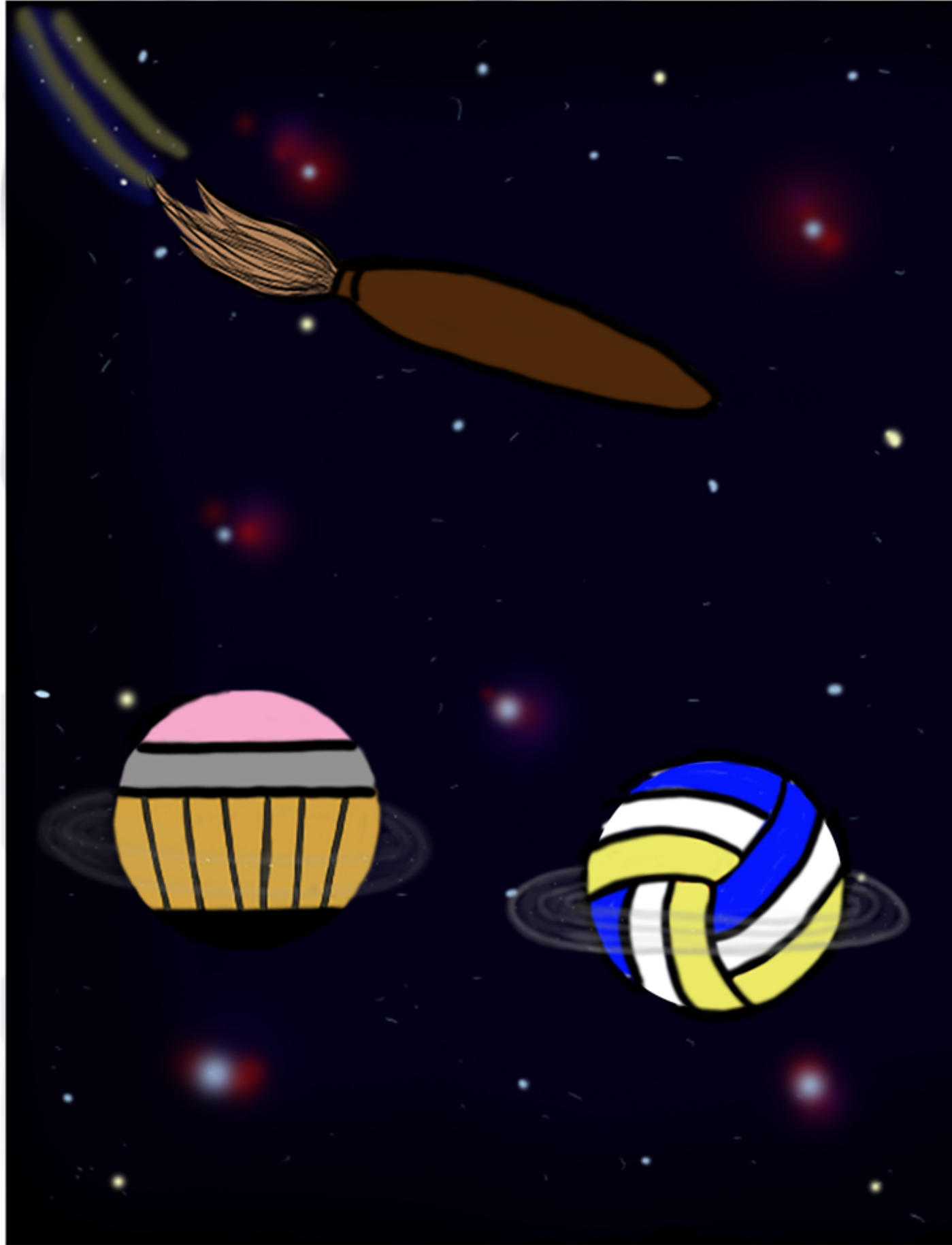


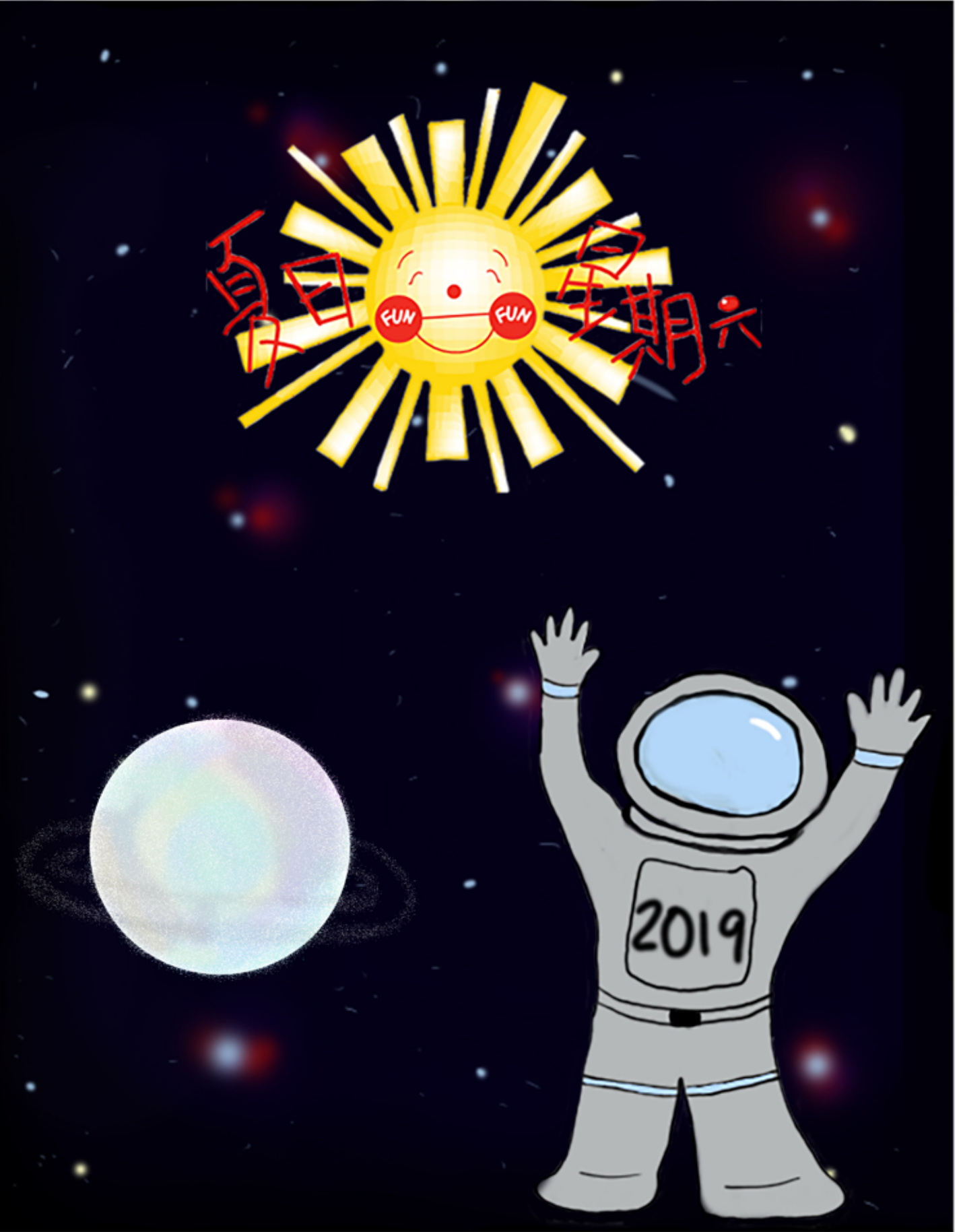
Intro to Lion Dance Junior Chef AM Junior Chef PM Badminton Basketball

Fun Fun Saturday 2019 Arts and Crafts AM Arts and Crafts PM Electronics

Public Speaking Scratch Programming Soccer Ukulele Volleyball Cartoon Drawing for Beginners



Kickball Urban Dance Origami Advance Origami Beginner Lego Robotics



Junior Track and Field Intro to HTML and CSS Intro to Board Games

Crocheting/Knitting Ethics Education Financial Literacy Flag Football International Chess Yoga



United East Athletics Association

美東體育會

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Tel: (212) 227-9452

[www.ueaa.org](http://www.ueaa.org)

[www.facebook.com/ueaa.org](https://www.facebook.com/ueaa.org)

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# UEAA Board of Directors

## 美東體育會董事會

Chairman | 董事長 | Chung Hing Sin

Vice Chairman | 副董事長 | June Jee

Directors | 董事 | David Chin, Lillian Moy, Henry Vuong, Echo Wong, Winnie Wu

## UEAA Teams

Badminton	羽毛球隊	Yin Chow
Basketball	籃球隊	Steven Yim
Chinese Chess	中國象棋隊	Danny Li
Dragonboat	龍舟隊	Jenny Yu, Alan Lee
Fun Fun Saturday Program	夏日繽紛星期六	Michelle Lo
Lion Dance	舞獅隊	Sunny Chan, Steven Yim, Jacqueline Ho
Ping Pong	乒乓球隊	Kin Wong
Soccer	足球隊	Ryan Sin
Young Women's Leadership Program	女青年領袖	Tabitha Sin
Yoga	瑜伽隊	Janna Sin

# 2019 Fun Fun Saturday Admin

## 夏日繽紛星期六職員表

Director | 策劃主管 | Michelle Lo

Assistant Director of Classes | 助理策劃(課程) | Ivan Ip

Assistant Director of Events | 助理策劃(活動) | Avis Wu

Assistant Director of Volunteers | 助理策劃(義工) | Jenny Cao

Class Coordinators | 課程統籌 | Aaron Zheng, Emerson Chan, Jonathan Pan, Justin Zhang, Rita Zheng

Volunteer Coordinator | 義工統籌 | Debra Chan

Events Coordinators | 活動統籌 | Sharon (Min Min) Cai, Jocelyn Cai, Jackie Cai, Brandon Huynh

Planner Committee | 規劃委員會 | Karen Cheng, Skyla Chan

Translation | 翻譯 | Danny Li, Michelle Lo, Sien Li

Marketing Coordinators | 市場策劃統籌 | Eva Xie, Michelle Popovitch

Treasury | 財政 | Joey Leung, Cortney Chen, Rich Zheng

Parent Program Director | 家長班策劃主管 | Yan Sin

Parent Program Coordinator | 家長班統籌 | Sien Li

Recruitment Director | 義工招募策劃主管 | Janna Sin

Advisor | 顧問 | David Chin

## Yearbook Committee

Editor-in-Chief | 主編輯 | Michelle Lo

Graphic Designers | 平面設計 | Debra Chan, Jenny Cao

Editors | 編輯 | Brandon Huynh, Jenny Cao, Jonathan Pan, Josephine Lau, Justin Zhang, Karen Cheng, Sharon Cai

Translation | 翻譯 | Brandon Huynh, Michelle Lo, Danny Li

Advisor | 顧問 | Donna Poon

## Director's Statement

Dear Fun Fun Family, Friends, and Supporters:

Thank you for spending your summer with Fun Fun Saturday. This year, we had over 280 students and 130 volunteers across all ages and backgrounds participating in our 28 classes. Due to P.S 124 being under construction, P.S. 130 and Transfiguration School were kind enough to allow us to hold our classes there. I would like to take this opportunity to thank all the instructors for accommodating this change of teaching environment.



For three years running, the Parent Program has provided parents an opportunity to learn something new while their kids are in class. All parents had an enjoyable summer, and it shows that it is never too late to learn. During Sports Day, we held a parent workshop on family relationship building which focused on how to communicate with their children.

This year was our 26th anniversary of Fun Fun, and it was a successful year with everyone's support. Thank you to our donors for their generosity and volunteers for their time and dedication. Thank you to Planners for helping make the program possible, and to all the students and parents who joined us this year. Hope that I will see everyone again next summer.

Sincerest regards,

Michelle Lo

## 策劃主管寄語

親愛的繽紛大家族、朋友和支持者:

感謝你們選擇在繽紛星期六和我們一起度過你的夏天。今年，我們約有130名義工和280名來自不同年齡和背景的學生。由於容宏小學正在維修中，因此我們今年改在P.S.130和顯聖容初中舉行了我們的28個班別活動。我想藉此機會感謝所有老師不言辛苦地在這更變了的教學環境中授課。

三年來，我們的家長班為家長們提供了一個當孩子在上課時亦能有自身學習新技能的機會。我相信所有的參加者都度過了一個愉快的夏天，這表明學習永遠不會太晚。在運動日期間，我們舉辦了關於如何建立家庭關係的家長研討會，讓參加者學習如何與孩子溝通之道和建立友好的關係。

今年是我們繽紛星期六的26週年，如果沒有大家的支持和幫助，這些活動是不會成功的。

再次讓我衷心的：

感謝我們支持者的慷慨捐助，義工們的奉獻精神。

感謝我們的規劃委員會帶領了整個繽紛星期六。

感謝今年加入我們的所有學生和家長。

希望明年再與大家見面。讓我們能再接再厲為大家服務！

致以摯誠的感激

盧昭穎



# ★ Arts & Crafts AM

## 手工藝班

Students craft and produce projects that will enable them to gain a deeper understanding and appreciation of art.

學生通過製作工藝品而更深入明白和欣賞藝術。

Instructor 導師 | Judy Zhang



# ★ Arts & Crafts PM

## 手工藝班

Paper, Scissors, and glue! These three words sum up this summer's Arts & Crafts class, in which students took everyday items to create new, interesting projects. They also used their imagination and creativity while having fun!

Students learned that arts and crafts wasn't necessarily about using fancy materials, but rather about using imagination!

紙·剪刀·膠水！這三個名詞總結了今年夏天的手工藝班。同學們把普通日常的東西，使他們成為新的，有趣的工藝。當開開心心的同時，他們運用了自己的想像力和創造力！學生學到了，制作手工藝品關鍵不是使用的昂貴材料，而是使用想像力！

Instructor 導師 | Macy Goh





# Badminton

## 羽毛球班

In the Badminton class, students learned and practiced basic warm up exercises, hand-eye coordination, basic strokes, footwork, and game rules.

在羽毛球班，學生學習和練習了基本的熱身運動，手眼協調，基本打法，步法和遊戲規則。

Instructor 導師 | Sharon Cai & Michelle Popovitch



# Basketball

## 籃球班

In Basketball 101, students were taught various drills and exercises designed to help improve fundamental skills such as dribbling, passing, and shooting. Students participated in friendly competitions that promoted values such as teamwork, sportsmanship, and the importance of always trying their best.

在籃球101班，學生們通過學習各種訓練和練習幫助提高他們的基本技術，如：運球，傳球和射籃。學生們參加了各種友誼賽，以提倡團隊合作，體育精神，和凡事盡力而為的重要性。

Instructor 導師 | Garland Wong





# Cartoon Drawing for Beginners

## 卡通繪畫初階

In this course, students were able to use basic shape templates to create their own versions of the animal, human, or plant featured that week. Each week, students brought each piece of their drawings to life through careful design and decoration. I hope that they will continue to express themselves through drawing and share that fun with their family and friends.

在這個課程，學生能夠用基本的圖形來創造屬於他們的動物、人類或植物。每週，學生通過細心的設計和裝飾，為不同繪畫注入生命。我希望他們會繼續用繪畫表達自己，並且與家人和朋友一起分享這種樂趣。

Instructor 導師 | Angela Hsu



# Crocheting/Knitting

## 鉤編和編織班

Students will learn the basics of crocheting & knitting through stitching fun creations. We will be making crochet & knitting projects such as wristbands, phone cases, stuffed toys and more. Through crocheting & knitting, we are hoping to teach our students a new skill and a new way to express their creativity.

學生將通過編織有趣的作品，學習鉤編和編織的基本知識。鉤編和編織作品包括腕帶，手機殼、毛絨玩具等。通過鉤編和編織，我們希望教會我們的學生一種新的技能和一種表達他們創造力的方法。

Instructor 導師 | Amy Su & Queeny Su





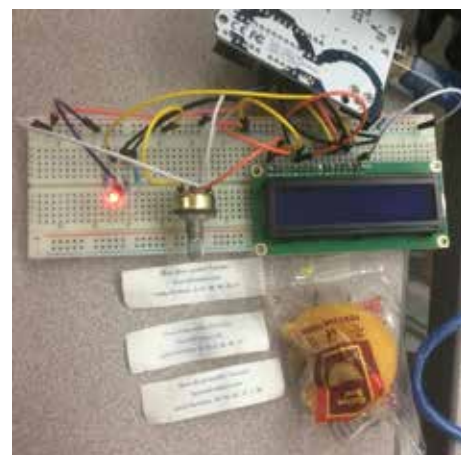
# Electronics

## 電子工程班

Electronics exposed students to explore the hardware and software engineering behind real-world devices. Students learned the foundations of programming and wiring sensors to a microcontroller to develop a traffic light, doorbell, and robotic arm. The class allowed the students to express their creativity, develop their teamwork and problem-solving skills when building circuits and create code to interface with components using Arduino.

電子工程班讓學生接觸到真實設備背後的硬件和軟件工程。學生學習編程的基本和鏈接不同感應器到微型控制器去創造交通信號燈、門鈴、機器臂。這個課程讓學生發揮他們的創意，建立團隊合作和解決用 Arduino 編電路和程序時發生問題的能力。

Instructor 導師 | Jackie Cai



# Ethics Education

## 德育課程

We follow Confucius' motto, "learning and practicing knowledge is joyous," and include the teaching of the Twenty Characters, which are based on ethics and values. Our teaching curriculum focuses on current affairs, so that the students can apply the Confucian and ethical teachings to the real world. In discussions, students weigh what is right and what is wrong and learn how to behave appropriately in society and when facing dilemmas. With this knowledge and practice, the students are able to venture out into society and live productive, joyous lives.

我們會以孔子所說「學而時習之，不亦悅乎」為過程，加入中國二十個道德的字為授課的規範。內容多採取時事新聞為主題，給與小朋友「學」一種對社會陌生事物的最初接觸。有正面亦有反面的討論熏陶「習」，使小朋友熟悉這個他們將會面對的社會。在一個熟悉的社會裡，無論大小朋友都會得到從心所欲而不會做出超逾規矩的喜「悅」！

Instructor 導師 | Chung Hing Sin





# ★ Financial Literacy

## ★ 財經班

Students learned about money, banking, the stock market, and investing. They acquired skills to help them lead financially and fiscally responsible lives. Although the class was difficult, the students learned a lot. Students played games to learn the importance of income diversification. In addition, each student had an imaginary stock portfolio that was reviewed on a weekly basis.

學生了解貨幣，銀行，股市，投資。他們所掌握的技能，可以幫助他們過上對自己的經濟和財政負責任的生活。雖然本課程似乎有些困難，但是學生們學到了很多東西。他們以遊戲方式去學習收入多元化的重要性。此外，每位學生每週回顧一次他們的虛擬股票投資檔案。

Instructor 導師 | David Chin



# ★ Flag Football

## ★ 奪旗式欖球班

This summer, students learned to appreciate an all-time American pastime and worked on improving their general fitness. With coaches and volunteers providing a fun and dynamic environment, students learned how to throw and catch a football, make moves against their defenders and grab flags. Most importantly, students learned the significance of teamwork and good sportsmanship.

學生在這個夏天學習欣賞一個長期受美國人喜愛的消閒運動和改善他們的體質。在老師和義工提供的有趣和動態的環境，學生學習如何拋球和接球，相對防守者的動作和拔旗。最重要的是，學生學會了團隊合作和良好體育精神的重要性。

Instructor 導師 | Alice Zhang & Richard Zheng





# International Chess

## 國際象棋班

In international chess, students started off by learning the basics of how each piece moves, the correct notation format, and popular openings and checkmates. As the summer progressed, they utilized their fundamental skills to play games with one another. The summer ended with a tournament, showcasing their developed strategic mindset.

在國際象棋，學生們首先學習了每一件棋子的動法，正確的符號格式跟受歡迎的開口和將軍方法。每個星期六，他們利用他們自己的基本技能來互相下棋。暑假差不多放完的時候，為了挑戰我們的學生，我們開了一個國際象棋比賽，給學生一個機會去利用他們所有學到的技術。

Instructor 導師 | Ashley Lin



# Intro to Board Games

## 桌上遊戲班

Students in Introduction to Board Games learned resource management, honed their strategic skills, and learned how to interact with their peers in various contexts, all while playing board games.

桌上遊戲班的學生通過玩桌上遊戲學習了資源管理、磨練戰略技能、以及學習在不同場合跟朋友互動，培養社交技能。

Instructor 導師 | Jessica Kwan





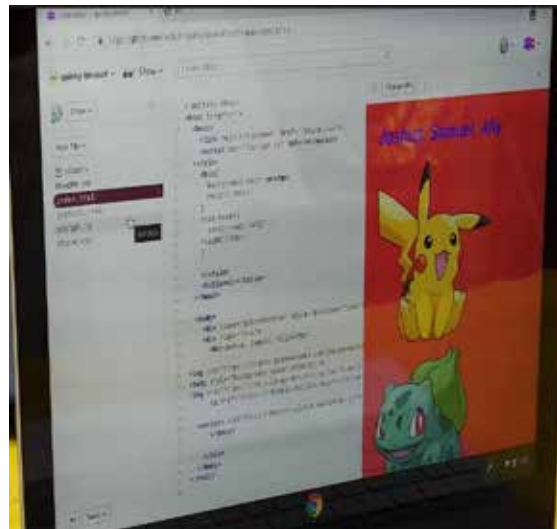
# Intro to HTML and CSS

## 網頁編程基本(HTML & CSS)

Students learn basic HTML & CSS to web design.

學習基本的網頁設計。

Instructor 導師 | Judy Zhang



# Intro to Lion Dance

## 舞獅班

In Introduction to Lion Dance this past summer, we introduced and passed on the art of lion dancing and drumming to students.

Instructor 導師 | Sharon Cai & Wai Jan Lau





# Junior Chef AM

## 小廚師班

In Junior Chef, students had plenty of opportunities to incorporate their creativity into easy meal and snack preparations. From making healthy yogurt parfaits, sandwiches, sushi, and smoothies, they had the chance to also learn about nutrition and the importance of having balanced meals. These hands-on activities and learning how to make their own healthy decisions cultivated in the most exciting summer experience anyone could ask for.

在小廚師班，學生有很多機會用他們的創造力去做一個簡單的餐或者準備小吃。做健康的乳酪巴菲，三明治，壽司，和果汁，教了他們吃得健康健康的重要。動手做健康的食物讓學生有一個愉快的暑期經驗。

Instructor 導師 | Debra Chan



# Junior Chef PM

## 小廚師班

The Junior Chef class this year was a great experience for both students and volunteers alike. Students were taught the fundamentals of using kitchen utensils and different preparation methods. They learned the benefits of healthy foods versus junk food and how even healthy foods can make a great snack that taste great. We had constructive classes that taught students and volunteers how to prepare and make meals in a fun and enjoyable way that encourages them to continue to do so even long after our classes have ended. We aim to create a memorable summer and skills that they can carry with them far into the future.

今年的小廚師課對學生和義工來說是一個很棒的經歷。學生學到使用廚房用具的方法，還學到各種處理煮食材料的方法。他們不但認識到健康飲食的好處，又學到怎麼用健康的食材去做出非常美味的小吃。我們每一課教了學生怎麼開開心心做食物，讓他們將來會繼續用我們教的方法去做。我們希望可以給學生留下一個難忘的夏天，也希望學生們將來能運用到今天學到的知識。

Instructor 導師 | Benjamin Ng





# Junior Track and Field

## 田徑運動班

Students learned the basics of how to train for running while having fun. From running drills to mock track-meets, they've learned that there's much more to running than meets the eye!

我們的學生們學到怎麼樣一邊練習跑步，一邊玩得開心。從跑步訓練到模擬田徑運動會，他們學到跑步沒有那麼簡單，還有很多東西要了解的。

Instructor 導師 | Justin Zhang, Justin Kan, & Niels Vanderloo



# Kickball

## 踢球班

Kickball is a fun game that is enjoyable for both children and adults. Since Kickball does not require expensive equipment and the game is not designed to be violent, this is an easy way for children to be active. The goal of the class this summer is to introduce a new mini game each week so that students can play with their friends outside of the program. On the first day of class, the first thing I say to the students is that you do not need to know anything about Kickball. Learning how to play the game is not the hard part. The most difficult and most important part is having the right mindset and motivation to play.

踢球是一個對於兒童和成人來說都很有趣的遊戲。踢球不需要昂貴的設備，遊戲本身也不是暴力的，這對孩子們來說是一種簡單的活動方式。今年夏天課堂的目標是每週推出一款新的迷你遊戲，以便學生可以在課餘時間與他們的朋友一起玩。在上課的第一天，我對學生說的第一件事就是你不需要了解任何關於踢球的事情。學習如何玩遊戲並不困難，最困難和最重要的部分是擁有正確的思維方式和發揮動力。

Instructor 導師 | Jamie Guan





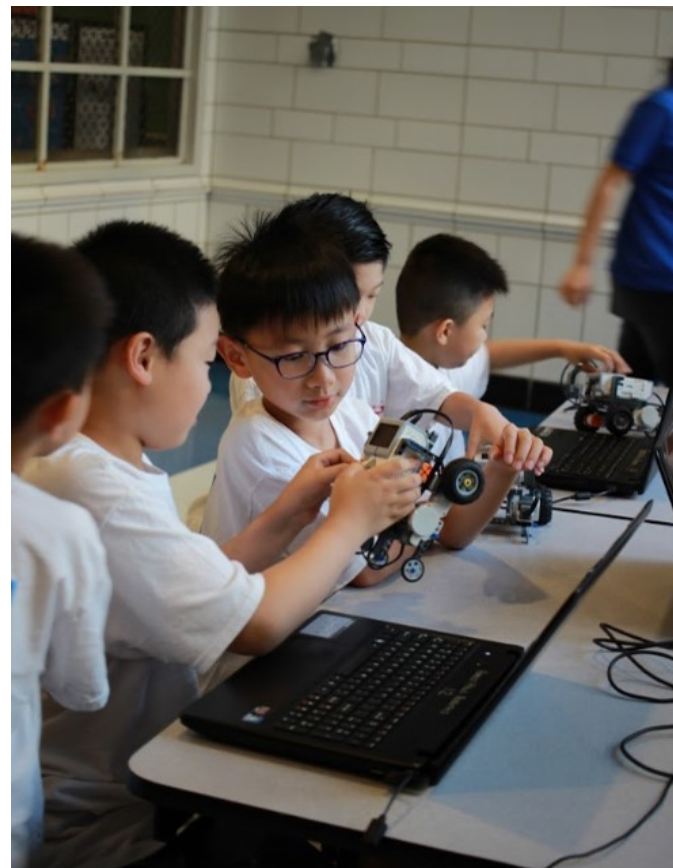
# LEGO Robotics

## 樂高積木機器人班

LEGO Robotics exposed students to the fundamentals of mechanisms using LEGO EV3s, building blocks, and motors. Students are given the objective of innovating their robots using the material available to them to complete weekly tasks. The class allowed the students to express their creativity, develop their teamwork and problem-solving skills when building their robots and create code to interface with components using LEGO Mindstorms.

樂高機器人班讓學生們使用LEGO EV3s，積木和發動機來探索機械的基本原理。學生們每週任務是，使用適用的材料來創新他們的機器人。這個課程既能讓學生們表達自己的創意，又能在打造自己的機器人和使用樂高 MINDSTORMS 創建代碼接口時，發展他們的團隊精神和解決問題的能力。

Instructor 導師 | Jackie Cai & Amy Lei



# Origami (Beginner)

## 摺紙初班

Students learned the basics in the introductory class to the Japanese art of paper-folding. We taught many animals, objects, airplanes with just one piece of paper! By the end of the summer, students were able to dabble in origami projects that needed multiple sheets of paper. The energy of younger kids getting to create something out of a simple sheet of paper never gets old. It's a test of their patience as they sometimes don't want to sit through the many steps but the look of delight after completing the piece is what makes me coming back year after year.

學生們在這門入門課程中學習了日本摺紙藝術的基礎知識。我們用一張紙教會學生摺許多動物，物體，以及飛機！到夏天結束時，學生們可以涉足需要多張紙的摺紙活動。小朋友用簡單的紙張製作東西的活力永遠不會過時。一張完整摺紙所需要的每一個步驟非常考驗他們的耐心，但是每次看到他們完成作品之後高興的樣子是我年復一年回來繼續教學的原因。

Instructor 導師 | Jacqueline Ho





# Origami (Intermediate)

## 摺紙高班

A sign the class is going well is if you walk in and the only sound is paper being creased. The students are on the older end of the program and have experience folding origami. We challenged them weekly with different modular projects that tested their patience but they all saw it was worth it in the end! I really enjoy teaching the older, more experienced kids as projects that are higher levels of difficulty are more fun for me to teach! It's also a joy seeing kids in the Beginner class "graduate" to the Advanced.

課程進展順利的一個標誌就是當你走進來，唯一的聲音就是紙張被弄皺的聲音。學生們已經處於課程較成熟的階段並且擁有折疊摺紙的經驗。我們每週都會用不同的模塊化項目挑戰他們，這些項目測試了他們的耐心，但他們都認為最終是值得的！我非常喜歡教授年齡更大，經驗更豐富的孩子，因為更高難度的項目對我來說更有趣！看到初級班的孩子們“升讀”高級課程，這也是一件令人高興的事。

Instructor 導師 | Frances Ho & Jacqueline Ho



# Public Speaking

## 公眾演講班

The kids didn't like writing as much as they liked speaking. They had anxiety about speaking in front of the class like anyone would, but they felt empowered to speak in response to someone else that was sharing. They wanted to poke holes in each other's presentations. They wanted to challenge what was being said. It was my challenge to encourage them to be outspoken but respectful. They all were drawn to the idea of being successful and that usually meant making a lot of money!

對比於寫作，孩子更喜歡說話。他們會像其他人一樣擔心在課堂上講話，但是當其他人發表自己想法之後，他們變得更勇於發言。他們想從對方的演講中找出漏洞。他們想挑戰別人之前所說的話。作為老師，鼓勵他們直言不諱但尊重他人是我的挑戰。從演講中我了解到他們都很想成功，而這通常意味著賺很多錢。

Instructor 導師 | Ed Pokropski





# Scratch Programming

## Scratch 編程

This class introduced kids to the fundamentals of coding using Scratch. Through a drag and drop visual blocks interface, kids learn how to use Scratch and begin thinking about different programming components in a fun and engaging way.

使用Scratch向孩子們介紹編碼的基礎知識。通過拖拽的方式將各種帶有特定指令的模塊以拼圖的形式組裝起來。學生將學習如何使Scratch，並以有趣和互動的方式思考不同的編程方式。

Instructor 導師 | Rose Chen



# Soccer

## 足球班

Soccer demands skill, stamina, and teamwork, each of which students learned and practiced during the summer. Classes began with light jogs, warm-ups, and drills, and ended with games. With each class, students of various levels developed into more skillful and avid soccer players.

足球需要技巧，耐力和團隊合作精神，正是學生們在夏天期間的學習和實踐。學生們由慢跑開始，熱身和練習到比賽結束。在每一個班級中，其中一些學生從最初完全不懂如何正式地踢球，發展成為技術過硬，熱心的足球運動員。

Instructor 導師 | Ryan Sin





# Ukulele

## 烏克麗麗班

Despite the ukulele being a Hawaiian instrument, it is still widely used in contemporary music. In Ukulele Class, we learned various chords and strumming patterns to play many popular songs such as "Count On Me" and "Riptide". Students were also encouraged to sing and suggest songs they wanted to learn. Nothing beats the satisfaction of learning how to play your favorite song!

雖然烏克麗麗是屬於夏威夷的樂器，但是很多人都喜歡用它彈奏現代歌曲。在烏克麗麗課，學生學了各種和弦和彈奏模式彈奏許多流行歌曲，例如 "Count On Me" 和 "Riptide"。我們也鼓勵學生們跟著唱歌和提議他們喜歡的歌曲。沒什麼可以代替彈奏自己喜歡的歌曲的喜悅！

Instructor 導師 | Debra Chan & Rita Zheng



# Urban Dance

## 現代舞蹈班

This class spreads the knowledge of movement in urban arts to give students a form of expression as an outlet. Students can expect to learn the origins of urban dance, dance rhythm, patterns and shapes with their own movement, strength and conditioning, and flexibility training. I felt more inspired in my own craft! Promoting dance culture and the arts to the youth helped improve my leadership and creative skills. Being part of UEAA has further increased my compassion and patience!

城市舞蹈班能幫助傳播城市藝術中的動作知識，為學生提供一種表達自己的方式。學生可以期望通過自己的動作、力量和條件以及靈活性訓練來學習城市舞蹈的起源、舞蹈節奏、圖案和形狀。我對自己編的舞蹈有了更多靈感！向年輕人宣傳舞蹈文化和藝術有助於提高我的領導能力和創造能力。成為美東體育會的一員進一步增強了我的愛心和耐心！

Instructor 導師 | Danny Wu





# Volleyball

## 排球班

Although some students were new to the sport, this class was still a success. Students perfected bumping, setting, spiking, and other fundamental skills over the summer. In addition, students enjoyed a fun workout each week.

雖然對於一些學生是一項新的運動，這仍然是一個成功的班。學生在這個夏天熟練了打球，置球，扣球和其他基本技能。另外，每周學生們也享受一個有趣的鍛煉。

Instructor 導師 | Jenny Cao & Ashley Lin



# Yoga

## 瑜珈班

Yoga this summer was all about our minds and bodies with an emphasis in expressing gratitude. The students were encouraged to establish habits in writing gratitude journal to focus on the positive rather than the negative. Students learned Vinyasa Yoga, a series of poses that can move them through the power of inhaling and exhaling. Basic flows, like the Warrior flows and Sun salutations were taught with a strengthening and cardio portion in each class.

今年夏天的瑜珈班是關於我們的思想和身體，重點是表達感激之情。鼓勵學生在寫感恩日記時，注重樹立積極而不是消極的習慣。學生們學習了流瑜珈(Vinyasa Yoga)，這是一系列可以通過吸氣和呼氣的力量使他們活動的姿勢。如：戰士式和拜日式的基本動作，並且在每堂課都有強化訓練和有氧訓練。

Instructor 導師 | Janna Sin





# Sports Day 運動日

Date 日期: 07/13/2019



For students and volunteers, sports day was all about students and volunteers working together as a team in friendly competition. Students played games like soccer, team relay, and basketball in order to win medals and have fun.

運動日是為了學生和義工同心合作去贏取比賽的日子。學生為了贏取獎牌，參加了足球、團隊接力跑和籃球等活動，他們一邊努力競賽，一邊開心參與比賽。



# Field Trip 戶外旅行

Date 日期: 08/17/2019



During field trip, students were taken to Prospect Park to have fun in the park. There were many activities for the students to partake in like face painting, soccer, volleyball and origami. For lunch, students ate hamburgers, hotdogs, fish balls and chips for lunch and also drink soy milk or herbal tea. In the afternoon, a carnival were held and students played games for tickets to trade in for fabulous prizes.

在戶外旅行當天，我們和學生去了展望公園。當天學生有很多活動可以參加，比如面部彩繪、足球、排球和摺紙。中午，學生吃了漢堡包、熱狗、魚蛋和薯片，還喝了豆漿或夏草涼茶。下午我們舉行了遊戲嘉年華，用他們在遊戲裡贏的獎票換取豐富的獎品。











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thank you!

*Our second home,  
the little house  
that made us  
what we are  
today*

