

【本報訊】俄亥俄州婦女聯誼會于七月十二日邀請了克里夫蘭系列壽司店老闆袁琴女士前往哥倫布給婦女聯誼會的諸位女士們上了一堂“如何做壽司”課，袁琴女士講課生動風趣，女士們個個饒有興趣地學做壽司。大家在享受了自己親手做的壽司和每一位女士帶來的佳肴之後，又借着餘興唱起了卡拉 OK，讓眾女士朋友們度過了一個愉快之夜。

俄亥俄州婦女聯誼會(OWO)轉眼已經成立一年多了，它是一個非政治的，非贏利的，非官方的職業婦女組織。其目的是在會員之間建立聯繫，互助互利，互通有無，讓辛苦、勞累而善良的女士們能有一塊屬於自己的天地，使她們能在這塊天地

婦女聯誼會活動豐富多彩 眾女士學做壽司心情愉快

袁琴(左)與 Amy Ho



里舒展緊皺的眉頭，以高歌釋放心中的壓力，以團結和友情把生活優美的旋律透過我們婦女輕鬆愉快的心情傳給我們的家庭以及整個社會。

俄亥俄州婦女聯誼會自 2008 年 3 月成立以來，為眾女士們以及她們的家庭帶來了許多歡樂，她們組織了採藍莓，摘蘋果，野餐，美容醫學講座等多項有意義的活動，不僅豐富了大家的業餘生活，同時也建立了互相間的友情。每一次活動，女士們都很主動帶一二位新的朋友加入，大家在見老朋友的同时又認識新的朋友。



每一個月舉辦活動完後，主席 Amy Ho 都會給每一位參與者一份感謝信，並將下月將舉辦的內容告訴大家，讓大家做好準備，舉辦者的用心換來女士們的快樂



OWO在今年六月舉辦的美容講座活動

會長致會員的一封信

Hello OWO ladies:

Thank you to those who were able to come to our 6/7 her at luqinus@yahoo.com to tell her if you can come or not be-

monthly meeting. We had a total of 13 ladies showed up and I hope you all had a good time. Thank you Nurse Ying to come to share "Breast Cancer" information to us. We all learned the basic of breast exam and how to look for breast cancer symptoms. Thank you Gothai from AACCS to sponsor this event and made this happened. Thank you Fanny Ho to open her house to host this event. We welcome three new friends at this meeting, Yi Zhang, Shao Yan Jiang and Ailan Zhao. We hope you will come back and join us in the future.

Our next meeting will be on 7/12/2009 at Lu Qin's house (6357 Twonotch Ct. Dublin, OH 43016). Karen from Cleveland will come and teach us "How to make Susi Rolls". Karen is a very successful business woman and she owns some susi stores in Cleveland area. The class will start at 5:30 p.m. sharp since Karen will need to drive back to Cleveland. We will have our pot-luck dinner after the class. Please also bring a dish to share. We will share the cost of making susi together, please bring \$\$\$.

Please call Lu Qin at 614-873-6442 or email her at luqinus@yahoo.com to tell her if you can come or not be-

fore 7/8/2009 so that Karen will prepare enough susi material for us.

Please invite your old and new friends to come.


Have a nice summer,

Amy Ho

OWO Coordinator




OWO在今年五月舉辦的醫藥講座活動



Sunflower Chinese Restaurant & Lounge

新花

歷史悠久 環境優雅
菜肴精美 口味正宗
服務周到 有口皆碑




生猛海鮮

新花家庭和菜
FAMILY DINNER

周末和假期
限定四席以下

各種點心



\$52 (四位用)

甜品 蘆筍炒魚塊 京都骨 干扁四季豆 椒鹽蝦 時菜湯

\$83 (六位用)


甜品 干煎龍利 椒鹽骨 蒜子時菜 燒鴨(半只) 干燒明蝦 鐵板牛扒 海鮮湯

\$118 (八位用)

甜品 清蒸海上鮮 京都肉排 冬菇扒菜膽 椒鹽大蟹 薑葱霸王皇雞(二只) 黑椒牛扒 海皇羹

七天供應

周末推車任選
一至五點菜單



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營業時間

週一至四 早 11:30-晚 11:00
週五、六 早 11:30-晚 12:00
週日: 中午 12:00 - 晚 10:00

