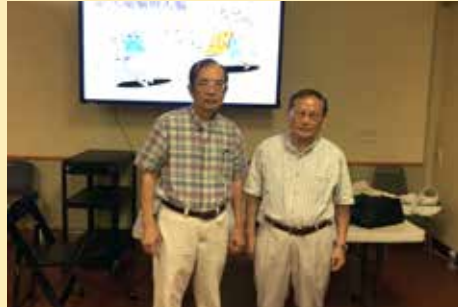


Quarterly YAM

JULY □ AUGUST □ SEPTEMBER □ SUMMER ISSUE 2016



Taiwanese Americans from San Diego welcomed President Tsai Ing-Wen visiting LA on 6/30/16



Dr. Liu Wu-Hung (left) talked about "Brain vs. Computer" in 6/25/16 Understanding Science Lecture Series

San Diego Taiwanese American Foundation

858-560-8884

President	Ken Wang
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Executive Director	Carol Ou Lin
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San Diego Taiwanese American Community Center

Director	Carol Ou Lin
Assistant Director	Jing-Ping Shih



Professor Lau Hon-Shiang talked about Tibet in 6/18/16 Edward Cheng Culture & History Lecture



Scott Ezell talked about his experience in Taiwan in 4/2/16 Edward Cheng Culture & History Lecture

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Dr. Shih Jing-Ping (right) talked about stem cells in 4/23/16 Understanding Science Lecture Series



Taiwan center's booth at 5/7/16 Asian Culture Festival



Team Taiwan participated 2016 San Diego Dragon Boats race on 5/7/16



Panelists talked about their volunteer experience in 6/11/16 Life-Experience Seminar



Panelists talked about dealing with aging in 4/9/16 Life-Experience Seminar

2016 San Diego Taiwanese American Heritage Photo Gallery



Hiking Club

Date: 07/02/2016 Saturday 9AM

Place: San Dieguito Lagoon Trail, Del Mar

Gathering place: Lagoon Trail Head at San Andres Dr.

Date: 07/16/2016 Saturday 9AM

Place: Blue Sky Ecological Reserve - Poway

Gathering place: Parking Lot

Date: 08/06/2016 Saturday 9AM

Place: Moonlight Beach State Park, Encinitas

Gathering place: Parking Lot by 3rd Street

Date: 08/20/2016 Saturday 9AM

Place: Oceanside Harbor Light House (harbor side)

Gathering place: Oceanside Harbor Parking Lot 1 (Free) by Riverside Drive

Date: 09/03/2016 Saturday 9AM

Place: Highland Valley Trail at Rancho Bernado

Gathering place: Trail head parking lot

Date: 09/17/2016 Saturday 9AM

Place: Torrey Pine State Reservee

Gathering place: State park road side parking Lot

Health Seminar

Time: July 2nd, 2016, Saturday, 2:00 PM

Topic: Cultural Effects on Asian American Mental Health

Speaker: Ching-Yu Huang, Ph.D.

Asian American, especially Chinese American has been frequently referred to as the “model immigrant” in the US due to their high academic achievement in youth and low juvenile delinquency rate. However, there are many culture-related factors which hinder Asian American to seek help when encountering mental health challenges. In this presentation, we will learn about these culture-related factors which influence the mental health of Asian American, and some simple things we can do to increase our general well-being.

Ching-Yu Huang, Ph.D., is currently a research specialist in the California School of Professional Psychology, Alliant International University. She received her Ph.D. in Social and Developmental Psychology from the University of Cambridge at 2013, and worked as a post-doctoral research fellow at the Children and Family Research Center at National Taiwan University from 2013 to 2014. Her research interests include parenting and its implication on child development, immigration and acculturation, child maltreatment, and forensic interview for child victims. Other than her research expertise in psychology, she is also a dedicated yoga practitioner and a RYS200 certified yoga teacher. Her vision is to help people of all ethnicity and age to improve their physical and mental health and wellbeing through yoga and natural holistic way of living.



Mid-Autumn Moon Festival Celebration

Date: Semptember 17th, 2016, Saturday 5:30PM

Place: TACC Auditorium

Ticket: \$10 before 9/17/16; \$12 on 9/17/16

including: Bento, moon cake and drink

Tickets can be purchased from SDTCA board members or at Taiwan Center front desk.

San DiegoTaiwanese Culture Association cordially invites you to this wonderful, fun-filled event. The fifth annual Cenzone Tech. Inc. scholarships will be presented.

