

習武健體 修身養性



長城功夫中心位于克利夫蘭中國城。秉承發揚和傳播中華傳統文化的意念，在強身健體的同時把武術推向世界是長城功夫中心的

辦學宗旨。

長城功夫中心可以讓美國的朋友們學到專業的、正宗的武術技能，達到強身健體，修身養性的目的。主教練 Master Yong Cao 從 7 歲開始習武，至今已 40 餘年，在中美兩國從教也有 20 年以上。

目前長城功夫中心開闢了對成人和兒童的功夫課、太極課以及散打搏擊課。

功夫課主要教授的內容是：

功夫的基本功及各種拳術，刀、劍、棍等長短器械，雙截棍、九節鞭、樸刀等各類傳統器械。

太極課主要教授的內容是：

太極的基本樁法，八式太極，八段錦，二十四式太極拳，三十二式太極劍，四十二式太極拳，四十二式太極劍，以及陳、楊、吳、孫各式太極。

散打搏擊課主要教授的內容是：

應用于實戰的肘法、腿法、拳法、膝法等基本動作的方法與運用。

近身擊打及擒拿的方法與運用。

實戰技擊的方法與運用。

針對於太極課或功夫課初學者，長城功夫中心現在開展了優惠活動，

詳見網址：www.greatwalkkungfu.com

歡迎功夫、太極的愛好者前往學習。

地址

3820 Superior Ave. East #107

Asian Town Center

Cleveland, Ohio 44114

聯繫方式 電話：216-675-0009

Email: info@greatwalkkungfu.com

慈濟首波投入 10 億 防疫暨紓困共渡難關 並在政策允許下積極尋求管道早日取得疫苗

新冠疫情本土病例自五月中旬陸續爆發後，為了協助台灣共渡嚴峻的疫情難關，慈濟基金會立即啟動防疫暨紓困計畫，包含依政策規定作業流程協尋管道、捐贈疫苗，並提供醫療類防疫物資，同時照護超過 2 萬 5 千戶的弱勢家庭！

慈濟對於購買歐美原廠疫苗來幫助台灣的防疫行動一直都很關注，已努力接觸多種管道，希望協尋購買世界衛生組織認證的疫苗進行捐贈，並符合政府的規定和作業流程，目前仍在多方努力中。在是否能取得疫苗合法進口的不確定因素中，我們也在思考疫苗捐贈的備案做法，若有明確的進展，會即時向社會大眾說明。

慈濟基金會指出，除了疫苗捐贈評估之外，自疫情爆發後，慈濟立即啟動關懷機制，提供各警消、醫療、縣市政府的各類防疫物資需求，並針對日益吃緊的醫療負擔，全力採購 500 台製氧機、30 台呼吸器、搭建 30 座篩檢站、60 萬快篩試劑、2 萬件防護衣、8 萬只 N95 口罩、15 萬個防疫面罩等醫療

類防疫物資，特別感恩聯電公司捐贈 160 萬只手套，全數提供全各地醫療院所及第一線警消人員使用，共同支援防疫行動！

教育不能停！慈濟關心全台灣弱勢家庭學子的居家線上學習，提供 5000 台筆記型電腦以及超過 4 萬個 4G 分享器，讓學子能好好學習。另外，慈濟已經針對受疫情影響的 2 萬 5 千戶弱勢家庭提供急難救助金，並持續擴大提供弱勢家庭急難紓困，及一個月生活所需的「安心生活箱」或生活物資卡。

台灣面臨這一波嚴峻的疫情危機，慈濟基金會盼望全民同心共濟，戒慎虔誠、消弭災疫，一起守護你我生命安全與健康！

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Community members needed to join sixth Cleveland Consent Decree Community Conversation sponsored by NAACP- Cleveland Chapter and United Way of Greater Cleveland: 6:00 pm, June 09

By Rich Weiss, for Neighborhood & Community Media Association of Greater Cleveland

If you missed your chance to attend the May 12th public input meeting on the Cleveland Police Consent Decree, your input is still needed for the upcoming Consent Decree Community Conversation at 6:00 pm on June 9 (on Zoom). This public meeting (co-sponsored by the local chapters of the United Way and NAACP) seeks your opinions and questions on progress of the Cleveland Division of Police in the areas of Families and Communities Building Resilience.

Rosie Palfy, who is a community advocate, a homeless advocate, a veterans advocate, and a member of the city of Cleveland Mental Health Response Advisory Committee since it was created in 2015, said, "I think that the event was really well received...and I've got nothing but positive feedback from the community. Strangers have reached out to me on social media, and it's a small world out there. So somebody knows somebody, who knows me and they send me an email, and so I'm really glad I participated in it and I actually felt empowered afterwards. I was very pleasantly surprised at how it went."

Carole Ballard, Director of Education and Training for the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of

Cuyahoga County, said, "I think it's important for residents to get a chance to ask unique questions, because you may not go to the district community meetings, you may be aware of other ways that you can ask questions live. So it gives that opportunity to stay informed at a collective level and it gives a way for the community to be heard, and that's important."

Cleveland's Mayor Jackson and several local community organizations requested the 2014 U.S. Department of Justice investigation into the Cleveland Division of Police that found Cleveland Police engaged in law enforcement patterns and practices that broke Federal laws and violated the U.S. Constitution. The U.S. Department of Justice cited patterns of excessive force, operational, and structural issues within the Cleveland Division of Police.

The City of Cleveland and U.S. Department of Justice entered into the Cleveland Consent Decree (a legally binding settlement agreement), which requires the Cleveland Division of Police to make specific, fundamental, and well-publicized changes to its policies, practices and procedures to correct violations and ensure Cleveland permanently adopt Constitutional law enforce-

ment patterns and practices.

The Consent Decree also specifically mandates that the communities of Cleveland be involved in shaping new patterns and practices for the Cleveland Division of Police. Cleveland Division of Police compliance with Consent Decree patterns and practices is enforceable by a federal judge.

Bridget Brennan, Acting U.S. Attorney for the Northern District of Ohio, said, "As you know, this was the fifth conversation that we have had with the United Way and the NAACP organizing these community conversations. We've participated in all of them so far and the expectations are simply that we have an opportunity to engage with as many people in the community as possible in terms of getting out the department's message about how important this Consent Decree is, the efforts we are undertaking to ensure that the mandates of the Consent Decree are complied with, and really just trying to make sure that those who are interested in having a voice in the process know how very welcome their voices are."

Advocate Rosie Palfy felt, as a panelist,

the conversation allowed room for her criticisms of the Consent Decree. She also felt community members, themselves, were able to impact the discussion through the reading of live text questions: "When I was able to watch it I saw the audiences' questions, and I felt like the audience was listening to what I had to say, and they were asking questions based on concerns that I raised. That was my interpretation so I was pleasantly surprised and pleased with that."

The next meeting is at 6:00 pm on June 9, and the theme will be Families and Communities Building Resilience. To answer the call for your input, your concerns, and your questions, register for this or any of the six other remaining Consent Decree public meetings by visiting unitedwaycleveland.org.

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NCMA-CLE Dialogue on the CLE Consent Decree Series Overview_20210426

Meeting 5: Crisis Intervention and Officer Well-

(Dialogue on police reform mandated through the Cleveland Consent Decree and its ramifications for our community)

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United Way GREATER CLEVELAND COMMUNITY CONVERSATIONS

CO-PRESENTED WITH **NAACP CLEVELAND BRANCH CLEVELAND CONSENT DECREE** An 11-Month Series Jan 27 - Nov 10 2021

A SERIES OF VIRTUAL EVENTS
ALL EVENTS TAKE PLACE FROM 6:00 PM - 7:30 PM

United Way of Greater Cleveland and the Cleveland Branch of the NAACP invite you to join the Community Conversation - our 11-month series of dialogue on police reform mandated through the Consent Decree and its ramifications for our community.

THESE VIRTUAL EVENTS ARE FREE AND OPEN TO THE PUBLIC.
To register visit unitedwaycleveland.org

UPCOMING SESSIONS
EACH SESSION FOCUSES ON AN AREA OF THE CONSENT DECREE THROUGH A CONVERSATION AMONG EXPERTS AND COMMUNITY LEADERS.

- JUN 09 Families and Communities Building Resilience
- JUL 14 Bias Free Policing/Racial Profiling
- AUG 11 Search and Seizure
- SEP 08 Cleveland Police Commission and Citizen Involvement
- OCT 13 Youth and Policing
- NOV 10 Community Engagement, Recruitment and Diversity

Together, we can elevate change in the community.

ASIATOWN CLEVELAND

CHILDREN'S DAY!

社区儿童节!

JUNE 5, 4-6 PM 6月5日, 下午4-6点
SQUARE DANCING LOT | 3226 PAYNE

手工艺/游戏 FREE arts & crafts
二手玩具 Toy swap
拼音资料 Pinyin learning materials
社区资源 Community resources
手工美食 Food and refreshments

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