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GREETINGS FROM THE PRESIDENT'S DESK 會長的話

The holidays are quickly approaching. Holidays are often a time of family gathering and togetherness. Because of distance, time and other factors we are not always able to be with our families. This can make for a strange, sometimes empty feeling during the holiday season.

One way to fill our holiday season with love and happiness is to experience great joy and fulfillment by helping others. Here are just a few of many suggestions on ways to celebrate the holidays.

Thanksgiving:

- ▶ Invite a young student or an adult without family here to join your holiday meal. Imagine a student here from China without family, or a worker here whose spouse and children might still be in China.
- ▶ Donate food items for those who might be struggling financially this holiday season (one option: St. Vincent de Paul – 687-1076). Note: most local churches will collect food items for the needy during the holiday season.
- ▶ On Thanksgiving day, volunteer to coordinate, make, serve or deliver meals for the traditional Mozel Sanders Thanksgiving dinner. To volunteer call 636-7985 or 506-8224.

The day after Thanksgiving join the Indianapolis Community at the Circle of Lights celebration. It is held from 6 pm to 8 pm on Monument circle. This is a unique Indianapolis event and a great way to start the Christmas season.

Christmas:

- ▶ Adopt a family via the United Christmas Service organized by the United Way of Central Indiana. This is a great way for children to give back. For more information about United Christmas Service, please contact Tiffany Dow at 317.921.1385 or [tiffany.dow@uwci.org](mailto:tiffany.dow@uwci.org) or visit <http://www.uwci.org/index.asp?p=159>.
- ▶ Celebrate the holidays with a student or adult without family, a small gift from you and some time is always greatly appreciated.

Check with your employer, your church and community organizations for more ideas. When we open our hearts to helping others the holidays mean so much.

If you know of other ideas where the IACA family can help over the holidays I encourage you to e-mail the IACA gmail account ([iaca22@gmail.com](mailto:iaca22@gmail.com)). We will try to share information with others when possible.

Thank you all and enjoy the season,

Steve LeBeau  
President, Indiana Association of Chinese Americans

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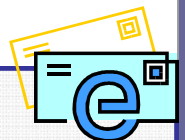
IACA

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Watch your e-mail for the *monthly*  
HEALTH TOPICS IN THE NEWS edited by Dr. Patrick H. Lau



*A Glimpse of China at the September 12<sup>th</sup> Chinese Festival*



Joanne Hom

Many who attended the Chinese Festival at Military Park enjoyed the displays of Chinese culture, music, dancing, Tai Ji and of course Asian food. Despite a slight wind, it was a perfect day for an outdoor festivity. In fact, the day can best be described by the commonly used Chinese expression, 天气不好热不好冷 (weather not too hot and not too cold). The festival opened with a colorful and energetic lion dance and closed with the pleasant Lantern Walk along the White River Canal.



Dr. Rudy Yung,  
Joanne Hom, Xiyun Chai

Our IACA booth was a huge success. Many visited our booth and expressed interest in our club. Some even requested copies of our informative and elegant newsletter. Young and old had fun learning about the Terra Cotta Army which was the featured topic of the culture poster displayed at our booth. Kids eagerly played the Terra Cotta Army question-answer card game and were very pleased with their winning prize of a dragon-design bookmark. Our IACA booth volunteers, Dr. Rudy Yung and Joanne Hom, enjoyed chatting about the Terra Cotta Warriors with visitors at the booth. Also, our volunteers, Xiyun Chai (Charles), Dr. Gonzalo Chua, Steve Scofield, Henry Fu and Jane Berman enthusiastically sold many of the club's panda-bear designed T-shirts. Many thanks to all the volunteers, especially the booth organizers, Xiyun Chai and Joanne Hom.



Shane Thompson

The Chinese Festival was truly an ideal place for Indiana visitors to learn and enjoy the different facets of Chinese culture and life which included Chinese medicine, architecture, costumes and travel. Without a doubt, the food offerings at the festival especially the 'spicy won-ton appetizers' and 'sesame-pumpkin pancakes' attracted many of the visitors.

What more does one need for a fun Saturday?

*Photos contributed by Henry Fu*

The Double Ninth Festival (重九節) is observed on the ninth day of the ninth month of the Chinese lunar calendar. In Chinese, the word "nine" 九 is homophonous with the word jiu, 久 (for a long time); and putting two nine together 九九 (久久) has accordingly come to symbolize longevity. Double Ninth Day has been designated by the Chinese government as Senior Citizens' Day to strengthen the traditional Chinese values of filial piety, conveying gratitude to the elderly for their hard work, and nurturing the elderly.

IACA celebrated the Seniors Day at the Senior Citizens Center on October 24<sup>th</sup>. More than 70 people attended the event. Our hard-working, meticulous cooking and dining room teams along with top chef 王文全, prepared and served a most scrumptious and nutritious lunch including many famous traditional Chinese dishes. The teams included 張敬勳, 李妍玲, 許曼梨, 任桂兒, 吳一迅, 柴希運, 李博思, 高玲, 曹一玲, 謝上文, 劉碧琪, 吳麗華, 楊柳蔭, 鄧阿紅, 吳素清, 蔣文英, 陶美英 and Olivia. Nevertheless, the highlight of the day was the impressive, captivating entertainment provided by our senior guests. The master of ceremony, 柴希運, introduced the elating program as follows:

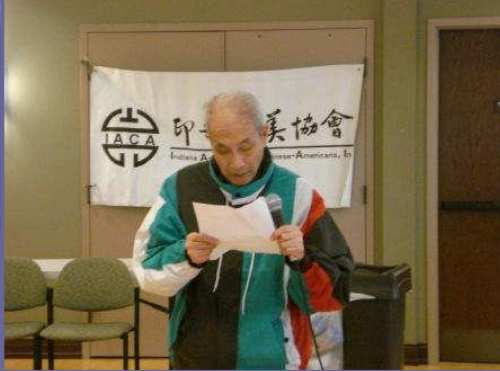
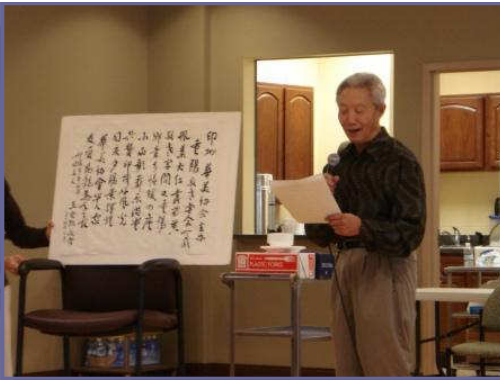
- 1) The Greenbriar Singers sang three exquisite, emotion-stirring songs: God Bless America; 梭羅河畔; and 夕陽紅.
  - 2) 刘元懿 recited the beautiful Chinese poem composed by 王定凱.
  - 3) Marvelous 笛子“走西口”by 葉常有.
  - 4) 釣金龜 brilliantly performed by alto 李鳴真醫生.
  - 5) 太極劍 performed by 蔣文英, 楊柳蔭 and 嚴華民 with such precision and elegance.
  - 6) The last, but not least, was the most hilarious and humorous play “屁常規” with the acting casts of 胡佑華醫生, 李鳴真醫生, 辜學薇醫生 and 張錦瑜.
- And the Oscar for the overall best performer goes to 胡佑華醫生!*

Elizabeth Jackson, RN, who works in the Management and Risk Department at Wishard Hospital, proficiently gave a talk pertaining to the symptoms of stroke and swine (H1N1) flu; and Vicky Ko acted as the interpreter.

This year, the Telamon Scholarship was awarded to Nelson Wong, son of Timothy and Linna Wong. For more detailed information regarding Nelson, please refer to the Members News on page 8.

Finally, the four-hour exciting celebration came to the conclusion 天下無不散之筵席. Every attendee departed with a fond memory, and was looking forward to the Seniors Day of 2010.

青山隱隱水茫茫，  
時節登高卻異鄉。



人生得意須盡歡  
莫使金樽空對月



## 敬老節



## 蕭疏鬢已斑 歡笑情如舊

Photo provided by Linna Wong

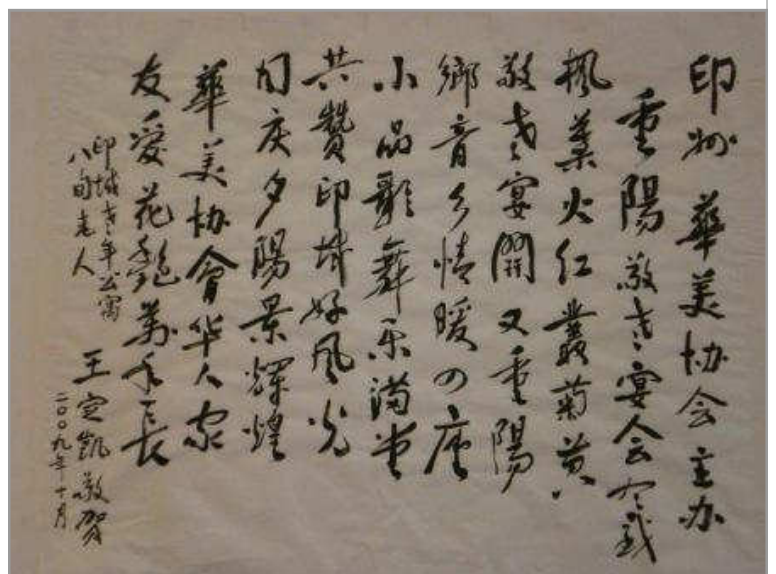
人到老年，不再有少年的狂妄、青年的浪漫、更多的則是對生活的 ... 感悟和理解。

人到老年，可以“領悟”到人生最實質、最內在、最主體的內容，可以把美麗的花朵和豐收的果實揉進生命的脈絡，滋養人生，豐富人生，實現人生。

人到老年，開始明白，老年自有老年的風景。青春雖然美麗，但它會隨時間的流逝而褪色，而青春的“心境”才是生命中一道“不變”的風景。

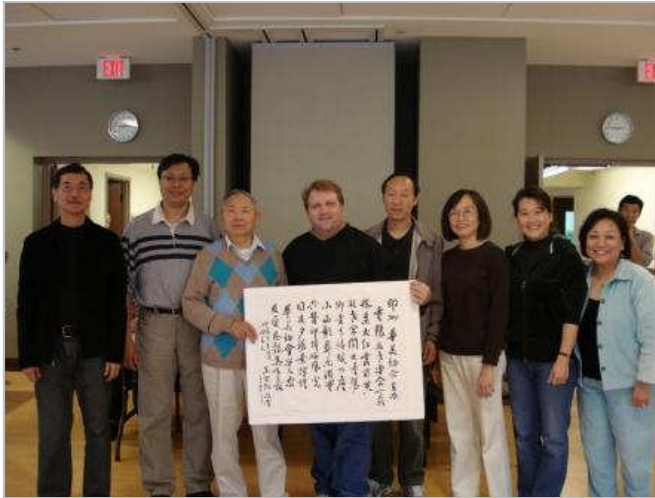
人到老年，方才“明白”東奔西走竭力  
想去改變的不是別的，恰是他們自己。  
幾十年的時光換來的不是別的，而是  
“心靜如水”

獨在異鄉為異客 每逢佳節倍思親  
遙知兄弟登高處 遍插茱萸少一人



# SENIORS DAY

# 敬老節



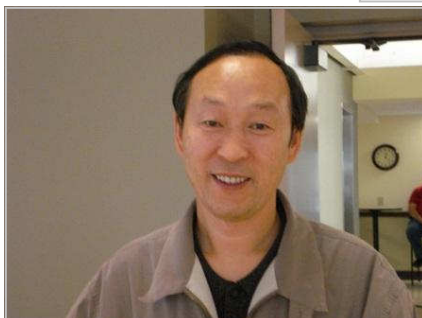
各位先生，各位女士，朋友们，乡亲们：

我代表印第安那翠薇园老年公寓全体华人，向印地安那华美协会，协会的历届领导人和全体成员，表示亲切的感谢。感谢你们对翠薇园老年公寓的全体华人无比的关怀，爱护和尊重。

自从印第安那华美协会成立以来，你们一直坚持敬老，爱老这个我们古老中国的优良传统，每年都要开展活动，召开这样的热情洋溢的敬老会。我个人来到翠薇园老年公寓不到六年。今天是第五次参加你们的敬老会。看见你们满脸笑容为迎送我们而奔忙，听到你们伯伯，奶奶亲密的呼声，以及热情的招待，我们感到无比体贴，温馨！

凡是遇到节日，或者有什么文艺节目演出，或者有什么参观展览，你们从来没有忘记过我们老年人，都是象今天这样，千方百计，热情洋溢地迎送接待我们。你们敬老，爱老的事例说不尽，我们也忘不了。印第安那华美协历届领导们，华美协会全体成员们，请接受我代表翠薇园公寓全体华人向你们表达的谢意和崇高的敬礼！

2009年10月24日 印第安那翠薇园公寓全体华人代表张俊豪



## MEMBERS PROVIDED FREE CLINICAL CONSULTATION

*by Patrick Lau*



Dr. Rudy Yung, Dr. Raymond Wong, Dr. Steven He,  
Dr. Mingzhen Li, Dr. Peggy Hu, Dr. Jane Chen, Dr. Patrick Lau

On September 13, 2009, nine IACA physician/dentist members dedicatedly served the Chinese community by volunteering their valuable time, effort and expertise to participate in the ICMA (Indianapolis Chinese Medical Association) free clinical consultation, held at Carmel High School.

Under Dr. Rudy Yung's supervision and guidance, his IU medical students: Rao Chundury,

Jake Trinidad, Jeff Nelson, Paul Withers, Kimberly Matchett, and Frank Hrisomalos, utilizing state-of-the-art equipment, conscientiously performed thorough eye examination including fundoscopic study to screen for ophthalmological disorders such as glaucoma, cataract, diabetic retinopathy, hypertensive retinopathy, age-related macular degeneration and so forth among our fellow Chinese, particularly the elderly.

Other participating IACA physicians and dentists included Dr. Jane Chen, Dr. Steven He, Dr. Peggy Hu, Dr. Patrick Lau, Dr. Li Ma, Dr. Mingzhen Li, Dr. Raymond Wong and Dr. Hillary Wu. Incidentally, Drs. He, Hu, Wong and Yung were former IACA presidents; and Dr. Wu was former ICMA president.

Expectably, a large number of attendees turned out at the event. They were, without a doubt, greatly benefited from the valuable service rendered by various medical specialists and dentists. Screening tests including blood pressure, blood glucose and blood cholesterol were also offered at the consultation.

### 仁心仁術

作為醫生應才德兼備，  
除了擁有一顆仁心，  
亦須具有醫術。

人有四百病 醫有八百方

## NELSON WONG 2009 TELAMON SCHOLARSHIP RECIPIENT



The 2009 Telamon Scholarship was awarded to Nelson Yeung Ching Wong 王揚政, son of Timothy and Linna Wong. Nelson expressed that it was his great pleasure of interviewing Dr. David Wong. The experience was very helpful to him.

Nelson is a senior at Indiana Academy For Science, Mathematics and Humanities in Muncie. He has been an active member of the IACA Lion Dance Team for more than six years. The IACA Lion Dance Team makes performances for the Indy 500 parade, International Festival, Chinese Festival, Fox 24, various organizations, universities and schools. The performances enhance and promote Chinese cultures, exchange of cultural experiences and respect of other cultures on equal footing. Nelson is also the President of the Chinese Club at Indiana Academy, helping professors to teach, promote and spread Chinese culture as well as raising funds for the club. He has represented the school in participating in the Indiana Chinese Character Contest last year and won the First Place of the heritage group. He is a great fan of Harry Potter, and is interested in world history as well as chemistry and biology.

*SEE PAGE 9 TO READ NELSON'S WINNING ESSAY  
BASED ON HIS INTERVIEW WITH DR. DAVID WONG.*

CONGRATULATIONS  
TO  
*MILLIE CHANG, DDS*  
ON THE OPENING OF  
HER NEW PRIVATE  
GENERAL DENTAL  
PRACTICE

FOR OFFICE  
INFORMATION,  
CALL  
57-SMILE  
(577-6453)

## TAIWAN TYPHOON RELIEF

Mr. Dong-Chang Shiue, Director of Tzu Chi Indianapolis informed Diana Yung, vice president of IACA, that the State of Indiana donated \$30,000 to the Taiwan typhoon relief; and the United States raised a total of 5 million dollars.

Tzu Chi organization will focus on building permanent homes for the displaced typhoon victims.

Mr. Shiue also conveyed their sincere gratitude for our members' great benevolence and generosity.

VISIT THE IACA WEBSITE  
[HTTP://WWW.IACAONLINE.ORG](http://www.iacaonline.org)  
TO VIEW PHOTOS OF ALL OF THE IACA ACTIVITIES.

## NELSON WONG TELAMON SCHOLARSHIP WINNING ESSAY

Many people who had experienced war have bitter memories throughout their life. Some people will be unable to move on and dwell in the pain and become depressed. Not only can depression affect one's well-being, but it also affects people close to you. Prozac, an anti-depression pill, manufactured by Eli Lilly and Company, is the brainchild of Dr. David Wong and his team. Prozac has saved and improved the quality of life of millions of people all over the world.

David Wong was six years old when Japan occupied Hong Kong on December 25, 1941 -- Schools were halted and food was rationed for the next three years and eight months. He is the oldest child in the family of six, but living in such trouble times, money and food were hard to come by. Electricity was limited. "If this lasted for 3 more months, I would not be here."

David Wong also recalled that behind their home was the Japanese military Headquarters, he lowered his head and lamented "Sometimes I can hear people's wail." Despite living his childhood in such turmoil and difficult times, he maintained interest in physics and chemistry and a positive view of life. David's life changed when he attended one year at the National Taiwan University and then came to America to study, majoring in chemistry.

Hardship and tough times breed a tough mind. David Wong's early years in America was rigorous, despite working part-time in a restaurant to pay his tuition, he also did painting jobs on the campus of Seattle Pacific University. "I arrived at Seattle with two trunks. I didn't have enough money, so I worked as a busboy at a restaurant in San Francisco for two weeks to get enough money to attend Seattle Pacific University in Seattle, WA." David Wong also worked at a clinical lab in the Swedish Hospital in downtown Seattle, doing clinical chemistry on patients' blood samples. If an overseas student working part-time was common at that time, I can't imagine how to study everyday with an exhausted body. Living through the war time and under-provision of after-war years must have fostered David Wong's diligence, stamina and positive attitude that motivated him for his life goal: to serve and relieve others in pain.

Dr. Wong's persistence and hard work paid off. In 1961 Dr. Wong graduated with a Bachelor of Science degree from Seattle Pacific University. He immediately began his graduate studies at Oregon State University, Corvallis, Oregon where David Wong met the love of his life in 1962, Christina. In 1963 David Wong finished his research toward a Master of Science degree in biochemistry and married Christina, who must be the beautiful lady who invited me into the house. Their happy marriage lasts to this day. David then received his Masters degree in biochemistry in 1964 and was immediately offered to complete his Doctoral degree at Oregon Health and Science University in Portland Oregon. In just two years, 1966 he received his PhD in biochemistry, and started post-doctoral fellowship in University of Pennsylvania before joining Lilly in 1968.

There are two books that drew Dr. Wong's attention "Structure and Function of Nervous Tissues" and "The Biochemistry of Functional and Experimental Psychoses". "These books open my mind." David Wong's eyes brightened and smiled when he talked about the pinched off nerve endings that contain enzymes and neurotransmitters. These two books led his personal journey to research on the uptake process of serotonin, a neurotransmitter, that later led to the discovering of Fluoxetine (commercial named Prozac), the renowned anti-depression medicine that ranked number nine most sold medicine in 2000.

What inspires me most is that even through all the suffering and pain in his childhood, Dr. Wong held no grudges towards those people, in fact, Dr. Wong forgave them. He wishes to serve and help others, to prevent others from having to experience what he had suffered through. "Whatever one does, keep an attitude that you are serving, whether in one's home, school, working environment, in community. An attitude of serving and enjoying your work, not a work where you constantly look at the clock and hope to go home, but a career where you have fun at work. It should be a career that you're passionate about, and to serve and help others, not because it's your duty, but because it comes naturally to you." Dr. Wong loves and is so devoted to his work that sometimes he forgot it was time to go home.

Now Dr. Wong has retired, but he is still doing research projects with Oregon State University. In the interview, I see a dedicated man whose Fire of Serving others still burns within him, this is Dr. David Wong, a man that exemplifies and echoes the Chinese proverb: "Respect and be Dedicated to your career. 敬業樂業." This is, I believe, the secret of success, which he implicitly told me.

# THANK YOU THANK YOU



*A special thank you to all members who donated items for the Fort Wayne Burmese refugees.*

*Your kindness and generosity are greatly appreciated!*

## UPCOMING EVENT

NOVEMBER 2009						
M	T	W	Th	F	S	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**INTERNATIONAL FESTIVAL  
INDIANA STATE FAIRGROUNDS**  
November 19-22, 2009

*Volunteers needed for both culture and food booths. See contact information below. Volunteer tickets free.*

*Discount tickets (\$4) available through Council Members.*

### VOLUNTEERS NEEDED FOR THE INTERNATIONAL FESTIVAL

The International Festival will be held at the State Fairgrounds on November 19-22. Volunteers are needed to help make this a successful event. "Inspiring places" is the cultural theme for this year's festival, and some of the inspiring places that our club will be featuring are Terra Cotta Army Underground Palace, Great Wall, Guilin, Hanging Monastery and others. We will have two booths, a culture booth and a food booth. Please sign up to help by contacting Diana Yung. Volunteers will receive a free ticket.

**C  
O  
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T**

**CULTURE AND FOOD BOOTHS**

Diana Yung  
297-7825

yinlingyung@gmail.com

DISCOUNT TICKETS - \$4  
Contact Council Members

VOLUNTEER TICKETS - FREE

Visit <http://www.indy-chinese.com/news/doc/20090926.htm> to view Chinese Festival segments from the Fox59 Early Morning Show including interviews, food, and the Lion Dance Team.

