

克城婦女聯誼會慶祝國際婦女節

Belly Dance 的表演, 她們的激情和歡樂感染着在場的每一位觀眾



克里夫蘭中華婦女聯誼會于3月10日晚上在佰億酒家隆重舉行了“三八婦女節”慶祝活動,到會的克里夫蘭社會各界代表們、中外嘉賓有二百五十多人,大家歡聚一堂,欣賞了豐富多彩的節目,並且同時品嚐豐富佳肴。

當晚到會的婦女聯誼會理事人員個個神采奕奕,青春煥發,人到中年的、步入老年的,大多是東方式打扮,每人都佩帶玫瑰,給人莊重和溫馨的感覺。

本屆協會主席王繼瑞女士首先向各

位來賓祝賀“三八國際婦女節”,歡迎各界人士的參與。這是王繼瑞女士上任後舉辦的第二次活動,第一次在今年一月六日,也在佰億舉辦的,邀請了五十多位女士會員,提供了免費午餐,大家互相交流,氣氛和諧。協會今年還將在七月舉辦野餐聚會和十二月份舉辦一次舞會,到時候還請各位踴躍參與。

當晚慶祝會上,來自克里夫蘭當代中文學校的小朋友舞蹈隊和媽媽舞蹈隊為大家表演了精彩的中國民族舞蹈。



“三八”國際婦女節的起源

1903年3月8日,美國芝加哥市的女工爲了反對壓迫、剝削和歧視,爭取自由平等,舉行了大罷工和示威遊行。這一鬥爭得到了美國廣大勞動婦女的支持和熱烈響應。1910年,一些國家的先進婦女在丹麥首都哥本哈根舉行第二次國際社會主義者婦女代表大會。大會根據主持會議的德國社會主義革命家蔡特金的建議,爲了加強世界勞動婦女的團結和支持婦女爭取自由平等的鬥爭,規定每年的3月8日爲國際婦女節。聯合國從1975年國際婦女開始慶祝國際婦女節,從此“三八”節就成爲全世界勞動婦女爲爭取和平、爭取婦女兒童的權利、爭取婦女解放而鬥爭的偉大節日。

南非婦女節時間有別於國際婦女節。1956年8月9日,數百名黑

人婦女在比勒陀利亞舉行示威遊行,抗議當局推行種族隔離的“通行證法”。新南非政府將這一天定爲婦女節,以紀念南非婦女在爭取平等鬥爭中所作的貢獻,並將這一天定爲全國公假日。從此,每年的8月9日,南非各地的婦女紛紛舉行各種形式的慶祝活動,要求實現男女平等、結束黨派衝突與暴力,保證婦女生存權益和反對性騷擾與性犯罪,以消除舊南非種族隔離制度造成的根深蒂固的歧視婦女的影響。

十年歷程 杰出奉獻 歷屆克城婦女會主席



Amy Hope, 婦女會創始人任兩屆主席 1997-1998 2003-2004



Kitty Lee, 二人和任一屆主席 1999-2000



Nancy Yuen, 1999-2000



Judy Fung Chu, 2001-2002



Barbara Hing, 2005-2006



Theresa Wang, 2007

來自俄亥俄州的 Dr. Victoria Chi-Lough, 她的演講題目是

Joy of Life



your brain into laughing. As long as you laugh, your body will produce more endorphins, which can only benefit you.

One year, before Christmas, my secretary said to me by the upcoming holiday I would not have a secretary. I asked why and she replied "I am 29 years old and you told me if laugh 3 times a day I will look ten years younger. Well I laugh more than three times a day so by Christmas you might have to change my diaper?"

I hope you all enjoyed my speech and that I hope everyone here will enjoy the rest of their life in peace, happiness and in health. If anyone is more interested in getting more information on "Joy of Life", you can contact me by writing to P.O. box 718 Newark, OH 43055. Thank you.

I was originally going to present a speech about the "Jny of Stress", however, since today is too joyful, I believed it would be more beneficial to give stress a break; therefore, I decided to change the subject to the "Joy of Life".

Everybody knows that if you are enjoying life you will smile or laugh. If you laugh a lot, it will make you a happy person. If you're happy, your work will be more proficient and people tend to like you more. If you have more friends, you will enjoy your life with peace, happiness and be overall healthier

May I introduce the anatomy of laughter? Laughing can stimulate the entire body. Every time you laugh, according to research, your body produces endorphins. This raises your hormones and is a natural pain reliever. Once your level of hormones increases, your immune system goes up. Therefore, you will be healthier.

This is also esmblished by the fact that if you can laugh more than three times a day, your body can burn 70%-80% times as much calories then if you were in a resting state, You may also look ten years ymmger and extend your life by a decade, If you have wrinkles, they may fade away!; if you have gray hair, laughter may help bring back your natural color.

Yet, what happens if your job requires a serious environment and laughter is frowned upon? One way is to go to a private room look in the mirror make funny faces and manipuiate

詩人劉天擎的開場白

各位來賓好,今夜讓我們爲女性的光輝來歡乎,問世間愛爲何物? 教人生死難忘,這個愛是母愛。是至高無上,無法替代,日日月月無怨無悔,歲歲年年無止無盡。永永遠遠的付出,從不要求回報。是世間兒女,永世難忘,縱有寸草心,難報三寸輝。也是陰陽和合,男女相親之愛,傳宗接代,創造宇宙繼起的生命,繼往開來,做法天地仁心愛萬物,這就是女性的光輝。如明月的皎潔,如陽光的溫暖。而天地之愛。是以女性爲主導。中國神話女媧氏補天,以養生民至今,女媧氏就是女性,是中國的愛神。再看陰陽。陰爲先陽爲後,更說明瞭愛是以女性爲本。

所以我們要向偉大的女性,以無比的尊敬來慶祝今夜,但求永永遠遠沐浴在女性的光輝,今夜若不能共沉醉,也會將愛帶入夢鄉。在座單身的女性貴族,您是男士們的焦點,您的光輝將在情人節大放光芒。男士們起來吧!有花堪折只需折,莫待無花空折枝。必要以緣生緣,更要緣惜緣。不要讓青春留百空過了今生。最後相書上說,豬年得子大富大貴。祝新春快樂,萬事大吉!莫忘今宵,莫負今宵。 劉天擎賀詞。



送你一河黃河浪,送你一顆中國心 送你一江長江水,送你十分中國情 請你來北京,奧運等着您。 場上你我是英雄,台下你我好朋友 勝是汗水的結晶,敗是無悔的命運。 來來來,來北京。

北京的微笑是巨龍的眼睛 長城的風彩是巨人的腳印 四海同一心,心在北京 世界同一夢,夢在奧運

劉天擎.02/25/07

心在北京

