

Some Event Program Highlights:

CAFAM Chinese School Dance Performance

Erhu Performance

by special guest musician
Zhantao Lin



Zhantao Lin

Lion Dancers

with Steve and Rodger Wong

Cultural Arts and Crafts

Make-and-take for kids

Delicious Chinese Lunch served 11:30-1:30

Dragon Parade You'll hear them coming!!

Exciting Workshops, Talks and Demonstrations

See the entire schedule for times and locations of the performances, demonstrations, workshops, talks and other offerings running throughout the day!



The Chinese and American Friendship
Association of Maine (CAFAM)

CAFAM promotes awareness of and appreciation in Maine for the diversity of Chinese and Chinese-American cultures.

cafammaine.org



南緬因大學孔子學院

CONFUCIUS INSTITUTE AT THE UNIVERSITY OF SOUTHERN MAINE

The Confucius Institute at USM strives to serve the growing demand within the university and the community for greater knowledge and understanding of Chinese language, culture, and history. usm.confucius@maine.edu

SCHEDULED SPEAKERS AND WORKSHOPS

10:00 a.m. - 3:00 p.m. (see schedule for locations)

10:30-11:00 a.m.

Moving With Ease, Not Force, Using Tai Chi Body Mechanics with Karen Morency

Move with greater ease by learning to move your whole body in a different way using Tai Chi Body Mechanics.

11:00 a.m.-12:00 p.m.

CAFAM Chinese School Dancers Performance in the auditorium

11:30 a.m.-1:30 p.m.

Delicious Chinese food available in the Cafeteria

11:30 a.m.-12:30 p.m.

Increasing Vitality and Reducing Pain & Stress with Tai Chi with Karen Morency

Babies and young children can fall asleep in any position and their little bodies just melt into whatever surface they fall asleep on. That is vitality, and Tai Chi is one way to create youthful vitality.

12:00-12:15 p.m.

Erhu Performance by special guest musician Zhantao Lin

This Boston-based musician and music educator from China, is a board member of the Chinese Professional Folk Orchestra Society and has been an awardee of many high-level competitions in China.

Approx. 12:15 p.m.- Right after erhu performance

Dragon Parade Throughout the building

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12:30-1:30 p.m.

Chinese Jian Bing Improv

with Rick Austin and Stella Chu (cooking demonstration)

JIAN BING aka Northern Chinese Breakfast Burrito is a very popular street breakfast food found in the northern regions of Shandong and Tianjin. Like many popular foods from Asia, it is slowly making its way to the west. In place of the more “crepe” like outer shell used in traditional preparation, we will experiment with using alternate approaches by using ingredients commonly available in our local supermarkets.

12:30-1:30 p.m.

The Eagle and the Dragon: Trading Insults or Solving Problems with Matt Ward

The presentation will examine the roots of the current “trade war” between the U.S. and China as well as possible solutions. There will be time for audience questions and comments.

Matt Ward is a retired foreign service officer specializing in economic, developmental and humanitarian issues. He served in various Asian regions including mainland China, Taiwan and Hong Kong. In Taiwan, he was the director of the school that trained US Diplomats in Chinese language, culture, economics, history and politics in preparation for service in China and Hong Kong. He was a pioneer in developing refugee processing asylum systems for “boat people” arriving on the shores of Indonesia and Singapore.

1:30-2:30 p.m.

Mysteries of Chinese Tea: Revealed!

with Michael Connelly

Come enjoy Chinese tea and conversation with Mike Connelly of Little Red Cup, Maine's premiere importer of organic, fair-trade, looseleaf tea.

2:00-2:30 p.m.

Chinese Music About Food with Connie Zhu

Unsurprisingly, there are a variety of Chinese songs about food: wontons, sticky rice balls, egg fried rice, steamed buns...Come and enjoy some music and learn more about Chinese food.

Connie Zhu is a Chinese language instructor, a freelance translator/interpreter, and host of a Chinese music show on WMPG.

1:30-2:30 p.m.

The US/China Relationship Through Each Other's Eyes with Joe McDonnell

How the U.S. and China look at each other in this complex relationship as both partners and competitors - at times friends and at times antagonists. Trade issues are the most publicized issue of antagonism since the tariffs but there are other issues of cooperation and antagonism as well.

Joseph W. McDonnell is a Professor of Public Policy and Management at Muskie School of Public Service, University of Southern Maine.

ALL-DAY ACTIVITIES

Martial Arts with Portland Kung Fu- All day in the gym

Moy Tung Ving Tsun Kung Fu is a powerful Chinese martial art descendent from the Shaolin Monastery. It's characterized by the efficient use of motion & directed energy. "Training involves a series of 2-person drills, physical conditioning exercises, and detailed movement forms designed to unlock the natural power of proper skeletal alignment. This system is ideally suited for individuals of all ages and abilities. It's easy to learn, and extraordinarily effective. Try it for yourself and enjoy!"

Cultural crafts for the kids- All day in the gym

Enjoy making 'Year of the Pig' hands-on crafts and experiencing authentic calligraphy to take home!

Confucius Institute at University of Southern Maine- Information and demonstrations- All day in the gym

Lion dancers- Throughout the day in the gym

Performed by Steve and Rodger Wong

The lion dance, a traditional form of Chinese dance performed in costume, is usually performed at Chinese New Year and other traditional cultural and religious festivals as well as weddings and business openings where good fortune is desired.

Teas, books and merchandise for sale all day in the gym