



essence of spirituality that I was searching for. I started to wonder if I had really been called to this way of life, because nothing was resonating with me. I did not realize at the time this was my crash course in eliminating self doubt and instead employing the virtues of patience and perseverance. I knew my spirit was looking for something deeper. Much deeper. So, I pressed forward knowing that I would find what I find what I was seeking.

中華武術傳遞友情

10月10日,一大早楊曉東打來電話說他從拉斯維加斯來Akron 教拳,中午他要帶學生在麗華飯店吃飯,每一次楊曉東回老家Akron,他總是想到我,所以我很高興請他們一起吃個飯,交流互動增加友情。

那天楊曉東的學生張茂昌也來了,她們全家剛剛從外州搬回到克利夫蘭,我們都說時間太晚了,一晃九年過去了,記得張茂昌在慶祝伊利華報10周年時還為我們表演變臉。

張茂昌來自中國,自幼學習武術,1993年經父親張維福推薦從師青島武術名師張春春老師學習傳統武術基本功及長拳,為武術生涯打下了堅定的基礎。1997年4月開始跟父親張維福學習太極梅花螳螂拳。張茂昌自1999年起參加武術比賽,數次獲得青島市市北區武術錦標賽螳螂拳、螳螂劍第一名,青島市武術錦標賽螳螂拳、螳螂劍第一名。參加了數屆中國國際武術錦標賽,曾榮獲螳螂拳第一名,螳螂劍第一名,被推薦進行表演並獲金腰帶大獎。自2001年起,他還參加了數屆在美國舉行的國際武術錦標賽並獲螳螂拳第一名,螳螂劍第一名。並進入武壇門下,跟隨武術大師楊曉東先生學習八極拳及武壇功夫。2006年正式成為中國武術協會會員,並在9月被上海體育學院武術學院錄取。

張茂昌是楊曉東的好學生,在美國結婚有一個5歲女兒。我對他說:希望他能參加伊利華報20周年的活動,他非常高興地答應了。

當日我還見了兩位楊曉東多年的學生,我們天南海北聊得特別愉快,我還認識剛在網上拜師從密西根來的學生 Money 和她的太太 Jaime Elle Rucker,他們夫婦知道楊曉東要到 Akron,馬上從密西根來 Akron 拜師。Jaime 講了他是如何開始對中國的傳統武術有興趣的,我讓她寫了感受。(英文)

Jaime 和我認識的許多人一樣,對中國傳統武術執著和熱愛,她們認為武術是最好的養生,還說氣功太極拳都是非常好的運動,讓身體健康。

楊曉東的父親的生日與台灣雙十節同一天,今天是他父親99歲生日,我說您怎麼沒有給您爸爸祝壽跑老家來了,楊曉東說生日祝福已經做過了。而學生已經定好的課程他必須來克利夫蘭。

楊曉東是一位十分講義氣的人,跟他認識多年,他的所有學生都是洋學生。他是一個很優秀的人。有句話說得好,你若優秀,社會是你的,你若微笑,命運是你的,你若看開,別人的一切也是你的風景,別人的幸福也是你的幸福。

I LOVE MARTIAL ARTS

By Jaime Elle Rucker

Over the past two years, I have been on an intensive spiritual voyage in an attempt to find my true purpose in life. I have always been connected to the ideas and considered myself to be a spiritual person. As a combat veteran who served in Afghanistan and suffered from Post Traumatic Stress Disorder, I know just how important it is to maintain ones spirituality in order to keep moving forward and allow the past to be a lesson. But, these last two years were different and I came to realize just how important spirituality truly is. I found out so much more about myself this time around. What I really wanted out of life and who I really am on the inside. But, most importantly I uncovered how I will change the world and become the first black female champion of the UFC.

Although, I had no idea how I would accomplish this task, I continued to forge ahead despite these facts. I bought countless books and performed countless hours of research on different martial art styles, but everything failed to resonate with my spirit. None of the styles embodied the

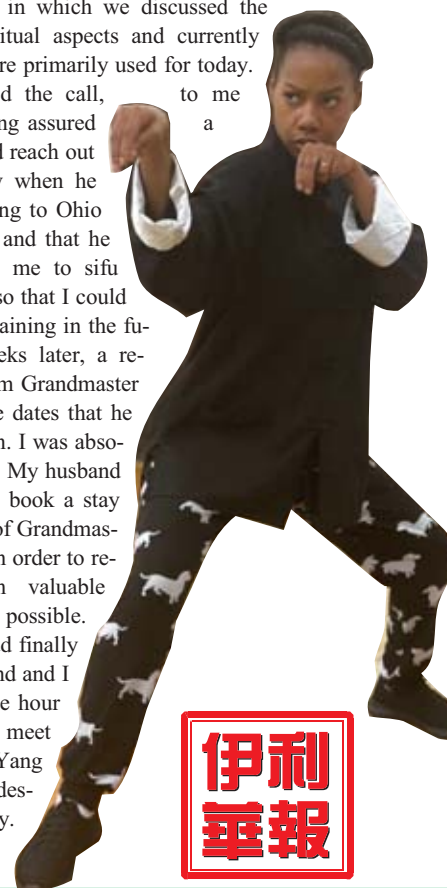


when I first fell in love with martial arts and knew I would practice one day. I recalled watching Kung Fu films and refusing to watch the dubbed version, because I wanted to feel what the actors were truly exemplifying. I remembered playing Tekken 3 all night until 7 a.m. the next day on weekends, with my favorite character Ling Xiaoyu. I flashed back to watching "Crouching Tiger Hidden Dragon" in theaters and it changed my life and at 11 years old saying, "Wow, I could do that." Like a rush, it dawned on me what style I was truly drawn to and it was right there in my greatest memories. I never knew that my fondest memories had elements of Baguazhang, Bajiquan and Piguquan and other styles of the like. At last, I had reached a very big breakthrough in my search.

I immediately started to absorb all the material I could get

my hands on. I started to look at different practitioners videos, I bought more books and DVD's. But this time, I used them all extensively! I discovered the sequences where like a sonnet and the fluidity of the movement is the creative art that that is the embodiment of its verses, to activate the energy inside ones self. I could imagine my body moving in these ways, a true manifestation of a spiritual plane. I could not fathom that all the information that I yearned for had just clicked in an instant. Here I was on a quest where everything was finally falling into place. I was grateful, ecstatic and felt an immeasurable amount of love all at the same time!

After that, I began searching for facilities that taught the Bajji/Pigua styles in the Detroit area, but to no avail. I decided to expand my search options and that is when I came across the Wu Tang Center for Martial Arts, located in Ohio. I made up my mind that I did not care how far it was, I would make that drive. So, I summoned all my determination and I called the number listed for Grandmaster Yang on the website. We had a wonderful conversation in which we discussed the history, the spiritual aspects and currently what the styles are primarily used for today. Before we ended the call, to me Grandmaster Yang assured me that he would reach out and let me know when he would be traveling to Ohio from Las Vegas and that he would introduce me to sifu James Rodgers, so that I could receive further training in the future. A few weeks later, a received a text from Grandmaster Yang, stating the dates that he would be in town. I was absolutely overjoyed! My husband and I decided to book a stay for the duration of Grandmaster Yang's trip in order to receive as much valuable knowledge as possible. When the day had finally come, my husband and I set out on a three hour excursion to meet Grandmaster Yang and the rest is destined to be history.



伊利華報



在美國改造自己



時常我們會碰到不如意的事情,在工作中或者遇到人際關係問題的時候,常常喜歡把一句話挂在嘴邊:都是因為別人歧視我們。我兒子曾經告訴我中國人是最歧視人的人,也許是他看到我的行為吧。兒子告訴我:無論他的白人同學還是黑人同學的父母對他都非常友好,把他當自己人看。

其實我們漂洋過海來到美國,如果對美國沒有一點好的念想,我們怎么可能還留在這里,遠離家鄉。這個世界上沒有絕對的事情,但我們可以在周圍認識的很多美國人身上看到,他們樸實平易近人,他們非常勇敢地去他們自己。

一個偶然,我在 Fun Buttet 看見一個很吸引我的雕塑:製作的材料是我們吃飯用的刀叉還有調羹,並且可以演奏音樂,這位藝術家名叫 Bill Starcherart,10月7日在 Fun Buffet 我們一起吃了午餐,我被他的人生故事驚到了,我去了他的家里,看見許多用廢棄的輪胎做的龐大的動物,有美國鷹,能蛇恐龍等等,還有他自己改裝的車,他愛好廣泛,收集海底貝殼,我好想看到一個海底世界。

4年前,他去佛羅里達度假,看到藝術家們用廢物做的藝術品,他驚歎了,藝術品太吸引和感染了他,他也要成為這樣的藝術家,他默默對自己說,他也要成為這樣的人。



變廢為寶創造藝術



LET YOUR IMAGINATION SOAR

浦瑛開講

Global Cleveland 舉辦的一周世界交流活動,其中有一項 4City4Peace 簽字儀式是在 10月12日在克利夫蘭圖書館舉辦,主題是與俄羅斯4個城市與克利夫蘭簽字姊妹城市,今天有幸參加這個活動,讓我找到了一直迷茫找不出答案的問題:為什麼曾經只有短短200多年的美國這麼強大。

在2019年 Kenneth J. Kovach 聯係我,他是克利夫蘭名人也是社團 ICC-WIN 的主席,並且他還是許多社團的董事成員,自己還在教書,他希望我參與 ICC-WIN 的董事會成員,對我這是一個很好的學習機會,我就加入了這個社團。這個國際社團主要是聯絡各個國家的文化與教育,相互交流,是他給了我這麼一個機會和平台,讓我更進一步地接觸到各國移民內心世界,有機會為社區做一點貢獻。

在美國就是有一群人像 Kenneth J. Kovach,他們奉獻他們的時間和才華為下一代提供學習機會,就在人還在恐懼疫情沒有徹底解除的環境下,Global Cleveland 在線上,也同時零距離地與來自俄羅斯的四個城市三個代表進行交流。

10月12日,在克利夫蘭圖書館我有幸參與了4Cities4Peace 的簽字儀式,現場 Global Cleveland 主席 Joe Cimperman 致熱情洋溢的歡迎詞,有在現場的的俄羅斯三位代表,還有網上的客人一起相互交流,相互就當地的城市和克



里夫蘭的教育文化做了介紹和彙報。克利夫蘭是搖滾樂和體育運動碰撞的城市,2019年人口普查,克利夫蘭 385,282 人,這座昔日工業城市如今已成功轉型為熱情友好的文化綠洲之城,人們友善,品質有品味。

克利夫蘭坐落在伊利湖湖畔,四周綠地環繞,既有中西部地區堅毅剛勇的氣質,又糅合了大都會娛樂精神。在這座與時俱進的城市里,您會被她獨特的風格所吸引,而這座城市是全美國最多居住不同族裔的城市。

克利夫蘭最有名的博物館,搖滾音樂名人堂(Rock and Roll Hall of Fame)是由華人設計的,每年都有九百多萬人來到這里參加音樂會,欣賞人們為讚美各時期的搖滾音樂名人而製作的手工藝品,這些名人從 ABBA 樂隊到搖滾演奏者 Frank Zappa 不一而足。但這只不過是當地衆多令人神往的博物館和景點當中



的一處。克利夫蘭藝術博物館(Cleveland Museum of Art)免費開放,您可以入館欣賞跨越6,000年時光的45,000多件藏品。克利夫蘭自然史博物館(Cleveland Museum of Natural History)收藏了許多骨頭和寶石,您可以通過這些藏品領略地球的歷史與魅力,另外,您也可以通過館內的天文設備體驗太空之旅。孩子們應該更喜歡大克利夫蘭水族館(Greater Cleveland Aquarium),大湖區科學中心(Great Lakes Science Center)和克利夫蘭城市動物園(Cleveland Metroparks Zoo)。軍事迷不妨前往 USS 鱈魚潛艇紀念館(USS COD Submarine Memorial),去參觀這艘在二戰時負責擊沉 12艘日本艦的潛艇。

體育標識的是一個城市的精神面貌,克利夫蘭棒球橄欖球和籃球,因為是疫情所有的球場都關了門,目前已經慢慢地開放了。

最適合用餐和夜生活體驗的街區包括:大學城(University Circle),特里蒙特街區(Tremont),克利夫蘭高地(Cleveland Heights),Ohio City 街區,Shaker Square 街區,小意大利街區(Little Italy),克利夫蘭中國城也有上百年歷史,您可以在這些地方品嚐到各類族裔的美食,還有音樂廳 Playhouse Square,克利夫蘭交響樂團所在地賽弗倫斯音樂廳(Severance Hall)都見證了克利夫蘭的歷史。

克利夫蘭的圖書館有 10 million 的讀物和收藏,館長 Milos Markovic 在圖書館已經工作 28 年,克利夫蘭圖書館也有 150 年的歷史,他告訴我們:克利夫蘭第一本國際書來自德國,目前俄羅斯語言讀物有 1 萬多,中國讀物從大眾電影到紅樓夢,還有更多的收藏品 3 萬多。

GLOBAL CLEVELAND 是一家非營利性經濟發展機構,由年輕的領導人和商界領袖于 2011 年創立,旨在通過吸引來自世界各地的新居民來發展克利夫蘭的人口和經濟。該組織每年給世界各國學生和團體 300 多 J 簽字來克利夫蘭學習和參觀,他們就是窗口和一把鑰匙,讓更多的人瞭解喜歡克利夫蘭。

I came to Cleveland because I have been working with Ken Kovach and Lisa Purdy on a Sister City project called 4Cities4Peace. We had been invited to share our project in the Sister Cities Conference hosted by Global Cleveland. 4Cities4Peace brings four cities-

Arkhangelsk and Volgograd (Russia) and Greater Portland ME and Cleveland together to celebrate U.S. - Russian friendships and collaborations. The project implements Student Building Diplomacy workshops and helps the young people from our countries become closer to each other.

The program is tightly packed with meetings and activities but we've had a chance to take a walking tour and I was impressed by Cleveland's architecture which combines history and modern style in a very organic way. The city is vibrant and alive and at the same has very cozy and peaceful ambience. Having stayed here less than 3 days, I've met outstanding people, both adults and students. Cleveland students participated in our project. It is a big pleasure to meet people in person and not only on zoom. Personal meetings are enormously valuable.

Marina Pirogovskaya Arkhangelsk, Russia



感受汉语之美 了解真实中国