



OCCA NEWSLETTER September 30, 2023

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“Faith and Love are the Most Precious Gifts in Life”
Full article by Jim Jiang on page 7

(Pictured above, L-R: Jim Jiang, Pak Leung, Wei Chen)

SUSHI

COME OUT AND JOIN US FOR THE OCCA MEMBERSHIP DRIVE

邀請你們來參加 OCCA 的會員活動

學做壽司

時間: 周六, 9月9日, 4-6 pm
地點: 48 Cheechunk Road, Goshen NY

會員收費: \$5
非會員收費: \$10

我們會準備所有的食材和道具, 此次活動僅限20人, 趕緊報名吧!
First come, first served!

FOR MORE INFORMATION CONTACT LeAnn AT 845-282-4250

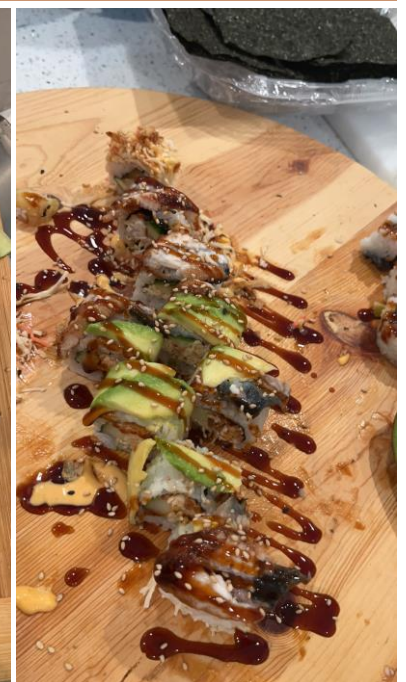
We're all about building a stronger & better community

紐約橙郡華人協會 - OCCA

《能工巧匠身边来》—OCCA 社区微活动之寿司制作教学 by Peter Shi

9月9日周六下午, OCCA 主办的社区微型活动—寿司制作教学活动按时开始。活动是按照董事会会议的决定并参考以往的经验提出方案。这次讲解演示请来了在当地大型连锁超市 ShopRite 食品部拥有自己柜台和团队的 Jessica Liu 和她的朋友小王。活动得到很多会员的积极反应, 由于场地所限, 名额一天就几乎爆满。学员们带着各式各样的“家什”抵达现场, 满怀期待。Jessica 和小王老师也是有备而来, 工作车辆的后备箱满载工具和材料, 预先拌好的米饭带来一个标准厨房用的大蒸锅。黄瓜, 蟹棒, 烤鳗鱼, 熟虾以及市售和自制的酱料。从寿司米饭制作, 海苔片的使用以及填料的裁切和铺卷, 一边演示一边讲解。学员们根据各自喜好跟随演示很快完成了第一个寿司卷的制作和关键的切割。切割与摆放构成成品卖相的关键步骤。加上酱料点缀, 每个人瞬间变成妥妥的大厨。急切的询问与实时的经验分享, 让新装修的厨房里充满欢声笑语。此次活动的召集人也提到举办活动的初衷是吸引更多的人加入到 OCCA 会员队伍, 让更多的人认识社区, 熟悉社区并真正地参与到社区活动中来。这样有的吃有的学有收获的项目 OCCA 以后还会举办, 同时也会吸纳大家的意见, 经过遴选我们后续会根据时节和季节并结合本地特点, 安排格式项目, 希望得到大家的支持。





《中秋节走进中文课堂》

适逢中秋佳节，橙郡中文学校的老师们与时俱进，把中国的传统佳节以各种生动的形式介绍给孩子们。中文四册的同学们在了解了中秋节的历史，传说以及习俗之后，学习了小兔子灯的制作。孩子们提着亲手制作的灯笼，身着汉服，以最靓丽的身影祝大家佳节愉快，中秋安康。

中文四册班课堂手工：



庄佳影同学和她制作的灯笼

Claire Lin 同学和她的手工制作

中文六班 Alyssa Chen 陈紫芸 我的曼哈顿之行



我的暑假

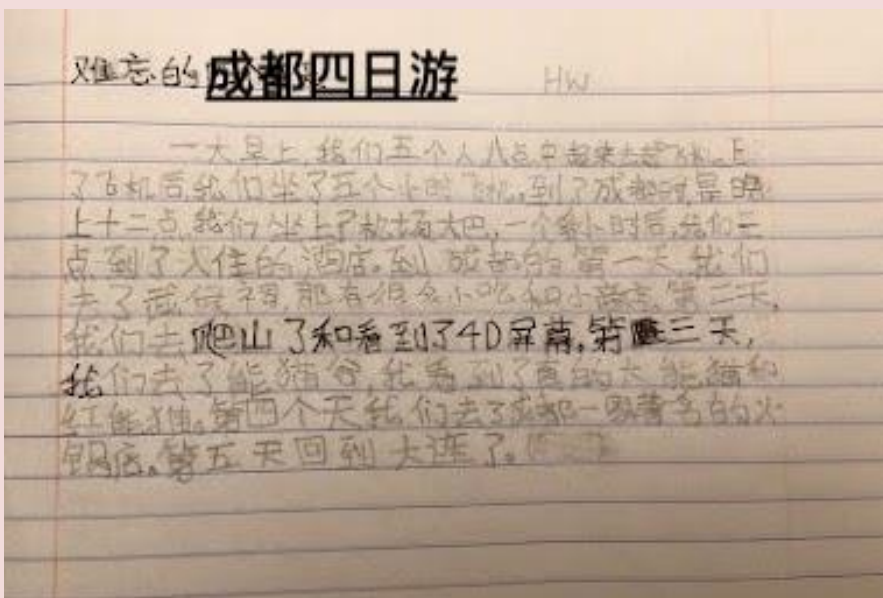
今年开学前我和爸爸，妈妈，外公，和外婆一起去了游览曼哈顿。在曼哈顿我们去了一个间谍博物馆。我们也在晚上看了时代广场。那一天是我第一次在晚上游览曼哈顿。虽然已经晚上九点多，在时代广场人山人海，热闹极了。那里有各种各样的大屏幕，放着五花八门的广告。后面有一个高高的楼梯，你能在上面坐着看每一个大屏幕和拍照。我好奇她是怎么搭上去那么多大屏幕。间谍博物馆也又新鲜又好玩。

我希望我们能再到曼哈顿去玩，参观更多博物馆。

今年暑假我去了人的乐高乐园。这是一次有趣而奇妙的经历。有不同的游乐设施和不同的景点。我们吃了不同类型的食物，它们的味道都很棒，但也有点贵。公园里我最喜欢的部分是 4D 电影院。太现实了。它还向我们喷射水以使其更加真实。这是有史以来最美好的夏天！



难忘的成都四天行 by Michael Cui

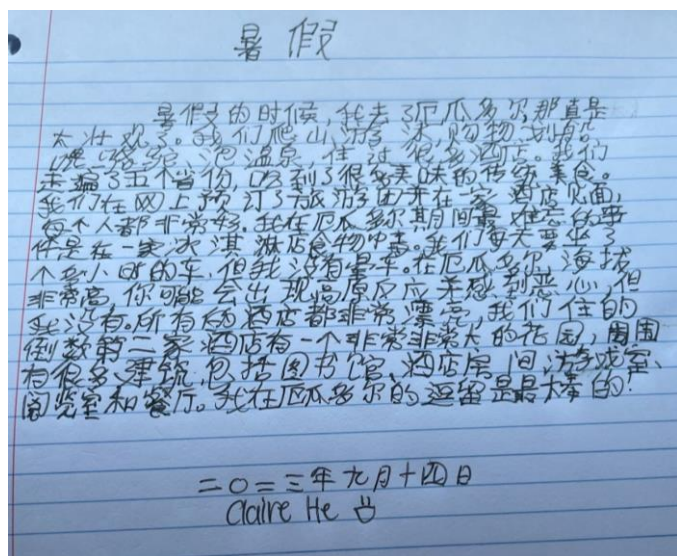


中文第六班学生 Jessie Gao 高郡聪 我的假期



夏天，我和我的家人还有朋友们一起去了尼亚加拉大瀑布！我们都住在同一个度假屋！然后，当然是去加拿大那边看尼亚加拉大瀑布了啦！我们还去了一些小瀑布下面，我们还乘船去近距离观看瀑布，特别壮观！

然后，第二天我们又去加拿大的一个小主题公园，非常有趣，我们玩的很开心！我们预定的度假屋有四间卧室，其中两间为家长使用，两间为孩子们使用，我们还带了烤肉和火锅一起吃，非常开心！只是我的朋友和他的妹妹得到了有三张床的卧室，遗憾的是我和我的弟弟得到了一个两张床的小卧室！但总的来说，这次尼亚加拉大瀑布之旅对我来说是一次奇妙的经历！



UCCA 纽约橙郡华人协会·橙华艺术团

《儿童剧表演班》



中国驻纽约总领馆庆祝中华人民共和国成立 74 周年庆典

The Chinese Consulate General in New York celebrates the 74th Anniversary of the Founding of the People's Republic of China (September 15, 2023)



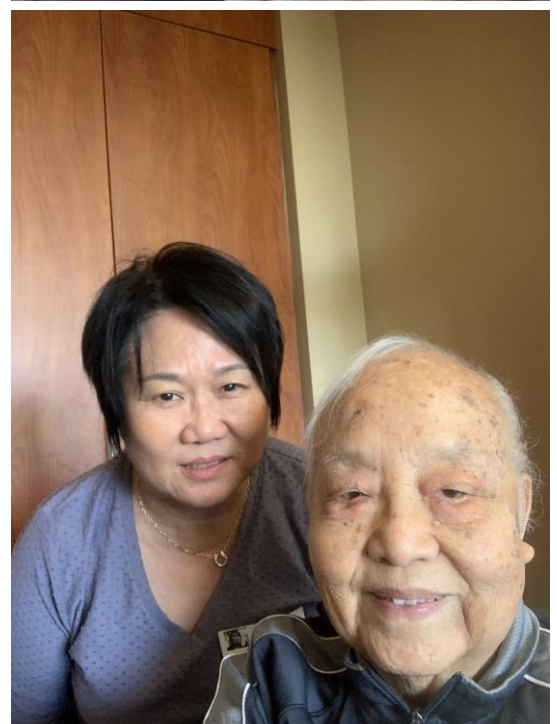
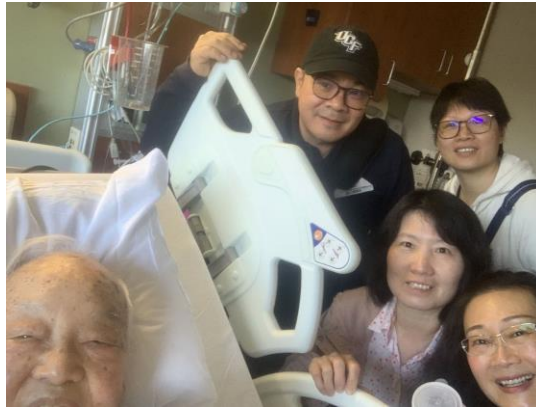
《信仰和爱是人生中最珍贵的财富》

——蒋清平

前几天，我和太太陈伟听说社区一位八十八岁的长者住院了。尽管我们与他无亲无故，但他的崇高品德深深令我们仰慕，我们决定去医院探望他。

作为卫生学校的毕业生，我们对病痛有一些了解，因此在前往医院的路上，我们担心着长者可能面临的健康问题。毕竟，近九十岁的高龄意味着几乎任何疾病都可能变得致命。然而，当到达病房时，我们听到了远处传来长者的声音，虽然声音不再如年轻时，但却充满活力，绝不像一个患病的人。我们戴着口罩，但长者一眼就认出了我们，并迅速邀请我们一起祷告。信仰的力量令人敬佩。

在我们与长者交流过程中，他八十五岁的太太给他打来电话。我们从长者的言语和表情中感受到了满满的爱意。这种深厚的情感让我们深受触动，也让我们明白了信仰和爱的力量是如此的伟大。这位长者的生活故事告诉我们，无论年龄多大，信仰和爱都能让我们变得坚强、坚韧，充满生活的勇气。这次探访不仅让我们认识到了信仰和爱的珍贵，还让我们学到了一堂深刻的生命课程。



Get well soon, Dr. Leung! Wishing you a speedy recovery!



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Xiujun Yan
Amy Ho
Cherry Zhou
Ginny Lu

Not pictured:

Ti-Hsien Wang



OCCCC Youth Group hiked all the way up to the Mt. Beacon Fire Tower
(September 2, 2023)



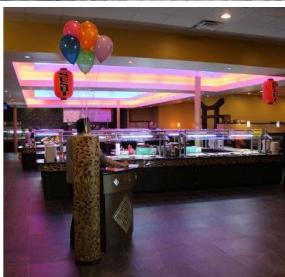
OCCCC Youth Group attended the Circus Vazquez show at
Galleria at Crystal Run in Middletown, NY
(September 3, 2023)

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1/2 lb. shrimp (no head)
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COMBO S2 \$29.50
1/2 lb. snow crab
1/2 lb. sausage
1/2 lb. shrimp (no head)
1 corn, 2 potatoes and 1 egg.

COMBO S3 \$35.50
1/2 lb. lobster tail
1/2 lb. sausage
1/2 lb. shrimp (no head)
1 corn, 2 potatoes and 1 egg.

COMBO S4 \$34.50
1/2 lb. king crab leg
1/2 lb. black mussel
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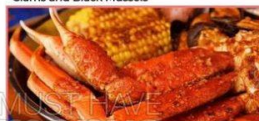
COMBO A) \$40
Shrimps with Head and Crab Legs

COMBO B) \$44
Shrimps with No Head and Crab Legs

COMBO C) \$27
Shrimps with Head and Crawfish

COMBO D) \$38
Crab Legs and Black Mussels

COMBO E) \$23
Clams and Black Mussels



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CHOOSE SPICY LEVEL ▲
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EXTRAS

CAJUN FRIES \$5

CORN ON THE COB (2) \$3

POTATOES (3) \$3

BOIL EGGS (2) \$3

SAUSAGES (HALF LB) \$5

SAUSAGES (1 LB) \$9

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CAJUN FRIED RICE \$8

SHRIMP CAJUN FRIED RICE \$10

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BUFFALO WINGS 6Pcs. \$7 / 10Pcs. \$11

LEMON PEPPER WINGS 6Pcs. \$7 / 10Pcs. \$11



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Appetizer

Spring Roll (2)	\$1.50
Egg Roll (2)	\$1.99
Crab Cheese Rangoons (4)	\$5.95
Pot Stickers (8)	\$5.95

Soup

	Pt.	Qt.
Beef Soup	\$3.99	\$5.99
Wonton Soup	\$2.99	\$4.99
Eggdrop Soup	\$2.99	\$4.99
Hot & Sour Soup	\$2.99	\$4.99

Side Order

	Pt.	Qt.
White Rice	\$1.99	\$2.99
Plain Fried Rice	\$2.99	\$4.99
Chicken or Beef or Shrimp Fried Rice choose one	\$4.99	\$6.99

Sushi Box \$15.99

Choose Any 4 Rolls

- ☐ California Roll
- ☐ Salmon Roll
- ☐ Tuna Roll
- ☐ Spicy Tuna Roll
- ☐ Spicy Crabmeat Roll
- ☐ Eel Roll
- ☐ Crabmeat Roll

Lunch Specials Box \$10.99

Choose Any 4 Items
Lunch 11:00AM-3:30 PM

- ☐ French Fries
- ☐ Fried Dumpling
- ☐ Fried Bun
- ☐ Sesame Ball
- ☐ Chicken on a Stick
- ☐ Chicken Nugget
- ☐ Fried Chicken Wing
- ☐ Fried Fish
- ☐ Crawfish
- ☐ Clam
- ☐ White Fish
- ☐ Sauteed Mushrooms
- ☐ Broccoli w. Chicken or Beef choose one
- ☐ General Tsao Chicken
- ☐ Black Pepper Chicken
- ☐ Sesame Chicken
- ☐ Teriyaki Chicken
- ☐ Peanut Chicken
- ☐ Grill Chicken
- ☐ Hibachi Chicken or Beef or Shrimp choose one
- ☐ Teriyaki Fried Rice
- ☐ Lo Mein
- ☐ Macaroni & Cheese

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- DR PEPPER
- ORANGE SODA
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Appetizer

Spring Roll (2)	\$1.50
Egg Roll (2)	\$1.99
Crab Cheese Rangoons (4)	\$5.95
Pot Stickers (8)	\$5.95

Soup

	Pt.	Qt.
Beef Soup	\$3.99	\$5.99
Wonton Soup	\$2.99	\$4.99
Eggdrop Soup	\$2.99	\$4.99
Hot & Sour Soup	\$2.99	\$4.99

Side Order

	Pt.	Qt.
White Rice	\$1.99	\$2.99
Plain Fried Rice	\$2.99	\$4.99
Chicken or Beef or Shrimp Fried Rice choose one	\$4.99	\$6.99

Sushi Box \$15.99

Choose Any 4 Rolls

- ☐ California Roll
- ☐ Salmon Roll
- ☐ Tuna Roll
- ☐ Spicy Tuna Roll
- ☐ Spicy Crabmeat Roll
- ☐ Eel Roll
- ☐ Crabmeat Roll

Dinner Box \$12.99

Choose Any 4 Items

- ☐ French Fries
- ☐ Fried Dumpling
- ☐ Fried Bun
- ☐ Sesame Ball
- ☐ Chicken on a Stick
- ☐ Chicken Nugget
- ☐ Fried Chicken Wing
- ☐ Fried Fish
- ☐ Baked Crabmeat Cheese
- ☐ Crawfish
- ☐ Clam
- ☐ White Fish
- ☐ Lobster Or Stir Fried Crab choose one
- ☐ Mussel
- ☐ Steamed Flounder Fish
- ☐ Coconut Shrimp
- ☐ Salt & Pepper Shrimp
- ☐ Spare Ribs
- ☐ Sauteed Mushrooms
- ☐ Broccoli w. Chicken or Beef choose one
- ☐ General Tsao Chicken
- ☐ Black Pepper Chicken
- ☐ Sesame Chicken
- ☐ Teriyaki Chicken
- ☐ Peanut Chicken
- ☐ Grill Chicken
- ☐ Grill Duck
- ☐ Hibachi Chicken or Beef or Shrimp choose one
- ☐ Teriyaki Fried Rice
- ☐ Lo Mein (Veggie)
- ☐ Macaroni & Cheese

Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.

Jenny Q. Lu, MD, PPLC

Jenny Lu, MD, Family Medicine



75 Crystal Run Rd Ste 105, Middletown, NY 10941
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**Dr. Lu is a family physician with over 20 years of experience.
Her services include:**

- 1) Acute and Chronic disease management**
- 2) Preventive medicine**
- 3) Acupuncture**
- 4) Weight management**
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Sun 2:30 PM- Worship Service 主日崇拜

Mon 8:30 AM- Galleria Small Group

Tue 8 PM- Middletown Small Group

Wed 10 AM- Women's Bible Study

Wed 8 PM- Church Prayer Meeting

Thu 10 AM- Monroe Small Group

Fri 8 PM- Bible Study Group

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THE ORANGE COUNTY CHINESE ASSOCIATION (OCCA) IS A NON-PROFIT ORGANIZATION WITH 37 YEARS OF HISTORY. OCCA'S MISSION IS TO PROVIDE CULTURAL, EDUCATIONAL, AND OTHER INSTITUTIONAL PROGRAMS TO PROMOTE CHINESE CULTURE AND HERITAGE WHILE ENHANCING THE QUALITY OF LIFE WITHIN OUR COMMUNITY. THIS IS CARRIED OUT THROUGH OCCA'S COMMUNITY ACTIVITY PROGRAMS AND ITS SUBSIDIARY, ORANGE COUNTY CHINESE SCHOOL (OCCS). OCCA BELONGS TO EVERYONE, INCLUDING ITS MEMBERS, FRIENDS, AND THOSE WHO LOVE CHINESE CULTURE AND ARE INTERESTED IN LEARNING THE CHINESE LANGUAGE. FOR MORE DETAILS, PLEASE VISIT US AT WWW.OCCANY.ORG OR WWW.FACEBOOK.COM/OCCANY/. THANK YOU!

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