

亞凱迪亞華人協會

40週年特刊

1982 - 2022



亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org





我們以科學為後盾 提供世界一流的癌症護理

City of Hope通過創新研究，盡心盡力地探索各種新療法。
在南加州設有超過30個門診點，您不需離家很遠，
就能擁有無與倫比的照護與專精治療肝癌、
肺癌及乳癌等華人罹患率較高癌症的專業醫療團隊。
我們接受包括Medi-Cal等的大部分保險。

了解更多及預約門診請至CityofHope.org/SoCal



TOP 1% REALTOR

Arcadia Selling Expert

Jason Wei

韦 专
小 精
宝 卖房



Realtor® DRE# 01968787

(626) 678-7009



A PLACE THAT INSPIRES YOU

THE SHOPS AT
SANTA ANITA



WE CARE. WE GIVE. WE SUPPORT.

**SERVING THE SAN GABRIEL VALLEY
FOR OVER 40 YEARS**

Shop Southern California's best inventory at
Mercedes-Benz of Arcadia

101 N. Santa Anita Ave. Arcadia, CA 91006

855.975.7914

RusnakArcadia.com



李軍律師行

Jason J. Lee

Attorney at Law

- LL.M. (Master of Laws), UCLA
- 2nd LL.M., University of Michigan
- Juris Doctor, University of Iowa

BAR ADMISSIONS:

- U.S. Supreme Court
- U.S. 9th Circuit Court
- U.S. District Courts for Northern & Central CA
- All California Courts

Member of Southern California
Chinese Lawyers Association (SCCLA)

Specialty in Real Estate Law & Family Law



A proud long-time resident of Arcadia



Tel: (626) 396-9397

Email: jason@leelawla.com

440 E. Huntington Dr., Suite 300 , Arcadia, CA 91006



ARCADIA CHINESE ASSOCIATION 40 YEAR'S ANNIVERSARY

恭祝亞凱迪亞華人協會創會40週年
服務社區 造福族群
創會會長 前市長 張勝雄醫學博士敬賀
Dr. Sheng Chang

The Founding President of ACA and
Former Mayor of Arcadia



Picture with ACA board members and Arcadia council member Sho Tay and Mayor Pro Tem Paul Cheng etc

我謹向ACA的華人社區領袖致以最高的敬意，
並祝華協走向另一個光輝40年！

*I'd like to extend my highest regards to the community leaders of ACA.
I wish Arcadia Chinese Association another glorious 40 years to come!*

干细胞临床研究中心 Stem cell Research Clinic
330 W Las Tunas Dr. #3, San Gabriel, CA 91776
Tel (626)573-0055 Fax: (626)573-4087
Sheng H Chang, MD. Phd. ABFM. ABP



First General Bank

大通銀行

Your Path to Success 攜手大通 邁向成功

Placeholder,
need confirm



Headquarters

19036 Colima Rd.
Rowland Heights, CA 91748
Tel: (626) 820-1099
Fax: (626) 820-1399

Administration Office

1744-A S. Nogales St.
Rowland Heights, CA 91748
Tel: (626) 363-8878
Fax: (626) 363-8885

Arcadia

1127 S. Baldwin Ave.
Arcadia, CA 91007
Tel: (626) 461-0288
Fax: (626) 461-0299

Cerritos

17808 Pioneer Blvd., #108
Artesia, CA 90701
Tel: (562) 677-8858
Fax: (562) 677-8855

Irvine

5404-C&D Walnut Ave.
Irvine, CA 92604
Tel: (949) 769-8888
Fax: (949) 769-8885

Rowland Heights

19036 Colima Rd.
Rowland Heights, CA 91748
Tel: (626) 820-1234
Fax: (626) 820-1299

San Gabriel

801 E. Valley Blvd., #103
San Gabriel, CA 91776
Tel: (626) 288-9288
Fax: (626) 280-1300

Member FDIC



www.fgbusa.com



目錄 INDEX

特稿 LETTERS & MESSAGES

- 10 Words from the President | David Lee
- 11 Building Bridges of Friendship | Sara Ho
Toward Community Integration
- 13 Congress of the United States | Judy Chu
- 14 City of Arcadia Mayor | Tom Beck
- 15 Arcadia Police Chief | Roy Nakamura
- 16 Arcadia Fire Chief | Barry R. Spriggs
- 17 Arcadia Unified Superintendent | David Vannasdal
- 18 Unified School District | Fenton Eng
- 19 A Nation of Nations:
A Reflection On Our Diversity | Gary Kovacic
- 24 Monrovia Boy Scout Camp Trask
Fort of Rotary Rehabilitation Fundraiser | Bob Harbicht
- 26 Board of Directors, Officers, and Advisors
- 27 ACA Former Presidents

融合 Integration

- 28 華協 - 從故到今 | 黃嚴曦平 Theresa Hwang
ACA Now and then
- 29 呼召 - 華協的昨日今日明日 | 李太衛 David Lee
Calling - ACA's Yesterday, Today, and Tomorrow
- 30 華協與融合 | 陳珍珠 Pearl Chen
The Fusion of the Arcadia Chinese Association
- 31 華協融合四十年 | 黃昌博士 Dr. Edward Wong
Years of integration
- 32 融合的橋樑 | 盧台英 Joanna Liang
Bridge to Integration
- 36 全家做義工！全民義起來！ | 李宛蓀 Jamie Lee
- 38 融入和融合 | 廖群 & 張丹 | Connie Liao & Diana Chang
- 39 Arcadia City Directory
- 40 亞凱迪亞公共圖書館的 | Danielle Guerrero
社區存儲實驗室
Arcadia Public Library's Community Memory Lab
- 43 亞凱迪亞有趣的事情 | 曾晏倪 Sage Moss
Fun things to do in Arcadia
- 44 亞市居民生活點滴之一 | 羅明昭 Ming Luo
Life in Arcadia
- 46 大洛杉磯地區攝影指南 | 毛幼榮 James Mao
Photography Guide of Los Angeles
- 47 10 年 10 棟房：BRRRR 介紹和運用 | 孟發財 Meng Fatchoy
10 Years 10 Houses : Intro. and application of BRRRR
- 48 美食篇：願意給你做美食的人 | 黃向陽 Sara Ho
Delicious Food: People who are willing to cook for you
- 50 南加州大學亞凱迪亞醫院 | Brian Greene
Methodist Hospital Joining the Big Family Hospital
- 51 淺說更年期 | 王興嘉 Karen Wang
About the Menopause
- 52 融合的藝術 - 混合武術 | 簡阿諾 Arnold Chien
The Art of Fusion - Mixed Martial Arts
- 54 父母 兒女 | Judy Lin
Parents and Children
- 58 亞凱迪亞教育基金會 | AEF
Arcadia Educational Foundation

華協活動 ACA 2021-2022 ACTIVITIES

- 61 感謝贊助 / 廣告指引
A Special Thanks / Advertisement Sponsors Index
- 62 華協年度捐款
ACA Donations to community
- 62 華協宗旨
Our Mission
- 63 2021 - 2022 活動摘要
2021 - 2022 Annual Activities
- 64 華協公益精神代代相傳 | 廖群 & 張丹
Pass on the spirit of volunteerism and collaboration
Connie Liao & Diana Chang
- 65 提升亞裔社會形象，
消除偏見與歧視的反思 | 廖群 Connie Liao
Reflections on Improving Asian Social Image and
Eliminating Prejudice and Discrimination
- 66 華協義工合唱隊活躍在社區 | 羅明昭 Ming Luo
Volunteer chorus in the community
- 68 中秋戶外聯歡會 | 張丹 Diana Chang
Mid-Autumn Outdoor Festival
- 70 心臟檢查與護理講座 | 黃向陽 Sara Ho
Physical check and care for Heart
- 71 萬聖節發糖活動及年末節慶市集 | 李宛蓀 Jamie Lee
Arcadia Downtown Halloween Festival & Holiday Fair
- 72 感恩節午餐慰勞警察局及消防局人員 | 李宛蓀
Thanksgiving appreciation | Jamie Lee
Luncheon for Arcadia Police & Fire Dept.
- 74 2021 雲端感恩聯歡晚會 | 廖群 Connie Liao
2021 Cloud Thanksgiving Connect
- 76 華協一日春遊 · 瑪麗布 | 帥以宏
Day Trip at Malibu | Yee Horn Shuai
- 78 Coffee Talk 講座 | 編輯組 Editors
Arcadia Gilb Museum's Coffee Talk Seminar
- 79 華協為亞凱迪亞高中
畢業生頒發獎學金 | 彭濤 Tao Peng
ACA offer Scholarships to
Arcadia High School graduates



亞凱迪亞華人協會 2022-23
Arcadia Chinese Association 40週年
www.ArcadiaChineseAssociation.org 年刊

發行人 亞凱迪亞華人協會
P.O. Box 1131, Arcadia, CA 91077
編輯組 Edward Wong, Joanna Liang,
Juan Liang, Ming Luo, June Chau
廣告組 Edward Wong, June Chau
攝影組 Angie Huang, Lesley Ma, Connie Liao, Sara Ho
校對組 June Chau, Joanna Liang, Juan Liang,
Ming Luo, Weizhen Li
佳藝印刷 E-Z Printing & Graphic Design (626) 350-2223



會長的話

■ 李太衛 David Lee

時隔17年再次站在華協第一綫與 Sara 擔任共同會長的職責，實是始料未及的。在心態，團隊結構和外部環境都有著天差地別的不同。2005年正值華協的轉型期，所有理事全數來自台灣和香港。由於背景和生活型態相似，在理念，行為模式上極易整合。而外在環境，社區氛圍上，海峽兩岸關係和緩，雖然亞市來自國內朋友已經逐漸成長為華人中的多數，然而仍能保持良好的互動，相互的尊重，鮮有令人側目的狀況發生，這是令人欣慰的。

時序進入2022的今日，華人群體間由於兩岸政治，經濟，軍事的緊張情勢不斷升高，連動雙方民間氣氛，民心相背也有著微妙的轉變。民族主義意識，在雙方政治勢力的鼓動下，朝著負面方向滑坡

似的急轉直下，而且有著越演越烈的趨勢。在此當口，華協身為社區中最有影響力的團體，不但應該立下榜樣，不論自身來自何方，都能合作無間，尊異求同，而且要身體力行，以和諧社區為最高指導原則和終極目標，這就是協會宗旨裡明訂不談政治，不涉黨爭的要義。而在此敏感時期，不但華協內部必須團結，牢牢掌握住這個信念。更應該以這種同理心，在社區中發揮影響力，感染周圍接觸的人群。遠離爭議，保持平常心。聆聽不同的聲音，試著了解相互的觀點，以欣賞代替批判。相信以我們華人的智慧，必能在亞市打造出一個多元社會的美麗風景。期盼每位朋友，能在這個特殊的時期，以最寬廣的胸懷，同舟共濟，平穩過渡。這是社區的福氣，是華人的福氣，也是我們兒女的福氣。我和Sara願意和大家一起努力，謝謝大家的支持，愛護和鼓勵。





以融合為理念，架友誼之橋樑

■ 黃向陽 Sara Ho



大家好！

華協40歲生日了！我們的協會在亞凱迪亞社區持續了40年義務服務，幫助市民了解美國文化，社區和市政府發展，增進鄰里互動等義務服務。飲水思源，回想四十年前是1982年，我們感謝創會的第一任創會者張勝雄先生的遠見卓識，也感謝 ACA 歷屆會長和所有的義工們！

我是 Sara Ho，在亞凱迪亞學區做義工已經二十多年，兩個女兒都畢業於這個美麗的學區，我也曾任AHS高中華裔家長會會長，我們與ACA是多年互動團體。在2022年ACA 40年之際，我有幸與我的好朋友David Lee 擔任ACA 共同會長，由衷感謝我們的團隊！兩年疫情，ACA與時俱進，經歷恐慌、失去、難過、關懷、珍惜、互助、感恩、勇氣！此時的華協既成熟又充滿活力，向我們協會的所有義工說聲：ACA生日快樂！

感謝國會議員趙美心女士、市長、州議員、市議員、警察局、消防局、社區、學區、市民與周邊鄰市鄰居、ACA的華協之友們！感謝你們為這座美麗的城市所做的愛心奉獻！

2022年刊發布和Gala年會的時間，正逢萬聖節。

感恩有你參與其中，相信這將是一場獨具特色的化妝晚宴！晚會從門票支持、節目表演贊助、鑽石黃金級贊助、產品廣告贊助、年刊撰寫收集、現場拍賣、禮品提供、會場布置和餐飲準備，環環相扣！這不僅是一場晚會，同時也體現大家的凝聚力。融匯點點力量，讓社區更加閃爍！

ACA每年主要的活動是幫助需要的部門及時發動助援，比如醫院、警察局、消防局，分享中美文化，出版特色年刊，提供老年人中國新年餐會，舉辦中秋晚會，線上線下開展市長與市民互動講座，醫學健康講座，法律政見發表會，每年頒發高中畢業生獎學金，助力童子軍基地建設，市區治安及園區美化.....

本著初心，展望未來！我將與我的搭檔 David一起，聯成友誼之橋，以心傳心，引領更多愛心義工加入，共同邁向另一個四十年！哈哈！

春耕秋收，在這個金色的秋天，我們以狂歡的萬盛節拉開疫後的節日氛圍，也借著感恩節、聖誕節及新年的來臨，祝福我們居住的城市更融合互助！無論來自何方，同城同心，友情更真摯！





Building Bridges of Friendship Toward Community Integration

■ Sara Ho

Dear ACA family and friends,

This year marks the fortieth anniversary for Arcadia Chinese Association. For the past 40 years, ACA has been supporting the Arcadia community, helping new citizens to, integrate in the American culture and community, involve in local government development and enhance neighborhood Interactions. Thanks to the vision of our founding President Dr. Chang and Directors, and previous presidents and Directors, ACA has been leading generations of volunteers to serve and help the community since 1982.

My name is Sara Ho. I have been volunteering in the Arcadia schools and community for over 20 years. Both of my daughters have graduated from the great Arcadia schools. Over the years, I met many wonderful and great people who care about this community, including friends at ACA. I am honored and humbled to have the privilege to serve as Co-president with my friend David Lee during this fortieth anniversary year. We want to thank my partner and ACA team for your dedication and hard work.

The past 2 years has been unprecedented and a mix of uncertainty, fear, courage, sadness, loss, kindness, gratitude, and hope. It also made us stronger and more resilient. ACA and its volunteers continued to support our community during these difficult times. To celebrate the better days to come, we are happy to host our in-person ACA Gala since the pandemic. Cheers to forty years ACA and forty years of excellence in volunteering and serving our community. Happy Birthday ACA!

The ACA theme this year is Integration, promoting the exchanges of history, culture, customs, festivals, understanding and mutual assistance. Our Gala event is an example of Integration, combining our traditional Gala with a cultural event of Halloween. We want to thank everyone

for attending our fund raiser Gala event and everyone's generous donations and support. We appreciate our gold and diamond sponsors, advertiser sponsors, silent auction supporters, money and material donors, performers, hosts, magazine organizers, caterers, and all the staff in front of the stage and behind the scene. Our community is shining brighter because of you.

The main activity of ACA every year is to help the community agencies, such as hospitals, Police and Fire Departments, chambers of commerce, women's associations, etc.; share Chinese culture; host Chinese annual dinner party for the elderly, Mid-Autumn Festival event; conducts interactive lectures between the City and citizens, medical health and legal aid lectures; supports student scholarship funds; assist Boys Scout base construction; and community security and beautification of gardens...

We want to thank the support of our House of Representative Dr. Judy Chiu, Arcadia Mayor, State Assemblywoman, City Council Members, Police and Fire Departments, School District, community leaders, citizens of Arcadia and friends from our surrounding communities, and the friends of ACA! Thank you for your love and dedication to protecting this beautiful city! Thank you, ACA team!

We have survived a severe pandemic and are looking forward to better days ahead for the community of Arcadia and ACA. My Co-President David Lee and I invite you to join the ACA family to continue ACA's original vision of building a better community for all, for another 40 years and more. With Thanksgiving, Christmas and the New Year coming soon, we wish our community vibrance, prosperity, and unity.



JUDY CHU, Ph.D.
27TH DISTRICT, CALIFORNIA

**COMMITTEE ON
WAYS AND MEANS**
SUBCOMMITTEE ON
HEALTH

SUBCOMMITTEE ON
WORKER AND FAMILY SUPPORT

SUBCOMMITTEE ON
OVERSIGHT

**COMMITTEE ON
SMALL BUSINESS**
CHAIR, SUBCOMMITTEE ON
INVESTIGATIONS, OVERSIGHT, AND REGULATIONS

SUBCOMMITTEE ON
CONTRACTING AND THE WORKFORCE



Congress of the United States
House of Representatives
Washington, DC 20515

WASHINGTON OFFICE:
2423 Rayburn House Office Building
Washington, DC 20515
(202) 225-5464
(202) 225-5467 (Fax)

PASADENA DISTRICT OFFICE:
527 South Lake Avenue, Suite 250
Pasadena, CA 91101
(626) 304-0110
(626) 304-0132 (Fax)

October 30, 2022

Arcadia Chinese Association
P.O. Box 1131
Arcadia, CA 91007

Dear Friends,

I want to extend a warm welcome to all those gathered here at the Arcadia Community Center to support the Arcadia Chinese Association at its 2022 Halloween Fundraising Gala.



The Arcadia Chinese Association was founded with several key and critical objectives in mind, focused on serving the community. These goals include bridging cultural gaps within the Arcadia community and enhancing the relationships among its members through organizing educational and cultural activities. Additionally, the Association focuses on supporting various events, providing volunteering services to those in the area, and much more. It is safe to say the organization has more than achieved its goals in creating a diverse and vibrant community platform.

Taking this into consideration, I am honored to celebrate the Halloween Fundraising Gala. I would like to recognize the Association's leadership and volunteers who play a valuable role in the success of the Association and this event tonight. Through their efforts of preserving Chinese culture and promoting community engagement for Arcadia residents, our community can continue to engage in high quality educational, charitable, and literary events in the city and neighboring communities.

On behalf of the United States House of Representatives and the people of the 27th Congressional District in California, I offer my congratulations and best wishes for the continued success of the Arcadia Chinese Association.

Sincerely,

Judy Chu

JUDY CHU, Ph.D.
Member of Congress, 27th District
美國國會議員



City of Arcadia



September 28, 2022

Office of the City Council

Tom Beck
Mayor

Paul P. Cheng
Mayor Pro Tem

Michael Danielson
Council Member

Sho Tay
Council Member

April A. Verlato
Council Member

To the Arcadia Chinese Association,

As Mayor of the City of Arcadia, I am honored to congratulate the members of the Arcadia Chinese Association on your 2022 Halloween Fundraising Gala. You are to be commended for your long history of dedicated service and support to our community; volunteering thousands of hours to many local organizations, programs, and City activities, and always doing so with a smile.

This year's program theme "Integration" is what the ACA works so hard to promote. As a diverse community, Arcadia has greatly benefitted from your efforts to help bring our residents together as one. We sincerely appreciate your hosting various multicultural events over the years.

I wish you many years of success in the future and encourage you to remain active in our community. The City of Arcadia is fortunate to have the continued support of your outstanding organization to help keep our city such a great place to live.

Sincerely,

Tom Beck
Mayor
市長



City of Arcadia

Police Department

Roy Nakamura
Chief of Police



October 12, 2022

Dear Members of the Arcadia Chinese Association,

Congratulations on having another successful year of accomplishments. The Arcadia Chinese Association can always be counted upon to be a reliable partner of the Arcadia Police Department to meet the needs of our community. This year's theme is one that resonates with me personally. When I think of the word "Integration," I am reminded of my mother who is not from this country. The experience of watching her integrate into a new way of life has taught me about respect, understanding and tolerance. I believe that if we all commit to any one of these acts, if not all, we will go a long way in achieving a peaceful and productive existence within our society.

I wish the Arcadia Chinese Association and its members the very best for the upcoming term. And as always, thank you for supporting the men and women of the Arcadia Police Department.

Sincerely,

Roy Nakamura, Chief of Police
Arcadia Police Department

警察局局長



City of Arcadia

October 18, 2022



Fire Department

Barry R. Spriggs
Fire Chief

Dear Arcadia Chinese Association,

The men and women of the Arcadia Fire Department would like to congratulate the Arcadia Chinese Association on your 2022-2023 Annual Yearbook and on its 41st year serving the citizens of Arcadia. Thank you for all the countless hours of volunteerism and service you dedicate to this community.

You have been a strong and consistent supporter of the Arcadia Fire Department throughout the years. We look forward to our continued relationship and working together towards a common goal and focus of "Community, Culture, and Harmony."

We wish you success, prosperity, and good fortune in the new year.

Sincerely,

Barry R. Spriggs
Fire Chief

消防局局長



Office of the Superintendent
150 S. Third Avenue
Arcadia, CA 91006

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



October 2022

To our wonderful community partners in the Arcadia Chinese Association,

As this year has progressed, I hope it has marked the same appreciated return to “normalcy” for you all as we have seen and felt so far in our 2022-23 Arcadia Unified school year. Being able to reclaim our in-person events and traditions and seeing students and their families on our school campuses after school for picnics, performances, and more has been incredibly heartwarming.

Our theme for this school year is “Forward Together,” marking our movement into a new school year with a profound appreciation for all we weathered and learned together over the past few years. As we move forward together, and akin to ACA’s theme of “Integration,” we continue to integrate the perspective and tools we have gained through the pandemic in steadfast support of the 360-degree development of our students’ personal, social-emotional, and academic growth. In addition, a great example of integration happening in Arcadia Unified is our new Bilingual Achievement Ceremony, which we started last school year and hosted again this month. This ceremony celebrates our students’ success in our English Language Development program, marking their hard-earned recognition as proficient in speaking, reading, and writing the English language.

In reflecting on where we are just a few months into this school year, I am very proud to share that Foothills Middle School is one of only 29 schools in California and one of only 297 schools in the nation to be recognized as a 2022 National Blue Ribbon School by the United States Department of Education. I am also proud to share that while neighboring school districts have seen a decline in enrollment, our enrollment numbers have remained steady and continue to climb. It’s a testament to not only the incredible work our world-class staff does daily to keep us at the level of excellence our schools are known for, but it’s also a reflection of how special our Arcadia community is in the work we do together to make this city one that families want to be a part of.

On behalf of the Arcadia Unified Board of Education and our entire Arcadia Unified team, we share our appreciation for the work ACA does and its support of our students, staff, and schools. We are excited to move forward together with you all, integrating all we have learned together and continuing to build upon the strength of our great Arcadia community.

Forward Together,

Dr. David Vannasdale, Arcadia Unified Superintendent 亞市學區總監

Board of Education

Fenton Eng	Shirley Yee	Raymond Cheung	Kay Kinsler	Leigh Chavez	Anvitha Marlapati	David Vannasdale, Ed.D.
President	Vice President	Clerk	Member	Member	Student Representative	Superintendent

150 S. Third Avenue
Arcadia, CA 91006

www.ausd.net



October, 2022

On behalf of the Arcadia Unified School District's Governing Board, I would like to acknowledge all the great contributions made by the Arcadia Chinese Association to our community. For over four decades the ACA has been and continues to be, a reason that Arcadia is a great place to live. We are recognized as an ideal place to raise children and that is a testament to the value of togetherness that ACA brings to our great city. Congratulations and we look forward to our continuing success together.

Thank you to Co-Presidents, Sara Ho and David Lee for their leadership, as we move forward to a prosperous future.

Sincerely,

Fenton Eng

President/Arcadia Unified School District

Board of Governors

亞市學區教委主席



A Nation of Nations: A Reflection On Our Diversity

萬國之國：對我們多樣性的反思

■ Gary Kovacic, Former Mayor of Arcadia
(Translation by Connie Liao)



In April 1962, President John F. Kennedy hosted a dinner honoring Nobel Prize winners. As many recall, he greeted these best and brightest by stating: "I think this is the most extraordinary collection of talent, of human knowledge, that has ever been gathered together at the White House with the possible exception of when Thomas Jefferson dined alone."

Thomas Jefferson was a uniquely talented individual. In June 1776, the Second Continental Congress assigned him the task of writing a statement of intent, to clarify for the whole world, why the American colonies were fighting for independence. Jefferson rented a room and worked hard at a portable desk as he battled the heat and insects of the Philadelphia summer.

The result was an enduring masterpiece of political philosophy and a foundation for our system of government. On July 4, 1776, in the evening hours, the Declaration of Independence was adopted. Our nation was born.

Jefferson's words were precise and forceful: "We hold these truths to be selfevident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Our great Constitution followed. Again, the concept of equality was emphasized as a foundation for America's new government.

But individually, and as a nation, we have not always been true to this ideal. From the very beginning, it has been difficult to reconcile personal interests and prejudices with the ideal of equality.

The Constitution originally denied women the right to vote, and counted slaves as three-fifths of a person to determine the number of state representatives sent to Congress. Jefferson himself owned hundreds of slaves during his lifetime.

The American experience that followed included many dark chapters of intolerance. A Native American population that once numbered 2-1/2 million was reduced to 250,000 by 1890 through a combination of disease, malnutrition, war, and neglect. The brutal institution of slavery produced a slave population of well over 3 million by 1860, and led to the Civil War, America's bloodiest conflict. The Chinese Exclusion Act of 1882 significantly restricted immigration into the United States. Japanese internment camps were established during World War II by President Franklin D. Roosevelt through his Executive Order 9066. Jim Crow laws mandating racial segregation in public facilities in certain states were enforced well into the 1960s.

Religious intolerance ranging from the desecration of synagogues and mosques to church bombings littered America's landscape. Assassinations ripped the very fabric of our nation. Immigrants -- whether from Ireland, Germany, Italy, Eastern Europe, Mexico, China, or elsewhere -- experienced discrimination and violence because they were different.

Unfortunately, all you have to do is read the headlines to confirm that intolerance continues today. Experts estimate that over 250,000 hate crimes are committed each year on the basis of the victim's perceived or actual race, color, religion, national origin, sexual orientation, gender, gender identity, or disability. Recently, hate crimes targeting the Asian American community have reached unprecedented levels.

So, almost 250 years after the adoption of Jefferson's masterful testament to the American ideal of equality, it is only fitting that we contemplate the concept of diversity.

From the beginning, America has been what the



poet Walt Whitman called a “nation of nations,” populated by millions of immigrants of different races, religions, languages, and ethnic backgrounds. Just look at your own circle of friends. Unless their ancestors were indigenous to the geographical area occupied by the United States, their families originally came from somewhere else.

One of the greatest challenges to the American experiment has been to form a common bond out of this diversity. That common bond can and should be a continuing commitment to Jefferson’s ideals of democracy, liberty, and equality.

Although they could not foresee how diverse America would become, many of the Founders recognized that our new country would continue to accept people of different origins -- men, women, and children escaping the political, economic, and religious tyranny of foreign lands. As President George Washington stated back in 1790, the United States government “gives to bigotry no sanction, to persecution no assistance . . .”

As a nation of immigrants, we have benefitted greatly from our mixture of heritages. No other nation has made diversity itself a source of national identity and unity. It is no coincidence that the world’s greatest nation is also its most diverse.

Who are the individuals who made America extraordinary? The list is a remarkable collection of races, religions, and ethnic origins.

Of course, the list includes the Founders, leaders such as James Madison, George Washington, and John Adams, who put in motion America’s grand experiment of selfgovernance that continues to adapt itself to the changing challenges of nearly 250 years.

There are the familiar names from our history books. Benjamin Franklin, Alexander Hamilton, and Abigail Adams. Meriwether Lewis, William Clark, and Sacajawea. Frederick Douglass, Susan B. Anthony, and Elizabeth Cady Stanton. Lincoln, Roosevelt, and Kennedy. King, Chavez, and Wong Kim Ark.

And there are the brave men and women who risked their lives on the fields of battle to

preserve our freedom - - from Crispus Attucks, the ex-slave and first American to die in the Revolutionary War, to the fighting 442nd, a regimental combat team of Japanese-Americans that became one of our most decorated units in World War II. There are famous generals and admirals such as Grant, Farragut, Eisenhower, and Powell who returned in triumph; and anonymous soldiers and sailors who never came home from Gettysburg, Verdun, Normandy, Inchon, Da Nang, and Kandahar.

The list also includes those who used the arts - - poetry, prose, pictures, music, and architecture - - to portray the unique beauty and character of our nation. Talented individuals such as Emily Dickinson, Mark Twain, and Maya Angelou. Norman Rockwell, Georgia O’Keefe, and Ansel Adams. John Phillip Sousa, Irving Berlin, and Duke Ellington. Bob Dylan, Aretha Franklin, and Lin-Manuel Miranda. Tom Hanks, Meryl Streep, and Denzel Washington. Charles Yu, Vivian Wu, and Ang Lee. I.M. Pei, Frank Gehry, and Maya Lin.

Any list of notable Americans should also include the men and women, many of them recent immigrants, who literally built the very foundations of this nation and kept it going. From the sweat-shop to the farm. From the sky-scraper to the mine. From the transcontinental railroad to the assembly line.

Public servants and community volunteers who exhibit civic virtue on a daily basis should also be on the list. These everyday heroes include police officers and fire fighters; teachers, coaches, and counselors; health professionals and sanitation workers; food bank operators, spiritual leaders, and philanthropists.

And the list should definitely include all of those among us today who put in a hard day’s work, obey the law, get involved in our community, and care about one another. Whether they wear a white collar, a blue collar, or no collar at all, these folks are the heart and soul of America. They are the fathers, mothers, sons, and daughters who know that our nation will remain strong and free only if we live each day by the guiding principles of mutual respect, acceptance, and kindness.



As you can see, the diverse list of individuals who make America extraordinary goes on and on. Celebrated men and women of every color and creed who are proud of their individual heritage, but also proud of being an American.

Since 1886, the Statue of Liberty has stood as a beacon to all who cherish freedom. At the base of the statue is a poem written by Emma Lazarus that concludes:

**Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore,
Send these, the homeless, tempest-tossed to me,
I lift my lamp beside the golden door!**

History notes that seven signers of the Declaration of Independence were not born on American soil. America will endure forever so long as we remain committed to Jefferson's ideal of equality and continue to extend a welcoming and accepting hand to the diverse collection of individuals who are "yearning to breathe free."

**** Gary Kovacic is a former member of the Arcadia City Council and served six terms as mayor. Since 1995, he has been a volunteer coach of the Arcadia High School Constitution Team. He is currently president of Foothill Unity Center, our local food bank, and the Arcadia Performing Arts Foundation. He is also proud to be a lifetime member of the Arcadia Chinese Association. © Gary A. Kovacic

■ 廖群 翻譯

1962年4月，約翰·肯尼迪總統舉辦了一場款待諾貝爾獎獲獎者的晚宴。正如許多人回憶的那樣，他向這些最優秀、最聰明的人致意時說：“我認為這是有史以來最非凡的人才和人類知識集合聚集在白宮，除了托馬斯·杰斐遜獨自一人吃飯的時候。”

托馬斯·杰斐遜是一位才華橫溢的人。1776年6月，第二次大陸議會給他的任務是寫一份意向聲明，以向全世界表明為什麼美國殖民地要為獨立而戰。在費城炎熱的夏天裡，杰斐遜租了一個房間，在高溫及各種蟲子圍繞的環境中，他在一張活動的辦公桌上完成了一部經久不衰的政治

哲學傑作，奠定了我們政府系統的基礎。1776年7月4日，傍晚時分，《獨立宣言》獲得通過，我們的國家誕生了。

杰斐遜的話準確而有力：“我們認為這些真理是不言而喻的，人人生而平等，造物主賦予人們某些不可剝奪的權利，包括生命權、自由權和追求幸福的權利。”

我們偉大的憲法隨後而產生。憲法再次強調了以平等理念作為美國新政府的基礎準則。

但作為一個國家，就每一個個人而言，我們並不總是忠於這一理想。從一開始，就很難調和個人利益和對平等理想的衝突。

憲法最初剝奪了婦女的選舉權，並將奴隸僅僅視為五分之三的平民來計算派往國會的州代表人數。杰斐遜本人在他的一生中擁有數百名奴隸。

隨後的美國經歷了許多黑暗的時期。曾經擁有2,000,000-2,500,000人口的原住民，由於疾病、營養不良、戰爭和被忽視等原因，到1890年只剩下250,000。殘酷的奴隸制度至1860年時產生了超過3,000,000的奴隸人口，並導致了美國最血腥衝突的內戰。1882年的排華法案顯著地限制了中國移民進入美國。富蘭克林·羅斯福總統通過其第9066號行政命令在二戰期間建立了日本拘禁營。1960年代，吉姆·克勞在某些州的公共設施中強制實行種族隔離的法律。

對於宗教的不容忍，從褻瀆猶太教堂和清真寺到爆炸教堂，破碎了美國的美麗藍圖。暗殺撕裂了我們的國家。移民——無論來自愛爾蘭、德國、意大利、東歐、墨西哥、中國或其他地方——經歷了歧視和暴力，因為他們是不同的。

不幸的是，您所閱讀的頭條新聞證實了曾經的不容忍今天仍然在繼續發生。專家估計，每年有超過250,000起基於受害者的種族、膚色、宗教、民族、性取向、性別、性別認同或身體殘疾的仇恨犯罪。最近，針對亞裔美國人社區的仇恨犯罪達到了前所未有的水平。

因此，在美國採納了杰斐遜關於平等理念近乎250年之後，我們才逐漸地得考多樣性的理念。

美國從一開始就是詩人沃爾特惠特曼所說的“萬國之國”，居住著數百萬不同種族、宗教、語言和民族的移民。看看自己的朋友圈就知道



了。除非他們祖先是美國佔領區域的土著，他們的家庭最初來自其他地方。

美國的社會實踐面臨的最大挑戰之一是如何把這種多樣性形成一個共同的紐帶。這種共同的紐帶可以而且應該是持續的致力於杰斐遜的民主、自由和平等的理想。

儘管美國的創始人無法預見美國將會變得多么多樣化，但他們都認識到，我們的新國家將繼續接受來自不同地方的人們——逃離政治、經濟和異域的，受宗教暴政迫害的男人、女人和兒童。正如喬治華盛頓總統早在 1790 年所說，美國政府“不給偏見以首肯，不予迫害以輔助”。（意思就是不允許偏見與歧視，不做暴政迫害的幫兇）

是誰讓美國變得如此非凡？這份名單包括了不同種族、宗教和民族的非凡集合。

當然，這份名單也包括創始人、領導者，如詹姆斯·麥迪遜、喬治·華盛頓和約翰·亞當斯，他們推動了美國的大規模自治實踐，該實踐也在持續的調整以適應近 250 年來不斷變化的挑戰。

我們的歷史書中有一些熟悉的名字。本傑明·富蘭克林，亞歷山大·漢密爾頓和阿比蓋爾·亞當斯。梅里韋瑟·劉易斯、威廉·克拉克和薩卡賈維亞。弗雷德里克·道格拉斯、蘇珊·B·安東尼和伊麗莎白·卡迪·斯坦頓。林肯、羅斯福和肯尼迪。金、查韋斯和黃金光(Wong Kim Ark-華裔美國人)。

還有勇敢的男人和女人冒著生命危險在戰場上為捍衛我們的自由而戰——從克里斯普斯·阿塔克斯(Crispus Attucks)，曾經的奴隸，也是第一位在革命戰爭中犧牲的美國人，到二次世界大戰中由日裔美國人組成的第442紫心戰鬥團，他們是獲獎最多的團隊之一。從格蘭特、法拉格特、艾森豪威爾、鮑威爾等凱旋歸來的將軍和海軍上將，到奔赴葛底斯堡、凡爾登、諾曼底、仁川、岷港和坎大哈前線而從未歸來的無名士兵和水手。

這份名單還包括那些藝術家們——詩歌、散文、圖片、音樂、和建築——描繪我們國家獨特的美麗和特徵。例如才華橫溢的艾米莉·狄金森、馬克·吐溫 and 瑪雅·安傑洛，諾曼·羅克韋爾、喬治亞·奧基夫和安塞爾·亞當斯，約翰·菲利普索薩、歐文·柏林和艾靈頓公爵，鮑勃·迪倫、艾瑞莎·富蘭克林和林-曼努埃爾·米蘭達，湯姆

漢克斯，梅麗爾·斯特里普和丹澤爾·華盛頓，Charles Yu 遊朝凱、Vivian Wu 鄔君梅 和 Ang Lee 李安、I.M. Pei 貝聿銘，弗蘭克·蓋里和 Maya Ying Lin 林璽。

這份名單還應該包括男性和女性，其中很多是新移民，是他們建立了這個國家的基礎並使其繼續發展。從血汗工廠到農場。從摩天大樓到礦山。從橫貫大陸的鐵路到生產裝配線。

每天都展現出公民美德的公務員和社區志願者也應該在名單上。這些日常英雄包括警察和消防員；教師、教練和輔導員；衛生專業人員和環衛工人；食品銀行經營者、精神領袖和慈善家。

這份名單絕對應該包括我們今天所有辛勤工作，遵守法律，參與社區，關心他人的人。無論他們是白領、藍領，還是無領，這些人是美國的心臟和靈魂。他們是父親、母親、兒子和女兒。他們知道只要我們每天都遵循相互尊重、相互接納和相互友善的原則，我們的國家將保持強大和自由。

如您所見，使美國變得非凡的個人名單可以一直列下去。以各種膚色和信仰為榮的人們，他們為自己的傳統驕傲，同時也為自己是美國人而自豪。

自1886年以來，自由女神像一直是所有珍愛自由的人們的燈塔。雕像底部是艾瑪·拉撒路(Emma Lazarus)寫的一首詩，其結尾是：

把你，那勞瘁貧賤的流民，
那嚮往自由呼吸，又被無情拋棄，
那擁擠於彼岸悲慘哀吟，
那驟雨暴風中翻覆的驚魂，
全都給我！我高舉燈盞佇立金門！

歷史告訴我們，獨立宣言的七位簽署者並非都出生在美國的土地上。只要我們繼續致力於杰斐遜的平等理想，並繼續歡迎和接納“渴望呼吸自由”的多元化的人們，美國將永世長存。

*** Gary Kovacic 是亞凱迪亞市議會的前議員，曾擔任六屆市長。1995年起擔任亞凱迪亞高中憲法隊志願者教練。他目前是山麓團結中心、地方食物銀行和亞凱迪亞表演藝術基金會的總裁。他也以亞凱迪亞華人協會終生會員為榮。



Mission

The Arcadia Educational Foundation (AEF) strives to enrich educational programs and to empower students within the Arcadia Unified School District (AUSD) through fundraising. We are dedicated to enhancing the quality of teaching, resources, and programs.

使命

阿卡迪亚教育基金会 (AEF) 致力于通过筹款来丰富阿卡迪亚联合学区 (AUSD) 内的教育计划并增强学生的能力。我们致力于提高教学、资源和项目的质量。

Value

AEF embraces diversity, inclusion and involvement within the Arcadia community and supports AUSD's educational programs through fundraising activities.

价值

AEF 在 Arcadia 社区中拥抱多样性、包容性和参与性，并通过筹款活动支持 AUSD 的教育计划。

Vision

AEF raises money and awareness to support the AUSD community

想象

AEF 筹集资金并提高意识以支持 AUSD 社区

Donate Here

在这里捐款





Monrovia Boy Scout Camp Trask Fort of Rotary Rehabilitation Fundraiser

■ Bob Harbicht, Former Mayor of Arcadia
亞凱迪亞前市長



In 2019 the Arcadia Rotary Club had taken on the job of rehabilitating the western fort at Boy Scout Camp Trask. John Murphy and I were to raise \$140,000 for the project. Thinking of whom we could turn to for help, we immediately thought of the Arcadia Chinese Association and met with Jamie Lee, the ACA's President at that time. Jamie and the ACA became willing partners in our fund-raising efforts.

The fund-raising was completed this year. Our partnership with the ACA and Jamie was a very successful one. Either directly – the \$35,000 raised at the January 18, 2020 ACA fundraiser – or indirectly, the ACA was responsible for approximately half the funds raised.

The Arcadia Rotary Club is grateful for the help and cooperation of the Arcadia Chinese Association. We will hopefully continue to work together on projects to benefit our community.

And we would like to add a special congratulations to the Arcadia Chinese Association for 40 years of service to our community.

Bob Harbicht & John Murphy
Fund-raising Co-chairs



Bob Harbicht, John Murphy & Jamie Lee, Frank Wu





附註： ■ (李宛蒨 Jamie Lee)

6/19/2019當屆華協會長 Jamie Lee 和一群熱心的華協理事們在扶輪社前會長 John Murphy 的引領下，到 Monrovia 童子軍營區巡視扶輪碉堡年久失修的情況。在與扶輪社前會長 Bob Harbicht 數度會議後，華協全體理事會同意為童子軍營募款。12/3/2019亞凱迪亞華人協會和亞市扶輪社共同舉辦新聞發佈會，邀請各界人士響應捐款。1/18/2020在同德明珠餐廳舉辦華協年度募款晚會，當晚來了36桌的賓客，加上盛況空前的現場拍賣會助力，讓我們成功地募集到為數可觀的善款，並立即撥出了\$35,000作為童子軍營修繕的基金。直到工程竣工前，華協於2021年12月17日正式開立\$35,000支票捐贈。

由於新冠疫情爆發，扶輪社的募款陷入膠著，加上修繕工程費用飆漲，尚欠工程款\$46,000，於是我個人再度投入協助募款。從2022年初至五月，我與各界好友聯繫，額外地為此工程募集約四萬元，得以將童軍營修繕工程的募款重任圓滿達成。（*特別鳴謝客家基金會 Frank Wu 的鼎力相助，和社區善心人士 Lily Liu 和 Christine Lee... 友人們的捐款）。And, thanks to the Rotarian Teri Muse, David Muse, Ray Bushnell for all the efforts.





June 2022 - May 2023 理事及顧問

Officers 執行理事

李太衛 David Lee	會長 Co-President (2005-2007年會長)
黃向陽 Sara Ho	會長 Co-President
黃瑪麗 Mary Huang	第一副會長 1st Vice President
彭濤 Tao Peng	第二副會長 / 秘書 2nd Vice President / Secretary
周瑩 June Chau	第三副會長 3rd Vice President
王淑卿 Alice Wang	財務 Treasurer (2007-2008年會長)
林李梨蓮 Lily Lam	財務助理 Treasurer Assistant
黃昌博士 Edward Wong, Ph. D.	會長顧問 Presidential Counsel (2010-2011年會長)
李宛蒨 Jamie Lee	社區公關代表 Community Outreach Liaison (2018-2020年會長)

Directors 理事

張丹 Diana Chang	(2020-2022年會長)
陳英 Anna Cheadle	
簡阿諾 Arnold Chien	
邱馨慧 Francine Chiu	(2014-2016年會長)
黃其嘉 Theresa Huang	
郭蕾 Susan Guo	
李麥玉 Marie Li	
李衛真 Winnie Li	
盧台英 Joanna Liang	(2012-2014年會長)
梁娟 Juan Liang	
廖群 Connie Liao	(2020-2022年會長)
施學敏 Sherman Shi	
曾晏倪 Sage Zeng	

Advisors 顧問

陳珍珠 Pearl Chen	(2009-2010年會長)	帥以宏 Yee Horn Shuai	(律師)	阮夢萍 May Tu
朱碧雲 Bee Hsu	(2003-2004年會長)	戴守真 Sho Tay	(2008-2009年會長)	Sunday Xu
雷關偉瑜 Josephine Louie	(2011-2012年會長)	蔡宗勳 John Tsai	(會計師)	



亞凱迪亞華人協會

Arcadia Chinese Association

www.ArcadiaChineseAssociation.org

歷任會長

Presidents of Arcadia Chinese Association

2022-2023	David Lee / Sara Ho	李太衛 / 黃向陽
2020-2022	Connie Liao / Diana Chang	廖群 / 張丹
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



華協 - 從故到今

ACA Now and Then

■ 黃嚴曦平 Theresa Hwang 1996-1998 會長

編者按：

此文為華協第六任會長黃嚴曦平發表在2000年華協年刊的文章。文章原題為《ACA now and then》。黃會長用白描的手法勾勒出各屆會長各有特長的開拓性工作，從無到有的建設完善各種規章制度；找尋和實踐深入社區幫助社區的各項活動，通過和社區的互動建立了相互溝通和融合的橋樑。

今天，再讀黃會長的文章，四十年的時空突然拉近，前輩們忙活的身影，與今天的華協人別無二致。可喜的是，四十年不懈耕耘，通往社區的橋更寬更通暢，與社區的聯繫更密切，更不可分割，更融合。

轉文：

當年刊編輯小組把介紹華協歷史的重擔放在我身上時，我心裡真是七上八下。對目前的華協組織我可能算是元老，但對華協整個歷史過程來說，我則是晚輩。前幾天和華協前會長徐趙靜女士閒聊華協的歷史，她也提供了我一些資料。

華協在1984年左右，由張勝雄醫師及夫人張馬敏妹女士在 Baldwin Stocker 小學，由放演一些從洛杉磯臺北文教中心供應的中國影片開始，不定期的做一些非正式的聚會藉以聯絡感情及互相認識，慢慢的促成了華協社團的產生。張醫師夫婦非常熱心的為會務及組織奉獻了很多時間與精力，也讓華人與主流人士有了初步的接觸。初期，張醫師夫婦每年都負責帶領亞市學區教委、教育局長及老師，去臺北做一些教育交流及訪問，因此也帶動及幫助許多華裔父母對學區及美國教育的義工製度有更深刻的了解。

第二任會長由 Jimmy Au 擔任，區先生及夫人Nora在亞市社區也是家喻戶曉的人士，他們夫婦對學校或社區的貢獻不遺餘力，可親的社交手腕為華裔介紹了許多美籍朋友，也建立了良好的友誼橋樑。記得多次華協年會的表演及策劃，都是在歐先生家練習及組合的。

徐趙靜懿女士擔任了第三任的會長，她承擔此重任後更把義工的範圍擴大，無數次和警局合辦亞市居民及住家的安全講座，為消防局籌劃每年的籌款早餐會，提供亞裔居民的翻譯工作，也幫助亞裔了解美國當地的基本法律，同時也開始了華協月刊的發行。利用月刊徐女士很誠懇及熱心的將法律上的常識、學校的活動、社區的動態傳遞給市民，也辦了很多文化交流及友誼聯繫的活動。



文紹華先生接下了第四任會長的工作，文先生有豐富的籌劃社團的經驗，在他的領導下華協正式成立了理事會二十多位理事為社區、學校及其他社團貢獻了不少寶貴的時間及精力，更把華協的服務領域擴大及發展。文先生訂定了每月華協會的時間及地點，訂定了華協初步的規章及財務的公開，帶領華協走向社團組織化。

繼文先生之後，由吳祝愛娟女士擔任第五任的會長。吳女士以她豐富的商業經驗，引進了不少亞市商業人士進入華協為社區服務，積極的擴展會員、繼續會刊的發行、及安全講座的舉辦。不論是教育、社區、警局、消防局都有不少的貢獻，例如設立亞市高中畢業生獎學金，學校各項活動的捐助，當時圖書館需要重建，華協也協助募款，並將年會收入大部分捐於圖書館的重建。

第六任的會長由黃嚴曦平接任，促進亞市族裔的和諧，協助學校重要的活動，幫忙召募圖書館重建後內部設備的經費，推廣會員等，都是主要工作的重點。同時加強理事會的陣容，積極鼓勵華裔參與義工的行列，利用月刊傳遞社區的訊息更是努力的目標，此時華協在亞市已具相當的規模及份量。

接著文紹華先生重任會長，文先生秉承其服務的精神繼續為社區及華協貢獻心力。

1999年5月起，曾張恭莠女士擔起華協會長的重職，並獲連任至今。曾女士是位具有豐富服務社區及學區經驗的領導者，在她的領導下，華協的規章更加完善，在她任內制定理事的任期期限，藉以吸引更多社區的人士參與，公開理事的推選，打開中美文化交流的大門，讓不同族裔更了解彼此文化的背景，更進一步和諧的相處，同時積極的和理事群努力進行會員的拓展，改進及加強社區服務的項目，將雙月刊的發行量增加至3600份，有效的贊助及配合學校、市府、警局、消防局的需要等，對於她的努力在此致十二萬分的敬意及謝意。

一個協會的成長，不是靠某一個人的努力或力量能達到的，華協這十幾年來有多少的理事及義工，不斷的奉獻及默默的耕耘，在此也同時向他/她們致敬。團結就是力量，與其各自努力的為社區耕耘，何不加入華協的組織，有計劃、有理想的為社區來服務，願以此理想與大家共勉之。



呼召-華協的昨日今日明日

Calling - ACA's Yesterday, Today and Tomorrow

■ 李太衛 David Lee 2005-2007 會長



1982-2022，40年是個不算短的日子，華人協會從一個後院烤肉的聚會，發展到社區最受尊重的團體。是多少前輩們努力耕耘，一點一滴累積的成果。亞凱迪亞華人也從少數幾戶人家，增長到占總人口數的65%以上。由於族群比例的變化，自然而然帶來了社區型態的改變。華協適時的扮演了舉足輕重維穩的角色，並在其中得到全社區的讚賞和重視，這是身為協會一員值得欣慰和驕傲的。而在此同時，國內朋友也因學區，社區的高質量，在2000年前後大量移入，迅速成為華人民眾的主流。

在此同時中國歷經40多年改革開放的成就，國力迅速累積，一躍成為全球第二大的經濟體，超越日本和歐盟直追身為霸主的美國。而且積極推動軍事現代化，一帶一路，亞投行等大國崛起的政策，凡此種種都讓美國倍感威脅如芒在背。歐巴馬政府在反恐戰爭因賓拉登被殺基本告一段落後，提出「亞太再平衡」的政策。川普在2017年訪中返美後拉開中美經濟，科技戰的序幕。拜登政府2020年祭出擴大版的「印太再平衡」，同時間加強了對於台灣軍備上的供應和援助。自此中美兩國走上了包括軍事在內的全面冷戰和對抗。美國社會的反中情緒，也因雙方關係緊張，水漲船高成為鷹派當道的主流。

在如此險峻的氣氛之下，華協自當責無旁貸的奮而起之，以過去40年累積的聲譽，擔負起在「反中」，「反華」，「排華」的浪濤中，努力尋找契機，設下停損點，築起防火牆，為自己愛，愛自己的人，及所有社區華人打造避風港，加倍努力的廣結善緣，熱心公益，以實際行動貢獻社區。讓所有居民，更加認可華人是城市裡不可或缺的資產，是容不得輕蔑的。

我相信在所有理事和居民的支持下，華協必能在可預見的歲月裡，繼續扮演著社區柱石的角色，這是時代對華協的呼召，也是我們義不容辭的使命。願和所有朋友們一起努力，加油！



華協與融合

The Fusion of the Arcadia Chinese Association

■ 陳珍珠 Pearl Chen 2009-2010 會長



"Remember there is no such thing as a small act of kindness. Every act creates a ripple with no logical end." ~ Scott Adams

亞凱迪亞市華人協會（簡稱亞市華協）是一個在我們南加州非常傑出的義工團體。隨著80年代愈來愈多的華裔移民來到亞市這塊充滿憧憬和希望的美麗花園城市定居，鑑於身為第一代移民家庭難與新的環境完全融合，1982年亞市華協於是創建並且設立有願景的“宗旨”和“外交方針”，四十年來汲汲營營做公益不間斷，付出努力的成果早就贏得主流社區人士和其他眾多團體刮目相看。

我所認識的許多華人朋友遷居亞市在打拼事業之餘，入鄉隨俗加入義工/志工的行列，無論在市府許多單位或是在各個民間組織，處處見有志願者投入一己之力，默默做出貢獻發揮影響力。唯獨亞市華協能聚集廣大的華人雄厚力量，在成立40年後的今天，我們獲得主流民意的評價和支持度最高最大，順勢成為亞市市府主辦活動最可靠的合作夥伴。我們和主流是可以相輔相助的幫忙，資源交換，我們做公益得到快樂和滿足，也得到了友誼，受到尊敬和回報！

我的義工生涯是源起於參加學校家長會，進而認識亞市華協這個很特殊的團體才積極參與公益活動，並於2009-2010年與來自香港的志工好友何雪紅女士（Polly Ho）共同承擔起會長和理事長之重任，主要是我倆都非常認同華協的宗旨和長遠理念：是為與主流社會融合，為共同建立友好的居住環境。我們期許自己用展示出來的善意去影響周遭的人，相信與鄰為善增進互信是鄰里共同的願望，更是符合社區共同的利益。那年我們居然主辦和參與高達35項大小活動，還首次成功舉辦了一場亞市市議會候選人政見發表會。理事各個古道熱腸全力以赴，平均一至兩周要籌劃一個活動，我們清楚明白努力把關係做好，累積能量累積實力積極投入，所做的努力不可能不被社區人士看見。

要適應環境和他人友好相處，亞市華協一向由本身做起不吝示出愛和關心，小至敦親睦鄰與人和善交往，並規劃以各種方式打造長期的睦鄰友好外交環境，譬如每年有固定的文化交流活動和籌款晚會回饋社區。華協不卑不亢的軟實力，讓我們義工的熱情和工作實力贏得最佳影響，友好有交流，我們得到的友善對待，有時是出乎原來我們想像的。將心比心，主流社區是需要何等大的包容力，接納不同文化交流融合一起！

這兩年的新冠疫情改變了我們的社會和家庭的模式，奮戰新冠病毒兩年，遺憾的是今年美中關係持續緊繃，烏俄戰爭陷入僵局，全球能源通膨高漲危機正在來臨，世界充滿混亂和不安，人們渴望回到疫情前正常生活已大不易；此時此刻，亞市華協這個團體能為自己社區做些什麼呢？多年來亞凱迪亞市吸引了來自世界各地不同族裔遷入，如今包括來自兩岸三地以及各地華裔居民早已佔本市人口多數，大夥兒能聚集在這美麗城市共享資源共同生活成長，誠屬難能可貴值得珍惜和用心維護，可不是嗎？我期望華協義工/志工朋友們今後仍不忘初心，仍然積極樂觀為社區付出心力，繼續致力於長期睦鄰友好合作的基礎上發展，分享愛與友善，打造共融/共榮的美好社會。因為我們的影響力越來越大，責任就更多更大。雖然仍然還有很長的路要走。

感恩，且行且珍惜！



華協融合四十年

ACA 40 Years of Integration

■ 黃昌博士 Dr. Edward Wong 2010-2011 會長



我在2007年加入了華人協會，目睹眾多的義工為了社區，貢獻出許多時間和精力，這種熱誠及精神，深深的感動了我。意料不到和覺得不尋常的就是，理事們相處異常融合，大家都隨著共同的華協宗旨：「通過活動促進對華人文化、歷史、語言、文學和藝術的瞭解及支持社區教育，促進社區和諧等等…」一起努力和作出貢獻。

我對華協的了解只有十多年，當然不能準確的觀察華協四十年的歷史，

但從閱讀過去各種華協資訊和舊年刊，就可以體會到華協這些年來猶如一個大家庭，相處得非常和諧，最重要的是具有為社區服務的共同目標。其間華協偶然有爭議，這也是難以避免。回顧華協過去四十年，大致是有兩種的融合情況：一是華協和社區的融合，二是理事們的融合。

華協和社區的融合：華協憑著一個有組織性的團體，及多年服務社區的基礎、和辦活動的經驗、每年都有效力的帶動華人積極參與義工活動和共同服務社區。近十幾年來，華協已成為亞市主流社會不可忽視的服務團體，它多年來積極與主流社會互動交流，活躍於亞市社區，每年都創辦或參與二十餘項的社區活動。每次活動華協都主動邀請主流社區的團體人士，同樣社區也經常邀請理事們參與活動。因此，華協理事常有機會宣揚華人之傳統文化，增進族裔間的瞭解，進而培養社區間的和諧。

華協理事們的融合：華協經常廣泛提倡美國傳統的義工精神，使理事們深深地認識和領悟到義工的意義和樂趣。“義工”是美國的一個重要價值概念，華協本身是一個義工團體，參加華協的理事，都是有一個共同的目標，同心同力樂於為社區奉獻心力之人士，由於義工者往往樂意貢獻，從成果中感到滿足和喜悅，所謂「為善至樂」，這就不難解釋華協理事四十年來的融合現象。

我有幸住進亞市，更有幸參與華協，觀看理事間的和諧、活動又頻繁積極。用一些國家級的政客為例，以私人利益，優先於民眾利益，製造人與人之間的矛盾，實在是與融合背道而馳，大可引以為鑑。融合是需要理事們努力爭取的，否則容易流失，願理事們共勉之。



Bridge to Integration

融合的橋樑

■ Joanna Liang 2012-2014 President

In 2007, I officially joined the Arcadia Chinese Association. I was very happy to join this big family and started to learn the guidance of the former presidents of ACA and also to learn the experience of the community leaders. I have been the position of Secretary, Treasurer, 1st Vice President, President and other positions. The most proud of them is that I have served as the Editor of the ACA yearbook for more than ten years. This year, the Arcadia Chinese Association officially entered its 40th year. Let us take a closer look at the general situation of the Arcadia Chinese Association in the past 40 years.

Look back 40 years ago, Arcadia was an entirely white city. With the gradual increase of Chinese immigrants from Taiwan and Hong Kong, the founding president, Dr. Sheng Chang saw that the newly arrived immigrants are in great need of help in life, participate in school district activities, and can quickly integrate into the community and interact with mainstream people in the community. With communication, harmony and integration, the Arcadia Chinese Association was established.

In the early days of the ACA in 1982, there was no official registration document. Thanks to the predecessors and presidents, they have the wisdom and insight to make the Arcadia Chinese Association plays the role of a bridge of communication. The first event started with a film appreciation session at Baldwin Stocker Elementary School, so that most immigrants from Taiwan and Hong Kong at that time could get to know each other and introduce different cultures, and the school district's education intercultural committee. The mainstream community and the multicultural community initiated communication, and gradually established a harmonious and friendly relationship with each other.

In the 1990s, Jimmy Au, the second president of the ACA, Mr. Au actively and enthusiastically promoted various activities of the ACA. Many programs were planned and practiced in their homes. In 1994, with the assistance of lawyer Yee-Horn Shuai and accountant John Tsai, the Arcadia Chinese Association officially became a government-registered non-profit organization. At that time, the membership system was adopted, and Gary Kovacic, the former mayor of Arcadia, readily joined and became a permanent member of the ACA. In 1996, the ACA's Yearbook was officially published, and the Arcadia Chinese Association's mission was written every year: Assisting to understand the Chinese culture, history and art through activities, to support education in Arcadia, to bridge cultural gaps, and to promote community Harmony, to help Chinese residents understanding American culture, traditions, government, schools, communities, and especially encourage Chinese to participate in volunteer activities.

After 2000, the ACA officially changed to a 501(C)(3) public benefit and tax-exempt organization in 2007. The ACA adhered to the purpose of serving the community, and held a number of activities every year. Participate in the mayor's breakfast and pray for the residents and friends of the whole community, so that we can understand the sincerity of American culture. The Senior Citizen Luncheon, co-sponsored with the city of Arcadia will celebrate the traditional culture of the Lunar New Year and introduce it to community friends of different ethnicities. The Halloween candy drive held at Westfield Mall made us learn more about the joyful and relaxing time of American culture. Every year on Thanksgiving, a Thanksgiving lunch is prepared for police and fire department personnel, so that we understand that gratitude and giving back, a safe and comfortable community environment, is not taken for granted. The annual fundraising dinner of the ACA has also received enthusiastic support from mainstream people, city councilmembers, school district education



committees and community leaders, so that different ethnic groups have a friendly platform for mutual exchange, and the atmosphere of harmonious integration of multiculturalism is already there.

After 2010, the ACA has been continuing committed to serving the community, not falling behind, building a bridge of friendship and communication, and integrating into the community and the big family of the community. In September 2012, the Arcadia Moon Festival was held with the LA County Arboretum, which attracted different ethnic groups, the elderly and the young. Unprecedented. In September 2018, a large-scale Mid-Autumn Festival party was held in cooperation with the City of Arcadia, which was grandly held in the square in front of the City Hall. The Arcadia Chinese Association won the Non-Profit of the Year award in July 2013. In February 2014, the Arcadia Chinese Association's LOGO was inlaid on the boundary wall at the junction of city of Arcadia and city of Rosemead. These many hard-won honors of the ACA are not taken for granted. It is the step by step of the predecessors, the excellent leadership of the former presidents, the hard work and support of the directors and the enthusiastic participation of many volunteers and the guidance of the community leaders. Only by working together can we successfully complete the ACA's mission.

In 2020, the Covid-19 epidemic is raging, and all societies and organizations are suddenly facing unprecedented changes. All of the ACA community activities were also forced to change, with some traditional activities being cancelled and others moving to the Zoom. Because of the cause and culprit of the virus pointed to China, Wuhan, the situation had changed overnight. The originally harmonious and integrated community seems to have been used by a few incidents and a few people at once, and it has become somewhat contradictory and controversial. In the midst of a crisis, we still have the sanctuary of the U.S. Constitution: President Jefferson's words were precise and forceful: "We hold these truths to be selfevident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights that among these are Life, Liberty and the pursuit of Happiness." I would like to make a loud appeal to the ACA and all Chinese-American friends not to have a victim complex and mentality of self-pity because of a few social incidents. Because of the inheritance and glory of the Arcadia Chinese Association's 40 years of community service, it has been enthusiastically supported, encouraged and loved by mainstream people and community leaders. These many mutual cooperation activities with the city of Arcadia, LA Arboretum etc. They have witnessed that the Arcadia Chinese Association is one of the very important groups in the community.

The Arcadia Chinese Association will continue to adhere to the established mission through activities, to assist understanding the Chinese culture, history and art, support Arcadia education, to narrow the cultural gap, and promote the harmony of the community, to help Chinese residents understand the United States Culture, tradition, government, school, community, especially encourage Chinese to participate in volunteer activities. Let the Arcadia Chinese Association continue to take on the role and task of a bridge for community harmony, residents' integration, and cultural integration with a grateful heart and a humble and warm attitude in the next 40 years.

■ 盧台英 2012-2014 會長

2007年，我正式進入華協，非常高興的進入這個大家庭。開始學習著華協前輩們的指導、請教社區長者們的經驗，並且擔任過秘書、財務、副會長、會長等職務。而其中最引以為榮的是，連續擔任華協年刊的主編長達十年以上。今年，亞凱迪亞華人協會正式邁入第40個年頭，讓我們來細細回顧一下華協40年來的概況。

回想40年前，亞凱迪亞是一個完全以白人為主的城市。隨著華裔移民逐漸的增加，創會會長張勝雄先生，有鑒於新來乍到的移民們，非常需要生活上的幫助、參與學區的活動、並能夠很快融入社區、與社區主流人士有所互動與交流，和諧相處並融合在一起，亞市華協因此而建立。



1982年華協草創初期，並沒有正式的登記文件，感謝前輩會長們，有著真知卓見，使華協扮演著溝通橋樑的角色。第一次活動的開始，是在 Baldwin Stocker 小學舉辦電影欣賞會，使得當時大多數台灣和香港來的移民們，都能藉著初試啼聲的活動，彼此認識介紹不同的文化、與學區的多元文化委員會、主流社區的朋友們有了初步的交流、並逐漸建立起彼此和諧、友好的關係。

1990年代，華協第二任會長 Jimmy Au 區應鍾先生，積極、熱心的帶動華協的各項活動，許多節目的策劃及練習都是在他們的家中。而1994年在帥以宏律師及蔡宗勳會計師的協助辦理登記之下，華協正式成為政府登記的非營利組織。當時是採會員制，亞市前市長 Gary Kovacic 就欣然加入，成為華協的永久會員。1996年，華協年刊正式發行，而華協的服務宗旨年年見諸筆墨：藉由活動，來了解華人的文化、歷史及藝術，支持亞凱迪亞的教育、以縮小文化差距、並促進社區的和諧、協助華人居民了解美國文化、傳統、政府、學校、社區，特別是鼓勵華人參與義工活動。

2000年之後，2007年華協正式變更成為501(C)(3)社會公益、免稅機構的組織。華協秉持著服務社區的宗旨，兢兢業業的每年舉辦多項活動：與市政府合辦法律日，免費為社區居民諮詢切身的法律問題。參加市長早餐會，一齊為全社區的居民朋友們祈福，使我們了解美國文化的真誠。與市政府合辦的年長者午餐會 (Senior Citizen Luncheon)，將慶祝農曆新年的傳統文化，介紹給不同族裔的社區朋友們。在西野購物中心舉辦的萬聖節發放糖果，更使我們了解到美國文化的歡樂輕鬆時光。每年的感恩節，都為警察局和消防局人員準備感恩午餐，使我們了解到感恩回饋之心，一個安全舒適的社區環境，不是理所當然的。華協一年一度的籌款晚宴，更得到主流人士、政府市議員、學區教委及社區的領袖們的熱情支持，使各個不同族裔間有互相交流的友好平台，多元文化和諧融合的氣氛已然成就。

2010年之後，華協致力於服務社區、不落人後，建立起友誼、溝通的橋樑，並且融入社區、融合在社區的大家庭裡。2012年9月與植物園 (LA County Arboretum) 舉辦一場別開生面的亞凱迪亞中秋晚會 (Arcadia Moon Festival)，當天晚會吸引各個不同族裔、扶老攜幼共襄盛舉，植物園現場湧入三千人，盛況空前。2018年9月更與市政府合作一場大型的中秋晚會，在市府前面廣場盛大舉行，盛況空前不減當年。華協在2013年7月獲頒 Non-Profit of the Year 獎項、2014年2月華協的LOGO 被鑲嵌在Arcadia市和Rosemead市交界的界標牆上。這許多華協得來不易的榮耀，都不是理所當然的，都是前輩們一步一腳印，前任會長們的卓越帶領，理事們的努力支持，許多義工們的熱情參與，和社區領袖們的鼓勵支持，我們才能一齊同心合力，成功完成華協的宗旨和目標。

2020年，Covid-19疫情肆虐擴散，所有的社團、組織都突然面臨到前所未有的變化。華協所有的社區活動也都被迫改變，有些傳統活動被迫取消，其他活動也都轉變為雲端。因著病毒的起因、罪魁禍首指向了中國、武漢…風雲一夕丕變，原本和諧、融合的社區，似乎一下子被一些少數的事件、少數者被利用，而變得有些矛盾和爭議。危機中，我們仍然是有著美國憲法的庇護：美國總統傑弗遜的話準確而有力：“我們認為這些真理是不言而喻的，人人生而平等，造物主賦予人們某些不可剝奪的權利，包括生命權、自由權和追求幸福的權利。” *Jefferson's words were precise and forceful: "We hold these truths to be selfevident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."* 我藉此大聲呼籲，華協及所有華裔朋友們，不要因為少數的社會事件，而產生自憐自艾的受害者情結與心態。因為華協40年來社區服務的傳承與榮耀，已經受到主流人士、社區領袖的熱情支持、鼓勵與愛護。這許多與市府、植物園…等等的互相合作活動，就已經見證了華協是社區裏非常重要的團體之一。

亞凱迪亞華人協會將繼續秉持著成立的宗旨，藉由活動，來了解華人的文化、歷史及藝術，支持亞凱迪亞的教育、以縮小文化差距、並促進社區的和諧、協助華人居民了解美國文化、傳統、政府、學校、社區，特別是鼓勵華人參與義工活動。讓華協未來的40年，繼續懷著感恩的心情、謙卑和煦的態度，擔負起社區和諧、居民融入、文化融合的橋樑角色與任務。

***The
Segal Family
Would Like To Congratulate
The***



Arcadia Chinese Association

**Celebrate ACA
40th Anniversary**

LEE AND MICKEY SEGAL



全家做義工！全民義起來！

■ 李宛蓓 Jamie Lee 2018-2020 會長



恭賀亞凱迪亞華人協會服務社區屆滿40週年！身為華協的一分子，我們深感欣慰並與有榮焉。40年是多麼漫長的歲月，怎樣艱辛的路途啊！但是路遙知馬力，感恩華協能堅守1982年創會的原旨—服務社區，協助華裔族群。華協的蛻變也與時並進，多年前華協的宗旨已然擴大到服務社區及學區，

協助市府、公益慈善機構和居民、促進中西文化交流及教育，攜手華人倡導公益。華協也自原本的501(c)(4)聯誼會，正式於2007年通過聯邦國稅局核准為501(c)(3)社會公益機構，自此捐贈給亞凱迪亞華人協會的贊助者，都能得到抵稅的好處。



回憶我和夫婿簡宗佑(阿諾)一起在華協服務的十七年，可謂故事精彩絕倫，更豐富了我們的人生閱歷。起初乃因阿諾的父親簡德年先生當時是台灣扶輪社社長，來Arcadia結識了同在扶輪社的華協理事Ray。2006年初新婚不久的我也隨著阿諾一起進了華協，當年終我們的女兒 Emily Chien 出生了，我們不但沒有辭退，反而一家三口一起出席華協的會議及公益活動，開啟了我們的全家一起做義工的生活。我們把華協當成家，把有愛心的理事們當成家人，我們用心經營華協、保護華協。我們深愛華協！！

特別感謝我剛進華協時的會長 David Lee，他撐起了華協的半邊天，做義工不留餘力，卻以快樂做義工為口號，把義工們的心緊緊相繫。也感謝特別關愛和提攜我的歷屆會長 Alice Wang, Sho Tay, Pearl Chen, Edward Wong, Joanna Liang....。感恩所有的歷屆會長，顧問和義工們的熱情、愛心及奉獻精神都成為我這生中最難能可貴的學習教材。也因為大家的支持與鼓勵，造就了現在的我。

回顧2018/7/1-2020/6/30，我出任兩屆華協的獨立會長，我時時刻刻戰戰兢兢地引領協會，不敢有絲毫倦怠。除了由華協主辦的活動，



如會長理事就職典禮 (Get to Know You) 、大型亞市中秋晚會、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、感恩市府員工致贈禮卡、華協一日遊、亞市法律日、頒發高中畢業生獎學金、華協義工聯歡會、為加州山火募款成立備用基金...，我們也協助學區表演藝術基金會的春節活動、參與亞市發展協會的活動、捐款贊助市府圖書館購置電腦，博物館、學校及學生社團、學生家長會、弱勢團體、亞市商會、亞市發展協會、Field of honor, 和其他公益組織...。更在2020年初新冠疫情一開始，便響應捐贈呼吸器到中國武漢的醫院。而在新冠疫情也重擊美國的開始，我立即於2020年3月26日起草，由華協捐出一萬元拋磚引玉，邀請社區大眾為醫療PPE防護物資捐款而籌得了40,000多美金，購買 PPE防護品。



值得一提的是，在我會長任內的兩年，華協成就了以下幾項新任務：

- 2018/9/29首度與亞市市政府合辦，在市政廣場舉辦“亞市中秋晚會”，受歡迎程度非同凡響，賓客高達2000多人。而於2019/9/21再次以社區團結為主題，邀請了多個族裔參加演出，與會來賓再現高潮。
- 2018年舉辦現場拍賣會募款而成立了“救災備用基金”，協助加州大火受災戶
- 自2019年中，華協協助亞市扶輪社一同為Monrovia童軍營修繕工程籌款：華協於2020年1月18日籌款年會裡成功的募集有史以來最高的善款，並撥出了\$35,000作為捐贈童子軍營修繕的基金。直到工程竣工前，華協於2021年12月17日正式開立\$35,000支票捐贈。後來由於工程資金尚缺\$46,000，於是我個人再次投入去協助募款，額外的幫他們募集到近\$40,000。
- 2020年初，新冠疫情在武漢爆發，華協立即響應捐贈呼吸機給武漢的醫院。
- 2020年3月初，我的父親因病過世，我回台灣奔喪，憂傷之際並未讓我卸下華協的任務，時時刻刻仍與華協的理事會緊密的聯繫。當新冠疫情襲擊美國時，我亦即刻於3月26日起草由華協拋磚引玉捐出一萬元，邀請社區各界加入捐款，並聯絡各項醫療物資的採購，在短短三週內眾志成城，華協理事會在AHSCPBC和鄰里互助群…的協助下，成功募得四萬多美元。感謝華協的三位副會長Diana，Connie和Susan帶領多位成員們在嚴峻的疫情下，不懼高度傳染的風險，購買並發送醫療防護物資給亞市警察局、消防局、Foothill Unity Center、美以美醫院、Pomona醫院、杭亭頓醫院…及數家週邊的醫院和老人中心。

亞凱迪亞華人協會在社區上的貢獻是眾所皆知的，受到了地方各界的青睞與嘉勉。繼2013年華協獲得國會議員的年度最佳非營利組織後，08/30/2019國會議員趙美心女士在我連任華協會長/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“國會年度最佳非營利組織”。7/1/2020華協換屆，雖然新冠疫情嚴峻，接著山火肆虐，新任華協共同會長們及理事們，仍持續不斷地服務社區，為消防人員募款送餐，舉辦線上活動，為服務社區不留遺力。2022年4月華人協會獲得亞市商會所頒發的 Arcadia Strong / Community Leader Award。這些年來，華協得到數個別具意義的獎項，是屬於華協全體理事會及義工們的殊榮。代代華協將再接再厲，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。讓我們以華協為榮；也讓華協以我們為傲！





融入和融合

■ 張丹 Diana Chang, 廖群 Connie Liao
2020-2022 會長



居住在美國這個具有豐富的多元性文化的國家，了解和接納多元社區的文化與習俗，盡快融入和融合社區生活是十分重要的事情，對新移民更是不可缺少的生活的課程。如何將不同色彩的亞裔文化融入主流社會，呈現更好的交流方式，讓其他族群了解並尊重接受各不同文化背景的移民，對於有著60%以上的亞市社區來說，是我們具有40歷史的亞市華人協會的宗旨和課題。

自美國建國以來，因著許多種族衝突等政治事件發生，法律法規不斷修改完善，聯邦政府，州政府，及各縣市明確規定，不可歧視具有不同膚色，

性別，年齡的人。美國是一個多元化的國家，她接納不同的種族，包容各種文化，鼓勵每個人在自己的能力範圍內，最大限度的幫助他人，做有價值的公民，為促進社區和諧穩定發展貢獻自己的聰明才智。

社區融合的方法包括對社區各大公益組織的支持，以及廣泛地參與各種公益組織的活動。亞市華協堅守初心，40年來通過對社區的警察局，消防局，醫院，學校，圖書館，博物館，老人公寓等各方面的捐款捐物活動，充分展示了華人對社區的關心，參與及貢獻。我們深深地相信，以我們的努力和付出，我們終將會得到主流社會的認可和接納，真正做到融入與融合。

我們有幸的看到，多年來以亞裔人口為主的亞凱迪亞市，有許多有奉獻精神的亞裔人士積極參與市政的各種服務，從各大公益組織的義工到市議員和市長，通過不斷的努力和自我完善，學習所在地的文化傳統和價值觀，積極參與社區的公益活動，得到了社會的廣泛認可，成功地融入到美國的主流社會中。

多元文化相互融合的社區，會使歧視亞裔和其他少數族裔的現象越來越少，各族裔文化相互理解，相互欣賞，和諧相處。願我們每個人在這片民主自由平等的土地上，帶著善良的心，包容的態度，保持自己民族文化的精髓，學習借鑒不同文化的閃光之處，真正做到文化的融入及社區的融合。





亞凱迪亞市政府

Arcadia City Directory

www.arcadiaca.gov

緊急服務

市府

建築和施工

商業執照

市議會

市經理室

市檢察官，法律顧問

郊狼舉報熱線

市區開發服務

叫車服務

消防局（行政辦公室）

消防局（防火）

塗鴉熱線

歷史博物館

家居裝修計劃

圖書館

市容規劃

警察局

社區活動服務處

年長者服務

購物車移除

公共工程服務

- 通用服務（街道，樹木）
- 垃圾與回收（WM 廢物管理）
- 節水熱線
- 自來水和下水道服務
- 水費賬單
- General Services (Street, tree)
- Trash & Recycling (Waster Management)
- Water Conservation Hotline
- Water and Sewer Service
- Water Billing

Emergency

City Hall

building and Construction

Business License

City Council

City Manager

City Attorney

Coyote Reporting Hotline

Development Services

Dial-A-Ride Service

Fire Administration

Fire Prevention

Graffiti Hotline

Historical Museum

Home Improvement Program

Library

Planning

Police Administration

Recreation & Community

Services

Senior Citizen Services

Shopping Cart Removal

Public Works Services

911

(626) 574-5400 www.arcadiaca.gov

(626) 574-5416 kfields@Arcadia.gov

(626) 574-5430 BL@ArcadiaCA.gov

(626) 574-5403 CityCouncil@ArcadiaCA.gov

(626) 574-5401 CityManager@ArcadiaCA.gov

(626) 574-5407 CityAttorney@ArcadiaCA.gov

(626) 278-8039 coyotes@SGVCOG.org

(626) 574-5415

(626) 445-2211 lhui@ArcadiaCA.gov

(626) 574-5111 ArcadiaFire@ArcadiaCA.gov

(626) 574-5104 FirePrevention@ArcadiaCA.gov

(626) 821-4333

(626) 574-5440 Museum@ArcadiaCA.gov

(626) 574-5408 HIP@ArcadiaCA.gov

(626) 821-5567 PublicLibrary@ArcadiaCA.gov

(626) 574-5423 Planning@ArcadiaCA.gov

(626) 574-5151 ArcadiaPolice@ArcadiaCA.gov

(626) 574-5113 Recreation@ArcadiaCA.gov

(626) 574-5130

(888) 787-2278 jose@wcshoppingcart.com

(626) 254-2720 PublicWorks@ArcadiaCA.gov

(800) 266-7551

(626) 574-3000 PublicWorks@ArcadiaCA.gov

(626) 254-2700 PublicWorks@ArcadiaCA.gov

(626) 254-2700 WB@ArcadiaCA.gov



亞凱迪亞公共圖書館的社區存儲實驗室

Arcadia Public Library's Community Memory Lab

■ Danielle Guerrero, Principal Librarian

Do you have an old 8 MM film that you can no longer watch? How about VHS tapes from family vacations that you haven't enjoyed in years? Then you'll want to check out the Arcadia Public Library's Community Memory Lab!

The Community Memory Lab is a free do-it-yourself workspace for digitizing photos, documents, video and audio cassette recordings, film slides, negatives, and 8 MM film reels. The Community Memory Lab is a space for you to save and preserve family memories!

The Arcadia Public Library's Community Memory Lab is a \$20,000 grant-funded project supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. Why is this grant and memory lab important to the library and Arcadia community? The Arcadia Public Library's mission revolves around addressing the needs of our community and we understood the inherent value, as well as community needs, a memory lab could address. The memory lab grant offered an opportunity to connect with our city and increase the value of the Arcadia Public Library. The Memory Lab addresses a community-wide need to digitize, save, and preserve local and family history. It also presents the Arcadia Public Library with an opportunity to broaden our local history files and inclusively reflect Arcadia and Arcadians. Lastly, the lab offers an opportunity to provide invaluable digital and preservation literacy information, classes, and programs in Arcadia.

Moreover, the Community Memory Lab directly tackles the looming concern of a digital dark age. What is a digital dark age? The term "digital dark age" refers to a concern that as technology advances, we lose data and access to information. Think about the old files you have saved on a floppy disk which you can no longer access because new computers no longer provided access to floppy disk readers. The Community Memory Lab directly confronts this problem by providing a space, along with education and support, to digitize analog files and save them for future access.

What types of files will you be able to digitize to preserve and share family and local history memories? The Community Memory Lab is comprised of five unique stations:

1)Videocassette conversion station

At the videocassette conversion station, you can bring in VHS and VHS-C videocassette tapes and, using the provided equipment, convert your old VHS into an MP4 or .mov file.

This station is time-consuming, as 1 minute of video film will take around 1.5 minutes to digitize, but well worth the effort. This has been our most popular station- many family memories have been saved with the help of the videocassette conversion station.

2)Audio cassette conversion station

At the audio cassette conversion station, you can bring in audio cassette tapes and, using the provided equipment, convert your old cassettes into MP3 or .wav files.

This digitization station is the easiest of all our stations. All you do is insert the tape, press play on the device, and record on the computer. Musicians have been especially drawn to this station, as they can digitize music they previously recorded and saved on audio cassette tapes.

3)Scanner station

The state-of-the-art scanner station can digitize documents, photos, 35mm slides, and photographic negatives, as well as larger-sized documents such as newspapers.

This station has been especially relevant to globetrotting travelers with lots of memories saved in photo format, as well as family genealogists trying to preserve familial history for future generations.

4) 8 mm and Super 8 conversion station

The 8 MM and Super 8 conversion station requires patience and finesse but offers the most satisfying reward. If you have the option to watch the film one more time or digitize the files, we recommend digitizing as this format is quickly deteriorating. Gloves are required when loading the film, as this older analog format is nearing the end of its lifespan. Once digitized, the files will need to be saved on an SD card and will not have any sound.

5) Microfilm/ microfiche station

A microfilm/ microfiche reader is essential to genealogists, historians, and local history researchers. This recently updated device allows users to read marriage and death announcements, directories, and old newspaper articles.

In pursuit of our digital literacy goal and to reinforce the learning environment of the library, multiple tools have been created to support our community: A corresponding step-by-step instruction handbook was designed for each station. In response to our community, each handbook was translated into Simplified Chinese. Lastly, for visual learners, online video tutorials have also been produced.

What will you digitize first? Visit the library's website for more information: www.ArcadiaCA.gov/Library.

社區存儲實驗室是一個免費的自助工作區，用於將舊的照片、文檔，錄音帶、視頻、電影、幻燈片、底片和 8 MM 膠卷的數字化。存儲實驗室可為社區，家庭和個人提供上述文檔的數字化轉換和存儲的服務！

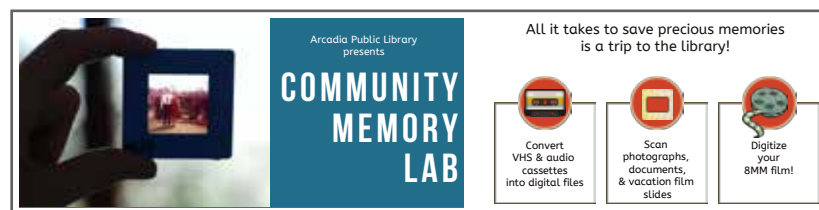
亞凱迪亞公共圖書館的社區存儲實驗室是一個 20,000 美元的贈款資助項目，由美國博物館和圖書館服務協會根據《圖書館服務和技術法案》的規定全部或部分支持，由加州圖書館員管理。為什麼這個贈款和存儲實驗室對圖書館和亞凱迪亞社區非常重要？亞凱迪亞公共圖書館的使命源於滿足社區的需求，我們了解存儲實驗室可以提高社區需求的內在價值。社區記憶實驗室由五個獨特的站點組成：

存儲實驗室的資金為我們城市建立聯繫，並提高了亞凱迪亞公共圖書館的價值，同時滿足社區範圍內對社區和家庭的歷史數字化存儲的需求，也為亞凱迪亞的文化信息、課程和活動資料的保存進行數字化存儲提供了機會。

此外，社區存儲實驗室直接解決了數字黑暗時代迫在眉睫的擔憂。什麼是數字黑暗時代？“數字黑暗時代”一詞指的是隨著技術的進步，我們會丟失數據和獲取信息的機會。考慮一下您保存在軟盤上的舊文件，因為新計算機不再提供對軟盤閱讀器的訪問權限，您無因此法再閱讀這些文件。社區存儲實驗室通過提供存儲空間，培訓和輔導來幫助解決這個問題。

社區存儲實驗室由五個獨特的站點組成：

- 1) VHS, VHS-C 錄像帶轉換站
- 2) 錄音帶轉換站
- 3) 掃描站
- 4) 8 mm 和 Super 8 轉換站
- 5) 縮微膠卷/縮微膠片站



為了實現數字化目標並加強圖書館的學習環境，我們製作了多種工具：為每個站點設計了相應的分步指導手冊。為滿足亞裔社區的需要，每本手冊都被翻譯成中文。最後，為方便學習使用這些工具，還製作了在線視頻教程。

請訪問圖書館網站了解更多信息：www.ArcadiaCA.gov/Library

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

精辦

房地產交易訴訟

商業交易與糾紛，環境法，土地用法
遺產規劃，信託，政府地產徵用，僱聘法律

Charles D. Cummings
Gary A. Kovacic
Karyn A. M. Jakubowski
D. Daniel Pranata
Theresa M. Pranata

Eminent
Domain Law



Real Estate &
Land Use Law



Business &
Corporation Law



Trusts, Wills &
Probate



Pasadena
626 656 8700

San Diego
800 717 4990

www.swdlaw.net

About Sullivan, Workman & Dee, LLP

Honoring a steadfast commitment to protecting property rights, Sullivan, Workman & Dee, LLP provides full legal services to clients in the areas of eminent domain, inverse condemnation, real estate, land use/zoning, business and corporate, estate planning, trusts, probate, elder law, and labor/employment. For over 50 years, Sullivan, Workman & Dee, LLP has represented clients in the private, public and non-profit sectors on litigation and transaction matters throughout California. The firm's offices are located in Pasadena and San Diego. For more information, visit www.eminentdomain-law.com or call 1.800.717.4990.

Excellence in Eminent Domain, Real Estate and Trusts & Estates



亞凱迪亞有趣的事情

Fun Things To Do In Arcadia

■ 曾晏倪 Sage Moss

休閒有趣的亞凱迪亞市

亞凱迪亞是一個美麗的城市，不乏休閒娛樂場所，您可以在自然環境中漫步，還可以參觀博物館、參加夜市等活動。

1. 洛杉磯縣植物園

301 N. Baldwin Ave Arcadia, CA 91007 (626) 821-3222

我建議您在瀏覽繁花似錦的花園的同時，了解植物的有關信息，棕櫚樹、竹林、湖邊和原生橡木樹林等都是駐足的好去處。

2. Santa Anita (聖安妮塔) 賽馬公園

285 W Huntington Dr Arcadia, CA 91007 (626) 574-7223

自 1934 年以來，這座賽馬場一直舉辦美國負有盛名的比賽，如聖安妮塔-德比賽馬大賽。這座賽馬公園是亞市非常獨特的地標，它以山為背景，連不喜歡賽馬的人也為這個公園著迷。此外，場內有一個很棒的餐廳，您可以在那裡邊享受美食邊觀看比賽。

3. 原生態公園

2240 Highland Oaks Dr Arcadia, CA 91006 (626) 355-5309

這個佔地8.5英畝的自然保護區免費向公眾開放，它也為動物們提供保護，包括一些爬行動物。除了遠足步道外，公園還設有自然中心、野餐區和大片草坪。此外，中心還飼養著許多迷人的動物，包括鷹、藍鳥、蜥蜴和蝴蝶。

4. 亞凱迪亞表演藝術中心

188 Campus Dr Arcadia, CA 91007 (626) 821-1782

這個有40,000平方英尺的演藝中心建立於2012年，每季的演出都有一系列新穎的節目和世界級的表演。從音樂會到芭蕾舞，亞市的演藝中心為居民提供了藝術的享受。亞市高中戲劇社的表演更是給觀眾以溫馨舒適的感覺。

5. 626夜市

285 Huntington Dr Arcadia, CA 91007

這個受亞洲文化啟發的夜市在 5 月至 9 月期間舉行約 10 次活動，每年吸引超過十萬遊客。626 夜市區展示亞市一些非常酷的景點，還有電子音樂表演、遊戲和藝術漫步區，非常有趣。當然，它更以南加的東西方融合食品、亞洲小吃和看起來令人垂涎的美食來吸引遊客。

Arcadia is a beautiful place for relaxation where you can have the best time strolling through nature, and even try activities like visiting a museum and a night market.

Places and Activities

1. Los Angeles County Arboretum and Botanical Garden. 301 N. Baldwin Ave Arcadia, CA 91007 (626) 821-3222 We recommend walking through the blooming gardens, uncovering some interesting tidbits about its plants, and stopping by the Palm and Bamboo collection, the Aquatic Garden, and the Native Oaks.

2. Santa Anita Race Park. 285 W Huntington Dr Arcadia, CA 91007 (626) 574-7223 Since 1934 this racetrack has been hosting America's most prestigious races, like the Santa Anita Derby. The Santa Anita Race Park is perfect for anyone looking for unique things to see in Arcadia. With a dramatic mountainous backdrop, this racetrack will mesmerize even those who aren't into horse racing. Furthermore, it has a fabulous restaurant where you can watch the races.

3. Wilderness Park. 2240 Highland Oaks Dr Arcadia, CA 91006 (626) 355-5309 Open to the public for free, this 8.5-acre nature preserve shelters a bevy of live animals, including reptiles. Besides its hiking trails, the park also has a nature center, picnic areas and grassy fields. Moreover, it houses charming animals, including hawks, blue jays, lizards and butterflies.

4. Arcadia Performing Arts Center. 188 Campus Dr Arcadia, CA 91007 (626) 821-1782 Founded in 2012, this 40,000-square-foot cultural center showcases a slew of emerging acts and world-class performances. From concerts to ballets, this performing arts center features some of our favorite things to do in Arcadia at night. The theater at Arcadia High School exudes an intimate and cozy feel.

5. 626 Night Market. 285 Huntington Dr Arcadia, CA 91007 Celebrated 10 times between May and September, this Asia-inspired night market draws over 100,000 visitors annually. The 626 Night Market features some incredibly cool attractions in Arcadia. With its electric music performances, games and art walk, this market overflows with fun and entertainment. Of course, it also lures visitors with SoCal fusion food, Asian snacks and Instagrammable noms.

亞市居民生活點滴之一 Arcadia洛杉磯縣公園

Life in Arcadia

■ 羅明昭 Ming Luo

從一位遊客的角度看，咱們亞市的地標或熱門景點有好幾處，可是LA洛縣公園不在內。公園嘛，有必打卡的國家級或州級的，而縣、市屬公園基本上是當地居民的日常休閒、健身、家庭朋友的聚會娛樂場所。咱們亞市居民真是很幸運，除了幾個遍布市內的市屬小公園，從地圖上看，LA洛縣Arcadia公園是位於亞市中部的三大“公園”景點之一。公園內公共設施比較齊全，咱們華人呢，更是這裡的常客！

在公園的東北角，矗立著一座最能代表亞凱迪亞市的孔雀青銅雕塑



噴泉作品，這是藝術家 David Chapple 於十年前為亞市創作的。另外一座人物雕塑是紀念1898年的美西戰爭（the Spanish American War）的退伍軍人而作。在公園的北面還有一座碑為紀念亞市在越戰中犧牲的子弟。

Arcadia洛縣公園的綠地面積在附近幾個小城市算是比較大的，主要是因為有個佔三分之二面積的高爾夫球場 Santa Anita Golf Course（由私人公司管理）。雖然這是個收費球場，縣屬的嘛，費用還是比較親民的。這個不大的高爾夫球場滿足了附近高爾夫運動愛好者的需求，尤其是初學者或年長人士，每天在18洞球場裡、在練習場揮桿的人還真不少呢！



洛縣公園內還有一個利用率比較高的設施是12個網球場，由 iTennis 公司管理經營，從小到老各種年齡級別的網球隊呀，比賽呀，各類網球課呀，夏令冬令網球營呀，另外還有場地出租，縣屬的嘛，費用也是比較親民的。每天從早到晚，場地基本上都被學練球的、比賽的、打著玩的網球愛好者們佔滿！嘿嘿，不像是連觀摩也要付費的高爾夫球場，網球場地邊上還有遮陽的觀眾席吶！

各位居民在洛縣公園內還注意到一個不小的游泳池！這個泳池利用率不高，我查了，遊池只是夏天6-9月對外開放，民眾健身游泳收費低廉，兒童游泳課和老人健身課甚至於免費！缺點是開放時間與多數人的上班時間重合，對上班族的家庭很不方便。陽光燦爛的南加州游泳池遍地開花，有私家的，有俱樂部的，這個開放時間不便的泳池自然少人使用。

還有兩處設施就沒有什麼人氣了，一處是那個有看台的棒球場，一年中只有不多的球隊使用，一般民眾好像不能使用，民眾只能用另外一個不太正規的場地比賽練球。另一處就是大家都注意到的很少有人用的草地保齡球用綠地 Bowling Green，場地雖然很漂亮，但這個運動現在實在是太不流行了，你即使是付費租了場地還要自己準備行頭呀！可以想像，這些公共設施的維護都需要LA縣承擔。Bowling Green 中間有可以供社區的小團體租用的活動室，我記得有朋友的孩子在裡面參加過國際象棋、橋牌等活動，有夏令營也用做教室。



Arcadia洛縣公園利用率最高的除了那個兒童攀玩場地外，還有那大片的草地、步道和樹蔭。我們常常可以看到亞市和附近社區的社團在公園舉辦活動、夏令營、學生的課外活動甚至於比賽、家庭或親朋好友的聚餐、燒烤、慶生.....我們更可以看到健身、步行、跑步的人群。

有一天早上，我特意在公園的公共綠地走了一圈，哈哈，晨練的人真多！而且基本上都是華人。其中聚在一起晨練的團體就有五個以上！像中外所有在公共場合華人健身交友的情形一樣，女士們佔絕大多數。



西邊上紅下白的人們跟著音樂韻律的動作簡單、輕鬆、易學。“請問你們這是什麼運動呀？”“元極舞！你不用有什麼基礎，每天來跟著做就可以！你看，坐在那邊的老夫婦90多歲了，他們還是每天都來，看看也覺得開心！前面那兩位都80多歲了，身體棒棒噠！”



不遠處的另外幾人，“請問你們練的也是元極舞嗎？”“是滴，歡迎加入！”哈哈，我看出一點門道來了，韻律動作相似，真是一點也不難！這東邊一夥人？“讚美舞！”這邊一群人嘛，肯定是在打太極，還有配音樂呢！我也曾學過太

極，老少皆宜！“歡迎加入！”在我看來，別看太極打起來慢慢吞吞，這項運動對人的體能和各種功夫的要求是最高的！我喜歡能夠自己支配時間的運動，平時愛好游泳、走路爬山、有時自己在家做健身操、太極、瑜伽等。我感覺，太極的各種肢體動作功夫是最需要毅力堅持的！



在公園綠地中間大樹下的這一夥女士們人最多！“我們在王老師的帶領下跳舞健身快有十年了！”“我們跳以健身為主要目的的廣場舞，我們也學藝術性比較強的中國民族舞！”“老師們都是義務教舞！原則上一年365天都可以來跳！”

哈哈，這些朋友們的廣場、民族舞跳得真是有模有樣、和諧優美，每位都很投入，令人羨慕！這項運動一定很吸引人，人最多嘛！據說她們還時常參加南加各社區團體組織的舞蹈表演或比賽呢！我已經很久沒有在傍晚的時候去公園了，印象裡晚飯後單人的、三五成群的散步、慢跑的人比較多，也有一些人一起跳廣場舞。那個兒童活動場更是熱鬧！孩子、家長們在夕陽下度過每天最輕鬆的時光。



最後，我想要提的是每週五早上，在公園的西面石桌/衛生間附近，有好心的居民提供免費食物和水，當然還有共同感恩祈禱，任何人都歡迎加入享用，聊天交友。

我在Arcadia 縣屬公園的所見所聞，是我們亞市居民，尤其是華人居民的日常生活點滴。這個優美的公共空間，給我們的家庭、孩子、長者每日普普通通的生活帶來快樂！她也是我們會友交友，甚至於跟鄰居打個招呼的輕鬆場所。讓我們大家一起來珍惜享用這具有齊全的活動設施、有大片綠地和成蔭大樹的寶地吧！



大洛杉磯地區攝影指南 Photography Guide of Los Angeles

■ 毛幼榮 James Mao

大洛杉磯地區豐富多彩的文化生活，給我們帶來了許多獨一無二的攝影機會。以下各項活動每年都循環重演，如果想知道各活動的具體時間地點及詳情，請關注我們官網的通告 www.photosalonla.org



1. 每年元旦玫瑰花車遊行，具百年歷史的 Pasadena Colorado 大道上的遊行是美國最具影響力的慶祝新年活動。遊行自西向東行經數英里，前擠後鬆，不需熬夜佔位，只要天亮了去拍後面行進路段即可。



2. 每年春節前華人工商大展都會在 Pomona 舉辦號稱南加州華人最大規模的活動。大展中有多個舞台同時表演，各種攤位一應俱全，琳瑯滿目，攝影題材很多。以往還組織攝影比賽，獲獎者中少不了就是攝影協會的人。

3. 每年春秋兩季位於 Arcadia 市的 Santa Anita Park 跑馬場賽馬也是攝影的好題材。一般午後開跑，每半小時賽一場，風雨無阻。比賽分草地與泥土跑道，一天至少賽7-8場。場間休息也有其他題材可拍。不是週末時常常停車入場都免費。



4. 每年在 Santa Fe Dam 都會舉行文藝復興節活動，這就是攝影最佳場合，因為題材豐富，無論是拍人像，動作表演都不會令人失望，所以我們會員往往是年年去，反覆拍。2018年開放日期是4月7日至5月20日的週末。

5. 每年8月中在 Huntington Beach 會舉行全美衝浪公開賽，一連好幾天，決賽時人山人海，各種攝影長槍大砲佈滿海灘。攝影師除了捕捉精彩衝浪鏡頭外，還有大量海灘人文花絮，周邊還有滑板等表演。一般無需購票，但要準備海水衝濕。

6. 每年9月底10月初在 San Diego 海軍陸戰隊基地的航空大展是全美最具規模的。一般是一連3天週末。停機坪上大量軍機展示，不少是可以登機的，攝影更不在話下。每年參展的特技飛行表演隊可能有所不同，但都是頂級的。



7. 每年10月初的週末2天，在 San Dimas 舉辦的牛仔競技最能吸引攝影師，室外光線好，更重要是一般允許拍照（個例除外）。拍攝不要影響其他觀眾，某處可以近圍欄，但看台最高處拍攝往往是避開雜亂背景最佳去處。



8. 每年聖誕平安夜的下午在洛杉磯市中心的音樂廳都會舉行一場完全免費的節日音樂舞蹈盛會。主辦單位保持停車與入場免費的承諾已經有50幾年了。表演一開始就銜接天衣無縫，電視台現場直播，其內容當然是出類拔萃的。



9. 每逢聖誕新年，節日燈飾夜景也是拍片的好去處。洛杉磯有不少美不勝收的好景點，但多數是要收費用的。離華人居住區近且免費的可以在 San Marino, Pasadena 等街道找到，路經燈飾美景大道，人們自覺關閉大車燈，緩慢行駛，品味享受。值得推薦的一處是31冰淇淋老闆豪宅，規模龐大，還有多名警察維持次序。Balian House 1980 Mendocino Ln. Altadena CA 91001



10年10棟房 - BRRRR 介紹和運用

10 Years 10 Houses - Intro. and application of BRRRR

■ 孟發財 Meng Fatchoy

可以貸款100萬。還掉原來的貸款，手裡基本上有原始投入的30萬美金。

下面是我們來逐步詳細分析：

1. 頭款。多數人30歲以後都有一些存款的，如果沒有在股市裡面衝浪，沒有婚外桃花滿天飛，40歲以後有30萬還是非常有可能的。如果不足30萬，也可以手裡有多少錢玩多少的牌。5-10萬也可以開始的。我的第一個1000尺，2房，45000尺地的舊房子全款才5萬美金。退休賬戶裡面的銀子，也是可以取出來的。和隊友，家人合夥出資也是一種做法。

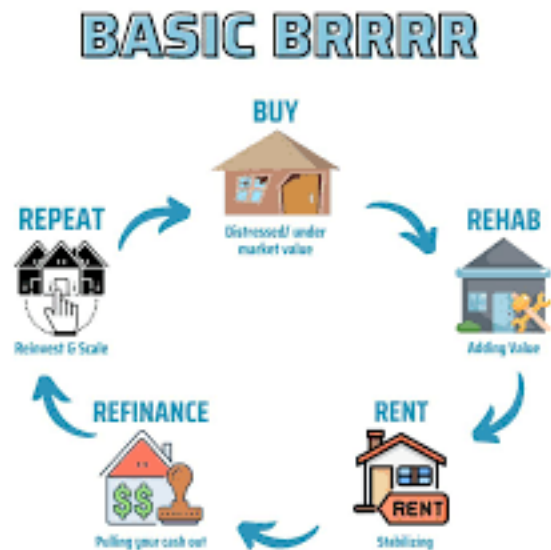
2. 如何找到好的投資屋。找你認識的每一個經紀人，告訴他們你有投資意向，他們會24小時用各種待售的房產信息轟炸你的郵箱。你也可以去 Zillow.com, Realtor.com, Trulia.com, Foreclosure.com, Apartments.com, FSBO.com, Homes for Heroes, Redfin.com 去淘寶等等。或者直接Google，HOUSE FOR SALE。等您花了幾個月時間看了幾百棟房子的資料，您的感覺就出來了。需要考慮和比較的因素，每人不同，多數會考慮學區，犯罪率，房產的狀況，修理成本，租金。幾年前多數人會考慮1%法則，(租金/房價)。現在市場可能比較難達如此理想。盡量吧。需要提醒的是，出租房的目的是賺租金，您太太喜歡不喜歡不重要。這裡是勞模住的地區，還是天使住的地區都不是考慮的因素。這個房離您家十萬，還是八千里真的不重要。是在加州還是紅州，藍州，綠洲也不重要。如果我們固定自己的思維，只能看您的情敵發財了。

3. 整修房子。如果您心靈手巧，自己動手當然是第一選擇。很多地產成功人士都是從自己刷牆開始的。不是有一句話“一屋不掃，如何治天下？”。“無論是修理工，承包商，還是高級廚

師，都是平常人，只不過他們多看了幾眼YOUTUBE而已”。基本上您疑惑的問題，油管上都是一些吃飽飯無事幹的人一步一步的教您。除非您自視清高，不想學。有多處房產的都有幾個經常用的汗滴人。用久了，人家就愛上你（的錢）了。

4. 找租戶。您可以自己插一個牌子在房子上，或者免費 zillow.com，聯繫經紀人 都可以找到租客。找租客不是找情人。長的干淨好看，皮膚白淨，個子高挑都不是考慮因素。收入高，信用好，前房東的表揚信才重要。

5. 如果您找的房子，沒有正現金流（收入沒有超過費用），您需要再準備增加一些現金補貼。不要把自己搞的山窮水盡。花很多時間在投資房上面，您會減少和隊友吵架的時間，去賭場發財的時間，眼淚汪汪追韓劇的時間。受到我這文章的影響，明天會有一堆新投資人入房地產投資，如果您今天晚上開始，您就是贏家！您一定發財！！





美食篇：願意給你做美食的人

Delicious Food : People who are willing to cook for you

■ 黃向陽 Sara Ho



小時候，很喜歡帶著朋友來家裡做功課，七八十年代江南水鄉，車少人多，物質條件簡陋。童年時都是自己上學放學，無需大人貼身跟著。小伙伴們喜歡來我家一起玩耍，因為乘飯點，父親母親會留客，總會做好吃的，招待我的小客人。小時候就在想，大人的那雙手太神奇了，無論多麼平凡的食材，總像是變戲法一樣，炒米粘、出糰、小動物點心、千層糕等，都出自他們！親戚人多，逢節假日家里常常一聚就好幾十人。最記得老爸做的一道什錦魷魚卷，是用曬乾的魷魚泡發後，花斜刀交叉一划，滾水一燙，就卷成了一個個小卷筒，先撈出，再開大火下油和作料，重又開大火下鍋烘著煸炒出鮮香，再配上適季的五色菜蔬，待到香氣四溢，使用醬汁勾個華光水嫩的芡，令人聞香而駐。盛碟的時候，只見父親慢慢將美味拼配成好看的圖案！一個個卷筒般的魷魚花被五色的花邊配菜圍著，仿佛是藝術品般呈現在大家面前！看著成果被親人朋友享用贊嘆，父親總是笑得合不攏嘴。爽脆香濃的魷魚卷什錦成了當時我家最叫好的待客菜！親情也是這樣在一道道美食和享受中溫暖著歲月的留痕！老爸的生魚卷、鮮香油角，母親做的烏勤藤丸、各色小點…直到後來幾十年，早已移居洛杉



磯，那些曾在一起的小伙伴們依然會提起這些快樂往事，記憶里的這種分享的快樂，源於最單純的家常菜式

我之所以對美食的傾向大概源於基因遺傳吧！這當然不成邏輯！做菜不需要天賦，其實做任何事，天賦不加興趣都不能堅持，忙碌工作，享受弄廚樂！也正是父親母父待人的那份摯誠，那份用心做菜癮勁我倒是學著了！衣食住行，食排第二，食為民天也！衣為體面，食入體，養身、心舒暢！將巧思注入烹飪，以食補身養生，以對方的喜好為主，這樣做出來的味道不僅僅是味道，對於為你而做菜的人，是心意和敬愛！餐廳千篇一律，但料理、品牌是硬功夫，為什麼受人熱愛，一嘗便知！





慶幸是生活在洛杉磯，港口之城，各種食材美味都能嚐鮮，常喜歡找鮮少奇品嚐試新做法，也或四季的菜式做簡單料理，還自己種植蔬菜，一來方便隨時需要配菜香料之類，二來有機蔬菜更吃得放心。家里上菜的小天地也有三四處：客廳，主桌餐廳，太陽紗亭可燭光晚餐，葡萄藤架架起的涼亭子里可以上夏日燒烤，環境配上心情，更舒了挑剔的胃，滿足了嚐鮮的嘴！

或許我和先生愛好旅行，對各方美食得到的啟發，總愛付之於行動學著烹飪，讓孩子們也耳濡目染，他們工作獨立了，聚朋交友的時候，各自在他們的圈子中大顯身手，還融入了年青人出走各國學到的元素！每當回家相聚時，就如同廚師匯聚！厨房里烘著爐台上的溫度、烤箱里滋滋散發的熱度、還有酒光中晃蕩出歡笑和情感的濃度！通過美食切磋拉開話題，將中西式搭配發揮出更具特色的成品，還講著當時遇到美食的地點人文，笑談中，真正覓到其美食的真諦，為你做菜分享的人，才是最關懷和懂得你心意的親！

這兩年疫情，我的大家庭各親人們都比較少聚會，但凡節慶假日，孩子們依然趕回來，戴上口罩手套，共同聯手做好美食，再分派到各家人長輩面前，暖暖的食物是愛，也是溫情的傳遞！小時候那種享受的快樂，和當時父親母親捧上美食的一幕幕，彷彿是一座相連的橋，往昔與如今像是那頭和這端，詮釋著幸福的故事！

這些年愛上旅行和當食客，更喜歡把我看到嚐過的菜式，做出來分享給好朋友和大家庭。柴米油鹽道家常，也能結友同歡遇良朋！每日裊裊炊煙，菜美飯香，做給最在乎的人。所謂人間有味是清歡，四季節慶，各有華宴佳餚，無論別人招待，還是餐廳宴請，或是親手做羹湯，在分享中，彼此互融！



又到了年節時候，親朋戚友，各種相聚的活動，又開始熱鬧起來，遠行的人們趕著回家過年，漂泊在外的孩子們，也都趕著假期與一家團聚！食物成了餐桌上的主角，而在做菜分享中，夾著濃濃的人情味，願意給你做菜的人，是想把這一感恩的心情，用美食的方式，敬你的這份情，表達著這份思念的心！做菜分享與歸來品嘗，都是一種幸福的重溫 and 享受！

下次有機會再聚的時候，你們記得把時間空出來，我再為你們做羹湯喇！

節日來臨之際，誠祝家家戶戶：華燈美食慶年節，生活好滋味，幸福永綿長！





南加州大學亞凱迪亞醫院

Methodist Hospital Joining the Big Family Hospital

■ Brian Greene, Director of Marketing and Business Development at USC Arcadia Hospital

南加州美以美醫院加入南加州大學凱克醫學院更名為“南加州大學亞凱迪亞醫院”

位於亞凱迪亞市的南加州美以美醫院，最近加入到南加州大學凱克醫學院，並更名為“南加州大學亞凱迪亞醫院”。該隸屬關係已於7月1日完成。

“我們很幸運，能在南加州大學亞凱迪亞醫院找到了互補的合作夥伴。”凱克醫學院首席執行官 Rod Hanners 說，“它作為一家歷史悠久的社區醫院所擁有的實力，再結合我們的健康學術研究系統，能確保兩家機構的特色得以傳承，並更好地滿足聖蓋博谷社區的醫療保健需求。”

這次強強聯手，將使凱克醫學院的專業護理、研究和突破性技術能更容易惠及聖蓋博峽谷一帶的居民。凱克醫學院能夠為無論是常規的還是高度複雜的病例，提供世界級一流的護理，並在《美國新聞與世界報導》中的 12 個專業領域都榮獲排名。

凱克醫學院目前在亞凱迪亞市所提供的多項專科門診服務，都由南加州大學亞凱迪亞醫院提供輔助支持。

“作為南加州大學凱克醫學院的一部分，我們的醫院將變得更加強大。”南加州大學亞凱迪亞醫院總裁兼首席執行官 Dan Ausman 說，“此次合作讓我們的社區居民有更多的機會來使用各門類的專科醫師、高新科技和臨床服務，這將使我們的患者、員工和醫生受益。”

未來幾年，凱克醫學院將投資南加州大學亞凱迪亞醫院的設備、基礎設施和服務。重點領域包括拓寬神經科學、心臟護理和腫瘤學科的服務。

此外，本醫療系統的確立，將有助於南加大凱克醫學院的駐院醫師以及研究醫師，加強他們在南加大亞凱迪亞醫院的學術研究和培訓關係。

在與當地醫院和醫療保健企業開展合作關係上，凱克醫學院擁有眾多成功合作的歷史，讓更多醫學上的學術成果得以轉化，惠及社區。

欲知詳情，請訪問網站 uscarcadiahospital.org

Methodist Hospital of Southern California joins Keck Medicine of USC as USC Arcadia Hospital

Methodist Hospital of Southern California in Arcadia recently joined Keck Medicine of USC, and is now known as USC Arcadia Hospital. The affiliation was finalized on July 1.

“We are very fortunate to have found a complementary partner in USC Arcadia Hospital,” said Rod Hanners, CEO of Keck Medicine. “Its strength as a long-standing community hospital coupled with our academic health system will secure the legacy of both organizations and better meet the health care needs of the San Gabriel Valley community.”

The affiliation brings residents of the San Gabriel Valley greater access to Keck Medicine’s specialized care, research and breakthrough technology. Keck Medicine offers world-class care for both routine and highly complex cases, and is nationally ranked in 12 specialties by U.S. News & World Report.

USC Arcadia Hospital also complements existing multispecialty outpatient services Keck Medicine currently offers in Arcadia.

“Our hospital will be stronger as part of Keck Medicine of USC,” said Dan Ausman, president and CEO of USC Arcadia Hospital. “The partnership brings our community expanded access to a full range of physician specialties, technology and clinical services that will benefit our patients, employees and physicians.”

Over the coming years, Keck Medicine will invest in USC Arcadia Hospital’s equipment, infrastructure and services. The areas of focus include expanded neurosciences, cardiac care and oncology services.

Additionally, the health system will develop academic and training relationships for USC residents and fellows at USC Arcadia Hospital.

Keck Medicine has a history of successful collaborations with regional hospitals and health enterprises, improving access to academic medicine in local communities.

To learn more, go to: uscarcadiahospital.org



淺說更年期

About the Menopause

■ 王興嘉 - 中醫師 Karen Wang

有些人以為只有女性才有更年期，更年期是一種人類自然老化的過程，女性在45到55歲，男性在55到65歲之間發生，過渡期平均一到兩年，但也有些人時間更長些。過渡期主要是內分泌系統發生變化，而產生一些因人而異的生理及心理不同的症狀，但不能算是生病無需恐慌，症狀若不嚴重是不需要治療的。女性主要原因是雌激素，男性是睾酮素分泌減少而後誘發內分泌失調及植物神經紊亂的一系列不適。一般來說男性不像女性那麼明顯。

若以中醫的角度解釋，這是因腎經虧虛，天癸衰竭，精血不足，沖任不暢為其根本原因，但以水不涵木，肝鬱木旺最常見的誘因。

西醫以荷爾蒙治療法為主，但對某些人易誘發癌症。中醫根據不同的証型，辨證論治比較能發揮多環節，多層次，多角度，多靶點，而以改善，調理體質緩解更年期的不適，進而讓身體達到一種新的陰平陽秘的動態平衡。

更年期的不適各個人的症狀不同，用藥不同，沒有一定的常規。若需吃藥，只能是和醫生面對面的討論，確証後所下的藥方能事半功倍。症狀不嚴重者，當以家人的呵護，關愛，陪伴，或擴大社交與朋友間的互動，更能減緩身心的不適，進而平穩過渡這擾人清夢的症狀。讓人感到安慰的是，這種症狀會隨著時間而進入緩和期，如果我們知道這是一種自然現象，是生命中的階段，是身體規律中的一種，用平常心來面對，就更容易調適些了，祝福大家！

SANTA ANITA PARK



A PROUD MEMBER OF THE ARCADIA COMMUNITY SINCE 1934
Racing December 26, 2022 through June 18, 2023
and September 29 through November 5, 2023



融合的藝術 - 混合武術

The Art of Fusion - Mixed Martial Arts

■ 簡阿諾 - 活力太極老師 Arnold Chien

融合是一個做人處事重要的原則, 套用在武術上也不例外. 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武術融合的藝術與混合武術的內容, 希望大家能身體力行, 在未來新的一年, 新年新氣象, 活出一個健康快樂的人生!

混合武術是武術融合得最好的例子. 目前公認的混合武術的開山主師是李小龍. 李小龍在未成名之前, 是一位在美國武術界有很崇高地位的實戰武術家, 也是第一位敢公開批評傳統武術的人, 諸如他說空手道是陸地上的游泳, 此批評不但被美國的空手道界虛心接受, 後來還促成了日本極真空手道 (Kyokushin) 與美式空手道 (American Kenpo) 的普及. 極真空手道講究全身接觸的實戰訓練, 美式空手道則是把美式摔跤融入傳統的日式空手道.

跳到90年代, 當第一屆的終極格鬥冠軍賽 (Ultimate Fighting Champion) 在 Denver, Colorado 舉辦時, 由於規則允許拳擊, 腳踢, 摔跤, 地面壓制與擒拿關節, 吸引了各種不同門派的高手參加. 開始了混合武術的年代. 時至今日, 混合武術已領先拳擊, 成為收視率最高的武術節目.

混合武術之所以會普及, 是因為融合了所有武術的強項, 是融合的最佳典範. 筆者根據這個理念, 融合東西文化之精粹, 創立的活力太極拳, 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, 即加入大量的對打訓練, 先從地板運動開始, 鍛鍊好基礎後, 然後再練習摔法, 打法, 然後再練習壓制與擒拿, 務必確認學生所學的理論是根據實戰的基礎. 如此學生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, 融合為一, 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! 實踐證明學生在阿諾老師的教導之下, 多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). 並在 KTLA Channel 記者 Christina Pascucci 的採訪之中被喻為亞凱迪亞之光. 也是主流社會的一種肯定. 最後筆者提供自己多年的研究, 融合各門各派的優點, 歸納如下: 希望讀者身體力行, 從而享受健康的人生.

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, 也必須要由呼吸練起, 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, 不但幫助了很多普羅大眾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: 希望讀者身體力行. 活出健康的人生:

顧心臟: FLYING POSTURE

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





顧腎臟：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 starting by bending the neck backward, then the trunk. Maintain the balance by sense the center of weight and do not bend the legs.
3. Relax and go back to natural stance, continuing brush both palms through the back side of the legs until both palms reach the front of feet, continue brush all the way up through the shin bone, and park both palms on top of knees, then bend the knee joint and form the horse stance, and slowly rise.

1.



2.



3.



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. 而且非常重要重要的是程序原則: 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), 進而得到鍛鍊血液循環, 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, 若能進一步到鍛鍊皮膚的階段, 則身體會更健康. 但是要享受職業運動選手鍛鍊身體所用的液態氮(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鍛鍊, 就可以達到不錯的功效. 另外記得在溫差鍛鍊完之後, 要記得塗擦保養乳液以防止皮膚鍛鍊後的可能乾裂情況.

結論

融合的藝術發生在生活的每一個地方, 筆者以自身所長的混合武術為例與大家分享, 希望讀者會喜歡, 也希望所提供的運動方法, 能帶給讀者一個健康的人生.



父母 兒女

Parents and Children

■ Judy Lin, AHS 華裔家長會2022 會長

Judy Lin, AHS CPBC 2022 President

那天坐在客廳沙發上漫無目的地刷著手機，電視螢幕上連著電腦設置的屏幕保護隨機的跑著照片，無意識的瞄了幾眼，越看越莫名其妙的不耐煩，然後不開心的要老公關了。多麼難以形容的感受啊！是不懂怎麼去相信時間能過得這麼快，是不能理解自己怎麼能忘記了這麼多曾經的一起，是不想面對成功失敗都永遠不可能重來過。

媽媽這個角色是多麼與生俱來又手足無措的。小時候天天希望他們快樂成長又怕他們沒有學這學那，長大了夜夜想砸掉他們的手機電腦又怕他們沒有社交沒有朋友，感覺做媽這一路上有多少的成就就有多少的錯，常在不斷地自我肯定和自我懊悔中矛盾度過。二十一年過去了，感覺不只是他們懵懵懂懂的長大了，更是我跌跌撞撞的成長了。

疫情期間的一年母親節，我們三位有著不同年齡層孩子的媽媽，被邀請去參加一個線上訪談節目，特別喜歡當時的問題與份圍，主持人問我們還記得小時候的願望是什麼或最大的愛好是什麼嗎？有沒有因為成為母親而放棄或有所調整？在跟孩子相處當中，有沒有哪些時候會忽然覺得做母親好麻煩想放棄？又或是有沒有哪些時候覺得能成為一個母親真是太棒了！面對孩子的教育是虎媽嗎？如果是，為什麼做這樣的選擇？如果能回到過去的某一個時間點想對那時的自己說什麼？有什麼話可以對即將成為母親，或是正在經歷類似情況的母親，或是未來的自己，說些什麼？當時要是沒有時間限制，我們應該可以說好幾集，每位媽媽心裡，誰沒有三天三夜的感觸呢！參加這個節目最大的收穫就是被迫回頭審視一下自己，多久沒有被問到自己了！小時候，我是那種很快樂很被愛很自信的人，記憶裡好像沒有什麼願望，特別能自得其樂，特別喜歡到各種現場看表演，喜歡跟一大家的親戚一起。我所有的愛

好中斷的原因並不是因為有了小孩，而是因為自己十六歲來了美國，離鄉背井努力學習後努力工作，愛好、親情都只能放在很遠的念想裡。而在別人眼裡最大的放棄，可能是當初為了沒有信得過的人幫忙帶剛出生的兒子，決定辭掉六大會計事務所稅務經理的職位吧！但我從來沒覺得那是犧牲或放棄，對我來說就是一個階段的自然結束跟另一個階段的應該開始。做了全職媽媽反而有時間拾回自己以前的愛好，只是多帶兩個小人而已。也一路自己各種創業、在學校做義工做家長會，把自己的能力，繼續用在所有能用的地方。是無奈的被迫調整，還是開心的轉移能力，一念之差而已。

有曾經覺得做媽媽好麻煩想放棄嗎？想放棄是沒有畢竟也不是個可能的選擇，想發瘋倒是每天有！我常開玩笑說，我的兒子是來報恩，女兒是來報仇的；一個從來不用抱著睡，一個抱著晃到膝蓋需要去做復健。一個天天開心幾乎從來不哭，一個天天傷心幾乎沒有一天不哭。一個學什麼都眼睛發亮，一個上什麼課都災難收場。一個說他最喜歡的地方是學校，一個每天早上問我她有沒有發燒可以不用上學。但媽媽這個物種就是神奇的存在，同一個肚子能生得出完全不同的兩個人，就能把他們都教成一樣成功的人。這最抓狂的過程卻成就了做媽最棒的感覺。

但其實所有情緒裡，最多的應該是後悔吧！後悔自己當初對孩子說了什麼或做了什麼，傷了他的心或造成了他未來什麼人格陰影。後悔自己當初太執著，浪費時間又搞的家裡天天氣氛緊張。比如兒子小時候好瘦好小，瘦到連他的同學都在畢業紀念冊上寫，他是他們見過最瘦的人。然後就像很多父母一樣老要他多吃，造成他吃東西的壓力，害他出去吃飯時不敢點不一樣的東西，怕不好吃吃不下被逼著吃。比如覺得音樂的熏陶是重



要，非要沒興趣沒天份的女兒學鋼琴，把應該快樂歡笑的陪伴換成她哭我罵的夢魘。一路從大班學到八年級最後也是只能算了，就希望是真的有給她留下一點氣質吧。

虎媽嗎？我想我應該是名副其實的紙老虎媽。看似很多要求，但最後不了了之讓步的總是我。我覺得就是，其實你要做虎媽，先決條件是你要有個能成龍的孩子，不然就是自找沒趣兩敗俱傷。但我在一些事情上，的確是有我誰也說不動的堅持。比如我女兒高中前，是內向緊張到幾乎完全不跟家人以外的人說話。一年級開始參加女童軍，整個小學時期一盒餅乾也賣不出去，為了訓練她能克服自己的心理障礙，年年哭年年我帶著她站在超級市場門口賣餅乾，二月天颳風下雨堅持了十年，從開不了口到一年靠自己能賣給陌生人三百盒。最後更從籌劃、約談專家，出版了一本書完成女童軍最高榮譽的金獎項目。我再不捨也不讓她放棄的原因只有一個，就是不希望她個性上這個超過正常範圍內的問題，影響她永遠的人生，成為一切困難與痛苦的根源。

剛過的八月，我把女兒送到遙遠的紐約大學去讀書了，好多朋友問我還好吗？怕我捨不得怕我難過，問我女兒還好吗？怕她這麼內向的小孩會適應不良會想家，結果事實是我們都如自己預期的一樣好。兒子九月底也回學校了，去他從小最愛的大海邊學他最愛的海洋生物學。而我，忙著幫我的學生申請大學，忙著健身房上課，忙著十月底歐洲的旅行，忙著照顧我的三隻狗。我們緊緊相連十八年後，各自獨立，各自努力，各自享受。

走在紐約曼哈各種精彩的街道上，我慢慢的跟在他們後面看著他們往前走，原來真的會沒有了左右風景，眼裡剩下兩個用了我所知道的一切養大的人，其實真的是驕傲的，覺得有對得起自己，也對得起他們。更是放心的，知道他們有獨立面對生活的能力，有自信有夢想有正確的價值觀。期望他們有智慧能好好享受未來的成長，學到他們想學的，做到他們想做的，不要因為任何原因消磨掉他們對人生的熱情與盼望。

I was sitting on my sofa the other day, aimlessly browsing through my cell phone. From the corner of my eyes, I can see our family pictures on the TV screen since our TV was connected to our computer screen saver. The more I see those pictures flash in front of me, the more uncomfortable I became, I had to ask my husband to shut it off. It was such an indescribable feeling of unease I couldn't quite grasp it. Was it because I can't believe time went by so fast or was it that I can't understand why I have forgotten all the things that had happened in the pictures. Perhaps I subconsciously didn't want to face the fact that no matter if it was success or failure, there is no way to turn back time.

Becoming a mother is a natural part of life, yet it came with huge responsibilities like no other. When my children were young, all I wish is that they grow up happy and healthy. I used to worry about whether they have learned this and that. After they grew up, I want to detach them from their computer, tablets, and phones because I worry they don't have friends and won't know how to socialize in person. It felt like all the accomplishments of being the best mother also came with similar counts of disappointment. All these years, through many trials and tribulations, I have evolved in my role as a mother. 21 years have passed, my children grew up in a blink, and I grew up too as a parent.

One Mother's Day during Covid, I was invited to an online show with a couple other Moms. I really enjoy these kinds of shows, the questions, and the environment. The host interviewed us and asked if we remember what our wish was as a child and what were our favorite things to do when we were little. Did those childhood wishes vanish or change because we became parents? While raising our own children, was there a time when we suddenly regret being a mother and wanted to give up? Or was there a time when we felt that being a mother was the best thing in the world? Were we Tiger Moms when it comes to our children's education? If so, why did we



make that choice? If we can go back in time, what would we tell ourselves of that time? What would we want to tell ourselves as we are becoming a mother, or when we experience similar situations as a mother, or to our future self, what would we tell us? If there wasn't a limit on the show time, we could have shared even more of our thoughts. In every mother's mind, who doesn't have a wide range of emotions about motherhood?

The biggest reward about participating in the online show was that it forced me to reexamine my old self. It has been a long time since I question myself. When I was little, I used to be a joyful, confident, and well-loved person. I don't remember having any special wishes or goals as a child. I was a self-indulged and happy person. I enjoy going to different places to watch shows and I also enjoy gatherings with family and friends. The things I used to enjoy doing came to a halt not because of having children. It was because I came to the U.S. by myself at the age of 16. I left my home country to study and work. Hobbies and spending time with family can only be far-reach thoughts. In other people's eyes, the biggest tradeoff was the fact that I gave up my career as a tax manager in a Big-6 Accounting firm, to be a mother. But I never thought of it as a tradeoff, and I never regret this decision. To me, it was just an end to one stage of my life, and on to the next stage. When I became a full-time Mom, I was able to pick up my old hobbies. The only difference was that I had two little people on my side as I embark on new business ventures or volunteer at school. I continue to spread my knowledge and abilities to different places. Was all these forced upon me or was it a freedom of transition? It is all a matter of perspective.

Have you thought of giving up being a mother because of all the stress and troubles? Giving up was not an option but going crazy was a daily phenomenon. I always joke that my son was in my life as a reward and my daughter was my

punishment. My son never had to be held to sleep, but I almost broke my knees rocking my daughter to sleep. One is always happy and hardly cries, the other is moody and cries every day. My son's eyes would light up when he learns something new, my daughter dreads everything she learns. One says his favorite place is school, and the other asks if she can have a fever so she doesn't have to go to school. But after all, being a mother is just this remarkable feat, you can give birth to two children with totally different personalities. To raise both to be successful and responsible people and the journey along the way is the best accomplishment a mother can have.

Among all the mixed emotions, the most common is the feeling of regret. I regret certain things I did or said to my children that may have hurt their feelings. I regret I used to be so stubborn at times that I caused stress in the family. My son used to be so skinny, his friends would write on his yearbook, you are the skinniest person I know. As a result, like many parents would do, I ask him to eat more, which caused him to have anxiety about eating. When we dine out, he would be afraid to order anything, because he feared that if he doesn't like that dish, I would force him to finish it anyway. I regret that I thought every child should learn a musical instrument; therefore, I made my daughter learn piano. Even though she had no interest in playing the piano. I turned some potential happy moments into tortuous ones for my children and myself.

Me, a Tiger Mom? No, I think I was just a paper Tiger Mom. It seems that I had a lot of expectations, but at the end, I was the one that gave in. To be a true Tiger Mom, you must have children that can match up to the same interest or expectations. If the interests don't match up, it would only cause pain for both parent and child. There are certain things that I do insist. Before high school, my daughter used to be very shy and hardly speak to others outside of our family. When she joined



Girl Scouts in the first grade, she couldn't even sell one box of cookies. Every year for ten years, I would bring her to various locations to sell cookies during cookie season. As I persisted and as time passed, she was able to sell 300 boxes of cookies on her own to strangers. Then she was able to plan, interview, and publish a book on her own to earn her Girl Scouts' Gold Award, the highest honor. The reason I insist on certain things is for her to reach at least a normal level in communication skills. Something that may affect her for life if it was not nipped from the beginning.

In August, I sent my daughter off to college at New York University. Many friends ask if I am okay. They worry that it would be hard for me to part with my daughter. They also ask if my daughter is okay. She used to be such a shy child. Will she be okay on her own? It turns out that both of us exceeded our own expectations. We are both fine being apart. My son also went back to college at the end of September, back to a place where he can study his favorite

subject of marine biology. For me, I was busy with advising my students on college applications, going to the gym, planning a trip to Europe, and taking care of my three dogs. My children and I were so tightly connected for 18 years, but now, we are all independent, doing things we love, and enjoying things we do.

As I walk along the vibrant streets of Manhattan, I follow them and walk behind them. They are no longer tag-alongs. What I see in front of me are two young adults who I have used my lifetime of knowledge, energy, and heart to raise. I am actually very proud. I felt that I have given them my all. I felt secured that they now possess the ability to live on their own, to face challenges, and to have confidence, dreams, goals, positive and ethical values. I wish that they have the knowledge to enjoy their growth and their future. I hope that they go learn what they want to learn, do what they aspire to do, and not have any reason to dim their own goals and desires.

>>>

地产投资高 回报无管理

小红书 扫微信




项目案例

售价一百万

年租金15万

回报率10%



美洲投资RAY

美陆军退伍 伯克利毕业

RAY CHEN BRE 01267170

PACIFIC STERLING REALTY



亞凱迪亞教育基金會 Arcadia Educational Foundation

AEF 的宗旨

Arcadia Educational Foundation (AEF) 是一個非營利組織，成立於1981年，以應對加州公立學校的聯邦和州資金大幅減少。AEF的目的是籌集資金並開展專案，以進一步實現阿卡迪亞聯合學區 (AUSD) 的教育目標。該基金會由家長和社區成員受託人管理，他們代表阿卡迪亞11所公立學校的利益。

對AUSD學校的貢獻

自AEF於1981年成立以來，它一直積極參與社區活動，同時支援AUSD。這些年來，它一直支持教師，學生，音樂俱樂部，運動隊和學術團隊，從小學一直到高中。

1. 年度暑期課程 (1至12年級) - AEF為小學, 初中, 和高中提供受歡迎的年度暑期學校計劃，每年招收超過1400名學生。
2. SCRIP Program - AEF 管理腳本計劃，該計劃為各種學校提供超過170,000美元，並且是可用於解決學校內重要專案的最大資金來源之一。
3. Mini-Grants - AEF 運行教師小額贈款計劃，該計劃允許具有新想法的教師獲得他們可能無法在學校預算中找到的資金。去年，由於慷慨的捐贈，AEF開始了“ You and Me” 計劃，該計劃允許學生獲得社區服務專案的小額贈款。去年，AEF 資助了16筆教師小額贈款，總額為9,569美元。在大流行的高峰期 (2020-2021)，當學校都是虛擬的時 - AEF 向每位教師發送了一張價值50美元的 Amazon 禮品卡，以保持士氣。
4. 全區電話和簡訊通信系統：AEF為此提供資金，以便學校官員能夠及時方便地與家長溝通。

您的慷慨捐贈和AEF的參與使AUSD成為全國最好的公立學區之一。

1. AEF 網站 (Donate - Arcadia Educational Foundation (arcadiaedfoundation.org))
2. smile.amazon.com 選擇 “Arcadia Educational Foundation” 作為您選擇的慈善機構。

AEF Purpose

The Arcadia Educational Foundation (AEF) is a non-profit organization that was founded in 1981 in response to substantially reduced federal and state funding for California public schools. AEF's purpose is to raise funds and run programs that further the educational goals of the Arcadia Unified School District (AUSD). The Foundation is administered by parent and community member Trustees who represent the interests of each of Arcadia's 11 public schools.

Contributions to AUSD schools

Since AEF's inception in 1981, it has been actively involved in the community while supporting AUSD. Over these years, it has supported teachers, students, music clubs, athletic teams and academic teams starting from elementary all the way to High School.

1. Annual Summer Program (1st to 12th Grade) - AEF runs the popular, annual summer school program for elementary, middle, and high school with an annual enrollment of over 1400 students.
2. Script Program - AEF administers the script program that provides over \$170,000 to various schools and is one of the largest sources of funding available to address important projects within the schools.
3. Mini-Grant - AEF runs the teacher mini-grants program which allows teachers with new, great ideas to get funding they might not otherwise find in the school budget. Last year, thanks to a generous donor, AEF began the “You and Me” program, which allows students to get mini grants for community service projects. Last year - AEF funded 16 teacher mini-grants, totalling \$9,569. In the peak of the pandemic (2020-2021), when the schools were all virtual - AEF sent every teacher a \$50 Amazon gift card to keep morale up.
4. District-wide phone and text communication system: AEF helps fund this so that school officials can communicate with parents in a timely and convenient manner.

Your generous donations and involvement with AEF make AUSD one of the best public-school districts in the nation.

1. AEF website (Donate - Arcadia Educational Foundation (arcadiaedfoundation.org))
2. Gotosmile.amazon.com, select Arcadia Educational Foundation as your charity of choice.



富昇保險

三十餘年經驗 · 安全可靠



Shelley Liu

Lic. #0676060



Elite
Commercial Agent



榮獲：

MDRT百萬圓桌終身會員獎
13次全美經紀最高榮譽總裁獎
20次全美保險領袖成就獎
28次加州最佳保險經紀獎

汽車



- 優良駕駛、多車輛、好學生、專業人士享有特別優惠
- 新駕照、外國駕照、吊銷駕照 (SR22)
- Ridesharing (Uber, Lyft)

房屋



- 自住、出租、活動屋、空屋
- 火險、地震、水災
- 房屋+汽車+地震+傘險=折扣高達37%
- 多棟出租屋可降保費高達25%

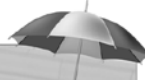
好消息

商業



- 餐館、零售商、倉庫、汽車修理廠
- 商業大樓、辦公大樓、零售購物中心、旅館
- 公寓 (五至五十出租單位)
- 貨車、卡車、工程車

傘險



- 保額一百萬至一千萬

勞工



- 餐館、工廠、零售店
- 各行各業

人壽



- 10, 20, 30 年定期壽險
- 終生壽險及優利儲蓄壽險
- Simple Whole Life (\$25萬以下免體檢)
- 退休年金

健康



- 個人、家庭、團體
- 旅遊平安險

FARMERS 房屋+汽車+地震+傘險=40%折扣



現已是 21 世紀汽車險客戶，如再購買 Farmers 房屋險即可享有特別折扣 25%



活動屋、空屋、休閒車、游艇、摩托車、airbnb

Hⁿ Health Net

aetna®



Anthem BlueCross



Blue Shield of California



COVERED CALIFORNIA

免費申請加州健保
Certified Insurance Agent

626-289-7988

精通國、粵、英、潮、泰語

301 W. VALLEY BLVD., STE. 215-216, SAN GABRIEL, CA 91776 (PROSPECT PLAZA 聖蓋博市富昇廣場二樓)

www.farmersagent.com/sliu · E-mail: sliu@farmersagent.com

© CCYP 2023

亞凱迪亞

John T. Tsai, M.B.A., M.S. Certified Public Accountant



蔡宗勳 會計師



服務項目

- 申報個人、合夥、公司稅務
- 公司成立、解散、會計制度建立
- 處理會計、簿記、財務報表
- 稅局查帳、交涉、稅務規劃
- 房地產、生意、投資財務分析

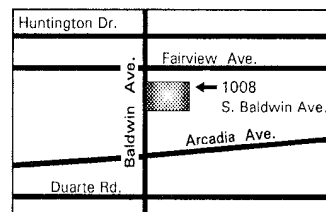
- 加州及紐約州註冊會計師
- 美國會計師協會會員
- 加州及紐約州會計師協會會員
- 企業管理學士、會計碩士、電腦碩士
- 前政府稅局特別查稅專員
- 十餘年美國會計稅務實務經驗

服務熱誠 · 快捷準確
經驗豐富 · 電腦作業
收費合理 · 保密負責

會計師親自為您報稅
並提供專業省稅建議

TEL: (626) 821-6575

FAX: (626) 821-0970 1008 S. Baldwin Ave. Arcadia, CA 91007



讓您有更多可能

EVERTRUST® Bank A Subsidiary of O-Bank 華信商業銀行

EverTrust Bank is a subsidiary of O-Bank and was established in 1995. With 8 locations in California, we are pleased to serve the banking needs of businesses and consumers by providing C&I lending, trade finance, small business loans, commercial real estate, construction, and residential mortgage loans as well as deposit services.

We pride ourselves in helping our customers grow financially and achieve their dreams.

O-BANK 王道銀行集團
O-BANK GROUP

Always Sincere, Always Here

Member FDIC
EQUAL HOUSING LENDER

Industry 18645 E. Gale Ave #110 City of Industry, CA 91748 626.854.9700	Alhambra 333 E. Main St., #D Alhambra, CA 91801 626.979.4100
Cupertino 20568 Stevens Creek Blvd Cupertino, CA 95014 408.207.0010	Arcadia 1228 S. Baldwin Ave. Arcadia, CA 91007 626.566.2888

真誠以待
情義相隨

Irvine 14250 Culver Dr., #C Irvine, CA 92604 949.552.9800	Cerritos 11458 South Street Cerritos, CA 90703 562.677.8800
Industry 13191 Crossroads Pky N. #505 City of Industry, CA 91746 626.993.3800	Milpitas 390 Barber Lane Milpitas, CA 95035 408.652.8098

www.evertrustbank.com

感謝贊助

Special Thanks

Diamond

Grand Capital Funding, Lily Liu

Platinum

T.J. Financial, Inc., Christine Lee
Ann Karen Day Spa
The Shops at Santa Anita

Gold

Forest Lawn
Waste Management
First General Bank

Advertisement Sponsors 廣告贊助商

Abacus Accountancy Corporation	89	Law Offices of Paul Cheng	
American Plus Bank	2	鄭博仁律師事務所	87
Ann Karen Day Spa 安凱倫會坊	封底內頁	Lee & Mickey Segal	35
Arcadia Education Foundation	23	Million Decor Design	84
Arcadia Rotary Club 亞凱迪亞扶輪社	82	New Fusion Restaurant 新煮意海鮮酒家	81
Christie Lee, T.J. Financial 金融貸款公司	67	Pearl Chen, Compass 陳珍珠地產經紀	81
City of Hope 希望之城綜合癌症中心	封面內頁	Ray Chen, Arra Realty 陳政龍地產	57
Dr. Hanfu Lee	85	Rusnak Arcadia 豪客汽車	5
Dr. Michael Cao, MD 高卿心臟科醫師	88	Santa Anita Race Track 聖塔安妮塔跑馬場	51
Dr. Sheng Chang	7	Shelley Wu, Farmer's Insurance 富昇保險	59
Ever Trust Bank	60	Star Seven Financial Services 星七財務聯盟	85
First General Bank 大通銀行	8	Sullivan Workman & Dee LLP, Gary Kovacic	
Forest Lawn 福樂紀念公園	90	柯維世律師	42
Gary Zuo, RE/MAX 左光榮地產經紀	86	The Arboretum	82
Grand Capital Funding 地產貸款公司	封底	The Shop at Santa Anita	4
Jason Lee, Attorney at Law 李軍律師行	6	USC Arcadia Hospital	
Jason Wei, RE/MAX 韋小寶地產經紀	3	南加州大學亞凱迪亞醫院	83
John T. Tsai, M.B.A., M.S. Certified Public Account 蔡宗勳 會計師	60	Waste Management 資源垃圾回收公司	80

Other Sponsors 贊助

Costume Contest Prizes ADS Alarm
Gala Program Angie Gren
Bob Harbicht



2021-2022 華協年度捐款

ACA Donations to Community

Arcadia Historical Society	\$1000	Arcadia Rotary Club for Boy Scout Camp	\$35,000**
Arcadia Library	\$1500	AHS Chinese Parents Booster Club	\$1500
Friends of The Arcadia Museum	\$1000	AHS Music Club	\$340
Woman's club of Arcadia	\$1000	Arcadia Chamber of Commerce	\$1000
Foothill Unity Center	\$2500	Tzu Chi foundation	\$500
Arcadia High School for installing a refillable water station	\$4500	Arcadia Performing Arts Foundation	\$5000
Assistance League of Arcadia	\$1000	Arcadia Police Foundatio	\$1000
AHS Festival of Band	\$750	Kids Fit Family Fun Run 5K event	\$1000
Franklin Foundation	\$500	AHS Scholarships	\$3500
Arcadia Fire Departments	\$600		
Arcadia Police Departments	\$600		

** ACA 2021 annual donation is including \$35,000 reserved
by January 18, 2020 for Boy Scout Camp Trask Rehabilitation



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



2021-2022 活動摘要

Annual Activities

Date 日期	Activities	活動內容
07/20/21	Participated Arcadia Historical Society oral history project	參與亞市歷史博物館口述歷史專項活動
07/24/21	Hosted a virtual seminar	舉辦雲端市政講座
08/28/21	Hosted a virtual medical seminar	舉辦雲端醫學專題講座
09/18/21	Hosted Moon Festival Event	舉辦中秋節聯歡活動
09/23/21	Participated Installation Ceremony of Foothill Unity Center	參加山麓團結中心就職典禮
10/29/21	Participated Downtown Arcadia Halloween	參加亞凱迪亞萬聖節活動
11/14/21	Hosted a virtual Thanksgiving Gala	主辦雲端感恩節晚會
11/16/21	Fire Dept Appreciation Luncheon	舉辦亞市消防局感恩午餐會
12/04/21	Arcadia Downtown Holiday Fair	Arcadia Downtown 假日集市表演合唱
12/06/21	Police Dept. Appreciation Luncheon	舉辦亞市警察局感恩午餐會
12/07/21	Paid Respect to Ex-Mayor Roger Chandler	向前市長 Roger Chandler 致敬告別
12/19/21	Served to a Senior Center in Choir	老年中心演唱聖誕歌
03/27/22	ACA One Day Trip	舉辦華協一日遊
03/29/22	Received ACA 2022 Award of Arcadia Strong	獲亞市商會頒發2022 Arcadia Strong 獎項
04/16/22	Participated "Compassion in Action"	參加慈濟基金會“愛心在行動”健行
04/30/22	Introducing History of ACA at Arcadia Education Center	在亞市教育中心介紹華協歷史
05/14/22	Outgoing presidents farewell party	華協送別 2021-2022 聯歡會
05/20/22	Participated Arcadia Police Foundation Fundraising	參加亞市警察基金會募款活動
05/21/22	Participated Kids Fit Family Fun Run 5K event	參加 Kids Fit Family Fun Run 5K 活動
05/22/22	Participated national flag raising by Arcadia Rotary Club	參加亞市扶輪社主辦的升旗儀式
05/28/22	Awarded Scholarships to AHS Graduates	向亞市高中優秀畢業生頒發獎學金



華協公益精神代代相傳

Pass on the Spirit of Volunteerism and Collaboration

■ 廖群 & 張丹 Connie Liao & Diana Chang

2020到2022是人類歷史上難忘的兩年，全球經歷了Covid 19 病毒大流行。Connie Liao 廖群和 Daina Chang 張丹是在全美shutdown，全國人民居家隔离與工作的情况下，受Arcadia華人協會眾理事們的信任和委託，承擔起Arcadia華人協會會長的重任，開起了與以往ACA活動炯然不同的社區服務篇章。

據初步統計，在2020到2021我們第一屆任期期間，華協以關懷、同理、團結為主旨，為社區主辦及參與了約20項次的活動，包括在疫情最嚴重的時刻，為醫院，警察局，消防局等募捐購買PPE，為奮戰在撲滅野火第一線的消防官兵送餐，舉辦線上總統大選講座，線上法律知識講座，線上中國新年聯歡晚會，等等。向社區各類組織捐款共計約\$65230。

在2021到2022我們第二屆任期期間，華協以多元、合作、感恩為主題，主舉並參與了約23項次活動，包括邀請市長 Sho Tay 介紹市議會及市政府的預算及運作，連續4次為疫苗醫護人員送去愛心午餐，舉辦心繫健康保護及緊急救護的講座，協辦反對仇恨亞裔的主題研討會，邀請Arcadia市各個組織一同參與表演的感恩節網上聯歡晚會，參與慈善組織慈濟為烏克蘭難民的募捐活動，等等。向社區各類組織捐款共計約 \$63700。

為此，我們要感謝國會議員，州參議員，縣政府，市政府對華協工作地肯定與鼓勵。我們代表華協特別感謝多年來一直大力支持華協的 Lily Liu 和 Christine Lee，她們是華協公益事業的堅強後盾，感謝所有的公益贊助商，因著你們的愛心，讓華協有機會更好的為社區服務。感謝阿卡迪亞高中和社區活動中心為我們的義工活動提供場地方便。我們也特別感謝羅博士，Marie Li，和梁娟，她們是義工精神的典範。這兩年來，她們無私為華協的各種線上活動提供節目編輯，藝術指導，及技術支持。感謝ACA執委會成員、理事和顧問，在疫情期間，大家依然堅守崗位，堅持公益，團結一心，做義工，做橋梁，讓我們圓滿的完成了這兩年的任務，並且順利地交接給華協的新會長 David Lee and Sara Ho，讓我們一起努力播種愛心，傳遞希望，將華協追求融合、堅持公益的精神代代相傳，相信華協的未來會更加光明燦爛！

2020 to 2022 has been an unforgettable two years in human history as the world experienced the Covid 19 pandemic. Connie Liao and Diana Chang took on the responsibility as President and co-president of the ACA under the circumstances of the entire nation being shut down and everyone quarantining at home.

In our 2nd term of 2021 to 2022, the ACA hosted and participated in 23 events with themes of diversity, cooperation, and gratitude, we invited ex-Mayor Sho Tay to explain the budget and operation of the city government, organized medical lectures, delivered the grateful luncheon in for 4 consecutive times to medical staffs serving the vaccines to Arcadians, and hosted a virtual Thanksgiving Gala where multiple organizations in Arcadia presented their greetings, performances, and missions to Arcadians, and much more. A total of \$56,500 was donated to various organizations, including Arcadia Rotary club, Arcadia High School, Arcadia Performing Arts Foundation, the police department, the fire department, the library, the museum, foothill Unity Center, and many others.

On behalf of the ACA, we would like to thank Congresswoman, state senator, county supervisor, and the city council for your recognition and encouragement of the ACA's work. we would like to express our special thanks to Lily Liu and Christine Lee who have been supporting the ACA for many years. They are the strong backbone of the ACA. Thanks to all sponsors of the ACA, because of your generosity, the ACA can better serve the community. Thanks to Arcadia high school and community center offering convenience to access the facilities for our volunteering works. We would like to give strong applause to Dr. Ming Luo, Maire Li and Juan Liang, they are the excellent examples of volunteerism. In the past two years, they helped ACA in most virtual events, editing performance programs, instructing choir practices, and providing technical support on zoom meeting and events. Thanks to the officers, directors, and advisors of the ACA. During the pandemic, ACA members remained loyal to their posts, volunteered their time, united as one and continued to serve the community. Therefore, Diana and I were able to complete our duties successfully, and now we hand the duty over to the new co-presidents. Let us work together to spread love, bring hope, and pass on the spirit of volunteerism and collaboration from generation to generation. We believe that the future of the ACA will be even brighter!



提升亞裔社會形象，消除偏見與歧視的反思

Reflections on Improving Asian Social Image and Eliminating Prejudice and Discrimination

■ 廖群 Connie Liao

5-02-2021

作為移民，我們非常感恩美國為各個族裔提供了自由平等發展的平台與空間，自從2020年COVID 19 病毒大流行以來，針對亞裔美國人的偏見歧視甚至仇恨犯罪時有發生，為此，Arcadia 華人協會聯合聖蓋博谷地區的一些公益組織，與East meet West Parents Education Club，在2021年5月共同舉辦了一場如何應對偏見和仇恨犯罪的網絡研討會。聖馬力諾警察局長 John Incontro，洛縣人際關係委員會執行總監 Robin Toma，EMWPEC 會長 Sophia Chan，以及Arcadia 華人協會會長 Connie Liao等社會各界代表出席並發言。每位代表分別從社區安全、教育、人際關係、心理健康、以及亞裔的社會形像等各個方面與角度對如何認識及應對種族偏見、歧視及仇恨犯罪發表了看法。

Arcadia 華人協會會長 Connie Liao 認為，努力提升亞裔的社會形像有助於減少偏見歧視和仇恨犯罪的。Arcadia 華人協會成立40 年來，一直致力於服務社區，宣揚多元文化，搭建溝通橋樑，投身公益，為族裔融合默默耕耘。在2020年三月病毒大流行防護用品短缺的時候，華協帶頭向社區的醫院、警察局、消防局、老人中心捐贈了價值\$42,000 的防護物資。當山貓野火吞噬國家森林公園並向亞市社區逼進的時候，華協多次向前線滅火的消防人員送去感謝午餐，並向消防協會捐贈\$10,000用於購買消防裝備。當65位疫苗工作人員四次到Arcadia 來為亞市及週邊的居民接種疫苗的時候，華協連續四次為醫護人員送去感恩午餐。Arcadia 華協僅在2021-2022 年度向社區的學校、警察局、消防局、圖書館、以及其他公益組織捐贈約\$63,700。其他還有許多亞裔的公益組織和個人都在為社區的安全、健康和發展默默地奉獻。Kaiser Permanente at Baldwin Park 醫院表示，Kaiser 收到 PPE 的捐贈其中95%來自亞裔

公益組織。亞市商會也組織向900個小商家免費分發150 萬件防護物資的活動，這150 萬件PPE是由華裔企業家Jay Tsao 捐贈的，他本人當天也來到現場一起分發防護用品給小商家。這些都是華人在這段社區困難時期所做的努力和奉獻。

另外亞裔美國人在科學，技術，工程和數學（STEM）等等領域做出了許多傑出的貢獻。例如獲得諾貝爾獎的李政道，楊振寧，丁肇中，朱棣文等。建築師貝聿銘。不少亞裔美國人也塑造了美國，並對美國日常生活產生深遠影響，例如Google首席執行官 Sundar Pichai，Zoom 的創始人兼CEO袁征 Eric Yuan，YouTube 聯合創始人兼前首席執行官 Steve Chen，英偉達（Nvidia）聯合創始人兼首席執行官黃仁勳（Jensen Huang），雅虎聯合創始人兼前首席執行官Jerry Yang等等。亞裔美國人在藝術方面也取得了輝煌的成就。像電影導演李安（Ang Lee）和趙婷（Chloe Zhao）。趙婷不久前在金球獎和奧斯卡金像獎上因《無依之地》獲得了最佳導演獎。這些優秀的亞裔幾乎每個人都是背井離鄉追求美國夢的移民，他們成功的背後都是充滿艱辛曲折，希望與堅持。是非常有趣的電影電視報刊雜誌的素材。將來若有新聞媒體電影電視，能多對這些努力奮鬥取得成就作正面報導，會非常有助於提升亞裔的社會形象。當然我們也會用努力熱心公益來回饋社會。





義工合唱隊活躍在社區

Volunteer Chorus in the Community

■ 羅明昭 Ming Luo

我們的歌隊在亞市社區已經小有名氣了！這個小小的女聲合唱隊成立於八年多前，因為有了曾任高中華裔家長會長，同時又是專業女高音歌唱家的Marie老師和熱心的前會長梁娟隊長的促成組織，我們一群義工媽媽們開始了學歌練聲之旅。我們在家長會的春節籌款晚會上表演合唱、參加華協敬老午餐的表演、受邀參與市裡的各種表演活動，一年一年過去了，我們學會的歌曲越來越多，隊友間的友情越來越深。即使在新冠疫情期間，我們的合唱隊還是那麼活躍！除了在網上主辦或參與雲端音樂會，近一年來更是參與了多項線下活動。

2021年的中秋節，華協在亞市公園舉辦了聯誼活動，這是新冠疫情爆發以來華協之友們第一次面對面聚會！合唱隊表演了“月亮代表我的心”等四首合唱歌曲。隊友們在經歷了一年多的隔離後相見甚歡，個個喜笑顏開，穿上漂亮的裙裝，也為製作在華協感恩節線上音樂會表演的合唱《Scarborough Fair》拍照拍視頻。

Roger Chandler 先生是亞市的資深議員、曾任過市長。很不幸的是Roger於2021年病逝。市府在十二月初的市議會上舉行了Roger Chandler 先生生平紀念活動，許多他的市府同事、社區朋友和市民們紛紛發言表達追思之情。華協會長Connie在發言中回顧了Roger生前對亞裔社區的友誼和支持。我們歌隊的幾位隊員現場演唱歌曲《You Raise Me Up》，用歌聲讚揚Roger對社區的貢獻，激勵在場的各族裔民眾們繼承他服務公



眾的理念。深情的歌聲使紀念會肅穆而溫暖，緬懷而感激，得到在場的許多Roger先生的親友和市府工作人員由衷的稱讚和感謝。

2021年的聖誕前，間隔了一年的亞市中心鬧市區歡慶聖誕集市如期舉行，我們合唱隊第二次受邀表演聖誕歌曲。隊員們把自己裝扮得喜氣洋洋，放聲演唱了七首耳熟能詳的聖誕歌曲。我們的歌聲給街市增添了歡樂氣氛，感染了眾多逛街民眾。我們自己也為能再次相見同台演唱而興奮不已！



在社區的演唱使我們受到主流朋友的注意，2021年的聖誕節期間我們受一個小型養老機構的邀請去給老人們演唱聖誕歌曲，歌隊的幾位隊友戴著口罩欣然前往，與老人們近距離交流，喚起了老人們對自己往日歌唱生活的回憶，給老人們帶去了溫暖和節日的祝福！





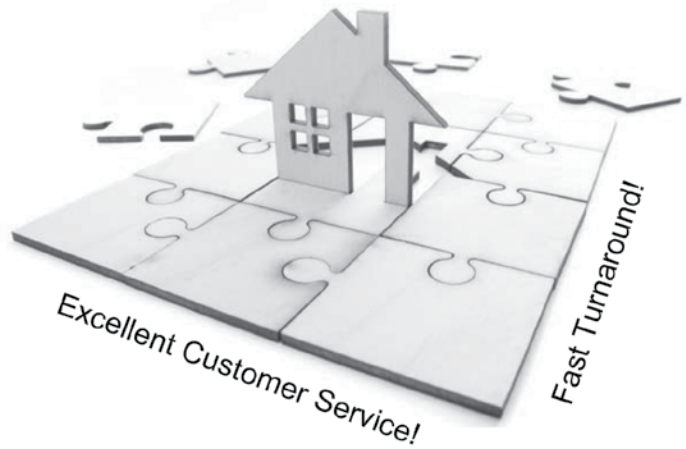
光陰似箭，歌聲已經伴隨我們八年有餘！我們合唱隊今年初在網上成功舉辦了八年回顧音樂會，還在華協的雲端感恩節聯歡會上獻唱，同時還更加積極地支持高中家長會的活動。合唱隊在學習追求聲樂藝術的同時，也關心參與社區的公益活動。比如，當華協為抗擊疫情發出募款號召的時候，為撲滅山火支援消防隊員的時候，合唱隊員們都是第一時間響應號召，捐款捐物慷慨奉獻。通過華協和華裔家長會，我們為社區的和諧與團結盡了一份力量。歌聲讓我們交流情感，傳播友愛，豐富生活。

在今年八月亞市華協會長換屆儀式上，合唱隊榮

幸受邀演唱了美國歌曲《America the Beautiful》。這是一首歌頌美國美麗河山，抒發美國人民愛國情懷的經典歌曲。在新任會長David Lee 的現場指揮下，隊員們飽含深情的演唱，感染了與會的官員、社區領袖、知名人士和家人朋友。還有聽眾熱淚盈眶地擁抱合唱隊員。會後，不少來賓或口頭或書面表達感動之情，其中一封來信交流自己家庭的移民經歷和感受，鼓勵我們為社區的融合繼續努力。

今後，合唱隊將在Marie老師指導下，繼續學唱更多美國經典歌曲，通過音樂更好地理解 and 融入美國文化生活。

Approved!



Your Best Lender in Town!

We provide financing up to \$2 million for residential properties including SFR, Condo, PUD & 2-4 units

Free loan consultations: 800.300.0562 | 626.599.9700



Approvals are subject to underwriting and program guidelines.

T.J. Financial, Inc. is licensed under the California Bureau of Real Estate #01058708. NMLS #332026.



華協中秋戶外聯歡會

Mid-Autumn Outdoor Festival

■ 張丹 Diana Chang

9-18-2021

2021年9月18號，Arcadia 華協在 Santa Anita 公園組織了因疫情隔離了一年半之後第一次戶外的現場活動，也從此開啟了把華協工作重心從網上會議逐漸轉移到戶外面對面現場活動的序幕。

此活動的目的主要是在中秋佳節之季，感謝在疫情期間一直堅持公益的華協執委會成員、理事和顧問，感謝大力支持華協公益事業的捐助者，以及積極參與華協活動的義工朋友們。因著他們的團結一致、慷慨奉獻和熱情參與，華協才能在疫情期間堅持為社區服務。

初秋的Arcadia 陽光燦爛，華協會長 Connie Liao 首先歡迎大家到來，向大家匯報了華協在疫情期間所做的工作，同時感謝我們的理事們，贊助商及華協之友對華協的支持與愛護。Arcadia 時任市長戴守真和副市長鄭博仁應邀出席並講話，他們對華協在疫情期間堅持公益予以充分的肯定。隨後大家一起觀看了由華協理事及華協之友共同參與表演的、多姿多采的中秋聯歡節目。

華協的長期贊助商 Lily Liu 與 Wendy Zhang 女士表演的女生二重唱給我們留下了深刻的印象。Marie Li老師指導的合唱團為大家帶來了傳奇，Scarborough Fair 等經典歌曲，梁娟帶領的舞蹈隊表演的鴻雁，獲得了大家的熱烈掌聲。華協理事 Theresa Huang 的女高音獨唱和 Sherman Shi 的小提琴獨奏令大家耳目一新。華協理事及華協之友表演的旗袍舞『月圓花好』為這次中秋佳節活動增添不少色彩和氣氛，而全體合唱的“同一首歌”代表了我們華協理事及義工們為社會社區服務的理念、奉獻精神及價值觀。最後，最歡快的就是大家在前會長 Edward Wong 博士的帶領下共同跳起具有華協傳統的 Line dance，將聯歡活動推向高潮。

大家吃著華協為大家準備的簡單午餐（錫呷老闆親自我們送來），以及特別訂製的愛心小月餅，在一起談論著這兩年來的各自生活，希望時間慢一點走，在此特別感謝高中華裔家長會會長 Lesley Ma 和前任會長 Angie Huang 的全程錄像和拍照，為大家留下了美好的瞬間，也為華協在疫情中第一次戶外活動留下了難忘的回憶。





心臟檢查與護理講座 Physical Check and Care for Heart

■ 黃向陽 Sara Ho

8-28-2021

隨著年齡的增長，健康話題逐漸提高了人們習慣於生活常態的關注度。對於上有老下有幼，多口之家的社區，我建議所在城市鄰裡多提供一些機會普及簡單的急救及應變常識，讓健康意識早點建立起來。

疫情這兩三年，大家養成沒有必要盡量不出門的習慣，很多人還居家工作，不知不覺使身體失去不少運動機會。還有人自認年輕有本錢，頭疼腦熱能緩則緩。我曾和眾多的你一樣，抱著偷懶的心理和拖字訣，信心滿滿。

其實，事不臨頭絕不會有人自動給你敲警鐘！我因工作的需要，每兩年必須做一次 Cardiopulmonary Resuscitation (CPR) ——心肺復蘇術測驗，當時這是必修課，為應付其考試，執照十年，考試了五次CPR。萬沒想到，這反復的重複訓練讓我淺意識裡有了急救的概念。讓我在危急時刻派上用場！



总结

- 房颤是心脏不规律的跳动。
- 慢性心律不整，与年龄有直接关系。
- 中风的隐形杀手。
- 心衰的隐患。
- 药物疗效不尽人意。
- 早中期病人最会受益于微创导管手术—射频消融（电烧）
- 积极房颤治疗是治疗心衰和改善心衰预后的重要和有效手段。

我印象最深刻也最緊急的一次是在淺意識下使用按壓法（First Aid Course）的招數，急救突然暈迷的丈夫。事後我才知道我這淺意識裡記著的按壓法（First Aid Course）是多麼重要！如果我沒有過重複訓練，沒有下意識的使用早已記住的急救手法，可能錯失生命！每每想到此事，內心仍有餘驚，感謝淺意識！

這件事讓我反醒：緊急關頭，我們應該要學點急救知識！說不定什麼時候就能以這本事救回來一個生命！

華協（ACA）在疫情開始後，在網上開展各種關心民生的講座，2021年8月28號，華協邀請到心臟科醫學博士劉秀實（Suzy Liu）醫生做題為《心臟與急救常識》線上演講！關注“心之律動”（詳情參見講座海報）。我作為主持人，一堂課下來，受益良多！原來脈搏經常發生變速，不是一時休息就能解決，而是身體發出的預警！如果我當初在急救我先生之前，有上過這堂講座，我一定回撥打911或者帶他到醫生處認真檢查暈倒的原因，及早對症治療，防微杜漸！當時以為休息一下恢復正常就行。聽了講座之後，我們便約看醫生，還好就醫及時，沒有耽誤釀成禍患。

心臟問題不一定只有老年人才會發生，它跟年齡無關，它跟壓力、體質、遺傳等相關！多了解急救常識，學習各種急救手法，就可在撥打911等待救護人員的到來之間，正確施救，甚至自救！

以下是華協2021年《心臟與急救常識》專場講座鏈接。華協今後也將繼續舉辦更多方面的健康講座，讓民眾從淺意識到下意識學到切身常識。希望朋友們能下意識看完它。健康是最幸福的資本，做好保健，防患於未然。

祝福大家節日快樂，家庭永遠幸福無憂！

https://us02web.zoom.us/rec/share/H1bYSpwRHC7ZFw02GyicUkZg1LGmmHHY9ZwYXVI62D7ILpu54zUqkTZcibuBZnUZ.0Q8OwzCPkZs2_9YF



萬聖節發糖活動及年末節慶市集

Arcadia Downtown Halloween Festival & Holiday Fair

■ 李宛蓓 Jamie Lee

10-29-2021



每年入秋後，社區便展開各種萬聖節、感恩節及聖誕節的慶祝活動。亞凱迪亞華人協會除了主辦的許多活動之外，也積極支持並贊助亞凱迪亞社區的主流活動。

2020年新冠疫情爆發後，幾乎所有的聚會與活動都改成電腦網絡的形式。而今疫情趨緩，社區的現場活動也悄悄地恢復了。亞市華協即參與了亞凱迪亞改善協會(Arcadia Improvement Association) 主辦的二場節慶活動，10/29/2021 萬聖節發糖活動 (Halloween Candy Drive) 12/15/2021年末節慶市集 (Holiday Fair)。



活動當日上午，一群熱心公益的華協理事們已聚集在亞凱迪亞市中心一街的活動現場，架設並佈置我們的萬聖節攤位，我們準備了好幾箱糖果、巧克力及幸運籤餅給前來要糖的孩子們。不知是否因為疫情之故，悶在家裡一年多的居民們，在疫情趨緩後紛紛出籠透透氣，所以依主辦單位估計當天到場的民眾多達5000位，比他們預估的500位多出了好多倍。

一年多的居家防疫後，難得再見到這麼多人潮，尤其看到好多家庭精心地為孩子們裝扮成各式各樣的萬聖節妖魔鬼怪、卡通或電影人物，和各式新穎奇特的造型設計…，這樣的溫馨可愛的畫面竟令我覺得感動及幸福。而歡樂的氣氛更將疫情的陰霾一掃而空。隨著夜幕降臨，所有的糖果也供不應求，活動終在群眾燦爛的笑容中圓滿結束。半天下來，義工們雖然疲憊卻很感恩，能帶動華人服務社區、提倡文化交流、促進社區的和諧與融合…是華協理事及義工們四十年來如一日的理念與堅持。



感恩節午餐 - 慰勞警察局及消防局人員

Thanksgiving appreciation luncheon for Arcadia Police & Fire Dept.

■ 李宛蓓 Jamie Lee

西元1620年，五月花船載了一百多名清教徒，滿懷期待地抵達北美。當年冬天，新移民因飢寒交迫並感染瘟疫，只有50多位存活下來。附近的印第安人部落提供救助並教會他們狩獵、種植玉米和南瓜，讓他們得以安居下來，並在來年迎來豐收。為了感激印第安人的救助，便邀請他們一起慶祝。年復一年的慶祝活動，成為一個傳統節慶。直到1870年，全美才真正將感恩節定為法定假日。

亞凱迪亞華人協會也融入主流社會，將感恩活動納入華協的傳統活動之一。近幾年來，我有幸為華協組織此活動，聯繫亞凱迪亞警察局及消防局，向 Mimi's Cafe 餐廳訂購傳統美味的感恩節套餐。2021年因新冠疫情，為了保持安全距離及食品衛生，我們改變了原有的由義工來服務供餐的形式，而為每一位警消人員定製獨立套餐。

選在感恩節前一週，亦即11月16日和11月18日兩天，亞凱迪亞華人協會的會長及理事們，一起將感恩節套餐、點心和飲料送達亞凱迪亞市警察局和消防局。我們佈置好會場後，再邀請所有的警消人員享用盛滿愛的感恩節午餐。我們歡欣的彼此問候



及合影，並代表亞凱迪亞的華人民眾們，獻上誠摯地感謝及祝福！感恩第一線救援人員們的犧牲與奉獻精神，為全民服務，甚至冒上生命危險來維護亞凱迪亞的治安，保護我們的人身及居家安全，讓亞凱迪亞市的居民們得以安居樂業。祝福所有的警消人員們出勤平安！任務成功！感恩節快樂！





2021雲端感恩聯歡晚會

Cloud Thanksgiving Concert

■ 廖群 Connie Liao

11-16-2021

亞凱迪亞華人協會會長 Connie Liao 廖群與共同會長 Diana Chang 張丹攜全體理事，在 11/14/2021 週日晚上 7:30 通過雲端與亞市居民歡聚一堂，共慶感恩節。國會議員趙美心，加州參議員 Susan Yubio, 加州眾議員周本立，亞市市長戴守真，副市長鄭博仁等眾多政要紛紛上線祝賀。

本次聯歡晚會的主題為「多元、合作、感恩」，華協會長 Connie Liao 首次提出邀請亞凱迪亞市政府，警察局，消防局，圖書館，歷史博物館，亞市高中，亞市商會，歷史學會，以及援助聯盟等多方組織參與合作，共同慶祝感恩節。讓 Arcadia 這個多元文化族裔的社區，通過網絡有機會相聚。疫情無情人有情，共同紀念我們一起渡過的這段不同尋常的歲月，感恩這來之不易的幸福生活！更感恩疫情期間一直堅守崗位甚至犧牲生命的前線勇士！

國會議員趙美心 Judy Chu、加州參議員 Susan Rubio, 加州眾議員周本立，洛杉磯縣主管 Kathryn Barger, Arcadia 市市長戴守真，副市長鄭博仁等先後發布了熱情洋溢的講話。國會議員趙美心特別讚揚了華協在疫情期間對社區的奉獻，不但多次向市警局，消防局，圖書館，博物館，高中，婦女會，山麓團結中心，援助聯盟捐款捐物，還連續舉辦網上講座活動服務社區；加州參議員 Susan Rubio 稱讚晚會「多元、合作、感恩」的主題符合時代的潮流，體現了華協的追求；洛杉磯縣主管 Kathryn Barger 表揚華協一直堅持為社區服務，舉辦網上大選，法律，醫療等多種法普科普知識講座，及網上聯歡活動。亞市副市長鄭博仁稱讚華協是社區間的橋樑，在社區最困難的時候，華協挺身而出，為社區的美好做出了貢獻。

政要講話之後，華協以短片的形式向來賓介紹了華協2021-2022屆理事會

文藝節目由 Susan Guo 郭蕾與 Timothy Joe 主持。節目以大合唱《你是我的天使》開場，首先向在疫情中堅持工作的警務人員感恩致敬，緊接著是讚美警務消防人員的短片《警徽之重》

，隨後穿插了華協理事們表演的民族舞，旗袍舞，小提琴獨奏，和華協之友表演的恰恰舞和爵士樂獨唱，Santa Anita 牧場的歷史故事，以及援助聯盟為貧困孩子送衣服和學習用品的短片，最後以 Arcadia 高中軍樂團雄壯振奮的遊行及大氣磅礴的隊列表演結束。由各個組織出演的多姿多彩的文藝表演充分展現了多元、合作及感恩的主題。獲得了與會觀眾的一致好評。

節目結束之前，兩位會長再次代表華協向所有來賓、節目贊助者、台前幕後無數的義工團隊及好朋友們致以深深地感恩與祝福，祝大家平安如意，節日快樂！







華協一日春遊・瑪麗布

ACA Day Trip at Malibu

■ 帥以宏 Yee Horn Shuai

3-27-2022

今年（2022）初，亞市華協希望我安排一個理事、顧問及家人們的一日春遊，讓大家到戶外走動走動、舒暢心懷。考慮到有些華協理事們沒有登山的經驗，我安排了一個非常輕鬆的瑪麗布（Malibu）行程。

2022年3月27日，參加的理事、顧問及家人們在 Arcadia Community Center 集合後，併車開往 Los Leones Trail 的登山口。我們約9點鐘抵達登山口。這一條登山道非常熱門，所以停車都要停得很遠。集合及團體照後，我們開始登山到1.3英里外的 Paseo Miramar Viewpoint。沿著山路兩旁有許多野花盛開，時而能看到市景及海景。Paseo



Miramar Viewpoint 有270度的廣闊視野，從東北東邊的高樓大廈到東南邊的海岸線、到南邊的太平洋、再到西邊的瑪麗布市，一望無際，令人心曠神怡。配上盛開的黑芥籽花（Black Mustard）做前景，怎麼照相都美。大家都非常興奮地盡情享受這視覺的盛宴並拍照存念。

原計畫下一站到 Self-Realization Fellowship Lake Shine。但因我不知道該景點已改變成需要事先預訂，只得放棄而去下一個景點 Paradise Cove Beach。這個沙灘很有意思。超過兩英里長諾大的沙灘只有一個進口、一個停車場及一個餐廳。停車費週一到週五\$45，週末\$65。可是如果在這海灘的唯一餐廳 Paradise Cove Beach Cafe 用餐，花費\$30以上，停車四小時之內，收費週一到週五\$10，週末\$15。難怪雖然這餐廳生意鼎盛，而沙灘上卻看不到幾個人。應該是因為這附近有太多的沙灘免停車費或收很低的停車費，誰願意花\$45或\$65就只是在這沙灘上消磨半天或一天？

但對這餐廳的食客來說則是再划得來不過了！因為在用餐之後，他們可以在如此清靜廣闊的沙灘上徜徉，而不必面對如其它沙灘一樣的人潮。

因為我已經為大家預訂了午餐座位，大家抵達 Paradise Cove Beach 就立刻進 Paradise Cove Beach Cafe 享用午餐。這家餐廳的菜單主要是美式海鮮，非常鮮美可口，但價錢卻很公道。在用餐之後，我們三五成群沐浴於溫暖的三月天艷陽中，享受著微微輕拂的海風，散步於空曠無盡綿延的沙灘上。海邊許多地方有礁岩伸展向海上成為潮間帶（tide pools）。我們小心翼翼地行走其間，看到了許多淡菜扒在岩石上，還有寄居蟹、海葵、小螃蟹、小魚、等潮間帶生物。

下午三時許，我們告別了 Paradise Cove Beach，開車前往瑪麗布瀉湖州立公園（Malibu Lagoon State Beach）。這個瀉湖公園就在1號公路旁，是一個河海交會的沼澤區。大家走在圍繞瀉湖的沙灘上，觀賞覓食及憩息於沙洲上成群的各種水鳥。我能夠認出的水鳥有鵜鶘（pelican）、海鷗（seagull）、美國鴨（American Duck）、大鵝（coot）、等。當我拿著長焦相機要抓拍這些水鳥時，有一隻黑狗突然衝入水中去追逐這些水鳥，造成這些水鳥的一陣慌亂騷動並成群飛起。上千隻的水鳥在天上飛翔、盤旋、俯衝、著陸、等等，蔚為奇觀。

當大家走到瀉湖與海交接的地方，就像一條有20來英尺寬但水深只到小腿肚的小溪。為了不要走回頭路去對岸的亞當森屋博物館（Adamson House Museum），大家決定脫下鞋子，涉溪而過。前會長Jamie不願意脫鞋，一向願意助人的Sunday立刻自告奮勇背 Jamie 過溪。之後，Sunday 還回頭去牽會長 Connie 過溪。過溪之後，大家還要手腳並用地爬上消波大石塊才能到登上防坡堤，然後走到亞當森屋博物館。





亞當森屋博物館的建築及庭園建於1929年，是亞當森家族的沙灘房（beach house），也就是度假屋。因為這房子及庭園是名建築師設計，室內外採用了許多華麗的磁磚，加上一些歷史因素，所以被加州政府認定為加州歷史地標（California Historical Landmark）。我們抵達時已不能進入房間參觀。但是它的外觀非常典雅，庭園美侖美奐。我們就在庭園中散步參觀及拍照，久久捨不得離去。但是，哪有不散的宴席？約下午6點，大家開始打道回亞市，結束了悠閒的瑪麗布一日遊。

後記：其實，我首先想安排的是去走離瑪麗布海邊不遠的 Mishe Mokwa Trail 及 Backbone Trail 連起來的登山環線。這個登山環線對我來說是非常容易的，全長約6英里，上下的坡度不大，在春天的時候，山路兩旁長滿五顏六色各式各樣的野

花，許多蜜蜂、蝴蝶、小鳥等穿梭其間。行走其間有如置身愛麗絲仙境。可是在華協會長看了我第一版的行程表之後，說走6英里對很多人來說太遠了。我只好重新規劃。若有讀者有興趣明年春天去走這登山路徑，我願意提供資訊。



Arcadia Gilb Museum's Coffee Talk Seminar Coffee Talk 講座

■ 編輯組 Editor

4/30/2022



Arcadia Gilb Museum's Coffee Talk was held on April 30, 2022. Arcadia Chinese Association's Edward Wong, Ph.D. (ACA Director, Presidential Counsel and ACA President 2010-11) was invited as a speaker. The topic is Arcadia Chinese Association From Past to Present.

The Arcadia Chinese Association (ACA) is a service organization comprised entirely of volunteers from our community.

Today, the ACA has provided volunteering and community services in Arcadia for 40 years.

ACA Mission Objectives Words :

- Harmony : Promote our community spirit and unity and maximize the harmony and benefits of an ethnically diverse Arcadia community
- Education: Promote the learning of Chinese culture, history, language, literature, and arts; Assist new immigrants to understand American traditions, citizenship, and community values.
- Bridge Cultural Differences: Bridge cultural differences within our Arcadia community. Support educational and charitable activities in Arcadia.
- Volunteerism: Promote volunteerism in community services to know the culture of American.

The ACA was established in 1982, Population of Ethnic Chinese in Arcadia was much lower than today. Organization's activities were much smaller in scale. Nevertheless, a relationship between ACA members, city council members, and community leaders was established very harmonious and becoming ACA's tradition since then. ACA's First president was Dr Sheng Chang.

ACA registered as non-profit organization in 1994, Elected its president and officers and increased its membership. Arcadia City Council Member Gary Kovacic joined the association as a permanent member and became a strong supporter of ACA.

ACA issued its first yearbook in 1996 ACA became 501(c)(3) public benefit non-profit organization in 2007. ACA Abolished its membership system and Maintained Board of Directors and Officers. ACA Updated organization By-Laws and Opened-up to all people who were interested in volunteering their time and effort to benefit the Arcadia community and

ACA organizes or supports around 20-25 events and activities annually.

Regular Events and Activities.

- Officer Installation and "Get to Know You" event
- Annual Fundraising Gala
- Moon Festival (co-sponsor with City or County Arboretum)
- Halloween Candy Drive
- Police and Fire Department Thanksgiving appreciation luncheon
- Senior Citizens Luncheon and Lunar New Year celebration (co-sponsor with City of Arcadia)
- City Employee Appreciation
- Law Day (co-sponsor with City of Arcadia)
- Arcadia High School Scholarship award program
- City Council candidates forum
- ACA Mixers

Events and Activities (As needed, not held regularly)

- Donate PPEs to local hospitals, Arcadia fire fighters and police Donate and support Fire Fighters
- Seminars for the public (Law, Medical, California election propositions)
- Asian Business Night (co-sponsor with Arcadia Chamber of Commerce)
- Mother's Day Celebration
- ACA Business Salon
- Lunar New Year Spring Festival at Westfield Santa Anita Mall

Spirit of Volunteerism

- The Arcadia Chinese Association recognizes that the spirit of volunteerism is an important American cultural value, which new Chinese immigrants in Arcadia should learn to appreciate and practice.
- The association will continue to promote its spirit of volunteerism to pay back to the community
- Continue to fulfill our mission and to continue the Arcadia legacy of being the best place for us to live, cultivate friendships, and raise our children.



華協為亞凱迪亞高中畢業生頒發獎學金

ACA offer scholarships to Arcadia High School graduates

■ 彭濤 Tao Peng

5-28-2022

亞凱迪亞華人協會(華協ACA)延續多年的傳統之一，是每年用募集到的一部分善款為亞凱迪亞高中的優秀畢業生頒發獎學金。為了鼓勵更多的學生申請華協的獎學金，並給學生們充分的時間準備申請材料，華協今年度早在一月份就將獎學金的信息提交給了亞凱迪亞高中輔導部門(Arcadia High School Counseling Department)，供畢業生們申請。

華協今年的主題是多元，合作，感恩(Diversity, Collaboration, Gratitude)。獎學金申請人需要提交一篇與華協的年度主題對應的申請論文，分享對多元文化的認識和如何建設包容性社區的看法，或是討論COVID-19對社區的影響，分享經歷過的令人感激和受到鼓舞的事件或時刻。除考量學生們的在校學業成就外，華協還特別注重學生們在服務社區的義工活動中所表現出的領導力和做出的具有影響力的貢獻。

今年的獎學金申請人代表了亞凱迪亞高中學生的多元性，除了華裔學生外，還有許多其他族裔的申請人。這一屆學生深受新冠疫情的影響，在他們四年的高中生涯中，一半以上的時間都處在疫情造成的影響中。學生們在申請論文中根據自身經歷，從不同角度闡述了他們對多元文化的理解和對社區建設所做的實事；在個人克服疫情帶來的困難時，仍然不忘幫助他人，服務社區。學生們表現出來的對他人和社區的關心及採取的種種行動，深深地打動了評委們，華協在原定六個獎學金名額的基礎上，特別增加了一個名額，以表彰不同族裔的學生們為社區的團結，包容和多元化所做出的貢獻。

亞凱迪亞高中的 Senior Awards Night 於五月二十六日晚在 Arcadia Performing Arts Center 舉行，華協會長 Connie Liao 和第二副會長兼獎學金評選委員會Chair彭濤代表華協在頒獎典禮上致辭，將每份價值\$500的華協獎學金頒發給了 Elise Fong, Renzo Gomez, Kailin Liu, Rachel Quach, Audrey Sioeng, Kyrene Tam, Annalise Xiao 七位畢業生華協恭賀畢業生們出色地完成了高中學業，邁入人生新的階段，並衷心祝願他們再接再勵，在以後的人生中取得更大的成就，持續為社區做出更多的貢獻！



Our mission starts
with the communities we serve.



At Waste Management, we're proud to support organizations
representing the highest standard of community service.

That's why we're honored to sponsor The Arcadia Chinese Association.

There is nothing more powerful than the ability and the passion to make a difference.





Pearl Chen 陳珍珠

Realtor®

DRE 01005527

Over 30 Years in Real Estate

30年專業地產經紀

T 626.643.6666

E pearl.chen@compass.com

680 E Colorado Boulevard, #400

Pasadena, CA 91101

COMPASS

Zillow
★★★★★
5 STAR AGENT



ANNIVERSARY
週年慶

Congratulations to the

Arcadia Chinese Association

for another great year of service to the community

新煮意
New Fusion
海鮮酒樓

外賣

叉燒飯或
油雞肚飯

BBQ Pork Bowl or
Soy Sauce Chicken Leg Bowl

\$4.99 EACH

港式點心

Arcadia
1227 S Baldwin Ave.
Arcadia, CA 91007
626-821-0899

Azusa
353 E Foothill Blvd.
Azusa, CA 91702
626-804-7682



酥炸原條龍利
Deep-Fried Whole Sole

大廚推介必食菜



椒鹽雞軟骨
Deep-Fried Chicken Soft Bone
with Salt and Pepper



螺頭燉烏雞
Sea Conch with Black Chicken



胡椒鹹菜豬肚湯
Preserved Vege and Pork Stomach
in Pepper Soup



鹹酸菜豉椒炒蜆
Sautéed Clams with
Black Bean Sauce



濃情大蝦
Prawn in Special Heavy Sauce



金沙蝦球
Sautéed Shrimp with Salted Egg



法式魚片
French Style Deep-Fried Fish
with Basil and Black Pepper



德國脆皮鹹豬手
German Style Pork Knuckle



越式炒龍蝦
French Style Sautéed Lobster

ENVIRONMENT

PEACEBUILDING AND CONFLICT PREVENTION

DISEASE PREVENTION AND TREATMENT

WATER, SANITATION, AND HYGIENE

MATERNAL AND CHILD HEALTH

BASIC EDUCATION AND LITERACY

COMMUNITY ECONOMIC DEVELOPMENT

ROTARY'S AREAS OF FOCUS

Arcadia
Rotary
Club

ARCADIA ROTARY CLUB

IN THE COMMUNITY AND AROUND THE WORLD—SINCE 1927


WWW.ARCADIAROTARY.ORG

**CONGRATULATIONS TO THE
ARCADIA CHINESE ASSN.
FOR 40 YEARS OF
COMMUNITY SERVICE!**

LIGHTSCAPE
November 11 - January 8

The Arboretum
LOS ANGELES COUNTY ARBORETUM & BOTANIC GARDEN

Support the Arboretum's
new Visitor Plaza Project



世界級的護理 就在聖蓋博谷

uscarcadiahospital.org

USC Arcadia Hospital

Keck Medicine of USC

南加州大學亞凱迪亞醫院

前美以美醫院

免費醫師推薦：844.331.7077

MILLION DECOR DESIGN

百萬建築改進展廳

KITCHEN 廚房 ★ BATH 浴室 ★ LIGHTING 燈飾 ★ APPLIANCE 家電

124 LAS TUNAS DR, ARCADIA 91007 • (626) 574-8882

WWW.MILLIONDECORDESIGN.COM



APPLIANCES



FAUCETS



SHOWERS



LIGHTING



VANITIES



TOILETS



HARDWARE



**Congratulations to the
Arcadia Chinese Association
for another great year of service to the community**



Francine Chiu

CEO/ National Director
Star Seven Financial Services
626-523-8032
francine@star7financial.ocm



- Arcadia Chamber of Commerce President
- Arcadia Chamber of Commerce Ambassador
- Arcadia Rotary Club Youth Service Director
- Arcadia Chinese Association 2014-16 President
- Arcadia Historical Society Board Member
- Boy Scouts of America Lucky Baldwin District Past Finance Chair

**我們設計・建造・重新裝修・
您的家庭/個人/公司財務計劃**



Star Seven
Financial Services Inc.
星七財務聯盟



Hanfu Lee, D.D.S.
Cosmetic Dentistry & Surgery
UCLA '85

Implants	Extractions
Implant Dentures	Bone Graft
Braces & Invisalign	Oral Surgery
Internal Bleaching	Gum Surgery
Sleep Dentistry	Root Canal
Sleep Apnea	Veneers

Emergency Care

We Help Fearful Patients Feel
Comfortable & Experience Gentle
Treatment: (626)447-4447
29 E. Huntington Dr., Suite A
www.ArcadiaSmile.com
Free Implants Consultation



Beautiful and Pearly Implant
Bridge (Fixed Denture)

By
Dr. Hanfu Lee D.D.S.
29 E. Huntington Dr. Suite A
Arcadia CA, 91006
626) 447-4447



Website: www.arcadiasmile.com

**You too can have a beautiful
smile! Call Dr. Hanfu Lee today!**



專精 Arcadia 亞凱迪亞



Arcadia 億萬經紀

沒有等待的成功
只有拼出來的輝煌

Gary Zuo

左光榮

(626) 679-3239

GaryZuo8@gmail.com

- ▶ 我提倡的服務：穩、准、快！
- ▶ 全美RE/MAX 100強！
- ▶ 沒有我賣不掉的，
只有你想不到的！



DRE#: 01938898

RE/MAX Diamond Club Award Recipient
RE/MAX 頂級獎項鑽石獎獲得者

RE/MAX Titan Club Award Recipient
RE/MAX 泰坦獎獲得者

RE/MAX Chairman Clue Award Recipient
RE/MAX 總裁獎獲得者



Law Offices of
**PAUL P. CHENG
& ASSOCIATES**
SERVING PASADENA AND SURROUNDING AREA



626.356.8880
www.PPRClaw.com

FOLLOW
US ON
WECHAT



ID:PaulChengLawGroup

PART LAWYER
PART WARRIOR

GOLDEN HEART MEDICAL

Dr. MICHAEL CAO

美以美心脏科医师 高卿 祝贺
亚凯迪亚华人协会服务社区40周年



DR. MICHAEL CAO, M.D.
Internal Medicine/Cardiology
8729 Valley Blvd, Unit B
Rosemead, CA 91770
(626)451-0086
www.goldenheartmedical.com



亚凯迪亚市美以美医院心脏科医师
Cardiologist, Arcadia Methodist Hospital
南加大Keck医学院助理教授(2006-2013)
Asst. Professor of USC Keck School of Medicine (2006-2013)
亚凯迪亚市长者服务委员会委员
Commissioner of Senior Citizen Commission



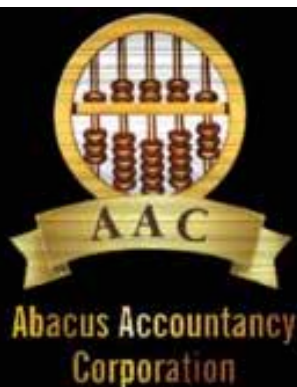
Specializing in:

Cardiovascular Diseases, Coronary Artery Disease (CAD),
Peripheral Vascular Disease (PVD), Congestive Heart Failure
(CHF), Cholesterol Management, Arrhythmia Management,
Pacemaker Management



We also do:

Diagnosis Testings & Pet & Nuclear Imaging
By focusing on the patients first, we make sure you are
getting the best possible medical care from providers who
sincerely care about your wellness!



電算會計師事務所

ABACUS ACCOUNTANCY CORPORATION

四大會計師事務所 審計師親辦



Michelle Wu, CPA

全美頂尖的
南加大 (USC)
會計專業

- 美國上市IPO
- 公司成立、解散
- 審計查賬、財務稅表
- 公司記帳、自動轉薪
- 外籍人士投資公司
- 大學助學金協助申請及稅務規劃

公司成立
一天批准

ARCADIA

626-821-1887

直撥 626-592-2332

49 E. Foothill Blvd., Arcadia, CA. 91006

150 Santa Anita Ave, # 300, Arcadia, CA, 91006

E-mail: michelle@abacusaccountancy.us

Fax: 413-812-6488

超過 100 年的真誠服務



一生的追求，不外乎富足喜樂，
並為自己和家人留下永恆的紀念和回憶

FOREST LAWN 福樂紀念公園了解您的需求，作為南加州聞名世界的地標，100 多年來我們力求完美，只為彰顯您一生非凡成就。不論是為您定製的頂級服務、園區內世界級的雕塑藝術品、令人嘆為觀止的美景、還有精心打造，優美別致的專屬庭園，FOREST LAWN 超越一般對紀念公園的期望，相信也是紀念您傳奇人生的最佳選擇。

請致電預約私人諮詢，及早規畫，預留最佳福地。
今天做安排，明天好安心 — FOREST LAWN 福樂紀念公園

華語服務專線

888-689-8888

ARCADIA · CITY OF INDUSTRY
FD 2186 FD 2121



FOREST LAWN®

FUNERALS • CREMATIONS • CEMETERIES

福樂紀念公園

FOREST LAWN MEMORIAL-PARKS & MORTUARIES



ann Karen
安凱倫會坊 day spa

女人我最大

疫情期間
也要美美噠
安凱倫會坊

Ann Karen Day Spa
讓你寵愛自己



養身按摩



萬能瘦身罐



面部護理



女性護理

AnnKaren Spa 追崇自然，天然與安然為人性之美。
后疫情时代，展“心”出发。疫情给我们的人生带来了不同的启发。
也许我们不必再追求快节奏，快时尚、快生活，放慢脚步。
简单的美好，对自己好，也祝福一切会更好。
好久不见的大家以及素未谋面的你们，
AnnKaren Spa 即将以引新的姿态和大家再次见面。
感谢有你们的支持所以我们还在。
AnnKaren Spa 诚心邀请旧语新知再次体验宠爱自己的美好。

☎ (626) 445-5388

✉ info@annkaren.com

📍 1215 S Baldwin Ave, Arcadia, CA 91007

🌿 週一～週日：早9點-晚9點

SCAN ME



TYPES OF LOANS

- Purchase
- Rate & Term Refinance
- Cash-Out Refinance

LOAN PROGRAMS

- Conventional Loan
- FHA Loan
- VA Loan
- Jumbo Loan
- Stated Income Loan

RATE OPTIONS

- Fixed Rate Loan
- Adjustable Rate Loan

GRAND CAPITAL FUNDING

RESIDENTIAL
MORTGAGE

CONTACT US

308 S. First Ave, Suite #A
Arcadia, CA 91006
626-446-9362

Loan Officers



DRE LICENSE #02105090
NMLS LICENSE #1908723



Lily Liu

626-831-2198

NMLS #299675

lily@gcfmortgage.com

grandfunding@yahoo.com

Wayne Hsiung

626-823-971277

NMLS #1352466

wayne@gcfmortgage.com