

沙加緬度中華文化基金會

Sacramento Chinese Culture Foundation

P. O. Box 160841

May 2014

www.sccfsac.org



沙加緬度中華文化基金會 Sacramento Chinese Culture Foundation

2014 Summer Event

Program List 夏季活動節目表

Scholarships Award	- 頒發獎學金	10:00 am - 11:45 am
Talent Show	- 才藝表演	11:45 am - 12:30 pm
Members Gathering Lunch	- 會員聚會午餐	12:30 pm - 02:30 pm
Free Time after 2:30pm (Karaoke)	- 下午2:30後的時間自由活動 (卡拉OK)	

When 日期: June 8th, 10:00 am to 4:00 pm
6月8日, 星期日, 上午10時至下午4時

Where 地點: Holiday Villa Restaurant 福滿樓酒家
7007 S Land Park Dr, Sacramento, CA 95831

Cost 費用: \$ 5.00 / Member \$ 10.00 / Non-member
五元/會員 拾元/非會員

Please purchase the lunch ticket first. 煩請先行訂購午餐票。

Please contact with 購票請洽

Janice Tsai (916)508-2416 Lily Qian (916)221-0527

Please leave message! 來電請留言!

Information: SCCFsac@yahoo.com / www.sccfsac.org



Together we'll go far



President's Message from Mayue Carlson

Dear SCCF Members:

After our 2014 General Membership Dinner Meeting on 2/23/14, there have been many changes. These changes are for newer and better ways to promote Chinese language and culture, which is our mission.

Here is an outline of our changes for your information:

In 28-year history of SCCF, many past presidents, officers and board members have served SCCF well, and have built the solid foundation for this organization. SCCF would not be here without them and their hard work. SCCF will always remember them and appreciate them.

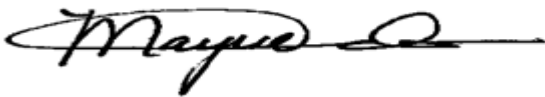
However, new generation has come along. We now have many younger and talented board members to serve you. The board now consists of 15 members. They have brought many new energy and new ideas to promote Chinese language and culture. The biggest shift is that SCCF is now emphasize their main effort on YOUNGER children – school children, ages 0 to 18. This is the generation we need to teach and make them aware of our great Chinese language, culture and history. We present you all the new Wells Fargo Scholarship Programs, big annual fund-raising Performing Arts program at the Crest Theater, and other lectures, seminars, talent show, etc. throughout the year.

The board conducted a new election for new officers right after the General Membership Meeting. The board also elected new committee leaders.

Our successful big annual fundraising event last year "Asian Performing Arts Festival" has given us a great means to fundraise for our future programs. We are making this program as our Biggest Signature Annual Event. We have set it on 11/22/14 for this year, at the Crest Theater.

The board appreciates our members' continued support and encouragement. Please stay with us, and help us to do better and more to serve you and our community. See you at our 6/8/14 event.

Best wishes to all,



SCCF President

2014 New Board Members



John Wong 黃介屏
Sponsor of this year's
Wudang Kung Fu and
Cultural Training Camp
for Chinese Speaking
Students in Hong Kong



ShanShan Lee 李珊珊
Using music and rhythms
into Chinese teaching for
more than 10 years to
make Chinese more fun
and more easy to learn.



Qingdong Yang 閻慶東
Scholarship Program
Chair
A principle technology
consultant.



Lily Qian 錢莉莉
Scholarship Program
co-Chair
IT specialist, has
volunteered to educate
students from various
schools in multiple states
about Chinese Culture for
over ten years.

Our Mission 我們的使命

Promotes Chinese culture through events, newsletters and community services

舉辦宣揚中華文化節目、定期發表通訊錄、提供社區文化活動

Supports Chinese language classes in local school systems through grants

支持當地學校華語課程教育計劃

Establishes resources for the study of Chinese language, history and culture

提供學習中國語文、歷史文化教育研究計劃

Provides scholarships to Chinese students and emergency assistance to the community

設立獎學金頒發給學習中國語言學生，提供社區應急協助

Participates in Asian cultural events through collaboration with community groups

與社區組織合作，共同參與亞裔文化活動

Our Member Schools

Member Schools	Location & Contact
Chinese Chinese School 金鑰匙華人中文學校 http://chineseschinese.org/	Address: Lutheran High School 9270 Bruceville Road, Elk Grove, CA 95758 Time: 9:30 - 12:00, Saturday Phone: (916) 842-4188 Email: mychinese2009@yahoo.com
Confucius Chinese School Sacramento 沙加緬度中華學校 https://sites.google.com/site/cbasac1934/home	Address: 915 4 th Street, Sacramento CA 95814 Phone: 916-443-3846
Davis Sr High School http://dshs.djUSD.net/	Address: 315 W 14th St, Davis, CA 95616 Phone: (530) 757-5400
Folsom Chinese School 福森中文學校 http://www.folsomchineseschool.org/	Address: Vista del Lago Highschool - H Building 1970 Broadstone Parkway, Folsom CA 95630 Time: 7:00 - 9:00 pm, Friday Evening Email: folsomchineseschool@folsomchineseschool.org
New Star Chinese School 新星中文學校 http://www.newstar.davis.ca.us/	Address: Davis Senior High School 315 W. 14th Street, Davis, CA 95616 Time: 1:30 - 3:30pm, Sunday Email: nscsdavis@yahoo.com
Sierra Chinese School 育達中文學校 http://sierrachineseschool.org/	Address: 660 Menlo Drive, Rocklin, CA 95765 Time: 2:00pm - 4:15pm, Sunday Contact: Wendy Lin Email: wslin00@hotmail.com
Western Sierra Collegiate Academy http://www.wscacademy.org/	Address: 660 Menlo Drive, Rocklin, CA 95765 Phone: (916) 778-4544
William Land Elementary School Dual Language Mandarin Immersion http://williamland.scusd.edu/	Address: 2120 12th Street, Sacramento, CA 95818 Phone: (916) 264-4166

沙加緬度中華文化基金會與香港藍光文化傳播公司共同舉辦

大師演講 ~ 愛與心靈的呼喚 ~

由沙加緬度中華文化基金會與香港藍光文化傳播公司共同舉辦的公益講座，於3月15日下午在二埠縣警局大廳舉行，百名觀眾到場一睹在國際間，以養生靈修聞名的大師程大同的風采，以及聆聽以『愛與心靈的呼喚』為主題的演說。

主辦單位表示，程大同幼年家貧，體弱多病，因而開始尋師訪道，學習養生和靈修，他曾赴荷、比、法、美、德、西、秘魯、香港、台灣、馬來西亞等國家和地區，得到眾人支持和信賴。

祖籍浙江的程大同在演說一開始即表示，今次活動有兩個目的，既使大家了解養生知識，又得到身心靈的調理。他隨後要求全體觀眾靜坐三分鐘，就在此刻，觀眾得到身體酥麻的感觸。

他說，現代人病多是因為心不靜，所以放鬆是療病的良藥，每天只要十分鐘至半小時即可，放下之後就會感到身心的愉悅，在此狀態之中，疾病肯定大大減少。健康兩個字是肉體的健，心靈的康，論及養生，不能忽略心靈的養生。

程大同進一步說，去病強身、延年益壽只是狹義的養生，廣義的養生可以使婚姻、家庭、風水、事業、人際關係得到全面調整。養生不只是中國重視，西方亦然，各地都或多或少有食品、空氣、飲水方面的問題。

他也介紹鳳凰園的三大內容，那就是人體養生、家庭養生和企業養生。說到家庭養生，他強調發自真誠，家人就會感應到愛與心靈的呼喚，這不只可以改變一個家庭，甚至一個企業。真誠地表達我愛你、對不起、請原諒、謝謝等四句話，可以看到非比尋常的效果。

中華文化基金會會長林美玉，在程大同演說前致詞歡迎大家。本次活動圓滿成功，背後大力張羅的張巍功不可沒。在活動結束時，觀眾還獲贈天愛真言及太空漫步等養生秘法光碟。

(沙城報, Courtesy of Andrew Lan)



Community Events

- **June 8, 2014, Sunday, 10am – 2:30pm, SCCF Summer Event**, Individual Scholarships Award, Talent Show and Members Gathering Lunch at Holiday Villa . See Page 1 for details.
- June 14, 2014, Saturday, 4-8pm, APAPA Membership Drive at Yin Ranch, 6319 Pleasants Valley Rd, Vacaville, CA 95688
- June 28, 2014, Saturday, 養生和靈修 by 大師程大同 at 7000 65th Street, Sacramento, CA 95823
- July 5, 2014, Saturday, 2-4pm, Maximizing Your Memory: Tips and Strategies/如何加強您的記憶力 at 7000 65th Street, Sacramento, CA 95823
- August 2, 2014, Saturday, 2-4pm, Best Strategies for Maintaining Brain Health and Preventing Neurological Illness/保持大腦健康和預防神經系統疾病的最好策略 at 7000 65th Street, Sacramento, CA 95823
- **August 16, 2014, Saturday, 1-4pm,風水/ Feng shui by 大師程大同 at 7000 65th Street, Sacramento, CA 95823**
- August 23, 2014, Saturday, 10am-5pm, Multi-cultural festival in Elk Grove Park at Elk Grove Regional Park
- September 6, 2014, Saturday, 2-4pm, Stress Relief and Relaxation Techniques/緩解壓力和放鬆技巧 at 7000 65th 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 19, 2014, Sunday, Making Strides Against Breast Cancer of Sacramento by American Cancer Society
- **November 22, 2014, Saturday, SCCF Annual Asian Performing Arts Festival**

Asian-Pacific American Heritage Month

May is Asian-Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Like most commemorative months, Asian-Pacific Heritage Month originated in a congressional bill. In June 1977, Reps. Frank Horton of New York and Norman Y. Mineta of California introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian-Pacific Heritage Week. The following month, senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed. On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration. Twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

<http://asianpacificheritage.gov/>



Locke, locates only 30 miles from Sacramento, established in 1915, is the only existent town in America built and inhabited almost exclusively by Chinese until recent years, also celebrated the Asian Pacific Heritage Month at its Main Street on Saturday, May 10, 2014.

Many visitors came to enjoy a day filled of fun activities, such as the Lion Dance, Shaolin Kung Fu Demonstration, Chinese Acrobat, Folk Dance, Origami, Chinese Calligraphy, Poker Tournament at the Dai Loy Gambling Hall, Food, Music, Cultural Displays, Art & Crafts, Community Exhibits and Raffle. To learn more about Locke, please click on www.lockeca.com.

SCCF has been a major sponsor for this event. Paul, Lily, Keely attended this festival this year.

The entire town of Locke is a historical site. Special places to visit or see include *Locke Boarding House Museum and Locke Chinese School*. Please plan a trip to Locke soon!



Locke Boarding House Museum
Visiting Center Hours of Operation:
Tuesday, Friday, Saturday, and Sunday
11 AM to 3PM
916-776-1828/916-776-1661

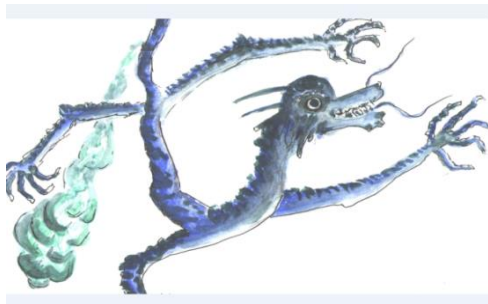


圖像記憶教學中文

金鑰匙華人中文學校

中國史卷對中文起源有這樣的記載：倉頡仰望觀天象，俯察鳥獸蟲魚之跡，而創造出最早的象形文字。從甲骨文到現代簡體字，運用圖像記憶教學法，可以生動形象的展現漢字的字義，同時培養學生的興趣。經科學論證，圖像記憶是人體最為強大的記憶方法，效果是其它記憶方法的3至10倍。

金鑰匙華人中文學校運用圖像記憶的教學法，回原中文文字象形特點——貓、狗、上、下、人等，將一個個生動活潑的畫面呈現在中文學生的面前，讓學習中文過程不再枯燥，甚至產生濃厚的興趣。今天金鑰匙華人中文學校給大家展示的字是“龍”字和“狗”字。這兩個字由創意性的圖畫勾勒出來。在保留本身字型的基礎上，也對文字的意義，以及“犴”（犬）部首意義有了形象的介紹。從此提高了學生識字，書寫，以及分析和創造的能力。



龍



狗

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Wudang Kung Fu and Cultural Training Camp for Chinese Speaking Students in Hong Kong, July 12-25

The Sacramento Chinese Culture Foundation proudly announced the following seven winning students for this special 'HK-Wudang Martial Arts & Culture Summer Camp', each will receive a scholarship of \$500 from SCCF on June 8th, Sunday at Holiday Villa:

Victor WEI (Folsom High School)
Jacky LAI (J.F. Kennedy High School)
Ethan TANG (Holmes Jr. High School)
Rich MO (Mira Loma High School)
Brook ZHAN (Folsom High School)
Jesse ZHANG (Vista Del Lago High School)
Nicholas HUANG (University of California at Riverside)



Total of 100 students from various countries and cities will be attending this once-in-a-life-time special Summer Camp to:
1) camp overseas in Hong Kong, 2) learn Wudang Kung Fu and traditional culture from the real Masters from China.

Congratulations !!!

臺灣粽 Taiwanese Tamales

臺灣粽子的作法源自於中國大陸南方，外包麻竹葉或桂竹竹籬再以白棉線或鹹草捆紮，其樣式多成錐立四角形狀，但同時在臺灣南部和北部地區之間在作法上亦存在著一定的差異，常被臺灣人稱作「南部粽」、「北部粽」。相比南方粽，北部粽體積更小巧，油較多，味道也較鹹。不論南北，都有加入瘦肉、蛋黃，還有花生，甚至魷魚等海味。1949年後，大量軍民隨國民政府遷台，其中以江南人居多，所以亦隨之傳入江浙省粽類為多。台灣習俗中，若某家有喪事則端午不製粽，粽由女主人娘家提供，並贈以回禮。亦有考生吃粽子，有「包中」的含意。



另外，台灣原住民亦有類似的食物。雖與漢人端午節習俗無關，但亦成為粽食新選擇之一。

北部粽

臺灣北部作法是米浸泡於水中，瀝乾後用油炒香，並加入五香粉、胡椒粉、醬油等調味料。將米蒸熟後，近於「油飯」，再以竹葉包裹填餡，再一次使入味。也有人直接用油將米粒炒至半熟，包裹填餡後蒸食。台灣北部粽所用竹葉多為筍殼，色澤棕黃，略帶斑點，質地頗為堅韌，較無葉香融入其中。

南部粽

南部粽或稱水煮粽，特色為投水煮食、較不油膩。作法是用純白糯米浸泡後加瘦肉、三層肉、香菇、鴨蛋黃、紅蔥頭，亦有添加花生、栗子、蘿蔔乾者，較特殊的亦有加魷魚、蝦米者，餡料須先行醃製，以粽竹葉包裹，入大鍋中，以大火水煮，中間或添冷水一至二次，持續加熱至熟透，費時大約一時半至兩小時。臺灣南部粽所用「粽竹葉」，質地細緻而葉面較寬（大部分是麻竹葉），氣味也較芳香，食用時帶有淡淡的竹葉清香。也有用月桃葉子包的，有一股特別的月桃香，而且月桃葉子比較大，可以包更大的粽子，而還有一個特色就是會淋醬和灑上花生粉增加滑順口感南部肉粽店家通常可品嚐到這般美味。

菜粽

臺灣南部同時有種以花生和糯米包製的粽子。其煮法和南部粽相同為水煮粽。食用時搭配花生粉、香菜和醬油膏一起食用。

鹼水粽

以糯米和鹼劑包製，成品為黃色、有彈性、口感接近九層塔般比較有彈性的果凍狀物；食用時通常淋上糖漿般的醬汁或直接沾白沙糖，又稱甜粽，屬甜點類，市場逐漸萎縮，目前越來越少見，現在也會將產品改良，包紅豆內餡等，增加多種口味。

客家粽

米粽：蒸過的糯米飯包入蝦米、紅蔥頭、菜脯、香菇絲、豬肉等材料，以曬乾的麻竹葉包裹再蒸熟食用^[3]。

板棕：糯米經泡水後研磨成米漿，瀝乾水分搓揉成板糰，加入菜脯香料再用麻竹葉包上蒸熟。在製作上比較耗時，因此風味也更為特殊。

原住民粽

與漢人之粽外觀類似，稱為「阿拜」，流行於魯凱、排灣、卑南等族。選用芋頭粉、小米、糯米或高粱粉。內層包上肉餡、外緣先包上假酸漿葉，最後包覆以月桃葉。

Zongzi (or simply zong) (Chinese: 粽子)

A traditional Chinese food, made of glutinous rice stuffed with different fillings and wrapped in bamboo, reed, or other large flat leaves.

They are cooked by steaming or boiling. In the Western world, they are also known as rice dumplings or sticky rice dumplings.



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

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

At large:
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Michelle Lau
Tina Byrne
Susie Yang
Shan Shan Lee
John Wong
David Qingdong Yan
Lily Qian

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