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Greetings From The President's Desk

會長的話

Greetings and welcome to the year 4706, the year of the Ox. With the United States and the world facing difficult economic times it is appropriate to celebrate the attributes of the Ox. The Ox succeeds only via hard work and fortitude. Ox are dependable and calm. Ox are patient, tireless to help others and above all capable of enduring hardship. Like the Ox we must work hard, help others and after enduring hardship we will prosper.

This philosophy of prosperity and growth is important for IACA as China and the local Chinese community have taken on more importance in Indiana. Just in the last few years we have seen more connections among the local Chinese groups and between Hoosiers with Chinese citizens and industries. Last year we saw the opening of the Confucius Institute at IUPUI, the Inaugural Indianapolis Chinese festival (sponsored by the Mayor of Indianapolis), and the International Festival focused on the culture and arts of China. The new year is starting strong as well. The International School of Indianapolis has announced that Mandarin will be added as an immersion language in their K-12 school. They do this recognizing the importance and value of Chinese language and culture on the global stage.

As we look ahead IACA needs to emulate the OX as it works hard and helps others. We can do this by continuing to spread Chinese language and cultural traditions to others at cultural events like Asian Festival, the Chinese Festival and the International Festival. At the same time we must work to help others. One of IACA's missions is: "To improve the overall well being of Chinese Americans in Indiana.", accepting this challenge means looking at the needs of groups like our seniors, our children and our college students.

As we move forward together (steadily and calmly, like an Ox) let us move forward together. The IACA council is ready to work with all members to help meet IACA goals and objectives:

- › To foster constructive citizenship on the part of Chinese Americans in the State of Indiana, and the nation.
- › To cultivate the understanding and the appreciation of both American and Chinese cultural heritages.
- › To enrich the Indiana society with Chinese American contributions.
- › To improve the overall well being of Chinese Americans in Indiana.

Thank you,

Stephen LeBeau Jr.

IACA

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CHINESE NEW YEAR



2009 Council Members

Patrick Lau, Yixun Wu, Tanya Barker,
Shane Thompson, Diana Yung,
Jane Berman, Jingli Zhang,
Steve LeBeau, Xiyun Chai



Current and Former Presidents

Shao Ling Fong, Feng Zhou, Jeannie Allen,
David Wong, Frances Russell,
Steve LeBeau, Jingli Zhang, David Wang,
Eusebio Young, Lillian Wang, James Ku,
Agnes Wolverton, Henry Fu, Rudy Yung

Photos contributed by Henry Fu



Sara Yin



Stephen LeBeau
President

On the evening of January 25, 2009, more than 140 participants (IACA members, families and friends) joyously gathered together at the elegant Shanghai Lil Restaurant to celebrate the Year of the Ox, while simultaneously bidding farewell to the Year of the Rat. All the gentlemen and ladies dressed stylishly; some individuals donned vibrant Chinese attire for the occasion. Families were literally having their traditional Chinese New Year Eve supper together; while old friends were catching up and reigniting their friendships. New friendships, however, were also made. Intriguingly, thirteen IACA past presidents did attend the celebration, "What a power house of leadership!"



The lavish ten-course banquet meticulously prepared by the reputable chef was indubitably authentic and scrumptious. The atmosphere of the place was, indeed, ecstatic.



Harry Wang

Furthermore, exhilarating entertainment was provided by the energetic and colorful Lion Dance Team, charismatic and magnetic solo singer, Harry Wang, as well as the beautiful and graceful dances of Sara Yin.

In the blink of an eye, the five-hour memorable festivity concluded; no wonder people say that time elapses swiftly while having fun. Finally, all the attendees cordially said good-bye and earnestly wished each other a Happy, Healthy and Prosperous New Year.



Children received hung-bao

爆竹聲中一歲除

The sound of fire crackers signifies the passage of a year



by Patrick Lau

MEET THE NEW COUNCIL MEMBERS

Dr. Patrick H. Lau

Dr. Patrick Hingleung Lau came to the United States from Hong Kong in 1968 in pursuit of higher education. He practiced Family Medicine and concurrently served as Deputy Medical Examiner for 5 years prior to performing a residency in Diagnostic Radiology at Mount Sinai Medical Center and a fellowship in Cross-Sectional Imaging at University of Illinois College of Medicine. After dedicatedly serving as Chief of Radiology Service at VA Northern Indiana Healthcare System for 20 years, he retired in 2007. Currently, he is the editor of Health Newsletter and board member of the Indianapolis Chinese Medical Association (ICMA). He was the recipient of many awards including: two VA Secretary's Hands and Heart Awards; Special contribution Award from Dept. of Veterans Affairs; America's Top Physician from Consumers' Research Council of America; Award of Merit as Chief Resident from Mount Sinai Medical Center; Exceptional Service Award from Veterans of Foreign Wars; Who's Who in Medicine and Healthcare, and Who's Who in America.



Patrick and his wife, Peggy, who is a retired computer programmer and Computer Lab Manager at IWU, reside in Indianapolis. They unreservedly enjoy the serenity of retirement, spending time traveling and performing volunteering service. They have two sons. Eric, a CPA, holds the position as Controller at a corporation in Los Angeles. Chad is a PhD student in Electrical Engineering at Purdue University.



Joanne Hom

Paul Hyslop, an English biochemist, and Joanne Hom, a Chinese-American biologist, have lived in Indianapolis over 20 years. They have a 19-year old son, Alan, who is at present a student athlete (soccer) at IUPUI and will transfer to IU in the fall of this year. Paul is currently the vice-president of an adult, non-embryonic stem-cell biotech company located in downtown Indianapolis. Prior to his biotech career, he did research work on Alzheimer's disease in the neuroscience department within Lilly's drug discovery division. In his spare time, Paul enjoys playing squash and tae kwon do. Joanne retired from Lilly after 23 years of drug discovery research, focusing on work in arthritis and cancer. She is now very active in pursuing outreach science activities throughout the community including the Pike Township middle schools, School on Wheels, Ambassadors for Children, science camps at Eagle Creek Park, and Oasis, an educational organization for anyone 55 and older.



Both Joanne and Alan are currently learning Mandarin; in May they will travel to China where they will spend 3 weeks studying Mandarin, Chinese culture and history followed by a week of sightseeing in Beijing.



COFFEE PREVENTS CANCER, STROKE, DEMENTIA/AD

Coffee reduces oral, pharyngeal and esophageal cancer risk. For women (non-smokers), drinking 4 cups or more of coffee a day reduces stroke risk by 43%.

Antioxidants in coffee lower inflammation and improve blood vessel function. Coffee drinkers at midlife lowers risk for Dementia/ Alzheimer's disease in late life.

Sources: American Journal of Epidemiology; Journal of Alzheimer's disease.



PURPLE GRAPE JUICE: SAME HEART BENEFITS AS WINE

Purple grape juice (contains resveratrol) reduces blood clots; lowers LDL; prevents damage to blood vessels in your heart. Red wine and grape juice also contain flavonoids, which increase HDL and lower risk of atherosclerosis, and blood pressure.

Source: Mayo Clinic

GUIDES TO HEALTHY LIVING 養生之道

TO LIVE LONGER

Dr. Patrick H. Lau

Death rate was four times lower for people who did the following: No smoking; at least half an hour of daily exercise; moderate drinking; and eating five daily servings of fruits and vegetables. People who were optimistic were 14% less likely to die from any cause, and 30% less likely to die from heart disease; also less likely to have high blood pressure, diabetes or to smoke cigarettes.

Sources: Public Library of Science Medicine; American Psychosomatic Society.

MEDITERRANEAN DIET REDUCES HEART DX, STROKE RISK

Women on this diet (vegetables, whole grain, fish, legumes, fruit, olive oil and moderate red wine) had a 29% reduced risk of heart disease and a 13% reduced risk of stroke; they also had a 39% reduced risk of dying from either heart disease or stroke. It also decreased risk in cancer, Parkinson's or Alzheimer's disease.

Sources: Circulation; British Medical Journal.

CANCER IS MOSTLY PREVENTABLE

Healthier living would prevent 45% of colon cancer and 38% of breast cancer in US. Overall improving diet, exercise and weight would prevent more than 33% of the most common cancers in US, and 27% in China.

Source: The American Institute for Cancer Research.

TYPE 2 DIABETES PREVENTION

Harvard: Regular exercise and a diet low in fat and high in fiber. Finnish: Weight loss and increasing physical activity reduce risk of 50%. NIH: For people with high risk; reduce the risk by 31% when using Metformin with lifestyle and diet changes. Risk could be reduced 58% through intensive lifestyle changes alone.

Source: National Diabetes Education Program: "Diabetes Prevention."

ATTEND RELIGIOUS SERVICES CUTS DEATH RISK

Women attending religious services at least once per week showed a 20% mortality risk reduction compared to those not attending services at all.

Source: Psychology and Health.

DARK CHOCOLATE PREVENTS HEART DISEASE

People who eat dark chocolate regularly, decrease the risk of cardiovascular disease by one-third in women and one-fourth in men.

Source: The Journal of Nutrition

BENEFITS OF VITAMIN D

Harvard: Men lacking in vitamin D have double the risk of heart attack; connection between prostate cancer and low blood levels of vitamin D.

Source: Archives of Internal Medicine

DRAGON BOAT FESTIVAL

by Shane Thompson

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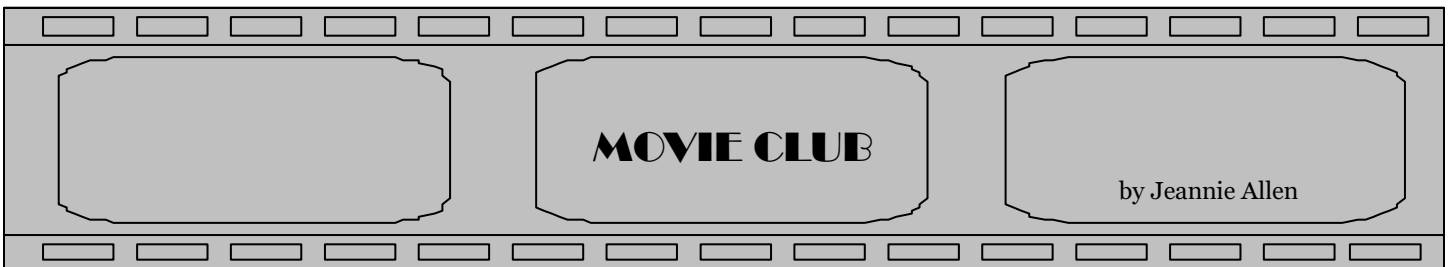
The 2009 IACA Dragon Boat Festival will be celebrated Saturday June 13, 2009 at Eagle Creek Park Marina. The event has always been a very popular way to kick off summer, catch up with old friends and meet new members and guests from Families with Children from China (FCC). As always we are looking forward to all of the delicious homemade dishes brought in by members to share as well as grilled picnic food. Hopefully we will have the same beautiful weather as last year.



This year we hope to expand the dragon boat experience by adding a fantastic dragon boat from the Susan G. Komen Foundation and expanding the children's activities and games. There will also be pontoon and canoe rides available. More details to come later. We certainly appreciate FCC's help in organizing the event.

Please mark your calendars and plan to join us at the Dragon Boat Festival again this year. It would not be the same without you.

Ready, Set, Row...



A Movie Club gathering will be held at IACA member Jeannie Allen's residence at 12240 Geist Cove Drive, Indianapolis, IN 46236 on April 25, Saturday, at 2:00 pm.

We will view the comedy movie "Ping Pong Playa" rated PG13, which is the latest movie about a Chinese American immigrant family. It is directed by Jessica Yu, who occasionally directed "West Wing" series episodes.

The movie will start at 2:00 pm. All members and guests are welcome. Please bring your favorite snack. Drinks will be provided.

RSVP: Jeannie at 317-823-3112.

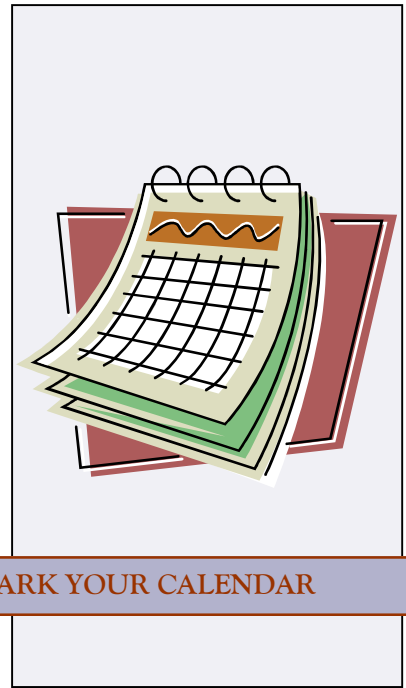
April 25

2:00 pm

Ping Pong Playa

2009 UPCOMING EVENTS

- **May 9:** *Asian Festival at Garfield Park*
- **May 23:** *New Member Welcome Party at Dr. Raymond Wong's house*
- **May 23:** *500 Festival Parade*
- **June 13:** *Dragon Boat Festival at Eagle Creek Park*
- **Sept 12:** *Chinese Festival /Moon Festival at Military Park*
- **Late Sept or early Oct:** *Senior Day at First Chinese Free Methodist Church*
- **Nov. 19-22:** *International Festival*



MARK YOUR CALENDAR

P.O. Box 18

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