

OCA-KY 簡訊二 (OCA-KY Newsletter 2010-2)



時值初夏，OCA-KY 簡訊又向各位朋友問好了！

今年春天，似乎晴多雨少，氣候溫和，怡人宜木，百花爭艷。儘管不少朋友飽受花粉過敏之苦，但仍然忍不住戶外那風和日麗，樹綠花紅的誘惑，他們有的全家出動，有的幾戶結隊，或周日或周末，或早晨或傍晚，紛紛走出家門，快走慢跑，爬山運動，騎自行車，打高爾夫球，練太極，練瑜珈，享受大自然，增強生命力。在這裏，我們不禁為這些朋友們高聲喝采，並呼喚更多的朋友們參加到這有益身心健康的活動中來。尤其是那些終日伏案，與電腦為友的室內工作者，更應該多外出舒筋活絡，享受陽光，吸收天然的維生素D。我們簡單的搜集了一下，路城有不少戶外健身的好去處，例如：住宅小區，Tom Sawyer Park, Long Run Park, Iroquois Park, Waterfront Park, Cherokee Park, Shewnee Park, Louisville Loop, Central Park, Seneca Park, Fort Knox Trail, Bernheim Forest Trail, Otter Creek Trail, Taylorsville Lake Trail, …… 等等，還有更多更好的去處，希望朋友們互通信息，一起運動，大家健康。

三月中至四月初，路城華人在核桃街教會活動大樓舉辦了男子籃球聯賽，集健身、娛樂、聯誼于一身。參賽的有核桃街華人浸信會(WBCC)，路城華人基督教會(LCCC)，路城臺灣老教會(LTPC)，旅美華人協會(OCA-KY) 和中國學生學者聯合會(CSSA)。經過一輪激戰，中國學生學者聯合會勇猛奪冠，桃街華人浸信會位居亞軍，由BILL WANG 為隊長，隊員包括 Jason Li, PAUL LI, WEI ZHAO, KEVIN WANG, 曹慶，張嚴，謝鐵鋼等的 OCA-KY 隊名列第四，他們雖然是臨時組隊，從未相互配合，有些隊員甚至是近幾年來首次摸球，但他們不畏強手，越戰越勇，雖是三敗一勝，却是一場比一場打得好，真是雖敗猶榮啊！在此我們多謝他們為 OCA-KY 出力爭光，為他們頑強的鬥志，為他們取得的勝利表示祝賀。

五月七日，OCA-KY 舉辦了首次母親節茶話會，在主席劉偉玲的精心策劃下，茶話會開得生動活潑，輕鬆愉快。新老朋友，細語交心，切磋廚藝，在輕快的音樂聲中，瑜珈，跳舞，以及各種健身運動，大家盡顯身手。暫時忘掉了煩惱，忘掉了繁忙，說說笑笑，唱唱跳跳，四十幾人的茶話會就像一個歡樂的大家庭！希望明年咱們有更大、更歡的盛會！

Here comes the early summer, a greeting to all our friends again from OCA-KY newsletter!

It was such a beautiful weather this Spring. The soft sun and gentle temperatures were so good for all living things. Although there was very bad allergy around here in Kentuckiana area, a lot friends couldn't withstand the attraction of the beautiful weather and colorful flowers. They went out as a family, as a group, on weekdays or weekends, in the morning or in the evening, for a walk or run, for climbing or exercise, for biking or golfing, for tai chi or yoga. They enjoy the nature and tune up their bodies. We'd like to give a big applause to those friends. We would also like to call on every one to join such healthy activities, especially those who work all day indoor, work with computers, sit at the desk, to come out to stretch body, enjoy the sunlight, imbibe the natural

vitamin D. We have gathered some good outdoor places for your information: Tom Sawyer Park, Iroquois Park, Waterfront Park, Cherokee Park, Shewnee Park, Louisville Loop, Central Park, Seneca Park, Fort Knox Trail, Bernheim Forest Trail, Otter Creek Trail, Taylorsville Lake Trail, ... There are a lot more out there. We hope everyone share information, everyone exercise, everyone get healthy!



From Mid. March to early April, there was a **Chinese Men's basketball tournament** held in the activity building of Walnut Baptist Church. For the purpose of exercise, amusement and building friendship, there were five teams in competition: WBCC , LCCC, LTPC, OCA-KY and CSSA. After a tough fight, CSSA seized the title, WBCC second. OCA-KY team was led by Bill Wang. Team members included Jason Li, Paul Li, Wei Zhao, Kevin Wang, Qing Cao, Yan Zhang and Tie Gang Xie. Although the team was formed at the last minute, some members had not touched basketball for many years. In addition, the team did not have any chance to practice as a team, they were not afraid of their much stronger opponents. They played better each game and finally won one, and got a fourth place at the end. We greatly appreciate their participation and courage. We want to congratulate them on their hard-won victory.



On May 7, OCA-KY held its first **Mother's Day Tea Party**. Hosted by Weiling Liu, the party was lively, comfy and amused. Through games, attendees met with old friends and new amigos, exchanged cooking recipes, learned line dance and yoga, and exercised in the jolly music. They talked and laughed. They sang and danced. Everybody contributed their talents and enjoyed themselves. For a moment, they forgot all the worries, forgot all the busyness. The crowd of forty was a big happy family! They had a enjoyable and festive Mother's Day this year. We are looking forward to a even more rich and colorful one next year!



President's Notes:

Special thanks go to Huanmei Wang and Weiqun Xu for their assistance in setting up for May 7's party. They came to the place about 4:30 pm and moved out tables and chairs and cleaned them up.