

沉重悼念本报顾问莫天成先生

The Honorable Samuel Tin-sing Mok passed away on September 21st, 2022, at the age of 77 after a short but valiant battle with cancer. His wife Nancy was by his side and his family close by.

Born in Shanghai, China, to Kwok Mok and Cora Mok, Mr. Mok was a lifelong student of history, a military officer, a public servant, an entrepreneur and, most importantly, a man devoted to his family. He was active in politics and widely considered a longtime leader and pioneer in the Asian American community.

He tirelessly advocated for the Chinese and Asian American diaspora for decades, organizing and attending political events. He was an influential figure in Sino-American relations, fostering decades of understanding and goodwill. He worked full-time and never retired.

Mr. Mok spent his early years in Hong Kong, where he attended and graduated from La Salle College, a private all-boys Jesuit school. He was an avid explorer, frequently hiking in the mountains of the New Territories while also traversing the corners and alleys of Shatin. Mr. Mok became a Queen's Scout (equivalent to an Eagle Scout) during his time in Hong Kong, a hard-earned triumph, and excelled in writing and literature. He was an avid reader and passed down his love of books to his children and grandchildren.

In 1963, Mr. Mok moved with his family to New York, where he studied accounting and joined ROTC at Fordham University while also working a variety of jobs, ranging from a Chinatown waiter to being a stock runner. He fondly remembered his time in New York, where he met his wife and indulged his love of cars with a series of long-finned models. After graduating from college, Mr. Mok began his private sector career as an auditor in Manhattan with Main & Hurdman (now KPMG) and as a Senior Auditor with Parnell Kerr & Foster. Soon thereafter, he was called to service in the U.S. Army, where he served in the 7th Psychological Operations Group in Tokyo and Okinawa, Japan, as a commissioned officer. His responsibilities entailed overseeing military intelligence reporting and analysis on China, Vietnam and North Korea. Mr. Mok completed his service as a Captain in Army Readiness Region 1 at the U.S. Military Academy at West Point. After

resigning his Army commission, Mr. Mok became the director of accounting at Time-Life Books and subsequently the first controller and corporate treasurer of U.S. News & World Report.

Mr. Mok decided to re-enter public service by joining the U.S. Department of State as a Senior Foreign Service officer in the Bureau of East Asian and Pacific Affairs. He then joined the senior management team of the Department of the Treasury where he became the Treasury's first Chief Financial Officer, appointed by President George H.W. Bush. At the time, Mr. Mok was one of the highest-ranking Asian Americans in the federal government. Mr. Mok also served as the Chief Financial Officer of the U.S. Department of Labor, appointed by President George W. Bush and confirmed by the Senate. Mr. Mok then established his own consulting firm, Condor Consulting, which he first established in collaboration with retired U.S. Sen. Birch Bayh. He provided strategic business information and facilitated the development of critical relationships between his clients and senior Asian embassy officials in Washington D.C. Mr. Mok was also frequently called upon to advise Asia-based clients on U.S. market entrance and business partnership strategies.

A trailblazer for the Asian American community, Mr. Mok was not content with his own success, but committed to ensuring the success of the Asian American community as a whole. He served as a founding member of the D.C. Chapter of the Organization of Chinese Americans, founded the Federal Asian Pacific American Council, and became the first Asian American president of the Association of Government Accountants. Mr. Mok also went on to serve on countless boards and councils, including an appointment by President George H. W. Bush to serve on the National Advisory Council on Public Service. He was also proud of his work with the National China Garden Foundation in support of peaceful relations. In 2007, Mr. Mok received the Ellis Island Medal of Honor for his service to the United States and outstanding community service. He went out of his way to mentor many, remembering the challenges he faced himself as one of the first Asian Americans to work in the business world in the 1960's. Mr. Mok's tireless selflessness and dedication to others marked all aspects of his

career.

Mr. Mok will also be remembered for his devotion to his family. His foremost priority was making sure his family had a better life than he did, and was always available to listen with a kind or consoling word. Although he had a lengthy and full career, Mr. Mok without fail carved out time for all members of his family, but especially his grandchildren, living by his motto, "If someone cares about you, they will find time for you." His presence was constant in his entire family's lives. Despite his busy schedule, he never missed a grandchild's soccer game or important event. He also found time for his many friends and enjoyed staying close to them for several decades. He was a key figure in many groups and, with his great sense of humor and contagious positivity, often the life of the party.

Mr. Mok is survived by his wife Nancy, his children Angela and Arthur, his mother Coralia, his brothers Josiah and Andy, and six grandchildren: Ian, Jonah, Cate, Eliot, Chris and Aneirin. He will be deeply missed and remembered by countless other friends, family and colleagues over his decades of work, leadership, mentorship and service.

The Mok Family is deeply grateful to the many family members, friends and colleagues who visited and joined Mr. Mok's visitation and memorial service to help celebrate his life.

They very much appreciate those who also shared their memories, photos and stories online, personally and via the memory wall, remembering all the wonderful, positive ways Mr. Mok touched many lives. They are thankful for the many community members who shared a fellowship with Mr. Mok and the time they spent with him in helping him achieve his desire to live a "technicolor" life. The community's tremendous support of him, his work and activities throughout the years means a lot to the Mok Family.

Mr. Mok was buried with a military guard in attendance and military honors at Columbia Memorial Park (12005 Clarksville Pike, Clarksville, MD). A detail from the U.S. Army presented the American flag to his wife, gave thanks from a grateful nation, and played Taps. A reflection bench for visitors will be installed by the spring.

无惧风雨,大华府第三届“金秋快乐健康月打卡赛”鸣枪开跑

尽管刚刚登陆的“伊恩”飓风仍在窗外肆虐,尽管小雨、中雨、大雨仍在不间断地下着,但是,由华盛顿地区同乡会联合会和大华府河北同乡会共同举办的第三届“金秋快乐健康月打卡赛”于10月1日(星期六)上午10点整,“顶风冒雨”正式鸣枪启动,只不过是启动仪式由室外移至线上。

本次大赛是在去年第二届赛事成功举办的基础上开展的,它得到了大华府各个同乡会和华人社团的积极响应。截至9月30日(报名截止日期),组委会一共收到了来自近20个同乡会和相关社团的32支队伍(每队六名队员)、近200名队员的注册报名,充分表明了大家对快乐与健康的由衷渴望。这些队伍包括:

东北同乡会:一队、二队、三队;
河北同乡会:健步如飞队、远亲近邻队、快乐友谊队、河北医科大学队、大好河山队、勇往直前队;
湖南同乡会:暴走湘军队、楚湘六杰队、行走三湘队、挺

进潇湘队、笑傲四水队

黄河艺术团:黄河一队、二队、三队

安徽同乡会:健康安徽队

天津同乡会:海河之秋队

甘肃同乡会:丝路花雨队

西北同乡会:西北信天游队、万马奔腾队

云南同乡会队

海南同乡会:椰风鼓浪队

华北同乡会:逍遥踏秋队

同乡会联合会:快乐开心队、秋叶采风队、华府朝阳队

哈维那:逍遥踏青队、PACE Makers(梅克儿斯)队

CAPA-NOVA 辣妈队

CRC 代表队

其中,河北同乡会、湖南同乡会分别派出了六只和五支队伍,彰显出两个同乡会深厚的健身情结。在所有注册队

员中,年龄最大的81岁,我们期待着老人家能够圆满完成赛事,从而创造大赛的一个新记录。

按照比赛规则,所有参赛队员将在未来一个月的时间里,或跑或走或骑车,每天至少完成2英里的路程。是否全勤也将成为影响各队最终成绩的重要指标。

比赛结束后,组委会将对本次比赛累计总成绩的第一名授予奖杯,对优胜队(总成绩前六名)、所有保持全勤的队伍和完成300迈以上,以及年龄最大的队员进行奖励。

上午10点20分,随着一声清脆的枪声(音效),两位主办单位的掌门人——华盛顿地区同乡会联合会会长周刚和大华府河北同乡会会长高书梅郑重宣布,大华府第三届“金秋快乐健康月打卡赛”正式启动。

有关比赛更多详情,敬请关注大赛的后续报道。

(供稿:孙殿涛)

(上接第16版)长照险可为年长者提供每个月\$3000+的保障,每个月,您只需要花\$500+就能申请成人日间照护中心、疗养院、辅助生活社区以及居家护理服务。如果您选择不使用,金额保证会退给您的家人。本公司是全美排名第一的保险公司,更是美国第76大的公司。我们家族是排名前10的保险公司,自1994年开始从事保险业,至今已营运超过28年。我主要在马里兰州洛克维尔城提供服务,若您有任何问题,欢迎致电 301-3851804 或传电子邮件至 support@insuredty.com。

Alzheimer's Association 阿尔兹海默症协会: Website: <https://www.alz.org/>

Alzheimer's Association 是一个自愿性医疗团体,旨在支持关于阿兹海默症的照护及研究。

我们的愿景:创造一个没有阿尔茨海默症及其他失智症的世界。

我们的使命: Alzheimer's Association 志在消除阿尔茨海默症及其他失智症——藉由增强全球关于阿兹海默症的研究,降低患病风险及早期发现,并全面提供照护及协助。

我们提供国家级还有地区级对于阿兹海默及其他失智症患者的的照顾及支持。身为阿兹海默研究底下最大的非营利组织,本团体志在推进研究中关于治疗方法、预防以及最终希望可以找到一个治愈阿兹海默的方法。本团体也为阿兹海默症发声,努力争取在州等级还有联邦等级的研究及照护的提倡。

East West Wellness 中西康复中心 (Website: <https://eastwestwellnesscenter.com/>):

我们致力于使用各种天然不伤身体的方式帮助病患,例如针灸、指压、拔罐及其他中医疗法。我们的理念很简单,就是提供民众天然疗法来改善大家的健康。我们拥有超过60年的经验,针灸疗法是我们根深蒂固的传统。陈医生来自中国,是非常有名的针灸师,以治疗上千名患者。欢迎来 Gaithersburg 接受针灸治疗!

除了以上赞助单位,我们还有另外30多家政府机构,非牟利健康服务机构参加我们的健康资源展览。各展览单位会为与会者带来小礼品和医疗服务。欢迎大家踊跃参加。

参展单位名单:

Sponsors:

Gilead Science 吉利德医疗科技

InsuredTY_Tim Yang 杨天明长照保险代理

Brightview West End (Assisted Living) BrightView 洛城辅助养老社区

East West Wellness (Acupuncture & Wellness) 中西康复中心

Continuum Healthcare Network (nursing home)

Continuum 长期护理服务网络

Chang Medicare Team 畅联邦医疗顾问团队

Potomac Valley Rehabilitation and Healthcare Center 波多马克康复医疗中心

Alzheimer's Association, DC Chapter 阿尔兹海默症协会

AARP Maryland 马里兰乐龄会

Government Agencies 政府单位

Asian American Health Initiative (AAHI) 亚裔健康联盟

Asian Pacific American Officers Committee (APAOC; Administration of Public Health) 华裔军官委员会

Federal Asian Pacific Council 联邦亚太理事会

Pedestrian Safety Outreach Program for MCDOT 马州交通部行人安全外联组

Montgomery County Health Connection 蒙郡健康保险管理局

Maryland Board of Election 马州选举委员会

Maryland Insurance Administration 马里兰州健康保险管理局

Community Partners 社区合作机构

American Diversity Group 美国多族裔团体

Hepatitis B Initiative of Washington DC (HBI-DC) 华府乙肝倡议机构

Interfaith Works 多元信仰社区借助

Gaithersburg Help 盖城社区协助

Asian Indians Community Service (AICS) 亚裔印度社区服务中心

Korean Community Service Center 韩裔社区服务中心

Amerigroup 关怀保健

Jubilee Association of Maryland 残障福利协会

Super Smiles Center (Dental Care) 微笑牙医诊所

Potomac Oncology (Dr. Jame Xu) 波多马克肿瘤专科诊所

Care For Your Health 健康关怀医疗中心

CCACC Service Exhibition CCACC 服务

CCACC Health Center 泛亚医疗中心

CCACC Home Care CCACC 居家服务

Quince Orchard Swim and Tennis Club 美京博翔馆

CCACC Academy 美京博雅苑

CCACC Community Service Center 美京社区服务中心

10月8日当天,会有超过14位中西医生为参与者提供现场医疗咨询。参加的医生和医疗专业人员有:

Special Care 专科

Dr. Yang Veronica Pei (Emergency Medicine) 裴洋(急诊科)

Dr. Xiaoping Shao (Psychiatrist) 邵晓平(精神科)

Dr. Jie He (Endocrinologist) 何杰(内分泌与糖尿病)

Dr. Weiming Yan (Gastroenterologist/Hematologist) 严伟明(肠胃科)

Dr. James Xu (Oncologist) 徐训海(肿瘤科)

Dr. Leo Xu (Allergist) (过敏科)

Dr. Richard Chang (Dentist) (牙科)

Dr. Wendy Hsiao (Hearing Specialist) 肖雅文(听力)

Dr. Cheryl Fong (Occupational Therapist) 方香仪(职能治疗师)

Internal Medicine 内科

Dr. Yao-Yao Zhu (Internal Medicine) 朱跃跃医生

Dr. Mo-ping Chow (Internal Medicine) 周武屏医生

Dr. Ling Yang (Internal Medicine) 杨凌医生

Dr. Lei Xu (Internal Medicine) 徐磊医生

Chinese Medicine 中医

Dr. Hong Ji (East West Wellness Center) 纪虹中医师

Dr. Zhiqiang Fu (J & C Acupuncture) 符志强中医师