

沙加緬度中華文化基金會

Sacramento Chinese Culture Foundation Quarterly Newsletter

P. O. Box 160841

July 2014

www.sccfsac.org

凝聚中國華夏古老智慧 - 大同老師風水講座 ——如何改變自己的命運

Learn How to Shift Energy in Your Space with >> Feng Sui <<

*The Sacramento Chinese Culture Foundation invites you to attend this Feng Sui Lecture
by Master Datong.*

The lecture will be given in Chinese (Mandarin), with limited English translation.

一命,二運,三風水!命差運衰?時機不濟?風水能幫到您嗎?

大同老師：

鳳凰園生命大回歸系統工程悟創人、香港鳳凰園慈善基金發起人，特邀為此次講座介紹中國歷史悠久的相地之術，如何觀察地理，達到“天人合一”的境界。

Master Datong:

the founder of Hang Kong Feng Huang Yuan Charity Foundation, will come to give a seminar and share the secrets of this ancient art and science developed over 3,000 years ago in China.



Date and Time: Sunday, August 24, 2014, 1:30 – 4:30pm

Place: Sacramento Sheriff's Department Florin Station

7000 65th St, Sacramento, CA 95823

(One block from SF Market and behind Burlington Factory, 與順發市場只相隔一條街,在Sears對面和Burlington Factory後面)

Price: Admission to this event is free of charge

Contact: Lily Qian 916-221-0527 please leave message

~~~ RSVP by August 18, 2014 ~~~

座位有限, 請速訂位, 以免向隅。  
Limited seats, Please RSVP ASAP!



## 沙加緬度中華文化的傳承 - June8，沙加緬度中華文化基金主辦了獎學金頒獎活動和一場青少年文華藝術匯演活動。

2014年6月8日，沙加緬度中華文化基金會在福滿樓酒家舉辦獎學金頒發儀式，為20名學習中文優秀的學生頒發富國銀行獎學金。獲獎的學生表演了於中華文化有關的節目，代表了他們的學習中華文化的成績。同時，還為6名學生頒發了武當功夫夏令營獎學金。

出席活動的貴賓有：APAPA創辦人尹集成、沙加緬度第二區縣議員餘福慶（Jimmie R. Yee）、戴維斯加州大學孔子學院副院長董劍橋、富國銀行拉古那支行副主管Kelly Fong、北加州藥劑學院副校長Norman Fong、美國知名華裔企業家黃介屏（John Wong）伉儷等。

中華文化基金會主席林美玉致開場詞，該基金會獎學金主席閻慶東主持了頒獎活動，整場活動有唱歌、頌詩、打太極拳、箏篪獨奏、古箏表演等節目精彩紛呈。

這已是中華文化基金會第三個年頭頒發富國銀行獎學金，富國銀行已經捐贈\$40000。我們也得到其他方面的捐贈\$20000。二埠沙加緬度中華文化基金會成立於1986年。基金會現有董事15名，終身會員近300名。該基金會以促進中華文化、開展和支持與中華文化有關的活動為宗旨，並設有專門的教育基金委員會，為州府地區的中華文化教育提供資助和獎勵，特別注重中華文化的教育和弘揚。

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## 2014 Wells Fargo & SCCF

### Member School's Scholarship Award Recipients \$250 per student

#### Chinese Chinese School

Joshua Chih 池盛陽 & Bridgette Lai 黎蓁蓁

#### Confucius Chinese School

Tristan Lam 林思謙

#### Davis High School

Siruo Zhang 張思若

#### Folsom Chinese School

Annie Dai 戴昕彤 & Alexander Gao 高天天

#### New Star Chinese School

Kimberly Liu 劉青栢麗 & Xinyu Tu 塗新瑜

#### Sierra Chinese School

Brian Ding 丁悖維 & Yingxi Zhang 張滌兮

#### Western Sierra Collegiate Academy

Anita Alldredge & Stuart Harvey 何思華

#### William Land Elementary School

Miriya Yeung 楊敏, Wenjing Chen 陳文婧 & Wenhui Chen 陳文慧 (1 award)

### Individual Selective Scholarship Award Recipients \$250 per student

**Sarah Marie Howe** (Western Sierra Collegiate Academy)

**Tina Qian** 錢嬋 (New Star Chinese School)

**Victor Wei** 魏源 (Debbie Wang Chinese School)

**Victor Wu** 吳盛興 (Elder Creek Elementary School)

On June 8, 2014, the Sacramento Chinese Culture Foundation (SCCF) held its third annual Wells Fargo Scholarship Award event at the Holiday Villa Restaurant.

Established in 1986, the SCCF consists of 15 directors on the governing board, 300 lifetime members, and numerous yearly members. Its mission is to promote Chinese culture through events, newsletters, and community service. It also supports Chinese language classes in local schools and offers resources to study Chinese language, history, and culture.

Attendees to the June event included: the founder and chairman of the Asian Pacific Islander American Public Affairs (APAPA), C.C. Yin; Sacramento County Supervisor of the 2<sup>nd</sup> District, Jimmy Yee; Vice-Principle of the Confucius Institute at UC Davis, Jianqiao Dong; Wells Fargo Bank Vice-President of the Elk Grove branch, Kelly Fong; California Northstate College of Pharmacy Vice-President, Norman Fong; and prominent entrepreneurs of China-USA commerce, John and Margaret Wong.

President Mayue Carlson commenced the event, followed by the awarding of scholarships to 20 outstanding students from the Greater Sacramento region. The students' scholarships were based upon their language and cultural achievements, which were judged by the SCCF scholarship committee chaired by Qingdong Yan. The students came from 8 schools and organizations. As required in the scholarship competition, each student presented a cultural performance, which ranged from reciting poems to playing musical instruments to demonstrating tai chi. The SCCF also awarded scholarships to 6 students to attend the Wudang Summer Camp in Hong Kong.

The success of this year's event was made possible by the Wells Fargo's donation of \$40,000 to the SCCF scholarship fund. Other sources donated an additional \$20,000. Altogether, the SCCF has awarded scholarships to 200 students and 13 school and organizations over the past 3 years.

The event concluded with performances by 5 performers rendering renowned Chinese contemporary and traditional acts.

(This article is provided by David Yan & Alfred Yee)





Joshua Chih 池盛陽 & Bridgetle Lai 黎蓁蓁



Tristan Lam 林思謙



Victor Wu



Sarah Marie Howe



Miriya Yeung 楊敏,  
Wenjing Chen 陳文靖 &  
Wenhui Chen 陳文慧



Annie Dai 戴昕彤 & Alexander Gao 高天天



Stuart Harvey 何思華



Siruo Zhang 張思若 & Tina Qian 錢嬋



Anita Alldredge



Yingxi Zhang 張滌兮



Kimberly Liu 劉青栢麗



# Wudang Kung Fu and Cultural Training Camp in Hong Kong July 12-25

## Award Recipients

\$1,000 each donated by John & Margaret Wong Fund, and UC Davis - Confucius Institute



From Left to Right: John Wong, Jesse Zhang (Vista Del Lago High School), Brook Zhan (Folsom High School), Jacky Lai (J.F. Kennedy High School), Victor Wei (Folsom High School), Rich Mo (Mira Loma High School), Margaret Wong, Mayue Carlson, and Jianqiao Dong. Not present: Nicholas Huang (University of California at Riverside).



The camp was a wonderful and very fun experience. It was great getting to know all of the other members at the camp, and learning Kung Fu in this type of environment. I didn't know anything about the culture of Wu Dang before, so I'm grateful I could learn about it from the people who lived in the Wu Dang Mountains. All in all the camp was fun and intriguing.

Jesse Zhang

The camp was such an amazing experience and opportunity. Not only did we all bond but we made new friends as well. We learned how to defend ourselves through the form of Taiji Form 13 and had a ton of fun too.

Brook Zhan

The experience was truly eye-opening. Back in America you would be hard-pressed to walk a few minutes without someone checking their phone or making a call. The camp gave me the push to live without my phone, training without the distraction of Facebook or Twitter. It allowed me to learn things in a new perspective. The chance to learn Kung Fu from real master of Wu Dang Mountain is truly a rarity. Certainly not a chance to be passed up easily.

Victor Wei



## 2014 Summer Event Talent Show



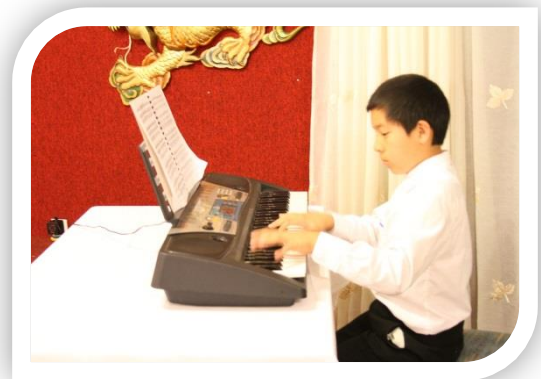
New Star  
Chinese School  
舞蹈



Victor Wei (魏源)  
薩克斯風 獨奏



Zara Luo (駱嘉琳)  
箏獨奏：太湖船



Sophie Chang & Devin Chang (張舒元, 張大文) 小提琴，電子琴合奏：中國花鼓

## 秋季養生 Fall Health

### 【紅豆百合】

這道甜品適合給體質虛寒的朋友在秋天進補，紅豆本身味甘性溫，百合具有清熱功效剛好可以中和掉紅豆的火氣。在秋季時節食用可以起到滋潤溫補的效果又不至於燥熱上火。女生們如果在天氣轉涼的時候出現手足冰冷的症狀可以多吃紅豆百合，特別適合秋季不是很寒冷的日子食用。



[Red Beans with Lily Bulbs]  
This dessert is suitable for physical deficiency friends at fall season.

### 【芋頭粉蒸排骨】

芋頭營養豐富，含有大量蛋白質和多種微量元素。芋頭容易消化，能夠達到健脾胃，潤腸道的效果。這道芋頭粉蒸排骨做法簡單，口感軟糯，十分適合老人和小孩子食用。



[Taro steamed pork ribs]  
Taro nutritious, rich in protein and trace elements. Taro is easy to digest, can reach the spleen and stomach, intestines channel effect. This simple dish is very suitable for the elderly and children.

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### Community Events

- August 22, 2014, Friday, 10am-3pm, Health Net Heritage Day in Rancho Cordova
- August 23, 2014, Saturday, 10am-5pm, Multi-cultural festival in Elk Grove Park at Elk Grove Regional Park
- **August 24, 2014, Sunday, 1-4pm, 風水/ Feng Sui by 大師程大同 at 7000 65<sup>th</sup> Street, Sacramento, CA 95823**
- September 6, 2014, Saturday, 2-4pm, Stress Relief and Relaxation Techniques/緩解壓力和放鬆技巧 at 7000 65<sup>th</sup> Street, Sacramento, CA 95823
- September 21, 2014, Sunday, International Day of Peace - At noon in every time zone, a moment of silence will be held, sending a Peace Wave around
- September 27, 2014, Saturday, Sacramento Walk to End Alzheimer's
- October 4, 2014, , Saturday, 2-4pm, The Basics: Memory Loss, Dementia and Alzheimer's Disease/你該知道的基本知識:關於記憶喪失，失智症，與阿滋海默症 at 7000 65<sup>th</sup> Street, Sacramento, CA 95823
- October 19, 2014, Sunday, Making Strides Against Breast Cancer of Sacramento by American Cancer Society
- **October 26, 2014, Sunday, Paul Hom Clinic Health Fair at UCD Medical Center**
- **November 22, 2014, Saturday, SCCF Annual Asian Performing Arts Festival**



## 中秋的起源與意義

中秋節，俗稱八月半，也叫月節。中秋有二種算法，一是據四季算，因四季之中，七、八、九為秋，八月十五居秋季之中，故稱中秋；另一種算法則據節氣，按照二十四節氣，一季共六個節氣，秋季的六節氣分別是立秋、處暑、白露、秋分、寒露、霜降，而秋分則是秋季之中，此時正是秋糧收割之際，一年污水拋散土地上，收穫在即，因此，家家拜祀土地神，答謝神的保佑，於是出現一系列儀式和風尚活動，此外加上我國古代即有拜月習俗，因此由祭月、拜月逐步演化出賞月之風。



**Mooncake** (simplified Chinese: 月饼; traditional Chinese: 月餅; pinyin: *yuè bǐng*) is a Chinese bakery product traditionally eaten during the Mid-Autumn Festival (*Zhongqiujie*).

The festival is for lunar worship and moon watching, when mooncakes are regarded as an indispensable delicacy. Mooncakes are offered between friends or on family gatherings while celebrating the festival. The Mid-Autumn Festival is one of the four most important Chinese festivals.

Typical mooncakes are round or rectangular pastries, measuring about 10 cm in diameter and 4–5 cm thick. This is the Cantonese mooncake, eaten in Southern China in Guangdong, Hong Kong, and Macau.

A rich thick filling usually made from red bean or lotus seed paste is surrounded by a thin (2–3 mm) crust and may contain yolks from salted duck eggs.

Mooncakes are usually eaten in small wedges accompanied by Chinese tea. Today, it is customary for businessmen and families to present them to their clients or relatives as presents.



## 中秋節的活動

### 一、拜月

拜月、祭土地為中秋的祭祀活動，古人以為月亮屬陰，為女性象徵，所以稱太陰祭，古諺說：「男不拜月、女不祭灶。」婦人拜月，祈求月神福祐全家團圓吉祥。至於祭土地神，則具有勸農的功能。

### 二、走月亮

走月亮—中秋夜晚，秋高氣爽，又明月當空，大家喜歡到郊外走走，散步賞月，盡興而歸，故俗稱「踏月」或「走月亮」。

### 三、偷瓜菜

偷瓜菜—又稱摸秋或偷秋，這是未婚男女在中秋夜玩的遊戲。在中秋月，趁著月色皎潔，到田野去偷摘別人家菜圃的瓜果蔬菜，看摘的多寡好壞，來測定偷瓜菜者的天資好、壞和健康、運氣如何。如果未婚少女偷得蔥或青菜，表示她們快找到如意郎君了。所以諺語：「偷得蔥，嫁好尪（丈夫）；偷得菜，嫁好婿。」

### 四、吃月餅

月餅也叫「團圓餅」，中秋節吃月餅，有以圓圓的月餅來象徵團圓之意，天上的月亮也是圓的、月餅也是圓的，親人怎可不團圓共賀佳節呢？所以在外地謀生的人，總要趕回家過中秋節，吃團圓餅；如果有人未歸，也要把他的一份月餅留著，等他回來過年時吃。



## SCCF Membership Application/Renewal

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Name in Chinese characters (if available) \_\_\_\_\_

Mailing address \_\_\_\_\_

Email \_\_\_\_\_ Tel ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

I would like to volunteer for the following activities:

Event planning \_\_\_\_\_ Publicity \_\_\_\_\_ Membership recruitment \_\_\_\_\_

Event logistics \_\_\_\_\_ Speaker's Bureau \_\_\_\_\_

Special interests in Chinese history and culture: \_\_\_\_\_

Membership: Individual, \$25/year      Family, \$45/year      Lifetime membership, \$150/\$200  
School/non-profit: \$150/year      Lifetime School/non-profit: \$300

Please return this form to: SCCF, P. O. Box 160841, Sacramento, CA 95816-0841 or any SCCF board member.

SCCF is a 501-c-3 organization. Contributions are tax deductible to the extent allowed by law.

SCCF  
P. O. Box 160841  
Sacramento, CA 95816  
[www.sccfsac.org](http://www.sccfsac.org)

### 2014 Board

President: Mayue Carlson  
Vice-Pres: Paul Chow  
Secretary: Janice Tsai  
Treasurer: Keely Jue  
Auditor: Jannie Wen  
Membership: Danny Vuong  
Newsletter: Janice Tsai  
Web master: David Dai

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Lily Qian  
John Wong  
David Qingdong Yan  
Susie Yang

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