

聖塔巴巴拉華美協會

會刊

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Santa Barbara Chinese American Association

Newsletter

No. 38 January 2003

## 羊年春節聯歡會重要通知 Chinese New Year Party



時間：2003 年二月一日上午十一點開始  
地點：Goleta 社區活動中心  
餐券：成人 \$6 學生及兒童 \$4  
彩券：每張 \$1 六張 \$5 十二張 \$10

聯歡會將有豐富多彩的文藝表演、和交誼午會。歡迎各位光臨！为方便计划，请会员们将本刊后页的表格和餐券支票尽快在一月二十五日前寄到华美协会。也欢迎直接到场参加。

Time and Date: February 1, 2003 at 11:00 A.M.  
Location: Goleta Community Center  
Buffet Lunch Ticket: Adult-\$6 Students and Kids-\$4  
Raffle Ticket: \$1 each, \$5 for 6, \$10 for 12



There will be colorful performances and ballroom dance at the festival. You are all invited!  
Come and have fun! To help us plan the party, please send your payment and registration form for the party (attached at end of the newsletter) to SBCAA before January 25, 2003. Walk-in's also welcome.

### 華美協會新董事會正式組成

去年九月二十一日，在 Santa Barbara 華美協會中秋節聚會上，與會者投票選舉了一個新的董事會，任期兩年。

十一月四日，即將卸任的會長施德俊醫生，召集新董事會會議，選舉下一任會長。經過簡短的討論，董事們一致通過，推選鄧永征為新會長。

近兩星期后，徐華亭和阮偉華兩位董事，由於自身工作繁重，再加許多其他義務職務的壓力，感到他們實在無力擔當更多的義務，先後提出辭職。

因此，剛成立不久的董事會突然之間出現了兩個空缺。新會長鄧永征和其他董事磋商之後，果斷採取行動，尋求既自願，又能幹的會員來填補空缺。所幸在幾天之內，征聘工作即告圓滿結束。尹青青和陳素欣兩位應邀同意參加董事會工作。

### SBCAA New Board Elected

On September 21, 2001, at the annual moon festival gathering, the participating members of the Santa Barbara Chinese American Association (SBCAA) voted to elect a new Board for the next two years.

On November 4, the outgoing President, Dr. Sturgeon, called a meeting of the new Board to elect the next SBCAA president. After a brief discussion, Board members unanimously elected Nicolas Teng to be our new President.

A couple of weeks later, feeling pressure from their heavy workload and Many other obligations, two members of the Board, Vadim Hsu and Walter Yuen, realized that they would be unable to take on additional responsibilities. Regrettably, they both had to submit their resignations.

As a result, the newly formed Board suddenly had two vacancies. Not to be discouraged, President Nick Teng, in

隨後，在第一次有全體董事出席的會議上，鄧永征會長主持討論，詳細擬訂協會今後的工作計劃並指定具體執行各項工作的負責人。

以下是新的董事名單和各自主管的工作，及電話和 E-mail 地址，便於會員隨時聯係。

鄧永征，會長	569-9788
<a href="mailto:nickteng@101freeway.net">nickteng@101freeway.net</a>	
尹青青，副會長	964-0211
<a href="mailto:chinchinc@aol.com">chinchinc@aol.com</a>	
陳素欣，秘書	637-3978
吳徵，會員活動計劃	965-0497
<a href="mailto:laker4ever@aol.com">laker4ever@aol.com</a>	
陳翰，會員活動計劃	252-9693
<a href="mailto:hanchen@cs.ucsb.edu">hanchen@cs.ucsb.edu</a>	
韋美玫，活動場地及設備	967-9604
<a href="mailto:sbchineseschool@yahoo.com">sbchineseschool@yahoo.com</a>	
王勃，公關	452-4800
<a href="mailto:sungus@cox.net">sungus@cox.net</a>	
李漢香，財務	968-3290
<a href="mailto:wu@di.com">wu@di.com</a>	
陳元琪，會刊	962-5901
<a href="mailto:nibendan@earthlink.net">nibendan@earthlink.net</a>	

consultation with the remaining members, immediately took action to search for willing and capable members to fill the vacancies. Happily, within days, the search was over. Chin Chin and Sue Chen accepted the invitation to join the Board.

Finally, with all nine members present, the President chaired a meeting on December 2nd, at which the Board carefully mapped out the tasks ahead and assigned members for carrying them out. Following are the names of Board members and their assigned tasks, phone numbers, and e-mail addresses, so they can be easily reached by all SBCAA members.

*Nicolas Teng	President	569-9788
<a href="mailto:nickteng@101freeway.net">nickteng@101freeway.net</a>		
*Chinchin	Vice President	964-0211
<a href="mailto:chinchinc@aol.com">chinchinc@aol.com</a>		
*Sue Chen	Secretary	637-3978
*Jen Leong	Member activities	965-0497
<a href="mailto:laker4ever@aol.com">laker4ever@aol.com</a>		
*Han Chen	Member activities	252-9693
<a href="mailto:hanchen@cs.ucsb.edu">hanchen@cs.ucsb.edu</a>		
*Mei Mei Chang	Events location and facilities	967-9604
<a href="mailto:sbchineseschool@yahoo.com">sbchineseschool@yahoo.com</a>		
*Po Wang	Public relations	452-4800
<a href="mailto:sungus@cox.net">sungus@cox.net</a>		
*Hanxiang Li	Treasurer	968-3290
<a href="mailto:wu@di.com">wu@di.com</a>		
*Yuanchi Chen	Newsletter	962-5901
<a href="mailto:nibendan@earthlink.net">nibendan@earthlink.net</a>		



#### 華美協會新任董事會成員

後排左起：陳翰，韋美玫，王勃，吳徵，陳元琪  
前排左起：李漢香，尹青青，鄧永征，陳素欣

SBCAA Board Members:  
Back from Left: Han Chen, Mei Mei Chang, Po Wang, Jen Leong, Yuanchi Chen  
Front from left: Hanxiang Li, ChinChin, Nicolas Teng, Sue Chen

教授榮升

本會會員，UCSB 教授阮偉華，於去年秋季當選為 UCSB 學術評議主席，任期兩年。

本會會員，加州大學聖塔巴巴拉校區東亞語言文化研究系副教授馮笑容，榮任加州大學駐北大加在華中心主任，任期兩年(2002-04)，已於去年七月初上任。

本會會員，加州大學聖塔巴巴拉校區東亞語言文化研究系教授杜國清，自一九九六年開始，主持台灣研究講座，由他主持的世華文學研究中心出版《台灣文學英譯叢刊》(Taiwan Literature: English Translation Series)。這是美國學術界唯一推展台灣文學英譯的學術刊物，目前已出版十一期。在這一肯定的基礎上，聖地牙哥台美基金會五位人士決定捐贈五十萬美金，在加州大學聖塔巴巴拉校區東亞語言文化研究系設立美國大學首創的賴和吳濁流台灣研究講座(the Lai Ho and Wu Cho-Endowed Chair in Taiwan Studies)。

華人播道會主辦青少年活動

每星期五晚上從 7: 20 到 9:20，華人播道會的青年團與成人組(包括英語、廣東話、國語組)在教堂分別聚會，聚會前供應晚餐，從 6: 15 開始。

青少年團大部分是高中生，但也歡迎初中生參加。聚會以英語為主，主要只會說國語的學生，有曾經在中國住了多年的青少年主管，馮乃明(Naomi Furnish)，會說一些國語，在 UCSB 學生的協助下，可用國語講道。

青少年活動包括遊戲、唱歌、社交、學習聖經與禱告。另有戶外活動，如：爬山、看 UCSB 演出、玩飛盤、打高爾夫球、露營等。在社區公益服務方面，過去曾參與為貧民救濟會準備晚餐等活動。今後將積極尋求其他多種方式為社區服務。

如有興趣參加青少年團，可與 Naomi Furnish 聯繫，她的電話是 9656580。  
教會地址：15 West Calle Crespis.

Professors Promoted

Walter W. Yuen, member of SBCAA and the professor of UCSB, has been elected as Chair Person of the Academic Senate last fall. The term is for two years.

SBCAA member, Associate Professor Hsiao-jung Yu of the Department of East Asian Languages and Cultural Studies, UC Santa Barbara has been appointed the Director of the Study Center at Peking University, the UC Education Abroad Program. The term is for two years, and she took up the new job on July 1, 2002.

SBCAA member, Professor Kuo-ching Tu of the Department of East Asian Languages and Cultural Studies, UCSB, has been in charge of the Forum for the Study of World Literatures in Chinese, UCSB, which has published Taiwan Literature: English Translation Series, eleven issues to date since 1996. This journal is the only one of its kind in the United States dedicated to English translation of Taiwan literature. As recognition of its importance, five individuals from the Taiwanese American Foundation of San Diego have decided to donate \$500,000 to establish the Lai Ho and Wu Cho-liu Endowed Chair in Taiwan Studies in the Department of East Asian Languages and Cultural Studies, UCSB, as the first endowed chair in Taiwan Studies in the United States.

Chinese Church Sponsors Youth Activities

The youth group at the Chinese Evangelical Free Church of Santa Barbara meets on Fridays from 7:20-9:20. Adult fellowship groups (English, Mandarin, and Cantonese) meet concurrently. Dinner is served beforehand, starting at 6:15. The youth group is mainly comprised of high school students, but junior high students are also welcome. Although we use English, there are a few students for whom Mandarin is their first language. We have had some interaction with and help from UCSB students in AACF (Asian-American Christian Fellowship).

We play games, sing, socialize, do Bible studies, pray, and go out for special events. Outside events have included hiking in the Santa Barbara area, attending performances at UCSB, playing Frisbee golf, and going to camp at Big Bear and in the Sequoia National Monument. We especially enjoy hanging out and drinking tapioca milk tea!

Past community service has included dinner preparation at the Rescue Mission. We are actively seeking future ways we can be involved in community outreach/service opportunities. The Chinese Church is located at 15 W. Calle Crespis across from Longs. Youth director is Naomi Furnish whose telephone number is 965-6580.

中文学校一月五日开学

圣塔芭芭拉中文学校订于一月五日开学, 欢迎各位同学来一起学中文. 请会员们鼓励在校的子女报名参加, 并请告知亲戚朋友们中文学校开学的消息.

中文学校上课时间为每个星期日下午二时至五时, 前两小时是语言文化课. 中文学校设有基础, 初级, 中级, 和高级四个班次. 第三节课是才艺课, 设有书法, 民族, 舞蹈, 功夫, 绘画, 及中国象棋等课程.

有关中文学校的详情上网浏览. 如有任何问题或建议, 请与韦美玫校长联络, 电话是 (805) 967-9604.

聖塔巴巴拉美術館新聞

有趣的星期日: 中國春節  
二月二日: 星期日, 中午十二點至下午三點  
邀請您全家一同來美術館慶祝中國新年!  
免費欣賞中國民族舞蹈、國樂、舞龍舞獅、合唱、中國功夫示範, 並學習書法、剪、紙摺紙等。

現場提供傳統中國春節點心供大家試吃!  
此項活動由聖塔巴巴拉中文學校協辦

賀

本校高班同学尹倩荣获书法比赛优胜奖, 这是十一月十日在加州亚凯迪举行, 一年一度由南加州中文学校联合会举办的书法比赛。

尹倩目前就读于 Goleta Valley Junior High School 八年级, 此次代表中文学校参赛的还有黎绣蕙、黄琬君及黄琮凯, 他们平时即认真练习, 表现优异。

我们也要特别感谢学生家长, 感谢他们的积极参与, 感谢他们的全力支持。

賀

本會會員鄭光廷教授之長子鄭仰均於近日榮獲 Dana Point, Dana Hills 網球場舉辦 USTA 全國網球公開賽, 青少年組第四名。

Chinese School Classes Start on January 5

Classes at the Santa Barbara Chinese School will start on January 5, 2003. We welcome all students to join us to study Chinese. We ask SBCAA members to encourage their children to participate and refer their relatives and friends.

Classes will be held every Sunday between 2 PM – 5 PM, with the first two hours devoted to language and culture. The Chinese School has four classes in pre-school, elementary, intermediate and advanced levels. The third class period will be focused on arts and crafts, with instructions on calligraphy, folk dancing, martial arts, painting and Chinese chess, etc.

For more information please visit our web site. If you have any questions or suggestions, please contact Principal Mei Mei Chang at (805) 967-9604.

New Year's Celebration at SB Museum of Art

Santa Barbara Museum of Art will host a Chinese New Year's celebration day on Sunday, February, 2003 between 12 PM – 3 PM. Bring your whole family for a lively celebration. There will be free performances of Chinese folk dance, music, dragon and lion dances, choir, martial arts demonstration, and introductions to calligraphy, paper crafts, etc.

Traditional Chinese Spring Festival pastries will be served to the public. Event organized by the Santa Barbara Chinese School.

Congratulations

to Allison Yin, an 8th grade student at Goleta Valley Junior High School, who won an award at the Southern California Council of Chinese Schools' Calligraphy Contest! the contest was held in Arcadia, California, on Sunday, November 10th.

This year four students from Santa Barbara Chinese School attended the contest. They were Alex Huang, Diny Huang, Christine Li and Allison Yin. For their fine efforts, they all received participation certificates.

These four young students all practiced hard and did an excellent job. We are proud of them. Thus, the awards will be displayed on the school bulletin board this coming Sunday and pictures will be uploaded to our school web site later on.

Special thanks to the parents who have been supporting their children to learn and appreciate Chinese calligraphy as part of Chinese culture.

Junior National Open

Santa Barbara's Kevin Chen took fourth place in the 12-and-under boys singles at the USTA National Open Championships being held at the Dana Hills Tennis Center in Dana Point.

## 新會長介紹

有時在和華人朋友聊天的時候，常聽人說：“你知道，Santa Barbara 可真是藏龍臥虎的寶地啊。”聽了之後，出於好奇心，使我更想多認識一些朋友，可又苦于沒有適當的機會。因為我總認為，凡是真摯的友誼，一般都是在同學或同事之間，出於共同的抱負和經歷而建立的，否則很可能只是泛泛之交的酒肉朋友而已。

九個月前，由於我參加了華美協會董事會的工作，終於讓我有機會接觸一些和我一樣自願為協會工作的朋友。我們的共同目的就是希望把華美協會辦得更加活躍，更有吸引力。

我初次見到鄧永征，是在董事會討論推選他當會長的那次會議。他給我的第一個印象是此人豪爽，熱情，富有魅力，敢于承擔責任。在此以後的共事期間，事實證明我最初的判斷還是相當準確的。

現在把我對新會長鄧永征的初步了解向各位介紹一下。

鄧永征出生于臺灣。十二歲移民法國，住了十年。二十二歲來美國定居，在這裡完成他的高等教育。從南加州大學獲得 BSEE，隨後又從 Cal Poly San Luis Obispo 獲得 MBA 學位。

學業結束之後，鄧永征于 1987 年移居到 Santa Barbara，很快成爲一個成功的創業者。除了他本人勤奮肯乾和靈活的商業頭腦之外，另一個重要的因素是有一個溫暖可愛的家庭：賢妻 Helen，三個聰明活潑的兒子，長子 Ben 今年 8 歲，次子 Steven，6 歲，和才 2 歲的小弟 Jason，加上他的父母和哥哥也都在他身邊，給予他感情上和事業上可貴的支持。

然而，鄧永征並不是一個只專注于工作而不懂娛樂的人。其實他有很多愛好，例如他喜歡遠足，旅遊，電子機件，社交和享用各種美食。唯一不喜歡的是麻將，因爲他自稱是一個非常沒有耐性的人。

鄧永征雖然主要在國外生活，但他熱愛中國文化和歷史。作爲會長，他希望能幫助全體會員把華美協會辦成一個真正爲華人社區服務，維護和弘揚優秀的中國文化傳統的組織。（陳元琪）

### INTRODUCING THE NEW PRESIDENT OF SBCAA

In conversations with some Chinese friends, I often heard someone telling me: "You know, Santa Barbara is a place where hidden dragons and sleeping tigers reside!" Which is to say, there are many talented people with considerable achievements living among us. The remark certainly roused my curiosity and made me all the more eager to make new friends. But how? Where are the opportunities? Because I always believed that true friendship, usually could be found between schoolmates or colleagues, is the result of shared aspirations or working experiences. Without them, what one can expect may just be some fair-weather friends.

A few months ago, I joined the Santa Barbara Chinese American Association (SBCAA). By working for the SBCAA board, I got to know a group of like-minded people whose common goal is to make SBCAA into a more active, more magnetic organization.

The first time I met Nicolas Teng was at a board meeting where we were discussing to elect him to be our president. He gave me the impression as a man who is very straight-forward, very enthusiastic, very decisive, and best of all, not afraid of shouldering responsibilities. subsequently, during the brief period that we worked together, I am happy to say that my initial judgment proved to be rather accurate.

Now, let me share with you what I have learned about our new president.

Nick Teng was born in Taiwan. When he was 12-year old, he immigrated to France where he lived for ten years. At age 22, he immigrated to the U.S. to complete his higher education. He gained a BSEE from Southern California University, and later a MBA from Cal Poly San Luis Obispo.

In 1987, Nick moved to Santa Barbara, and started working in the motel business. Now he is the proud owner and manager of three motels on the South Coast. The secret behind Nick's success, besides his own hardwork and smart business sense, is that he also enjoys a very happy family life. He is surrounded by loving and caring family members. With a capable wife, Helen, three bright and lively young kids, Ben, 8, Steven, 6, and a 2-year old little brother, Jason. His parents and a brother also live nearby. Together, these members provide him with invaluable emotional and business support.

Besides work, Nick also knows how to relax and enjoy life. He has many hobbies, among them: hiking, traveling, electronic gadgets, learning new things, and yes, he loves social gatherings and good foods. The only thing he does not like is mahjong, that is because he is a very impatient man.

Although Nick mainly grew up outside of China, yet he loves Chinese culture and Chinese history with a passion. As the president of SBCAA, he hopes to build an organization that can serve the needs of the Chinese-American community as well as preserve and promote the splendid Chinese cultural heritage.



新任会长鄧永征攜家人游日本橫濱留影

The Deng's in  
Yokohama, Japan

### 地方英雄 (社區特殊貢獻人士)

要是在字典上查“英雄”这个词的定义，你一定会发现它有很多解释：是上帝喜爱的人，是见义勇为的人，是有特殊成就的人，种种定义不胜枚举。每年我们何其幸运地能以自己独特的方式来给英雄这个词赋予定义。我们向一些以其所能所为来提高我们生活品质，增进社区福祉的人献上诚挚地感谢。今年有三十五位这样的人，我们要向他们说谢谢。根据我们的标准选出来了三十五个人，那也就是说我们对于所谓的英雄有三十五种不同的定义。这可比你把所有字典中对英雄的定义加起来的多得多呢。

徐振铨（圣塔芭芭拉中文学校教师）荣获圣塔芭芭拉市独立周刊选出的社区特殊贡献奖十八年前徐振铨跟几个人共同创办了圣塔芭芭拉中文学校，为华裔美人家庭的子女提供了一个周末学习中文的场所。开始时，她是该校唯一的教师，班上一共有十二个小朋友，年龄层次从五岁到十二岁，所有的学生都在一个班，借用 Goleta 社区活动中心的教室上课。后来，中文学校搬到 State Street 上的 Longs Drugs 旁的华人教会上课。1999 年中文学校扩大，幸好也在 UCSB 执教的徐振铨为中文学校在该校找到一个更佳的学习场地。

目前中文学校有八个班，十多位老师，六十多个学生。除了语文课外，中文学校还提供中国民族舞蹈，象棋，中国功夫和书法等课程。徐振铨除了在 UCSB 和中文学校任教及负责多项职务外，从去年起，她还在 Santa Barbara 社区大学开授中文课程，她的学生有工程师及退休的夫妇等，能教到这么多来自不同背景的学生，让她特别感到鼓舞和兴奋。“有时候我觉得好累，”她承认，“可是一走进教室，我的精神立刻就来了。学生认真的学习态度，让我越教越起劲”。徐振铨的献身于中文教育还在我们社区的其它学校创造并提供了更多机会：1991 年她为住宿学校 Cate School 设计中文课程，去年 Dos Pueblos 高中开设中文课，教中文的老师是她以前 UCSB 的学生。目前她正推动 SBCC 加开中文会话课，并计划邀请她 UCSB 的同事负责任教。“只要是对孩子们有益的事”她说，“我都乐意去做。”

## Local Heroes

Jennifer Hsu  
Chinese Teacher

Eighteen years ago, Jennifer Hsu co-founded the Santa Barbara Chinese School (SBCS), a place where children of Chinese-American families could learn Mandarin on weekends. Initially the school's only teacher, Hsu taught 12 children, ages 5-12, in a room at the Goleta Community Center and later at the Santa Barbara Chinese Church, across from Longs Drugs. When the school hoped to expand in 1999, Hsu, by then a lecturer in the East Asian Studies Department at UCSB, found a space on campus.

The school now has six teachers and more than 60 students, and offers Chinese folk dance, Chinese chess, martial arts, and calligraphy in addition to language instruction. On top of her full-time lectureship and her multiple roles from teacher to treasurer for SBCS, Hsu started teaching Mandarin at Santa Barbara City College last year, where she is inspired by the diversity of her students, who range from engineers to retired couples. "Sometimes I fell so tired," she admitted, "but once I go into the classroom, I become alive again-student motivation energizes me."

Hsu's devotion to teaching Chinese has created opportunities in still more schools in the area: She founded a Chinese language program at Cate School in 1991, and last year, one of her former students began teaching Chinese at Dos Pueblos High School. She is encouraging SBCC to introduce a Chinese conversation class, and plans to get one of her colleagues from UCSB to teach it. "Whatever benefits our children," she said. "I love to do it."

### 由前任華美協會主席施德俊醫生發來的消息

在我服務于華美協會董事會的四年間，是我生活中最具挑戰、非常激動和收穫極大的時光。

華美協會是一個非常好的組織。我為能在其中擔負我小小的一部份，去幫助和指導它而真誠地感到榮幸。

有些時候，當我們忙於家事、工作和供養我們的家庭時，我們可能會想：，為什麼額外地增添支持華美協會和華人社區的工作是那麼重要？有時我試着想象，如果Santa 沒有華美協會、或者如果沒有各個組織為Santa Barbara的居民提供那麼豐富多樣的活動，又會是什麼樣子？

如果沒有中國節，我們的孩子們能在哪裡參與和感受到如此令人自豪的中國傳統文化？是它吸引了全城的居民。

如果沒有中國春節聯歡會，那些遠離家鄉的訪問學生們怎能找到這樣熱情的新朋友和組織，去幫他們消除不能與他們家庭歡度春節而帶來的孤獨。又如何能更快地使因忙于日常生活、工作而與我們的朋友所失去的聯繫，以及與華人社區——這個被Santa 的華裔美國家庭維繫了150年的社區的動態得到維持？

當我回想到作為非華人，在他們來參加過幾次我們的中國節後所留下美好回憶時，我更慶幸自己能成為華美協會的一部份。對文化傳統的理解和個人友誼關係是唯一可長久化解種族歧視和國際偏見的良藥。這種歧視和偏見似乎經常閃現在今天反復無常的世界政治之中。

現在令人興奮的是華美協會已有了勇于貢獻、有才能、熱心的新的理事們。我願積極地支持他們的工作。

我想對我們協會所有的成員及家庭說：請你以各種可能的方式去支持華美協會！如果可能的話，無論何時何地，請義務幫助協會籌備和組織各項活動；如果不可能的話，希望能重視這些活動、積極動員你的親朋好友都來參加協會的活動。新的理事會，我們會支持你、你可以信賴我們。所以，請告訴我們能提供怎樣的幫助！

施德俊醫生

From Past SBCAA President Dr. Sturgeon

The four years during which I have served on the board of the SBCAA have been among the most challenging, the most exciting, and the most rewarding of my life. The SBCAA is a great organization and I feel truly privileged to play even my small part in helping to guide it.

Sometimes, when we are busy trying to run our homes and businesses and to raise our families, we may wonder why it is so important to add on the additional tasks that support the SBCAA and our community. Those are the times that I try to imagine Santa Barbara without a SBCAA, or, for that matter, without the other groups that add so much richness and diversity to the activities available to the people of Santa Barbara.

Without the Chinese Festival, where else could our children take part in and feel such pride for a celebration of Chinese Culture that the entire city turns out to see?

Without the Chinese New Year's Party, how would visiting students far from home find such a warm group of new friends to help them ease the loneliness of being unable to join their families for Spring Festival? How soon would the demands of daily life make us lose touch with our friends and lose the sense of community that Chinese American families have maintained for more than 150 years in Santa Barbara?

When I think of the thousand happy memories that a non-Chinese person has when they have come to a few of our Chinese Festivals, I am even more glad to be a part of SBCAA. Cultural understanding and personal friendships are the only long-term antidote to the racism and national prejudices that seem to flare up so often in today's volatile world politics.

Now it is very exciting that the SBCAA has assembled a new board of directors with such dedication, talent, and enthusiasm that I am eager to support them!

To all of our member families I would like to say: support the SBCAA in every way you can! Volunteer to help with their programs where you can and, if you cannot, then make attending the events a priority and invite your friends to come, too.

To our new board I would like to say: We support you and you can rely on us, so please tell us how we can help!

Dr. James Sturgeon

### 一点建议

首先热烈祝贺以邓永征先生为会长的新一届 SBCAA 董事会的诞生。为了将 SBCAA 的活动更丰富多采，更有吸引力，我建议我们所有会员都来出主意，想办法，大家动手，共建美好家园。在此我们提一点建议。

我们希望 SBCAA 能从会员的实际需要出发，组织一些活动，如跳舞，唱歌看电影，爬山，参观博物馆，棋赛，球赛。。。。以活跃会员的生活。同时可请一些有关专家，学者讲课。如对年青人可组织关于如何购买汽车，如何贷款买房，如何理财，如何教育子女的讲座，对老年人可组织一些诸如养老保险，任何办社会医疗保障及退休手续，养生保健等有关知识的讲座。让 SBCAA 成为会员们的好老师，好帮手。

总之，让我们大家共同努力，为她梳妆，打扮，以便把 SBCAA 建成美好的富有凝聚力的华人社区。



闫淑敏，戴菊英

12/10/02

### Member Suggestions

First of all, we would like to congratulate the newly elected board members of the SBCAA and its new president, Mr. Nicolas Teng. As members for many years, we feel that an active, energized, and attractive SBCAA would serve our members well. A couple of ideas and suggestions are proposed below. Hopefully, these will be helpful to the new board members.

We would love to see if the SBCAA could organize more activities (e.g. dancing, singing, watching Chinese cultural movies, hiking, chess competition and sports.) Also, we would appreciate having seminars hosted by people with expertise in the areas of car purchasing, home loan searching, tax filing, and investing to help newcomers. We would like the board to facilitate discussion groups on children raising for young families and on Medicare and health insurance policies for families with elders. Furthermore, seminars on American laws would be appreciated. We hope that SBCAA will be our teacher, and a resource for our members! Let's work together to improve and continue to blossom in the community!

From Dai Jui Ying and Yen Shu Min (Translated by Lissa Yu)

为什么我们非华裔美国人要加入华美协会呢？其中一小部分原因是因为我想念在中国的日子；通过参加华美协会的活动，我仍然可以庆祝一些主要的中国节日——比如春节和中秋节。我们还想和朋友们练习说中文，这样我们就不会忘记怎么说中文了。但是，最重要的原因是华美协会有很多 Santa Barbara 最好的市民。除了华美协会，上哪儿我们还能遇上这么一大群好人呢？

我和我的家人在青岛开发区度过了一年。我在那儿教英文，我儿子在那儿上幼儿园。那是青岛附近一个发展迅速的小城镇，也是一个很重要的地方，不仅因为它是“海尔”的总部，还因为一些著名的国际品牌在那儿设有工厂。每天，当我们沿街散步时，人们会盯着我们，喊我们“老外”，对着我们微笑。尽管会觉得自己是“外国人”，我们很快就感到自己到处都受到欢迎，也交了很多朋友。我们愉快地体验着不同的节日，风俗，食物，以及最重要的，友好的人民。当看到老百姓抱着小孩或带着父母外出乘车时，我们最能感觉到中美之间的文化差异。呆在中国的日子是让人兴奋的，作为华美协会的成员，我们仍然可以有些许同样的感觉。

在我们的小城 Santa Barbara，我们幸运地有着一个中文学校。我快六岁的儿子每周上都上中文学校。当他在张老师的班上学习功夫，象棋，书法，玩得很高兴的时候，我可以和朋友们聊天，当然是用中文了。参加中文学校对我们的孩子来说是一种丰富有益的经历。对我们这些热爱了解中国的人们来说，有了这样一个负担得起的中文学校，我们觉得很幸运。尽管我儿子在中文学校还只是幼儿园班，他的班上非常的多元化。既有各种年龄说广东话的到这儿学普通话，也有收养的中国小孩和他们的美国父母希望继续保持一些中国的传统。还有高中生每个星期天下午花三个小时学中文，因为他们希望能和学校里的中国朋友相处得更好！我们非常感谢中文学校和华美协会，感谢他们让我们觉得不是“外国人”，而是好朋友。谢谢！

我们祝大家过一个幸福安康的节日！Joan Vignocchi, and Tim and Liam Gallant. 圣诞快乐！新年好！

Why would non-Chinese Americans want to join the SBCAA? Well, a small part of the reason is that I miss living in China and by joining I still get to celebrate China's best holidays – the Spring and mid-Autumn Festivals. We also need to practice speaking Chinese with our friends so we don't forget how! But the biggest reason is that so many of Santa Barbara's nicest citizens are members and where else could you meet such a nice group of people?

My family spent a year in Qingdao Kaifaqu – I taught English and my son attended youeryuan – a small, rapidly developing town near Qingdao. It is an important place: not only is it Haier headquarters, but several famous international brands have factories there as well. Every day as we walked down the street, people would stare, call out “laowai” and smile at us. Despite feeling like alien invaders, after a while we felt welcome there and made friends. We learned to enjoy the different festivals, customs, foods, and most of all, the kind people. We noticed cultural differences between America and China most while on the bus observing ordinary people holding their babies or taking their parents on outings. Being in China was exciting and by being members of the SBCAA we can still be a part of that in a small way here.

We are so privileged in our small town that we have the SB Chinese School. My almost-six-year-old son attends Chinese School on Sundays. While he is having a fun time in Zhang laoshi's class, learning gong fu, chess, and shufa, I can catch up with my friends – speaking Chinese, of course. The Chinese School is a wonderful, enriching experience for our children and we are so lucky it is available and affordable for all of us who love learning about China. Although my son is in the kindergarten level at Chinese School, his classroom is very diverse. There are Cantonese-speakers of all ages who want to learn Putonghua. There are also adopted Chinese children and their American parents who want to stay in touch with their Chinese heritage. There are even high school students who take three hours every Sunday afternoon so they can learn a little Chinese to fit in better with their Chinese friends at school! We are very grateful to the Chinese School and the Association for making all of us feel *not* like foreigners, but friends. Xiexie!

We would like to wish everyone a wonderful, healthy holiday season from Joan Vignocchi, and Tim and Liam Gallant. “Shengdan Kuai Le” and “Xinnian Hao!”

Joan Vignocchi  
455-6763  
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### 聖塔芭芭拉領養中國兒童的家庭逐漸增加

從幾年前開始，領養中國幼兒的非華裔家庭加入華美協會的逐漸增加。

大約自十年前起，中華人民共和國建立了一個國際領養兒童計劃，每年向許多西方國家及北歐國家，如英國、法國、美國安置了上千名幼兒。雖然歐亞和東南亞的其他國家也有為外國父母設立的領養兒童計劃，但許多未來的美國父母更喜歡去中國。“中國有一個非常公平、行之有效的系統”，Lynn Sturgeon說。她和丈夫一起從廣東省領養了他們的女兒。“孩子們在孤兒院裡由護理人員精心照顧，很健康”。

對於那些大於一定生育年齡，又期望作父母的美國家庭，從美國國內領養孩子變得非常困難。雖然中國規定了領養父母的年齡上限，但中國政府實際上照顧年齡稍大一些要求領養孩子的父母。“他們似乎認識到年齡稍大的家長較能為孩子提供更有利的保證”。

從家長提出申請，到與嬰兒見面的整個過程，通常需要一年。在申請材料被翻譯和送往北京的有關機構前，社會工作者會到申請家長家裡進行廣泛的訪問。再由北京方面從那些有合適人選的孤兒院裡挑選一個嬰兒。程序的最後一步是申請父母的一方或雙方必須親自前往中國，約花兩周的時間做最後的書面文件，還要熟悉他們的嬰兒。大多數領養的嬰兒約一歲。

領養幼兒的美國父母大多是了解中國和中國傳統文化，但也有以前從來未離開過美國的人。儘管如此，□一過短短的兩個星期讓他們帶着一種要以雙重文化傳統氣氛去撫育他們新孩子的強烈願望返回。正是這種對中國文化的興趣和要以孩子們另一方面的文化傳統教養他們孩子的強烈願望，把這些家庭吸引到華美協會和中文學校。

至今，聖塔芭芭拉□這樣的兒童約有三十名，年齡從十個月到七歲。還有一些家庭居住在社區的其他地方如Ojai、Santa Maria。在洛杉磯、聖地亞哥還有幾百個這樣的家庭。每年他們組織大型的野餐聚會、慶祝中國的節日，以及其他的活動。

施德俊

### Families With Children from China are Increasing in Santa Barbara

Starting a few years ago, an increasing number of non-Chinese families who have adopted young children from China have joined the SBCAA.

Beginning about 10 years ago, the People's Republic created an international adoption program that has, each year since, placed thousands of orphaned infants in many western countries including the Scandinavian Countries, Great Britain, France, and the United States. Though other countries in Eurasia and South East Asia have programs for foreign parents to adopt children, many prospective American parents prefer to go to China. "China has a very fair system that really works well" reports Lynn Sturgeon who, with her husband, adopted their daughter from GuangDong province. "The children tend to be very healthy and well-cared for by the nurses at the orphanages".

Since many of the prospective American parents are older than typical child-bearing age, domestic adoption from within America may become very difficult for them. Though China sets an upper limit on an adopting parent's age, the Chinese government actually encourages applications from slightly older parents. "They seem to recognize the benefits that an older parent can often provide a child" continues Lynn. The entire process, from application to the time the parents meet the baby, usually takes just over a year. Social workers come to the parents home and extensively interview them before the information is translated and sent to the Beijing agency which selects an infant from those available in the orphanages. For the final step in the process, one or both parents must travel to China where they typically spend about two weeks finalizing the paperwork and getting to know their new baby. Most babies are adopted at about 1 year of age.

Adopting American parents may range from those who are familiar with China and Chinese culture to those who have never even left the US before. Many, though, come back from those two weeks with a burning desire to maintain a bi-cultural atmosphere and traditions for their new children.

It is this interest in Chinese culture and desire to maintain that side Of their child's heritage that draws these families to organizations such as The SBCAA and the Chinese School. Currently there are about 30 children, ranging in age from about 10 months to 7 years old who live in Santa Barbara. There are several families in other parts of the county such as Ojai and Santa Maria, as well, and hundreds of families in Los Angeles and San Diego where the group holds large picnics, Chinese holiday celebrations, and other activities throughout the year.

James Sturgeon

## 養生保健

健康是人生最宝贵的财富。俗话说“三分药七分养”可见养生保健非常重要现代医学已从具有临床医学, 预防医学, 康复医学, 保健医学发展到自我保健医学的新阶段。从某种意义上讲, 生命掌握在自己手中。北京著名心脏病专家洪昭光教授指出最好的医生是自己。让我们人人重视养生保健, 人人坚持文明健康的生活方式, 共同攀登事业和健康长寿的高峰。

下面分期介绍中国科学院院士, 大陆著名保健专家洪昭光和齐伯力教授的讲座内容, 以供各位参考。

戴菊英

### 健康快乐一百岁

健康是金子。任何科学地养身保健才能健康呢? 一次国际会议发表的著名的维多利亚宣言中提出了四句话: 合理膳食, 适量运动, 戒烟限酒, 心理平衡。这十六个字是指导我们健康长寿的基本原则。

#### <一> 合理膳食

俗话说药疗不如食疗。专家指出, 所有的药物都没有天然的营养物好。怎样才能做到合理膳食呢? 两句话, 十个字: “一二三四五, 红黄绿白黑””。一是每天喝一杯牛奶。牛奶富含钙和蛋白质等多种营养素。二是 250 克至 350 克碳水化合物(主食)。主食多了会发胖, 控制主食就可以控制体重。最近科学家提出一句话, 减肥即“饭前喝汤, 苗条健康” “饭后喝汤, 体重肥胖”。这是很科学的。

三是指三份高蛋白。一份就是 50 克瘦肉或者一个大鸡蛋, 或者 100 克豆腐, 或者 100 克鱼虾(鸡, 鸭)。蛋白质过多, 消化不良, 造成肠道毒素太多, 易生病。蛋白质太少, 营养不良, 也易患病。什么动物蛋白质最好? 鱼类蛋白质好。人吃鱼越多, 冠心病, 脑中风越少。植物蛋白以黄豆最好。黄豆富含蛋白质, 脂肪, 钙, 磷, 铁, 钾, 钠及多种维生素, 是人体的营养宝库。

四是指有粗有细, 不甜不咸(所谓大淡必补, 比如牛奶, 人奶等极补之品皆是淡而无味的), 三四五顿, 七八分饱。世界公认的延年益寿的最好办法就是低热量膳食, 即七八分饱。

五是指 500 克蔬菜和水果。常吃新鲜的蔬菜(400 克) 水果(100 克) 能防癌。

什么是“红, 黄, 绿, 白, 黑”?

“红”是指每天吃一个西红柿或者 50 克葡萄。熟的西红柿更有营养。西红柿富有番茄红素, 它是强抗氧化剂, 具有防病抗癌抗衰老的功用。

“黄”是胡萝卜, 红薯, 南瓜, 玉米等黄色瓜果蔬菜。它们富含维生素 A, 能保护黏膜, 防治肠胃病。红薯是抗癌冠军。常吃南瓜可防治糖尿病, 因为吃南瓜后可产生胰岛素。玉米中含有大量的卵磷脂和维生素 E, 可防止高血压和动脉硬化。

“绿”是指绿茶。饮料中最好的是绿茶。绿茶中含有多种抗氧化自由基的物质如茶多酚, 可减缓老化, 减少肿瘤, 防止动脉硬化。因此喝绿茶能延年益寿。日本开展一杯茶运动, 所有小学生每天必喝喝一杯绿茶是有科学道理的。

“白”是指燕麦。50 克燕麦可使胆固醇下降 39 毫克, 甘油三脂下降 76 毫克, 还对治疗糖尿病, 减肥, 通便效果特别好。英国前首相撒切尔夫人每天早餐吃燕麦面包, 连出国访问早餐食谱都不变。

“黑”是指黑木耳。科学证明黑木耳能降低血液浓度。每天吃5克至10克黑木耳就能不得脑血栓，冠心病和老年痴呆症。

总之，平衡膳食就是一，二，三，四，五；红，黄，绿，白，黑。

## Our Health

Our health is our most important asset. According to a Chinese saying, our health is “70% maintenance and 30% medicine.” This means that it is very important for us to take care of ourselves on a daily basis. Modern medicine places an emphasis on daily health to remain healthy in the long run. In other words, your health is in your own hands. Professor Hong Shao Guang, a cardiologist from Beijing, says “you are your best doctor.” Let us each take our health seriously, and each lead healthy lifestyles to promote a long and successful life!

The following is the article of this professor’s seminar. Hopefully, this will be helpful to all.

Dai Jui Yin

To be healthy is golden. How can one lead a healthy life that is based on scientific principles? The so-called ‘Victoria Declaration’ published in an international conference defines healthy living as four daily practices: eating rationally, exercise moderately, no smoking and limited alcohol consumption, and maintaining a positive mental attitude. These are the guiding principles for achieving healthy living as well as longevity.

### 1. Eating Rationally

There is a popular saying that food is the best medicine. Experts agree that natural nutrients are far more effective than any man made pharmaceuticals in preventing diseases. A rational diet that’s based on scientific principles should contain ten elements which can be remembered easily as five numbers (1,2,3,4,5) and five colors (red, yellow, green, white, black). I will explain the meaning of these elements below.

‘1’ is to drink one glass of milk everyday. Milk is rich in calcium, proteins and other nutrients. ‘2’ is to limit daily carbohydrate intake to 250 g to 350 g. This is an effective way to control body weight and prevent obesity. Recently scientists coined the phrase ‘soup before meals, light and healthy; soup after meals, heavy and obese’. This definitely has its scientific basis. ‘3’ represents three servings of proteins daily, with one serving consisting of either 50 g of lean meat or a large egg, or 100g of tofu or fish or poultry. Too much dietary protein can lead to indigestion, poisoning of the intestines and illness. Too little protein will cause malnutrition and reduced disease resistance. What is the best source of animal protein? Fish. The more fish one eats, the less chance it is to get coronary heart disease and stroke. Among plants, soy bean is the best source of proteins. Soy beans are a treasure chest of nutrients and are loaded with proteins, oil, calcium, phosphorus, iron, potassium, sodium and multiple growth factors. ‘4’ stands for four aspects that one should pay attention to in a daily diet: a balanced intake of crude and fine fiber, less salt & sugar (there’s a Chinese saying that bland taste is healthy taste. For example, milk, which is very nutritious, has a very bland taste), 3-5 meals a day and only eat to 70%-80% full at every meal. It has been recognized world wide that a low calorie diet, i.e. 70%-80% full level, is the best way leading to a healthy body and longevity. ‘5’ stands for a daily consumption of 500 g of vegetables and fruits. It has been shown that eating fresh vegetables (400 g a day) and fruits (100 g a day) regularly can prevent cancer.

What do the five colors (Red, Yellow, Green, White, Black) mean?

‘Red’ stands for a daily consumption of one tomato or 100 g of red grapes. A ripened tomato has more nutritional value. The red pigment in tomatoes is a strong anti-oxidant and helps to prevent diseases including cancer and can counter the effects of aging.

‘Yellow’ refers to carrots, yams, squash, corn and other vegetables or fruits that contain yellow pigments. They are rich in Vitamin A and can protect stomach linings and prevent gastrointestinal ailments. Yams (sweet potato) is a cancer fighting champion and eating squash can help combating diabetes by stimulating the production of insulin. Corn contains high

concentrations of lecithin and Vitamin E, which can help to protect against high blood pressure and hardening of the arteries.

‘Green’ stands for green tea, which is arguably the best health beverage. Green tea contains multiple anti-oxidants, which can slow down aging, prevent tumor growth and arterial hardening. Hence the slogan Drink Green Tea and Live Longer! The health benefits of the green tea have prompted the Japanese government to launch a campaign to ensure that all elementary school children drink one cup of green tea every day.

‘White’ refers to oats, which is one of healthiest grain one can eat. Eating just 50 g of oats a day can lead to the reduction of cholesterol by 30 mg and triglyceride by 76 mg. It is also very effective in helping to control diabetes, obesity, and constipation. The former British Prime Minister Mrs. Thatcher eats oat bread for breakfast everyday even when she is traveling overseas.

‘Black’ represents the black agaric, a wood mushroom which in its fresh or dehydrated form is used as an ingredient in many Chinese dishes. Scientific experiments have confirmed that the black agaric can reduce the viscosity of the blood and eating 5 g to 10 g of black agaric can help prevent cerebrovascular blood clots, coronary heart disease and Alzheimer’s.

These are the rules one should follow for a scientifically balanced diet.

编后语

新年新开始。会刊与大家见面了。我们欢迎会员们踊跃投稿。可将稿件直接寄给董事会成员陳元琪女士 (nibendan@earthlink.net)。如可能写稿最好中英文双语。中文以 GB(Chinese Simplified)或 BIG5(Chinese Traditional) 简繁体皆可。英文以 WORD 或 TXT 文件。这样会对编辑大有帮助。谢谢!

Editor’s Note

The new year brings a new start. This is our first issue for 2003. We welcome and encourage members to submit letters and articles to the Newsletter. Please send articles directly to Ms. Yuanchi Chen at [nibendan@earthlink.net](mailto:nibendan@earthlink.net). If possible please provide both Chinese and English versions. The Chinese files can be either GB (simplified) or Big5 (traditional) encoded. For English versions, please use WORD or TXT format. This would help the editors a lot. Thanks!

本會長期會員髮型師Elsa 蕭，搬回了其舊址繼續營業：  
**Arturo Family Haircut**  
 3457 State Street  
 Santa Barbara, CA 93105  
 687-4393 (理髮院)  
 705-5728(手機)  
 歡迎各位光臨!

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羊年春節聯歡會報名表

姓名 (Name) :		
大人 (Adult)	_____位 x \$6	= \$
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请将表和支票同寄(send form and check to): SBCAA, 3887 State St., #104, Santa Barbara, CA 93105

## 聖塔巴巴拉華美協會會員申請表

### SBCAA Membership Application (Renewal) Form

中文姓名 (Chinese Name) \_\_\_\_\_ 性別 (Sex) \_\_\_\_\_

英文姓名 (English Name) \_\_\_\_\_ 年齡 (Age) \_\_\_\_\_

地址 (Address) \_\_\_\_\_

城市 (City) \_\_\_\_\_ 州 (State) \_\_\_\_\_ 區號 (Zip) \_\_\_\_\_

電話 (Telephone) \_\_\_\_\_ 職業 (Occupation) \_\_\_\_\_

網址 (E-mail) \_\_\_\_\_ 日期 (Date) \_\_\_\_\_

年會費 (Annual Membership Due): 個人十五元 (Individual \$15), 夫妻二十五元 (Husband and wife \$25), 學生十元 (Student: \$10), 支票請寫 SBCAA (make check payable to SBCAA)

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Santa Barbara Chinese American Association

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Santa Barbara, CA 93105