

Presenters & Purveyors

Fred Brancato has a Ph.D. in world religions, New York University, and has been practicing Tai Chi for 19 years. Since retirement in 2003, he has taught in the continuing education program at the University of Southern Maine. His has had several careers including professional baseball player, social worker, high school teacher, foundation executive and executive director of an association of foster care, adoption and family service agencies in New York.

Maine Thunder Spirits, a group of Maine children between the ages of 9 and 17, comprise Maine's first kid's Taiko ensemble. *Ricardo's Family Karate*, a Maine Martial Arts school, provides a safe and fun environment for children and adults to learn Chinese traditional arts. The school has several locations throughout Maine and is run by its founder Professor Frank Ricardo.

Meret Bainbridge, L.Ac., is a licensed acupuncturist and Chinese herbalist in practice at A Bout of Health-Acupuncture & Massage in Portland, Maine. She is a graduate of the Oregon College of Oriental Medicine in Portland, Ore. with a background in acupressure and counseling psychology. Her specialties are women's health and working with stress-related and emotional conditions.

Melan Sanders, Chinese Opera, a graduate from the Zhejiang School of Performing Arts in Zhejiang, China, where she was trained to perform Yue Opera also known as Shaoxing Opera because of its root in Shaoxing near Hangzhou City. After her graduation, she had performed in various places for eight years before becoming a Maine resident three years ago.

Bubble Tea & Lunch made available by
Bubble Mania and Lotus Restaurant

Program at a Glance

11:00

- ♦ Auditorium open for seating

11:30-12:30

- ♦ Chinese American Friendship Association of Maine Chinese School Program of Dance and Song featuring Chinese Opera Singer Melan Sander (Auditorium)

From 12:00-4:00

- ♦ Crafts for Children and Vendor Exhibits (Gym)

Beginning at 12:30

- ♦ Mah Jongg—All Day Long — Games open to all who are interested in playing or watching (Gym)

1:00-1:45

- ♦ Acupuncturist Meret Bainbridge (Classroom)

1:15

- ♦ Children Meet to join "Dragon Parade" (Gym)

1:30

- ♦ Dragon Parade

2:30-3:00

Maine Thunder Spirits Drumming Workshop (Auditorium)

2:30-3:15

Qigong Workshop with Fred Brancato (Classroom)

**12:00 -4:00 Crafts for Children
and Vendor Exhibits (Gym)**

Vendors: CAFAM & CAFAM Chinese School ♦ Andrew Fone, DVD/Videos "Daily Life in China" ♦ Katie Campbell, Adoptive Day Cards ♦ Kristen Cappy, Curious City Books ♦ Helen Edmonds, Love without Borders ♦ Rachel Farrington, Headbands ♦ Alicia Garnow, US Postal Service ♦ Dorothy Lacy, China Ethnic Crafts ♦ Marissa Lyons, Children's Clothing ♦ AFT Teachers, Chinese Items

*Chinese American Friendship Association of
Maine's Twentieth Annual*

CHINESE NEW YEAR CELEBRATION

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*CHINESE AMERICAN FRIENDSHIP
ASSOCIATION OF MAINE*

www.cafammaine.org

CAFAM is a 501(c)(3) nonprofit organization

Are you a CAFAM Member?



The Chinese & American Friendship Association of Maine was founded in 1988 to promote friendship between non-Chinese Americans and Chinese people everywhere. We promote awareness and appreciation of Chinese culture.

We invite and welcome anyone with an interest in China to become a member. Our activities include:

- ◆ Autumn Moon Festival Celebration
- ◆ Chinese New Year Celebration
- ◆ Potluck dinners
- ◆ Five Newsletters annually
- ◆ E-mail notification list of events and issues
- ◆ Local Language resources
- ◆ Support the Maine Historical Society Chinese in Maine archive
- ◆ Lecture series
- ◆ Educational outreach

Today, CAFAM has about 120 individual and family memberships. Many of the families also participate in the CAFAM Chinese School. Established in 1996 and sponsored by CAFAM, the Chinese School is open to any family who is interested in bringing Chinese culture into the lives of their children.

Many members of CAFAM also belong to US-China People's Friendship Association, USCPFA, a national nonprofit organization, aims to develop and strengthen friendship and understanding between the peoples of the United States and China. It was founded in 1974 and has over 50 chapters around the country.

Memberships:

- ◆ Individual or Family \$25.00
- ◆ Full-time Student \$1.00
- ◆ USCPFA joint membership add \$10.00

Our address:

PO Box 10372, Portland, ME 04104

Our website: www.cafammaine.org

WE WELCOME YOUR PARTICIPATION!

2008 Program Details

11:30

Chinese School Performance of Dance & Song

(Auditorium) CAFAM Chinese School children ages 4-12 will perform Chinese folk and minority dances under the direction of Karen Morency and Dance Instructor, Fan Luo. Special Guest Melan Sanders will sing excerpts from Chinese Operas.

12:00

Fun Crafts for Children (Gym-until 4:00)

Crafts include Decorated Bags, Rat Mask, Paper Lantern, Chinese Yoyo, Framed Glitter Banner, Hanging 4-panel Greeting, Calligraphy Bookmarks, Chops, and Face Painting

12:30

Mah Jongg—All Day Long (Gym)

Games open to all who are interested in playing or watching Mah Jongg is a Chinese game of winds and dragons played by millions around the world using hand-carved tiles and a pair of dice.

1:00-1:45

Acupuncturist Meret Bainbridge (Classroom)

Acupuncture and Chinese Medicine: Restoring the Body's Health through Balancing Energy Flow. Learn more about the oldest continuously practiced health care system in the world: Chinese Medicine! How it's done, what it can treat, and how it works.



1:15

Children Meet in Gym to form "Dragon Parade"

1:30

Dragon Parade (Gym to Auditorium)

2:00

Maine Thunder Spirits Taiko Ensemble

(Auditorium)

The Dragon dance is an important tradition in China, where it is accompanied by loud music, dramatic movements, and fireworks. It is believed to bring luck and happiness, and repel demons. The dragon dance combines art, history, and martial arts. Dragon Dance is always a revered performance that attracts great crowds. It is fierce, explosive movement of several people controlling the massive body of the dragon. The serpentine movements require speed, coordination, and power, which is what brings the creature to life. To the Chinese, the dragon dance symbolizes the bringing of good luck and prosperity in the year to come to all human beings on earth.

2:30-3:00

Maine Thunder Spirits Drumming Workshop

(Auditorium) After the performance take this opportunity to ask questions and try some drumming!

2:30-3:15

Qigong Workshop with Fred Brancato

(Classroom) Qigong is an ancient practice developed by Taoist monks in the mountains of China. It strengthens the flow of the body's internal energy (chi), calms the mind and promotes health through body alignment, soft flowing movement and breath. We will practice a few of these exercises at the end of the day and review some of the Taoist philosophy that underlies them.

