

聖塔巴巴拉華美協會

會利

第 42 期 2003 年 12 月

Santa Barbara Chinese American Association (SBCAA)

www.chinesefestival.com

Newsletter

No. 42 December 29 2003



恭祝各位會員新年快樂，萬事如意！

We wish all members a happy and prosperous new year!

猴年春节联欢会

时间：一月三十一日，星期六，上午 11 点 - 下午 5 点

地点：Goleta 社区中心

费用：8 元/人（大人，小孩，会员，非会员同价）

邮寄地址：Santa Barbara Chinese American Association
3887 State St., #104
Santa Barbara, CA 93105



2004 年在中国的生肖中是猴年。今年的春节是一月二十二日。华美协会将于一月三十一日举办我们一年一度的春节联欢会。届时欢迎各位会员参加同庆新年。我们预订了 250 份便当午餐，采取先到先得的方式售完为止。午餐后将有精彩表演。为了保证能吃到饭，请会员们提前预订将支票寄到华美协会(请注明名字和几位)。如果不吃午餐的话也欢迎参加观看表演(免费)。我们期盼大家光临！

The Year of Monkey New Year's Celebration

Time: 11 AM – 5 PM, Saturday, January 31, 2004

Location: Goleta Valley Community Center

Admission: \$8/person (adults, children, members and non-members same price)

Mail Address: Santa Barbara Chinese American Association
3887 State St., #104
Santa Barbara, CA 93105

The year 2004 is the Year of Monkey in the Chinese Zodiac. This year's Spring Festival (new year's day) falls on January 22. To celebrate the arrival of the Year of Monkey, the SBCAA will hold a new year's celebration party on January 31, 2004. We welcome all members to join us in this festive event. We have reserved box lunches for 250 guests, which will be sold on a first-come-first-serve basis. After lunch we will have a series of colorful performances. To ensure that you will be able to have lunch, please reserve in advance by sending a check to SBCAA (please note your name and number of people attending). Even if you do not want to have lunch in the party, you are welcome to come to watch the performances, which are free. We look forward to seeing you all in the party!

猴年 Year of the Monkey

属猴的人机敏，即使完全沉浸在谈话时也能感觉到周围的环境。属猴者善与人交往并喜爱户外生活。属猴者善解人意，能得到别人的信任。属猴者能够饶恕他人，但是不会忘记，如果数次受冤会记仇。他们会耐心地等待良机，没有人可以阻止他们实现自己的目标。他们有丰富的爱情生活。属猴者善于使人感到亲切，即使羞怯的人也会向他们敞开心灵。他们比较外向，作为配偶他们可靠，适应性强，乐观欢快。天性聪明，属猴者极少失败。他们善于估量风险和金钱问题。属猴之人知识渊博，记忆过人。他们对其他人对他们的看法不在乎。他们知道自己是幸运的，他们也知道他们能够有机会改变命运。属猴的人基本上是不会失败的！如果有人试图要在属猴的人前耍计谋，往往会被识破。他们是很好的策略者。他们会在各种情况下都看到机会。他们不会受骗。他们不断改进把事情做好，往往甚至超过自己的期望。他们是极好的外交家，能够在种种困境中出入自如。属猴者总是超前的。属龙和属鼠者与属猴者最配。名人中如威尔-史密斯，凯撒大帝，诗人拜伦，伊丽莎白-泰勒，达芬奇，亨利-杜鲁门，以及珍妮佛-安尼斯顿等皆为属猴的。

Monkeys are always alert and can feel surroundings even as they are thoroughly engaged in conversation. Monkeys are sociable and have an active outside life. Monkeys sympathize with people and they in turn trust you with their secrets. Monkeys can forgive, but never forget and can be revengeful if somebody wrongs them several times. They wait their turn for the perfect opportunity and nothing can stop them from achieving a goal. They have a lively love life. Monkeys are good at making people comfortable and even the shyest individuals open up to them. Having a very attractive openness, and as a partner they are reliable, adaptable and cheerful. Inherently brainy, monkeys very rarely fail in their mission. They are good at assessing risk and financial problems. Monkeys are intellectual and their memory is incredible. They don't care what opinions others may have of them. They know they are lucky, and they also know they have the power to change things when convenience calls. Monkeys are virtually unsinkable! If people try to trick monkeys, they will probably catch them. They never make a move without a plan. They are great strategists. They can spot an opportunity in any form. They never miss a trick! They improve and try to do things better, and often amaze even themselves. They are the ultimate diplomats and slip in and out of difficulties with ease. Monkeys are always out in front! Dragons and rats will match up with the monkey. Famous people like Will Smith, Julius Caesar, Lord Byron, Elizabeth Taylor, de Vinci, Harry S. Truman, and Jennifer Anniston are signed under the monkey.

華文社 Chinese Culture Club

今年我在 Dos Pueblos 高中成立中國文化研習社，目的是推廣和學習中華文化。已經介紹了中國圍棋，象棋，五子棋。計劃接下來陸續要介紹書法，國畫，摺紙，剪紙，國樂和中國功夫，民族舞蹈，或中國歷史，哲學等。因此我們需要很多老師和來賓給我們示範和指導，有興趣幫忙的人，請打電話給我 964-0211 或 E-mail: Ronc75@aol.com, 目前我們每週四下午 12:15 到 12:45 在學校聚會。如果需要較長時間的講解，我們也可以令擇時間聚會，或做多次講解，本社負責所有材料費用，也歡迎贊助。 社長 張凱朝

By Ronald Chang I have started a new high school club at Dos Pueblos called the Chinese Culture Club. It is a club where any student can come to learn about and be exposed to Chinese culture. So far, our club has focused on board games, like Chinese chess, Go, and 5-in-a-row. However I would like to go into calligraphy, Chinese painting, Chinese music, martial arts, folk dance, and/or maybe even Chinese history or philosophy. To do this, I'll need guest speakers and teachers to help me. If you are interested in helping out please e-mail me at RonC75@aol.com or call my home phone at 964-0211. Our club meetings are held on Thursdays during lunchtime, which is from 12:15 to 12:45. Most people don't show up until 12:20, so the sessions are short and you won't need to prepare a long presentation or lesson. If you will need more time, we can schedule either something after school or do it on two different days. If you have materials, have any costs, or want any pay at all, our club is very willing to fund these expenses. One more thing, we are always accepting donations, so if you would like to be generous we are always accepting \$\$\$

賀吳洋榮獲書法比賽優勝獎

Congratulations To the Participants of the Calligraphy Contest!

中文學校十位書法班同學：黃琮凱，黃琬琿，張凱朝，錢安中，顏名翊，董寧，尹茜，張顯璋，黎琇蕙，和吳洋，加上校長李玉山，老師劉麗君，黃世昌，韋美玫，張美豪，及家長尹思明，分四車，于早上 6 : 30 出發前往 Acadia High School 參加年度南加州書法比賽。

參加本次比賽的目的並非在於贏，而是在趣味之中也增加閱歷。一路上輕鬆愉快，大家有說有笑，也有些人乘機補覺。

吳洋是中文學校高級班(4A)的新學生。在今年來到聖巴巴拉之前曾在日本和英國居住多年。這次是他第一次參加書法比賽。我們同學們都為他進入了高中生組前三名而感到驕傲。

所有參與比賽的十位同學都花費了很多時間準備。他們在課堂上精心練習，同時也在一起玩得愉快。有些同學儘管學業忙也抽空在家練習。書法班的老師們對這些聰明和刻苦的學生無不讚譽有加。當然此次書法之旅的成功也大大得力于各位學生父母和老師的支持，鼓勵和參與。比賽後在三和酒家的精美點心宴會，為這充滿了節日和文化氣氛的一天打上了完美的句號。我們再次向中文學校校長李玉山致謝，他在幕後奔忙，給了我們不懈的支持。

書法班老師劉麗君，黃世昌，韋美玫，張美豪

Congratulations to Yang Wu, for receiving an award at the calligraphy contest! Alex Huang, Diny Huang, Ronald Chang, Jonathan Chien, Angie Yen, Ning Tung, Allison Yin, Charlotte Chang, Christine Li, and Yang Wu of the Chinese calligraphy class sacrificed hours of precious sleep last Sunday to participate in the Southern California Calligraphy Contest. They were accompanied by principal Sean Lee, teachers, Li Chun Tung, Dennis Huang, Howard and Mei Mei Chang, and parent Kevin Yin - in 4 cars. They left for Acadia High School in LA at 6:30 am to participate in the annual Southern California Calligraphy Contest.

The more important point of our participation in the contest was not to win, but to have fun and gain valuable experience. The trip was relaxing and enjoyable: many students chatted among themselves, while some managed to make up for lost sleep.

Yang Wu is a new student of the senior class (4A) in Chinese School. Before he came to Santa Barbara this year, he had lived in Japan and England for several years. This was his first attempt in the calligraphy contest. We are all proud of his great accomplishment of being in the top three in the high school student group.

All ten participating students dedicated hours of time in preparation for the contest. They all diligently practiced and honed their calligraphy skills in class, while still having fun together. Some students even spent time practicing calligraphy at home, despite their busy schoolwork and schedule. The teachers of the calligraphy class wholeheartedly bestow the highest praise to these intelligent and devoted students. The calligraphy field trip would not have been so successful without the support, encouragement, and participation of all the parents and teachers; and, of course, the grand feast that everybody attended at Sam Woo Dim Sum after the contest, was a fitting conclusion to a festive and cultural day. We also like to thank principal Sean Lee again, for his unwavering support behind the scenes.

Calligraphy Teachers,
Li Chun Tung and Jennifer Hsu

秋之旅

張凱朝

今年感恩節學校放了九天假，所以我利用這個假期去了一趟台灣。這是我第一次到嚮往已久的台灣 - 福爾摩莎 (美麗寶島) - 我父母出生成長的地方。盼望許久的假期終於來臨，當天早上，外婆，表妹與我結伴飛往台北和我的母親會合。

抵台後第二天就是逛街購物和吃東西。我們去參觀了全球最高的大樓，台北 101 和金華城 - 一個圓形如球的購物中心，午餐在真北平吃北京烤鴨，晚餐則是火鍋大餐。第三天媽媽帶我上台北火車站前的新光三越百貨公司頂樓 (樓高 51 層) 俯瞰台北市，終於對這個城市有了初步的概念，晚上我們繼續採購，去了台北最大的夜市 - 士林夜市，逛了整晚才只看了其中一角。

第四天我們參加旅行團，正式開始旅遊行程。第一站就是到台北的故宮博物院，可惜只停留了一小時，下次一定要花一天的時間專程去參觀，然後在忠烈祠看到衛兵交接班，再到行天宮看拜拜，中午在中泰賓館 - 我父母親結婚的地方 - 吃蒙古烤肉，飯後再到中正紀念堂，國家音樂廳和國家劇院；之後前往台中過夜。

第五天遊覽台灣中部最大的內陸湖 - 日月潭，爬上慈恩塔和文武廟，整個湖光山色盡收眼底，中午在頂頂大名的涵碧樓用餐，室內裝璜高雅，室外風景如畫，桌上菜色卻不怎麼樣。接著繼續南下，到高雄先看了春秋閣，龍虎塔。再去旅館，我們也和親戚們共渡了感恩節。

第六天我們去參觀了台灣最大的廟宇 - 星雲法師創辦的，佛光山 - 他同時也建立了洛杉磯的西來寺。隨後去看澄清湖和中興塔。吃過一頓非常豐盛江浙口味的午餐後，再搭機前往台灣東部 - 花蓮。當晚欣賞一場精彩的阿美族山地歌舞表演後，又去逛夜市。

第七天也是此行的高潮，我們到了太魯閣 - 原住民語意為「美麗」，經過長春祠，燕子口，九曲洞，慈母橋，一路都是大理石峭壁，深谷曲溪，所有的天然景色只能用鬼斧神工來形容。用過一頓中西合璧的自助餐後，我們一行人搭乘火車回台北，還在火車上用了便當 - 我母親說是她最懷念的便當。當晚再到台北繞河街夜市，又是一頓吃喝。

第八天上午媽媽帶我去台北西門町 - 我父親的老家 - 以前二層樓的木屋，已經改建成大樓，樓下都改開了商店。中午在圓山飯店飲茶，因為圓山飯店也是我祖父承包的油漆工程之一，當初每片彩畫板都是手繪，每片金箔都是手工鑲上去的。下午再到台北東區購物中心，做最後的採購，總算滿載而歸。雖然回美上課後，要趕很多作業，調整時差，補充睡眠，但是此行實在非常值得。



Formosa in Autumn

By Ronald Chang

This Thanksgiving we had an entire week off from school, so we took advantage of the break and scheduled a trip to Taiwan. It was my first time traveling to this beautiful island also known as Formosa. My parents both grew up in Taipei and often told me stories about their childhood, so I couldn't wait to actually see the places that my parents were talking about and where they grew up. I packed my bags the night before our flight, and in the morning my grandmother, and cousin, Allison, flew to Taiwan. At the airport, Allison was picked up by her aunt, and we were picked up by our friends. My mom was already in Taiwan and had been there for 3 weeks because she was taking a cooking class (a great excuse for a long vacation). After reaching our friend's house and reuniting with my mom, I soon fell asleep.

The next day was filled with shopping and eating. We went to Taipei 101 (almost finished and will be the tallest building in the world for a short while until Shang Hai Trade Center is finished), and Jin Hua Chen (a ball shaped shopping mall). We also ate Peiking duck for lunch and had hotpot for dinner. After a goodnight's sleep, my mom and I went to the 46th floor of Mitsukoshi, a 51 story building, and had a great view of the city. Some more shopping followed and that night we went to Shi Lin night market. It is the biggest night market in Taipei and we only shopped a corner of it.

The next morning was the start of our tour. Our first stop was the National Palace Museum. We only stayed an hour and didn't see much at all inside. Then we saw the changing of the guards at Martyr's Shrine, a memorial for soldiers, and went to Hsingtian Temple. Lunch was held at the place where my parents were married, called Mandarin Crown. There was a new restaurant there and we ate their Mongolian B.B.Q.. From there we went to Chiang Kai-Shek Memorial Hall, which is also next to the National Concert Hall and National Theatre. The rest of the day was bus riding to Taichung.

We only stayed at Taichung for the night and the next morning we drove to Sun-Moon Lake, where we saw the Tse-En Pagoda (tower like building) and Wenwu Temple. We had lunch at the Lalu (an expensive resort and spa), but the food there was the worst meal we had on the trip. Then we drove to Kaosiung and stopped at the Dragon and Tiger Pagoda. That night, we returned to the pagodas because my cousins lived in that area, and we had dinner together. The following day, we went to Fuo Guang Shan (an entire hill with temples and statues, established by the same monk who established Shi Lai Shi in LA), Zhong Xing Pagoda, and Cheng Chin Hu (a man-made lake that was dried up at the time because it was being cleaned). That afternoon, we took a plane to the east coast city of Hua Lian. Then that night we went to see an aborigine dance and went to a night market.

The next day was a scenic tour of Hua Lian's mountains. We first stopped at Eternal Spring Shrine and Swallow Caves, which was a small shrine next to a small waterfall, and we had to travel through tunnels and caves inhabited by swallows. Next we stopped at a marble bridge, which wasn't too exciting. Finally, after a delicious lunch, we made our final stop at a marble factory before going back to Taipei. The factory was a lot richer after we left, and our tour was nearly at an end. The rest of the afternoon was spent on the train and we arrived in Taipei at around 7. Our stay was not over though. That same night, we went to Rao He night market, and the next morning we went to Xi Men Ding, where my dad used to live. The house itself has been rebuilt and is now a restaurant and jewelry shop. For lunch we ate at the Grand Hotel, which my grandfather's company had painted. Later we went to New York New York and the Warner Brother Shopping centers, next to Taipei 101.

Our final day was once again filled with shopping and at night we took our flight home (coming back with luggage bags barely under the 32 kilogram limit). Unfortunately I came back in the middle of the school week, and was very tired from jet lag, but the trip was definitely worth all the sleepy school days and extra homework.

吴承恩著西游记简介

四百多年前出版的《猴王传》(中文名《西游记》),是与《水浒传》,《红楼梦》和《三国演义》齐名的中国古典小说四大名著之一。《猴王传》是基于中国古代著名和尚玄奘(公元602-664)跋涉万水千山到佛教发源地古印度取真经的真实故事。当他回到大唐(中国)后,他致力与将这些经书译为中文,为佛教在中国的发展作出了巨大的贡献。

《西游记》将玄奘之旅赋予了幻想的色彩,作者并在之中溶入了佛教,道教及民间的各种神话传说以及寓言和迷信中的妖魔鬼怪等等故事。虽然普通读者感兴趣的是猴王的聪明智慧和高深莫测的武功,许多专家们却认为作者实际上是通过书中的反面妖魔表达了一种对当时至高无上的封建统治者的反抗精神。

猴王作为一个传奇人物本身就是一个反抗者的代表。在故事中他得天之灵由巨石中而生。他无比聪明,得道家高人真传学会了武功和七十二变的魔技,能随心所欲地变成一棵树,一只小鸟或其他小动物,甚至可以变为一只苍蝇或蚊子钻到对手的肚子里与其作战。他驾云而行,一个筋斗可以飞出十万八千里。

他自立为王,公然与统治天地至高无上的玉皇大帝作对。这一反叛的行为,以及四海龙王和地狱冥王的控告,引来了天军的讨伐。事实上猴王曾经打入龙宫,将海中之宝镇海神针掠为己有。这神针为一可随主人只意伸缩的铁棒,自此成为猴王得心应手的武器。他手持此金箍棒,打入了冥间,迫使冥王将他和手下众猢猻之名从生死簿上出掉,从持可长生不老。

几经争斗之后,天庭中的主和派说服了玉帝给猴王封了一个官以平他怒。猴王抱着试一试的想法接受了。可是几天之后他就得知受了骗并收到天庭众官的嘲笑,他的官职其实只是管马廊的而已。他一怒之下又反回人间去作他的猴王去了。

天军几经征战最后依神兵之力降服了他。但是猴王有铜头铁臂,无论用什么办法都处不死他。最后玉帝只好下令将他在太上老君的炼丹炉中焚化,可是此举不仅没有烧死猴王,炉中的烟火反而给了他一双火眼金睛,可以看穿许多东西。他又打出了天宫。

最后玉帝只好请出了如来佛来对付他。如来用五指山将他压在地下。尽管这样猴王还是没有死,只是不能动而已。五百年后从大唐来的和尚玄奘将他救出。为了使玄奘和尚能够到西天取经,如来佛已安排好猴王和他们以后遇到的另外两个徒弟们保他西行。其中一个徒弟是一个好笑的但并非不勇敢的猪八戒,系一个因调戏天女而被罚下天庭的将军。另一个曾经是一个海中的妖怪。这四人踏上艰难的西天取经之路,沿途众徒弟降妖伏魔,犹已猴王为甚。



Introduction to the legend of Monkey King

Journal to West by: Wu Cheng-en

"Monkey King", or known to the Chinese as "Journey to West", is one of the renowned classical Chinese novels dated back some four hundred years ago, the other three being "The Water Margins", "Dream of the Red Mansion" and "Romance of Three Kingdoms".

"Monkey King" was based on a true story of a famous Chinese monk, Xuan Zang (602-664). After years of trials and tribulations, he traveled on foot to what is today India, the birthplace of Buddhism, to seek for the

Sutra, the Buddhist holy book. When he returned to China, or the Great Tang as was called that time, he started to translate the sutras into Chinese, thus making a great contribution to the development of Buddhism in China.

"Monkey King" is an allegorical rendition of the journey, mingled with Chinese fables, fairy tales, legends, superstitions, popular beliefs, monster stories as well as whatever the author could find in the Taoist and Buddhist religions. While average readers are fascinated with the prowess and wisdom of the Monkey King, many critics agree that the protagonist embodies what the author tried to convey to his readers: a rebellious spirit against the then untouchable feudal rulers.

Monkey King is indeed rebellious, being in fact not an ordinary being. He was born out of a rock, fertilized by the grace of Heaven, according to the story. Being extremely smart and capable, he learned all the magic tricks and gongfu from a master Taoist. Now he can transform himself into seventy-two different images such as a tree, a bird, a beast of prey or a bug as small as a mosquito so as to sneak into an enemy's belly to fight him or her inside out. Using clouds as a vehicle he can travel 180,000 miles a single somersault.

He claims to be king in defiance of the only authority over heaven, the seas, the earth and the subterranean world -- Yu Huang Da Di, or the "Great Emperor of Jade" in Chinese. That act of high treason, coupled with complaints from the masters of the four seas and the hell, invites the relentless scourge of the Heavenly army. In fact, the monkey had fought into the seas and grabbed the crown treasure of the Neptune kingdom: a huge iron bar that supposedly serves as a ballast of the seas and can expand or shrink at its owner's command. That became the monkey's favorite weapon in his later feats. With that weapon, he went down into hell and threatened the holly king to spare his and his followers mortal life so that they all enjoy eternity.

After many showdowns, the dove faction of the heavenly court persuaded the emperor to offer the monkey an official title to appease him. The monkey accepted the offer on a trial basis. However, he learned a few days later that he was cheated and being jeered all over the heavenly court: the position he held was nothing but a stable keeper. Enraged he revolted, fighting all his way back earth to resume his own claim as a king.

Eventually, the heavenly army subdued him, only after many a battle, with the help of all the god warriors. However, all methods of execution failed. Having a bronze head and iron shoulders, the monkey dulled many a sword inflicted upon him. As a last resort, the emperor commanded he be burned in the furnace where his Taoist minister Tai Shang Lao Jun refines his pills of immortality. Instead of killing him, the fire and smoke added to the monkey a pair of firry golden crystal eyes that can see through what people normally can not. He fought his way down again. At last, the emperor asked Buddha for help. The Buddha moved a great mountain known as the Mount of Five Fingers to fall upon him. Still, the tenacious monkey survived the enormous weight and pressure. Only that he could not move. Five hundred years later, there came to his rescue the Tang Monk, Xuan Zang, whom we mentioned at the beginning of the story.

To insure that the monk could make for the West to get the sutras, Buddha had arranged for the Monkey King to become his disciple and escort him, along with two other disciples they later came across, (actually also arranged by the Buddha). One is the humorous and not uncourageous pig transgressed from a heavenly general for his crime of assaulting a fairy, and the other a used-to-be sea monster. There the four started their stormy journey west which was packed with actions and adventures that brought into full play the puissance of the monks' disciples, the Monkey King in particular.

(西游记和猴年介绍文由雅珍摘集，中文李幼漓译。The Monkey King and Year of Monkey articles were collected by Yachen with Chinese translation by Youli Li)

最佳食品榜

2002年，世界衛生組織公布了一份經過三年時間研究得出的最佳食品榜。

最佳水果：十佳水果依次是木瓜、草莓、橘子、柑、彌猴桃、芒果、杏、柿子、蘋果與西瓜。最佳蔬菜：紅薯占首位，它既是維生素的“富礦”，又是抗癌能手；其次是蘆筍、卷心菜、花菜、芹菜、茄子、胡蘿蔔、芥菜、金針菇、大白菜。最佳肉食：鵝肉、鴨肉，其脂肪量雖不少於畜肉類(豬、牛、羊等)，但其化學結構接近於橄欖油，有益心臟。最佳護齒食物：菠菜、韭菜、南瓜、椰菜、蔥、碗豆、蕃茄、胡蘿蔔、蒜苗、芹菜等；核桃、松子、杏仁、大豆以及糙米飯、豬肝等。最佳食油：植物油較優於動物油，玉米油、米糠油、芝麻油等尤佳。植物油與動物油配食更佳：比例1:05 或 1:1。(聘梁)

長壽食療歌

生梨飯後化痰好，蘋果消食營養高。
木耳抗癌素中葷，黃瓜減肥有成效。
紫茄祛風通脈絡，蓮藕除煩解酒妙。
海帶含碘消痰結，香菇存胸腫瘤消。
胡椒驅寒又除濕，蔥辣薑湯治感冒。
大蒜抑制腸胃炎，菜花常吃癌症少。
魚蝦豬蹄補乳汁，豬牛羊肝明目好。
鹽醋防毒能消炎，韭菜補腎暖膝腰。
花生降醇亦養胃，瓜豆消腫又利尿。
柑桔消食化痰液，抑制黴菌彌猴桃。
香蕉含鉀解胃火，禽蛋益智營養高。
蘿蔔化痰消肝氣，芹菜能降血壓高。
生津安神數烏梅，潤肺烏髮吃核桃。
蕃茄補血駐容顏，健胃補脾吃紅棗。
白菜利尿排毒素，蘑菇抑制癌細胞。
蜂蜜潤燥又益壽，葡萄悅色令年少。
諸君若要延年壽，請把食療歌記牢。

Best foods list

Year 2002, WHO published a list of best food for health.

This list is a result of three years research effort.

Best fruits: papaya, strawberry, tangerine, orange, peach, mango, apricot, persimmons, apple and watermelon.

Best vegetables: yam, full of vitamins and help fight cancer; asparagus, cabbage, broccoli, celery, eggplant, carrot, mustard green, golden-needle mushroom, napa-cabbage.

Best animal meats: goose, duck, their fat amount are the same as other animals but their fat structure are more like olive oil, better for the heart.

Best food for the teeth: spinach, leek, pumpkin, Chinese cabbage, scallion, pea, tomato, carrot, garlic green, celery, walnut, pine nut, almond, soybean, brown rice, pork liver.

Best oil: vegetable oils are better than animal oil. Corn oil, rice bran oil, sesame oil are the best. Vegetable oil and animal oil combine can get a better result. The combination ratio is 1: 0.5 or 1:1.

Song of food remedy for longevity

Pear is good for resolving the phlegm after meal.

Apple can help transforming the food and is very nutritious.

Wood fungus can help cure cancer and is good taste vegetarian food.

Cucumber is helpful of reducing fat.

Eggplant dispel wind and opens meridian.

Lotus root resolves irritability and drunken feeling.

Seaweed has iodine and help reduce nodules.

Chinese Mushroom (xiang-gu) has enzyme and help reduce abscess.

Pepper dispels cold and dampness.

Scallion and ginger are for common cold.

Garlic helps stomach and intestinal ulcers.

Broccoli if eat often can help reduce the chance of getting cancer.

Fish, shrimp, and pig hoof increase mother's milk.

Pork, beef, lamb liver helps brighten the eyes.

Salt and vinegar help dispel toxin and reduce inflammation

Leeks nourishes kidney, warms knees and lower back.

Peanut reduces cholesterol and nourishes stomach

Orange reduces food stagnation and resolves phlegm

Peach helps control some bacteria

Banana has potassium reduces stomach fire

Eggs is nutritious and helps mental development

Daikon (Lai-fu) resolves phlegm and liver stagnation

Celery reduce high blood pressure

Plum generates fluid and calms spirit

Walnut helps nourish the lung and reduce gray hair

Tomato nourishes blood and juveniles

Red date nourishes stomach and spleen

Napa cabbage is diuretic and dispels toxin

Mushroom helps control cancer cells

Honey moisten dryness and helps longevity

Grape juveniles and beautifies

If you want longevity, please remember this song.

本栏文章由戴菊英摘编，潘定凯翻译

The articles in this section were edited by Dai Juying and translated by Robin Pan

啟事

由於个人原因，陈元琪已离开 SBCAA 董事会，也不再担任本刊主编。目前主编由尹青青担任。投稿事宜可与她直接联系 (E-mail:ChinChinC@aol.com)。我们感谢陈元琪在任其间为 SBCAA 特别是本刊的发展所做的重要贡献，并祝她今后一帆风顺。

Editor's Note

Due to personal reasons Yuanchi Chen has resigned from the board of SBCAA as well as the chief editor position of the newsletter. Yin Chin Chin is the new editor-in-chief and can be contacted directly for submission of articles (e-mail: ChinChinC@aol.com). Yuanchi has made important contributions to the SBCAA, especially in the development of the newsletter, and we wish her all the best in her new endeavors.

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欢迎会员们投稿。请寄尹青青， E-mail:ChinChinC@aol.com 。来稿最好用微软 WORD 文体，中英文兼具。我们也需要义工帮助翻译和打字，如果愿意帮忙请与编辑们联系。

We encourage members to submit articles to: Chin Chin Yin, E-mail:ChinChinC@aol.com . Submission should preferably be in MS WORD format with both Chinese and English versions. We need volunteers to translate and type articles. If you would like to help, please contact the editorial staff.

所有文章只代表作者个人观点，不反映编辑部或华美协会董事会的观点。

All articles represent authors' own views and do not reflect the views of the editorial board or the SBCAA board.

新春快樂

Happy New Year!



聖塔巴巴拉華美協會會員申請表

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年會費 (Annual Membership Due): 永久會員 二百元, 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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