

2022 YEAR-END REVIEW

FORT LEE CHINESE AMERICAN COMMUNITY ASSOCIATION (FLCA)

李堡华联 2022年报

2022年2月1日 – 锣鼓敲，鞭炮响，喜迎新春虎年到！愉快的歌儿唱起来，欢乐的舞蹈跳起来，浓浓的节日祝福说出来！华联收集了李堡乡亲们自己制作的线上春节联欢节目，在疫情期间依然为李堡的朋友们送上了热热闹闹的虎年第一天，共同欢庆春节！

HAPPY Lunar New Year!

锣鼓敲，鞭炮响。喜迎新春虎年到！愉快的歌儿唱起来，欢乐的舞蹈跳起来！浓浓的节日祝福说出来！华联收集了李堡乡亲们自己制作的春节联欢节目，让我们一起热热闹闹地度过虎年的第一天！愿虎年虎啸山冈，吹走疫情阴霾。请点击欣赏

- 华联董事会全体成员给大家拜年！
- Greetings from Fort Lee Mayor Mark Sokolich
- 舞蹈 Mu Lan
- 舞蹈 咏荷 Julia Zhang
- 舞蹈 鱼趣 Claire Qi
- 歌曲 诗朗诵 康淑雅小朋友
- 歌曲 又见山里红 山东朱爱国先生
- 歌曲 夕阳红 山东朱爱国先生
- 祝福 Alice Yang and Colin Yang
- 歌曲 我和我的祖国 人生如茶先生
- 歌曲 白云朵朵飘在我心间 人生如茶先生
- 舞蹈 阿格祥巴 金花老师
- 祝福 薛君怡小朋友
- 歌曲 Someone Like You Judy Zhang
- 小提琴 猎人合唱 Max Wu
- 歌曲 今夜无眠 土人先生 (来自北京)
- 歌曲 祝你健康 土人先生 (来自北京)
- 舞蹈 串烧迎新春 美妈舞蹈班
- 歌曲 书法：写对联 横夫
- 歌曲 好日子 张稚
- 祝福：传递气球、传递幸福 贝拉妮妮全家
- 钢琴 茉莉花 刘弘博
- 歌曲 中华太极 徐松柏先生
- 诗朗诵 我们的家园李堡华联 晓雨 樵夫 清咖
- 歌曲 龙文 齐凝
- 戏曲 梨花颂 Irene Guo
- 小提琴 友谊地久天长 Kevin Ding
- 舞蹈 Line Dance 博雅女子网球队
- Fort Lee Mini Band Fiona Kwa, Rachel Liao, Ethan He, Eric Villafania, Leo Li, Harry Li

Any person or organization may not use, copy, alter or modify photographs, graphics, videography or other similar reproductions or recordings without the advance written permission from Fort Lee Chinese American Community Association. Thank you for your understanding and cooperation.

February 2nd, 2022 – Gongxi, drumming and setting off firecrackers. How fun it is to celebrate the year of the tiger! Singing, dancing and greetings from our community made it possible

for FLCA to collect and publish a Chinese New Year show online to celebrate the lunar new year.

2022年2月23日 – 圣明医院/李堡华联线上健康系列讲座四“急诊室须知”由两位华人医生Dr. Cary Chiang 和Dr. Jesson Yeh主讲。为大家解说急诊前的准备，急诊中的注意事项，和急诊后的跟进工作。

HolyName 李堡华联

VIRTUAL WORKSHOP

FEBRUARY 23, 2022

WEDNESDAY

8:00 PM

Zoom Link
<https://zoom.us/j/94062774741>

BE PREPARED FOR EMERGENCIES

Going to ER is stressful for you and your loved ones! Meet this expert panel to help you and your loved ones stay healthy and informed BEFORE, DURING & AFTER a medical emergency.

Meet HN ER Physicians **Learn About Emergency Care**

Dr. Jesson Yeh Dr. Cary Chiang

Email to fortleecaca@gmail.com prior to the meeting.

QUESTIONS? CONTACT HOLYNAME ASIAN HEALTH SERVICES
CHINESE MEDICAL PROGRAM
Anna or Amy • (201) 833-3388 • cmpp@holyname.org

February 23rd, 2022 – Holy Name Medical Center/ FLCA Virtual Presentation Series #4: Be

Prepared for Emergencies by two Chinese doctors – Dr. Cary Chiang and Dr. Jesson Yeh. Their presentation helped the audience understand emergency care, how to prepare, what to expect and how to follow up on an ER visit.



2022年4月11日 – 在华联的组织下，李堡社区的华人向李堡图书馆一共捐赠了69本中文儿童图书，这不仅增加了图书馆中文馆藏，也为我们社区的中华文化传播助力。一书籍之于整个物质世界渺小的如同大海里的一滴水，但是书里印刷的汉字是中华文化的载体，使得中华文化以书面的形式在千山万水之外绵延传

2022 YEAR-END REVIEW

FORT LEE CHINESE AMERICAN COMMUNITY ASSOCIATION (FLCA)

李堡华联 2022年报

承。这也是李堡华联发起此次中文儿童图书捐赠活动的初衷。希望通过此次活动，让本地非华裔居民有更多接触中文图书，了解中国文化的机会，同时能让华裔儿童通过借阅中文书籍接触中华文化，爱上中华文化。

April 11th, 2022 - Our members donated 69 Chinese picture books to the Fort Lee library. It's a profound move that not only expands the collection of Chinese books, but also builds the bridge for the younger generation to retain their interests in Chinese culture. Even though a book is just like a drop of water in vast oceans, the prints and characters are essential agents and forms of Chinese culture that helped extend its impact broadly and abroad. This is why FLCA promoted this event and hopes to attract Chinese residents to learn about and appreciate Chinese culture by reading.

2022年4月23日 - Color Run/缤纷跑
一年一度由李堡青少年委员会 (YCFL) 组织的缤纷跑活动如期举行。很多李堡居民和中小學生兴致勃勃地参加了一英里走和五英里跑比赛。在出发点发射枪随着比赛开始的笛声喷出蓝、红、紫等各色烟雾，彩色烟雾落在跑步者的脸上，头发上和衣服上，场面欢乐。李堡华联作为赞助方之一也参加了此次活动。华联义工在现场向与会孩童赠送了二手童书，还举行了儿童有奖游戏等活动。挑选到心仪书籍和礼物的小朋友都很开心。活动从现场准备到结束持续了五个小时，于下午一点半圆满结束。



April 23rd, 2022 - Color Run is an annual race organized by the Youth Council of Fort Lee. Many residents, especially students, joined either the one-mile walk or five-mile run this year. At the starting point, colorful smoke in blue, pink and purple erupted into the air and all over racers' faces, hair and clothes with a burst of joy that symbolizes diversity, inclusion and equity. As a sponsor of the event, FLCA gave away used Children's books and rewarded players who participated in our games to make the event even more memorable and joyful. The whole event lasted for 5 hours and ended at 1:30PM successfully.

2022年5月24日 - 李堡华联董事参加了李堡高中毕业生颁奖仪式，为获得华联奖学金的三位优秀高中毕业生各发放了\$1000。三位获奖者是：Kevin Ding, Ryan Wang和Jenny Ye。获奖的孩子们欢欣鼓舞，真诚感谢华联和华裔社区对他们高中四年学习的肯定和鼓励！



May 24th, 2022 - FLCA board members attended the Fort Lee High School Award Ceremony. Three outstanding Chinese High School graduates were each awarded \$1000 - Kevin Ding, Ryan Wang and Jenny Ye. All of them were very excited to accept this award and extremely grateful for the recognition and encouragement from FLCA and the local Chinese community.

2022年6月15日 圣明医院/李堡华联线上健康系列讲座五：关注乳房健康

由郑慧明医生主讲，对当前技术，以及治疗方案等基础知识进行教育讨论。

2022 YEAR-END REVIEW

FORT LEE CHINESE AMERICAN COMMUNITY ASSOCIATION (FLCA)

李堡华联 2022年报



June 15th, 2022 – Holy Name Medical Center/ FLCA Virtual Presentation Series #5: Take charge of your breast health by Dr. Huiming Zheng. It was an educational discussion on the basics of breast health, current technology, and treatment options.

2022年6月25日 年度李堡华联亲子活动日于6月25日下午2点到5点在Inwood Terrace公园举行。华联的工作人员和十几位义工一起工作，其中有超过十位的义工是在读的华裔初高中生。除了小朋友喜欢的各种游戏以外，今年华

联倡议小朋友们交换书籍。活动开始没多久，交换书箱就被小朋友带来的书堆满。稍小的孩子在义工的带领下在树荫里围圈阅读，大孩子们组队游戏，家长们自觉在旁边作啦啦队，大家的情绪和当天89华氏度的天气一样热烈。很多家长表示游戏很好玩，交换书籍亦非常有意义，希望华联经常举办。



June 25th, 2022 – FLCA Family Fun Day took place from 2 to 5pm at Inwood Terrace Park. We were fortunate to have more than 10 student volunteers join the crowd this time. In addition to playing fun fitness games, FLCA suggested children to exchange used books as rewards. Shortly after the event started, collection boxes were already filled up by books brought by members. Some senior students led children to read books in the shade, while others were playing lawn games. Parents became the

cheerleaders with heated spirits as hot as the 89 degrees Fahrenheit weather. Many parents praised the benefits of fitness activities and book exchange and look forward to more family fun day events in future.



2022年7月14日 – 漂流活动。经过两个月多的准备，2022年7月14日李堡华联带领40多个华人参加了李文斯顿华联于Delaware Water Gap举办的年度大型漂流活动。大家在船上打水枪，在河中游泳，大人和孩子们都玩得不亦乐乎。此漂流活动非常成功，参加者纷纷表示明年还会再次参加。

July 25th, 2022 – After more than two months' preparation, FLCA brought more than 40 members to join a group rafting event along with Livingston Chinese Association at Delaware Water Gap. While rating, parents and children splashed water onto each other, and some people swam in

2022 YEAR-END REVIEW
 FORT LEE CHINESE AMERICAN COMMUNITY ASSOCIATION (FLCA)
 李堡华联 2022年报

the clear river. Everybody enjoyed this successful event and wanted to participate again next year.



2022年8月2日- 相约李堡社区夏日之夜

华联参与一年一度的相约李堡社区夏日之夜，在李堡社区中心 Jack Alter Fort Lee Community Center举行。活动由社区警局主办，旨在促进警民关系，增强邻里和执法部门之间的关系，提升社区意识，对居民和社区都具有非常积极的意义。

August 2nd, 2022 – FLCA participated in Fort Lee’s National Night Out at Jack Alter Fort Lee Community Center. The annual event is hosted by the Fort Lee police department and aims to promote police-community partnerships and

encourage neighborhood camaraderie.



2022年9月9日- 李堡华联协助主办方李堡镇政府 and 振兴美华联盟在社区活动中心举办了中秋电影夜的活动。晚上7点钟主办方开始发放月饼、华联为小朋友们准备了小零食、棒棒糖和具有中华文化特色的书签。李堡镇长Mark特地祝福华人中秋快乐。新泽西一些华人团体也赶来共度中秋。晚上播放了大家都喜欢的成龙的电影<<尖峰时刻3>>。中秋电影夜活动得到了附近华人居民的热烈欢迎和热情参与,大约1000多人参加了此次盛会,大家一起度过了一个美好难忘的中秋之夜！

STOP BY THE FLCA BOOTH & MEET OUR VOLUNTEER BOARD MEMBERS

GIVEAWAYS!

CONNECT WITH EACH OTHER & SHARE PRIORITIES & SUGGESTIONS

GIVEAWAYS!

BE PRESENT & VISIBLE!

08.02.2022
6-9PM
MEET YOU AT FORT LEE NIGHT OUT

JACK ALTER FORT LEE COMMUNITY CENTER

Meet your neighbors from FLCA, the Borough’s Emergency Services and enjoy an evening of fun at the Fort Lee Night Out.

FORT LEE HIGH SCHOOL STUDENT EVENT VOLUNTEER OPPORTUNITIES
 Contact Amy Ko-Tung
 (201) 791-1916



September 9th, 2022 - FLCA assisted the Borough of Fort Lee and Chinese American Revival LLC to co-host a Mid-Autumn Movie Night at the Community Center. Moon cakes were distributed

2022 YEAR-END REVIEW
FORT LEE CHINESE AMERICAN COMMUNITY ASSOCIATION (FLCA)
李堡华联 2022年报

to all attendees starting at 7pm. In addition, FLCA gave away snacks, lollipops and Chinese styled bookmarks to kids and parents. The Mayor Mark wished all Chinese residents a happy Mid-Autumn festival! Other local Chinese community groups also joined the event. The movie **Rush Hour 3** by Jack Chan was played later at night. Almost one thousand residents participated in this event and spent a very beautiful and unforgettable night together.



2022年10月8日 康州赏秋-艾丽斯镇蒸汽火车和游轮行

2022年10月8号, 李堡华联成员组织了康州赏秋的活动。一行约50人坐上有近百年历史的蒸汽小火车, 行驶在新英格兰的大片湿地上, 穿梭在绿树成荫的树林中。



下了小火车, 我们转乘河边的游船, 徜徉在康涅狄格河上, 欣赏河两岸色彩缤纷多彩的树木和建筑。大家一边听导游介绍风土人情, 一边纷纷拍照留念。

坐完游船和小火车之后, 大家凑在一起享受自带的午餐, 然后驱车到海边栈桥上散步, 观赏美丽的海景。大人和孩子们都玩得很尽兴。



October 8th, 2022 - FLCA organized an autumn outing and sightseeing event with Essex Steam Train & Riverboat company in Connecticut. About 50 members boarded on a steam train that operated for nearly a century. The steam locomotive pulled vintage coaches through scenic wetlands and forest in quintessential New England towns – Deep River and Chester. At Deep River Landing, the group was escorted onto a riverboat, cruising along the Connecticut River. While listening to narratives on the historic sites, the

2022 YEAR-END REVIEW
FORT LEE CHINESE AMERICAN COMMUNITY ASSOCIATION (FLCA)
李堡华联 2022年报

group enjoyed the beautiful scenes on both sides of the river and took photos. After the cruise, the group had potluck lunch together at another scenic park and then walked along a boardwalk at Ferry Landing State Park. All parents and kids enjoyed this autumn outing.



2022年11月30日 华联参加新泽西民权部组织的停止歧视亚裔、了解你的权益的线上讲座。活动结束后，华联将主要资源为会员整理成文档供今后参考，主要内容包括亚裔在美国的发展史、如何减少对亚裔的偏见、如何举报偏见行为及犯罪。

Nov 30th, 2022 – FLCA attended a webinar held by NJ Division on Civil Rights on Stopping Asian Hate: Know Your Civil Rights. Key resources learnt from the webinar were compiled by FLCA for members to reference, including history of AAPI in the USA, how to reduce bias and how to report bias incidents/crime.

#StopAAPIHate
KNOW YOUR CIVIL RIGHTS, USE YOUR VOICE,
CREATE PATHWAYS FOR HEALING.

The program will focus on discrimination & harassment towards the AAPI community.

Nov 30, 2022 6:30PM - 8:00PM Visit bit.ly/StoppingAsianHateKYCRW
To Register, Submit Questions, Comments, Ideas & Experiences

This session will provide the audience with a greater understanding of steps to take when an act of discrimination or harassment occurs. It will also explain the differences between criminal and civil violations, how to report a civil rights incident, how to stay safe in houses of worship, and present resources available to the AAPI community.

#CivilRightsNJ #StopTheHate #NoHateInThisGreatState

@CivilRightsNJ @CivilRightsNJ

Fort Lee Chinese American Community Association (FLCA)

About Us

FLCA was founded in Oct. 2019 and is a registered nonprofit 501(c)(3) organization (Tax ID: 84-3356665) with the following missions.

- To support and strengthen the local Chinese American community;
- To promote Chinese cultural exchanges;
- To enhance community activities and services;
- To further engage the Chinese community to participate and contribute to the Fort Lee and nearby community.

A PVSA Certifying Organization

FLCA can give out volunteer certification and apply for Presidential Volunteer Service Award (PVSA)

Contact Us/Donation

Email: fortleecaca@gmail.com

PayPal: fortleecaca@gmail.com

Mailing address: P.O BOX 1127, Fort Lee, NJ 07024

Website: njflca.org

[Join us by scanning the QR code below:](#)



李堡华美社区联盟（李堡华联）

关于我们

李堡华联创立于2019年10月，为美国IRS 登记注册的非盈利组织 501(c)(3)。 (税号: 84-3356665)

- 支持和加强当地的美国华人社区凝聚力
- 促进中美文化交流
- 提高社区活动和服务
- 与所有李堡及周边居民一起共建美好社区

总统义工奖

李堡华联具有颁发义工证书和申请总统义工奖的材质

联系我们/捐款给我们

电子信箱: fortleecaca@gmail.com

PayPal: fortleecaca@gmail.com

邮寄地址 : P.O BOX 1127, Fort Lee, NJ 07024

网站: njflca.org

[请扫码成为我们的会员:](#)

