

康鶴耆英中心 2021 夏日烤肉與健行活動

記一個期盼已久且溫馨熱烈的大家庭聚會

Osage Park, Danville CA 6/23/2021

中心主任 廖雪萍 Juliana Wong

為了讓久違不見的會員們歡聚在一起，更為了凝聚和團結彼此的情感，康鶴中心特別舉辦了這次六月廿三日的烤肉與健行活動，參加者人數以往年的經驗最多不超過六十人，今年由於疫情的關係，大家在家裡被悶壞了，正好逮到這個機會，出來透透氣與老朋友們寒暄家常，所以報名者相當踴躍居然破紀錄超過 120 人。活動當天為了擔心場地被他人領先占走，我和我先生起了個早，於七點三十五分左右就已到達現場，趕忙卸下車上所有的東西，分別擺放在每一張桌上，這時心裡感到無比的興奮和安心！九點過後義工們陸續的到來，大家按照原先所分配好的工作各盡其責。十一時一刻左右健行隊的朋友們三五成群的回到了原地，即刻聞到了炭火燒烤、香氣四溢撲鼻而來，令人垂涎三尺！經歷了讓人急切等待的十分鐘後，此時可愛的小蜜蜂義工隊們已經將其他的食物都已準備就緒，大家紛紛隨著指示的路線，秩序井然地排隊領取餐食。此次烤肉的主食是烤雞腿，加上其餘的副食茶葉蛋、玉米、生菜沙拉配上土豆片、麵包、橘子以及礦泉水。看到了幸福和滿足掛在大家的臉上，頓時我覺得再辛苦也是值得的！正在大家用餐接近尾聲時，忽然一陣美妙的樂器和歌聲從四面八方傳來，大家都抬起頭來為之一驚，原來是 Ukulele 班的二十幾位學員們，各自拿著自己的樂器自彈自唱的穿梭於人群之中，剎那間使得整場氣氛熱鬧非凡！活動組也為了能夠讓會員們一起互動，努力想出了呼啦圈和剪刀石頭布的兩項比賽遊戲，並精心安排了幾個讓大家活動筋骨的廣場舞和排舞，場面笑聲不斷，熱鬧非凡！（請看第二和三頁的活動照片）

此次有意義的活動，讓我深感欣慰和感動的是：(1)特別感謝老天爺的幫忙，給了我們最舒適溫度的天氣；(2)活動期間一切順利，沒有遇到疑難的問題；(3)食物的部分也沒有缺少，剩餘的雞腿和部分茶葉蛋及玉米分別以義賣方式，在短短

的十分鐘之內銷售一空；(4)活動結束後，大家一起幫忙收拾及清理垃圾，沒有花費過多的時間，很快就讓場地復原了；(5)充分發揮了團隊精神。

趁著這個機會，我想向所有的會員介紹以下六位新進的會員，並熱烈的歡迎他們加入“康鶴”的家庭成員：Joy Fon Hsu, Ingrid Templeton, Margaret Liaw, Annie Le, Lannie Wu, Yih Chang.

非常感謝所有參加這次活動的老師、會員以及非會員們，更感謝為這次活動默默幫忙、付出努力而勞苦功高的所有義工們，請接受我深深的一鞠躬，謝謝你們，辛苦了！

以下是感謝義工們的名單(按英文姓氏字母排列，如有遺漏，敬請原諒)：Maria Cheang, Eleanor & James Chen, Michael Chen, Regina Chen, Chi-Fei Chiang, Po Chiu, Larry & Sherry Chow, Pamela & Tin Chu, James Fu, Stella Ho, Julie Hsu, Amy Huang, Kenneth Kay, David & Kathy Lee, Meiwen Lee, Judy Liao, Butterfly Lin, Judy & Patrick Liu, Jane & Stephen Lu, Linda Tang, Alice Wang, Anita & Chanley Wong, Shun Wong, Helen Zou.

最後在美國國慶日前夕，祝福大家身體健康，闔家歡樂！

From the Board 董事長的話

Yeao-Nan Hsieh 謝耀南

With more than seventy percent of adults fully vaccinated in California, the reopening of California is finally coming. Since the closing of our in-door activities in March 2020, we have not had any public gatherings of all our members for more than one year. With the anticipation of California being back to normal, we had been planning for a picnic that all our members could enjoy.

California reopened on June 15 as expected and our committee members prepared and worked very hard to get the picnic ready. On June 23, we had our picnic in Osage Park in Danville. It was a perfect day for a picnic and we had more than 120 people join us. The number of participants was more than double of that of our picnics in the past.

Just like our previous picnics, we had a short hike in the morning before the main event. We had more than forty people join the hike. Stephen led us through the trail around the park. When we were back in the park, our volunteers had already finished cooking food and we were ready for the main event to start.

The weather was around 72 degrees and the table setting was very nice for the picnic. Everyone was so happy to see each other and enjoy the food. During the picnic, we had an impromptu presentation by the Ukulele class. After that we played some games and did some line dances by the members.

We human beings are social animals. This means that we cannot live in isolation. Instead, we need to live in groups for our survival. I consider that our organization is a big family and for some it may be the only family close by. The best way to cope with the pandemic depression and anxiety is with family support. When I saw so many people happy to see each other in the picnic, I think we gave them some support with the picnic event.

During the picnic, I had some conversations with our members and one told me that this is the one organization that everyone wants to do well. And I think that is why we have so many volunteers to help out for the picnic. I would also like to thank all our volunteers for the help that they provided for the picnic.

Please stay safe and I wish you best of luck.

6/23/21 烤肉&健行活動照片展



康鶴耆英中心大標誌



元老級的洪聘和溫麗玉老師也來同樂(前排中)



負責烤肉的是那天幕後的大英雄



忙著準備食物的義工群



首先要報到繳費領到餐券才有得吃



鐵馬道上的健行者似乎已聞到公園裡的烤肉香



Part I of III

排隊領取食物



載歌載舞的排舞群



Rose 老師帶領著彈琴和歡唱的一群



這次忘了大合照，這是最後離開場地的一批



主任歡迎大眾並答謝義工

Happy Birthday (July 2021)

七月壽星

Hsieh, Edith 林惠珠 Hsu, Patrick 許國衡
Cheng, Hsiang Wen 袁翔文 Maw, Hsiu Cheng 陳秀正
Chiu, Grace 陸培恩 Feng, Angela 顧筱巧
Chen, Eleanor 黃鳳韶 Ng, Fannie 朱佩英
Chung, Lynn 張燕玲 Lee, Meiwen 張美文
Fu, James 傅悅男 Chen, Erping 陳爾平
Chou, Yi-Ann 金宜安 Lee, CathyY 葉永義
Lee, Bert 李本良 Shen, Almon 沈明敏
Sun, Gina 李治芳 Liu, Dan 劉平遠
Chiu, Po W 趙保華 Chu, Tin 朱天南
Wei, AnnaY 魏永燕 Liang, Gina 許惠華
Segovia, AnaMaria Chen, Grace 林衡一
Aczon, Tessie



Anita, Jane & Julie 帶大家跳廣場舞



Part III of III

呼拉圈比賽

GCSC July 2021 Zoom Classes (Schedule & Contacts)
2021 年 7 月份 ZOOM 課程時間表和聯絡人

Monday 9:30am – 11:30am Ukulele 音樂教室

*Rose Chen: rchen9706@yahoo.com (Contact person 聯絡人)

Monday 3:30pm – 5:00pm Yoga 瑜珈

*Fragrance Liu: fragrance.h.liu@gmail.com (Contact person 聯絡人)

2nd Monday 7/12/21 7:00pm – 8:30pm Book Club 閱讀會

*Fragrance Liu: fragrance.h.liu@gmail.com (Contact person 聯絡人)

Tuesday 10:00am – 12:30pm Dance Workshop 舞蹈研習

*Julie Hsu: yulingchung211@hotmail.com (Contact person 聯絡人)

Tuesday 4:00pm – 5:00pm Yi Jin Patting 易筋拍打

*Juliana Wong: julianawong21@gmail.com (Contact person 聯絡人)

1st Tuesday 7/6/21 9:15am - 12pm Camera Club 攝影班

& 3rd Tuesday 7/20/21 7:15pm - 10pm

*Ichien Chen: Ichienchen88@gmail.com (Contact person 聯絡人)

1st Tuesday 7/6/21 7:00pm – 8:30pm News Talk 時事座談

*Stephen Lu: stephen.lu24@gmail.com (Contact person 聯絡人)

2nd Tuesday 7/13/21 & 4th Tuesday 7/27/21 1:15pm – 2:45pm Chorus 合唱團

*Ichien Chen: ichienchen88@gmail.com (Contact person 聯絡人)

3rd Wednesday 7/21/21 10:30am – 12:00pm Sketch 素描課

*Judy Yep: judywyep@gmail.com (Contact person 聯絡人)

1st Thursday* 10:00am – 11:30am Committee Meeting 執行委員會月會

*For July it will be on the second Thursday 7/8/21 (七月份在第二星期四 7/8/21 舉行).

*Judy Liao: judyyliao@gmail.com (Contact person 聯絡人)

3rd Thursday 7/15/21 2:30pm – 4:00pm Brush Painting 國畫課

*Maria Wang: hanmaria.w@gmail.com (Contact person 聯絡人)

Last Thursday 7/29/21 1:30pm – 3:30pm Ikebana 插花班

*Fengyi Young: fengyih2001@gmail.com (Contact person 聯絡人)

1st Friday 7/2/21 7:30pm Drama 戲劇班

*Anita Wong: anitawong77@hotmail.com (Contact person 聯絡人)