

董事會來文照登 - 最近有許多新加入的會員,對於中心的一些福利以及行為規則不太瞭解,現在董事會通過 Newsletter 讓大家知道 85 歲以上會員的優待以及會員應遵守的行為守則如下。

有關 85 歲以上免註冊全文: 85 歲以上且註冊並超過一年的會員,將免除註冊費。

行為準則: 所有會員均應嚴格遵守行為準則,即以尊重及禮貌對待所有會員。任何會員若有攪擾康鶴的福利或企圖在其他會員,委員會委員,董事和董事會成員履行指定職責時,對其以辱罵性語言,威脅並攻擊性姿態導致損害其他成員之良好聲譽,是不被容忍的。其他不當行為,例如故意破壞財產,妨礙民事,或性騷擾以及對種族,年齡和身體狀況,做出的歧視行為是不可接受的。針對違反行為準則的人,康鶴將保留取消其會員資格和/或其他法律補救措施的權利。

From GCSC Board - Recently, many new members have joined, and they are not familiar about some of the benefits and rules of the center. Now the board of directors hopes to let everyone know the preferential treatment of member over the age of 85 and the code of conduct that members should abide by through Newsletter as follows.

Registration fee over 85 years old : Registration fee is to be waived for members who are 85 years and older and have been the registered members for more than one year.

Standard of Conduct: All members shall adhere to a standard of conduct that is respectful and courteous to all members. Conduct by any member which disturbs the well-being of GCSC or tends to injure the good name of other member, committee officers, directors, and board members in the performance of their designated duties by abusive language, threatening, or offensive gestures are not to be tolerated. Other improper conducts such as vandalism to the property, civil or sexual harassment, and discrimination to race, age, and physical conditions are unacceptable. GCSC reserves the right to abolish the membership and/or other legal remedies to those who violate the standard of conduct.

主任的話 (廖雪萍) - 面對著新冠疫情在加州又有飆升的趨勢,我們提醒中心會員留意加州衛生部所頒定的 SMARTER 計畫(見圖一),作為我們保護自己以及周圍人士的準則。我們並且特別向大家宣布:在中心要戴口罩參加室內活動,如果你有了 COVID 症狀或與感染者有過接觸,請立即去做篩檢,直到你得到陰性反應才能回到中心上課或參與其他活動。大家合力共度困境!

From Executive Director (Juliana Wong) - As California contends with another resurgence of the coronavirus, what should we consider doing to protect ourselves from infection? The center would call your attention to the SMARTER Plan released by California Department of Public Health (see Figure 1). The center specifically ask its members to wear masks for indoor activities and test yourselves if you have an exposure or Covid symptoms. Please do not come to the center until you get a negative test result.



The SMARTER Steps

May 4, 2022

These SMARTER steps are a simple and clear tool for Californians to use as they navigate the SMARTER Plan, the state's next phase of the COVID-19 pandemic. To learn more about how we're preparing for future COVID-19 surges or variants, visit covid19.ca.gov/smarter

SHOTS

All individuals are recommended to stay up to date with COVID-19 vaccinations. If you haven't completed your primary series (two doses for the Moderna or Pfizer vaccines, or one dose of the J&J vaccine) you should do so immediately. Get boosters when they are due.

MASKS

Good fit and filtration will ensure you get the most out of wearing a mask. Respirators (including N95s, KN95s, or KF94s) or surgical masks are recommended instead of cloth masks, but any mask is better than none. Everyone, regardless of vaccination status, is strongly recommended to wear a mask indoors so that together we can continue to protect the health and well-being of the most vulnerable. These groups include: children who are not eligible for a vaccine, older Californians, those with disabilities, as well as those who have compromised immune systems or complex chronic medical conditions.

VENTILATION

Meeting outdoors is always the safest. Improving ventilation (air flow) when indoors can protect people by lowering the amount of virus in the air. You can improve indoor air quality by opening doors and windows and using portable air cleaners.

TESTS

If you have an exposure or symptoms, you should take an at-home test or get a test at a testing site or a healthcare facility. If you test negative on an at-home test but have COVID-19 symptoms, test again with an at-home test in 24-48 hours or obtain a PCR test. Currently, both PCR and at-home tests can detect COVID-19, but as with every test there are occasional false positives and false negatives.

ISOLATION

Individuals who have tested positive should stay home at least five days AND until their fever and symptoms are improving. Test with an at-home test at or after day five to confirm you are no longer infectious.

TREATMENT

There are medications approved for treatment for COVID-19 infection, especially for those with a high risk of serious disease. Contact your health care provider to determine if a medication is right for you.

Californians should also pay attention to guidance from their local public health leaders, as local conditions may warrant different approaches. State officials will continue to update these SMARTER steps to help you safely navigate the pandemic.

COVID-19 Hotline
1-833-422-4255
Monday - Friday 8AM - 8PM
Saturday - Sunday 8AM - 5PM

COVID19.CA.GOV
Our Actions Save Lives

圖一(Figure 1) The SMARTER Steps



圖二 健行隊 Oakland Joaquin Miller Park 5/13/22

時常學些新的東西,什麼都嘗試著去畫,反正畫不好就 delete 😊 學海無涯,學用各種不同筆刷,自製各種不同的筆刷,學習更多功能,覺得非常充實,並且非常享受.要能掌握更多功能,發揮創意仍需繼續努力!加油!自勉!



這兩年我在做什麼? (程學敏會員來稿) - 我喜歡畫畫,但止於欣賞而已.康鶴中心有老師教學,師資優秀,但想到還要準備紙,筆,墨,顏料及處理堆置成品等等...也自知沒耐性,生活也力求簡單,就望而卻步了.

2020年五月生日時,兒子買了一隻 Apple Pencil 和一個新的 iPad 送我,建議我用它畫畫.只需要一隻筆,一個 iPad,筆刷,顏色,畫面全包括,還不用堆積,隨時隨地都可以畫,非常合我意.於是開始畫些簡單的花草樹木,風景,靜物,昆蟲,食物,動物,卡通人物等等覺得十分有趣.

學會畫動畫之後,依照節日,從西洋情人節 Valentine's Day, Mother's Day, 端午節, 父親節, 七夕, 中秋節, Halloween, Christmas, 一直到農曆春節, 自創動畫故事中的人物和動作, 並當作動畫賀卡送給親友.

親友生日時就畫一張圖,寫上一小段祝詞,代表自己的心意,頗受歡迎和好評,給了我很多鼓勵.

試著畫毛筆畫,水彩畫,畫好也在畫上加幾句應景的詩.筆刷尚不能完全代替真的筆和紙,且輕重緩急掌握仍需多練習 😊

用油畫筆刷找了些名畫照著畫,自然是差得十萬八千里,但仍然是興趣盎然,足以自娛,哈哈 😊

去年參加王老師的 Zoom 素描課,每張老師給的題材(照片)畫一張實體的鉛筆畫之外,我都會再用 iPad 再畫一張彩色的照片,自己留和送給照片中人.





康鶴耆英中心 2022 年 6 月課程表
GCSC June 2022 Class Schedule

Address: 635 Old Orchard DR Danville CA 94526

Email: golden.crane.sc.contact@gmail.com

星期一 Monday

0930A - 1200P (Big Room)

舞蹈研習 Dance Workshop

(沈慧 Amy Jong)

1210P - 0330P (Big Room)

卡拉 OK Karaoke

1130A - 0100P (Annex)

音樂教室 Music Workshop

(Rose Chen & Chester Chang)

06/06 & 06/20 0930A - 1120A (Annex)

國畫 1 Chinese Painting (溫麗玉 Julia Wen)

06/06 & 06/20 0110P - 0300P (Annex)

國畫 2 Chinese Painting (鍾維君 J. Chung)

06/13 & 06/27 0110P - 0300P (Annex)

書法 Calligraphy (孫國忠 KC Sun)

06/20 1230P - 0150P (2nd FL Lobby)

3D 摺紙 Origami (陳恩貝 Betty Kung)

0330P - 0500P (Zoom Class)

Yoga 瑜珈 (吳雪芳 Fragrance Liu)

06/13 0700P - 0900P (No Class 停課一次)

閱讀會 Book Club (許國衡 Patrick Hsu)

星期二 Tuesday

0830A - 0950A (Big Room)

太極拳 Tai-Chi

(朱天南 Tin Chu & 郭素芝 Sujer Wang)

1000A - 1040A (Big Room)

室內步行/韻律操 Indoor walking/Aerobic

(Janice Loo)

1050A - 1220P (Big Room)

排舞 Line Dance (陸培恩 Grace Chiu &

張美文 Meiwen Chang & 廖佩茹 Hanna Fong & Linda Johnson)

星期二(續) Tuesday

0100P - 0300P (Big Room)

合唱團練習 Chorus (魯肇煌 Stephen Lu &

鄭莉莉 Lily Cheng)

06/14 1000A - 1200P (Annex)

插花 Ikebana (張櫻晶 Tomiko Hatsushi)

06/21 1000A - 1200P (Annex)

幹事會 Monthly Committee Meeting

06/28 1230P - 0230P (Annex)

創意美食班 (葛守雯 Bella Lee)

0400P - 0500P (Zoom Class)

易筋拍打 Yi Jin Patting (劉曼雲 Gini Lau)

06/07 0915A - 1200P & 06/21 0715P - 1000P

(Zoom Class) 康鶴攝影會 Camera Club

06/07 0700P - 0900P (Zoom Class) 時事座談

(No Class 停課一次)

星期三 Wednesday

06/01 0950A - 1100A (Big Room)

初級班排舞 Beginners Line Dance

(陸培恩 Grace Chiu & 張美文 Meiwen Chang)

06/01 1130A - 0150P (Big Room)

創意美食班 (葛守雯 Bella Lee)

06/01 0200P - 0400P (Big Room)

戲劇 Drama (鍾維君 James Chung)

06/15 1030A - 1200P (Zoom Class)

人像素描 Portrait Sketch (王萬淙 Frank Wang)

06/22 0700P - 0900P (Zoom Class)

電影研討 Movie Club (魯肇煌 Stephen Lu)

星期五 Friday

06/10 康鶴健行會每月健行 - 詳情另行通知

Hiking Club Monthly Meet - To be announced