

溫馨活躍的克利夫蘭華人媽媽圈

克利夫蘭華人媽媽圈成立於2014年2月23日，建立伊始只有不到10人，在短短的一年多時間里已經吸引了315位志同道合的媽媽參與其中。團隊秉着“為孩子成爲一個更好的自己”的宗旨，共同交流育兒經驗，分享克利夫蘭生活信息，傳播中華傳統文化，溝通不同領域專業服務。

9月27日晚克利夫蘭華人媽媽圈在凱斯西儲大學的 Thwing Center 舉行了中秋茶話會。中秋佳節，遠在異國他鄉的華人媽媽們美麗如花濟濟一堂，帶上可愛的孩子，心愛的伴侶，敬愛的父母親們，欣賞中華優美舞蹈，聆聽兒時熟悉的華語歌曲，觀看插花藝術雙人共舞，感受母子感恩影像，品嚐中秋月餅，暢談育兒生活經驗，一同享受華人媽媽圈的溫馨。

到場的媽媽們個個不容易，日常生活中她們需要同時擔任多重角色，又是司機，廚師，陪練，又是心靈輔導員，如果家里有超過兩個以上的孩子，媽媽還需要是個勸架能手。更重要的是，這是一份二十四小時，一週七天，全年無休的無薪工作，它要求你任何時候都要保持優雅笑容和極度耐心。在北美做個優秀的媽媽更是不容易，遠離家人，少了後方的大支撐，每個媽媽肩上的擔子都不輕。往往在國內四個老人加一對小夫妻照顧一個孩子，而在美國，一個媽媽卻要照顧兩三個孩子。同時圈中的各位媽媽在自己的專業領域都非

常出色和優秀。群體里不乏醫生，律師，牙醫，護士，社工，研究專員，保險專員，健身教練，會計師，審計師，音樂老師，美術老師，中文老師，韓語老師，法語老師，茶道高手，攝影能人，美食達人，美妝

信息，認識你所投緣的朋友，找到你感興趣的小組，讓我們大家一起努力，讓克利夫蘭成爲我們在海外更溫暖的第二故鄉！

觀，藝術教授，汽修鋪老闆娘，餐館老闆，銀行專員等。更難能可貴的是這是一群積極充滿正能量，特別愛表揚，特別會讚美的姐妹。

目前媽媽圈還成立了衆多小組，方便處於不同階段的媽媽們有選擇性的參與：新媽媽小組，家有夕陽紅小組，愛心傳遞小組，漂亮人生小組，美食佳人小組，助新生小組；兒童看顧互助小組和中美聯姻小組。同時媽媽圈也與克利夫蘭很多功能圈緊密結合，爲提高克城華人生活品質而共同努力：果疏園藝圈，幽蘭芳草養顏堂；養生保健圈，克利夫蘭艷陽天美術工作室，沈璐小音樂家；玖久團購圈，克利夫蘭樂館，CCCCA 音樂中心，靜靜團購圈和愛華中文學校。同時對於子女教育特別熱衷的圈內的媽媽們還專門成立了龍的傳人，小小讀書郎，國學國畫讀書會，以及兒童戲劇社 / 讀書會等小組。爲了方便不同區域的媽媽們可以就近參與討論參加活動，媽媽圈還分地區設有劃區圈：Beachwood 華人，Solon 媽媽圈以及西邊和南邊媽媽圈。有需要加入的朋友請聯繫微信號 WeChat ID: NancyEsq。華人媽媽圈歡迎每一位華人的加入，無論你是媽媽還是爸爸，爺爺還是奶奶，同樣也歡迎單身男女和丁克家庭參加，希望大家在媽媽圈能找到你所需要的



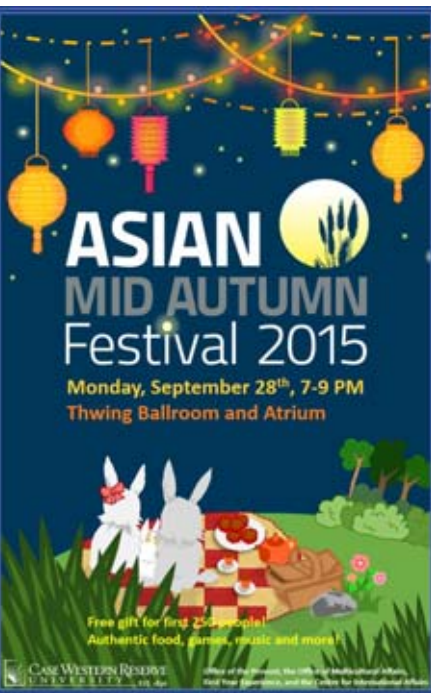
凱斯大學慶中秋

9月28日在 Case Western Reserve University Thwing Center 隆重舉辦了慶祝中秋節活動，好幾百名老師學生還有社區人士參加了這個活動，本報記者看到學生排着長龍在等候品嚐中國菜肴，十分感動，大家爲中秋節而來。

學校校長 Barbara R. Snyder 做了精彩的開場演講：中秋佳節是家人朋友團聚的節日，在這個特別傳統喜慶的日子，她歡迎所有的老師學生家人一起團聚。同時她十分感謝 Lynn Singer, 教授 David Zeng 和教

授 Michiko Watanabe 以及許多家屬和學生爲策劃準備這次活動做出的貢獻，她歡迎所有前來參加活動的人們。當日克利夫蘭華人名人嚴雲泰先生與太太也參加了活動，克利夫蘭華美協會還有愛克隆行動協會都設位參與這次活動。

這是 Case Western Reserve University 學校第一次舉辦這麼隆重的中秋活動，當天每一位參與者手持一本燙金護照，到每一個協會與團隊的檯子上去敲圖章，最後可以得到一份獎品。當晚還有傳統的猜謎遊戲，許多中西合璧家庭帶着一家人參加了這樣一個有意義的傳統文化節日。



一位在 Case Western Reserve University 就讀二年級的同學 2015 年夏天去了中國，她高興地寫下了她的感受。

My name is Jessica Lalonde. I am a second-year undergraduate student at Case Western Reserve University. I am studying chemical engineering and pre-medicine. I traveled to Beijing, Tianjin, and Qingdao, China during the Summer of 2015. I went with a study abroad program that Case created so that students could take Case classes abroad. I was taking a class while I was in China, taught by one of Case's civil engineering professors, Professor David Zeng. The class was called statics and strength of materials. Professor Zeng is an outstanding professor and one of the best teachers I have ever had. He made the course interesting and valuable. And the experience I had in China was once in a lifetime. I absolutely love the complexity and elegance of Chinese culture and I was constantly in awe of the beauty of the Chinese environment, glorious rolling mountains, and feats of engineering in its cities. The people of China are so amazing and I have much to learn from them. I was honored to be accepted in to my new friends' homes to make dumplings, and even scaled the Great Wall of China. I am so excited that I was able to go on this adventure and learn from my brothers and sisters across the Pacific! It was an amazing experience that will remain in my heart forever.

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