

聖塔巴巴拉華美協會

會刊

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Santa Barbara Chinese American Association (SBCAA)

www.chinesefestival.com

Newsletter

No. 39 April 2003



庆祝第十一届中国节

时间: 11:00 AM - 6:00 PM, June 28, 2003
地点: Oak Park, Santa Barbara
节目: 文娱节目, 美味食物, 各种商品, 手工艺品, 棋类活动
门票: 免费

由华美协会主办的一年一度的中国节向Santa Barbara社区展示丰富多彩的中国文化. 所有参加者将沉浸于欢乐的中国文化气氛中.

节目包括诸多表演, 比如舞狮, 中国乐器演奏, 中国民间舞蹈. 你还可以参加中国象棋比赛. 享受完美味的中国食物后, 你还可以欣赏景致, 观赏(欢迎购买)商贩提供的各种商品, 并且购买奖券试试你的运气. 华美协会将提供许多奖品, 希望每人都能获奖.

为使中国节更加成功, 华美协会呼吁每一位会员贡献时间, 精力或经济资助, 来支持这项活动. 中国节需要义工帮忙卖食物, 奖券和纪念品, 并需要大家参与表演气功, 舞剑, 剪纸及制作中国结. 如果你愿意帮忙, 请和董事会秘书, Ms. Sue Chen (805-637-3978) 联系.

Celebrating the 11th Annual Chinese Festival

Time: 11:00 AM - 6:00 PM
Date: Saturday, June 28, 2003
Location: Oak Park, Santa Barbara
Program: Entertainment, Delicious Foods, Merchandise, Traditional Handicrafts, Games
Admission: FREE

The Annual Chinese Festival, sponsored by the Chinese American Association, provides the SB community with the rich and colorful culture of the Chinese. All attendants will be immersed in the atmosphere of a Chinese carnival.

The program includes many performances such as lion dancing, traditional Chinese music recitals, and Chinese folk dance. Attendants also can take part in a Chinese Chess Competition. After enjoying a variety of delicious Chinese foods, attendants can enjoy the sights, view (and please buy) the merchandise offered by many vendors, and try their luck by buying a few raffle tickets. The association will provide a lot of raffle prizes and they hope every participant can take home a prize.

To make the festival a success, the SBCAA invites all its members to support this event with their time, labor or money. The festival needs volunteers to help sell food, raffle tickets, and souvenirs. They also need performers for Chi Gong, sword dance, paper cutting, and Chinese knots. Volunteers please contact the Secretary of the Board, Ms. Sue Chen, at 805-637-3978.



前任会长们 (Former SBCAA Presidents)



现任董事会员 (Current Board Members)



喜气洋洋迎羊年 — 记圣塔芭拉华美协会春节联欢会

羊年到真熱鬧，
男女老少齊歡笑，
濟濟一堂慶羊年，
洋洋得意益壽延年。



今年二月一日是羊年伊始第一天。聖塔芭拉華人社區的兩百七十多名男女老幼興高采烈地歡聚在Goleta社區禮堂，慶祝“春節”這個中國民俗中最喜慶、最重要的節日。

一邁進禮堂大門，立即讓人感受到節日的氣氛。一對大紅燈籠高懸在舞台兩側，中間是華美協會節聯歡會的大紅會標。一排排座椅排列在大廳，已有觀眾入席等候。俞鋼、吳超明、劉長春等在前廳熱情忙碌地接待著前來簽到的人們。

穿過大廳向右轉，便是午餐大廳。只見廳裡人群沸沸揚揚，熱氣騰騰。久違的老友親切地互相恭賀新年，暢敘友情；新結識的朋友熱情地互相交流。有很多家庭是傾家出動，扶老攜幼。孩子們更是這天最快樂的天使，從他們一張張可愛的笑臉就可知他們內心的興奮。許多領養中國兒童的家庭給他們的孩子穿上鮮艷的中式服裝，帶他們來領受中國傳統文化的熏陶，也分享春節的喜慶。人們圍坐在排排餐桌旁，一邊品嚐著“皇宮”為大家提供的豐盛午餐，一邊興致勃勃地談天說地，整個大廳尤如一個和睦大家庭的新年大團圓。

大約一時多，春節聯歡會在大禮堂正式開始。UCSB中國舞獅隊的舞獅為聯歡會掀起了又一波瀾。隨震耳欲聾的鑼鼓聲，由六人組成的一金兩銀三隻彩獅，在舞台上隨著大頭娃娃的指揮歡騰跳躍。它們時爾搖頭擺尾，時爾豎立滾翻，引來觀眾一陣陣熱烈掌聲。忽然三隻彩獅躍下舞台，來到觀眾中間。孩子們興奮地上前撫摸。獅子猛張大口，又讓孩子們激動地大叫大笑。當演員們作疊羅漢，三隻獅子站立在臺下的木樁上，交換跳動，做出各種驚險動作時，孩子們目瞪口呆，頗為緊張。當三隻獅子躍回舞台上，站立作揖，打出“恭喜吉祥”標語時，全場響起雷鳴般的掌聲和叫好聲。

接下來是中文學校的精彩表演。八名身著紅色中式襖褲的漂亮小姑娘在活潑歡快的中國歌曲聲中跳起“彩巾飄飄”。她們有時排列成行，有時又成對、成組。紅色的彩巾在她們小巧的手指上不停地飛轉，好似一隻只翩翩起舞的彩蝶，令人心花怒放。這些可愛的小姑娘是Jade Barrad, Anmai Brook, Jocelyn Chang, Rosalind Chang, Kimberly Almcraantz, Courtney Miller, Camille Miller, Leah Tiethof。

第二隻舞是由大一些的女孩們表演的，她們是Julia Chang, Ruby Chang, Heidi Chen, Angela Dai, Michele Gaffeney, Tina Ho, Sara Lee, Christina Li, Jennifer Nelson, Katherine Li。她們一習淡綠鑲邊綢襖，配上水綠色搖墜的長裙，個個顯得嫵淑大方。紅、黃、粉、綠、紫五種十把羽扇隨著她們輕盈的舞步和變換大隊形，編織出艷麗的彩虹。

第三隻舞是酒盅舞。喜氣洋洋的中國民歌，叮噠作響的酒盅聲把全場帶入活潑喜慶的氣氛之中。觀眾在欣賞姑娘們精彩表演的同時，由衷地感謝中文學校的老師，家長和學生們的辛勤努力，特別是編舞及指導尹青青女士所作出的無私貢獻。

由UCSB學生表演的“扇子舞”令觀眾耳目一新。七名俊俏的姑娘身穿粉紅色偏襟綢襖，腰圍黑絨繡花小兜兜。她們隨著豪放的“信天游”歌曲，踩著歡快的舞步，舞動著紅、綠兩色綢扇。一招一式透著中國姑娘的青春活力。編舞徐蕾在較短的時間內趕編出舞蹈並帶領陳嬋娟、邢慧麗、孫穎、鄭文穎、袁苑、夏雪六名姑娘，每週花五、六個小時趕了一個多月為聯歡會獻上如此精彩的舞蹈，受到了觀眾的熱烈歡迎和好評。

今年的聯歡會由新任會長鄧永征和理事李漢香支持。他們妙語橫生的介紹，為大會增添了光彩。文藝節目之間，他們向觀眾引見了UCSB楊校長和Goleta市的新市長。兩位貴賓為大家帶來了節目的祝賀，使觀眾感受到社會各界對華人社區的關注。

主持人還向觀眾逐一介紹了新一屆的各位理事，以及社區的名人，如UCSB教師徐振銓等。席間還向為華美協會作出傑出貢獻的歷屆會長：戴豪興、邱冬銀、張錦平、施德俊等頒發了榮譽獎。

穿插在大會之間的抽獎活動活躍了大會的氣氛。最後，愛好跳舞的會員們一起享受了音樂、舞蹈所帶來的節日快樂，為大會劃上了圓滿的句號。

為了今年聯歡會的成功，新理事會的成員們作出了極大的努力。他們不僅分頭挨家挨戶通知、落實與會的會員，還捐出禮品作為抽獎之用。許多會員以及一些UCSB的學生積極參加了大會的籌備，如佈置會場，安置音響等大會服務工作。觀眾們一致表示，感謝各位為大家所作出的一切。

(戈越峰)

Celebrating the Year of the Ram

February 1st was the first day of the Chinese Ram year. More than 270 people in Santa Barbara area gathered at the Goleta Community Center to celebrate the Chinese New Year which is one of the most important holidays in the Chinese culture.

Once you stepped into the auditorium, you could feel the atmosphere of the Chinese New Year. Pair of big, red lanterns hung on either side of the dance stage with a red banner for the SBCAA Chinese New Year celebration hanging in the middle. Rows of chairs were set in the big hall while people waited for the show to start. Volunteers like Gang Yu, Chaoming Wu, Changchun Liu warmly welcomed attendees and helped them sign in at the front entrance.

Through the main hall, as you turn right was the dining hall. You could see it packed with people filled with excitement. Old friends that have not seen each other in a long time were reliving old friendships and wishing each other a happy New Year, while new friends got acquainted with each other. A lot of people attended with their whole families. The children were the happiest angels of this day. From their adorable, laughing faces, you could tell that they were really excited. A lot of families that adopted children from China had their kids wear Chinese style outfits to partake in the tradition of the Chinese New Year celebration. People sat around rows of tables, sampling the food provided by 'Empress Palace'. The sound of conversations filled the whole hall, like a harmonious family gathering for the New Year.

Around 1 o'clock, the Chinese New Year celebration officially started in main hall. UCSB Chinese Lion Dance team lifted a new wave for the celebration. Along with the deafening sound of gongs and drums, the six-member team of three colored lions joyously jumped under the direction of the masked child. Sometimes they swung their heads and wagged their tails while other times they stood and tumbled. The performance brought out warm applause from the audience. Suddenly the three colored lions jumped down from the stage and into the audience. The children excitedly came up to touch them. The lions opened their mouths making the kids break into laughter. When the performer formed a pyramid, the three lions stood on the wooden pillars offstage jumping rotationally. They did breathtaking movements making the children nervously anticipating the next movement. When the three lions jumped back onto the stage, they stood upright and opened the sign of happy wishes making the crowd break into applause.

The Chinese School provided the next brilliant performance. Eight beautiful young girls wearing red Chinese style coats, lively danced the "Floating Colored Handkerchief" under the Chinese song. Sometimes they would form lines while other times they paired up or formed teams. The red handkerchief flied continuously on their small fingertips like dancing butterflies, and people bursted with joy. These adorable young girls were Jade Barrad, Anmai Brook, Jocelyn Chang, Rosalind Chang, Kimberly Almcrantz, Courtney Miller, Camille Miller and Leah Tiethof.

The second dance was performed by a slightly older group of girls. They were Julia Chang, Ruby Chang, Heidi Chen, Angela Dai, Michele Gaffaney, Tina Ho, Sara Lee, Christina Li, Jennifer Nelson, and Katherine Li. Wearing light green, bordered silk coats with water green colored long skirts, each of them looked elegant and poised. Red, yellow, pink, green and purple colored fans formed beautiful rainbows with their graceful dancing steps and changing dance formations.

The third dance was the "Wine Cup Dance". The jubilant Chinese folk song and the sound of clattering wine cups brought joyous atmosphere to the entire hall. While the audience enjoyed the brilliant performance of the girls, they wanted to sincerely thank the Chinese School teachers, parents and the students for their hard work, especially choreographer Chinchin Chang for her selfless contribution.

Yu-An Chen also participated in the performance. Her classic instrument performance brought harmonious wishes for the New Year.

UCSB students' performance of the "fan dance" brought something fresh and new to the audience. Seven pretty and charming ladies wore pink Chinese coat with small, black velvet embroidered pockets around their waists. Following in the sound of the song "Free Soul", they stepped in spirited dance movements, waving red and green colored silk fans. Each movement showed the youthful energy of the Chinese girls. Choreographer Lei Xu arranged the dance in a short period of time and instructed Chuanjuan Chen, Huili Xing, Ying Sun, Wenying Zheng, Yuan Yuan, Xue Xia for the dance. They practiced five or six hours a week for more than a month in order to bring this lovely dance to the celebration. It received high remarks from the audience.

This year's celebrated was hosted by the new Association President Nicholas Teng and board member Hanxiang Li. Their witty introduction brought more splendors for the celebration. Between the performances, they introduced UCSB chancellor Henry Yang and the new mayor of Goleta. The two honored guests brought well wishes to the audience, making the audience feel the attention that the Chinese community received.

The hosts also introduced the new term board members and the notable figures of the community like UCSB Lecturer Jennifer Hsu. Between the performances they also presented plaques to the previous Presidents, such as Henry Tai, Cathy Chiu, Jinping Zhang, Jim Sturgeon to show appreciation for their contribution to the SBCAA and the promotion of the Chinese culture.

The raffle drawings that were held between the celebration lifted the mood of the shows. In the end, the members that liked to dance enjoyed the music and dance that brought joy to the holiday.

In order to bring success to this year's celebration, the board members put in a lot of effort. Not only did they notify and confirm with the members one by one, but they also donated gifts used for the raffle prizes. Many members and some UCSB students enthusiastically contributed in the preparation of the celebration, such as decorating the stadium, setting up speakers. All the audience agreed that they wanted to express thanks to everyone for what they did for the celebration. (Wenjing Wan, Yuefeng Ge)

华美协会近期活动

野餐

时间: 11:00 AM - 4:00 PM, April 19
 地点: Manning Park, Montecito
 内容: BBQ 和复活节寻蛋游戏. 欢迎您和家人参加.

卡拉OK比赛

时间: 2:00 PM, May 17
 地点: UCSB Storke Family Student Housing Community Center, 799 Juniper Walk, Goleta, CA. 93117
 内容: 卡拉OK. 奖品丰厚.
 Show your sweet voices and win the prizes!
 欲知以上活动详情, 请和陈瀚(252-9693) 或吴征(965-0497) 联系.

华美协会老人俱乐部

华美协会资深创始人之一Henry Tai多年来组织了 许多老人活动, 包括纪念重阳节, 清明节, 端午节. 老人们不仅有会聚在一起互相熟悉, 而且可以一起享用丰盛的食物. 如果你从未参加过, 但希望以后可以参加这种聚会, 请和如下联系人接洽并注册姓名(中文及英文)和电话号码.

Henry Tai: 967-3918
 Elizabeth Fong: 964-9188

特别致谢!

Nick Teng 和 Jen Leong各交会费\$200成为 华美协会永久会员! 另外, 会长NickTeng捐献\$1000支助华美协会运作.

Raytheon公司答应资助即将在六月举办的中国节 \$500现金以及价值\$300的奖品.

好消息! 华美协会不断壮大!

今年(2003)以来加入Santa Barbara华美协会的新会员如下: Robert Bernstein, Dong Chen, Shuping Zhao, Michael Cheng, Ted Chou, Suzanne Chou, Barbara Chiong, James Huang, Keith, Ling Ling, Fang-Chuan Lin, Hong-Chi Teng, Alan Liu, Lillian Liu, Lenda Nelson, Anita Sy, Joan Vignocchi, Tim Gallant, Bob Wolf, Li Ning Wolf, Kay Yee, Donne Yee. 欢迎我们的新会员! 希望所有会员能够介绍你们的亲朋好友加入华美协会的大家庭!

Planned SBCAA Member Activities

Picnic

Time: 11:00 AM - 4:00 PM
 Date: April 19
 Location: Manning Park, Montecito
 There will be BBQ and egg hunt. Bring the whole family and have fun.

Karaoke Contest

Time: from 2:00 PM on
 Date: May 17
 Location: UCSB Storke Family Student Housing Community Center, 799 Juniper Walk, Goleta, CA. 93117

Show your sweet voices and win the prizes!

For more information, please contact Han Chen at 252-9693 or Jen Leong at 965-0497.

SBCAA Senior Members' Group

One of our valued founding members Henry Tai has, for many years, organized many gatherings for senior members. These gatherings celebrate "Chung Yang", "Ching Ming", and the "Duan Wu" festivals. Senior members not only have a chance to socialize and get acquainted, but also can enjoy a delicious meal together. For those members who have never attended these meetings before and would like to do so in the future, please contact one of the following persons to register your name (both Chinese and English) and phone number:

Henry Tai: 967-3918
 Elizabeth Fong: 964-9188

Appreciation!

Nick Teng and Jen Leong, each paid \$200 dues to become the new permanent members of SBCAA! In addition Nick Teng, the President, donated \$1000 in support of the Association work.

Raytheon Corporation has pledged \$500 cash and a raffle gift worth \$300 to the Chinese Festival to be held in June!

Good News! SBCAA is Growing!

Following are the names of our new members who joined the Santa Barbara Chinese American Association Since the beginning of 2003: Robert Bernstein, Dong Chen, Shuping Zhao, Michael Cheng, Ted Chou, Suzanne Chou, Barbara Chiong, James Huang, Keith, Ling Ling, Fang-Chuan Lin, Hong-Chi Teng, Alan Liu, Lillian Liu, Lenda Nelson, Anita Sy, Joan Vignocchi, Tim Gallant, Bob Wolf, Li Ning Wolf, Kay Yee, Donne Yee. Welcome! Welcome our new members! Hope all of our members would introduce their relatives and friends to join this great family!

中文學校慶新年

一年一度聖塔芭芭拉中文學校春節聯歡晚會已於二月二十三日(星期六)晚上借Goleta Community Center 舉行。當晚,五時三十分參加晚會的師生來賓們首先享用了由香滿樓餐廳提供的可口便當,之後韋美玫校長致詞,同時介紹家長教師會成員,報告中文學校於近日捐贈一些兒童書籍及兩片光碟

“一個不能少”,“變面人”予社區圖書館,以藉此宣揚中華文化,並頒發祝凱緹女士熱心公益獎。七時正,表演節目開始,由張凱朝和黎琇蕙同學擔任司儀,他們以有趣的中英文將晚會引入高潮,各班同學們更是寫,畫,說,唱,跳,演,使出渾身解數將中國文化的精髓表演得淋漓盡致。其中尤以舞蹈班B組演出,動作整齊,舞姿優美的杯子舞,以及董策老師指導高班B組同學表演的孫悟空大鬧天宮,令人印象深刻。晚會於八點鐘在全體師生,家長,來賓們歡樂的大合唱“恭喜,恭喜”聲中圓滿結束。

(陳育安 譯及打字)

榮譽榜

1. 本會前董事賀業進與俞鋼夫婦之女,俞小舟, Dos Pueblos十一年級生,於三月二日在十二位多才多藝競爭者中脫穎而出,贏得本地妙齡少女才藝選拔賽第二名,獲得獎學金八百元,並有可能代表本地參加州級競賽

美國妙齡少女才藝選美比賽是全美高中女子獎學金計劃中歷史最悠久的一個組織。本地比賽,係由Santa Barbara Jaycees贊助,今年發出四千二百五十元獎學金,欲知詳情請上網查詢www. ajm. org

2. 本會長期會員吳兆憲公子-中文學校及Goleta Valley八年級生吳亨利於二月二十二日與隊友代表學校參加縣級年度數學比賽,贏得冠軍,將再代表本郡至爾灣大學進入州級決賽。

(以上新聞除署名外均由陳瀚翻譯)

Chinese School Celebrates Chinese Year

Once a year, Santa Barbara Chinese School puts on the Chinese New Year Party. At 5:30 PM on the Saturday night of February 23, guests, students, and teachers enjoyed the dinner provided by Madam Lu at the Goleta Community Center. After dinner, principal Mei Mei Chang greeted everyone and announced a few things. She introduced the newly selected PTA members, and reported donations of books and two Chinese movies (No One Lasts and The King of Masks) made to the Goleta Library that explained things about Chinese culture. To add to this, she also rewarded the Volunteer of the Year award to Katy Drew. The performances, put on by the Chinese School classes, started immediately afterward. The two MC's were the very articulate Ronald Chang and Christine Li, who used a combination of English and Chinese to introduce and comment on the presentations. The students sang traditional Chinese songs, decorated the auditorium with their Chinese paintings and calligraphy, read poems and anecdotes, entertained the viewers with Taiwanese folk dance, and even put on a small play. Some more memorable acts were the synchronized and elegant cup dance and the very exciting and incredibly brilliant Monkey King Drama. Everyone joyfully sang "New Year Greetings" to end the eventful night. (By Ronald Chang)

Honor Roll

1. Lissa Yu, daughter of Gang Yu and Yejin He and a junior from Dos Pueblos High School, won the first alternate out of twelve other competitors in the 2004 Santa Barbara Junior Miss Scholarship program March 2. She was rewarded with \$800 and may represent Santa Barbara at the state level competition.

America's Junior Miss program is the oldest and longest scholarship program for high school girls in the country. The local program, sponsored by the Santa Barbara Jaycees, awarded \$4,250 this year. For more information visit www.ajm.org.

2. Santa Barbara Chinese School and Goleta Valley Junior High School eighth-grade student Henry Wu and his teammates took first place at the chapter level of the annual Math Counts Competition on February 22. The team will move on to the state level of the competition held at UC Irvine. (By Ronald Chang)

(All news items have been translated by Han Chen except where otherwise noted)

多才多艺王慧珍 The Multi-Talented Rose W. Loh



出生和成长于上海的王慧珍是本会的创始会员，在本地住了三十年，交游广泛，人地均熟，是极受欢迎的“老土地”之一。

何其幸运，能在如此土地广阔的美国，选中了被誉为太平洋之滨的天堂圣塔芭芭拉呢？原来是第二为儿子陆以义的线索。他在台湾大学毕业后，即进入UCSB读书，慧珍随丈夫陆仲荀来探望儿子，看中这块宝地，随即住下生根，以迄于今。

慧珍毕业于上海同德产科高级学校，担任特别护士，打针是她的特长。丈夫是工程师，任职于华联公司。经常奔走于台、港之间。1949年，中国发生了惊天动地的大变动，冲散了千千万万的家庭，陆家也不例外，慧珍在港抚养二子，和在台湾的丈夫完全隔离，音讯断绝，如此过了两年，好不容易，慧珍带了两个儿子前往香港，与丈夫团聚，不久转去台湾，一住就是二十年。

从繁华的上海、香港岛当时朴实的台湾，正值人生成熟阶段的慧珍，开始学习写作和投资股票，颇有成就。来美国后，丈夫在洛杉矶工作，周末才回家。她先开设旅馆，奠定了经济基础后，就发挥她在台湾学到的投资股票经验，马到成功，时有斩获，她乘胜大局紧急，看中目标后，一买就是几千股，获利甚厚。几年后股票市场衰退，才转移阵地，投资奖券，她依旧是大手笔，一买就是几千元，中奖机会大增，胜多赔少。

丈夫于1989年病逝后，她就卖掉旅馆，另购住房，试过退休生活，但依旧退而不休，在园子里广植蔬菜果树，加上奇花异卉，就像她在股票和奖券市场中的常胜将军一样，她有吃不完的新鲜蔬菜和瓜果，经常分送亲朋好友。这些“自然”食物（不用化学肥料），营养特别丰富，难怪她身体健康，胜过和她同年龄的朋友。

慧珍是位贤惠的妻子，成功的母亲，三位儿子各有所长，均已成家立业。老人在Cottage Hospital担任财务工作，经常就便照顾母亲；老二在上海开设电脑公司。第三代呢，一男四女，虽然不能每天围绕膝前，但经常团聚一起，全家欢乐。

(戴豪兴)

Born and brought up in Shanghai, Rose W. Loh is one of the founders of SBCAA. She has been living in Santa Barbara for more than 30 years. One of the most popular veterans, she is good at making friends and knows a lot about people and things in Santa Barbara.

It is fortunate that in the vast American she chooses 'the heaven along the Pacific Shore' – Santa Barbara, the reason being related to her second son, Spencer Loh. Spencer graduated from National Taiwan University and came abroad to UCSB. Then, Rose came with her husband C. H. Loh, to visit Spencer, fond of this splendid land of Santa Barbara, and decided to settle down. Till now they live.

Rose graduated from Shanghai TongDe Advanced Gynecologic School, majored in special nursing, and injection is her expertise. Her husband is an engineer who works at the HuaLian Company and often travels between Taiwan and Hong Kong. In 1949, the whacking political transform took place in China, separating thousands of families, including Rose's. She fostered her two sons in Shanghai, totally detached from her husband in Taiwan. After two years and a lot of troubles, she went to Hong Kong with her two sons, and reunited with her husband. Shortly after that, they transferred to Taiwan and stayed there for twenty years.

Moving from the prosper Shanghai and Hong Kong to the plain-of-the-time Taiwan, Rose, in her mature age, began to learn writing and stock investment, and was quite successful. After coming to the US, her husband worked in Los Angeles, and could only come home in the weekends. She first opened hotels, and built a strong economic base. Then she utilized her knowledge and experience of stock investment learnt in Taiwan, and achieved quite a bit. She exploited victories over victories, bought thousands of shares when feeling confident, and profited a lot. Several years later when the stock market withered she moved to the market of lottery investment. As before, each time she bought thousands of dollars, increasing the chance of winning, and profited more of the times.

In 1989, her husband passed away. She sold her hotels and bought another house, starting her retirement life. But she still remains active, growing vegetables and fruits in the yard. In addition to her fancy flowers, she is also successful in the yard, just like she is in the market of stock and lottery. She always has endless fresh vegetables and fruits, and also gives them to friends. These organic foods are rich in nutrition. This is why she remains healthier than people of her age.

Rose is a virtuous husband and a successful mother as well. Each of her three sons has his strong point, all married and having a good career. The elder is an accountant at eh Cottage Hospital, and cares about his mother conveniently. The second son is running a computer company in Shanghai. The youngest is a physician in Montana. How about the third generation? One boy and four girls. Although unable to be together everyday, they frequently gather to enjoy the happiness of the family.

(By Henry Tai. Translation by Han Chen)



我的美国生活 My Life in the US

边缘舞者 *Dancer On the Edge*

这是Goleta的初冬一个微寒的早晨，秋季学期的最后一个星期六。我的室友的父母和妹妹亲临宿舍帮她收拾行李。我的室友名字叫Jill，一个身材高大，相貌标致的美国女孩。这是她在UC Santa Barbara的最后一个学期。现在她已经结束了本科的全部课程，准备回洛杉矶工作了。

我和三个美国女孩，Jill, Alyssa, Vi 合住在两室一厅的学生公寓里。昨天晚上是Jill 大学时光的最后一个夜晚。在我眼里，Jill在生活中一直是一个典雅而安静的姑娘。但是昨晚，她是如此与众不同。我从未看到她这样兴奋而又轻松。她带回两大瓶香槟和一箱啤酒，庆祝她告别大学生生活。我们挤在沙发上边喝酒边天南海北的神聊，听Jill回忆她四年大学生活的点点滴滴。伴着轻柔的音乐，借着暗黄色的灯光，她带着醉意的笑容如此甜美。她一身粉红色的装扮，她的脸在香槟的撩拨下也泛着粉红色的光彩。那一刻，她紧紧地拥抱着我，祝福我在未来的日子里诸事顺利。遗憾的是我们在一起仅仅相处了短暂的三个月，她作为本科生的最后一个学期，恰恰是我作为研究生的第一个学期。环顾那原本属于她，但现在已经空荡荡的床铺和书架，那粉红色的甜美的身影一次又一次在我脑海中闪现。

幸运的是，我的另外两个室友仍将与共度未来的一年。Alyssa有着乌黑漂亮的睫毛和染成亮丽红色的头发。她是我所见过的最热心于助人的人之一。她开车带我去购物；让我分享她的微波炉和炊具；教我做地道的美国大菜；帮我修改论文中的语法错误……在紧张的学习生活之余，我俩最惬意的事就是一起蜷缩在沙发上边看电视边侃大山。

她最热衷的是恐怖电影。在她的强烈推荐和不懈怂恿之下，我也已经看过了诸如《沉默的羔羊》、《午夜凶铃》等几部经典的恐怖大片。当我为电影中的对白困惑不解时，她总是耐心的把影碟机暂停，绘声绘色地讲解一番。Alyssa的酒量很大，而也只有这样大的酒量才配得上她的慷慨和豪爽。

Vi也是一个非常善良的女孩。她拥有菲律宾血统，家人居住在夏威夷。她有着黝黑的皮肤，一双大而迷人的眼睛，和充满活力的身材。仅从她的外表，我对她是个游泳健将并且擅长冲浪一点也不感到奇怪。她床边的一面墙上贴满了冲浪运动员遨游浪尖的巨幅照片，她那个大大的冲浪板就立在我们的客厅里。

Vi很拿手的是做一些别致的亚洲菜肴。她最喜欢日本寿司和咖喱食品。事实上她的男友就是一个可爱的日本男生，一个和她一样拥有黝黑皮肤的水上好手。在周末阳光明媚的下午，想看到他们带着冲浪板直奔海滩并非难事。

圣诞节就要来临，Alyssa和Vi都要回家过节了。我们互赠礼物来慰藉这短暂的分别。我送给她们一对我特意从中国带来给美国朋友的精巧的红色中国结，上面画着京剧脸谱的图案。当她们看到这样精致、有趣，在美国从未见过的工艺品时非常兴奋而又极为好奇，开始向我打探传统的中国文化艺术。我为有机会向美国朋友介绍我的祖国最使我引以为荣的东西而感到异常高兴。

这就是我在UCSB的三个室友，三个善良可爱的美国姑娘。我一直以为与异族异国人民交流并非一件难事，只要双方都有强烈的愿望互相交流，都有足够的耐心去克服最初由不同的语言、文化带来的障碍，都时刻愿意伸出手帮助对方。绝大多数美国人是诚实而热心的。只要你愿意加入他们，有一天你就会觉得在他们的圈子里也能够如鱼得水。

It was a chilly morning for the early winter of Goleta, the last Saturday for the fall quarter. My roommate's parents and sister came to our apartment helping her to move out. Her name is Jill, a tall, beautiful American girl. This is the last quarter for her to study in UC Santa Barbara. Now she has finished with all classes for her undergraduate study, and will go back to Los Angeles to get started her job.

I live in a two-bedroom student apartment with three American girls, Jill, Alyssa, and Vi. Last night was the LAST night of Jill's college life. In my eyes, Jill is gentle and quiet in daily life. But last night, she was so different. I never have seen her in such a high excitement and relaxation. She brought home two big bottles of champagne and a box of beer to celebrate the end of her college life. We gathered up in the sofa, drinking and chatting freely, listening Jill to recollect all those travails she has had during the four-year college life. With gentle music and soft yellow lights, her smile looked so sweet in drink. She was in a pink dress, and her face was also in pink after drinking. Just at that time, she hugged me tightly, and wished me the best luck for the future years in UCSB. It is a great pity that she only hung around with me for such a short time as about three months, since her last quarter as undergraduate happened to be my first quarter as graduate. Looking around the empty bed and bookshelf that once belonged to her, the pink sweet image occurred to me again and again.

Good thing my another two roommates will still keep me company in the future full year. Alyssa has beautiful black eyelashes and dyed hair in fresh red color. She is one of the most warm-hearted and helpful people I have ever met in my life. She drove me for shopping; she invited me to share her microwave and cooker; she showed me how to cook genuine American food; she helped me correct grammar mistakes in my paper... During the breaks of my strenuous school life, the most agreeable time for us was to crouch in the sofa together watching TV program and chatting with one another.

Her most favorite is horror movie. According to her strong recommendation and persistent enticement, I have seen several breathtaking hits such as *The Silence of The Lambs* and *The Ring*. When I couldn't catch up with the lines in the movies, she would always make a pause of the movie and provide me with a vivid explanation. Alyssa is a good drinker, and only such a good capacity of liquor can match her generosity and magnanimousness.

Vi is also a considerably nice girl. She is a Philippine American and her family is living in Hawaii. She has dark complexion, a pair of big, attractive eyes, and robust figure. From her appearance, I did not feel any surprised to know that she is a brilliant swimmer and also good at surfing. The full wall beside of her bed is posted with huge pictures of surfers gliding among billows and her big sailing board stands in our living room.

Vi is good at cooking special Asian cuisine. Her favorite are Japanese Sushi and Curry food. Actually her boyfriend is exactly a cute Japanese guy, who is also a water-kind person and has the same dark complexion. In those sunny afternoons during weekends, it is not quite difficult for you to find them heading straight for the beach with their sailing boards.

As the Christmas is coming, both Alyssa and Vi will go back home enjoying the holiday with their family. We presented Christmas gifts with one another for the short temporary separation. I gave them a couple of cute, red Chinese knits with facial makeup in Beijing Opera, which I brought from China especially for my American friends. They felt excited and extremely curious when they saw such delicate, interesting crafts that they would never find in the United States, and got started to inquire from me about traditional Chinese culture and arts. I felt so happy that I could have an opportunity to introduce what I feel very proud of about my mother country to my American friends.

This is exactly a portrayal of my three roommates in UCSB, three nice, lovely American young girls. I always think that to communicate with people with different ethnicities or nationalities is not a difficult task only if both of the two parties have a strong willing to communicate with each other, enough patience to overcome the initial obstacles of different languages and cultures, and are always ready to be helpful for another. The majority of American people are honest and warm-hearted. Only if you are willing to join them, someday you will be very comfortable to be one of them in their circles.

探索中国 Digging for China



同许多外国人一样，我对这个古老文明国度的第一次感知来自我的童年。大人告诉我，中国在地球的那一边，你可以从这里挖个洞，通向那另一边。好吧，我的探索开始了！

我第一次接触中国是1962年，我在大学里选修了中国政治学。那时正是中美关系恶化时期，彼此都视为敌人。肯尼迪总统则认为，从爱森豪威尔时期的战争起，中国就是对美国安全的最大威胁。1963年底，我任职于美国空军，也因此而加深了这样的印象：中国是敌人。这种想法随着越南战争时期，我被派往东南亚地区而尤为深刻。但与此同时，我又感到，我对中国的认识应该远不止这些，这种认识还需要更多的渠道。

1984年，我终于有了访问中国的机会。这次活动是由富布莱特法案基金组织，旨在参观了解中国的现代化建设。我们参观了城市，农村，工厂，乡镇企业，学校。这真令人兴奋。尤其是当我们认识了当地的中国人并开始了解他们，不是从美国媒体报道，而是从我们自己的眼睛和耳朵。一所大学的卢总工就成了我的好朋友。我从他那里学到了很多。随着我从这个截然不同的地方和截然不同文明中汲取的越多，我越发现，相对于人类共通的东西，我们的文化差异实在是很小的。这使我感触很深。当人们由于地域和先入为主的仇视而隔离，彼此只会视为异己，甚而危险的。

这次经历对我的影响是很关键的。我决定实施一项计划，能使我们的年轻人也能分享到我的所见所感，从而更好的了解中国。我至今还记得，我致函SBCC的校长，Peter MacDougall，向他建议我们带领40位圣巴巴拉的学生，前往中国山东大学。在当时，这样的建议仍是一项冒险之举。虽然当时尼克松已经访华，但恢复两国邦交正常化仍是很超前的想法，同样，送学生到中国进行文化交流也是有些令人担忧的。

第二年，1985年的秋天，我们开始了第一次‘冒险’。这也是我第一次来到了我们的友好城市，威海。（1987年，我们第二次又来到了这里。）这是一座美丽的城市，它座落在山东半岛的北端。有趣的是，它与圣巴巴拉有很多相似之处，红瓦屋顶，山峦小丘，刘公半岛，甚至在码头还有一座海豚的雕塑！我返回圣巴巴拉后，立即向城市委员会提议威海为友好姐妹城市。这项提议于1993年正式通过。圣巴巴拉市长Hal Conklin

特地前往威海市，与该市市长签署了建立姐妹城市的正式协议。那时候，中国正以日新月异的速度大兴土木，以至于Hal Conklin市长回到圣巴巴拉后开玩笑说，中国的国鸟是建筑工地上的起重机。

由于1989年那场政治风波，我们离开了威海，并走访了台湾。台北的学生总是好奇得问我们在大陆的所见所闻。我们发现海峡两岸的人们对互相的了解是如此的不同，但他们全都是善良的人们。

我再次回到山东大学是在1991年，参加她的90周年校庆。卢和我进行了长谈，探讨中国过去几年所发生的一些事情，以及她的未来。在那里，我决定第二年再带一队学生来中国。

1994年，我们再一次来到中国。两年后，在山东大学的帮助下，我们将海外学习计划扩展到了越南。那一次，我们在中国呆了两个月，在越南一个月。到现在为止，我已去过中国十三次。我开始把她当作第二故乡。这个暑假，我希望会带15-20名圣巴巴拉当地中学教师去威海，和那儿的师生合作。这样，他们将开始自的对中国的探索。

我对中国的探索是一段迷人的经历。我已经开始接受在1984年萌芽的一种理解。那就是，尽管文化与风俗的差异真实地存在着，我们总的来说是非常相似的。遗憾的是，我的这种理解不是轻易得到的。我花了这么多年和这么多次的实地考察，才得到这一本应该很显然的结论。作为同一星球上的居民，我们不应该只注意到我们的所谓‘差异’。如果不这么想，我们才可以共同地迎接挑战。

当然在通往这一目标的道路上，我们存在各种不同，但只要我们有勇气去接纳时代的智慧和深刻内涵，而不是急功近利，最终我们会成功地融合这些不同。我在中国的经历使我知道了，在同一片蓝天下，我们是可以和平地共处的！

Like most non-Chinese, my first encounter with this ancient civilization came when I was a child. An adult must have told me that China was on the other side of the world and that I could find my way by digging through the center of the earth, and of course, I started digging!

My first serious encounter came in College when I took a course in Chinese politics in 1962. That was a time when the United States and China perceived of each other as bitter enemies. President Kennedy characterized China as the most dangerous threat to American security based on his understanding of the struggle during the Eisenhower period. By late 1963, I was serving in the US Air Force, and these impressions were reinforced. China was the enemy. This was especially true while on active duty in Southeast Asia during the Vietnam war. But on some level, I knew there was more to this story; that there were bridges to be built.

I was offered a chance to visit China as part of a Fulbright program in 1984 to study the process of Chinese modernization. We visited factories, villages, cities, farms, cottage industries, schools...and more factories. It was exhausting and exciting at the same time. The most exciting was meeting Chinese people and coming to know them, not as they had been described and perceived by Americans, but as real people. One university official, Lu Zonggong, became a good friend.

I learned a great deal from Lu. The more I learned about this very different place and its very different culture, the more I realized that our cultural differences were small in comparison to what we had in common. There was a great lesson in that understanding. When people are separated by both geography and perceived animosity, they see each other only as “different” and often as dangerous.

That experience was pivotal for me and I decided to design a program that would allow our students to share in this. I can still remember writing a letter to SBCC President Peter MacDougall suggesting that we bring 40 American students from Santa Barbara to Shandong University. At the time, such a program was still a risky venture. Richard Nixon had visited China, but the idea of normalizing relations with the People's Republic was still pretty new and sending students was a little frightening.

Our first venture came the following year, in the fall of 1985 and we repeated the experience in 1987. This was also the year of my first visit to our future sister city, Weihai, on the northern tip of the Shandong peninsula. This city reminded me so much of Santa Barbara, complete with red tiled roofs, foothills, an off-shore island named Liu Gong, and even a small sculpture of a dolphin near the waterfront. When I returned home, I presented the idea to the Sister Cities Committee that made a positive recommendation to the City Council which approved the Sister City agreement in 1993. Santa Barbara Mayor Hal Conklin actually made the trip to Weihai to sign the agreement with their mayor. At the time, it seemed China was constructing new buildings at break-neck speed, and Hal returned to Santa Barbara convinced that the national bird of China was the crane...used in construction!

Our next venture to China found that country in political turmoil. It was now the spring of 1989, and economic progress was accompanied by demands for political liberalism including increased levels of democratic participation and individual freedom. The government, fearing political instability, cracked down on students and workers in Tiananmen Square and elsewhere in China. We left from Beijing on June 1, and the military clash came 2 days later. We were back home by that time, and were struck by an overwhelming feeling of sadness. Would this turn back the clock of progress?

We also visited Taiwan during these travels. The contrast was amazing. Students in Taipei were always curious about the mainland; about what we had seen and experienced. They were also afraid. They often asked if we thought there

would be an invasion soon. We told them we didn't think so, but the truth was that we really didn't know. The perceptions of each side about the other were profoundly different, each emphasizing their "rights" and their side of the contest. We found that the Chinese people living on either side of the Strait were simply wonderful people making it difficult for us to understand the enmity between them. We knew about the long and bloody civil war but it had not been our civil war; it was theirs and they, both sides, remembered.

I returned to Shandong University in 1991 as a participant at the 90th anniversary of the university. Lu and I had many long talks about what happened in 1989 and about the future of China. I determined to bring another group of students back the following year as the confusion about the 1989 Tiananmen conflict subsided. China was back on the track of economic development and modernization!

We returned again in 1994, and two years later, with the help of Shandong University, we expanded our study abroad program to include Vietnam. We would stay in China for two months and Vietnam for one month. I have now made 13 long-term trips to China and have come to consider it a second home. This summer, I hope to take 15-20 local high school teachers to Weihai where they will work with local teachers and students and begin their own journey, "digging" for China.

My "digging" experience has been a fascinating journey. I've come to accept what I began to understand in 1984. Despite genuine and interesting differences in culture and custom, we are, in the main, very much alike. Sadly, this understanding does not come easily. It has taken many years and many visits to realize what should have been obvious from the start. As inhabitants of a very small planet, we need to cease our nearly exclusive focus on our differences. Such a practice only gets in the way of understanding that we share the planet and must learn to cope with its challenges together.

We will, of course, have differences along the way, but in the end, we can resolve those differences peacefully if we have the courage to embrace the wisdom and insight of the ages, as opposed to a more contemporary preference for simple solutions. My experience in China has taught me that we can learn to live together, in peace, in this very small global village of ours!

Peter O. Haslund, President, Santa Barbara-Weihai Sister City Association
圣巴巴拉-威海 友好城市联谊会主席

健康快乐一百岁 Healthy and Happy to 100

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二. 适量运动

运动是健康的重要要素 在2400年前, 医学之父西波克拉底提出:

“阳光, 空气, 水和运动是生命和健康的源泉”

什么运动最好?走路 1992世界卫生组织提出: 最好的运动是步行 因为人类花了三百万年, 从猿到人, 整个人的身体结构就是步行进化的结果, 所以人体的解剖和生理最适合步行.

最新的研究证明, 步行可以逆转冠状动脉硬化斑块, 特别适合老中年人 步行还能有效地预防糖尿病 北京的研究表明, 与不运动组相比较, 运动组糖尿病发病率减少30%~50%. 长期的步行运动锻炼, 对降低血压, 降低胆固醇和对体重都有很多好处. 但是过量运动有时会造成猝死, 很危险.

怎么步行最好呢?请记住三个原则, 三个字. 三个原则是:有恒, 持之以恒;有序, 循序渐进;有度, 适度运动. 三个字: 三, 五, 七. “三”就是最好一次步行3公里30分钟以上, 分次也可以. “五”即一周最少运动五次 “七”指适量运动, 过分运动是有害的. 什么叫适量呢?有氧代谢, 就是运动到你的年龄加心跳等于170.

除了步行, 还有项运动很好, 就是太极拳. 练太极拳, 最重要的是神经系统的平衡功能改善, 使之年轻化. 打拳的人神经平衡功能年轻3至10年之久 老年人要注意3个半小时, 3个半小时. 有的人白天还好好的, 没什么症状, 突然就死了, 原来他夜里起床上厕所动作太快了, 突然一起床, 体位性低血压, 脑缺血眩晕摔倒 有的人颅骨摔碎了, 有的人心脏骤停了.

“3个半小时”就是1, 醒过来不要马上起床, 在床上躺半分钟; 2, 慢慢起来, 起来后坐半分钟; 3, 两条腿下垂在床沿再等半分钟. 经过这“3个半小时”, 脑就不会缺血, 心脏不会骤停, 减少了很多原本可以避免的猝死 心肌梗死和脑中风 “3个半小时”只是一句话, 不花一分钱, 可以少死很多人!

“3个半小时”就是一, 早上起来运动半小时; 二, 中午睡半小时, 这是人体生物钟的需要, 使血压曲线有个低谷, 心脏得到保护 有研究表明, 这样可使冠心病发病率减少30%; 三, 是晚上6时至7时慢步行走半小时, 可减少心肌梗死和高血压的发病率

三. 戒烟限酒

香烟是健康的大敌, 是癌症的帮凶

酒是把双刃剑, 少量是健康之友, 多量是罪魁祸首? 多少为适量?每天饮酒酒精含量不超过15克, 即每天饮红葡萄酒不超过50~100毫升

(戴菊英)

2. Proper Exercise

Physical exercise is an important element in healthy living. Hippocrates, the father of modern medicine, proclaimed 2400 years ago: “Sun, Air, Water and Exercise are the source of life and health”.

What is the best form of exercise? Walking. In 1992 the World Health Organization (WHO) recognized walking as the best form of exercise for the human body. In three million years of evolution from primates to homo sapiens (the modern human), the structure of the human body has adapted both anatomically as well as physiologically to bipedal locomotion, i.e., walking.

The latest scientific research has shown that walking can reverse the hardening of arteries in the heart and is especially beneficial to the elderly. Walking is also effective in preventing diabetes. In a recent study conducted in Beijing, a group of people who walked regularly was found to have lower rate of age-related diabetes compared to the non-exercising group. Over the long run, walking plus other exercises have many health benefits including lowering blood pressure, cholesterol, and over-weight. However, over exertion in physical exercise is also dangerous and sometimes can lead to sudden death.

What, then, is the best way for walking? Here I recommend three guidelines and three easy-to-remember number rules. The three guidelines are: persistence, graduation, and moderation. The rational behind these principles are easy to explain: the health benefits will manifest only through regular exercises over an extended period of time during which the level of physical exercise is gradually increased, but always within one’s limits. We can use three numbers, 3,5,7, to measure the proper level of exercise. Here “3” means that one should attempt to walk for three kilometers or thirty minutes, which can be accomplished in several sessions. “5” stands for the rule that one should at least exercise five times per week. “7” refers to controlling one’s exercise at a proper level, which can be measured by adding up one’s heart rate and age and make sure this number is below 170.

Taichi is another form of good exercise besides walking. Practicing Taichi can improve neurological functions, such as balance and coordination. Taichi can counter the degrading effects of aging, sometimes by 3 – 10 years.

Elderly people should pay attention to the “three half minutes” and “three half hours” rules in daily living. A common cause of sudden death of elderly people can be attributed to sudden body movements, such as getting of the bed in the middle of the night to go to the bathroom, which can cause momentary decrease of blood pressure leading to insufficient blood flow to the brain, fainting, falling, and even cardiac arrest.

The “three half minutes” stands for: 1.) lye in bed for half a minute when you first wake up, do not get up immediately; 2.) get up slowly in bed, stay in a sit-up position for half a minute; and 3.) move your legs over the side of the bed and wait for another half a minute before standing on ground. Following this simple process one can avoid the loss of blood flow to the brain and the associated sudden death due to cardiac arrest or stroke. This simple rule does not cost a penny and can save many lives!

The “three half hour” stipulates that: 1.) one should exercise for half an hour each morning; 2.) one should take an half hour nap at noon , which is consistent with the rhythm of the biological clock. A nap can create a blood pressure valley which can protect the heart. Studies have shown that this can reduce the risk of coronary heart disease by as much as 30%; and 3.) walk slowly for half an hour between 6 pm – 7 pm. This also reduces the risk of heart disease and hypertension.

3. Smoking and Alcohol

Smoking is the enemy of a healthy body and is the culprit of many cancers.

Alcohol is a double-edged sword: moderate consumption is beneficial to health but in large quantities it can cause many health problems. How much is enough? Daily consumption should not exceed 15 grams of alcohol, which is equivalent to 50 – 100 ml of red wine.

(By Dai Ju Yin. Translated by Y. Li)

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