招呼，都可以成為改變形象的契機。尤其在今天嚴峻的大環境下，要更加的努力走出自我，以更大的格局為整個社區和大眾貢獻自己的力量。用聚沙成塔，鐵杵磨成針的毅力和心態堅持做該做的事。相信這個華人菁英薈萃

的社區，絕對具有足夠的人文底蘊和經濟實力，能夠創出令人印象深刻眼睛一亮，兼具中西文化精髓的輝煌社區，將城市提升到更高的境界，這將是我們華人的驕傲。

俗話說國家興亡匹夫有責，亞凱迪亞是我們自己和兒女生活成長的社區，它的興盛或沒落豈不是人人有責？有能力有條件扛大任務的朋友們積極站出來，條件不成熟，也用自己的力量竭盡所能的付出，就是我們所說的眾志成城。華人協會在社區服務了三十多年，就是靠著一批又一批熱心的朋友們不懈的努力。由於社區型態的改變，更需要新加入社區的朋友們積極的投入，承接社區發展的重責大任，一代又一代的傳承，才能確保社區的永續發展。華協不從事商業，政治，和宗教活動，專心在社區的義工服務，這是我們的宗旨。在這裡竭誠的歡迎新朋友們加入，我們都是「We, The People」中的一份子，這既是一份承擔，也是推諉不了的責任。「為天地立心，為生民立命」讓我們一起努力！



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告別2019 展望2020

■ Diana Chang 張丹

時光總是太匆匆，一眨眼就是一天，一回頭就是一年，經不住似水年華，留不住四季變遷，2019就這麼悄悄的飛逝了，2020已豁然眼前。

從去年2019我們華協的主題 CommUNITY，到今年第37年度的 People Passion Purpose，我們都是在強調和突出“社區及人”這個中心概念，也是我在新的一年努力的方向。

回顧2019，是忙碌和充實的一年。除了自己的工作外，大小不同的服務社區的義工活動，使我在忙碌中獲得快樂及充實，而這也正是自己對義工的理解與追求。上天還是公平的，時間也是公正的，有付出就有收穫，所有的勞累，都變成了回饋，所有的汗水，都結出了果實。

回顧2019，是知足與快樂的一年。擁有

了一群志趣相投的朋友，收穫了親情，友情，相互的鼓勵與扶持，所有這些都留給我許多今生的感動和刻骨銘心的回憶。

回顧2019，是感恩無限的一年，要感恩的太多太多。我的小家，孩子長大成人，開始人生新的旅程，家人身體健康，是我最大的幸運；我的大家，為之奉獻自己的義工華協大家庭，從大小不同的活動中，學會做一個懂得欣賞別人的人，學會包容，努力讓謙遜和誠懇成為習慣，讓智慧和能力有所增長。

展望2020，要守護好2019收穫的果實，傳承愛心與感恩的能量，將志願的陽光灑向每一處需要的角落(Purpose)，真誠的做人(People)，努力的做事(Passion)，存一米陽光，念一世無恙。讓有溫度的歌聲擁有更加明亮的迴響！



感謝亞凱迪亞華人協會 與亞凱迪亞教育基金會合作 支持亞凱迪亞學區教育! 亞凱迪亞教育基金會募款資助亞凱迪亞學區。基金會由義工家長及代表學區內十所學校的社區董事成員主事。來自家長，社區，及公司的捐款扮演非常重要的支持角色。詳情請見亞凱迪亞教育基金會的網頁：

www.ArcadiaEdFoundation.org

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■ Robert Liu 劉榮文

東洛杉磯學院現代語言系中文專業教授

亞凱迪亞華人協會2019年年刊的主題是“市民 熱誠 目標”。如何解讀這個主題，見仁見智。我的理解是：市民充滿愛心，熱忱服務，以期達成構建和諧家庭及社區的目標。華人移民來美，多半是為了子女接受更好的教育，為了追求更美好的物質及精神生活。大家都知道，我們的家庭、我們所生活和工作的社區非常重要。在新的環境下，華人朋友們應該學習如何建立和諧的家庭關係，做一個好父母，幫助我們的孩子順利成長；應該學習如何做一個好市民，與鄰居以及社區內其他市民和諧相處，共建一個安居樂業的好社區。希望人人都從我做起，積極地充滿熱忱地服務社區、奉獻社會。

家庭成員之間，當如何相愛，聖經早就給我們諸多訓導。關於夫妻相愛，聖經說：「然而你們各人都當愛妻子，如同愛自己一樣，妻子也當敬重她的丈夫」（弗5:33）。關於父母愛子女，聖經說：「你們作父親的，不要惹兒女的氣，只要照著主的教訓和警戒，養育他們。」（弗6:4）。關於子女愛父母，聖經說：「要孝敬父母，使你得福，在世長壽，這是第一條帶應許的誡命」（弗6:2）。中華文化也強調要愛我們的家人，諸如舉案齊眉相敬如賓，諸如父慈子孝兄友弟恭等等。這些道理大家都明白，可是很多人做不到。君不見，現代社會中，夫妻反目父子成仇，比比皆是。家庭不睦造成的危害不勝枚舉，輕者家庭關係緊張充滿負能量，重者則引發家暴、青少年犯罪甚至是生命財產的損失。每個個案，自有特定的原因，但總體上來說，是因為愛的缺失。願家庭中的每一個成員都能設身處地為家人著想，以極大的愛心和耐心經營家庭，使家庭真

正成為一個可以依託的港灣。

聖經教導說「當愛你的鄰舍」。愛你的鄰舍，狹義是指愛你的鄰居和周遭的人。廣義就是指愛你的社區。我認為愛社區，主要在於要積極參與社區的活動。我們很高興地看到，越來越多的華人朋友們積極地融入所在社區，充滿熱忱地服務社會。比如亞凱迪亞華人協會，他們的宗旨非常明確：通過活動促進社區對華人文化、歷史、語言、文學和藝術的了解；支持亞凱迪亞市社區教育、慈善和文藝活動；協助華裔居民了解美國文化、傳統、政府、學校、社區，特別是鼓勵華人參與社區義工活動；在亞凱迪亞市，促進社區的和諧和縮小文化差異。因為太太在該協會理事會的服務經歷，我耳聞目睹了華協的很多活動：慰勞消防員和警員、敬老餐會、法律日服務、為圖書館及學校捐款、中華節日和文化慶典等。華協在過去的30多年中，舉辦了眾多有意義的活動，為社區做出了巨大貢獻，贏得了各族裔的認可和讚揚，贏得了主流社會對華裔的理解和尊重。正是因為有市民朋友們的奉獻和付出，有各個公益團體的倡導和引領，我們的社區才變得越來越美好。

充滿愛的家庭使家庭成員有安全感和幸福感。和諧健全的家庭是和諧社區的基礎。盼望華人朋友們在家庭內，營造一個和諧幸福的氛圍，為孩子們營造一個快樂的成長環境。同時，落地生根，變異鄉為故鄉，以主人翁的心態，來關心愛護我們的社區，與各族裔人士一道，為創立一個和諧的人與人互相支持互相關愛的美好社區貢獻一己之力。讓我們用愛和熱誠建設幸福家庭和美好社會！

Arcadia City Directory

亞市市府常用電話

Emergency 緊急服務	911
Administrative Services 行政服務	574-5424
Arcadia Community Television 亞凱迪亞社區新聞	574-5401
Building Inspection 建築檢驗	574-5416
Business License 商業執照	574-5430
Cashier 出納	574-5464
City Attorney 市府律師	574-5407
City Clerk/General Information 市府書記	574-5455
City Manager's Office 市經理室	574-5401
Code Services 法規服務	574-5421/5436
Community Center 社區活動中心	574-5113
Community Development 社區發展	574-5423
Development Services 市區開發服務	574-5415
Economic Development 經濟〔商業〕發展	574-5408
Fire Administration 消防局〔行政〕	574-5100
Fire Prevention 消防局〔防火〕	574-5104
Graffiti Hotline 塗鴉熱線	821-4333
Historical Museum 歷史博物館	574-5440
Human Resources 人事處	574-5405
Job Hotline 招聘熱線	574-5405
Library 圖書館	821-5567
Mayor and City Council 市長與市議會	574-5403
Planning 市容規劃	574-5423
Police Administration 警察局	574-5151
Public Works Services-Administration 公共事務—行政服務	256-6554
Public Works Services-Water 公共事務—水資源服務	256-6650
Public Works Services-Street & Trees	
公共事務—街道樹木服務	256-6554
Purchasing 採購	574-5462
Recreation & Community Services 社區活動服務處	574-5113
Refuse/Recycling Programs 資源回收	305-5327
Senior Citizen Services 長青服務	574-5130
Water Billing 水費單	574-5428
Water Service 自來水服務	256-6650
Wilderness Park 野生公園	355-5309
Web Site: www.ci.arcadia.ca.us 網址	

CONGRATULATIONS

ARCADIA CHINESE ASSOCIATION

For over three decades, the ACA and its members have been valuable volunteers in our community. My partners and I wish you many more years of health, happiness, and prosperity. - Gary Kovacic, Partner

柯維世律師

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Arcadia Chinese Association
A Successful Annual Dinner

**Celebrate ACA
37th Anniversary**

LEE AND MICKEY SEGAL



2018-2019 Annual Activities

Date	Event/Activity	Place
08/24/2018	ACA Installation & Get to know you	Arcadia Community Center
09/29/2018	Arcadia Moon Festival	Arcadia City Hall Lawn
10/21/2018	ACA Mixer	Sunday's House
10/23/2018	Police Chief Bob Guthrie visited ACA board meeting	Arcadia Chamber of Commerce
10/27/2018	Halloween Festival	Arcadia Downtown First Ave.
10/31/2018	Halloween Candy Drive	Westfield Santa Anita Mall
11/10/2018	Arcadia Historical Society Mystery Dinner	Celebration Prince Eric Hall
11/16/2018	Fire Dept. Appreciation Luncheon	Arcadia Fire Station
11/19/2018	Police Dept. Appreciation Luncheon	Arcadia Police Department
12/15/2018	ACA 36th Annual Fundraising Gala	Arcadia Masonic Lodge
01/19/2019	APAC Spring Festival	Arcadia High Center Courtyard
02/07/2019	Mayor's Breakfast	Arcadia Community Center
02/08/2019	Senior Citizen Luncheon	Arcadia Community Center
02/09/2019	AHSCPBC Lunar New Year Dinner	Arcadia Masonic Lodge
02/10/2019	East Meets West Parents Education Club New Year Dinner	San Marino Church
02/19/2019	Present Appreciation Coupon for City Employee	Arcadia City Council Chamber
03/26/2019	Arcadia Chamber of Commerce Installation	Embassy Suites by Hilton, Arcadia
03/29/2019	Arcadia Police Foundation-Dim Sum with a Detective	Tong Tak Seafood Restaurant
04/14/2019	One Day Trip	Angeles National Forest
04/16/2019	Arcadia City Reorganization (Outgoing Mayor)	Arcadia City Council Chamber
04/27/2019	Law Day	Arcadia Public Library
05/25/2019	Tribute to Veterans and Their Family	L.A County Park
05/30/2019	Scholarship Award	Arcadia High School
06/01/2019	Volunteer and Friends Mixer	Tong Tak Seafood Restaurant
06/16/2019	Present \$3,100 to Arcadia Library	Arcadia Public Library
06/25/2019	Guest Speaker Visited ACA Board Meeting	Chamber of Commerce



2018-2019 年度活動摘要

日期	活動內容	地點
08/24/2018	華協新舊理事交接暨與社區人士聯誼會	亞市社區活動中心
09/29/2018	亞凱迪亞慶祝中秋節	亞市市府草坪
10/21/2018	華協聯誼會	華協理事許清文家
10/23/2018	警察局局長探訪華協理事會	亞凱迪亞商會
10/27/2018	亞凱迪亞慶祝萬聖節	亞凱迪亞一街
10/31/2018	萬聖節派發糖果	西野購物中心
11/10/2018	亞凱迪亞歷史協會晚宴	艾瑞克王子的住宅
11/16/2018	消防局感恩午餐會	亞市消防局
11/19/2018	警察局感恩午餐會	亞市警察局
12/15/2018	華協三十六週年籌款晚宴	亞市社區活動中心
01/19/2019	APAC春節晚會	亞市高中
02/07/2019	亞市市長早餐會	亞市社區活動中心
02/08/2019	春節敬老午餐會	亞市社區活動中心
02/09/2019	亞市高中華裔家長會新年籌款晚會	亞市美生會所
02/10/2019	東西家長教育協會新春宴	聖瑪利諾教會
02/19/2019	市府工作人員感恩禮券	亞市市議會
03/26/2019	亞市商會交接典禮	大使套房酒店
03/29/2019	警察基金會籌款餐會	同德明珠餐廳
04/14/2019	一日遊	天使國家森林公園
04/16/2019	亞市新舊市長就職典禮	亞市市議會
04/27/2019	法律日	亞市圖書館
05/25/2019	向退伍軍人及其家人致敬	亞市洛杉磯縣公園
05/30/2019	華協頒發獎學金	亞市高中禮堂
06/01/2019	華協聯誼會	同德明珠餐廳
06/16/2019	捐贈3,100美元給亞市圖書館	亞市圖書館
06/25/2019	來賓探訪華協理事會	亞市商會



A Trip to Grand Staircase-Escalante National Monument

■ Yee-Horn Shuai 帥以宏

All my life, my passion has been planning, organizing, and leading people to do outdoor activities with a purpose. The purpose has been providing my friends with healthy life styles and enjoyable adventures. I have been doing more so since my retirement in 2015. The theme of Arcadia Chinese Association's 2019 Yearbook is "People, Passion and Purpose". I believe what I have been doing fits perfectly the theme. Therefore, I would like to share with the readers one of my recent outdoor adventures.

This year in May, I designed and led a group of 10 people to Utah for a 7-day hiking and camping trip. Out of the 7 days, we spent 5 days in Grand Staircase-Escalante National Monument. The NM is located to the west of Glen Canyon National Recreational Area and to the east of Bryce Canyon National Park. The size of this huge expanse of arid desert is 1,880,461 acres (7,610 km²) or 1.55 times of Grand Canyon NP. There is no service of any sort in the monument. No water, unless you hike long treacherous trails down to the creeks. No toilet, no electricity and very scarce phone or internet signals. However, it has splendidly beautiful sceneries for the serene souls to appreciate and exciting and fun slot canyons for the brave mortals to explore.



In the evening of the 2nd day, we drove 13.8 miles (Hwy 12 then Hole-in-the-Rock Road) from the Visitor Center in the town of Escalante to the trailhead of Zebra and Tunnel Slot Canyons to camp overnight and hiked the two canyons the next morning. Zebra canyon is famous for its colorful and zebra striped canyon walls. It is also narrow, winding, treacherous and filled with water in many places.

The Tunnel canyon is about 300 feet long and very close to the exit of the Zebra canyon. To walk through the tunnel, you have no way to avoid the ice cold water because the wall was virtually straight up.

After the Zebra and Tunnel Slot Canyons, we continue driving south on Hole-in-the-Rock Road for about 4.5 miles to Devils Garden. Devils Garden is filled with all kinds of red sand rock formations such as hoodoos, mushroom rocks, arches, castles, and so on. You can spend easily 2 hours walking around the site taking nice pictures.





對話的對錯

■ 景陽岡登山聯盟

我們每一個人的一生都需要成千上萬的對話。有一些對話乾淨利落，便於溝通，有一些對話越說分歧越大。便於溝通方式就是對的方式，否則就是錯誤的方式，需要改進的。一個好的對話，一定讓雙方越說越明朗，相互完全了解對方的意思，消除了誤解，增進了友誼。

根據我前五百年的生活體驗，有如下的觀察和體會和朋友們分享：

1. 明白自己講話的目的。是告訴他人不知道的事？還是說服他人同意自己的意見？還是自己情緒的發洩？

2. 言者，言之有物，語言簡練，不要重複，不要廢話，不要事無鉅細，滔滔不絕。尊重聽眾的時間。需要注意觀察聽眾的反應，人家有沒有興趣。聽眾在聽？還是在玩手機，看美女？如果聽眾注意力已經轉移，要不要繼續？聽眾有沒有發問？或者對您的話題答覆，是，嗯。有時可以停一下，測試聽眾的反應，如果聽眾馬上望著您，或者說，請繼續，或者聽眾馬上鼓掌，請您下課了？

3. 聽者，不要插話。讓人家說完。可以給人家一些小暗示，比如說，對，是，不錯！請繼續。盡量看著言者，不要玩手機，不要做其他的事。當然傻笑也是可以的。

4. 聽者，不要打斷別人的話，不要評論人家的話，不要談自己同意或者反對的意見。不要談自己的體會。讓人家把話說完。君子訥言是美德！

5. 不要強人所難，不要一個意思說3遍，比如邀請人家去家玩。如果人家想去，他一定會安排。如果人家不想去，人家就不提了。請尊重人家。

6. 批評的話私下說，表揚的話公開說，做個好好人！比如說“我”。

7. 開心陽光的事公開說，不滿傷心和痛苦私下聊。把快樂陽光帶給大家！把牢騷苦悶留給知己。

8. 要學會幽默，開心，玩笑！不要太固執，不要說話噎人，不要帶髒字。

9. 請記住，讓和您對話的人舒服為最高境界！

我處理過很多暴跳如雷的客人的投訴，我就讓客人說20-30分鐘，我一直沉默，或者，是，啊。我在聽，請繼續。說到客人完全無話可說了我還問，還有沒有了？請繼續，有沒有其他的事情？然後我請客人保持安靜，不要打斷我的話，不要插話，不要發表意見，不要反駁我的建議。如果他違反遊戲規則，我會請客人重新開始。

我聽完客人的投訴，完全理解了客人的想法，我讓客人保持安靜，客人也完全理解我的想法，處理起來非常順利！！



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活出健康的人生

■ Arnold Chien 簡阿諾
活力太極拳老師

健康的道理人人都懂，但真要執行起來卻十分困難。筆者傳授武術近三十年，累積了不少經驗和理論，希望在這裡與讀者共同分享。希望大家能身體力行，新年新氣象，活出一個健康快樂的人生！

一. 呼吸訓練：

武術有個諺語：深呼吸長命；淺呼吸短命；不呼吸沒命。這反映出呼吸的重要性。即使是練武之人想要把自己練成超人，也必須由呼吸練起，更何況是一般人。筆者自創了一套五階段的氣功 (5 Section Chi Exercise)，在近三十年的教學生涯中，不但幫助了很多朋友度過了生命中的難關，也幫助了自己。限於篇幅，僅把最重要的兩招敘述如下，希望讀者嘗試練習，活出健康的人生：

第一勢顧心臟：

SECTION ONE: FLYING POSTURE

1. Raise both arms by pulling up middle fingers.
2. Shift the focus to the area between thumbs and index fingers, and then move both palms toward each other.
3. By dropping the elbow, both palms will go down. Then bend both knees a little bit, you will lower the stance naturally.



第五勢顧腎臟：

SECTION FIVE: HAIR WASH

1. Return to the natural stance and brush both palms around the waist to the kidney area. Using the heel of palms to press the kidney area.

2. When applying the pressure to the kidney area, there will be a natural momentum to bend upper body backward, and then start by bending the neck backward, then the trunk. Maintain the balance by sensing the center of weight and do not bend the legs.

3. Relax and go back to natural stance, continue brushing both palms through the back side of the legs until both palms reach the front of the feet; continue brushing all the way up through the shin bone, and park both palms on top of the knees, then bend the knee joints and form the horse stance, and slowly rise.



二. 重量訓練：

重量訓練的目的不在於把肌肉變大，而是在於鍛鍊人體的血液循環，所以不需要太重的重量。而且非常重要程序原則是：在呼吸順暢後，才可以做重量訓練。另外有別於有氧運動，重量訓練的次數 (Number of Repetition) 不宜超過12次，而組數 (Number of Set) 不宜超過3組。若遵守這 12 x 3 的黃金定律，就可以找到適合自己的訓練重量 (Poundage)，進而得到段練血液循環，降低心臟負擔，疏通動脈靜脈血管，降低血壓的目的。

三. 溫度訓練：

溫度訓練勢藉由溫差 (Temperature Difference) 來鍛鍊全身皮膚的最好方法，也是許多職業運動選手鍛鍊身體的秘密武器。皮膚是保護人

體不受外力侵擾的第一防線，一般人只停在塗擦保養乳液的階段，若能進一步到鍛練皮膚的階段，則身體會更健康。但是要享受職業運動選手鍛練身體所用的液態氮 (Liquid Nitrogen) 所產生的溫差，設備非常昂貴。一般人只要在淋浴時運用冷水熱水的溫差來段練，就可以達到不錯的功效。另外在溫差鍛練完之後，要記得塗擦保養乳液以防止皮膚可能乾裂的情況。

結論：筆者研究武術近四十年，把所有的知識與經驗，總結歸納在筆者創立的活力太極拳之內 (Kinetic Tai Chi)。在三十年的教學推廣過程中，幫助了許多各年齡層次不同種族的各階成人士，深深體認病痛是不管你是貧富貴賤而一視同仁的。我們就只有這一個身體，好好鍛練的話能帶來很多快樂，但若忽視不鍛練的話，等疾病上身需要打針吃藥就太晚了！筆者創立的活力太極拳採東西文化之精粹，把冗長難記的套路依照難易程度有系統的分為十個等級，然後利用現代科技的保護設備，讓學生配戴從頭到腳的護具（確認每個學員從全罩式頭盔，保護手腳關節的護墊，保護皮膚撕裂的特厚制服和保護手指關節的拳套），全

部保護好之後，再加入大量的對打訓練。訓練務必確認學生所學的理论，獨自演練時可強身健體，遇到危險時能抵禦外侮。另外在精神層面，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。守注意念能帶來健康，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，從而貢獻給人類文明正面的影響！

實踐證明學生在阿諾老師的教導之下，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！從2006開始後，阿諾老師中西合璧的教法逐漸被主流社會認同，也開始在南加州各大公司，聯邦政府與社團推廣活力太極拳，並被南加州大學 (University of Southern California) 遴選為2014功夫大師 (2014 Kung Fu Master)。在 KTLA Channel 記者 Christina Pascucci 的採訪之中阿諾老師被喻為阿凱迪亞之光，這也是主流社會對中華文化和活力太極拳的一種肯定。



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玫瑰花車介紹

■ 羅老師

2019年1月1日的玫瑰花車遊行是第130屆。每年初 Tournament of Roses Association 的主席就會提出來年的活動主題，這次的主題是“The Melody of Life”。每年經挑選後參與遊行的隊伍主要分三大部分，40+輛花車，20個左右軍樂隊，和20個左右表演馬隊。遊行路線全長約5.5英里（8.9公里），從早上8點開始，走完全程約用2小時。

玫瑰花車製作分兩類，自製和交給專業公司製作。現在只有五個城市 and Cal Poly 自己製作，其它各類組織或公司的花車均由三個專業公司承包。自製的費用（十萬美元左右）不到請專業製作公司的一半，但很多機電和非常專業的工作需要義工來做，而且還要有強有力的義務領導管理團隊常年運作。

每年玫瑰花車遊行、後期觀展、拆除等工作一結束，申請、徵集、評選設計下一年度花車的活動就開始了。概念圖定下來後，花車整體設計師與藝術家們就開始做詳細規劃方案和選擇材料。

花車的驅動駕駛系統保留，部分骨架要根據設計重新焊接。大半年的時間都要用在設計、製作、安裝骨架和其他造型構架的工作上。工藝種類包括機械、自動控制、電焊、木工、電工、雕刻、粉刷噴塗等。主框架和一部分造型的表面用大小粗細不一的鋁絲網格鋪上固定，噴上一層薄薄的聚乙烯塑料，凝固後方便粘插花，後刷上花或植物的底色。

花車上的人或動物角色還有一些物件是雕刻藝術家用大塊的聚乙烯材料（Sculpting Foam Blocks）刻出來的，打磨後上漆，最後表面貼花瓣和其他植物種子等。

對玫瑰花車的規定之一是所有花車錶面必須用天然材料覆蓋，比如花，植物，海藻，種子，樹皮，蔬菜、水果或堅果。此外，不允許使用人造花或植物，也不能將材料人工著色或



用化學品處理。我覺得這項嚴格的傳統規定是使帕薩迪納的玫瑰花車遊行萬眾矚目、長盛不衰的關鍵。朋友們有機會，一定要湊到花車前仔細看看，花車造型的每一個部分是選用什麼植物的哪個部分、是怎樣固定上去的？

裝飾花車用的大量鮮花等都是一些固定供應商，花車的詳細設計一出籠就要與花農定花，以便花農控制各種花的生長期，確保需要的花在12月下旬綻放。鮮花種植供應商遍及南加本地、夏威夷、還有來自南美、甚至南亞的國際市場。每年每一輛花車要用幾萬朵鮮花來裝飾，或將花瓣粘上去，或將花莖插在裝有營養水的小細瓶子裡插上去，成千上萬人的辛勤付出成就了一件件真正原創、美輪美奐的藝術品！嘿嘿，可惜觀賞期也就新年那麼幾天！

談起“玫瑰”系列活動必須要提及的是每年選拔的 Royal Court（玫瑰皇室），包括一位“皇后”和六位“公主”。這項選拔只限於 PCC 學區境內（八個半城市）17-21歲的青年女學生。玫瑰皇后/公主的選拔不是選美或才藝比賽，評委需要綜合考慮報名者的公共演講能力、領導能力、學業成績、和學校與社區活動的參與度，當然儀容儀表也很重要。

每年9月報名參選“玫瑰皇室”的有近1000名女青年，主要是12年級的高中生。評選形式是面試，可見比的是演講能力和形象氣質。第一輪每人講15秒鐘，選出250人；後面的三輪需要當場回答評委的問題，分別選出75人、25人，最後選定七名“皇室成員”，並從中選出“皇后”。“公主”們是百里挑一，“皇后”更是千里挑一！

玫瑰皇后和六名公主除了亮相花車遊行和球賽外，在年底和年初的幾個月需要出席百場公益和媒體活動。每人除了得到贊助商提供的服飾、禮品和獎學金外，最重要的是得到的榮譽和終生難忘的經歷。

每年聖誕節過後到12月31日是裝飾花車的“鮮花週”。其他“乾貨”，比如豆子、米粒和其他種子等在感恩節後就已陸續裝完。每輛花車所用的鮮花和保鮮植物要在“鮮花週”突擊粘插好，在這一週裡，每天每輛花車都需要幾十個義工乾一整天。當然為了各自的城市、團體組織或公司，能出力一、兩天的大有人在，尤其是周末的義工機會，一個月就被搶光啦！住在本地的高中生多數都通過學校的各種俱樂部參加過裝飾花車的工作，男女童子軍更是發揮作用，另外還有全家老少一齊上陣的，嘿嘿，真是有點讓外地的朋友們羨慕呢！

每年在帕薩迪納除了1月1日當天上午的玫瑰花車遊行，以及下午在玫瑰碗體育場舉行的大學美式橄欖球的比賽外，還有很多大小有關活動。其中民眾參與最多的有：(1) 參觀接近完工的花車製作現場 (Decorating Places)，28-31日，\$15；(2) 觀看遊行馬術隊的表演 (Equestfest)，29日週六，\$15；(3) 在PCC體育場觀看參與遊行的軍樂隊的表演 (Bandfest)，29-30日，\$15；(4) 遊行後近距離觀看花車 (Post Parade: A Showcase of Floats)，1日下午-2日，\$15。

玫瑰花車遊行和球賽是長達一百多年的慶祝新年的傳統活動，一年一年過去了，這個以「玫瑰花」為名的活動在全球的知名度越來越高，幕後組織和運作的系統也越來越成熟。雖說一部分花車是商家出資並打出商家的名字，但沒有商家的贊助就沒有那些非營利組織的花車，也沒有那些代表城市參與的花車，更沒有全國甚至世界各地踴躍參與的馬隊和學校軍樂隊的成行，所以這項民間盛會的成功是參與各方共襄盛舉的結果。

玫瑰花車、球賽等系列活動的組織機構是Tournament of Roses Association (簡稱ToR)，中譯應當是「玫瑰錦標賽委員會」，橄欖球比賽是錦標賽，花車遊行也會評選出20多個獎項，所以也是比賽。組委會有20多個全職工作人員負責日常事務，絕大多數的工作是由被分為三十多個下屬委員會的935名志願者完成的，他們每年共要付出八萬多個小時的時間。志願者需要在本地生活或工作，申請程序包括自我介紹、提交友人推薦信，還要經過在大庭廣眾面前的面試啦！我猜組委會最注重“靠譜”吧！淘汰率比玫瑰小姐們低多啦，30%吧！

本人在2018年申請並榮幸地入選了這個義工

大家庭！我會在每年跨年的這幾天與組委會的全體義工，外加幾十個帕薩迪納社區學院的實習生們和高中的學生大使們服務於玫瑰系列活動，穿著白色西裝配紅玫瑰絲巾熱情歡迎世界各地的朋友們！

人無衣食住之憂後就必然追求更高層次的滿足，我覺得玫瑰花系列活動的發展就是這樣一個追求的過程。她始於一個過著富足生活的人提議，為了感謝和慶祝加州冬天溫暖的好天氣和燦爛的陽光，在其他地方飽受風雪嚴寒的時候，每年的元旦我們來展示這裡盛開的鮮花！

從一個小小的提議到今天百萬人參與的盛舉，一百多年的時光使許許多人高層次的追求得到了滿足。我非常佩服那些投身於自製花車的組織和參與者，他們把自己的才智、精力和業餘時間全部用在花車製作上，而且樂此不疲，各個變成了能工巧匠，年復一年、代代相傳。在每一年向世界展示他們的勞動成果時，那種給別人帶來驚喜的無比的自豪感就是他們的追求！

玫瑰花活動也給包括我在內的有幸居住在帕薩迪納附近千千萬萬的人提供了一個豐富自己生活的機會。我覺得做“義工”或“志願者”不僅是“不計報酬服務社區”，更重要的是滿足自己精神上的追求。這種需求是每天“上班下班、柴米油鹽”之外的享受，就像大家聚在一起唱歌、跳舞、打太極來充實自己的生活一樣，不同生活經歷的人從互不相識到成為朋友而相互影響，參加公益活動更是利人利己，意義非凡且其樂無窮！

這百年不衰的盛事，民間的委員會調動各方財力物力，指揮協調千千萬萬民眾的參與，共襄盛舉，充份展示了這方土地上人們獨特於世的精神面貌，蘊藏於民間的巨人力量。





關於童子軍的一些往事

■ Connie Liao 廖群

Arcadia 華人協會要為位於 MONROVIA 山上的童子軍營地 Camp Trask Scout Reservation 募款，整修童軍堡壘，這讓我想起了我的兒子在童子軍時候的一些往事。

現在的孩子大多在舒適的環境中嬌生慣養，為了讓孩子能在艱苦的環境中得到一些鍛煉，讓他變得更加堅強，像個男子漢，在兒子10歲的時候，我鼓勵他報名參加了童子軍138團。

那個時候138團童子軍在 Longly Way 小學每個月進行兩次室內技能的培訓，並且組織一次戶外的活動，包括登山、露營、滑雪、騎單車、划船、釣魚，射箭等等。露營的時候，孩子們自己搭帳篷生火做飯，童軍團的團長和主要負責人都是完成了一系列戶外生存技能訓練以後獲得了證書，同時願意為培養孩子義務奉獻的家長。我們當時138團的團長就是帥以宏律師。在帥團長的帶領下，除兒子以外，我和先生以及女兒也積極參加了童子軍的各種戶外活動。印象最深刻的一次活動是到大峽谷 Havasupai Falls 的行軍露營。在烈日炎炎之下，每個孩子背著行李食品飲用水，負重約30磅，拄著棍子，單程行軍近15英里，進入峽谷營地。許多孩子的腳都走出了血泡，可是沒有一個孩子抱怨，沒有一個孩子掉隊，全部咬著牙堅持到了目的地，而我們隨軍家屬卻可以把行李交給馬匹托運，即便如此，我們還是非常吃力非常艱苦地走了下來。堅持不下來的家長只能用坐直升飛機的方式到達目的地。有朋友在看到童軍團孩子們翻山越嶺負重行軍的照片後對我說，好像看到了紅軍兩萬五千里長征時的景象。

除了行軍 Havasupai，童軍138團還攀登過加州的許多大山，像 Mountain Wilson, Mount



Baldy, Mount San Jacinto, Mt. Whitney, 以及優勝美地的 Half Dome 等等，這些登山活動鍛煉了孩子們的意志力。我兒子小的時候非常恐高，人在高處往下看就會頭暈腿軟臉煞白。經過在童子軍中的訓練，不斷地攀登一座座山峰，他不再恐高，

還敢於獨自登山。

除了艱苦的登山露營訓練以外，童子軍還有許多快樂有趣的活動，比如去 Colorado River 划船，到海上釣魚等。我們138團曾利用春假到猶他州的 Powell 湖去遊玩。二三十人的隊伍開著兩艘房船，在 Powell 湖中巡遊、岸邊露宿、釣魚、游泳和賞景。孩子們在團長及輔導員的教導下，輪流學習開船的技術，學習釣魚的技巧。之後再把釣上來的鮮魚稍加烹煮，大家在繁星滿天的夜晚中，在明亮的月光下，在細軟的沙灘上，一起享用天然的美味佳餚，那種幸福快樂美妙的感覺至今令人回味無窮。

每年的夏天，童軍們都會去參加各種童子軍的夏令營，常去的有卡特琳娜島 Catalina Island 以及 MONROVIA Camp Trask Scout Reservation 上的夏令營。Camp Trask 就是我們華協今年要為他們募款修繕的營地。童軍們在為期一週的夏令營裡唱歌、做遊戲、開篝火晚會；學習游泳、爬山、露營、射箭、射擊，學習各種戶外生存技能，學習辨識各種植物、珍愛野生動物、保護自然環境的知識，培養遵守紀律、團結互助、獨立堅強的品格。

8年童子軍戶外活動的訓練，使我的兒子從一個膽小恐高、性格內向的少年兒童逐步成長為一個勇敢堅強、有組織領導能力的童子軍大隊長。另外，Camp Trask 也是各種青少年團體常年舉辦戶外活動和培訓的基地。

Live Oak 土風舞社

■ Sherry Liang 黃素玲

眾人皆知，南加州的天氣，一年四季如春，陽光普照。每日清晨，在環境幽雅的阿凱迪亞大公園，隨處可以看到走路的、打太極拳的、跳元極舞的人群、各處一方的都在新鮮的空氣中晨運。展開一日之計在於晨，快樂的一天。

循著悅耳的音樂，每天可以看到一群愛好舞蹈的女士們，載歌載舞的在健身。那熟悉的音樂，有國、台、粵及英語。那舞步輕快且曼妙！這就是在此地區及隣近城市裡，已有相當知名度的 Live Oak 土風舞社。此團是由中文學校退休的連老師在15年前與一些志同道合的女士們組成。如今連老師年歲漸長，早在10年前交棒給女兒 Sherry Liang 獨當一面。連老師則是在旁指導，當教學顧問。

梁老師教學認真、負責、多才多藝、舞藝精湛！在華人社區已有相當的知名度！此Live Oak 土風舞社多年來，也常常受亞凱迪亞的社區活動中心為各年節而表演，深獲好評及喜愛。這是梁老師耐心、用心及努力教導的成果！在去年十二月至今年三月的阿凱迪亞社區活動季刊的封面，有一張此團體的拜年合照！（請看照片）是多麼的榮耀呀！這也是為華人爭光的表現！

除了以跳舞健身外，值得讚

賞的是她們的熱心公益，也不落人後！她們常常不辭辛勞的為慈善機構表演，也因此結交了不少社團及社區的朋友。真的是以舞健身，以舞會友且自娛，娛人！往往那悠揚的音樂，動人的舞姿，吸引了過路人的腳步及羨慕的眼光！她們的舞，獨樹一格，似土風舞及民俗舞。她們的招牌舞“高山青”（見下圖）即是一例。

梁老師編出各種不同風格的應景舞，因此，每逢佳節，她們是各社團爭相邀請表演的對象。每年初蒙特利市封街春節年展，二月的茶花節，五月的母親節，七月的美國國慶，八月的中秋佳節，十月的升旗典禮，十二月聖誕節等加上其間的各社團及各校友會等的邀約無數。種種表演是每日（除星期日）辛勤上課練舞的一種成果及展示。也因此，訓練此團的團隊精神—她們的合作、互敬及互愛！

所謂「活到老、學到老」，也要跳到老！研究指出，跳舞是對中老年人健康的最佳首選運動！跳舞就會健康，健康即財富！人生就幸福！





淺談健康之道

■ 李景新醫師

中醫對於健康的看法，一般都是根據不同程度的偏差現象，進行相對調理規整，以回歸其生命動態平衡下的功能穩態；因此按照中醫理論所講，實際上就只有穩態的下健康與偏差之下的不健康兩者之別，只是所展現出程度上的不同而已。現今的亞健康之義，實則是不健康的程度尚未達到足以發病致患的地步。中醫關於辯證健康失偏的質量變化，原是本諸四診八綱。但民間有句俗話也說的好而傳神：“看此人具備了精氣神，身體好著哪！”就像我們根據常識判斷去仔細觀察一棵樹、一株草、一枝花的生命狀態，便可知其健康狀況是一樣簡單；這也是一般人就能一眼看明白它們是否枝葉繁茂和生機勃勃下的健康狀態。如進而分類專業辯證高下，中醫也說：“望而知之謂之神，聞而知之謂之聖，問而知之謂之師，切而知之謂之工。”

至於疾病診斷、系統分類、相關命名，則是西醫根據直接觀察或器械協助下的觀察、聽診、觸診、生命指標測量、病理表現症狀、血檢便檢報告、顯像報告等方法而得到的情資信息，進行評估分析後的確診，進而開具相關處方治療，如物理治

療、化學藥物治療、手術治療、放射性治療等等方法。而其所根據的健康及疾病指標，則是以人類生理共性與平均統計大數據下的正常指標範圍，而建立起標準化規範的生理病理基礎以為根據。所以，這個確立的健康與疾病指標，是醫療診治過程唯一考量的絕對標準。

由此可知，傳統中醫採取的健康診治根據和主要對象，是以病人為主體，而進行相對標準下的偏正狀態現象(證型)之對應調理治療；其醫療目標在於傳統中醫所期望達到的病患主體回歸健康表現狀態，即是“致中和”。而現代西醫採取的診治根據和主要對象，是以病人為客體，而以病患疾病經過標準規範下的症狀，及以西醫透過科研成果所認為的局部病灶成為主體，而進行絕對標準下之控管或消除症狀治療；其醫療目標在於獲取現代西醫強調達到的病患症狀表現回歸正常範圍指標，即是“除病徵”。兩者之間對於健康的評估、疾患觀測，與治療目標、手段，自是有著明顯的不同，以致大異其趣。

亞凱迪亞

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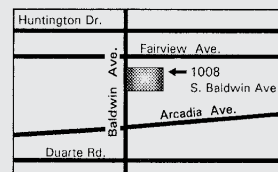
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- ・十餘年美國會計稅務實務經驗



2019年個人稅重要稅項變更

■ Michelle Wu, CPA 加州註冊會計師

各位伙伴們，又快到一年一度的報稅季節了，我們一起來看看今年有什麼驚喜給大家：

1. Obamacare：《平價醫療法案》不再要求個人稅罰

實行了幾年的Obamacare，也稱為《平價醫療法案》(“ACA”)要求所有個人每年買最低限度的健康保險，不然就會有稅收罰款。從2019年開始完全取消了罰款。因此，如果您沒有為自己和家人買2019年及以後的醫療保險，則無需支付IRS罰款。但是，為自己和家人購買保險是應該的。更何況Obamacare 保險的絕大多數個人都可以獲得稅收抵免，以幫助他們支付保費。

2. 2019年醫療費用扣除門檻變高

每年的逐項列出扣除額中 (Itemized Deduction) 納稅人可以用醫療和牙醫費用抵稅。符合條件的費用包括健康保險費和自掏腰包的自付費用。抵稅額是扣除那些調整後總收入(AGI)百分比的超出醫療費部分。

去年2018稅務年，逐項列出 (Itemize Deduction) 的納稅人可以扣除其醫療和牙科費用超過其AGI的7.5%的金額。但是，從2019年開始，提高了門檻。需要有超過AGI的10%的費用才可扣除。比如，如果您2019年AGI為10萬美元，則僅可扣除超過1萬美元的醫療和牙科費用 (10萬美元AGI x 10% = 1萬美元)。如果您有\$12,000的此類支出，則會扣除\$2,000。而在去年2018年，是4,500美元 (7.5%) 的扣除額。

3. 從您的 401(k) 中提前領取規則放寬

如果個人擁有 401(k) 帳戶，則必須等到59½歲時才能取出錢。提早領則需繳納10%的稅務罰款和收入所得稅。不過，如果在遇到困難的情況下，是允許提早領錢而不會受罰。這些困難包括醫療費，防止被趕出租住房或當未能按時交房貸時，防止喪失抵押品贖回權，還有高等教育的學費，購房，為家庭成員支付喪葬費或聯邦宣布的災難造成的損失。

從2019年開始，美國國稅局放寬了關於 401(k) 中可以提早領錢的困難條件。過去，您需要先從 401(k) 帳戶中藉錢，而不是取款。借款會有利息的產生，從而增加家庭負擔。現在不再需要藉款，

而是符合條件就直接領出錢。此外，根據以前的規定，在提早領款的六個月內，您不得為自己的 401(k) 放入新的存款。從2019年開始國稅局就取消了此規定。

4. 贍養費稅法的重大變化

數十年來，前配偶可扣減其離異後支付的贍養費，接收贍養費的前配偶需要報收入稅。贍養費扣除額節省了支付人的稅，因為支付贍養費的前配偶通常比接受贍養費的前配偶有更高的稅率。自2019年起永久性取消了贍養費支付的扣除額。此外，不再要求接收贍養費的前配偶報收入稅。此更改適用於2019年1月1日起的所有離婚或法定分居者。新規則將導致許多支付贍養費的前夫們付更多的個人稅，因為通常支付贍養費的個人所得稅率更高。

以上是2019稅年大致上的稅務變更，每個人或家庭會有自己的情況，應該分別對待。祝大家順利申報好自己的稅，多退稅，工作順利，生意興隆，生活幸福。



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Arcadia Education Foundation	\$1,000.00	Franklyn Autism Foundation	\$1,000.00
Arcadia Field of Honor	\$1,000.00	Friends of Arcadia Museum	\$900.00
AHSCPBC Fundraising.....	\$1,400.00	Friends of Live Oaks Library.....	\$500.00
Arcadia Fire Dept.....	\$600.00	Halloween Candy Drive	\$250.00
Arcadia Library	\$3,100.00	HS Scholarship	\$3,000.00
Arcadia Museum.....	\$500.00	Law Day	\$980.00
Arcadia Music Club.....	\$200.00	Mayor's Breakfast.....	\$200.00
Arcadia Police Dept.....	\$600.00	Methodist Hospital.....	\$1,000.00
Arcadia Performing Arts Foundation	\$7,500.00	Senior Citizen Luncheon.....	\$3,800.00
Arcadia Police Foundation	\$1,468.00	Summer Reading Program	\$500.00
Chamber Installation	\$1,500.00	Taste of Arcadia	\$1,040.00
Foothill Unity Center	\$500.00		



亞凱迪亞華人協會
Arcadia Chinese Association
www.ArcadiaChineseAssociation.org

Our Mission 華協宗旨

- (a) Involve Arcadia communities in Chinese cultural events and assist their understanding of the Chinese culture and tradition;
- (b) Support Arcadia education, community fund-raising and social/cultural events;
- (c) Encourage community involvement with honors and scholarships.
- (d) Promote volunteerism in community services;
- (e) Assist Chinese immigrants to assimilate into the American culture and tradition through sponsored events;
- (a) 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
- (e) 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

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Hakka Foundation 客家基金會
Lily Liu and Family

Platinum

Forest Lawn 福樂紀念公園
Peter Amundson
Linda Li

Gold

April Verlato

Silver

Din Tai Fung Dumpling House
鼎泰豐

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亞凱迪亞華人協會 服務社區37週年 年會成功



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敬祝 華協更上一層樓 永續傳承

華協之友- 張信、蕭千惠敬賀

新舊理事交接暨與社區人士聯誼會

Get to Know You & Installation

08-24-2018

■ 編輯組

亞凱迪亞華協的新、舊理事交接典禮、暨與社區人士聯誼會，於八月二十四日二零一八年下午五點半，在亞凱迪亞社區活動中心隆重舉行。現任會長羅安仁將象徵權力與義務的 Gabel 交在新任會長李宛蒨 (Jamie Lee) 女士的手中，接下擔任2018-2019的會長職務。

聯邦眾議員趙美心 (Judy Chu) 女士、加州眾議員周本立 (Ed Chau)、前加州眾議員伍國慶 (Mike Eng)、加州主管 Kathryn Barger 的代表 Jimmy Wu、和亞市市長 Sho Tay 夫婦、市議員 Peter Amundson...等皆到場祝賀。當晚來了許多的貴賓：前亞市市長 Jim Helms 和 Bob Harbicht、學區總監及學區董事會議人員、學區校長、還有許多社區的領袖們也都到場祝賀，並致贈感謝狀。

典禮由童軍們拿著國旗，莊嚴隆重的進行開幕儀式，並由國會議員趙美心 (Judy Chu) 女士主持新任理事就職典禮，典禮簡單隆重，在和諧、愉快的氣氛下進行完成，並合影留念。

新任會長李宛蒨表示：「我非常榮幸擔任華協2018-2019的新任會長，她將繼續為華協的服務宗旨全力以赴，今年的主題是社區團結，希望鼓勵大家多多參與華協的義工活動，一同為社區服務團結合作。」歡迎各界朋友們，加入我們華協大家庭的義工行列。典禮在歷時約兩小時，圓滿的閉幕。





中秋節晚會

Arcadia Moon Festival

09-29-2018

■ 編輯組

The Arcadia Chinese Association and the City of Arcadia are hosting the City's Annual Moon Festival on Saturday, September 29, 2018 from 6:00PM to 9:30PM at Arcadia City Hall. The event will feature delicious food including moon cakes, Chinese dance performances and music, games, and arts and crafts exhibits. In addition, there will be a Moon Festival Story played by the Elite Performing Arts Group and a musical performance by the LA Young Artists Orchestra.



"We are very honored to be partnering with the Arcadia Chinese Association to host the Moon Festival," said Mayor Tay. "This year is about building bridges and bringing the community together. This is the first of many opportunities for Arcadians to learn more about each other in a spirit of friendship and cooperation."

"This year's Moon Festival is going to be very exciting," said Arcadia Chinese Association President Jamie Lee.



"We are proud of our partnership with the City and look forward to a wonderful event. Bring your picnic, blankets, and chairs to the City Hall lawn and watch the moon rise on September 29."



亞凱迪亞華人協會和亞凱迪亞市政府，於2018年9月29日（星期六）下午6:00至9:30在亞凱迪亞市府前面的廣場，舉辦了亞市一年一度中秋節賞月晚會。該活動提供美味的食物，包括月餅，現場還有遊戲，手工藝品展覽以及各式不同的攤位。此外，各中外藝術團體獻上了音樂、舞蹈、戲劇等精彩節目。

亞市市長戴守真特別地說明：“市府非常榮幸，能與亞凱迪亞華人協會聯合舉辦這個中秋節活動。今年華協的主題是：社區團結。這是亞凱迪亞人本著友誼與合作精神相互學習的一個機會。”

華協會長李宛蓀也特別地說明：“今年的中秋節是非常激動人心的，我們華協非常榮幸能與亞凱迪亞市政府合作舉辦亞凱迪亞中秋節活動。把野餐，毯子和椅子帶到市政廳的草坪上，看9月29日的月亮升起。”



華協聯誼會

ACA Mixer

10-21-2018

■ Sunday Xu 徐清文

亞凱迪亞華人協會聯誼會，於2018年10月21日星期日下午三點，在會員 Sunday Xu 位於 West Covina 的家中舉行。會長全家、會員們家屬大約十五位陸續抵達，在 Sunday 的安排下，一行人前往他家附近的 Trail 郊遊踏青。

這個名為 Michael D. Antonovich Trail 「老領導後花園」白雲舞藍天，山花秀爛漫，遠芳古道，風景賽如畫；華協的大家庭，我們一起享受登山健行的樂趣。孩子們追趕著蝴蝶、駿馬引領風騷、山路崎嶇不平，但卻是美景躍頂峰、延途說說笑笑，好不暢快！森林後院，繁花似錦，鳥語花香！清泉石上流，馬匹坡上走！小溪林間遊，蝶兒花間舞！大概來回5英里，還可以看到水中秋千，搖搖晃晃在泉水輕流的溪水上，好不輕鬆愉快！

會員們陸續抵達，餐敘大約六點開始，一同享受豐富美味的各式料理，閒話家常之餘，更增進了彼此的了解，達到互相溝通交流的目的。餐後，會員們大展歌喉，輪流唱 Karaoke……使這次的聯誼活動輕鬆又愉快，期待下次能有更多的社區的朋友們，能夠加入我們華協大家庭義工的行列。



萬聖節發糖果活動

Annual Halloween Candy Drive

10-31-2018

■ 編輯組

亞市華人協會在萬聖節的當天，都會在聖塔安娜的購物中心，下午五點開始發放糖果。華協的義工們和華協的理事們，大約兩點鐘就開始佈置的工作，好讓各個不同族裔的孩子們，在穿上自己最喜愛的服飾，來到這個歡樂的地方，過一個有趣味、又愉快又有糖果可以吃的甜蜜節慶。

每年的十月三十一日萬聖節來臨，都是小朋友們最高興、期待、刺激、歡樂的時光，因為

萬聖節，可以按照自己的喜好，打扮穿上各種不同的服裝，可以打扮成蜘蛛人、超人、白雪公主、小天使、吸血鬼、蝙蝠俠、巫婆、或是妖魔鬼怪等等… 到每家每戶去 Trick or Treat 要求糖果。

亞市華人協會會長李宛蓓 (Jamie Lee) 表示：萬聖節的活動非常的有趣、是一個寓教於樂的節慶，也會帶著她的女兒來一同參與這個歡樂的活動，為小朋友們發放糖果。不到下午五點，小朋友們

已經大排長龍等著開始，直到晚上七點，小朋友們帶著愉快、滿足、甜蜜的笑容並帶著滿袋的糖果，歡樂度過了一年一度的萬聖節活動。



感恩節午餐 慰勞警察局與消防局人員

Thanksgiving Appreciation Luncheon for Arcadia Police Dept. and Fire Dept. 11-16-2018

■ 編輯組

為感謝亞凱迪亞警察局、及消防局同仁們一年來的辛勞，華協會長 Jamie Lee 帶領其他七位理事，在感恩節前十一月十六日及十九日中午11點，特別準備了豐盛的火雞大餐前往警察局和消防局慰勞他們。在感恩的季節裡，感謝人民的保姆警察先生、消防人員維護亞市的治安不遺餘力，保障居民的居住及人身安全。

十六日警察局長 Robert T. Guthrie

帶領約二十位警察局人員，包括義工警察、警察及警局職員與華協理事們共同享用火雞大餐。十九日消防局局長 Michael E. Lang也帶領約二十位消防局人員，與華協理事們一同享用感恩節火雞大餐。席間談笑和睦、充分展現人民保姆的和藹可親。

亞市市長戴守真及其夫人也共同到場，支持參加了這項有意義的慰勞火雞大餐的感恩活動，並與大家共進午餐，合影留念。





自愿者风采

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36週年籌款晚宴

36th Annual Fundraising Gala

12-15-2018

■ 編輯組

亞凱迪亞華人協會一年一度的籌款晚宴，於十二月十五日(星期六)，下午六點至晚上十點，在亞凱迪亞市社區中心熱熱鬧鬧、歡歡喜喜地展開。今年是協會第三十六屆的籌款晚宴，主題是「社區團結」，適逢聖誕佳節地來臨，現場以色彩繽紛的聖誕樹為主軸，樹上有亮晶晶的裝飾物配上閃爍的聖誕燈串，顯得格外光彩奪目、聖潔明亮，撐托出整個晚宴會場歡樂愉快的氣氛。

今年籌款晚宴的節目非常精彩豐富，聖誕老人是整個節目的核心，無論男女老少大家都快樂地與聖誕老公公合影留念，尤其是幼兒們，在家長的陪同下，使這個聖誕佳節充滿了活潑熱鬧的氛圍。主流團體及各界朋友們都共襄盛舉出席參與。藉著活動的交流，能夠互相了解彼此不同的文化與習俗，使文化融合、社區團結的主題格外的有意義。



華協會長李宛蒨 (Jamie Lee) 表示：今年的主題是“CommUNITY”，籌得的款項，將捐贈給圖書館、博物館、高中獎學金、高中表演藝術中心、警察局、消防局、年長者午餐會、還有法律日等等的團體及不同活動經費。亞凱迪亞華人協會服務社區

三十六年來，一直為社區盡心盡力，並鼓勵華人朋友們多多參與社區活動，以協助華人朋友們瞭解美國文化，並踴躍加入我們華協義工的行列。





第十九屆春節敬老午餐會

Senior Citizen Luncheon

02-08-2019

■ 編輯組

亞凱迪亞市非常重視敬老尊賢的優良傳統，因此，每年特別於春節期間，亞凱迪亞華人協會與亞凱迪亞市政府都會聯合舉辦敬老午餐會。第十九屆春節敬老午餐會於二月八日星期五，上午十一點在亞市活動中心 (Arcadia Community Center) 熱鬧舉行。席間招待社區300位年長者，當天將現場佈置得溫馨喜氣，重要裝飾象徵著諸事順利。配上喜氣洋洋熱鬧吉祥的大紅色燈籠，現場的氣氛祥和融洽，更代表著新一年的蓬勃好運、平安、喜樂又如意。



為慶祝這一年一度的敬老餐會，亞市政府的市長 Sho Tay (戴守真) 特別頒發感謝狀給華協會長 Jamie Lee，副市長 April Verlato，市議員 Peter Amundson 皆參與敬老午餐會共同慶祝。席間與長者們親切的話家常、品嚐可口美味的食物、欣賞精彩的各項歌舞表演，各個不同族裔的年長者齊聚一堂，歡喜快樂的享受在和諧、融洽的氣氛裡。亞凱迪亞華人協會的任務之一，就是藉著舉辦各項活動，提供一個不同族裔間互相溝通交流的平台，以促進社區族裔間的和諧美好。也希望通過我們華協義工們的熱誠，

達到一個拋磚引玉的效果，讓更多的朋友們加入我們的義工行列。





法律日

Law Day

04-27-2019

■ Dr. Edward Wong 黃昌博士

The 20th Annual Arcadia Law Day was held at the Arcadia Public Library Auditorium at 20 West Duarte Road, from 10 a.m. – 1 p.m. on Saturday April 27, 2019. It was an event jointly sponsored and collaborated by the City of Arcadia and the Arcadia Chinese Association (ACA). Past Mayor Gary Kovacic and ACA Director Dr. Edward Wong co-chaired the event program. Attorney Lead Bob Garrett, together with Mary Buttice and Vanessa Guerra from the City of Arcadia, supported the event. Around 30 attorneys and financial advisors, along with 30 ACA members volunteered together. No appointment was required for this free legal consultation service and everyone from Arcadia and neighboring communities were invited to attend. Translation service was available in Mandarin and Cantonese, along with other available languages. Over 200 people attended this service -- attendance has been steadily increasing year after year.



The free legal services included many focuses: immigration, consumer rights, landlord-tenant issues, insurance, property, family law, bankruptcy, government benefits, employee rights, workers' compensation, personal injury and other topics. Volunteer attorneys met with clients for a 20-minute one-on-one consultation. They answered questions requested by clients stated on the registration form. A limited number of volunteer financial advisors were available to answer questions related to legal issues such as taxes, real estate, investment, and financial planning.



Attorneys were not allowed to solicit business or accept cases from the clients they met. Their business cards were provided only upon request by the clients. Gary Kovacic and Bob Garrett assigned attorneys to cases, factoring in real-time adjustments to match up clients' questions with the appropriate lawyers.



During the Law Day, Arcadia Mayor April Verlato (also an attorney) provided a short educational presentation to the clients waiting in line. The topic presented was on the legal aspects of insurance and insurance coverage. Most clients appreciated the presentation, because it helped many further understand complex legal matters.

ACA has been a partner with the City of Arcadia in promoting and organizing the event since a couple years after it began. Mayor April Verlato indicated that the Law Day has provided vital legal services to the Arcadia and neighboring communities for many years. She was delighted to see the community come together. The volunteer lawyers, along with the ACA and City members of Arcadia, all took great pride in helping our community and servicing its citizens.



一日遊

One Day Trip

04-14-2019

■ Sunday Xu 徐清文

「黑熊帝國」在天使國家公園南側美麗富饒的一片桃花源裡，吸引了多少山友、影友的足跡。亞凱迪亞華人協會決定在4月14日，這個風光明媚的日子裡，探訪這聞名已久的勝地。

華協會長、理事們、及其家人和朋友們，大約20位浩浩蕩蕩開車前往。沿著Azusa州路北上，順著波光粼粼的 MORRIS 三角形水庫的裙邊，顛簸中猛轉即到西叉魔鬼開始的地方。茂密多情的森林擁抱著溫柔婉約的小河，平坦愜意的林間小路，牽著三三兩兩的木橋欄杆，風景怡人、景致優美盡收眼底。

赫然望去，原來是老董伴著佳人正在欣賞老樹和黑熊，這就是著名的「黑熊帝國」。全程大概5個多小時，到底就是魔鬼谷的 COGSWELL 水庫。風景美麗的線路，爬升不高。路面寬平，一路小河涓涓細流伴唱著，黑熊在其中游蕩。

大約下午五點左右回到山下，結束了一天的登山行程，享受在大自然的美景中留連忘返。快快樂樂出門、平平安安結束了難忘的登山一日遊。



活動集錦 Group Activities



Guest Speaker Visited ACA Board Meeting



Dim-Sum with Arcadia Police Foundation



Present \$3,100 to Arcadia Library



Guest Speaker Visited ACA Board Meeting



Guest Visited ACA Board Meeting (Police Chief)



Present Plaque to out going Mayor



Chamber of Commerce Installation



Mayor's Breakfast



APAC Spring Festival



Attended AHSCPBC New Year Gala



Arcadia Historical Society Dinner



Field of honor



ACA Volunteer and Friends Mixer



EMWPEC New Year Dinner



Scholarship Award



Arcadia Halloween Festival



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套餐1 Set Meal 1

當日例湯
Soup of the Day
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Shanghai Style Braised
Pork in Brown Sauce
時令蔬菜
Seasonal Vegetables
上海灘炒飯或白飯
Shanghailander Fried
Rice or White Rice



套餐2 Set Meal 2

當日例湯
Soup of the Day
老上海醬鴨
Old Shanghai Stewed
Duck in Soy Sauce
燒賣 (2隻)
Pork Shao Mai (2pcs)
上海蔥油拌面
Shanghai Style Green
Onion Noodle



套餐3 Set Meal 3

當日例湯
Soup of the Day
醉雞
Shaoxin Wined Chicken
油麥菜
Vegetable in Sesame Oil
上海炒年糕(湯或炒)
Shanghai Style Rice Cake
(Soup or Pan Fried)



套餐4 Set Meal 4

上海醬蘿蔔
Shanghai Pickled Radish
香蟹魚
Shanghai Style Smoked Fish
鮮肉鍋貼(3隻)
Pork Pan Fried Dumpling
(3 pcs)
薺菜大餛飩
House Special Wonton

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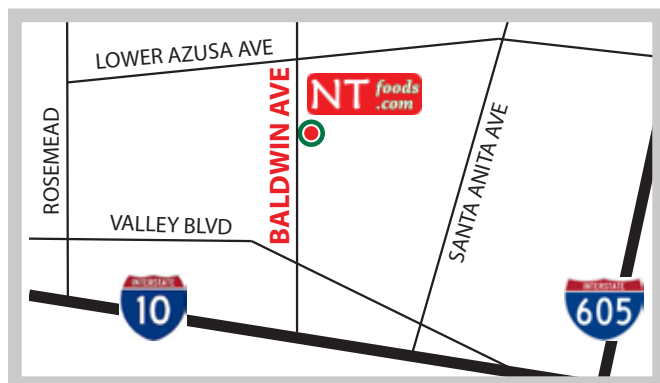
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