



OCCA NEWSLETTER November 30, 2023

## 目录 Table of Contents

Fall NHS Induction at CCHS	P1
《感恩节餐桌上的采访》	P2,3
OCCCC News 教会新闻	P4,5
Advertisements 广而告之 (2023)	P6-10



**Congratulations to CCHS students Andrew Wu and Darren Zhang on getting inducted into National Honor Society!**

Photos taken November 20, 2023



《感恩节餐桌上的采访》

10 Questions to Ask Around My Thanksgiving Table

1) What food on your plate are you most thankful for?

妈妈：米饭

2) What is the smallest thing you are thankful for?

妈妈：Jessie 给我做的早餐。

3) What is the biggest thing you are thankful for?

妈妈：全家人对我的爱和包容。

4) What are you most thankful for in your home?

妈妈：我的家人。

6) What place are you most thankful for?

妈妈：家。

7) To whom would you like to write a "thank you" note right now?

妈妈：我的丈夫。

8) Would you be more grateful for more money, more time, or more sleep?

妈妈：时间，有更多的时间才能做更多想做的事情。

9) What strength about yourself are you most thankful for?

妈妈：对生活的热爱和努力。

10) How can you show gratitude for your family?

妈妈：给大家做很多好吃的。

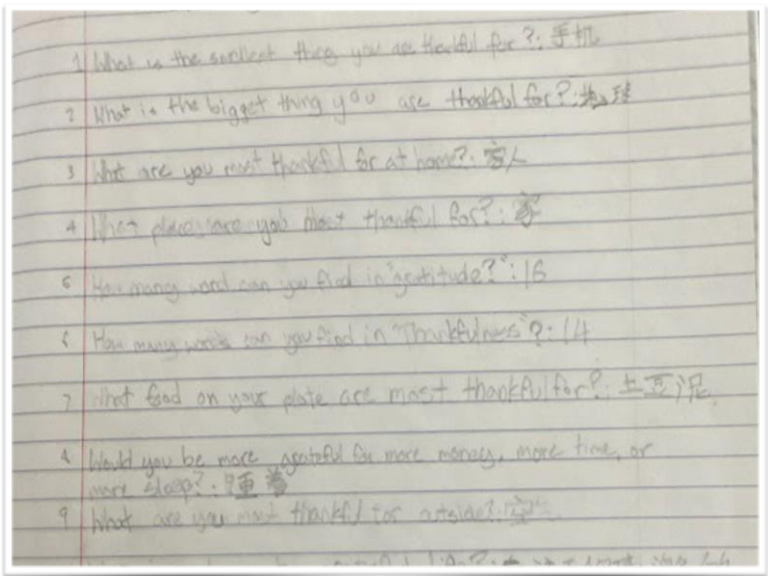
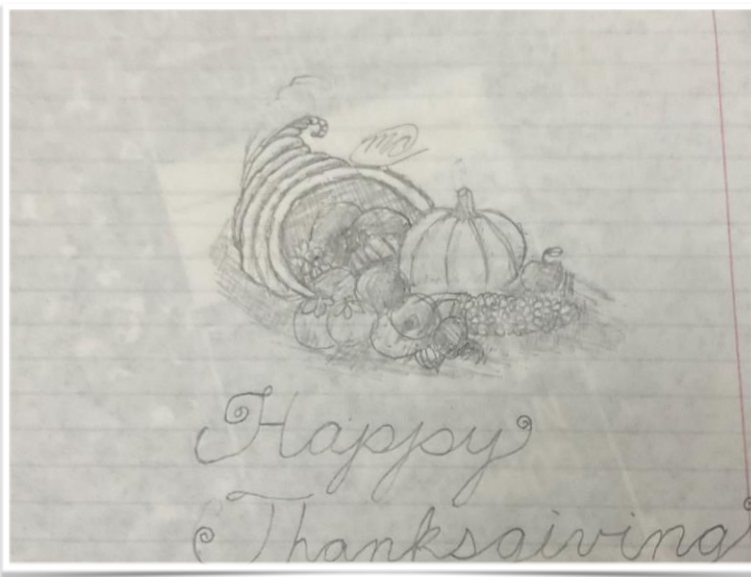
11) How can you show gratitude for your friends?

妈妈：回报更多的关心，在他们需要帮助的时候尽力而为。

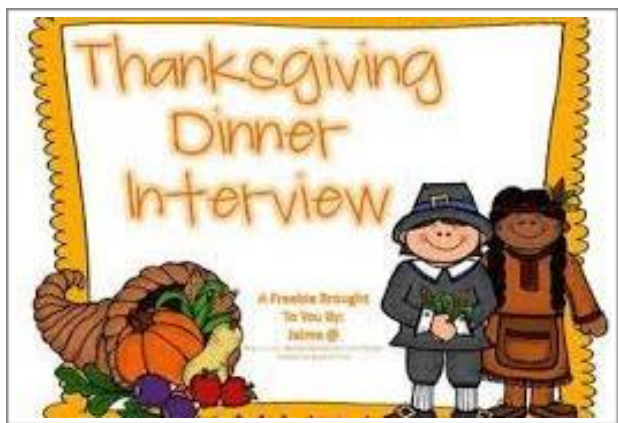
OCCS 第六班 Jessie Gao 高郡聪



OCCS 第六班 Michael Cui 崔乐忱



OCCS 第六班 Alyssa Chen 陈紫芸



1. 你最感恩你盘子里什么吃的食物?  
妈妈: 肉和一切好吃的东西。
2. 在家里你最感恩什么?  
妈妈: 可以睡觉的大床。
3. 在外面你最感恩什么?  
妈妈: 有一个工作可以做。
4. 你更感恩钱, 更多时间, 还是更多睡觉时间?  
妈妈: 更多时间。
5. 你怎么对你的家人感恩?  
妈妈: 多花时间陪他们玩。
6. 你怎么对你的朋友感恩?  
妈妈: 以礼相待。
7. 感恩看上去像什么?  
妈妈: 象一棵大树。
8. 在 "Gratitude" 这个字, 你能找到几个字?  
妈妈: Grade, attitude, and grateful.
9. 在 "Thankfulness" 这个字, 你能找到几个字?  
妈妈: Thank, thankful, thankness.
10. 你怎么更感恩的生活?  
妈妈: 开心的珍惜你有的东西。

OCCS 第六班 Kevin Jin 金郅渊



1. 你盘子里最感谢的什么食物是什么?  
奶奶: 火鸡
2. 你最感谢的一个小事情是什么?  
奶奶: 空气
3. 你最感恩的事情是什么?  
奶奶: 给我生命
4. 在家里你最感谢的是什么?  
奶奶: 家人
5. 在外面你最感谢的是什么?  
奶奶: 教会, 社区
6. 你最感谢的地方是哪里?  
奶奶: 出生的地方
7. 你现在想给谁写一封 "感谢" 的信?  
奶奶: 给你的爷爷
8. 如果你有更多的钱、更多的时间或更多的睡眠, 你会更感激吗?  
奶奶: 会更感激
9. 你最感谢自己的什么优点?  
奶奶: 我的会计能力
10. 您最感激哪首歌, 书, 动物或朋友?  
奶奶: 歌: 《活出爱》

OCCS 第六班 Claire He 何伊逸采访妈妈

1. What food on your plate are you most thankful for?  
妈妈: "奶奶做的羊肉汤"
2. What is the smallest thing you are thankful for?  
妈妈: "每天起来有早饭吃"
3. What is the biggest thing you are thankful for?  
妈妈: "我妈妈生了我"
4. What are you most thankful for in your home?  
妈妈: "妈妈每天等我回家"
5. What are you most thankful for outside?  
妈妈: "草莓"
6. What place are you most thankful for?  
妈妈: "新疆"
7. To whom would you like to write a "thank you" note right now?  
妈妈: "我妈妈"
8. Would you be more grateful for more money, more time, or more sleep?  
妈妈: "更多时间"
9. What strength about yourself are you most thankful for?  
妈妈: "赚钱"
10. How can you show gratitude for your family?  
妈妈: "给他们做吃的"







OCCCC  
Thanksgiving  
Dinner & 20<sup>th</sup>  
Anniversary  
Celebration

November 19,  
2023







我的心必靠耶和華快樂，  
靠他的救恩高興。

我的骨头都要說：耶和華啊，  
誰能像你救護困苦人脫離那比  
他強壯的，救護困苦窮乏人脫  
離那搶奪他的？

Then my soul will rejoice in the Lord  
and delight in his salvation.

My whole being will exclaim,  
“Who is like you, Lord?”

You rescue the poor from those too strong for them,  
the poor and needy from those who rob them.”

Psalm 35:9-10

诗篇 35:9-10



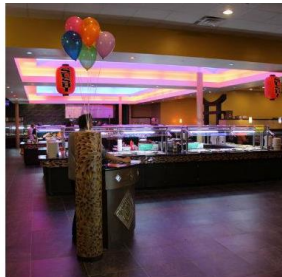
# Flaming

## Grill & Buffet

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Grill & Buffet  
1399 Route 300,  
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(Next to Bed Bath & Beyond and  
Newburgh Mall)



**COMBO S1 \$30.50**  
1/2 lb. snow crab  
1/2 lb. black mussel  
1/2 lb. shrimp (no head)  
1 corn, 2 potatoes and 1 egg.

**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  
1/2 lb. shrimp (no head)  
1 corn, 2 potatoes and 1 egg.



**COMBOS BAG**  
(1 LB FOR EACH SEAFOOD)  
COME WITH 2 CORNS & 2 POTATOES

**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



WARNING: CONSUMING RAW OR UNDERCOOKED FOODS SUCH AS MEAT, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

### CAJUN SEAFOOD

Call 845-566-3888

www.flaminggrillbuffetny.com

Business Hours: Sunday to Thursday 11AM-9:30PM  
Friday & Saturday 11AM-10:30PM

#### COMBO SPECIAL BAG (NO SUBSTITUTIONS)

CHOOSE YOUR FLAVOR  
1.CAJUN (ORIGINAL)  
2.CARLIC BUTTER  
3.LEMON PEPPER  
4.THE TASTY SPECIAL (ALL THE ABOVE)

CHOOSE SPICY LEVEL:   
NON-SPICY  
MILD  
MEDIUM  
HOT



#### 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

STEAMED RICE \$3

CAJUN FRIED RICE \$8

SHRIMP CAJUN FRIED RICE \$10

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

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

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



### Flaming

Grill & Buffet

1399 Route 300  
Newburgh, NY 12550  
(Next to Bed Bath & Beyond  
and Newburgh Mall)

Business Hours  
Sunday to Thursday 11AM-9:30PM  
Friday & Saturday 11AM-10:30PM



Scan QR Code

CALL 845-566-3888 OR

VISIT US @ WWW.FLAMINGGRILLBUFFETNY.COM

#### 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

	Pt.	Qt.
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

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.

### Flaming

Grill & Buffet

CALL 845-566-3888  
FLAMINGGRILLBUFFETNY.COM



#### BOTTLE SODA \$2.50

-PEPSI  
-DIET PEPSI  
-SPRITE  
-GINGER ALE  
-DR PEPPER  
-ORANGE SODA  
BOTTLE WATER \$1.25

#### 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



Jenny Q. Lu, MD, PPLC

## Jenny Lu, MD, Family Medicine



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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

**occccnny.org**

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在市场不确定的变动中, 如何做有效的风险管理并得到合理的回报?  
中产家庭如何帮助孩子准备好年年攀高的大学费用?  
如何准备退休后有足够且保证的终身性收入? 重疾/长期护理支出?

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- 大学教育基金准备
- 人寿保险
- 长期护理保险
- 退休金规划策略
- 资产传承/遗产规划

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Roger Dwyer  
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357 Windsor Highway, (Rt.32)  
New Windsor, NY 12553  
rogerwdwyer@allstate.com



今天就與我聯絡。

汽車 房屋 人壽 退休

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