

## Tien, Paul 田仲麟

### **Education 學業**

小學 台湾台中太平國小

中學 台湾省立台中一中

大學 台湾台北國立台湾大學電機系，BSEE 1964

Graduate University of South Carolina, Columbia, South Carolina, USA, Ph.D. 1971

### **Career 事業簡歷**

My EE fields over four decades working career are in the Space Electronics & Electromagnetic Environmental Effects (SE4) as well as the Design, Development and Productization of RF/digital/high voltage Application Specific Integrated Circuits (ASICs) & Printed Wire Boards (PWBs). Currently I am still working full time since I enjoy the daily technical challenges and the working environments offer the freedom to do things I like outside the work. From 2008 to present, I am the Leads of SE4 Engineering - Aerospace Corporation, for the following: USAF Global Positioning System (GPS) III and prior to GPS III, the Department of Defense (DOD) Missile Defense Agency's (MDA) Target & Kill Vehicles, and several DOD/NSA top secret programs (sorry no names). Before joining Aerospace, I was with Boeing Company for 7 years as a Scientist serving as SE4 technical lead in Boeing's Integrated Defense Systems (IDS) Future Combat Systems (FCS) C4ISR Division and Boeing's Satellite Development Center working on RF/ASIC component and PWB development. Prior to Boeing Company, I worked as a Senior Manager/Engineer in Xerox Corporation and IBM for 25 years. My responsibilities at Xerox and IBM Corporations were RF, digital, high voltage Custom/ASIC and PWB design and development. In 1981 and 1982, while in Xerox, I was invited to offer to the IEEE Computer Society 2-Day Short Courses "Custom Design of VLSI". I got numerous Patent and Achievement awards from both Xerox and IBM. I was also an Associated Professor in Electrical Engineering Technology of Savanna State College (SSC) in '70s and was awarded as The Teacher of The Year of SSC in 1975. I have seven U.S. Patents in: RF circuit, electronic packaging, Integrated Circuit (IC) memory and device. All the fun and satisfying feeling in EE career said above, I am looking forward to retirement very soon.

### **Summary Of Life (Current) and Future to Come 人生簡述**

#### **Family**

#### **Wife Leah Wang 王今我**

B.A. 1966 靜宜文理學院, Taichung, Taiwan;

B.S. 1984, Cal State Dominique Hills;

Software Engineer Hughes Aircraft, El Segundo, Ca

Software Engineer Logicon, San Pedro, Ca

Software Engineer BDM, Redondo Beach, Ca

#### **Son Raymond 1973**

B.S. Stanford 1996;

Senior Associate, Blockbuster Strategy Group

-Pharmaceutical Consulting; Boston Mass

**Son Albert 1974**

B.S. UCLA 1977;

O.D. 2001 Southern California College of Optometry;  
Optometry Clinic Owner; Montebello, California

**In Love**



**Our Wedding December 21, 1968, Columbia, SC**  
謝謝 長萱 澤霖！



**Albert and Ray: City of Torrance Spelling Bee Double-Champions 4<sup>th</sup> and 5<sup>th</sup> Grades 1984. Representing Howard Wood Elementary, Torrance, Ca.**



**Albert and Ray: Torrance High**



**Ray's Stanford Commencement**



**Albert's SC Optometry O.D. Commencement**



**Ray's Wedding 2000**



**Albert's Wedding 2008**



**Ray's Family**



**Albert's Family**

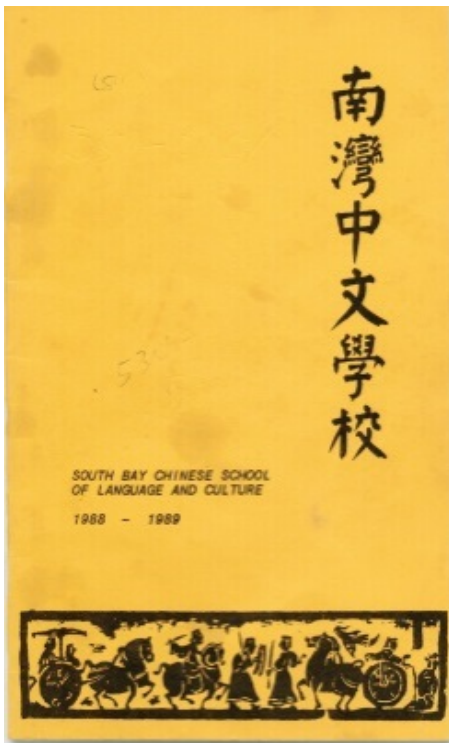


## A Proud Civil Service - Chinese School 南灣中文學校

In Mid 80' I was introduced and encouraged by our classmate Jim Liao to provide efforts in Chinese culture and language to equip/enhance our kids the language and culture tool and knowledge. I started in '86 as I was elected by the parents as the President PTA of South Bay Chinese School of Language and Culture 南灣中文學校 (SBCSLC of Southern California). Subsequently, I was requested and accepted as the Vice Principle next year (1987), followed by becoming the Principal in 1988. I served out for SBCSLC an additional year in 1989 as the Board Member (Jim was serving as the Chairman and was also an ex-Principal) of the SBCSLC. Those services were totally volunteer and quite demanding due to the large number of student (>500) and teacher (>30). Looking back, the 4-year civil service was very difficult but satisfying by being a baton carrier to sustain and improve our younger generation's Chinese language and culture richness. In 1989 we were able to acquire, through parents and friends donation and funding raising, the first school building as the base for SBCSLC long term plan. One proud moment is that when a young ABC looking Chinese approached me and said to me in Chinese “田校長好！”。

一段小插曲：因為我並任一九八七南加中文學校聯合會活動小組負責人兼 fundraising。南灣中文學校捐 27-in 彩色落地電視一座為年會 Raffle 頭獎。抽獎程序由別校負責。What a miracle! 我們竟然抽到自己捐的頭獎 - fair & square....有了自己的校舍 building, 這座電視自然成為中文學校學生活動中心之一。

### School Catalog and Principal's Message



#### 校 長 的 話

各位家長、監護人、同學：

我在此代表學校熱烈地歡迎各位。讓我們一起來迎接新學年。

南灣中文學校一向以能供給南灣社區優良中文教學為校務主要目的之一。我們繼續不斷地為求進步而努力。

在教務方面，擴展新教材的募輯、採用及充實視聽教學資料是為首要之務。繼續加強MJ (Junior High) 及MH (High School) 特別班來教導及齡但中文程度尚不夠的學生。在課外活動，我們繼續增設新課程望能達到詩詞棋畫，文武俱全的地步。

在註冊方面，我們開始進行希望能達到中文電腦作業以簡化註冊手續。此外我們繼續參加南灣各社區及中文學校聯合會有意義的各項活動，讓家長有機會介入社會活動主流，學生能得到機會教育的經驗。

十幾年來，南灣中文學校從僅一班十餘人進化到二十餘班近五百人的大學校並在南加州有極優良名譽。這全是歷屆學校行政人員及各位共同努力的結果。相信今年一本南灣中文優良傳統及各位繼續支持並發揚團隊精神，我們一定會把校務辦得更好。讓各位或子女學生能安全並有效率地學習中文。

各位若有問題或意見請與學校行政人員、家長會或本人聯絡。祝  
學 安

校長 田仲麟

一九八八年九月



## 及時歌舞健身，享受快樂人生

對我來說人生七十或退休才開始。選擇是要：當旁觀者？只聽只看；或積極加入 (Participation)？我選擇後者。二十多年前我們一群同年紀好友決定 -- 歌舞健身，快樂人生。

並以下列淺見為原則與 EE 益友共享：

- 堅持每天做適量運動 (e.g. at least walking/jogging, sport dance and/or singing)，充足睡眠，並保持心境平和及開朗；每天要 笑笑笑，海闊天空。
- 及時行樂：只要體力允許，想去的地方就立刻去吧！莫等到走不動時後悔、遺憾。
- 只要有機會，多與老同學、老同事、老朋友聚聚！想吃什麼，就吃什麼，快樂最重要。
- 有病時不必害怕、不用擔心，把後事交待好，隨時可走，了無遺憾。
- 把身體交給醫生，把生命交給上帝，把心情交給自己。
- 兒孫自有兒孫福，對於兒孫的事，耳朵可以聽，眼睛可以看，但嘴巴不要說。
- 說了無效的事不說，做不了的事情不做，被動的事要看情形。
- 顧好四老 -- 老身：多注意健康資訊，保養全靠自己。老本：自己賺來的鈔票，要自己保管好。老伴：另一半要多珍惜，有一個會先走。老友：見面機會要把握，只會愈來愈少。

在此祝各益友及全家身體健康，人生快樂！

May 2014

**附錄：二篇短寫提供個人淺見：“如何開始以跳舞為運動(Sport Dance)”及“唱歌的好處”**

### 附錄一 如何開始以跳舞為運動 Sport Dance for Life

Leah and I always enjoy doing ball room especially the Viennese Waltz or, Quick Waltz. We would like to suggest you young EE64 fellows to try with your better half on Viennese Waltz. You would feel like you are floating with the melody on a cloud when you get used to it. Better yet, how about line dance for more exercise. It is not as difficult / tedious (no needs of dance dress and dance shoe, etc...) as ball room dance such as the Viennese Waltz, Cha Cha or Jive but will do you good since it is called sport-dance. Better yet you can learn them with ease and this is for both of you and your better half. If you want you can really sweat and still enjoy for a couple of hours a day or so. One thing unique about the sport dance is that you can rest your brain and mind – nothing else will go thru them when you are focused / attracted by the music and steps. We are sure about this because we have been doing this for quite a while and am still working full time. There are many good line dance numbers and are with Walk-Thru demo available in You Tube. A few are provided here as a starter FYI. Please beware that there are variations but basically the same...of course there are better postings and instructions for you to find out.

1). Basic (Line Dance) – called Electric Slide:  
<http://www.youtube.com/watch?v=86oaig1L8o>

2). Basic / Intermediate (Line Dance)- Cha Cha Espana (please stay toward the end to see the walk-thru):  
<http://www.youtube.com/watch?v=FCzMqo8kh1o>

3). Intermediate version (Dance Fusion - Line Dance with Ball Room Dance)- Cha Cha Espana:  
<http://www.youtube.com/watch?v=q0b4yigMmlg>

**Dance Fusion Combining Line Dance with Ball Room Dance**



**Ball Room Latin Jive**



## 附錄二 唱歌好處多多 (OK) !

### 1 燃燒中性脂肪

福田院長指出，想要減肥，一定得先燃燒脂肪，這是眾人皆知的原理，而當體內開始燃燒脂肪時，最先燃燒的便是中性脂肪，而唱歌正好可以助其燃燒，幫助你變成纖瘦美人，唱完一首歌，所減掉的脂肪相當可觀。福田醫院曾經做過一個實驗，找來三位女性分別唱五首歌曲，每人的曲目都一樣，在唱完之後測量她們體內的中性脂肪值，結果三人的中性脂肪值全部降低了，其中二人更降低了一半。

### 2 唱一首歌如跑一百公尺

根據「卡拉 OK 健康法」一書指出，通常歌手在開演唱會之際都會體重驟降，完全是因為在開 Concert 期間日夜勤練歌藝之故，福田院長說如果唱歌的方法正確，充分利用身體各部分的肌肉和內臟，可以從而消耗大量體能，也就是說如同做了運動一樣。為了證明，福田院長特別測量了一個人在唱完一首歌後的氧氣消耗量，以及跑完一百公尺後的氧氣消耗量，發現兩者的效果相當，換言之，兩者的卡路里消耗量亦大致相同，所以唱了一首歌就等於跑了一百公尺，這對於想減肥但又不喜歡運動的人來說，實在是一大喜訊。

### 3 利用腹肌收肚

唱歌時，基本呼吸方法便是腹式呼吸法、腹部的肌肉得到充分利用，促進新陳代謝，同時也可結實腹部的肌肉。另外，使用腹式呼吸法的時候，橫膈膜的活動可以調節空氣的吸入和呼出量，肺容量增加，脂肪分解時所需的氧氣便能充分地被吸收，有助脂肪的燃燒。脂肪燃燒唱歌法唱歌不是用喉嚨大喊大叫，如此不但達不到瘦身效果，還會損及喉嚨，形成息肉，造成反效果。不妨練習福田院長教大家的「脂肪燃燒唱歌法」，減肥兼唱歌，說不定有朝一日就可以變成最苗條的歌唱家！

#### A. 腹式呼吸法練習

“腹式呼吸法”是唱歌的基本技巧，相當容易練習，在家也可DIY：首先仰臥在地上或床上，在腹部放上一、二公斤重的物件，如書或電話簿，維持這樣的姿勢唱一首歌，切記要看見腹部一上一下的起伏著，確保你是用腹式呼吸，每日練習一次，慢慢就會熟能生巧。

#### B. 正確唱歌姿勢

唱歌的時候，能站不要坐，雙腿要分開與肩同寬，身體保持平衡，並記得使用「腹式呼吸法」，想像自己是歌曲的主人翁，投入忘情地唱，能夠做到這點將會大大提高瘦身的效果。另外有一點要特別注意，唱歌的時候不要喝啤酒或狼吞虎嚥，要喝的話不如點熱茶或澎大海。

- 好不容易輪到你，切記一定要站立。
- 腿分開與肩同寬，要站得穩。
- 聽到前奏時，嘗試忘記現實生活，陶醉在音樂之中。
- 一手拿著麥克風，一手按著腹部，使用「腹式呼吸法」。
- 如果能夠配合舞蹈，效果更棒。

### 4 一曲可耗20卡路里

唱歌減肥，除了方法要正確之外，歌曲的選擇亦十分重要。日本就有一家公司，製造了一部“卡路里卡拉OK”的機器，可以計算唱歌時所消耗的卡路里，該公司表示，這部機器可以透過從麥克風所接收的訊息如：聲量的大小、發聲的時間、拍子的快慢..等因素計算出唱歌的人所消耗的熱量。從計算中得知，平均

每一首歌能夠消耗五?二十卡路里，因人而異，就算是同一個人唱一首歌兩次也會有不同的結果，而當然歌曲時間長，節奏快是較佳的選擇，以下是根據這部「奇機」並參考國內歌曲得出的結果：

- 可消耗約二十卡路里之歌曲

歌曲名稱	歌 手	卡路里消耗
三天三夜	張惠妹	19.3
忘記我還是忘記他	迪克牛仔	19.1
<b>Can You Celebrate</b>	安室奈美惠	21.6

- 可消耗約十五卡路里之歌曲

歌曲名稱	歌 手	卡路里消耗
<b>Automatic</b>	陳慧琳	12.9
<b>My Heart Will Go On</b>	Celine Dion 宇多田光	13.5
志明與春嬌	五月天	13.2

## 5 改善便秘及皮膚狀況

如果你有慢性便秘的煩惱，不如多唱歌，據說可以舒緩導致便秘的壓力，使支配大腸蠕動的自律神經活躍、另外，唱歌時利用腹式呼吸法鍛鍊腹肌，亦可以刺激大腸的蠕動。

## 6 月月安

月經週期紊亂，部分原因是因為壓力導致荷爾蒙失調，如果能放寬心胸，利用想像力進入歌曲的意境之中、促進女性荷爾蒙之分泌，可改善生理不順的問題。

## 7 神經三溫暖

唱歌時，人會變得緊張，但當唱完一首歌後，唱歌的人會隨即放鬆下來，這樣一鬆一緊的循環可以刺激因壓力而變得混亂的自律神經，紓解身心。