
NEWSLETTER

AUTUMN&WINTER 15/16'

和景華人聯誼會乙未秋冬會員通訊



CHINESE COMMUNITY
PROJECT



WOKING CHINESE
SCHOOL



CULTURE
COMMITTEE

和景華人
聯誼會

CHINESE
ASSOCIATION OF
WOKING

CAW MID AUTUMN PARTY

月是故乡明 中秋和景亲

又是一年中秋佳节，锣鼓喧嚣声中，大头娃娃引着“狮子全家”来给大家庆贺节日，和景华人联谊会的中秋庆典开始了。CAW的传统庆祝节目每年都受到市政府的大力支持，和景市副市长夫妇以及市政府部门的其他有关人士也应邀来参加我们的庆典。他们饶有兴致地观看了我们的所有节目，到很晚才离去。

文艺汇演是庆祝活动的核心部分，如果舞台上没有我们和景中文学校师生们热情洋溢的身影，我们的活动也就失去了光彩。这次表演的节目内容很丰富，中文学校的舞狮、武术及大小孩、成人舞蹈队的精彩表演，在全英中文学校的各项比赛和活动中都留下过深刻的印象，颇有名扬英伦的势头。一曲优美的“采薇”，美乐美姿美服，赏心悦目。



精彩纷呈的节目中间，所有小朋友们提着自己DIY的各式动物灯笼上台合影，使得庆祝活动达到了高潮。中场休息间，大家还兴致勃勃地竞猜挂着的红条中秋谜语，猜中的还有奖品可领。感谢小微餐馆、杨红家人，加班加点为我们二百多人加工可口的晚餐送到活动现场。

活动的最后一个内容是为了应节教大家学做月饼，我在家操练了一周的各式月饼制作终于有了用武之地，虽然整个下午活动的时间由于种种原因，比原计划要延长了些许时候，有些朋友未能赶上学做，留一份遗憾，就是多一份希冀，呵呵，明年还有机会。

压轴的是一曲“夜来香”，身着美丽旗袍的美美们上台展示东方女性的魅力，今年还有可爱孩子们与老一辈的加入，使得我们的压轴戏更为精彩生动了。

今年的中秋庆祝活动人数之多，历时之长，创下了近几年之最。大家的积极参与，让我们欢喜让我们忧。喜的是凝聚力愈来愈强，大家对中国传统文化的认可有增无减；忧的是由于场地有限，为了能接纳更多的朋友，我们一次次重新安排座位，实在有些于心不忍地还是谢绝了好多朋友的请求，在此请大家谅解。

回顾此次中秋庆典，从前期筹备到落实各项工作，在和景华人会会长的带领下，大家都积极发扬义工精神，从采购月饼、点心、抽奖奖品等各项用品到会场布置、音响设备调试、抽奖券出售、化妆、摄影，还有节目安排、精彩的节目表演、午餐点心、晚餐制作、食物分派，再到最后的清场收拾，真的非常感谢所有热心帮助我们的朋友们，大家都是利用节假日，无私地奉献自己的一份力量，活动的成功举行，就是我们华人社团凝聚力的最好见证。和景华人协会，犹如一个华人大家庭，需要你我他的付出，让我们这个大家庭永远回荡着歌声、笑声，幸福与快乐就会一直围绕着你.....

孔繁红





CELEBRATE CHINESE NEW YEAR OF THE MONKEY IN WOKING

The Woking Borough Council and the Chinese Association of Woking (CAW) are celebrating the Chinese New Year of the Monkey in Woking Town Centre on Saturday 13 February 2016. Chinese New Year, or the Spring Festival, marks the start of a new spring each year in the Chinese lunar calendar. 2016 sees the return of the fire monkey in the Chinese zodiac, signifying a flamboyant and charming year ahead. Come and join us in the celebrations in Woking town square and be part of the tradition!

Saturday 13 February 2016 | 2016年2月13日 星期六

Jubilee Square

Parade & Culture Performances

游行及文化演出

12:30 pm — 3 pm

Lion Dancing 舞狮

Martial Art Displays 武术表演

Chinese Dances 中国舞蹈

Mercia Walk

Festival Market Stalls

小商品及书画摊位

10 am — 3:30 pm

Traditional Goods 年货小商品

Chinese Calligraphy 书法



和景市民共庆猴年春节

和景市政府和和景华人联谊会将在2016年再次合作，在和景市中心庆祝中国新年。中国农历新年标志着新的春天的开始，2016年的生肖是火猴，预示着华丽的和迷人的一年在向我们招手。

让我们一起来庆祝新年、红红火火迎接新春吧！

Contact Mrs Michelle Wong at info@cawoking.org.uk for more information on the celebration programme.



Chinese Day for Silvermere Residence 养老院中国文化日

Culture
Committee
文化组活动

On 10th August 15, the Chinese Association put on a Chinese Culture Variety Show for the residents of the Silvermere Care Home near Cobham. The show included lion dance, ladies dance, girls dance, tai chi and kung fu demonstrations and the girls song which won the UKFCS competition. The residents were also invited to join in with a short tai chi workshop. The show finished with singsong where all the residents and performers joined to sing popular old time and Chinese songs.

As well as watching the show, the residents could have a bookmark written for them with their name in Chinese characters.

To complement the show the care home had provided a Chinese meal

for the residents and had put up Chinese decorations and staff dressed in Chinese costume.

Overall it was a very successful afternoon which was thoroughly enjoyed by both the residents and the performers.

Roger James



China Day

10 August 2015
2.30pm

Silvermere Care
Home

www.cawoking.org.uk

We are very pleased to bring you a variety of Chinese cultural delights, including lion dance, Chinese traditional dance and folk songs, Tai Chi and Kungfu displays, a Tai chi workshop and Chinese calligraphy demonstrations.

Lion Dance

Girls' Dance West Lake Rains

Kungfu Fist Sequences

Tai Chi Empty Hands & Weapons

Chinese Folk Songs

Xinjiang Dance

Tai Chi Workshop with Audience

Chinese Dance Moonlight over Lotus

Kung Fu Weapons

Melody of Old Time English and Chinese songs

Chinese Calligraphy Demonstration

*Show order and content for illustration purposes only and subject to change.

8月10日，CAW文化组为Silvermere养老院的老人们献上了一台传统文化节目，舞狮、民族舞蹈、儿童舞蹈、太极功夫，还有获奖的一首童声小组唱。邀请参加一个简短的太极研讨会。节目的最后，观众和演出人员一起合唱了流行的中文和英文金曲。演出外观众们还可以得到现场写的自己名字的中文书签。

作为“中国文化主题日”的一部分，工作人员身着唐装，院内喜庆地装点了中国文化饰物和书法，养老院的居民享受了一顿美味的中餐。

养老院充满了欢声笑语，演员与观众们都度过了一个愉快的充满中国文化声韵的下午。

时俊

SMEF Health & Well Being Seminar

萨里少数民族论坛安康研讨会

On 24 November 2015, CAW hosted a SMEF (Surrey Minority Ethnic Forum) Health and Well Being seminar at the Old Woking Community Centre. The objective of the seminar was to raise awareness on Dementia and Stroke with



speakers from the Alzheimer's Society and the Stroke Association. The seminar was given in English, Cantonese and Mandarin. It was a free event with lunch provided. The seminar was well attended with over 50 people in the audience, many of whom were keen participants in the Question and Answer sessions following each of the presentation on Dementia and Stroke. We would like to thank SMEF, the Alzheimer's Society and the Stroke Foundation for such an informative seminar.

For information and help from the Alzheimer's Society, you can visit www.alzheimer.org.uk or call their National Dementia Helpline on 0300 222 1122 or their Surrey Information Hub on 01932 855 582.

For information and support from the Stroke Association, please visit www.stroke.org.uk or call their helpline on 0303 3033 100.

Michelle Wong

2015年11月24日，和景华人联谊会在和景社区中心举办了SMEF（萨里少数民族论坛）安康研讨会。本次研讨会的目的是提高人们对脑功能退化症（痴呆症）和中风的认识，发言人来自阿尔茨海默症协会和卒中协会，与会语言为英语、粤语和普通话。研讨会为免费活动，并提供午餐。本次研讨会会出席超过50人，许多听众积极参与了痴呆和中风的演讲后的问答环节。我们感谢SMEF、阿尔茨海默氏症协会和中风基金会为我们提供了这样一个内容丰富活动。

欲了解阿尔茨海默症协会及其服务内容，请访问 www.alzheimer.org.uk、或拨打全国痴呆症求助热线 03002221122、或其萨里信息中心电话 01932855582。

CCP
专题活动
Seminars



Taste of CCP activities: L1, R2, Flower arrangement; R1,3,4, Christmas Wreath making; L2, birthday celebrations; L3 Halloween party

华人之家活动，左1，右2：花艺课； 右1、3、4：圣诞花环课，学员作品；左2：集体庆生； L3：万圣节联欢

CCP

专题活动

Activities

CAW Dance Group at the Woking Innovate 2015 Show

CAW舞蹈队妙曼和景冬季舞台



2015年11月28日晚7点，Rhoda McGaw 剧院的演出大厅座无虚席。来自和景及萨里其它地区的20多支风格迥异的舞蹈团队云集于此，即将带来一场精彩纷呈的表演。演出时间过半，一支明快的现代舞刚刚结束，旋即出场的就是和景华人舞蹈队，此时大厅内异常安静。伴着观众们期待的目光和舞台绚烂的灯光，着粉色中国传统服饰的舞者们随民族音乐翩翩而起，她们时而婀娜妩媚，时而妖娆俏皮，时而似轻云慢步，时而如旋风急转，和景华人舞蹈队出色的古典舞表演博得了全场观众热烈而持久的掌声。

不过观众们也许没有想到，这些身材曼妙、舞姿轻盈的舞者已都是

孩子的妈妈，更想象不出为这短短几分钟的表演，她们在幕后所付出的辛苦。自己由于拍摄工作，有幸亲历了她们从彩排，化妆到表演的整个过程。相信每一个舞者都是完美主义者，演出前的下午，舞蹈队的队员们仍在进行最后的彩排。排练厅里，她们专注而投入，每一个姿势、每一个眼神无不用心揣摩；化妆间里，她们有如初心少女，每一个妆容、每一个发髻都精心修饰。舞者，因舞蹈而永远年轻，愿和景舞蹈队的舞者们继续在属于她们的舞台上舞出精彩。

高莹

Culture
Committee
文化组活动

A hushed silence befell the Rhoda McGaw Theatre in Woking as the audience eagerly anticipated the start of the 2015 Woking Dance Festival, 28 November. More than 20 dance groups from the Woking and other Surrey areas gathered together to treat the audience to a brilliant performance through a night of both contemporary and traditional dance. After the interval, a lively contemporary dance group restarted the proceedings, and then it was the CAW Dance Group 's turn. At that very moment, silence descended on the theatre. With the audience expectant, and the stage bathed in gorgeous light, the dancers wearing pink traditional costumes bounded onto the stage and began to dance to the accompaniment of traditional Chinese music. Their performance tantalised the senses; sometimes the dancers were graceful and charming and at other times they were enchanting and lovely. Their movements were continuous; now like light fluffy clouds, now whirlwinds of movement. And, at the end of their dazzling performance, the CAW Dance Group had won the audience' s warm and enduring applause.



However, what the audience might not have known, was this group of graceful figures with their elegant postures, were actually a little older than many would have imagined. The audience could also not have imagined how much hard work this group of dedicated dancers had put in 'out of the limelight' in preparing for this performance. Because of my photography work, I was fortunate enough to have witnessed every step of their performance, from rehearsal to makeup to stage. I think that deep down, every dancer must be a perfectionist. On the afternoon before the show, the last rehearsal demanded their all. In the rehearsal room they were concentrated and focused, carefully considering every posture and expression. Then later in the stage dressing room, they were like little girls, carefully tying their hair into buns and applying makeup. Dancers I believe are always young because they dance. I just hope that the dancers from the CAW Dance Group will continue to dance so wonderfully on the stage.

Gao Ying

Chinese Language Playgroups for Under 5s



CAW is pleased to announce that a Cantonese and a Mandarin playgroup for the Under 5's were opened to popular demand on 14 November 2015. The playgroups have been designed to support children's language development and to engage their interest in Chinese through songs, stories, rhymes and games. Please contact Hannah Wong at playgroups@cawoking.org.uk for further details.

幼儿中文班开课

和景华人联谊会为響應家長需求，在2015年11月14日开办了广东话和普通话的幼儿（五岁以下）中文活动，希望小朋友们可以从唱歌、故事、童話和游戏中增強他们对学习中文的兴趣和語言发展的能力。如果有兴趣參加，请电邮 playgroups@cawoking.org.uk 与 Hannah Wong 联系。



Michelle Wong



Yummy Walnut Cookies



美味核桃酥



Plain flour	100g	低筋粉	100克
sugar	50g	糖	50克
oil	55g	油	55克
egg	10g	蛋液	10克
chopped walnuts	30g	核桃碎	30克
baking powder	1/4 tsp	泡打粉	1/4小勺
baking soda	1/8 tsp	小苏打	1/8小勺

Method:

1. Mix the oil, sugar and egg together. Use a whisk and mix well.
2. Mix the flour, baking powder, baking soda, chopped walnuts together and mix well.
3. Knead the two mixtures together to form a dough.
4. Divide the dough into small portions. Knead each portion into a small ball and press it flat. Brush the biscuits with egg and put them onto a baking tray.
5. Preheat the oven to 180 degree. Put the baking tray in the oven and bake for 15 minutes.

Tips:

1. Bake the raw walnuts in the oven at 180c for 7-8 minutes to release their oil before chopping them up. This will enhance the flavour of the walnut biscuits. You may also use other types of nuts such as almond, peanut etc.
2. You may use various type of vegetable oil.
3. The temperature and baking time will vary depending on the actual oven used. Please adjust accordingly. For larger sized walnut biscuits (or cakes!), longer baking time will be required.

做法：

- 1、油、糖、蛋液混合，用打蛋器打匀。
- 2、面粉、泡打粉、小苏打、核桃碎混合均匀。
- 3、把面粉与核桃的混合物倒入油糖混合液中揉成面团。
- 4、取一小块，搓成圆球压扁放入烤盘。在饼上刷一层蛋液。
- 5、把烤盘放入预热到180度的烤箱，烘烤15分钟。

小贴士：

- 1、生的核桃需要事先用烤箱180度烤7-8分钟，烤出香味，再切成碎，这样做成核桃酥后会更香。也可以改成放其他果仁，如杏仁碎、花生碎都可以。
- 2、油可以用各种植物油。
- 3、烘焙的时间和温度需要根据烤箱的实际情况酌情调整。如果做的核桃酥个头比较大的话，就需要多烤一会儿才能出炉。

CCP
美食专栏
Recipes

讀者來信：我和我的星期六

陈玲

星期六，这是个对于我来说比较特别而且美丽的日子，一个格外亲切的日子。

星期六，有很多故事发生在这一天，它却在和景社区中心working community Centre那里，用心去记住我们，记住这些来自中国五湖四海的爸爸妈妈们的笑容。也许此刻，好奇心已经在撕咬着你的心，想要问声为什么？这个本是普普通通的星期六，为何被我披上一件具有如此浓烈感情色彩的外衣呢？

我叫陈玲，今年是我在英国第12年。我爱星期六，那是因为星期六是孩子们上中文课的时间，每个星期六是和很多同是来自中国的妈妈们聚在一起聊天聊地的时间。来中文学校已经5年，5年前我没有什么朋友，5年后我认识很多朋友，我常常想这种改变要归功于CCP华人之家，归功于和景中文学校和华人协会。因为这个组织，是有爱的组织；这个地方，是一个有爱的地方。

每个星期六的早上送孩子到位于working SJB 中学（和景中文学校每星期六的开课地点）学习中文，放下孩子后家长们就来到离学校不远的和景社区中心Working Community Centre 聚集。早上10点已经有热心义工在那边准备的香醇可口的英式茶和茶点招呼这些家长。虽然只有一个星期未见，但是家长们却有一日三秋的感觉，聊着刚刚过去那一个星期所发生的事情，看着他们说、听着他们聊，身为家长、身为义工的我，似乎也身临其境地感受到了他们过去的那个星期所经历的喜和乐。也有一些有小宝宝的家长想要给她们的宝宝从小就认识中文，于是这些用苦良心的爸爸妈妈们就带着她们的小宝贝到那里聚集，那里有一个属于0-5岁的小宝贝的中文班。别小看了这个中文班，这可是用两种语种教学的：10:20-10:50am是广东话班，11-11:30am是普通话班。很多爸爸妈妈都早早的来到那里聚集等待着老师们的到来，也有一些慕名而来的英国家长带着他们的宝宝来学习中文。

在这些家长和义工身上我收获的是满满的正能量，满满的感动。我常常在想，如果我的世界里面没有和景中文学校和CCP，那会是什么样的际遇呢？每一次我都从这些家长身上，这些教师义工身上学到很多，我也常常在想，作为中国人，如何可以传承我们的文化、我们的文字，给我们的孩子？从这些家长和教师义工的身上，我看到的是一份风雨无阻的坚持，和无怨无悔的付出。只要我们每个家长肯付出一份坚持，再加上教师义工的一份坚持，等待收割的一定是成功的硕果。

Useful Dates

Chinese New Year Celebrations

Town Centre Event Sat 13 Feb 16

CCP celebration party Sun 14 Feb 16

Celebration Dinner Sun 21 Feb 16

猴年春节庆祝活动

Town Centre Event Sat 13 Feb 16

CCP celebration party Sun 14 Feb 16

Celebration Dinner Sun 21 Feb 16

Chinese School Term Time

Spring half term: 20 Feb 16

Last day of spring term: 19 Mar 16

中文学校春季安排

春季期中假：2月20日

春季结束：3月19日



亲爱的读者

今日大寒，乙未年最后一个节气已经过去，冰封的世界一片宁静，继续完成一冬的养藏；人们却开始忙碌起来，祭尾牙、办年货——猴年春节马上就要到了。希望大家度过了一个圆满的

羊年，我们在这里预祝大家猴年大吉、春节快乐、出入平安。非常感谢大家在羊年对我们工作的大力支持，也希望能在在新的一年里得到你们的继续关注。也再次感谢为本期通讯投稿及提供照片的所有作者。

投稿及照片请寄：news@cawoking.co.uk. 由于版面原因，来信及来稿可能有所删节，敬请原谅。

As this issue goes to press, we have just celebrated Da Han (Big Cold), the last of the 24 solar terms of the year. And that means Spring is almost upon us! The ground may be frozen and the gardens may be dormant, but Chinese households are buzzing with activity, busy preparing the celebrations in readiness for the all-important Spring Festival.

We hope you had a fulfilled Year of the Sheep and wish you a wonderful Year of the Monkey ahead. Many thanks for your support in the last year. We hope you will continue to support us in the coming year. Thank you for all who send in articles and photos, the publication wouldn't survive without your support. Please send your letters, photos and suggestions to: news@cawoking.co.uk.