

緬因州華美聯誼會

Chinese & American Friendship Association of Maine

P. O. Box 10372 Portland ME 04104 — www.cafammaine.org



通訊 二零一一年。三月至四月

NEWSLETTER – MARCH-APRIL 2011

MEETINGS AND EVENTS

Thursday, April 14, 6:30, **CAFAM Board Meeting**.
103 Hanover St., Portland. Pizza served. All welcome.

Thursday, May 12, 6:30, **CAFAM Board Meeting**.
103 Hanover St., Portland. Pizza served. All welcome.

Alternate Fridays, March 25, etc., 12:00 - 1:00 PM,
Mandarin Conversation Group. Maine International
Trade Center, 511 Congress, Portland. Intermediate/
advanced. All welcome. FMI: sfox5@maine.rr.com.

Saturdays until April 30 (except April 16 and 23) 9:30
CAFAM Chinese School (see article).

June ? (stay tuned), **Annual CAFAM Summer Potluck
& Meeting**.

September 16 to 18, **US China Peoples Friendship
Association** national convention, Kansas City MO.

21st NEW YEAR CELEBRATION PROVIDES FUN, FOOD, PLUS...

On February 5 approximately 500 people dismissed the snow banks, overcame parking overflow, and forgot about the approaching storm. They came to McAuley High School for our twenty-first annual Chinese New Year Celebration: The Year of the Rabbit.

Song, dance, and martial arts performances were the center pieces of the day. Students from the CAFAM Chinese School, Hyde School, and the Riverview Foundation School of Martial arts all delighted and amazed a packed auditorium.

In the gym area a variety of children's crafts on the rabbit theme provided many chances for the little ones' creativity. Nearby were vendors who offered books and other China and Asia related items for sale. The US Postal Service offered Rabbit Year stamps and cancellations. Incidental amusements in the area included instruction in the game of mah jongg and playing the Chinese yo-yo.



Yingying Tan
Shenzhen, China
senior at Hyde School



Meanwhile in the atrium, servers from the Panda Garden Restaurant and Bubble Maineia offered a variety of Chinese food and drink: steamed stuffed buns, dumplings, bubble tea, and more.

The day would not have been complete without talks for adults. Among the speakers was best-selling fiction author Tess Gerritsen. She talked about her background, growing up as the daughter of a Chinese-American and a Chinese immigrant in San Diego. She cited Amy Chua's recent controversial book "Battle Hymn of the Tiger Mother." Chua's book and the actual experience of immigrants generally in raising their offspring raise persistent questions about how parents should straddle their native culture and the more permissive, ways of America.



Tess Gerritsen

Gerritsen noted that her parents had much in common with Chua's "tiger mom" parental style. In the end things worked out well for her. Although pressured into a medical career, Gerritsen found her true calling in writing. As mother of three, married to a Dutch immigrant, she follows a less tiger-like approach, accepting that her children will be who they choose to be. Her son is a teacher, seen by many in Asian culture as a less prestigious career. Interestingly he has begun to embrace his Chinese heritage and reportedly speaks more Chinese than Tess. The audience contained immigrant Chinese, second generation Chinese, and parents of adoptive Chinese children. All found much to ruminate upon.

In another room, Suzanne Fox and three Chinese students who presently attend Maine secondary schools discussed the experience of foreign students in America.

In her session, teacher of self-healing techniques Karen Morency spoke about some of her insights into emotions and healing. One of her central ideas is the necessity to release the energy attached to emotions, thoughts, and beliefs. If not, negative effects on a person's well-being can ensue. She explored the idea that our hands have a magnetic quality and, by touching the forehead, are able to draw blood to the brain and help release energy. Retaining negative energies and continuing to stew in anger, resentment, or un-forgiveness may ulti-



Karen Morency

mately trap them and slow down or block the natural energy pathways in the body, called meridians. Karen introduced a few release techniques to calm and reframe incidents or trapped emotions from the past so one can respond rather than react.

Betty Schopmeyer, Education Director at Penobscot Marine Museum in Searsport, shared slides of and artifacts from the museum's collection. To a small but very interested and appreciative audience, she talked about the nineteenth-century Chinese crafts that found their way into the homes of Mainers. She pointed out that although many American ships participated in the China trade, only a few of them were built here. Maine stood out in supplying sea captains. Searsport in particular was a source of a surprisingly large number of captains. In the course of their many voyages, they brought back thousands of objects of beauty and interest. Many examples can be viewed at the museum. The small selection of fans that Betty brought demonstrates the variety and exquisite craftsmanship of these incidental imports.



The Celebration was covered by WCSH TV, WGME TV and the Portland Press Herald.

To all of the performers, speakers, volunteers, vendors, members, and parents who contributed to the Celebration's success, we express a big Thank You!

And no one deserves more thanks than Eileen Nunley who took general charge of the event!!!

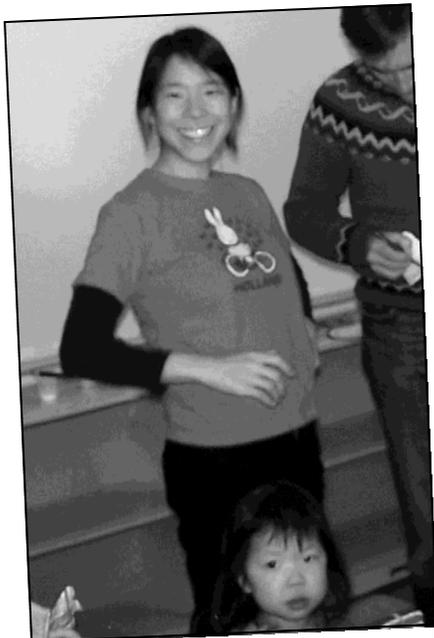


CHINESE SCHOOL MOVES UP

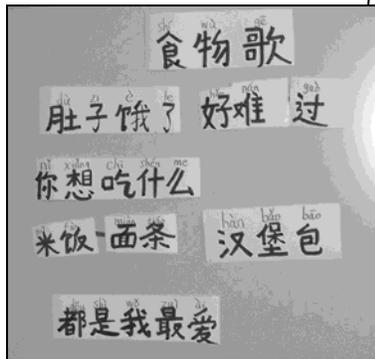
On March 12 the CAFAM Chinese School launched its spring semester in a brand new setting: the freshly completed Ocean Avenue Elementary School in Portland. This beautiful new facility offers vastly more space and parking than the former site at Breakwater School. According to Director Kelli Pryor and Registrar Treasurer Susan Lavigne, this move opens up new possibilities for the school to develop and expand.



Chinese School Director Kelli Pryor (rt.) confers with volunteers Jennifer DeCristoforo (center) and Sarah Auld to plan the Friendship Bridge program for the oldest kids. The Friendship Bridge includes a series of workshops on everything from cooking black bean sauce to making ribbon sticks. Jen will be one of the workshop artists, leading a painting class on the "Three Friends of Winter" in Chinese painting, which ties back to the School's recent field trip to the Peabody Essex Museum.



Teacher Dawn Ng



I'm really hungry.
What do you want to eat?
Rice, noodles, hamburgers.
Those are my favorites!



Nina Henrikson of the Riverview Foundation School of Martial Arts instructing in the martial



Chinese macramé

LETTER FROM XIAMEN

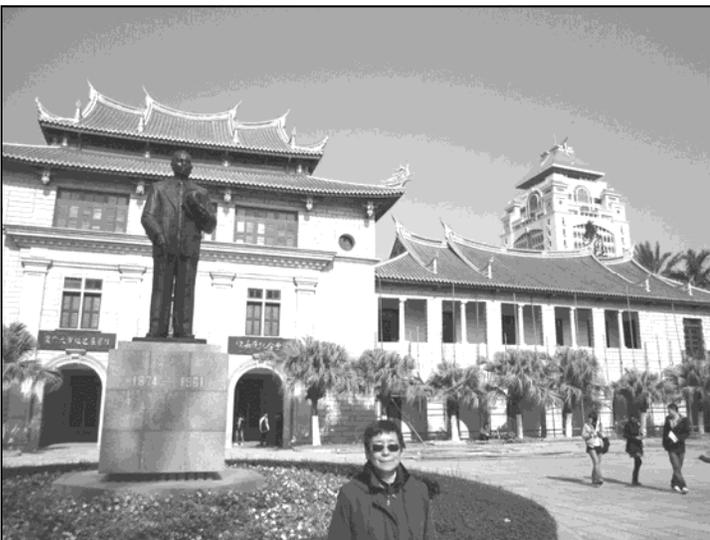
Longtime CAFAM stalwarts, USM Professor Ahkau Ng and his wife Sally Ng, have been spending the spring semester at Xiamen University in China's Fujian Province. The following is an edited composite of two letters recently received from them.

Dear all:

Sally and I are in Xiamen, China managing to live a much simpler life in a small (by our standards) furnished campus apartment. ...We are still learning how to take a shower in a bathroom without curtain.

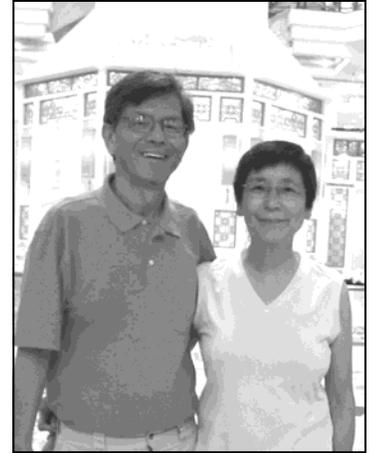
The whole East Asia region has been experiencing the worst winter in years. But it's still relatively warmer along the southern coast—about 40F at night and 50-60F in the daytime. ...We got ourselves an electric fan-heater and also try to exercise to stay warm (we eat a lot too, with the food so delicious, hoping that having more fat will help fight the cold!).

Xiamen University is one of the top 20 in China, with more than 30,000 students on two campuses. Our campus is quite pretty, situated near a big temple at the foot of a hill. Our housing faces the South China Sea. A long beach with more than a mile of boardwalk is only few-minutes away.



Sally standing before a statue of Tan Kah Kee, founder of the university. The building in the background houses a bookstore and a cafe that serves tiramisu, cheesecake, espresso, cappuccino and American coffee.

The university has a very special meaning for me, born to overseas Chinese and raised in Malaysia. It is located near my ancestors' hometown and was founded in 1921 by Tan Kah Kee, an overseas Chinese from Southeast Asia. The first president was another overseas Chinese from Malaysia. His son-in-law (a legendary "King of Rubber") also has made enormous contributions.



Ahkau and Sally
lucky at the Singapore Sands

The School of Life Sciences, my host college, has several divisions and 700 graduate students including a hundred or so doctoral students. I don't know how many undergraduates they have. The university also has a separate International College for students who are enrolled in joint degree programs with universities in England, France, Japan and the US.

Xiamen is catching up with other more developed Asian regions. People are quite well-dressed and all the school cafeterias serve good-quality food. In general, people are more expressive and interactive they were 5 or 10 years ago.

The TV programs are not much different from Taiwan's except in addition to all the many provincial (commercial?) stations there is also a multi-channel central government system (CCTV). It reminds me of our PBS, with good quality (usually more serious) programs, plus some more bureaucratic ones with dry propaganda.

The TV news last evening showed the drastic winter snow storms in the US. The news has also covered the visit here by our US Secretary of Defense Gates, making me feel very secure:-)

Since the university was closed for Chinese New Year, we went "home" to celebrate with Ng's brother's family in Malaysia and Singapore. We were surprised to notice that the Chinese descendants (mostly 3rd generation from Fujian and Guangdong provinces) were more attached to new year traditions than most people in Mainland China.

(continued on next page)

(continued from previous page)

We found two customs rather amusing. On New Year's Eve my nephew (whose wife is Cantonese) placed a big basket full of oranges in the middle of the living room. The next morning, New Year's Day, they turned the basket over and the whole floor was covered with oranges spreading all over. He did it on the orders of his mother-in-law without really knowing why. I later learned in the local English newspaper what this tradition means. "Orange" in Cantonese is pronounced as "kam" which also sounds like "gold". So the idea is to wish for "Bian Di Huang Jin (kam) (遍地黃金). It means "Yellow gold everywhere!"

Another custom is "Lao Yu Sheng (撈魚生) or "stir up fresh fish". Many uncooked but ready to eat delicacies are piled up on a big tray one by one while chanting something good and auspicious. Led by my brother, head of the family, all of us around the table use super long chopsticks to start piling up the pieces as high as possible, the higher the luckier or, in Mandarin, "Bu bu gao sheng (步步高升)" meaning "steadily advancing."

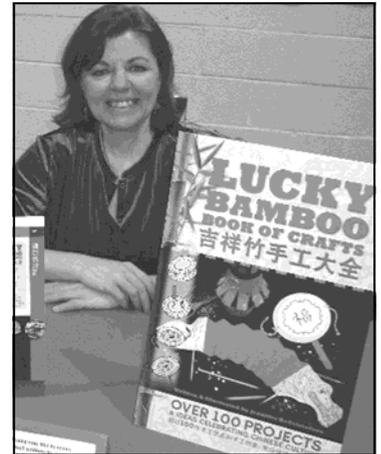
Well, good fortune didn't really smile on us—at least not yet—as we found out when we tried our luck at the infamous (Las Vegas) Sands Casino in Singapore—the one with that crazy, gigantic, water-fall like swimming pool on the roof. *Ahkau Ng*

SOON TO BE PUBLISHED

Coming later this year: LUCKY BAMBOO BOOK OF CRAFTS

Jennifer DeCristoforo, a CAFAM member and Chinese School volunteer, is well on her way to publishing her first book. This instructional Chinese craft book will be a great addition to your library to share and teach Chinese culture through hands-on projects.

Jen's experience in illustration, design, educational publishing, elementary art teaching and being mom to Cloe have all been valuable resources for this venture. She plans to start marketing online and take it from there!



***Is your membership current?
Remember CAFAM relies on your support.
Please check mailing label for expiration.
Thanks.***

WHY YOU SHOULD CONSIDER JOINING USCPFA

The Winter 2011 edition of *US-China Review* is out. This is the publication of the US-China Peoples Friendship Association (USCPFA) to which some CAFAM members also belong.

The *Review* contains several interesting items. There are reviews of newly published books as well as an opinion piece about what books should be included in a personal collection on China. "Nixon in China," a new opera staged by the Metropolitan Opera, is glowingly reviewed. The great collection of Chinese art at the Nelson-Atkins Museum of Art in Kansas City, and Laurence Sickman, the curator who established the collection, are the subject of an article. There is a prize-winning short story (translated from Chinese) about a village boy and his grandfather. A piece about archaeologist Dr. Alfonz Lengyel describes his involvement with Chinese archaeology and museum development. Also there is news about the activities of USCPFA chapters as well as an announcement of the national convention of USCPFA, which is to be held in Kansas City, September 16 through 18.

CAFAM members can join USCPFA by going to www.cafammaine.org and clicking to the membership page for the application form. The cost is \$12 per year.



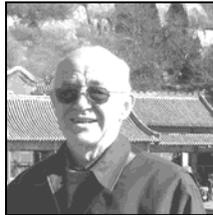
RETURN TO “RETURN TO CHINA”

by Oliver Woshinsky

In our last issue we ran Oliver Woshinsky's account of his trip back to Tai'an, Shandong Province where his missionary grandparents lived and where he briefly sojourned as an infant during World War II. He recounted how he and several relatives visited his grandparents' house, church, and school last November.

Unfortunately, an editorial glitch truncated Oliver's story. Here is the remainder (with apologies).

The highlight of our trip was exploring beautiful, and historic Taishan. At 5,500 feet, it has been climbed by innumerable pilgrims, worshippers, and adventurers. Luckily, the day was sunny and warm. We didn't walk all 7,000 steps, as my grandparents did at least once a summer, but opted to take a bus half-way up, and a cable car from there to the famous South Gate of Heaven. That left a leisurely few hundred feet to the top. Along the way we witnessed pilgrims burning incense at Taoist temples. We admired rocks covered with bright red inscriptions, conveying Confucian and Taoist teachings. Given the glorious day, thousands of Chinese tourists swarmed the site. They made much of us, being the only Westerners, frequently pulling us aside for photographs.



Young Alexander was especially popular with the many groups of teenage girls, causing him to think about returning for the serious study of Chinese.

At one point, a group of Chinese burst into laughter. Seems that when they had said, “Look! Foreigners!” Evert had responded in Chinese, “Foreigners? Where? I don't see any foreigners here!” To their delight.

After much temple exploring, vista photographing, souvenir buying, and dumpling eating, we headed back. Some of us (unwisely) decided to walk part way down. What could be the difficulty? Soon two thousand steep steps made the difficulty very clear. Even our younger members suffered for several days!

It was wonderful to visit the mountain loved by our ancestors, and in the company of Chinese of every description. As we got off our bus, we glanced back up at the beautiful scene. This gorgeous day was deeply moving, one we shall cherish always. *Oliver Woshinsky*

FOX EDUCATIONAL INNOVATION

Fox Intercultural Consulting Services has organized an innovative exchange program for this summer involving a Chinese and an American school. They are the Mountain School at Winhall, Vermont and the Hong Hua International School, which is about one hour from the Chengdu, the capital of Sichuan Province. The Hong Hua school has been rebuilt after being completely destroyed in the 2008 Sichuan earthquake.

Selected middle school students from Hong Hua will travel to Vermont and join with a group of Mountain School students. The morning curriculum will teach Chinese students English and American cultural norms and American students Chinese and Chinese cultural norms. The afternoon sessions will bring the two groups together, building cross-cultural ties and understanding. The students will keep in touch throughout the academic year, and American students will have the opportunity to travel to Sichuan in the winter.

This has come about due to the indefatigable efforts of Suzanne Fox. Her Consulting Service is also collaborating with Maine Tourism to introduce opportunities in Maine to Chinese visitors. The initial focus will be Maine schools that host hundreds of Chinese students. Tourism information will be linked to school websites. Prospective student families can thus access all that Maine has to offer through one click from their school's site.

She is also working with Stearns High School in Millinocket to prepare for the arrival of international students next fall. This involves a welcoming committee, outreach activities, English tutors, special events, an art program, and a global ambassador and mentoring program.

Suzanne is also assisting with a film project to create a documentary about schools located in Millinocket and in a remote mountain village in Shandong Province.

For more information, you can contact Suzanne at suzannefox@foxintercultural.net. The FICS is also on Facebook.

The Newsletter is edited by Craig Dietrich and is published five times a year. Contributions and comments are welcome. Please contact the editor at 688-4826 or dietrich@maine.rr.com. The next issue will appear in mid-May. Deadline for submissions: early May.

L-A COURSE VISITS CHINESE ORPHANAGES

This summer, Dr. Deb Como-Kepler will lead a group of Maine students (and other interested people) to China. This will be the third such experience offered by University of Southern Maine: Lewiston-Auburn College. After orientation sessions, the group will fly to Beijing. They will spend 16 days in country, of which 10 will be spent at two orphanages, one near Beijing, one in Shenyang.

Many American families, including those from Maine, have visited Chinese orphanages to adopt children. Still there remain large numbers of children in institutions across China who have not been, and never will be, adopted. They include children with disabilities and other issues that make them ineligible for foreign placement. Nor are they sought by Chinese families. It is toward this population that the course is, in part, directed.

Unfortunately, the resources for housing and helping these less fortunate children vary widely. The 2007 class visited one very poor orphanage, but also two that were better off. One of the latter will be visited again this summer, as well as a second, well-organized facility.

Deb Como-Kepler, Ph.D. is a psychologist in private practice specializing in psychotherapy with families and adolescents. She is also a part-time instructor in the Social and Behavioral Sciences Program of Lewiston-Auburn College.



Deb Como-Kepler
and friend

The second faculty leader, Tim Reidman MOT, OTR/L, is Academic Fieldwork Coordinator for the Master of Occupational Therapy Program at LA College.

The 2007 trip was accompanied by staff from the Lewiston Sun Journal. That newspaper not only ran several special articles, but also posted articles, diaries, photographs, audio, video and more on its website. Entitled "China's Orphans: USM L-A College Team Embraces Abandoned Children," this material can still be viewed and is well worth a look. <http://china.sunjournal.com>



Children from an orphanage visited in 2007. This photo is taken from the Sun Journal website: <http://china.sunjournal.com>.

The class will be collecting donations for materials to donate to China's orphanages. Anyone interested in donating to this fund may contact Deb Como-Kepler at dcomo57@comcast.net.

China's Orphans Service Learning Program August 3-20, 2011 (partial description)

This international service learning course will provide students the opportunity to study, experience and contribute to the welfare of children in another culture. Through a combination of classroom and experiential learning, the course promotes understanding of the social circumstances and the developmental challenges faced by orphaned children in China.

This course is also open to other USM students as well as other community members. ...We will complete 10 days of service learning at two orphanages, New Day Creations in outer Beijing and Dream Home in Shenyang. The remaining time will be spent visiting Beijing, the Great Wall, and spending two nights in a traditional Chinese village.

MEMBERSHIP APPLICATION

Please check your mailing label for membership expiration.

Name _____
Address _____

Phone (home) _____ (work) _____
E-mail address _____

CAFAM

- _____ Individual or family \$25
- _____ Full-time student \$1
- _____ Benefactor \$50
- _____ Sponsor (Individual or Corporate) \$75
- _____ Patron \$250
- _____ Corporate Patron \$500

USCPFA, Portland, ME Chapter

- _____ Membership & Subscrip. to "US-China Review" \$12

COMMITTEES: Would you like to help out on a committee?
We will put you in contact with the appropriate chairperson.

- _____ Program and education
- _____ Newsletter and publicity
- _____ Hospitality and Special Events
- _____ Student Relations
- _____ Membership
- _____ Other _____

Please send your check and this application to:

Chinese and American Friendship Association of Maine
P.O. Box 10372 Portland ME 04104

CHINESE AND AMERICAN FRIENDSHIP
ASSOCIATION OF MAINE
P. O. BOX 10372
PORTLAND ME 04104