

## FIRST ASIAN ELECTED to CARMEL CLAY SCHOOL BOARD Zheng Lin's Acceptance Speech

"I am extremely honored to be elected as a Carmel Clay School Board member. I'd like to thank people in Carmel for choosing me to represent you on the board and all who have made my election possible. I am grateful that I have your trust and support during my campaign. Serving the community is such a responsibility that I do not take lightly. I will endeavor to work for the district with my most diligence and care.

I would like to thank my campaign team for their guidance and collaboration of running a powerful and efficient campaign. Winning this election would not have been possible without all the volunteers who worked tirelessly to tell people about me and my campaign. All these have happened because of

the generous financial support from donors. I could not say enough for my family and friends for their tremendous support in the last few months. I sincerely thank each and every one of you for using your vote and your voice to express your confidence in me.

This election is much bigger than me. It is for Chinese Americans in Carmel who stand beside me. We now have broken one of the glass ceilings for Asians. Thank you for the great opportunity to open the door for you. The challenges I faced on my way here have only strengthened me to make me the person here today. I believe my story will inspire more Chinese and Asians to engage in communities and run for offices."



Zheng Lin (front left) and her supporters at the celebration party on Nov 19 at the Chinese Community Church

## A SUCCESSFUL PARTNERSHIP IAAT & IACA at the 2016 INDIANAPOLIS INTERNATIONAL FESTIVAL

Indiana Association of Chinese Americans and Indy Asian American Times collaborated once again for the 2016 Indianapolis International Festival held at the Indiana State Fairground's Blue Ribbon Pavilion which ran from Nov 10 to Nov 12. The 2016 theme for the festival is 'Home around the World'. The team included did a great job putting together a display of miniature house models from different regions in China, colorful photo posters of houses and gardens and kitchen and table implements unique to Chinese home. It was a great opportunity to showcase Chinese

culture and livelihood, a great introduction of homes and gardens to festival goers especially to thousands of students who came to the festival on the first 2 days of the festival as part of their learning school field trip.

Our deepest appreciation to both board members who put together the display and the volunteers who worked at the booth and built the miniature model houses.

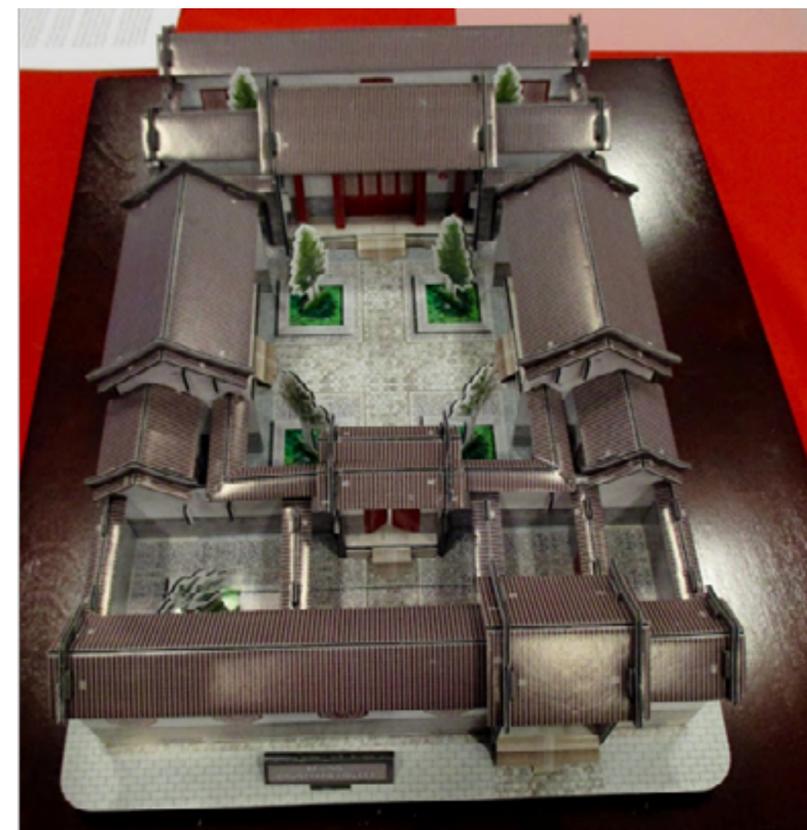
Photos courtesy of Vicky Ko, IAAT Board Member



IACA and IAAT Booth



Kitchen implements unique to a Chinese home



House model of a Beijing Si He Yuan, the elaborate courtyard house

## THANKSGIVING AND GRATITUDE

"Thanksgiving comes to us out of the prehistoric dimness, universal to all ages and all faiths. At whatever straws we must grasp, there is always a time for gratitude and new beginnings." ~J. Robert Moskin



The Pilgrims, members of the English Separatist Church who escaped religious persecution, set sail on the Mayflower and eventually landed at what is now Provincetown on Cape Cod, Massachusetts on November 21, 1620. They established the Colony of Plymouth in December 1620.

The majority of the Pilgrims suffered dreadfully from the lengthy voyage at sea. They had to undertake the hard labor of constructing shelters; and foods were scarce. In addition, that winter was extremely harsh and fierce. Tragically, of the original one hundred and two pilgrims, forty-six, devastated by starvation and diseases, did not survive. The local American Native Indians, the Wampanoag tribe with the chief, Massasoit, and another Native American, Squanto, compassionately rendered the most needed aid to the Pilgrims by furnishing them with food and clothing. Furthermore, the Indians taught them how to cultivate crops like corn and squash, hunt and fish, as well as the skills to survive the severe weather and harsh environment in their new-found land.

Fortunately, the following year's harvest, as a result of good weather and hard work, was very bountiful. Being grateful to God and the Indian friends, Governor William Bradford proclaimed a 'day of thanksgiving', which is believed to be held between September 21 and November 11, 1621 in the colony of Plymouth, Massachusetts. In actuality, the colonists celebrated it as a traditional English harvest feast; it lasted for three days. Ninety Wampanoag Indians were invited to the party, who brought along five deer to contribute to the feast, which also included various fowls, lobster, fish, dried corn, turnips, pumpkin, nuts, and fruits. This is thought where the turkey comes into play; the colonists probably referred any type of wild fowl as turkey. This harvest feast is recognized as one of the first Thanksgiving celebrations.

In 1863, President Abraham Lincoln, proclaimed the last Thursday in November to be the national holiday of Thanksgiving. In 1941, Congress passed a joint resolution and officially declared Thanksgiving as a legal holiday, to be observed on the fourth Thursday of November.

Thanksgiving Day is observed with church services. Parades are held in large cities; the most famous one is the Macy's Thanksgiving Day parade that takes place in New York City. Americans traditionally celebrate the holiday by gathering at home with family members and



Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer, he has been a dedicated columnist for Indy Asian American Times since 2010.

friends for a lavish holiday feast, which customarily includes oven roast turkey and stuffing, cranberry sauce, sweet potato casserole and pumpkin pie. Thanksgiving, a religious and cultural celebration is a day to express our great gratitude for all our blessings, to offer thanks to God. It is also a time to show our gratitude and respect to our elders, families, relatives and friends. Ronald Reagan once said, "Perhaps no custom reveals our character as a Nation so clearly as our celebration of Thanksgiving Day."

Gratitude is a warmly or deeply appreciative attitude for kindnesses or benefits received. Grateful individuals have higher levels of positive emotions, life satisfaction, determination, enthusiasm, optimism, resilience and self-esteem. Cultivating a sense of gratitude makes people feel 25% happier. Gratitude promotes social bonds. Grateful people are more likely to feel loved; they have stronger social relationships and they feel less lonely, stressed and depressed.

People incorporating gratitude into their everyday life tend to be more caring, compassionate, spiritual, religious and forgiving. Grateful people have more drive to accomplish their personal goals and are more willing to help others and volunteer. Research found that people focusing on gratitude have lower blood pressure, reduced risk of heart diseases, enhanced immune system, and longevity. Psychology Professor Robert Emmons states that gratitude has the power to do three things: "To heal, to energize, and to change lives."

Be grateful to those who gave you birth, they let you experience life. Be grateful to those who raised you, they made you grow. Be grateful to those who cared for you, they gave you warmth. Be grateful to those who encouraged you, they empowered you. Be grateful to those who educated you, they enlightened you. Be grateful to those who loved you, they made you realize that love is priceless.

In the words of Melody Beattie, "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."



Joy Orchestra playing at the booth



IACA Lion dance team pose at the booth before the Parade of Nations



ICPAI dancers pose at the booth before the Parade of Nations