Kentucky Chinese American Association

P.O. Box 910186, Lexington, KY 40591-0186 www.kycaa.org

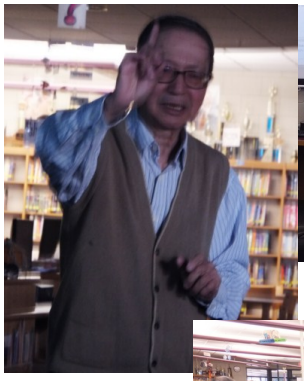
Seminars

Fall 2012

Appalachian Music and Its Influences

by K. H. Han

Saturday, Nov. 10, 2:15 to 3:30 at the KYCAA Chinese School.



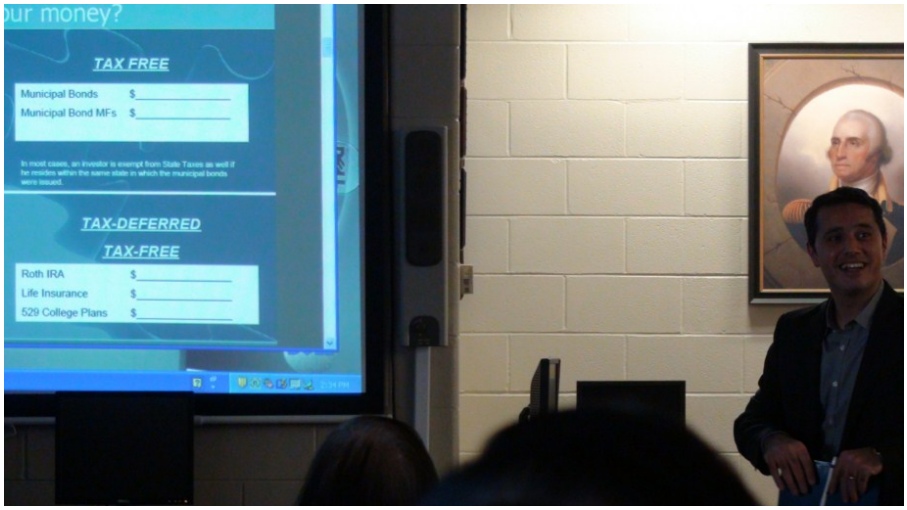
A power point presentation of the origin of Appalachian music, also called Old Time Music (ballad, church hymns, dance tunes, and instruments) and its influences in contemporary Country Music and Bluegrass music. Most slides and video clips were taken in W. Virginia, Virginia, N. Carolina, Tennessee, and Kentucky. Musical instruments such as fiddle, banjo, mountain dulcimer, harmonica, musical bow, limberjack, and spoons will be on display. Audience is invited to play limberjacks (dancing dolls) and spoons with dancing tune.

2012年11月10日，肯塔基华人协会中文学校邀请专门从事音乐教学和研究的韩国鎭教授在肯塔基州莱克星敦市的Beaumont Middle School为当地华人举办了一场精彩的讲座。讲座以Appalachian Music and Its Influence为主题，从历史和宗教的角度介绍了当地极具特色的Bluegrass乡村音乐的由来、发展和主要特点。韩老的讲座图文并茂，除了绘声绘色的演说还配以珍贵的影像资料。更难能可贵的是这些资料均由韩老及夫人亲自踏访得来。聆听精彩说道之余，其亲自考证的求实态度更令人钦佩不已。通过近一个小时的讲解，听众对Bluegrass乡村音乐从形成的地域、年代以及主要特色和代表人物等数方面都有了基本的认识，这对于华人同胞更深刻地理解美国文化、更自然地融入当地民间的生活是非常有益的。

讲座以来自波士顿的著名古筝演奏家杨信宜的一曲《高山流水》开场。杨女士的弹奏流畅自如，曲调婉转悠扬，令现场听众无限陶醉。两位音乐家在各自的领域都卓有成就，却彼此都虚怀若谷，悉心求教，用德艺双馨一词来形容再恰当不过。

韩教授还带来了自己收藏的多种民间乐器让听众亲自玩味体验Bluegrass乡村音乐的魅力。在韩教授的悉心指导下，许多音乐爱好者从对洋琴、班卓琴这些小众而陌生的乐器的把玩中体会到了无穷的乐趣。小孩子们也玩得不亦乐乎。大家都期待莱城的华人社团能在将来举办更多此类高雅而有意义的文化活动来丰富和充实大家的生活。

Finance



On November 17, 2012, KYCAA held seminars on personal finance given by Mr. Grigori Bagdasaryan from MassMutual Financial Group and Mr. Charles Johnson from the Law Office of Charles E. Johnson. Mr. Bagdasaryan, an investment advisor representative, presented tax diversification strategies in personal investment. The strategies include the appropriate allocation of personal wealth in four categories: taxable, tax free, taxable tax-deferred, and tax-free tax-deferred investments. Mr. Johnson, an attorney at law, discussed about estate planning. he advised the audience that an estate plan should aim to achieve peace of mind and family harmony by maintaining control during one's incapacity, quick transfer wealth at death, and protecting beneficiaries from others. Mr. Jonson used numerous examples to show common mistakes in the estate planning. The seminars simulated numerous questions from the audience and passionate discussion between the audience and seminar speakers, especially about 529 college savings plans and a living trust.

The event was held at KYCAA Chinese School. Dr. Wei Lu, president of KYCAA, presided the seminars, and more than 30 KYCAA members and

Traditional Chinese Ways of Health Cultivation

‘没病的人未必健康, 健康的人未必长寿, 长寿的人未必快乐’ – Dr. Li Zhaoquo use his simple but vivid words explained philosophy of traditional Chinese ways of health enrichment based on legendary Yellow Emperor’s Canon of Medicine. In the seminar of ‘Traditional Chinese Ways of Health Cultivation’ which was hold on Saturday of Dec. 1st at Beaumont Middle School, over 40 student parents and friends enjoyed an excellent talk presented by Dr Li of Shanghai Normal University. In his talk, Dr. Li gave an overall introduction on the traditional Chinese understanding on human body, the importance of life style in health as well as the theory of medicated food and three treasures of Essence, Qi and Spirit (精, 气, 神).