

E-Newsletter of the Organization of Chinese American Women

February 2016



P. O. Box 815, Great Falls, VA 22066
Telephone: 301-907-3898
Email: ocawwomen@aol.com
Website: www.ocawwomen.org
501(c)(3) Nonprofit Organization

(from Linda Devine, Editor)

Happy New Year and Happy Chinese New Year! I hope that 2016 has started off well for all of you.

As always, thank you to those who submitted material for this issue. Special kudos to my husband Ed for his photo preparation work this time, as it was more involved and trickier than usual.

I continue to encourage OCAW members to write articles for the publication if there is something you think would be of interest to the membership. Even a short paragraph would be welcome!

Please feel free to send me any suggestions or recommendations that you might have for any aspects of the e-newsletter, and I will be happy to see if they work for our publication. My email address is: devinefive@comcast.net.

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News from the Virginia and Maryland Chapters

Caregiving Wisdom from an Ancient Sage

(from Veronica Li)

(Editor's Note: Veronica is a Virginia Chapter member and author of Confucius Says, a novel about caring for aging parents.)

I would like to thank OCAW National and the Virginia and Maryland Chapters for sponsoring my talk, titled “Caregiving Wisdom from an Ancient Sage.” The program was cosponsored by AARP Virginia as part of its caregiver outreach efforts.

The events took place at three venues in Northern Virginia: Shirlington Library on September 22, 2015; George Mason Regional Library on September 23; and Centreville Regional Library on November 8. All three events were well attended by OCAW officers and members, AARP, and the general public.

I was delighted to share with the diverse audience the Chinese culture of filial piety. Their interest in Confucius’ message took me by surprise. It seems that as far as our parents are concerned, the desire to do our best is universal. In this era of unprecedented longevity, every family is groping in the dark on how to care for the elderly. I believe Confucius’ basic principles on elder care can help guide both care givers and receivers, thereby reducing tension and increasing love and understanding.

Virginia will hold a Governor’s Conference on Aging on May 2, 2016. I am most honored to be invited to participate in the panel discussion on the multicultural aspects of aging in America.

Below is an article I wrote for a blog.

Guilt: A Caregiver Syndrome

by Veronica Li

At a talk I recently gave to family caregivers, a woman burst into the room and enveloped me in a bear hug. My brain scrambled for a name or glimmer of recognition. Giving up, I said, “Have we met before?”

“No, but I’ve read your book,” she said. “And you freed me of guilt!”

There it is again – guilt. I’ve met many caregivers at my presentations, and they all expressed the same emotion – guilt. But why do family caregivers, who sacrifice so much to care for their loved ones, feel guilty?

I took care of my aging parents for ten years, eight of them in my home. I’ve carried out a noble human endeavor – compassion and care for my elders – and yet after they passed away, peacefully and surrounded by loved ones, guilt gnawed at my insides. Had I done enough for my parents? And what is enough?

Writing about my experience helped to clarify my mind. I also consulted Confucius’ *Classic of Filial Piety* to learn what the ancient sage had to say about parent care. Being Chinese, I was raised in the belief that filial piety, which is to love and respect our parents, is the foundation of civilization.

The causes of this caregiver syndrome called “guilt” are many. Here are several I can think of:

- No matter how hard we try, our parents continue to decline and die. We feel helpless and inadequate and beat ourselves up for not doing enough.
- Our parents are willing to sacrifice anything, even their lives, for us. Why can’t we do the same for them?

- When the burden of caregiving becomes too heavy, we feel resentful, angry, and bitter. Does that mean we don't love our parents?
- Dementia in the early stages is subtle and difficult to recognize. It may be in the form of an inappropriate remark which, in the ears of the child/caregiver, can sound like a reprimand. It can provoke an angry reaction which the caregiver may live to regret.
- At a certain point, we have to let our parents go – no resuscitation, no life support, and so on. Even when an advance directive grants us the authority to do so, the situation is seldom black and white. We have to use our judgment to make the best decision, sometimes against the wishes of other family members.

I've learned that to free ourselves from guilt, we must first of all accept we're human. Aging and dying is inevitable. We can no more reverse the process for our parents than for ourselves.

Emotions are another human condition we have to accept. The daunting chores of caregiving are bound to stir up a cauldron of negative emotions. This reaction is as normal as crying when sad, and laughing when happy, so there's no need to feel guilty about it. At the same time, we need to remind ourselves of the reason for our dedication. We love our parents and are grateful to them for all that they've done for us.

In my case, my gratitude to my parents is enormous. They uprooted themselves from their home country and brought my four siblings and me to the U.S. They wanted to give us the best college education. Because of them we're living out the American dream.

But does it mean I should have given up everything for my parents? My career, marriage, and health? Wouldn't that defeat the purpose of their raising me to build a good life for myself? It makes no sense at all. The human race can't survive if the young sacrifice themselves for the old.

The hardest thing for me to accept was my mother's dementia. When she dug up my past indiscretions (and there are a few in everyone's youth), I responded with fury. Her excuse was always, "I'm an old woman. I don't know what I'm saying." I thought she was taking advantage of her senility to jab at me. Even when the doctor diagnosed her with dementia, I couldn't accept that my sensible, well-educated mother, who was one of the first Chinese women to go to college, could be losing her mind. It wasn't till her dementia became severe (when she insisted I was her sister since I looked too old to be her daughter) that I accepted it. After that, nothing she said offended me.

Every time I think of my parents' passing away under hospice care, I second guess myself. Could they have been saved if they'd been rushed to the hospital? Perhaps, but I've also learned to put myself in their shoes. Under the same circumstances, would I want to be saved? My answer is a ringing "no."

Confucius says, "Serve your father as you would require your son to serve you." I wouldn't want my child to save me when the quality of my life has hit rock bottom.

When a disciple asked Confucius what filial piety was, he said, "Our body, skin, and hair are all received from our parents. We dare not injure them. This is the first priority in filial duty." In other words, the best way to serve our parents is to take care of ourselves. Getting rid of guilt is certainly a path to better health.

Chinese New Year Celebration 2016

(from Maria Yang, Virginia Chapter President and Maryland Chapter Acting President)

For centuries, the Chinese people used a calendar based on a lunisolar system, which incorporates elements of a lunar calendar with those of a solar calendar. Although China adopted the Gregorian calendar in 1912, the traditional Chinese New Year is still the most important and exciting event celebrated in Chinese culture. In America, we are fortunate to have the freedom to celebrate both Western holidays and traditional events in Chinese culture.

The OCAW Virginia and Maryland Chapters held a party to celebrate the upcoming Chinese New Year, the Year of the Monkey, on Sunday, January 31, 2016, in the Auditorium of the Arlington Central Library in Arlington, Virginia.

About 80 members, family, and friends joined together to enjoy a warm dinner delivered by Lucky Pot Restaurant on Wilson Boulevard in Arlington. Christina Chang, Cathy Roberts, Rosemary Hsu-Brooks, Jane Pan, and Lily Liang brought dessert for everyone. Chi-hua Yang brought oranges and bottled spring water for the party. And Amy Lee (MD) contributed apple cider.



OCAW National President Christina Chang delivered welcoming remarks and subsequent introductions for the entertainment.

(Photo taken by Steve Chang)



(Photos taken by Steve Chang)

After the dinner, there were a number of programs and performances, with Christina Chang and Christina Poy serving as MC.

The Chinese Liren Chorus conducted by Butterfly Chong performed three songs. We much appreciated the Chorus' enjoyable performance.

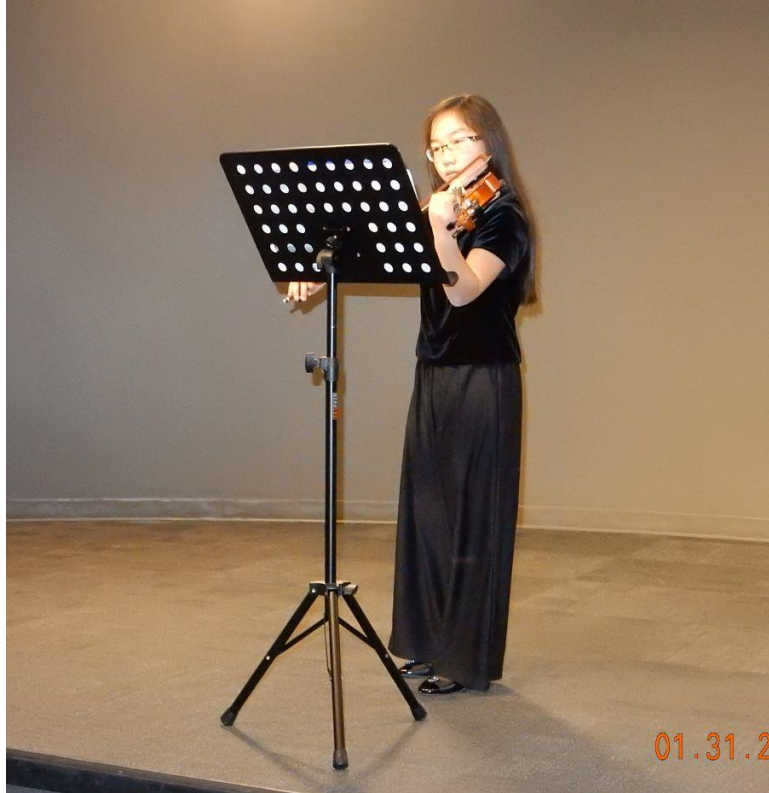


(Photo taken by Steve Chang)

The next performer was 12-year-old violinist Mia Lunati. She has been playing the violin for seven years and has studied under concert violinist Laura Young. Mia is a former member of the D.C. Youth Orchestra program and has been the 2nd chair and Concert Mistress at the George Washington Middle School Orchestra in Alexandria, VA, for the past two years. She also plays in the District 10 Honors Orchestra of Northern Virginia. In 2015, she founded the Provazek Quartet with three of her friends in which she plays the First Violin. Mia has performed as a soloist and with her quartet at multiple venues.

For the Chinese New Year Celebration, Mia played portions of Handel's Sonata No. 4 in D Major, "Jasmin des montagnes" by Louis Sauter, and portions of Bach's Concerto in A Minor. Mia ended her performance by playing a well-known Chinese folk song that she learned for the occasion – *Mòlihuā*, Jasmine

Flower. *Mòlihuā* is a “xiaodiao” or short tune, from the 18th century. The audience was invited to sing along. Our thanks to Mia for playing for us.



(Photo taken by Victor Chen)

Next on the program were Chinese dances performed by the Fairfax Chinese Dance Troupe. The FCDDT (of Virginia) is a nonprofit amateur group, dedicated to sharing art and culture and the promotion of cross-cultural understanding. It was established by Mrs. Chin-Siu Lee Choi in 1988 with the encouragement of the Chinese-American community. Since then it has flourished under the direction of Mrs. Choi and her two daughters, Stella and Amy. Founder and Director Choi has received numerous awards.

FCDDT performers of all ages portray the life and culture of Chinese ethnic groups through the beautiful art of dance. Annually they perform for various arts and cultural festivals across the region. Members of the dance troupe have developed a diverse circle of audiences, dazzling them locally and abroad.

We appreciated the presence of Stella Choi, dance instructor and assistant to the Director, who choreographed and introduced the dances the troupe had prepared for the event. Thank you very much to dance troupe members Amaya Golabek, Taylor Smith, Zoey Golabek, Camilla Ng, and Amy Choi for giving of their time and talent to perform for us.

The first performance was “A Joyous Occasion.” This is a festive handkerchief dance that conveys jubilation through its music and colors. The Chinese consider the color ‘red’ an auspicious color. The dancers hope to bring their audiences happy and festive spirits.



(Photo taken by Victor Chen)



Amaya Golabek, Taylor Smith, and Zoey Golabek

(Photo taken by Steve Chang)

OCAW Maryland member Camilla Ng then danced “Woman’s Love.” This is a dance with classic hand-painted fans. The fans often adorned by women symbolize union or reunion and are often inscribed with romantic poems.



(Photo taken by Victor Chen)

The third performance was “Han Dance,” performed by Amy Choi. This is a ceremonial dance that spoke of proper etiquette, loyalty, and respect.



(Photo taken by Sean Lee)

For the finale, a Fashion Show of luxurious Chinese period costumes and Chinese ethnic costumes was presented, directed by Camilla Ng. Fifteen volunteer models exhibited magnificent clothing, much to the delight of the audience. *(Editor's Note: The fashion show is described in detail following this article.)*

At the conclusion of the evening, red envelopes with lucky money were distributed to children by Maria Yang.



Maria Yang, Virginia Chapter President and Maryland Chapter Acting President,
and Coordinator of the Chinese New Year Celebration

(Photo taken by Steve Chang)

Thanks to Susan Young, Noreen Hom, Chi-hua Yang, Connie Wong, Christina Chang, and many unnamed members and friends at the party for their help in setting up chairs, tables, food, drinks, decorations, et cetera! Special thanks to Camilla Ng, who coordinated with violinist Mia Lunati and with the Fairfax Chinese Dance Troupe to perform Chinese dances! Camilla took the time and effort to borrow the traditional costumes and directed the models for the Fashion Show. Thanks to everyone for their effort and involvement!! We enjoyed a meaningful and memorable Chinese New Year Celebration just after having endured a significant cold blizzard in the area.

(Editor's Notes:

In her article, Maria Yang was generous in acknowledging the many people who contributed to make this event such a success, but she herself should be given a big round of applause for her invaluable efforts in coordinating the entire occasion!

Thanks also to Camilla Ng for providing detailed program notes which I incorporated into Maria's article.

In addition, I would like to thank the many generous photographers who made their photos of the event available for potential use in the e-newsletter, including pictures of the Fashion Show which follow. There were many wonderful images, and I wish I had had the space to publish more of them.)

Fashion Show presented at the Chinese New Year Celebration

This wonderful show was coordinated by Maryland Chapter member Camilla Ng, who borrowed the luxurious Chinese period costumes and Chinese ethnic costumes, and directed the models. We gratefully acknowledge the generosity of the Fairfax Chinese Dance Troupe, who graciously lent their splendid costumes for our use. Some of the outfits were also from the private collection of FCDDT Founder and Director, Mrs. Chin-Siu Lee Choi, as well as from Camilla Ng, and we appreciate their use in addition.

We would like to thank the 15 individuals who gave of their time to be models, and we are very grateful to Stella Choi, assistant to the Director of the FCDDT, for narrating the show. The information on the various costumes below was provided by the FCDDT.



Ch'in Shi Huang

In the year 221 B.C., Emperor Ch'in Shi Huang unified China and founded the Ch'in Dynasty. It is from the Ch'in Dynasty that the word "China" is derived, and it is also known as the beginning of Imperial China.

Ch'in Shi Huang was a most ambitious ruler. He is credited with a number of measures to unify the Chinese empire, including standardizing an early form of Chinese characters.

But his most significant achievement was the construction of the Great Wall in the year 214 B.C. to protect the kingdom from the invading nomads.

Mien-fu was the emperor's ceremonial robe and mien-kuan was the ceremonial cap. They were what the emperor wore during important religious and civil ceremonies. The colors, black and brick red, were the imperial colors of the Ch'in Dynasty.

Model Glen Schwartz

(Photo taken by Steve Chang)



Model Chi-hua Yang,
OCAW-VA Vice President

(Photo taken by Steve Chang)



Model Camilla Ng, OCAW-MD member
and Fashion Show Coordinator

(Photo taken by Amy Choi)

(above left) **Chao Fei-Yen**

The Han Dynasty followed the Ch'in Dynasty, and women's attire had not changed much from the former style.

Chao Fei-Yen was the Empress of Emperor Cheng of the Han Dynasty from 16 B.C. to 7 B.C. She began dancing studies when she was a young girl. She was especially known for her charm and shapely figure.

She was found by Emperor Cheng while he was making a tour in civilian attire, and afterwards she was taken to the imperial court. She was famed for her elegant and beautiful dancing.

(above right) **Yang Kuei-Fei**

Yang Kuei-Fei was the favorite concubine of the Tang Dynasty emperor Tang Hsuan-Tsung. She was presented to the royal court at the age of 14 in the year 733. The rainbow-and-feather costume dance is said to have been originated by her.

Both the emperor and Kuei-Fei loved music and drama. They organized a theater called the "Pear Garden" which gave rise to the Chinese opera. Looking at this costume, for the 8th century, it was rather daring

compared to earlier women's attire. The inner gown is bare-shouldered with straps. Also we see here the earliest form of the silk-chiffon shawl and wide butterfly sleeves.



Model Ya Ping Xu



Model Mary Kay Ogden

(Photos taken by Victor Chen)

(above left) **Chen Fei**

Chen Fei was a favorite consort of Emperor Kuang-Hsu in 1894. Notice the interesting platform shoes. They were about 3-1/2 to 4 inches high. The platform was in the middle of the sole, which made it even harder to wear and walk on. The unusual headdress was somewhat heavy but added grace and height to the wearer.

(above right) **Hsiao Feng-Hsien**

Asia's first democratic republic was proclaimed by Dr. Sun Yat-Sen in 1912. After 5,000 years of monarchy, the Chinese began to demand reforms in almost every aspect of their lives.

What would be more natural, therefore, for women to seek liberation from old-fashioned, loose-fitting dresses that hid, rather than enhanced, their beautiful figures? This dress is typical of that period worn by Chinese women during the first few decades of this century.

Notice the fitted jacket, with the high collar folded back at the throat. The skirt is pleated on each side, with panels in front and back. This style marks the beginning of Chinese fashion trying to accentuate the beauty of a woman's figure. Here, Hsiao Feng-Hsien is seen with a round fan and handkerchief. It was supposed to make them more feminine and graceful. They carried the handkerchief by tucking it in the slit in the front of their jacket.



Model Noreen Hom, OCAW-VA member

(Photo taken by Victor Chen)

Hsii Shih

Hsii Shih was a famed beauty in the Spring and Autumn Period (around 256 B.C.). During that period, “the Mainland” was made up of many individually governed States.

Hsii Shih was found while she was doing laundry along a river. Dressed with fine and noble dresses and taught to sing and dance, she was presented to Fu Chai, the King of the State of Wu. With her beauty, she eventually became an influential concubine responsible for the fate of the State of Wu.



Model Susan Young, OCAW-MD Secretary

(Photo taken by Steve Chang)

Shanku

Samfu in Cantonese, is an everyday item of clothing that was popular in South China, Hong Kong, and Singapore right up until the mid-20th century. The two-piece outfit comprises a sam (shirt or blouse) and a pair of trousers (fu). During the 19th century, the loose-fitting sam featured two side slits that went up to the waistline to allow for easy movement, and a knee-length or lower hemline. By the 20th century, the sam had become shorter and more fitted with a narrow neckband.

While the full samfu outfit is rarely seen today, modern versions of the sam remain popular and are often paired with Western-style skirts or trousers.

Cheongsam (description for the following four models)

This is a modern female variation of the Qing Dynasty silk dress, characterized by a high mandarin collar, and side open slits of varying lengths. It can be sleeveless, short-sleeve, elbow-length-sleeve, or long-sleeve, in various types of fabrics. This stylish and often tight-fitting cheongsam or qipao (qipao) is best known today as the Chinese dress that was created in the 1920s in Shanghai and made fashionable by socialites and upper-class women.



Model Heidi Werntz

(Photo taken by Camilla Ng)



Model Dorothy Hsiao, OCAW National Secretary

(Photo taken by Skip MacArthur)



Model Christina Chang, OCAW
National President

(Photo taken by Steve Chang)



Model Cece Cambridge

(Photo taken by Victor Chen)

(right) **Tibetan**

The Tibetan of the west never ruled China, but it is an important minority group. They have a distinctive dance.

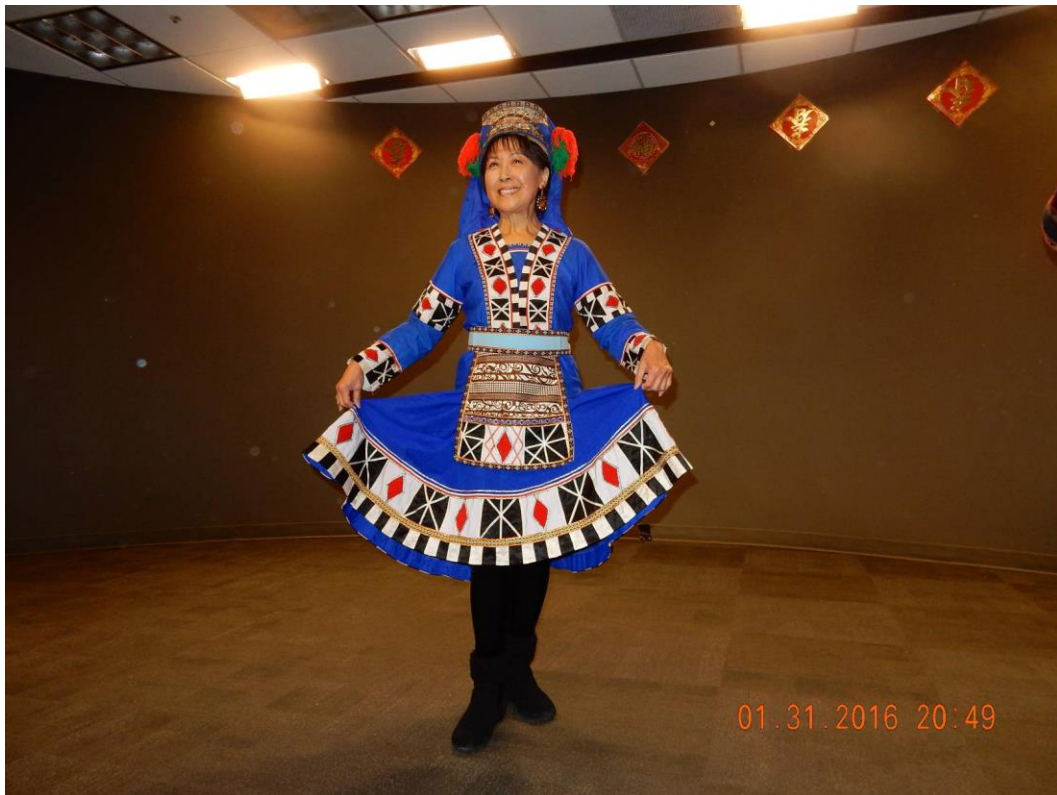
Model Nancy Chang



(below) **Miao**

The Miao people are recognized as a minority ethnic group in China who are made up of many subgroups who call themselves by different names. The Miaos live primarily in southern China's mountains, or in the northern mountains of Southeast Asia.

Model Julia Chen



(Photos taken by Victor Chen)



Mongolian

North of China is Mongolia. Genghis Khan conquered China in the 13th century and established the Mongolian or Yuan Dynasty (1260-1368 A.D.).

Mongolians were nomads, characterized by their open and outward nature, riding horses through the plains, like soaring eagles.

Models Jacqueline and Stuart Lee

(Photos taken by Victor Chen)





Stella Choi, Fairfax Chinese Dance Troupe instructor and assistant to the Director. She choreographed and introduced the evening's dance program and narrated the Fashion Show.

(Photo taken by Victor Chen)



(Photo taken by Steve Chang)



Cathy Roberts, OCAW National Vice President for Membership; Pam Wong, OCAW-MD member; Christina Wong Poy, OCAW-MD Treasurer; Linda Devine, OCAW National Vice President for Communications and E-Newsletter Editor; and Christina Chang, OCAW National President

(Photo taken by Steve Chang)

News from the New Orleans Chapter

Year-End Celebration and Installation of 2016 Officers

(from Betty Butz, outgoing President)

On Saturday, December 12, 2015, the New Orleans Chapter held its year-end celebration at the Chinese Presbyterian Church in Kenner, Louisiana. Betty Butz was presented with a banner of appreciation for her work as a leader for the past eight years. Installation for 2016 officers was performed by Councilwoman Cynthia Lee-Sheng in the presence of over 20 people, including members and their guests.

Incoming President Patricia Ellzey gave a keynote speech and pronounced BECOMING AMERICAN as the theme for our chapter for 2016. Members were encouraged to reflect upon life stories that provided meaning and lessons in the process of their adaptation to life in the United States.



Patricia Ellzey, President; Leda Fan, Vice President; Betty Butz, outgoing President; Yvonne Louie, member; Mangjee Yeh, outgoing Treasurer; and Maria Auzenne, Secretary



New Orleans Chapter's 2016 Theme:
BECOMING AMERICAN



Officers Installation performed by Cynthia Lee-Sheng, Councilwoman-at-Large,
Jefferson Parish

Yvonne Louie (standing in for Secretary Maria Auzenne); outgoing Treasurer Mangjee Yeh
(standing in for newly-elected Treasurer Nancy Chung, absent due to surgery);
Vice President Leda Fan; President Patricia Ellzey; outgoing President Betty Butz;
and Councilwoman Cynthia Lee-Sheng

(Editor's Note: OCAW extends its special thanks to Betty Butz for serving tirelessly as President of the New Orleans Chapter for eight long years!

I would also like to add my personal thanks to her for always contributing to the e-newsletter since its beginning in 2009. She steadfastly wrote New Orleans Chapter news as well as individual articles, and for that, I am grateful. Although she has stepped down as President, I appreciate that she has agreed to continue contributing to the e-newsletter in the future.)

January Meeting

(from Betty Butz)

Our Chapter conducted its first meeting of the year on Saturday, January 9, 2016 at China Rose Restaurant in Metairie. Following guidelines set forth by President Pat Ellzey, the emphasis of the gathering was to share personal stories about life in the United States from the standpoint of a member of a minority group. Pat told a story from her childhood, and also reviewed chapters from *The Chinese in America*, by Iris Chang.

Thus inspired, Betty wrote the following story.

* * * * *

In 2016, the New Orleans Chapter will focus on life stories that help us define who we are while we explore our identity as immigrants who try to fit in in a new homeland. Here is my story on *BECOMING AMERICAN*.

In the mid-1970s, I was a young bride in New Orleans, an attractive, warm place with plenty of southern grace and hospitality. I wanted very much to be part of it so I could fully enjoy this new land of commercial opportunities, enormous live oaks, dazzling flowering trees, and manicured gardens. Since I had some work and travel experience on top of my academic credentials, I was confident that I would find a decent job at a nice place. After interviewing at the state employment office and taking some tests, I was offered a position as secretary at a major bank downtown.

As my work station was right in the middle of a beautiful mezzanine floor above a grand lobby, it was quite visible. Customers sometimes stopped by to chat. One day, a pleasant Latino couple in business attire stopped to ask some questions. After a brief exchange, the man wanted to know how I had gotten such a good job. In my humble Chinese way, I replied that I had been just lucky. Instead of a polite acknowledgment, he said, "No, no, no. You are qualified. You must say that you got the job because you are qualified." I wondered if he had suffered as a relative newcomer, one who still had a pronounced accent.

As I reflect upon that encounter, a few points come to mind.

1. Under what circumstances do unqualified people get hired?
2. Is it not a good idea to be humble? Even when it is not a competitive situation?
3. Is one expected to assert oneself at every opportunity in order to get ahead?

Lesson learned:

The traditional Chinese value of humility may not apply outside of Asia.

Winning Recipe

(from Patricia Ellzey, President)

At the January meeting, Pat Ellzey shared the following recipe with chapter members. It was a best recipe winner last summer in New Orleans.

Shrimp Tempura with Pineapple-Raisin Slaw and Apricot-Ginger Drizzle

Makes 8 servings.

Slaw Mix

- 2 1/4 cups thin julienne strips carrots
- 1 1/4 cups thinly-sliced red cabbage
- 1 1/4 cups thinly-sliced green cabbage

3/4 cup mayonnaise
1 1/2 tablespoons white vinegar
1 1/4 tablespoons oil (optional)
3 tablespoons sugar
1 teaspoon celery salt
1/4 cup small-diced pineapple
1/4 cup raisins
1/4 cup sliced almonds
zest of 1 lemon

In a large bowl, combine all ingredients. Cover and refrigerate.

Batter Mix

3 large egg whites
1 1/4 cups all-purpose flour
1 cup cold water
1/2 teaspoon sesame oil
1/4 teaspoon paprika
1/4 teaspoon salt

In a large bowl, beat egg whites until frothy. Fold in flour and cold water. Add oil, paprika, and salt. Combine until smooth.

Apricot-Ginger Sauce

1/2 cup apricot jam
1 tablespoon grated fresh ginger
1 tablespoon yellow mustard
1 tablespoon minced sliced jalapenos (optional)
2 tablespoons rice vinegar
2 tablespoons orange juice

Place all sauce ingredients in a food processor. Blend well and put in squeeze bottle.

To assemble:

Oil for deep frying
16 shrimp (21/25 count), peeled, deveined, tail removed
1/4 cup sliced almonds
zest of 1 lemon

When slaw, batter, and sauce are prepared, divide slaw into 8 small bowls.

Preheat oil to 350 degrees.

Pat shrimp dry with paper towels.

Dip shrimp into batter to coat thoroughly and transfer to fryer. Fry about 4 minutes, until golden brown.

Remove and briefly drain on paper towels.

Top each slaw serving with 2 shrimp. Drizzle with apricot-ginger sauce and garnish with sliced almonds and lemon zest. Serve at once.

Notes:

The salad without the shrimp and sauce is good by itself, and it also requires less work. Also, with less oil, it is healthier.

Try to keep the salad dry. So drain well, especially the pineapple.

If for a large group, Pat cuts the shrimp and makes smaller pieces.

News from the Silicon Valley Chapter

(from Carol Yuan, President)

On Sunday, January 3, 2016, the Silicon Valley Chapter held its annual holiday member social. About 30-35 members and family members attended the event. It ran from 2 p.m. to 4:30 p.m. It was great seeing several longtime members whom we had not seen for a while. It was also wonderful to have a couple of kids and parents of members joining us.

The first part of the social was “Experience and Information Sharing.” Lisa Tsai, our Vice President, who has been learning and making soap for over seven years, shared her experiences in “Cold Process Soap Making.”



Lisa Tsai sharing cold process soap making

She introduced base and essential oils that are commonly used in making 100% natural homemade soap. Olive oil is usually used as the base oil because it is more economical. Sweet almond oil is good for sensitive skin. Some essential oils can soothe allergy symptoms, and some help to control oil production in skin.

After Lisa's presentation, Candice Huang, our Secretary, shared information on “Succulent Planting for Beginners.” She brought about 10 succulent bonsai to show different kinds of pots/containers that could be used, how to arrange them, and how to get cuttings for propagating. Some succulents are easier to propagate than others.



Candice Huang sharing succulent planting

The last part of information sharing was by Carol Yuan on “Credit Tips – Dos and Don'ts of Credit.” For maintaining good credit, one practice is to keep one's credit card balance below 30% of the maximum credit amount. To start building credit, one could be added as an authorized user of a credit card under someone with good credit history. For example, add children under their parent's credit card.

After experience and information sharing, we played the old-time Bingo game. Officers and a longtime member donated small gifts as prizes for winners. Everyone was so into the game. We laughed and shouted all the way until everyone got a prize that day!



Playing Bingo

Officers also helped to prepare refreshments, from home-baked cakes, red bean soup, hors d'oeuvres, salsa, and grilled veggies, to fresh fruits, nuts, and crackers.

As a tradition, Alice Chiou, our former President, led the line dance at the end. Other than the fun of dancing together, it was good exercise after sitting and snacking for a couple of hours!



Line dance



Upcoming Events

Sunday, February 21, 2016 – Speech by Rick Sung, Captain and Division Commander of the Santa Clara County Sheriff’s West Valley Patrol Division, on “The Sheriff’s Office in Partnership with the Community.” The presentation is given to build rapport with the community, provide statewide trends related to criminal activity, and offer tips to prevent crime.

March/April 2016 – Spring Outing

Sunday, May 15, 2016 – Health Seminar

Sunday, August 7, 2016 – Annual Officer Installation and Youth Achievement Awards Presentation (30th Anniversary celebration)

Please go to our website, <http://www.ocaw-svc.org/>, for updates on our chapter.

News from the Hawaii Chapter

(from Rena Young Ochse, Treasurer)

Christmas/Installation Brunch

OCAW Hawaii’s annual Christmas/Installation Brunch Buffet was held on Sunday, December 6, 2015, at the Oahu Country Club in Honolulu. Officers were installed by Hawaii Speaker of the House, Emeritus, Calvin Say.

The new officers are:

President – Linda Young
Vice President – Chu Lan Shubert-Kwock
Secretary – Jerilyn Jeffryes
Treasurer – Rena Young Ochse

Board Meetings

The first Board meeting of the year was held on Monday, January 4, 2016. We just finished the second meeting to discuss plans for this year, including a possible fundraiser which will be in the fall.

General Membership Meeting

Our first General Membership Meeting will be held on Sunday, February 21, 2016, at the Maple Garden Chinese Restaurant in Honolulu.

The speaker for this meeting will be Dr. Rosalind Mau, Ph.D., who will speak on Chinese New Year and the Year of the Monkey.



Rosalind Mau received her Ph.D. in Psychology and Sociology from the University of Hawaii, and was a professor at the University of Hawaii's College of Education. She was also Associate Professor at the National Institute of Education at the Nanyang Technological University in Singapore for eight years.

Dr. Mau co-authored *Teaching Large Classes: Usable Practices from Around the World*, published by McGraw-Hill.

She is a consultant with the National Oceanic and Atmospheric Administration (NOAA) and facilitated Environmental Literacy Initiative dialogue sessions for NOAA.

News from the Kohala Hawaii Chapter

January Meeting

(from Faye Yates, Secretary)

The OCAW Kohala Hawaii Chapter met on Monday, January 4, 2016 at our community's Intergeneration Center.

We shared a contemporary Chinese "Potluck" Luncheon which included pork/mushroom soup, beef tomato, lup cheong with green beans, and pot roast pork (red), as well as the traditional kau yuk, rice, almond float with fruits, and almond cookies, complete with hot tea.

Advisor Puanani Woo gave us an update on what was required for our book on the Neula-Lim Family. We need to gather information and pictures and obtain permission/releases. The target date for publishing the book by the University of Hawaii Press is 2017.

We then spent the next two-plus hours trimming and preparing narcissus bulbs for Chinese New Year. We are looking forward to seeing these beautiful, fragrant flowers bloom. We enjoyed learning something new about our Chinese heritage.

Kung Hee Fat Choy from all of us here in beautiful Kohala, Hawaii!

The Narcissus Flower

(from Lani Eugenio, President)

"Narcissus" is usually associated with the vain youth who fell in love with his own reflection and turned into a flower, and the Goddess Persephone who was snatched into the Underworld as she gathered the blooms.

Unlike the Western view of "gloom and doom" about the bloom, the Chinese refer to the narcissus as a "sacred lily" and claim it has medicinal properties. Almost all the Chinese myths referring to the plant are positive stories of hope, prosperity, and good luck.

Narcissus bulb carving and cultivation is an art similar to Japanese bonsai. The bulbs may be carved to create curling leaves or elaborate scenarios representing roosters, cranes, flower baskets, teapots, et cetera.

There are dozens of Narcissus varieties, the most popular being the jonquils, daffodils, and paper whites.

The narcissus flower became associated with the Chinese New Year as it flowered in the spring. If the narcissus blooms on Chinese New Year, it is said to bring extra wealth and good fortune throughout the year.



Narcissus bulbs

Narcissus Bulb Preparation

(from Puanani Woo, Advisor)

The dried narcissus bulbs are shipped to Honolulu from southern China. When the bulbs arrive, they are distributed to Honolulu's Chinatown merchants for sale to the public about 6 weeks before Chinese New Year. The bulbs are displayed for sale like potatoes and onions – in a nondescript box piled together in a nondescript way. Buyers pick through the dried bulbs the way buyers pick through potatoes and onions and select what they want.

It takes about 4 weeks for the sweet-smelling narcissus to bloom. That is from the time the bulbs are soaked, cleaned, and steadied on rocks in clean water which is changed daily, and the long-stemmed green leaves shoot up, accompanied by the roundish stem of the flower – bud to bloom. So the process starts about 4 weeks before the Chinese New Year date, which this year is February 8, 2016.



Secretary Faye Yates



Advisor Puanani Woo



Faye Yates, Mary Ann Lim, Puanani Woo, and Lana Lewis

Puanani teaches Faye, Mary Ann, and Lana how to clean the narcissus bulbs and prepare them for flowering for Chinese New Year.



New member Lana Lewis and Vice President Mary Ann Lim display their partially cleaned bulbs.

About four weeks later, Faye Yates had very successful results! She writes:

“Aloha Linda,

Please include the following pictures of my “fabulous, beautiful” narcissus flowers in bloom from our very first introduction to narcissus trimming with our Advisor Puanani Woo. She is such an inspiration to us all.

There were four of us learning this marvelous tradition. We truly enjoyed the experience and I hope to be able to do this every Chinese New Year. :) I understand these bulbs came from China to Hawaii and were picked up in Chinatown on Oahu and shipped to Puanani. We thank her so much.

I am so ecstatic and so thrilled to see and smell these beautiful narcissus' in bloom and happy to share them with you and others in OCAW.

Wishing all of you and us a very “Healthy, Happy, and Prosperous New Year.”

Me Kealoha (with love),

Faye Yates, Secretary
OCAW Kohala Hawaii Chapter”

(Editor's Note: Puanani was very excited for Faye and proud of her success, especially since this was Faye's first attempt. Lani attributes Faye's success to Faye's extra conscientious care in nurturing her bulbs over the four-week period.)





Faye's flowers

(All Kohala Hawaii photos taken by Lani Eugenio)

From and About Our Members

From Betty Butz, outgoing New Orleans Chapter President

In November 2015, Betty Butz and Pat Ellzey attended a flower show which marked the 50th anniversary of the founding of the **New Orleans Chapter of Ikebana International**, an international nonprofit organization with a mission to promote friendship through flowers.

Over a dozen II members worked in four teams to present the four seasons in an outdoor courtyard at Longue Vue House and Gardens in Metairie, Louisiana. Betty helped design and install SPRING. The arrangement was set under the arm of a large live oak tree that allowed the wind to come through. Two large spheres were selected for use as containers. Fallen branches were placed inside the spheres for grid to hold together the materials. Fan palm and papyrus leaves provided movement, baby's breath suggested small raindrops, lilies encouraged hope for a pretty future, and trailing vine for continuation. A touch of gold color added to the celebratory mood.

From Grace Sams, former Virginia Chapter President

(Editor's Note: After Grace's receipt of the November 2015 e-newsletter, it was very nice to receive this note from her.)

Dear Linda,

The newsletter you produced is one of the best holiday gifts to me. So happy to see OCAW is keeping up traditions as well as moving forward to new ideas. I enjoy seeing the pictures of various venues and am glad there are still faces whom I recognize.

Congratulations to all for having new chapters added to OCAW. It seems more chapters are now on the West coast; perhaps we could have a national conference in California or Hawaii. Just a suggestion.

Please give my warmest holiday greetings to my OCAW sisters. I am enjoying living in Southern California, although I miss friends from the Washington, D.C. area. There are lots of singing, dancing, and acting clubs in our community, and we are taking full advantage of them.

Best wishes,

Grace Sams from Laguna Beach, California



From Maria Yang, VA Chapter President and MD Chapter Acting President

On Tuesday, December 8, 2015, Maria attended the **National Roundtable event of the Asian American and Pacific Islander Employee/Business Resource Group** in the Auditorium of the U.S. Department of Commerce in Washington, D.C.

The keynote speakers were: The Honorable Bruce Andrews, Deputy Secretary, U.S. Department of Commerce; The Honorable Christopher Lu, Deputy Secretary, U.S. Department of Labor; and The Honorable Jay Williams, Assistant Secretary for Economic Development, U.S. Department of Commerce.

At the conference, Maria expanded her knowledge and learned about many AAPI employee/business resource groups that started with cultural and heritage programming. These groups have evolved so that they now include marketing and business development services in order to be more relevant to their respective industries.



From Susan Young, Maryland Chapter Secretary

Because of our Chinese heritage, Susan wanted to share with OCAW members in the e-newsletter information regarding an **internationally renowned cardiologist, Dr. Tsung O. Cheng**, who was a Professor of Medicine at The George Washington University in Washington, D.C. Dr. Cheng had been her cardiologist for the past 13 years and recently passed away. Dr. Cheng made many contributions to the field of cardiology, and his writings have had impacts on important policies in China, including relaxing the one-child policy and banning smoking in public places.

The following are excerpts from Dr. Cheng's obituary that was published in *The Washington Post* on January 3, 2016.

“An internationally renowned cardiologist, medical diplomat, and educator, Dr. Tsung O. Cheng died on December 24, 2015 in Bethesda, Maryland, where he lived. He was 90 years old and on his way to work when he passed away suddenly from natural causes. T.O. (as he was known, or John) was born in 1925 in Shanghai, China. He graduated from the prestigious St. John's University in Shanghai, where he received his B.S. (1947) and M.D. (1950) in the midst of World War II and the Chinese Civil War.

In 1950, Dr. Cheng came to the United States and finished his graduate training at the University of Pennsylvania, Northwestern University, Harvard Medical School, and Johns Hopkins University. At Harvard he was selected to study with Dr. Paul Dudley White, widely recognized by medical authorities as the founder of preventive cardiology. While completing his residency in Cook County Hospital in Chicago, he met his future wife, nurse Marie Ellen Roe. They were married in 1955 and were married for over 60 years.

In 1972, Dr. Cheng became the first China-born physician from the United States to travel to China following the renewal of relations between the United States and the People's Republic of China. In 1973, Dr. Cheng introduced to China selective cine coronary arteriography, which laid the foundation for percutaneous coronary interventions in modern China. Also in 1973, he delivered the Second Paul Dudley White Lecture of the American College of Cardiology, entitled “Cardiology in the People's Republic of China.”

Celebrated for his contributions to the field of cardiology both inside and outside China, Dr. Cheng was awarded the first Lifetime Achievement Distinguished Researcher Award by The George Washington University in 2007. He is listed in *Who's Who in America*, *Who's Who in the World*, *Who's Who in Shanghai*, *China from Overseas*, and *American Men and Women of Science*. Board certified in both internal medicine and cardiovascular disease, Dr. Cheng was a Professor of Medicine at The George Washington University in Washington, D.C., and a Fellow of several institutions, including the American College of Physicians, American College of Cardiology, American College of Chest Physicians, American College of Angiology, International College of Angiology, and Society for Cardiac Angiography. He contributed to numerous academic publications throughout his career, authoring over 1,560 articles and 24 books or book chapters, including *The International Textbook of Cardiology* (1987), *Percutaneous Balloon Valvuloplasty* (1992), *Genetics in Cardiovascular Disease* (1995), *Modern Cardiology* (2002), *Congestive Heart Failure* (2003), *Conn's Current Therapy* (2001 and 2004), and *Cardiothoracic Surgery in China: Past, Present and Future* (2007).”

* * * * *

And in an editorial in the *International Journal of Cardiology*, Editor-in-Chief Andrew J. Stewart Coats wrote:

“In 2007 we termed Tsung O. Cheng of Washington our “Roving Ambassador for Chinese Cardiovascular Science.” This was in recognition of his fostering of many research outputs with Chinese collaborators as well as his espousal of political health and scientific issues in his native country. We welcomed Dr. Cheng as International Consulting Editor for China in 2011, following years of loyal support and bringing the best of Chinese cardiological practice and research to our attention. His editorials have been informative and on occasion have had profound impact, not the least his commentaries on contemporary China and its policies and trends. These include editorials on the adverse effects of China’s age-old one-child policy, and on smoking in China and the risks of this unrestrained practice.”

About Tina Au and other Hawaii Chapter Members

(from Rena Young Ochse)



Hawaii Chapter member Tina Au has been chosen as President of the Hawaii Mainland Chinese Overseas Association for a second term. The association is a nonprofit organization that was established in 1995.

HMCOA has done much for the Chinese community in Honolulu. It has conducted many seminars aimed at helping to improve the quality of people’s lives and professional careers. It has also organized the USA vs. China Volleyball Tournament, and has co-sponsored the annual National Day and Mid-Autumn Festival with other local Chinese organizations to promote Chinese culture. CONGRATULATIONS to Tina!

Other Hawaii Chapter members who have been chosen as leaders of other organizations include the following:

Marsha Au-Maxwell – President of the Chinese Women’s Club of Honolulu

Rena Young Ochse – Chinese Secretary of the Kung Sheong Doo Society and Director of the Chung Shan Association

Charlene Chang – President of the Ching Clan Benevolent Society of Hawaii

From Rena Young Ochse. Hawaii Chapter Treasurer

Rena wanted to share information about **popular floral decorations for the New Year**. The following are available at new year markets.

<u>Floral Decor</u>	<u>Meaning</u>
Plum Blossom	symbolizes luckiness
Kumquat	symbolizes prosperity
Narcissus	symbolizes prosperity
Bamboo	used at any time of the year
Sunflower	means to have a good year



Construction of the Great Wall



Giant Penjing

This lantern set was patterned after a giant penjing like ones found in the Shanghai Chenshan Botanical Garden. The Missouri Botanical Garden has a very close collaborative relationship with the Shanghai Garden, one of the newest and now a major botanical garden in China. The Shanghai Garden collaborated with the Missouri Garden on the *Flora of China* catalog.

The colors of this set variously changed, alternating with red, blue, green, and purple lights. Note the different effect of the color changes as seen in the following photo.



Lantern Way



Joyous
Greeting

The “Joyous Greeting” set depicted the greetings of southern and western ethnic groups and hill tribes. The red ribbon symbolized the joyous moment of celebration in Chinese culture. Chinese symbols are frequently shown wrapped in ribbons, adding importance to the power of the object they surround. The ribbons can be thought of as rays or auras emanating from the object and symbolizing miraculous powers.

Southwestern China is home to the greatest diversity of Chinese minority groups. It also holds the greatest botanical diversity. A fertile landscape, diverse climates that range from tropical through temperate to the Tibetan Plateau, and the mountains which form natural barriers are among the reasons for this bio-cultural diversity.



Porcelain Elephants: Toward a Better Time



The elephant is considered an auspicious animal because the Chinese character for elephant has the same pronunciation as the Chinese word for auspicious or lucky. Also, the animal is sometimes shown carrying a treasure vase on its back. Since the word for vase has the same pronunciation as the word for peace, the implied meaning of this image is “may you have good luck and peace.”

The above close-up photo of the bottom of the display was included to exhibit the intricate detail involved. Note the thousands upon thousands of porcelain plates and teacups which were used to construct the elephant figures.

Many of the other lantern sets in the Festival were of equal complexity.



This photo was included to demonstrate the scale of some of these enormous lantern sets.

The Festival was a spectacular collection of great artwork, and it is no wonder that audiences were thrilled with what they beheld. China once again demonstrated its incredible abilities.

(Photos taken by Ed Devine)

(Editor's Note: Sources of information for this article were the "Lantern Festival: Magic Reimagined" Guide, the Farmington (Missouri) Press, St. Louis Public Radio, and the St. Louis Post-Dispatch.)