



SOUTHWEST FLORIDA CHINESE ASSOCIATION

西南佛州华人协会

<https://www.swfchinese.org/> swflaca@gmail.com

SWFCA June 2025 Newsletter

Dear Southwest Florida Chinese Association Members & Friends,

We're thrilled to have the Cape Coral Dragon Boat Club partner with us once again for the 2025 Dragon Boat Festival. This year, the dragon boat made it into the water—and the excitement was contagious! Participants had a fantastic time out on the Caloosahatchee River.

Despite having just competed—and impressively earned two silver medals—at the Tampa International Dragon Boat Race the day before, 14 dedicated volunteers from the Cape Coral Dragon Boat Club still came out to support our event. They brought their stunning dragon boat to the Riverside Community Center and ensured that every paddling session was safe, smooth, and fun. Before each ride, Coach Jane provided clear instruction on technique and safety, making the experience accessible to all.

As participants paddled together in rhythm, they got a real taste of teamwork and tradition. Smiles were everywhere—especially as they walked under the celebratory paddle arch. Meanwhile, those staying cool in the air-conditioned event hall and on the shaded patio cheered the paddlers on as the boat glided by.

There were plenty of other activities as well: wrapping zongzi, playing mahjong and board games, and enjoying outdoor rounds of cornhole and bocce. A special thank you to Mrs. Jingjing Wu, former SWFCA president, for bringing thoughtful stuffed animal gifts for the children.

This joyful event was made possible thanks to the incredible volunteers from the Cape Coral Dragon Boat Club, our SWFCA volunteers, and board members.

If you're interested in training with the Cape Coral Dragon Boat Club, feel free to get in touch with them through their contact page: <https://www.capecoraldbc.com/contact-us>

Mark your calendars! Our Mid-Autumn Festival celebration will take place on October 4, 2025. Stay tuned for more details.

Wishing everyone a safe and joyful summer—wherever your travels take you!

亲爱的西南佛州华人协会会员及朋友们:

我们非常高兴再次与 Cape Coral 龙舟俱乐部合作, 共同举办 2025 年龙舟节。今年, 龙舟终于顺利下水, 现场气氛热烈, 大家都玩得非常开心! 参与者在 Caloosahatchee 河上度过了精彩的时光。

尽管在活动前一天刚刚参加了 Tampa 国际龙舟比赛并获得两面银牌，Cape Coral 龙舟俱乐部仍有 14 位热心的志愿者前来支持我们的活动，为大家带来难忘的体验。他们把那艘美丽的龙舟带到了河滨社区中心，并确保每一轮划行都安全、顺畅又充满乐趣。在每次出发前，教练 Jane 都耐心讲解划桨技巧和安全注意事项，让所有人都能轻松参与其中。

当参与者们齐心协力、跟着节拍划桨时，真正感受到了团队合作与传统文化的魅力。在大家穿过龙舟桨门时，每个人脸上都洋溢着灿烂的笑容。而在室内空调大厅和户外阴凉的后院，其他观众则为龙舟划过时热情欢呼、加油打气。

当天还有丰富的活动内容：学习包粽子、打麻将、桌游、以及户外的玉米洞投掷游戏和地掷球等。特别感谢 SWFCA 前会长吴晶晶女士为孩子们贴心准备了毛绒玩具作为礼物。

这场充满欢乐的活动离不开 Cape Coral 龙舟俱乐部的志愿者们、SWFCA 的志愿者及董事会成员的辛勤付出。

如果您有兴趣与 Cape Coral 龙舟俱乐部一起训练，欢迎通过以下联系方式页面与他们联系：

<https://www.capecoraldbc.com/contact-us>

请提前预留时间！我们的中秋节庆祝活动将于 2025 年 10 月 4 日（星期六）举行，更多详细信息即将公布，敬请期待！

祝大家无论身在何处，都度过一个平安愉快的夏天！

Event Highlights 活动精彩秒拍











For more photos, please visit: <https://www.swfchinese.org/2025-dragon-boat-festival.html>
Photos courtesy of Jimmy Wolff.

更多照片请上: <https://www.swfchinese.org/2025-dragon-boat-festival.html>
图片由 Jimmy Wolff 友情提供。

SWFCA Free Health Seminars Recap **回顾西南佛州华人协会免费健康讲座**

We extend our sincere thanks to Mr. Yidong Tang for leading an engaging and hands-on CPR demonstration at our April Health Seminar. Mr. Tang, a former EMT, not only taught CPR for adults and infants but also shared a wealth of urgent care knowledge.

His real-life experience reminded us of the importance of staying prepared. On a day off, he came upon a car that remained still after a green light. Discovering the driver was unresponsive, Mr. Tang quickly called 911, safely moved the man, and performed CPR until help arrived. His story underscores the life-saving value of CPR training—we never know when we may be called to act.

We were honored to welcome Dr. Christina Chen, a specialist in periodontics and dental implants, for a highly informative session on periodontal disease. Dr. Chen explained how to spot early signs, the common causes, prevention methods, and treatment options. The presentation gave attendees a solid understanding of this often-overlooked but widespread condition.

Early detection is key—so if you missed the seminar, don't worry! You can still watch the presentation and Q&A via the Zoom link here:

https://zoom.us/rec/share/lWt2zB9dP9tnOJpd3qkFeZY2FdtX_UhSz9kAIFMuRl53_eFtd0wOKO9-w6V8qEA.1Td9OUl_g2BaliS3?startTime=1747593532000

Passcode: .yF0?6+. (including both dots)

With many families traveling over the summer, our free health seminar series will be on pause until further notice.

我们诚挚感谢唐宜栋先生在四月份的健康讲座中，带来了生动又实用的心肺复苏（CPR）示范教学。唐先生曾是一名急救医疗技术员（EMT），不仅为大家讲解了成人与婴儿的 CPR 操作步骤，还分享了丰富的急救知识。

他在现实生活中的亲身经历也提醒了我们：保持应急准备是多么重要。有一天他休假外出，发现前方一辆车在绿灯亮起后仍未启动。他上前查看，发现司机毫无反应，立即拨打了 911 报警，并设法将男子安全移出至车外，施行心肺复苏术，直到救护车赶到。他的事迹再次展现了掌握 CPR 技能的宝贵意义——因为我们永远不知道何时会成为身边人的“及时英雄”。

我们也非常荣幸地邀请到牙周病与植牙专家——Christina Chen 医生，带来一场深入浅出的专题讲座，主题为“认识牙周病”。陈医生详细介绍了牙周病的早期症状、常见原因、预防方法及治疗选项。她的讲解让现场观众对这一常被忽视、但极为普遍的口腔问题有了全面的了解。

早发现、早治疗至关重要——如果您错过了当天的讲座，不必担心！您仍可通过以下 Zoom 链接观看讲座回放及问答环节：

观看链接

https://zoom.us/rec/share/IWt2zB9dP9tmOJpd3qkFeZY2FdtX_UhSz9kAIFMuR153_eFtd0wOKO9-w6V8qEA.1Td9OUl_g2BaliS3?startTime=1747593532000

访问密码: .yF0?6+. (请包含两个句号)

由于暑期许多家庭安排外出旅行, 我们的免费健康讲座系列将暂时暂停, 恢复时间另行通知。



Save the date for Moon Festival Celebration
請預留給中秋节活動的日期

西南佛州华人协会
诚挚邀请您参加2025年10月4日中秋节的活动
Bonita Springs Lions Center Rental Hall
10370 Pennsylvania Ave, Bonita Springs, FL 34135
近期将会有详细的活动内容, 敬请期待!

Southwest Florida Chinese Association
cordially invite you to the
2025 Moon Festival on 10/4/2025
at Bonita Springs Lions Center Rental Hall
10370 Pennsylvania Ave, Bonita Springs, FL 34135
Detailed activities will be announced in the near future.

Sponsors

We sincerely encourage you to support our amazing sponsors, whose ongoing support makes our mission possible.

<https://www.swfchinese.org/sponsors.html>