纽约橙郡华人协会新闻简报　二零二一年四月

OCCA NEWS

Orange County Chinese Association

OCCA NEWSLETTER April 30, 2021

目录 Table of Contents

OCCA Virtual Community Health Forum	P1, 3
Mother's Day Special Cards DIY Announcement	P2
MWHS Students Perform at Vaccination Clinic	P4
Community News	P4
Advertisements 广而告之 (2021)	P5, 6

《假如我有一双翅膀》

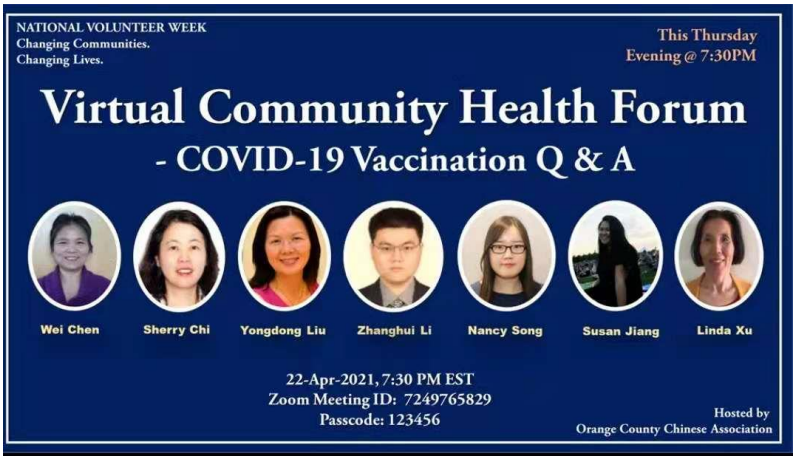
by Sunny Shi

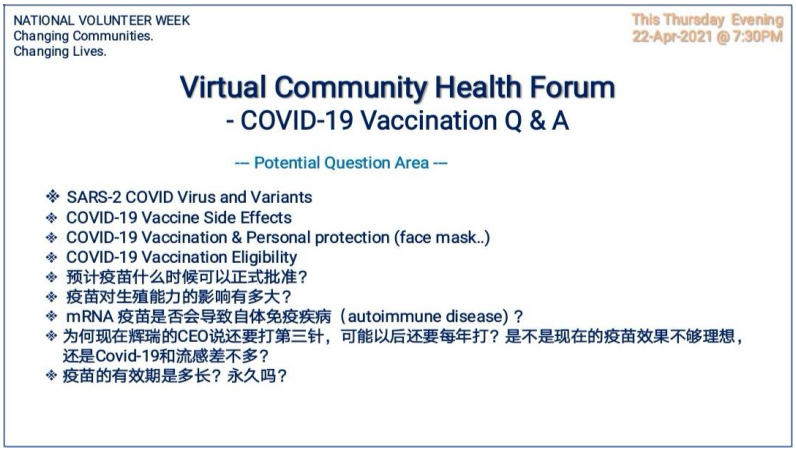
假如我有一对翅膀，我会飞去埃菲尔铁塔的顶部，去看建筑物的灯光，像星星一样闪烁。

假如我有一对翅膀，我会飞去澳大利亚的大堡礁，飞向天空上，低头看着珊瑚礁群，看起来像一个美妙的艺术品。

假如我有一对翅膀，我会飞到珠穆朗玛峰上，去看看太阳在哪里遇见天空。去看看太阳从洁白的雪面上反射出来的光芒。

假如我有一对翅膀，我想飞到世界各地去看看之诱人的景色风光，名胜古迹，去呼吸一下外面的新鲜空气。





《新冠 mRNA 疫苗研发人员给公众答疑解惑》

by 江岚

时间进入 2021 年的四月末，全美"义务服务周"。自新冠疫情爆发以来，经历了整整一年有余漫长煎熬的世界，终于因疫苗接种的渐次铺开，而看到了越来越明亮的曙光。每一个人都在自问，是要接种疫苗，还是挑战自然感染的风险，或者继续把自己关在家里？面对全球 150 多万已经永远失去的生命，面对持续增高的被传染机率，绝大多数人的答案当然是要接种疫苗，因为除此之外，我们已别无选择。然而，决定接种疫苗的前前后后，我们一边感叹着"再快一点儿出来就好了"，一边又在各种相关的负面消息忍不住忧心忡忡地问："这么快？安全吗？！"

4 月 23 日夜，在纽约橙郡华人协会的组织和策划下，作为辉瑞公司员工义务服务社区的活动之一，直接参与新冠疫苗研发的数位华裔科研人员与纽约橙郡华人协会普通民众云端相见。数位在职科研人员，在过去一年里各司其职，直接参与了疫苗研发工作。会议当中，他们就目前大家普遍关心的问题解惑答疑。

(cont. on page 3)

OCCS SGA CRAFT CLASSES
Mother's Day
Special Cards
母亲节贺卡
MAY 8, 2021 @1:00PM
5月 8日 下午1点
Please Prepare 请准备:
• colored construction papers 彩色纸
• pencil 铅笔
• colored pencils or markers 彩色笔
• scissors 剪刀
• tape or glue 胶布或胶水
• ruler 尺子

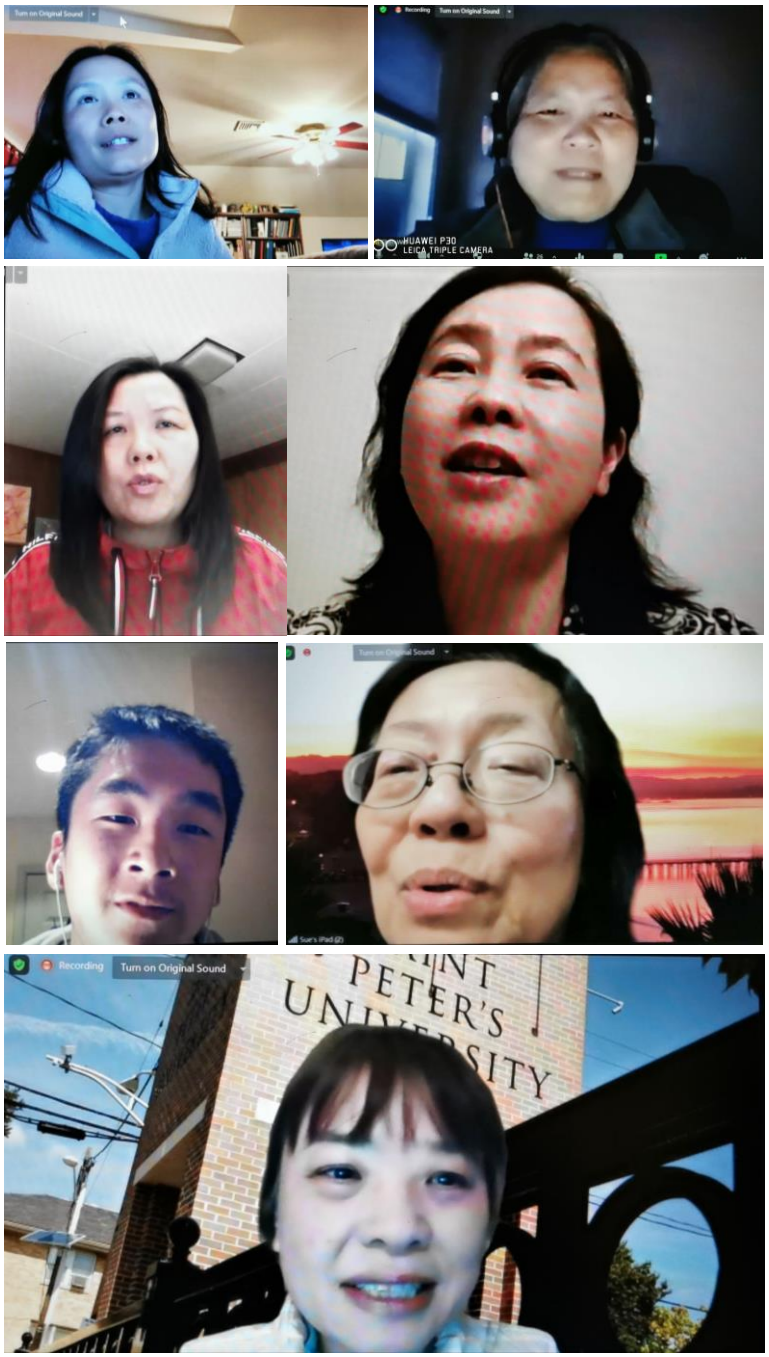
问题一：接种疫苗之后抗体可以维持多久？为什么外面媒体讲 mRNA 疫苗可能还要打“第三针”？
答：新冠病毒的抗体在人体内的确不能像其他疫苗产生的抗体那样，终生存在于人体内。疫苗的效果，从已知的六个月数据看，仍有很好的保护效果。自然感染之后人体自发产生的抗体可能维持三个月到半年时间，而疫苗的剂量经过控制，在人体内所激发的抗体有可能持续更长时间。但到底能维持多久，还是一个未知数。因为个体的身体免疫机能反应不尽相同，产生的抗体量也因人而异。我们目前只能定论有效期为半年以上，可能会有一年左右，希望更久。至于多久，会不会有“第三针”？要不要打“第三针”，要等数据说话。不过，人体对抗病毒的免疫机制是有记忆的。这个机制对于首次接触的病毒，大约一周后才开始产生抗体，此后再接触，对抗的反应就会快得多。

问题二：接种新冠 mRNA 疫苗会不会影响生殖能力？
答：根据我们目前的知识和数据分析，应该是不会的。

问题三：接种新冠 mRNA 疫苗是否会诱发自身免疫疾病（autoimmune disease）？
答：目前没证据表明会诱发自身免疫疾病。但患有自身免疫系统疾病的人，不能随便打疫苗，请遵照你的免疫科医师指示。同样，曾经对其他疫苗有过敏反应或强烈反应的人，能否打新冠疫苗，也请先询问医生。

问题四：曾经被 COVID-19 感染过的人该不该接种？
答：近期报道的二次感染的病例和自然免疫的时间极可能只有 3-6 个月，自然感染产生的免疫力也比较弱，因此，还是建议接种疫苗。

问题五：我打了新冠 mRNA 的疫苗有抗体，是不是就能保证不会被传染？
答：原则上讲，新 mRNA 疫苗目前所知的有效性是 95%。这是指与没用接受疫苗的随机对照组相比，出现有症状患者数目之间的差数占对照组有症状的患者数目的百分比。这是流行病学专业广泛接受的标准标法，也是国际社会疫苗上市的标准指标，并非某个厂家的发明。
接种疫苗之后，如果有新冠病毒进入的身体，免疫系统会调动相应抗体与之对战。当然，如果你和若干个新冠病人一起呆在密闭的小空间里，短时间内遭受大量病毒源源不断地攻击，也可能你体内的抗体不够用。即便身体会在一个礼拜之内迅速制造抗体应对病毒，抵抗力比没有接种过疫苗的情况好得多，重点还是尽量避免这种情况发生——也就是说，你周围越多的人接种疫苗，大家就越安全。



问题六：接种疫苗之后，是不是即使自身携带病毒，也能减少传染给别人的机会？
答：理论上讲是的。但是程度如何，还需进一步研究。因此，打完疫苗之后，并非就不需要洗手，戴口罩，社交隔离，大家还需要再继续坚持一段时间，勤洗手、戴口罩，保持社交距离，等进一步的数据。况且，疫苗的有效率并不是百分百的，万一你属于那没有效果的 5%人群呢？，（我们的这次答疑仅是个人观点，不代表辉瑞公司）

MWHS Students Perform at Orange County Vaccination Clinic

Originally published on the MWCSD website on April 1, 2021

County Executive Neuhaus with **Stephanie Peng**, **Jennifer Song** and **Emily Wang**.

Monroe-Woodbury High School students Stephanie Peng, Jennifer Song and Emily Wang played classical music at Orange County's COVID-19 vaccination clinic on Thursday, April 1st at 23 Hatfield Lane in Goshen.

Peng, who plays the violin, was inspired by famed cellist Yo-Yo Ma, who played during the required 15-minute observation period following his second shot of the vaccine two weeks ago in Pittsfield, Massachusetts. Ma played to calm anyone nervous about receiving their second inoculation. Peng, a junior, invited her two classmates to join her at Hatfield.

Song, a senior, is also a violinist. Wang, a senior, plays the cello and piano.

"The performance by these three talented musicians was wonderful and well-received by everyone at the clinic," Orange County Executive Steven M. Neuhaus said. "These students' commitment to their fellow Orange County residents is much appreciated. Stephanie, Jennifer and Emily serve as a role-models to their peers, and I know that they all have bright futures."

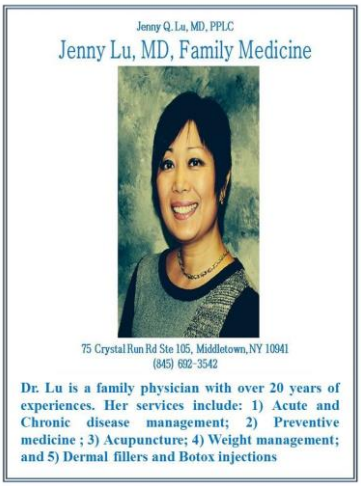
Peng said she was humbled "to give back to the community that has given me so much."

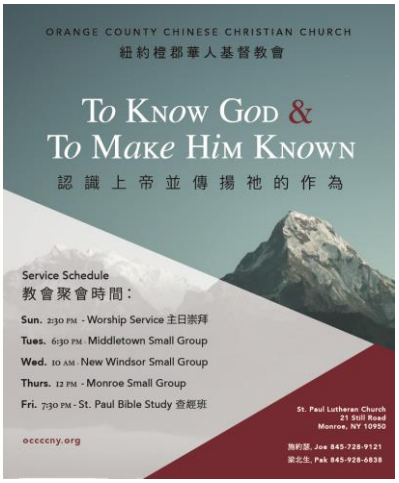
"Hopefully, the instrumental music helped during these trying times," Peng added. "We were honored to play for residents from Orange County and appreciate County Executive Neuhaus giving us the opportunity to perform."

Community News

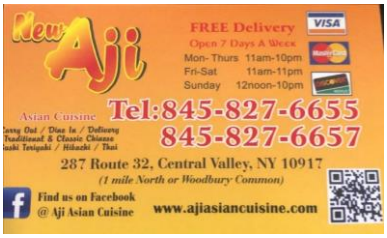
New York State Senator and longtime OCCA supporter James Skoufis and his wife Hillary Stuchin welcomed the birth of their first child, **Ava Rose Skoufis**, on April 8, 2021 at Montefiore St. Luke's Cornwall. Ava was born at 6 lb 2 oz and 19 inches in length. Congratulations!

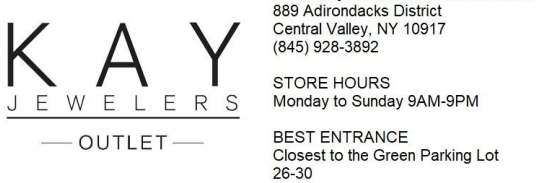
Advertisements 广而告之 (2021)





Advertisements 广而告之 (2021)





THE ORANGE COUNTY CHINESE ASSOCIATION (OCCA) IS A NON-PROFIT ORGANIZATION WITH 35 YEARS OF HISTORY. OCCA'S MISSION IS TO PROVIDE CULTURAL, EDUCATIONAL, AND OTHER INSTITUTIONAL PROGRAMS TO PROMOTE CHINESE CULTURE AND HERITAGE WHILE ENHANCING THE QUALITY OF LIFE WITHIN OUR COMMUNITY. THIS IS CARRIED OUT THROUGH OCCA'S COMMUNITY ACTIVITY PROGRAMS AND ITS SUBSIDIARY, ORANGE COUNTY CHINESE SCHOOL (OCCS). OCCA BELONGS TO EVERYONE, INCLUDING ITS MEMBERS, FRIENDS, AND THOSE WHO LOVE CHINESE CULTURE AND ARE INTERESTED IN LEARNING THE CHINESE LANGUAGE. FOR MORE DETAILS, PLEASE VISIT US AT WWW.OCCANY.ORG OR WWW.FACEBOOK.COM/OCCANY/. THANK YOU!

OCCA 2021 Board of Directors: Kangjian Wu, Lan Jiang, Shuangping Wang, Kenneth Chan, Gary Zhang, Josh Shih, Hong-Yin Wu, Juan Li, and Zhenghui Li
OCCA/OCCS 2021 Advisors: Pak Leung, Jinlin Du, Jim Jiang, Ping Lu, and Qian He
OCCS 2021 Student Government Officers: Angela Qiu, Sunny Shi, Jolina Dong, Kai-li Kuo, Vicky Wong, Andy Wang, and Kevin Huang
Newsletter Editor-in-Chief: Nancy Song