

伊利華報 2022 年新春晚會成功舉辦

嘉賓的第一支曲子是《拉德斯基》進行曲，歡快的節奏拉開了晚會序幕。接下來他們為大家表演了合奏、笛子獨奏以及合唱等節目，合唱《長江之歌》豪邁有力，唱出了民族感情，具有很強的藝術感染力。

隨後有少林武術表演、中國傳統絕活變臉術、非洲風格歌舞等紛紛呈現到場嘉賓，大家一邊享用美食一邊欣賞歌舞表演。餐廳另外一側的顧客也被吸引過來，自願加入表演助興。節目的最後，熱烈的演奏把嘉賓情不自禁地帶上“舞臺”，隨著樂曲盡情舞蹈，興致高昂，歡樂無比。

距離 2019 年 12 月 31 日，久違了兩年有餘的伊利華報迎新春晚會終於在 2022 年 1 月 29 日晚成功舉辦了。當天室外氣溫低到攝氏零下十幾度，可是滿懷熱情的嘉賓們還是陸續趕到位於 Twinsburg 的 Fun Buffet 餐廳來參加聚會。

走進晚會廳，溫暖而喜慶的氣氛撲面而來，上空飄着彩色氣球，地面上也有氣球彩虹做裝飾，餐桌上擺放着鮮花，更能感染人們的是人們的歡聲笑語和相互關切友好的問候。

晚上六點，來自華人社區的“夢之隊”樂團在演出場地早已準備就緒，獻給

Celebrate Chinese new year

So, as we entered this new year 2022, I was asked to perform at a party for my friend Ying Pu at the Erie Chinese Journal. I did not know what to expect at this party celebrating Chinese New Year 2022 but I never turn down the opportunity to experience something new, especially if it's from a different culture and the chance to give or donate my time to people. I was asked to dance and then teach or give a mini belly dance lesson which is easy to do since we have done that so many times over the last 46 years. What blew me away though is how many different cultural groups that were there that night on Saturday Jan 29th, 2022 at the event in Twinsburg who know us at Lions of the Desert Productions, LLC and Lions Art, Inc. Our friends at C.A.M.E.O. (Cleveland American Middle Eastern Organization), The Friendship Foundation-Vietnamese Garden, The African American community, The Cultural Garden Federation, ICC-WIN, The Chinese Community,

But it really reminded me of what was said at an event years ago held by The Cultural Garden Federation that we, here in Cleveland have over 148 countries in our own backyard and as a military brat who has traveled the world starting at the age of 8 months old, I have learned that our world is truly small. We are all the same if you really think about it. We all love our belief system, family, food, music and dance. This is our common ground. And we at Lions have learned that we can communicate with people through our music and dance even if they do not understand or speak our language, the music and dance is that language.



HEALTH FREEDOM NEWS
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Jack Craciun III the Appointed as NHF / FHR Executive Director of Marketing and Fundraising.

The National Health Federation (www.thenhf.com) has welcomed Mr. John J. ("Jack") Craciun III to the Advisory Boards of NHF and its sister organization, the Foundation for Health Research (FHR), and is pleased to announce his appointment to the position of Executive Director of Marketing and Fundraising for both organizations.

Jack Craciun III is Chairman and CEO of both ITM Ltd. (Group of Cos.) and the non-profit, The Future of Medicine Foundation (TFMF). A globally recognized China Specialist, Jack's work in FM Radio, media communications, cross-cultural exchange, and third-world economic development has redefined international consumer product manufacturing and branding. His humanitarian initiatives perpetuate the pioneering spirit of his family name, "Craciun," Romanian for "Christmas."

Jack's leadership helped birth the first commercially successful FM radio station, WNCR- FM in Cleveland, Ohio, the establishment of the first national FM radio station network, and the first national radio/television simulcast, "In Concert", through a network of 37 major market radio and TV stations established by ABC. WNCR's success gave it the ability to break into mainstream media and fracture corrupt US big business, mainstream media and govern-

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ment by breeding corporate and consumer activism that led to the Environmental Movement in America and then around the world.

Jack spent over 23 years pioneering in China to help build a nation that would become the world's number two economy. He believes cross-cultural exchange has been the key to expanding global prosperity throughout history. As economist Otto C. Mallery once said, "If soldiers are not to cross international boundaries on missions of war, goods must cross them on missions of peace." That peaceful trade was Jack's goal.

In 2020, Jack founded TFMF, made up of global business and medical leaders dedicated to "Return Health to Humanity" by educating the public, business and healthcare industry leaders through good science and newsworthy facts that prove the importance of Orthomolecular Medicine's application of nutrition to prevent and/or cure disease. TFMF's mission is inspired by the legacy of the late Richard A. Kunin, M.D., former NHF Vice President and Member of the Board of Governors, who was a pioneer of Orthomolecular medicine. His life's work blazed trails are the essence of the future of medicine. Dr. Kunin ac-

cepted the position of TFMF Honorary Director and Member of the Board of Advisors before his death in 2021. NHF President Scott C. Tips and the other members of the NHF Board of Governors are pleased that Jack has joined the NHF team with such enthusiasm, and are looking forward to many great achievements from his work. For a detailed biography, go to: <http://itmltd.com/NHF-FHR-BIO-Jack-Craciun-III.pdf>



伊利華報祝賀

杰克·柯來聖三世 (Jack Craciun III) 被任命為全國衛生聯合會 (National Health Federation, NHF) / 健康研究基金會 (Foundation for Health Research, FHR) 營銷和籌款執行董事



在美國改造自己

每一個人的生命里面都隱藏着一種機遇，這是一種無形的力量，促使着我好像沒有辦法去改變，人是由能量組成的，能量離不開情緒，而我們又沒有辦法控制自己的情緒(喜怒哀樂)，當然聖人可以。

我一直覺得人的一生其實就考慮兩大問題，愛與恨，生與死。其他的一切問題都是依附在這兩大主題上的。尤其是生和死，人來與去，都由不得我們。我們只能好好活在生和死之間的那一段時光。活着，就活好它。

原定 12 月 31 日伊利華報舉辦跨年活動，因為我確診新冠陽性，我就把活動改到 1 月 29 日，跨年變成春晚。

今年的春晚讓我感覺充滿了喜悅，雖然有許多困難，但好朋友 Jenny 帶來一位客人 Dwayne Davis，他的話帶給我喜悅。Dwayne Davis 說：我走進 Fun Buffet 看到每一位都帶着快樂，沒有人種之分，大家在享受音樂帶來的歡樂，一起沉浸在久違的愉悅氣氛之中。這兩年的新冠疫情在喚醒人類重新調整生活的一種感應，全球一下停止一切活動，留給人們的是害怕與恐懼，接着是懶惰和無奈，唯一人間最值得



虎年大吉詩興來人逢佳節精神好現為大家獻首詩十二生肖年友好

十二生肖

鼠有靈性 牛最勤奮 虎虎生風 兔性本善 龍降甘霖 蛇會報恩 馬到成功 羊羊得意 猴獻壽桃 雞鳴報春 狗為忠友 豬君好運

虎年來 春蕩漾

雞鳴報曉春初臨 梅花先知朵朵開 親送花香滿大地 開門迎心開懷 人逢佳節精神爽 爆竹聲裡虎年來 富貴吉祥已入門 心想事成似雲彩 讀者順風順天意 手持彩票必發財

大年三十我接到了劉天擎詩人的來電，帶來新年問候，他還把電話給了他兒子，美國國會眾議員劉雲平，劉雲平在電話上開門見山說：他父親說我遇到了困難，他問他能不能幫助我。我非常感謝他，這事不那麼重要，我已經解決了。劉雲平非常感謝伊利華報讓他的父親成了詩人，其實伊利華報讀者都十分期待與劉天擎見面，這次伊利華報舉辦春晚，還有讀者問劉詩人來了沒有。在新年期間，再次謝謝劉天擎一家人對伊利華報的支持和鼓勵。

劉天擎作詩致浦瑛社長和廣大讀者 大家樂！

的是真情，人的善良會改變宇宙大地的磁場，尊重生命，我們就夠懂得如何跟生命的萬物共存。

人與人之間都是環環相扣的，我以前遇到過巧合的事情，只是覺得很神奇，現在，我卻漸漸覺得每一件巧合，背後都有一種神秘的力量在操控。Dwayne Davis 90 年代向華人梁光老師學習氣功和打拳 8 年，他個性十足，他曾經在克利夫蘭警察局專看犯人，工作十年，那里工作福利很好，但他不喜歡那里的環境，能量太低，他喜歡帶着面具，看另外一個自己。其實這就是因果定律，絲毫不差，看了巧合，人在做天在看，你所做的一切終有一天會得到相應的結果。Dwayne Davis 身上帶着這份高能量，他在伊利華報舉辦的春晚就體現這份能量。

1 月 29 日伊利華報春晚，我要感謝無數人對我們的支持，克利夫蘭夢之隊的 17 位表演者在領隊孟劍的帶領下來為大家做精彩演出。夢之隊是老孟退休後和一群朋友創辦的一個樂隊，樂隊成員由醫生、工程師和已經從不同崗位退休的人員組成。在目前的疫情期間，有的醫生表示，他們本身就是醫生，每天接觸不同的病人，有一些擔憂，但是最後都還是到了現場，來參加這次有意義的春晚。

Dr woods 帶領的演唱組表演了 THE HIP HOPE 等歌舞，另外還有變臉和武術表演，節目豐富多彩。

再次謝謝所有參與活動的人，這是一份精神大餐，享受各個族裔的文明和文化。(精彩內容請看下期)



音樂才子黎華趙

2 月 1 日，起床就想做一件可以幫助人的事情，在 Ravenna 一個人居住的黎華趙先生，他原來是台灣國樂團的才子，人真有意，黎華趙來美國 30 年，他自稱自己是一位世界潮州音樂第一人，他收藏 240 種不同樂器，古琴 琵琶 揚琴 古箏 三弦還有好多把二胡，他自稱自己是一位史學家，他在美國做個許多工，甚至當過電台播音員等，記得我還陪他去他教授家，他說要完成他的博士論文。他的教授希望他不要再折騰了。

因為黎華趙問我有沒有中國的日曆，他需要。2 月 1 日春節，我從天然寺到

家，快五點睡了四個小時，起床帶狗去了黎華趙的家。我給他送去的日曆和鮮花。

我祝福他新年健康康，快樂樂，順順利利。他說，他是一個非常幸運的人，上天對非常照顧他，他說他會感恩，他還告訴我：他三歲就上了舞臺...歲月大快，人總是會留下遺憾；人生事事那能如意，生活就是一個開關，回憶是美好的，我正準備走，看到車上有一包話梅，我問黎華趙喜歡吃話梅嗎？他說，這是最愛，看着他高興地捧着話梅，那麼我在新年的第一天，也做了一件有意義的事情。



染疫痊愈后的新春晚會



全球通告

杰·柯來聖三世 (Jack Craciun III) 被任命為全國衛生聯合會 (National Health Federation, NHF) 健康研究基金會 (Foundation for Health Research, FHR) 營銷和籌款執行董事

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證明瞭正分子醫學在營養應用中預防和/或治愈疾病的重要性。TFMF 的使命受到已故 NHF 前副總裁兼 NHF 理事會成員、正分子(基于營養)醫學的先驅理查德·A·庫寧 (Richard A. Kunin) 博士的遺存啟發。他一生的工作開闢了醫學未來精髓的道路。庫寧博士在 2021 年 2 月去世前接受了 TFMF 名譽董事和顧問委員會成員的職位。

NHF 總裁斯科特·提普斯 (Scott C. Tips) 和 NHF 理事會的其他成員很高興杰克以如此熱情的態度加入 NHF 團隊，並期待他的工作取得許多偉大的成就。

有關詳細的傳記，請訪問：<http://itmltd.com/NHF-FHR-BIO-Jack-Craciun-III.pdf> 由張風翻譯

