

獅子溪老年人大廈藍鳥藍天
詩和文章書 2022

**Lion Creek Crossings Seniors
Blue Jay Blue Skies**

Booklet of Poems and Essays 2022

團結和快樂在困難時

Solidarity and Happiness in Challenging Times



奧克蘭,加州 Oakland, California



EAST BAY ASIAN LOCAL
DEVELOPMENT CORPORATION

BUILDING HEALTHY, VIBRANT AND SAFE NEIGHBORHOODS

**Message from Resident Services Coordinator at Lion Creek
Crossings Senior Building - Mei Sze Phung
獅子溪老年人大廈居民服務協調員馮斯美**



Hello, my name is Mei Sze Phung and I am the Resident Services Coordinator at Lion Creek Crossings Senior Building. Lion Creek Crossings is a building complex in East Oakland as part of the East Bay Asian Local Development Corporation which builds healthy, vibrant, and

safe neighborhoods in Oakland, California, and surrounding areas. It has been a wonderful joy and pleasure to serve so many amazing seniors from all different cultures and backgrounds at Lion Creek Crossings senior building, as this community is truly one of a kind. It's a beautiful gem in Oakland that shines and sparkles in this harmonious community like blue jays and blue skies. Every time I see the seniors, I can't help but beam and smile. They are so special and each unique in their own ways.

你們好，我是馮斯美小姐，獅子溪老年人大廈居民服務協調員。獅子溪老年人大廈是東亞地方發展公司的一部分。該公司在加利福尼亞州奧克蘭及周邊地區建設健康，充滿活力和安全的社區。在獅子溪老年人大廈，為這麼多來自不同的文化和背景的優秀老年人提供服務是一種美妙的快樂和樂趣，因為這個社區確實是獨一無二的，它是奧克蘭的一顆美麗的寶石，像藍天樣在這個和諧的社區中熠熠生輝。每次看到长者們我都忍不住笑瞇瞇的。他們是如此的特別。

**Message from Chairman of the Resident Association of Lion
Creek Crossings Senior Building - Charles Kilgore**

居民協會領導主席



Hi everyone, I have been here since the very beginning. I have seen people moving in and moving out. There are people that I have talked with and the next minute they are gone. Some have left this lifetime. Some have moved to another place to live. But I have had the chance to meet such great, wonderful, nice people. They have loved me and they have made me feel that I was important and that I did try to show them how much I cared to this very day. We have had so many good times in our meetings and on our fieldtrips. It has been a privilege to be your Chairman and President for the last few years. I loved living with you and helping you. I would like to say thank you to you for trusting me with your votes. It was great working with many coordinators, but Mei Sze (Macy), you have been the best. I will close by saying, "Ask not what your community can do for you, but what you can do for it."

*My love always, your humble President and Chairman,
Charles P Kilgore*

你們好,我从一开始就住在這裡。我看到不同的人們搬进来或者搬出去。有些人和我交談過,但很快的他們就搬走了,他們搬到另一個地方居住,这里的住客让我有机会成为社区重要的议员,让我觉得我很重要,而且我确实試圖向他們展示我对他們的爱心。在過去几年,我們在主席和总裁会上度過了很美的時光,我很喜欢和你們一起并且也是很愿帮助大家。和你們一起工作很棒,特别馮斯美,你是一個非常优秀的协调员,我們很爱你。无论什么时候你都能做到最好的。

CHARLES P KILGORE

2021-2022 RESIDENT ASSOCIATION OFFICERS

2021-2022 居民協會領導

Chairman 主席

Charles Kilgore



Vice Chairman 副主席

Fudi Cai



Treasurer 財務管理

Lani Palm



Interpreter 翻譯員

Sarah Guo



Event Planners 活動策劃者

Vivienne Serrano



Nancy Johnson



Guili Gao



2019-2020 RESIDENT ASSOCIATION OFFICERS

2019-2020 居民協會領導

Chairman 主席

Charles Kilgore



Vice Chairman 副主席

Fudi Cai



Treasurer 財務管理

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Sarah Guo



Event Planners 活動策劃者

Juan Li



Xin Xue Lu



Chuck Chu



Yuye Zhou



Victoria Osagiede



PANDEMIC 疫情

Author 作者: Brenda Parish

A tear streaming down a face. 一滴淚從臉上流下來
Another effort to shelter-in place. 所有人在家隔離

If I were you, I would take heed to the calling too
如果我是你, 我會聽天上的召喚

Warned us to mask with breathing. 召喚我們戴口罩


Do not take the vaccine, 不打疫苗
take the vaccine lest you want to die. 不想死就打疫苗
For death will follow you, 因為死亡會跟隨你
and that will be the end of you too. 這也是你的結果

Another plague is in the air. 另一場瘟疫在空氣中
Concern is to share the burden to care, 互相關心幫助
for the loved ones to bare. 為了所愛的人
From being abnormal into normal, 從不正常到正常

brings a new way of safety actions. 帶來了一種新的安全行動方式
To bury the dead when tears will be shed. 埋葬死的人, 眼淚會流下來
In God we trust and rely that He is just. 我們相信上帝, 相信他是公正的
We need out of this condition 我們需要這樣結束
and find the solution to sensitize the situation. 並找到解決方法

Hospitals are at full capacity, 醫院人滿
and over the top with patients. 都是病人
Say a little prayer for the healthy ones, 為健康的人祈禱





who were spared. 他們還在世的

Businesses close down shops, 商店關門

schools have stopped their clocks, 學校停了時鐘

and Socialization of any kind must come to past, 任何社會都必須停止

and the virus it is here to last. 病毒會在這裡一段時間

Underlying depopulation, 人口在減少

hatred to one another, 人們憎恨

bringing upon extreme measures, mass murderings, 帶來極端的方式, 大屠殺

whom psychotic killers with some still at large. 與一些精神病殺手人

People suffering from hunger due to no jobs, 因沒有工作而挨餓的人,

unable to pay rent and stipends have stalled. 付不起房租和薪金停滯不前

But all God wants is to be recognized, 但上帝想要的只是被承認,

submit, please repent, as well as to bear witness. 請道歉, 並作證。

Offers to save us from Divine Judgement. 提供將我們從神聖審判中拯救出來的提議

Finally, I have your attention. 最後, 我得到了你的注意

Will you cooperate, or give me an argument? 你會合作, 還是給我一個論點?

One more saying to add, 再補充一句

as long as we have existing life, 只要我們還有生命

it shall become hard to resist. 將變得難以拒受

There is hope and belief, 有希望和信念

that when you press on forward to survive, 當努力前行求生時

there comes relief. 有解脫。

Brief Introduction to Bible Study 聖經學習小組



Minister Manuel Harris

The Bible Study was founded six years ago by residents Minister Manuel Harris, Sister Rita, and Sister Adrian right in the lobby. We have Bible Study every Wednesday evening 6-7:30 PM in the community room. The teachers are Minister Manuel Harris and Ms. Dorothy. We read and talk about the scripture, our trials and tribulations, and pray. The people who attended are Hazel, Nancy, Lani Palm, Sister Rita, Sister Vivienne, Sister Adrian, Beverly Smith, and Ms. Delores. Please come out and join us in Bible Study every Wednesday Evening. You will have fun in the LORD.

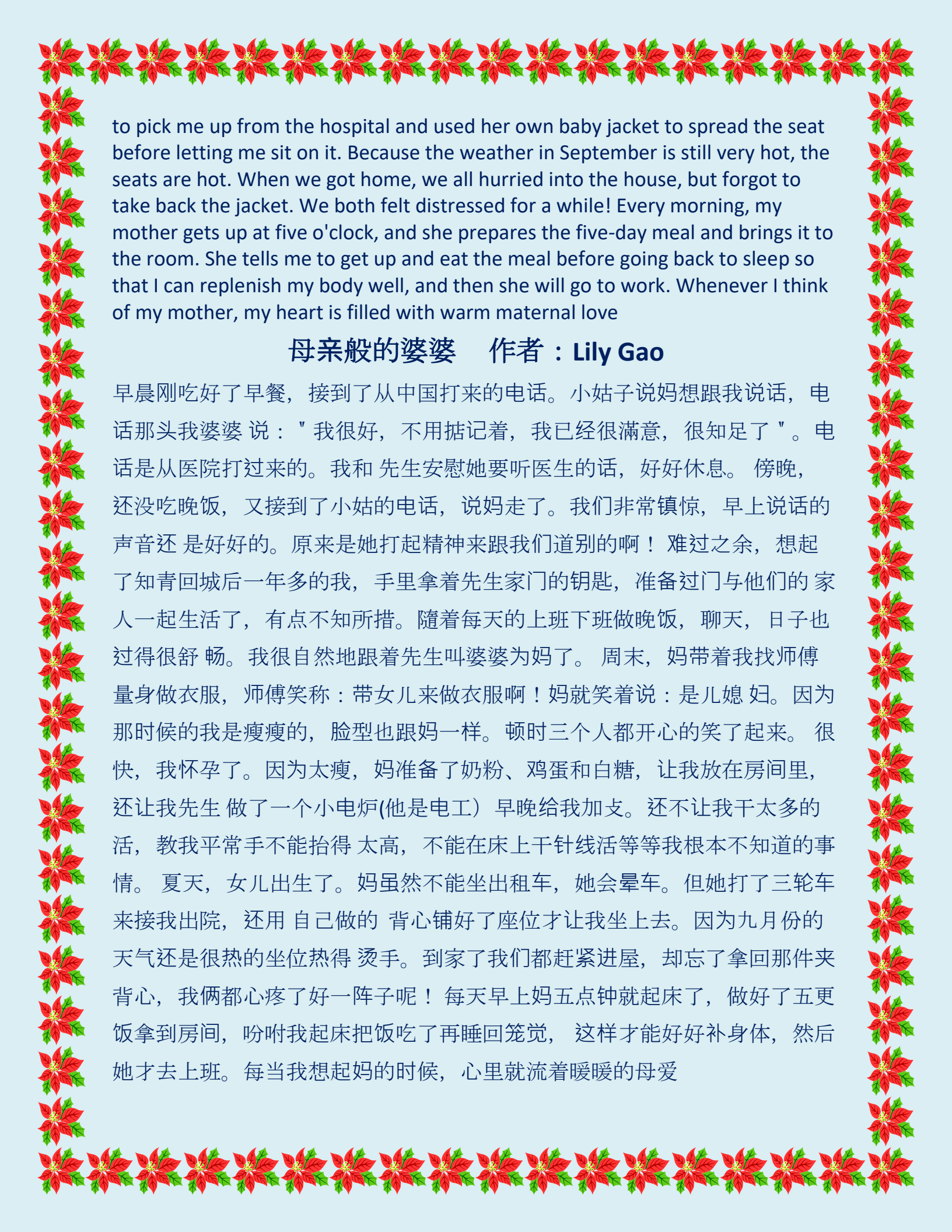
六年前，居民 Minister Manuel Harris, Rita 姐和 Adrian 姐在大亭里创立了圣经研究，所以我們在每周三晚上六点到七点半在社区活动室进行圣经研究。Hazel, Nancy, Lani Palm, Sister Rita, Sister Vivienne, Sister Adrian, Beverly Smith, and Ms. Delores 參加過。教師們与好多兄弟姐妹們一起学习。請每一個周三晚上六点到七点半全主里得到樂趣。

Mother-in-law 岳母

Author 作者: Lily Gao 高鹏



Just finished eating early in the morning, and I received a call from China. My sister-in-law said that my mother wanted to talk to me, and my mother-in-law said to me on the phone: "I'm fine, don't worry about it. I'm very satisfied and content." The call came from the hospital. My husband and I comforted her, telling her to listen to the doctor and take a good rest. In the evening, before dinner, I received a call from my sister-in-law, saying that Mom was gone. We were very surprised, and our voice in the morning was good. It turned out that she cheered up and said goodbye to us! When I was sad, I thought of me. It was more than a year after the educated youth returned to the city. I held the keys to my husband's house in my hand, ready to go to live with their family, a little at a loss. As I go to get off work and leave work every day, making dinner and chatting, my life is also very comfortable. I naturally followed my husband to call my mother-in-law as my mother. On weekends, my mother took me to find a master to make clothes, and the master said with a smile: Bring my daughter to make clothes! Mom said with a smile: It's a daughter-in-law. I was thin at that time, and my face was the same as my mother. All three of them laughed happily. Soon, I became pregnant. Because I was too skinny, my mother prepared milk powder, eggs and sugar, and let me put it in the room. She also asked my husband to build a small electric stove (he is an electrician). Don't let me do too much work. She taught me that I can't raise my hands too high, and I can't do needlework on the bed, and so on - things I don't know at all. In the summer, a daughter was born. Mom can't take a taxi because she will get motion sickness, but she took a tricycle



to pick me up from the hospital and used her own baby jacket to spread the seat before letting me sit on it. Because the weather in September is still very hot, the seats are hot. When we got home, we all hurried into the house, but forgot to take back the jacket. We both felt distressed for a while! Every morning, my mother gets up at five o'clock, and she prepares the five-day meal and brings it to the room. She tells me to get up and eat the meal before going back to sleep so that I can replenish my body well, and then she will go to work. Whenever I think of my mother, my heart is filled with warm maternal love

母亲般的婆婆 作者：Lily Gao

早晨刚吃好了早餐，接到了从中国打来的电话。小姑子说妈想跟我说话，电话那头我婆婆说：“我很好，不用惦记着，我已经很满意，很知足了”。电话是从医院打过来的。我和先生安慰她要听医生的话，好好休息。傍晚，还没吃晚饭，又接到了小姑的电话，说妈走了。我们非常镇惊，早上说话的声音还是好好的。原来是她打起精神来跟我们道别的啊！难过之余，想起了知青回城后一年多的我，手里拿着先生家门的钥匙，准备过门与他们的家人一起生活了，有点不知所措。随着每天的上班下班做晚饭，聊天，日子也过得很舒畅。我很自然地跟着先生叫婆婆为妈了。周末，妈带着我找师傅量身做衣服，师傅笑称：带女儿来做衣服啊！妈就笑着说：是儿媳妇。因为那时候的我是瘦瘦的，脸型也跟妈一样。顿时三个人都开心的笑了起来。很快，我怀孕了。因为太瘦，妈准备了奶粉、鸡蛋和白糖，让我放在房间里，还让我先生做了一个小电炉(他是电工)早晚给我加支。还不让我干太多的活，教我平常手不能抬得太高，不能在床上干针线活等等我根本不知道的事情。夏天，女儿出生了。妈虽然不能坐出租车，她会晕车。但她打了三轮车来接我出院，还用自己做的背心铺好了座位才让我坐上去。因为九月份的天气还是很热的坐位热得烫手。到家了我们都赶紧进屋，却忘了拿回那件夹背心，我俩都心疼了好一阵子呢！每天早上妈五点钟就起床了，做好了五更饭拿到房间，吩咐我起床把饭吃了再睡回笼觉，这样才能好好补身体，然后她才去上班。每当我想起妈的时候，心里就流着暖暖的母爱


About outdoor hiking 關於戶外健行

Author 作者: *Guili (Coco) Gao*



For the sake of good health, I now arrange some outdoor activities for myself almost every week. When I came back, I made some albums with pictures and texts. When you wander in the photos and text of the event, you will feel that every photo has magic.

Watching the birds flying on the sea will lead you to release your heart that has been imprisoned for a long time. It makes people feel that you are floating in the sky. The yearning love spontaneously arises. Of course, outdoor hiking is more than just the joy and freedom you see in the photos. Long-distance walking is a great test for participants' bodies. The first hike takes four hours and 10 minutes, and the walk is about 15 kilometers. For the first five kilometers, the body was in a state of extreme excitement, and I didn't feel tired at all. As I walked, chatting with teammates around me, I passed by without knowing it. Slowly, I began to climb the mountain, panting, and my feet heavier, even the backpack on my shoulders seemed to be heavier at this moment. The more you go, the more strenuous you go, the more you want to rest. The more you go, the less you can see your head. However, look at the teammates around you. They insist on moving forward, and you will fall behind if you take a short rest. Of course, someone will reach out to you when you can't hold on, but no one can get to the end for you. If you want to give up, you can only go back to the starting point. At this time, if the journey has just started, there is no problem at all, but when the journey is halfway, it will not work at all. No one can help you except yourself. The first time I hiked, I experienced breathlessness, opening my mouth and gasping, slipping and rubbing my skin and bleeding. I experienced my legs hurting and my buttocks feeling sore. After walking to the last five or six kilometers, I gradually became physically weak. It's extremely difficult. The two legs are as if they are filled with lead. At this time, you are really surprised that the earth has such a large gravitational force that you can't get rid of its control anyway. At this time, the people had already lost the excitement of just embarking on the road. Apart from encouragement, the teammates had nothing to say to each other. They basically walked with their heads down for a while, and then looked up to see if they could see the goal tower at the end. I couldn't see it, so I continued to walk with my head down sadly. When I raised my



head again by accident, I finally saw the faint white tower shadow in the distance, and my heart rekindled hope. I felt like chicken blood and strode with great spirits. Such an experience tests the physical strength of the participants, but also challenges patience and perseverance. When you finally reach the end, your behind is steady, and when you sit in the car, the joy of challenging your body and defeating yourself is something most people cannot feel. I still remember the night when I returned from the first outdoor hike, I was sore. It took three days for the soreness to fade away, but the emptying after being extremely tired made me almost obsessed with outdoor hiking

关于户外徒步运动

作者：Guili (Coco) Gao

为了身体健康，我现在几乎每周都会给自己安排一些的户外活动。回来了，就图文并茂做一些影集。当你徜徉在活动照片和文字中，会觉得每一张照片都有了魔法，看着海面飞翔的鸟类，引领你放飞已经被禁锢很久的内心，让人恍惚间觉得自己就在天空飘着，向往之情油然而生。当然户外徒步绝不仅仅是你在照片上看到的欢愉和自由。长距离步行对参与者的身体是个极大的考验。第一次徒步，四小时 10 分钟，步行大约 15 公里。前五公里，身体处于极度兴奋状态，丝毫不觉得累，走着，和身边的队友聊着，不知不觉就走过了。慢慢的，开始爬山，气喘起来了，脚步变沉重了，就连肩上的双肩包此刻也似乎有了千斤重。越走越费劲，越走越想歇息，越走越看不到头。但是，看看身边的队友，她们坚持着在向前走，你稍稍休息一下，就会落在后面。当然会有人在你坚持不住的时候伸手拉你一把，但绝没有人能替你走到终点。如果要放弃，只能回头走到起点。这时候如果路程刚刚开始完全没有问题，可是路程过半的时候，就全然行不通了。除了你自己，谁也帮不了你。第一次徒步，我经历了上气不接下气张嘴喘息、滑倒擦破皮流血、腿疼屁股酸的感觉，走到最后五六公里，自己也渐渐体力不济，觉得每迈一步都异常艰难，两条腿像灌了铅一样，这时候真的诧异地球竟会有如此大的引力，让你无论如何也无法摆脱它的控制。这时候的人早已失去了刚刚踏上路途的兴奋，队友间除了鼓励，互相已再无他话，大抵都是低头走一段，然后抬头看能不能望到尽头的那个目标塔。看不到，便眼神黯然的继续低头走路。当偶然又一次抬头，终于看到了远处隐约的白色塔影，心里才重新燃起希望，顿觉得像打了鸡血一般，抖擞精神大步子跨起来了。这样的经历考验着参与者的体力，更挑战着耐心和毅力。当你终于走到终点，屁股稳稳当当坐到车里的时候，那种因为又一次挑战身体、战胜自我而有的愉悦，是一般人无法感受到的。还记得第一次户外徒步归来的那一夜，我浑身酸爽。整整三天酸痛感才慢慢褪去。但是那种极累之后的极度放空，又让我近乎痴迷的爱上了户外徒步。

I am 我是 by 作者 Tomika Cremer
Poem performed by 表現者 Debra Jordan

I am the image of God's likeness 我是上帝美貌的形象

Unique as an antique in all its brightness 盡顯古董的獨特性

Like my mother 像我媽媽一樣

Like father pave the way 像父親一樣鋪平道路

Queen of ages 歷代皇后

Traveled the seas 出海旅行

Mother 母親

Sister 姐姐

Advocate 提倡

Pillar rock diamond 柱石鑽石

Even in worst day 每天最糟糕的一天

Rare times of injustice 罕見的不公正時期

Discourse 話語

Life obstacle course 生活障礙路線

I am a Spiritual person with a royal crown 我是一個擁有王冠的精神人物

Counselor 顧問

Teacher 老師

Chant for others to do best 讚美別人做得最好

I am a Treasure, nothing less 我是寶藏

I am full of love, laughter, light 我充滿了愛，笑聲，光明

Truth forever 永遠的真理

I am Debra 我是 Debra



“Come to Me” 來找我 - Yolanda Adams
Piece shared by Sister Vivienne Serrano 分享的詩



If you'd call, I would answer,
The cares of this life have drained you dry.
It's gotten serious, almost disastrous, deception and lies
You're overcome by despair, trying to find the answers
everywhere
running to and fro asking everyone you know.
Now come to Me, when the world is on your shoulders,
Come to Me, guaranteed to take it over
There's nothing too hard, no impossibilities
If you'd come to me
Crisis of the heart, no it doesn't matter,
I am your solution, thought it seems too big.
Pursuits and promises, all of your addictions, I'll intervene
You're overcome by feelings of despair, trying to find the
answers everywhere,
Running to and from asking everyone you know.

And all your battles I'll gladly fight; Your torch of hope I'm willing to light
I'll never leave you alone; Nor forsake you if you would come,
Just come to Me, when the world is on your shoulders
Come to Me, I'm guaranteed to take over
Come to Me with all your struggles and your tests
Lay them down and I will do, what I do best
For I am your God, there's nothing too hard
No impossibilities, if you'd only
Come to Me.

微微安塞拉诺姐姐分享的〈來找我〉诗篇，如果有电话我会接听。今生烦恼已使你平涸，它变得严重，几乎是灾难性的，欺骗和谎言，你被绝望所征服，试图到处寻找答案，跑来跑去问你认识的每一個人，現在來找我，当世罗在你的肩上时，來找我，保证接手，没有什麼太难，如果你到莫，没有不可能的，内心的危机没有关系，我是你的决解方案，整個過程似乎都很大，追求诺言，你所有的补充，我都会介入你被绝望的情绪所克服。试图到处寻找答案，跑来跑去问你认识的每一人，我很樂意為你而战，你希望的火炬我愿意為之奋斗，我永远不会离开你，如果你來，我也不会抛弃你，就來找我，当世界是的肩膀，來找我，我保证接管，來找我，帶着你所有的挣扎和考验放下它們，没有什么难的事，没有什么不可能的事，只要你愿意來找我。

Poem by Lani Charvel Palm

Lani Charvel Palm 的詩

Fellow friends and tenants:



I am Lani Palm. I was born in Oakland as a third generation Californian.

I went to Skyline High School and Laney College.

I started working retail both at Foothill Square and Eastmont Mall,

Then I became a Bank Teller,

Then a Nanny, and then worked in Social Services at Fairmont Hospital.

I retired to take care of my dad who had cancer.

I then took care of my sister who had Alzheimer's

各位朋友和房客，我是 Lani Palm，我出生在 Oakland 是加利福尼亞的第三代。我去了天際高中和萊尼學院，我開始在足球廣場和伊斯蒙特購物中心從事零售工作，然後我成為了樂隊出納員，然後是保姆，然後在費爾蒙特醫院從事社會服務工作。我退休來照顧患有癌症的父親，然後我照顧了我患有阿爾茨海默氏症尋求自由姐姐。

Seeking Freedom

By Liem Phan



On February 24, 2022, President Putin of Russia brought hundreds of thousands of troops to attack neighboring Ukraine. The outbreak of war left many Ukrainian cities devastated. Thousands of innocent people died, and millions of Ukrainians had to flee their homes to neighboring countries to seek refuge. I am Vietnamese, and my country has experienced more than 20 years of war ravaged. I understand the suffering of the Ukrainian people today.

On April 30, 1975, the government of Southern Vietnam collapsed. The southern army was destroyed by the onslaught of the north army. As a result, fearing reprisals and threats and desiring to seek freedom, millions of people of the south sought to leave South Vietnam in small wooden boats, where they faced many dangers. They had to endure the crashing sea waves and many storms. Many of them were lost or died of starvation. There were pirates from Thailand who looted the passengers' possessions and raped the women. They knew that danger was always waiting for them, but on the other hand, they needed to find freedom. It always inspired them, so they continued to sail on the small and fragile boats.

However, many of those boats that tried to escape the war never docked at a "Freedom Harbor", and thousands of Vietnamese laid down their lives on the bottom of the sea. They never got the chance to see the light of freedom. Some people were luckier and managed to survive. Through the help of charitable organizations from other countries, many of the survivors have been able to build a better life in free countries such as Europe and Australia, but most of them are settled in the United States. However, they will never forget the dangers that they have been through in search of liberty. Perhaps, they will carry those memories with them throughout the rest of their lives. The United States always extends its arms to welcome and help everyone. We are always grateful for that valuable help and will strive to serve this country more and more, developing richer.




Đi Tìm Tự Do – Liem Phan

Ngày 24 tháng 2 năm 2022 Tổng thống Putin của Nga đã đưa hàng trăm nghìn quân tấn công nước láng giềng Ukraine. Chiến tranh bùng nổ khiến nhiều thành phố của Ukraine bị tàn phá nặng nề, hàng nghìn người dân vô tội thiệt mạng và hàng triệu người dân Ukraine phải rời bỏ nhà cửa sang các nước láng giềng để tị nạn. Tôi là người Việt Nam, đất nước tôi đã trải qua hơn 20 năm chiến tranh tàn phá; Tôi hiểu nỗi khổ của người dân Ukraine ngày nay.

Ngày 30 tháng 4 năm 1975, chính quyền miền Nam Việt Nam sụp đổ. Quân miền nam bị tiêu diệt bởi sự tấn công dữ dội của quân đội miền bắc. Do đó, lo sợ bị trả thù và đe dọa, đồng thời mong muốn tìm kiếm tự do, hàng triệu người dân miền Nam đã tìm cách rời miền Nam Việt Nam trên những chiếc thuyền gỗ nhỏ, nơi họ phải đối mặt với nhiều nguy hiểm. Họ phải chịu đựng những cơn sóng biển ập đến và nhiều cơn bão tố. Nhiều người trong số đã bị mất hoặc chết vì đói. Có những tên cướp biển đến từ Thái Lan đã cướp bóc hành khách và hãm hiếp phụ nữ. Nó luôn truyền thêm cảm hứng, vì vậy họ tiếp tục ra khơi trên những con thuyền nhỏ và mỏng manh.

Tuy nhiên, rất nhiều trong số những con thuyền cố gắng thoát khỏi chiến tranh đã không bao giờ cập bến “Bến cảng Tự do”, và hàng ngàn người Việt Nam đã bỏ



mạng dưới đáy biển. Một số người may mắn hơn và cố gắng sống sót. Thông qua sự giúp đỡ của các tổ chức từ thiện từ các quốc gia khác, nhiều người sống sót đã có thể xây dựng cuộc sống tốt đẹp hơn ở các nước tự do, chẳng hạn như Châu Âu, Úc, nhưng hầu hết họ đều định cư ở Hoa Kỳ. Tuy nhiên, họ sẽ không bao giờ quên những nguy hiểm mà họ phải trải qua để tìm kiếm tự do. Có lẽ, họ sẽ mang theo những ký ức đó trong suốt quãng đời còn lại của mình. Hoa Kỳ luôn mở rộng vòng tay chào đón và giúp đỡ tất cả mọi người. Chúng tôi luôn biết ơn sự giúp đỡ quý báu đó và sẽ cố gắng phấn đấu để phục vụ đất nước ngày càng phát triển và giàu đẹp hơn.

找自由 作者 Liem Phan

1/24/22 年，俄羅斯總統普特率領十萬人襲領國烏克蘭。戰爭的爆發使許多烏克蘭 UA 城市遭到破壞，成千上萬的老百姓喪生，數百萬烏克蘭人不得不離開家園到領國去找批護。我是越南人，我的國家經歷了二十多年的戰火，我理解今天烏克蘭人民的苦難。

4/30/1975 年，越南 VN 南部政府垮台。南方軍隊被北方軍隊的猛功摧毀。因此，數百萬人害怕報復和威脅，渴望尋找自由，試圖乘坐小木船離開越南南部，在那裡他們面對很多危險，他們有的為了忍受洶湧的海浪和多風暴，他們中的許多人迷跑或餓死，有來自泰國的海盜搶劫了乘客的財並強奸了這名婦女。他們知道危險總是等著他們，另一方面他們需要找到自由的生活。它總是激勵著他們，所以他們繼續在在小而脆弱的船上航行。然而，許多試圖逃離戰爭的船隻從未停靠在自由港，成千上萬的越南人在海底獻出了生命，他們從未看到自由之光。有些人更幸運並設法生存。儘管在其他國家慈善組織的幫助下，許多倖存者得以在歐洲，澳大利亞等自由國家過上更好的生活，但他們大多定居在美國。然而他們永遠不會忘記為尋求自由而想到的危險，也許，他們將在餘生中隨身攜帶這些記憶。

My Parents by Li Gao




My parents are the inspirational teachers of my life. When I was a kid, my dad took me to work at the company and wine house of two of his best friends. I followed the two uncles' children running up and down the floor of the company, playing hide-and-seek in front of and behind the dining table and dining chairs of the restaurant. We ate together when we were hungry, slept together when we were sleepy, and played happily like sisters. The adults worked harmoniously like brothers helping each other, and they were very organized like a big family.

With the public-private partnership, Dad was put in the factory. Soon he was sent to work on the farm, and he only returned to Yichang in two or three months. There were blood-sucking worms there. I also grew up and was worried in my heart, but my father smiled and comforted us, "It's okay,

there are many people on the farm!" Finally, Dad was transferred back to the factory to work, and our hearts were relieved. It was not easy for dad. During the one hour meal time at noon, he had to rush home to cook for us. He ate it hastily and then went back to work in the factory, but he never complained. On weekends, I had to clean up at home. The whole family's dirty clothes were soaked in a big tub. My father taught me to rub my underwear and white light-colored clothes first, and then rub black and dark-colored outerwear. After that, I wiped the floor. Every time I wiped two tiles, my father would give me a new plate of clean water. He said that if the water was dirty, the tiles would not be clean. Finally, I had to wash my hair. At that time, I had long hair and it was not easy to wash my hair, but my father was more patient than me and helped me wash and rinse. He said that he had to do everything one by one, and if he couldn't do everything, he wouldn't be able to do anything well. I understand that it has something to do with his work with huge numbers every day, and it still benefits me to this day.

Dad said, "Running water is not corrupt, and household will be pure in motion." People have to keep working hard, whether it is studying or working. Therefore, in addition to completing the homework, I had to read the text aloud, whether it is Chinese or English. He said, "Don't be afraid of reading it wrong, others or the teacher will correct it for you." He also said, "I don't blame anyone, I'd rather someone else blame me." He embodies a forgiving heart and doesn't fault anyone. There are many guests coming and going in our house, and my parents never refuse. Sometimes the bed made at night is like a boat blanket because there are not enough beds, which is very fun and lively. After breakfast the next day, relatives and friends went to work separately. Mom and Dad always say cheerfully, "If it is not your chicken, it won't enter



your cage. If it is not your people, they don't enter your door.” Thinking about the life at that time, in fact, it was very poor, but I have never heard my parents quarrel over this, and I even heard a little laughter when I was busy!

我的父母 作者高鹏

爸爸妈妈是我人生的启蒙老师。

小时候，爸爸带着我在他的两个好朋友的公司和酒家里工作。我就跟着两个伯伯家的孩子们在公司的楼层里上下跑着玩，在酒家的餐桌和餐椅前后捉迷藏。饿了就一起吃饭，困了就一起睡觉，我们像姐妹般快活地玩着，不亦乐乎。大人们像兄弟般和谐地工作着，互相帮衬，整整齐齐，像极了一个大家庭。

伴随着公私合营，爸爸被拼到了工厂。不久下放到农场劳动，两三个月才回一做家，而且那里还有吸血虫。我也渐渐长大，心里担心着，可爸爸微笑着安慰我们说，没事，农场里有好多人呢！终于爸爸被调回到厂里来上班，我们悬着的心也放下了。爸爸也不轻松，中午一个小时的吃饭时间，他要紧赶慢赶地回家给我们做饭，自己草草的吃了，又要回到厂里工作，却从来没有抱怨。周末家里得搞一次卫生，全家人的脏衣服泡在大盆子里，爸爸教我先搓内衣裤和白色浅色的衣服，然后再搓黑色和深颜色的外衣。之后就擦地，我每擦两块地砖，爸爸就要给我换一盆干净的水，他说水脏了，擦的地砖也不会干净。最后要洗头啦，那时候我长着长长的两条辫子，洗起来很不容易，可爸爸却比我还要耐心地帮我梳洗和冲洗。他说什么事情都要一件一件地去完成，不能全部都摊开来，那么会什么都做不好。我明白，这是与他每天面对大量数字的工作有关，时至今日，依然让我受益匪浅。爸爸说：流水不腐，户枢不蠹。人要不断的努力，不管是读书还是工作。所以让我除了完成作业之外，还要大声地把课文朗读出来，不管是语文还是英文，他说别怕读错了，别人或者老师会给你纠正过来的。他还说：我不负人，宁愿别人负我。我们家来来往往的客人多，爸爸妈妈从来不会拒绝，有时候晚上铺着的床就象是连环船，很好玩也很热闹。第二天早岁过后，亲人朋友们就各自去办事了。爸爸妈妈总是乐呵呵的说：不是你鸡不进你笼，不是你人不进你门。想想那个时候的生活，其实很清贫，可从来没有听过爸爸妈妈为这而吵架，甚至忙碌之中还会听到些许欢声笑语！

Coming to America 來到美國

作者 By Tinghua Liang



I came to my second home in the United States twenty years ago. People say that life in America is too quiet. There is no traffic, but life has changed me. I have met new friends, taken part in new activities, and developed new hobbies of dancing, performing, practicing tai chi and listening to music. I love America and China, my first home.

來到美國我的第二家乡二十年，人們都说美國的生活过于清静，没有车水马龙，灯红酒绿，夜夜笙歌.但生活改变了我，让我认识了新的朋友，参与了新的活动，培养了新的爱好跳舞表演打太极，听音乐，令我心情愉快也锻炼了身体，陶冶性格。我热爱美国也热爱我的第一家乡中国

The Start of Life in America

By Tai Wa Joe Cheng



I finally came to America and got my green card. I have relatives who are already in America, and that made the process easier. Even though I am an immigrant, I have my own attitudes and goals. There is a saying that America's society and welfare is excellent. There is health insurance, affordable housing, and low taxes. Even though the world is not perfect environment, I inch closer to retirement and seeing the world and humanity. I believe that things can be positive. Ten years ago, I came to America where I enjoyed a lot of tourist places. As a human, I like to have a stable foundation. I believe that I can thrive here. Also, my English is not the best. My siblings helped me because they came to America before me. In this way, I feel very assured being in America. A person is small, but in fact, challenges in life are always and everywhere. As long as one has a firm belief and a good purpose, then that's how he can serve his family the most. Most recently these past 2-3 years, I have found interest and developed a hobby in using the internet to blog. I am so happy to be able to understand life's situations and communicate online. In the future, no matter where I am, I can still continue what I am happy to do. From my past to now, I am to be an upright Chinese who has made a voice for justice -- for the righteous.

生活的下一站- America 亞美利加 / 南方仁

2010-06-19 17:33:30 | 分类: 個人文章

订阅 | 字号



我的照片书 | 下载LOFTER

經過了很多年的申請及等候,最近終於完成了心願,以親屬團聚方式取得了移民簽證,可以移居 亞美利加,簡稱美國了.也剛剛取到了居留權的綠卡 Green card,因為自己母親已移居美國十多年,所以她可以申請我去團聚,如此這般,現在要準備開始人生的另一頁了!

自己雖然移民了,但並不是因為有崇洋的心態,有句話叫做-擇木而棲,因為美國的社會福利實在較佳,不會看病難,不會住屋太貴,不會稅太重,或者官太惡.當然,世界上並不會有十全十美的國度或環境,但以自己接近退休的年紀,去體驗一下先進國家的生活,充實一下自己的人生經歷,相信也是可以的!

之前的十多年,已去過美國數次旅游實訪,對於這個地方,實際上並不算陌生了.自己從來做人 都喜歡腳踏實地,隨遇而安,並不苛求,相信也是可以適應的.而且自己的英語尚算流利,語言的方面困難不大,另外 自己的姊 弟及妹,也都先自己一步,之前已經移居了美國,也算做有一些照應,令人放心一些!

人生在世,其實挑戰無時無處不在,只要有堅定的信念,良好的宗旨,那么 何處是吾家,是不難找到的!

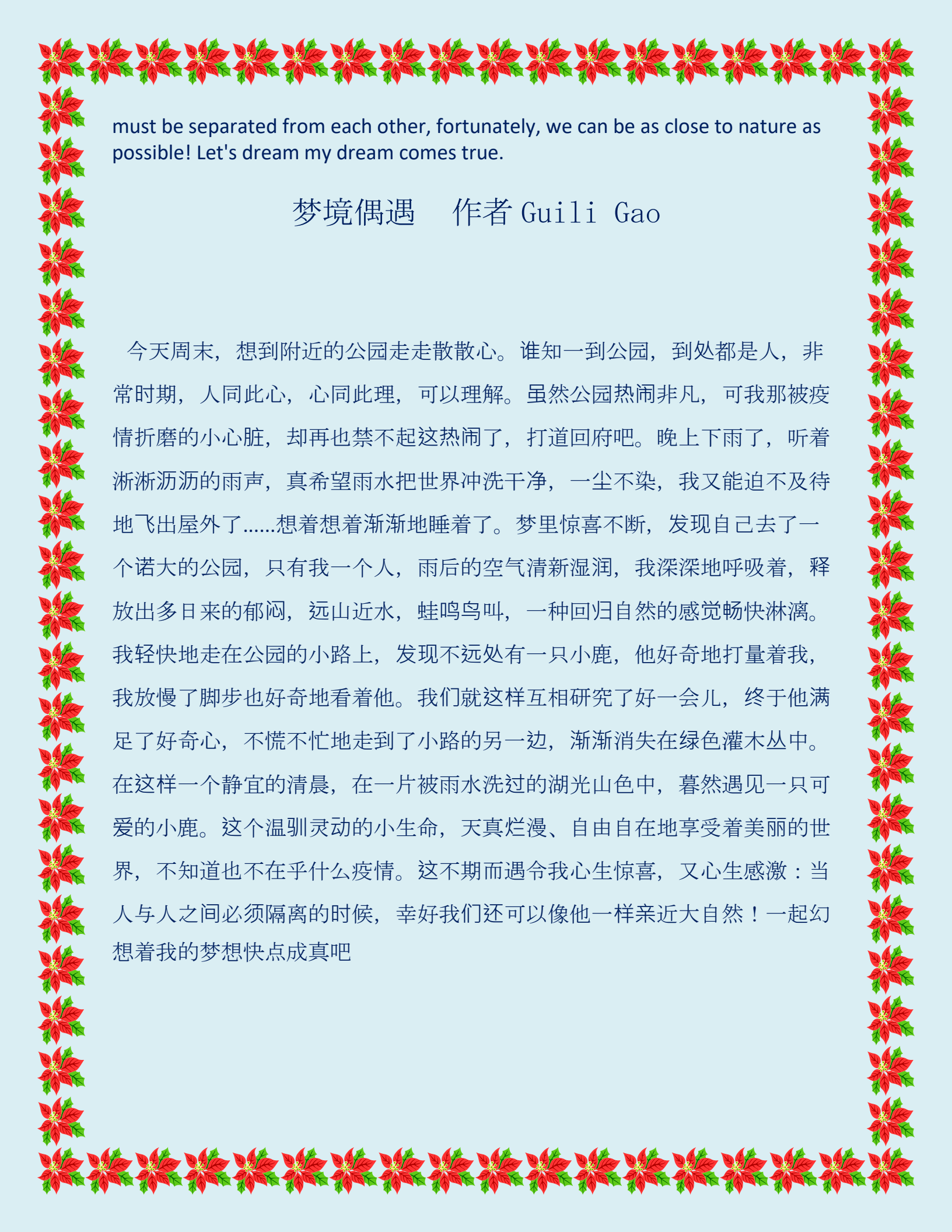
最近兩三年,自己意外地找到一種新的興趣-上網及寫博客,而且樂在其中.透過小小的屏幕,能知道天下事,並作出少少的參與,談天說地,不平則鳴!今后,不論我身處何地,我仍然樂于繼續以往樂于做的事,為正義 為正氣而發出聲音,做一個光明磊落的中國人!



Dream Encounter by Guili Gao



Dream encounter this weekend: think of a nearby park for a walk. Who knows the park: everywhere there is people in this very period, people with the same heart, the heart with this reason can be understood. Although the park is bustling, I was afflicted by the pandemic small heart and no longer in the mood to see this liveliness in the night time. I went back to the house. It rained at night. Listening to the sound of the rain, I really hope that the Rain Water washes the world clean, spotless. I cannot wait to fly out of the house.Thinking, thinking, gradually I fell asleep. In the dream, I found myself in a big park, only I am a person -- after the fresh rain and humid air. I breathe deeply, releasing many days of depression. Distant mountains near the water, frogs crowing birds, and a return to nature feeling carefree dripping wet. I walked briskly along the path in the park and saw a fawn nearby. He looked at me curiously. I slowed down and looked at him curiously. We studied each other in this way for some time, and at last, satisfied with his curiosity, he walked slowly to the other side of the path and disappeared into the green bushes. In such a quiet early morning, in a landscape washed by Rain Water, I met a lovely deer. This gentle and smart little life, naive, free to enjoy the beautiful world, does not know or does not care about the pandemic. This unexpected encounter made me feel surprised and grateful: when people



must be separated from each other, fortunately, we can be as close to nature as possible! Let's dream my dream comes true.

梦境偶遇 作者 Guili Gao

今天周末，想到附近的公园走走散散心。谁知一到公园，到处都是人，非常时期，人同此心，心同此理，可以理解。虽然公园热闹非凡，可我那被疫情折磨的小心脏，却再也禁不起这热闹了，打道回府吧。晚上下雨了，听着淅淅沥沥的雨声，真希望雨水把世界冲洗干净，一尘不染，我又能迫不及待地飞出屋外了.....想着想着渐渐地睡着了。梦里惊喜不断，发现自己去了一个诺大的公园，只有我一个人，雨后的空气清新湿润，我深深地呼吸着，释放出多日来的郁闷，远山近水，蛙鸣鸟叫，一种回归自然的感觉畅快淋漓。我轻快地走在公园的小路上，发现不远处有一只小鹿，他好奇地打量着我，我放慢了脚步也好奇地看着他。我们就这样互相研究了好一会儿，终于他满足了好奇心，不慌不忙地走到了小路的另一边，渐渐消失在绿色灌木丛中。在这样一个静宜的清晨，在一片被雨水洗过的湖光山色中，暮然遇见一只可爱的小鹿。这个温驯灵动的小生命，天真烂漫、自由自在地享受着美丽的世界，不知道也不在乎什么疫情。这不期而遇令我心生惊喜，又心生感激：当人与人之间必须隔离的时候，幸好我们还可以像他一样亲近大自然！一起幻想着我的梦想快点成真吧

Residents Silvia Rodriguez Angel Miranda

Hispanic Heritage 西班牙裔遺產



Silvia Rodriguez, Angel Miranda, Resident Services Coordinator 居民服務協調員 Mei Sze Phung

When Angel Miranda was a resident at Lion Creek Crossings Senior Building, he would dance and sing for our Senior Building, making us all laugh and smile with joy. Angel is a bright light to all of us and his constant positivity brought happiness to our building. He is no doubt a superb and talented performer for our building as well.

Silvia Rodriguez always helped to decorate for our events such as Halloween and Thanksgiving. She is a kind positive spirit who has helped the building in many ways. She and her husband Ramiro Montoya contributed to our Hispanic Heritage Month celebration.

Angel Miranda Lion Creek Crossings 老人樓居住時，會為我們的老人跳舞唱歌，讓我們都笑得很開心。最值得注意的是在我們多元化聚會和我們的天使期間對我們來說是一束明亮的光和歡樂，他不斷的積極為我們的 I 建築帶來歡樂，對於我們的建築來說他也是一位出色而有才華的表現。 Silvia Rodriguez 總是幫助裝飾我們的活動，例如萬聖和聖誕節。他是善良和積極精神在許多方面幫助建設。她和她丈夫拉米羅為我們的西班牙裔慶祝活動做出貢獻

Seniors Community Garden Members 社區花園成員



Left to Right 左到右: Resident Services Coordinator 居民服務協調員 Mei Sze Phung, Zhumei Tang, Lai Chan Wong, Manuel Harris, Guili Gao, Julie Pavuk (城市 Slicker 農場) from City Slicker Farms leading Garden Mentor Visit, Yunkai Huang, Miaobing Li

We partnered with City Slicker Farms, which provides quarterly garden mentor visits where they bring seedlings and soil, as well as teach our senior community garden members how to grow vegetables. The seniors love gardening alongside each other. It's a community engagement activity that uplifts their quality of life

我們與城市 Slicker 農場合作，他們提供每季度的花園導師訪問，他們帶來幼苗和土壤，並教我們的老年人社區花園成員如何種植蔬菜。老年人喜歡一起園藝。這是一個社區參與活動並提高他們的生活質量

Celebrating Culture and Diversity 慶祝文化和多樣性

Black History Month Celebration 慶祝非裔历史月 2020



Adrian Jones, Manuel Harris, Lani Palm,
Rosalind Ware



Wayne Brown



Reginald Ward performs 表演 for Black History Month



Patricia Henry



Xin Xue Lu, Juan Li, Zhumei Tang

Chinese New Year Party 中國新年派對 2020



(Top left to right 從左上到右) Xinren Zhou, Shuk Hing (Becky) Kok, Mei Hung (Apple) Wu, Yue Juan Chen, Zhumei Tang, Feng Ping Chen, Yonggen Fu, Guili Gao; (Bottom left to right 從左下到右) Yunkai Huang, Ai Di Ye, Yingfu Huang

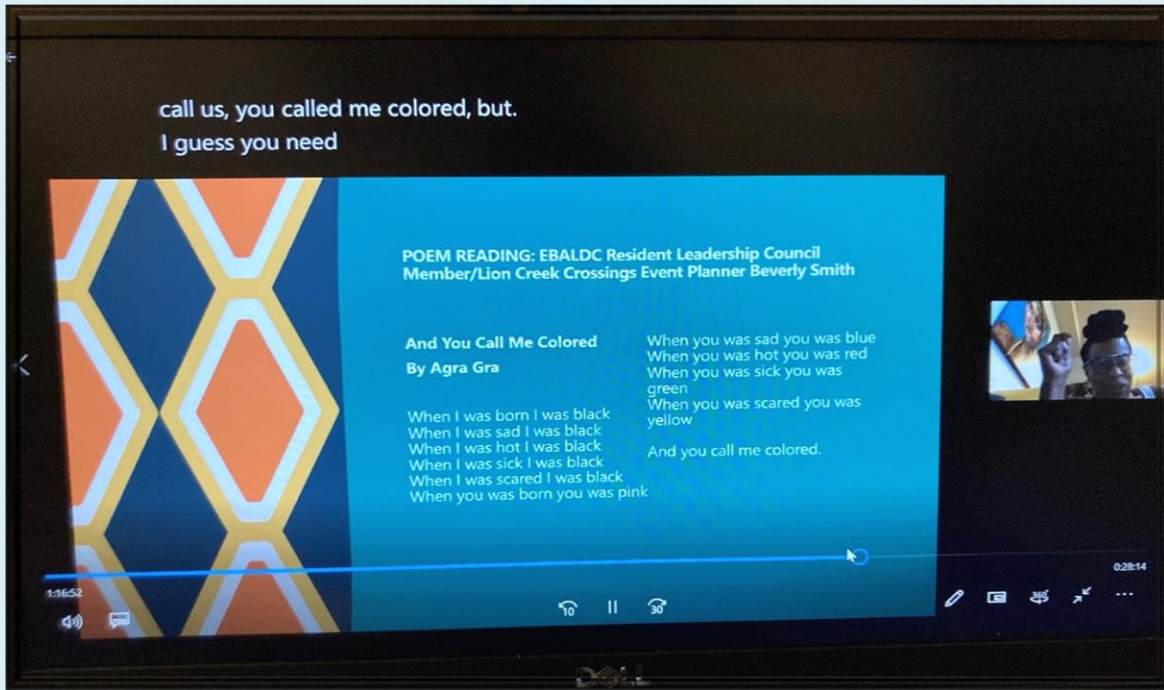


Resident Services Coordinator Mei Sze Phung 馮小姐



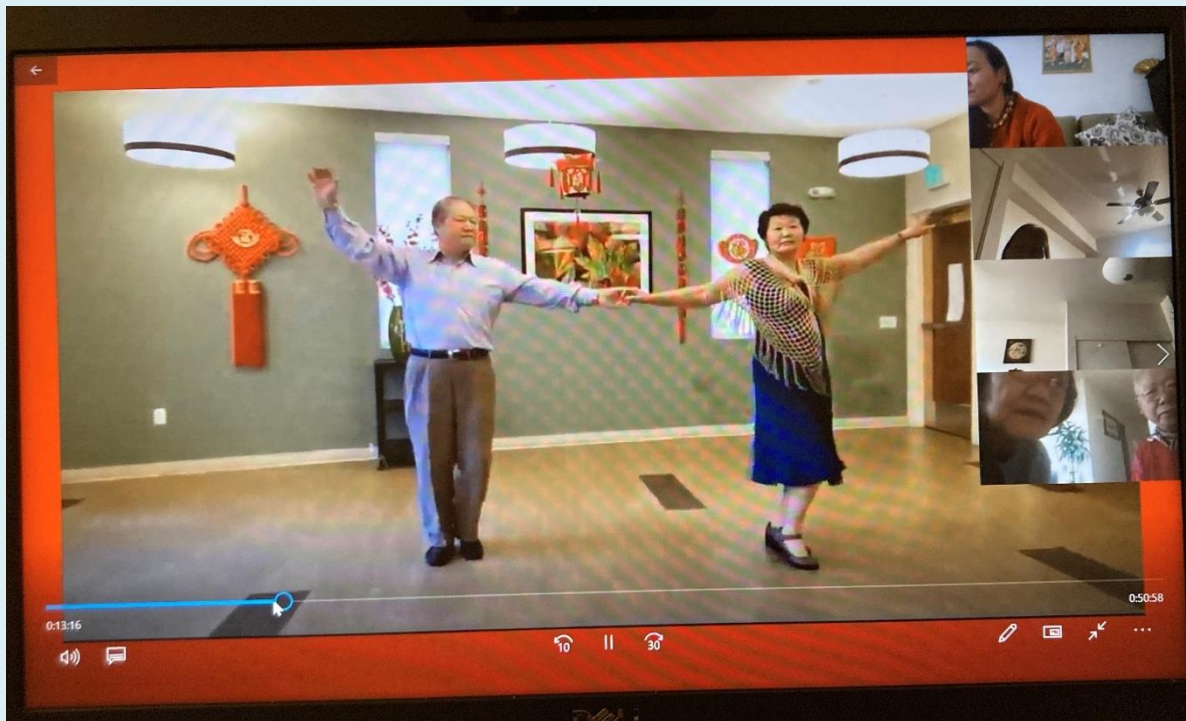
從到右 Cecilia Tengsico, Lani Palm, Mei Sze Phung

Black History Month 2022 庆祝非裔历史月 2022



EBALDC Resident Leadership Council Member Beverly Smith - EBALDC (东湾亚裔地方发展公司) 居民領導委員會成員/Lion Creek Crossings 獅子溪居民活動組織者 Beverly Smith

Chinese New Year 2022 庆祝非裔历史月 2022



Yonggen Fu and Juan Li

Yue Juan Chen (front 前)
and Yonggen Fu (back 背面)



Singer 歌星 Chuck Chu



各位美女健康好!

"All the pretty women healthy and well!"
(left to right 左到右) Sarah Guo, Xinren Zhou, Zhumei Tang,
Juan Li, Suyun Ai)



Apple Park Fieldtrip 蘋果牌公園旅遊



Chairman Charles Kilgore announcement

主席 Charles Kilgore 在中間



Wilson Snell

Chabot Space & Science Center Fieldtrip 太空與科學中心旅遊



Liem Phan, Mei Sze, Charles, Cecilia Tengsico



Fulin Zhao, Meifang Xue,
Janet Xie, Juan Li

Christmas Party 聖誕節



Debra Jordan, Althie Wheaton
Charles Kilgore



Ghalib Alhamami and
Khairiyah Alazzawi



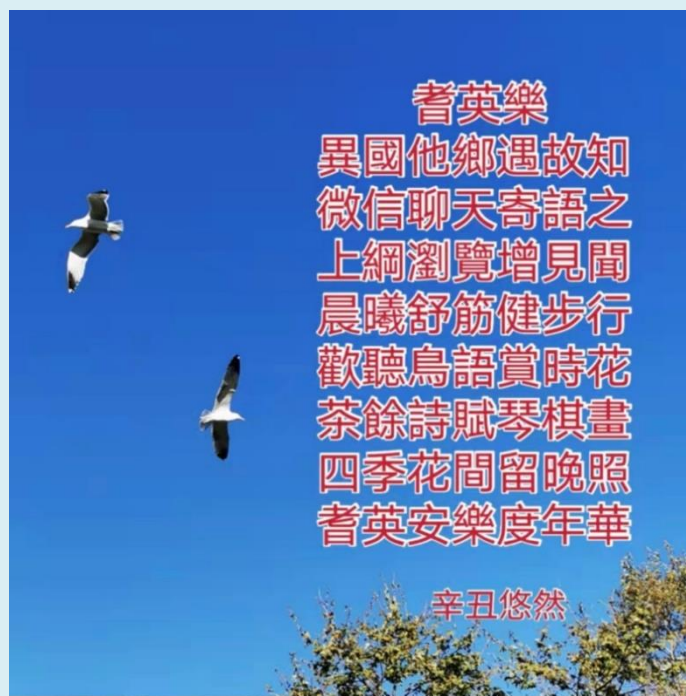
Feng Ping Chen and
Suyun Ai



Karin Matthews

Meet in a foreign country.
Meet with old friends and chat
message on WeChat. Beyond
outside, seeing the dawn relaxes
tendons. Walking happily
listening to the birds. Enjoy the
time, flowers, Tea, More Poetry,
piano, chess. During the day
amongst flowers. Staying to see the
evening sun. English. With
happiness, we spend the years.

By Xin Xue Lu



Daring and brave people praise
More than seventy years old
Is not simple waves
Wind, boat, shaking, calm
Leisurely fishing

By Xin Xue Lu



繁星滿天夜已靜
 曇花傲展靚麗影
 驚艷友鄰賞識濃
 齊贊花艷好園丁
 辛丑悠然

The stars are full of quiet
 Flowers are being grown
 Surprise and appreciation
 What a good garden
 Dense shadow

By Xin Xue Lu



好社工

關愛老人心腸好
 大眾防疫工作好
 任勞任怨態度好
 耐心翻譯談吐好
 開會娛樂歌舞好
 贊譽協調社工好

辛丑悠然

Good Resident Services Coordinator

Care for the elderly
 Good heart for the public.
 Good epidemic prevention work
 positive attitude
 Good patience
 Translation
 Conversation
 Good meeting
 Entertainment, song, and dance
 Good praise to the Resident
 Services Coordinator

By Xin Xue Lu

涼風送爽秋月圓 鳥語花香公寓宛
休閒種植園丁樂 喜得瓜果福滿園

辛丑悠然



Cool Breeze, Cool Autumn
Full moon, Language
Flowers, Leisure at our
apartment

Gardeners planting are happy
Melon fruit,
blessings to the garden

By Xin Xue Lu



Good morning my friend,
End of life is very healthily laughing
Heart wide open grateful for Heaven
for life. Not a saint over a saint

By Xin Xue Lu

宅家樂

—老唐

蒸飽肉鮮好松軟
油條煎堆脆味香
餃子煎餅可誘人
鮮肉腸粉豉油靚
姜汁撞奶香嫩滑
皮旦瘦肉粥味鮮
風味糕點居家做
宅家老人自娛樂

Steamed meat, fresh soft fried dough
sticks. Fried pile of crispy dumplings.
Tempting pancakes. Fresh meat, rice
flour. Soy, ginger juice, milk. Tender
smooth skin lean meat porridge
tastes fresh. Flavored pastries at
home. For the elderly, self
entertainment

By Zhumei Tang



年邁古稀悠閑樂 晨曦公園健步行
在家上網增見識 引吭高歌弄簫笛
八十樂度不言老 幸福安康度年華
辛丑悠然

Feng Li Plays the Flute 吹笛

Old age of leisure. Music, walking along the park at dawn. Using internet at home to increase knowledge. Singing. Playing flute. Eighty and happy, don't talk about old age. There is happiness and wellbeing of life By Xin Xue Lu

耆英公寓似天堂， 邻里互助暖心房。
有识之士多隐秘， 唯有寓者疯癫狂。
宅守家里一年半， 邻友相助解困囊。
同舟共济乐晚年， 知足感恩永不忘。

宝军



Senior Apartment like heaven. With warm heart to help the neighborhood. A man of insight has many secrets, but it is he who contains madness. A year and a half of staying inside the house. The neighbors helping out. Enjoying happy old age together, contentment. With thankfulness, we never forget. By Feng Li

Partnership with Alameda County Public Health Department Nutrition Services 由阿拉米達縣公共衛生部門營養服務
Cooking for Health Academy taught by Jautan Stancill
食物分配做飯班



Senior Walk Club launched by Dale Murai 老年散步



Feng Li and Guangxing Zhou

Lion Creek Crossings

July Birthday Social 七月生日社交



Vicki Hillman

Food Distribution 食物分配



Beverly Smith

Mid-Autumn Mooncake Festival 中秋節



Mei Sze, Charles, Lani



Sarah Guo, Charles, Miles Anderson, Lani, Dennis Cyrus



A picture of Ms. Hazel looking wonderful. Her daughter's father is in the background at his funeral ~*~

這是 Hazel 女士的照片。看起來很棒。背景是她女兒的父親在他的葬禮。

Multicultural Party 多元文化派對 2019



Lani Palm, Silvia Rodriguez, Najiha Abdulrahman, Mei Sze Phung, Vicki Hillman



Charles, Mei Sze, Victoria Osagiede



Mei Sze Phung, Sarah Guo



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Healthy Havenscourt Collaborative



HEALTHY HAVENSCOURT
COLLABORATIVE

健康 Havenscourt 協作資金提供 給這個創意行動工程

Lion Creek Crossings Senior Building
獅子溪老年人大廈



**EAST BAY ASIAN LOCAL
DEVELOPMENT CORPORATION**

BUILDING HEALTHY, VIBRANT AND SAFE NEIGHBORHOODS