

E-Newsletter of the Organization of Chinese American Women

November 2014

(from Linda Devine)

I hope everyone enjoys this final issue of 2014. As always, I am grateful to those who submitted articles and pictures. I also would like to continue to acknowledge the efforts of my husband Ed, who faithfully does the photo preparation work for the issues.

Suggestions or recommendations for any aspects of the e-newsletter are always welcome. Please feel free to contact me at: devinefive@att.net.

Here's wishing you the best for this upcoming holiday season, and see you next year!

Message from the President

(from Christina Chang)

Dear Member Sisters:

Time goes by so fast that I wonder where it went. As the year ends, I think of how fortunate we are to live in this country, and to have good friends and an organization like OCAW.

I would like to take this opportunity to express appreciation to the 2014 OCAW National Board. Thank you to our Secretary, Dorothy Hsiao, and Treasurer, Amber Yen; Vice Presidents for Programs, Muriel Hom and Jennifer Xu; Vice President for Communications, Linda Devine; Vice President for Membership, Cathy Roberts; and our chapter presidents: Hawaii President, Rena Young Ochse; Maryland and Virginia President, Maria Yang; New Orleans President, Betty Butz; and Silicon Valley President, Sophia Yang; and all of the chapters' other officers, for your dedicated work to benefit our communities as well as our members.

We are also fortunate to be able to count on our past president, Faith Breen; Advisor, Frances Hom; Counsel, Jeanie Jew; and Director, Joanne Wang, for their suggestions and recommendations.

I am proud to be a part of OCAW to promote and support charitable, educational, and cultural purposes within our means.

Wishing you a happy holiday season and a new year filled with health, happiness, and great accomplishments.

Sincerely yours,

Christina Chang
National President

Muriel Hom Honored by OCA-DC

(from Linda Devine)

The OCA-Greater Washington DC Chapter hosted its 41st Annual Honor Awards Gala, Celebrating Asian Americans in the Arts, on Sunday, November 2, 2014, at the New Fortune Restaurant in Gaithersburg, Maryland. OCAW National Vice President for Programs and OCAW Maryland Chapter member Muriel “Mimi” Hom was honored as the recipient of the 2014 Trailblazer Award for founding Opera International and for producing and directing numerous operas and concerts for the past 25 years.

The dinner gala boasted a VIP guest list, with many leaders of the community in attendance, including members of the Maryland State Senate and House of Delegates, and the Montgomery County MD Executive. OCAW Maryland member Mary Tom is also OCA-DC’s Executive Vice President, and she introduced the long list of distinguished guests. Attendees enjoyed musical entertainment by the Alice Gu-Zheng Ensemble, as well as a lively performance by members of the United States Wushu Academy. In addition to Mimi Hom, Janelle Wong was presented with the Leadership Award, and Christian Oh was honored with the Community Service Award.



2014 OCA-DC Trailblazer Award recipient Muriel Hom delivering the Keynote address

For the presentation of her award, Mimi Hom was given a nice introduction by David Yao. In Mimi's Keynote address, she thanked OCA-DC for this tremendous honor, and said that she wished to share the award with her OCAW sisters, her family, her friends, all of the contributors who funded Opera International's productions over the years, and all of the artists who performed in the company's concerts and operas. She said, to quote Hillary Clinton, "It takes a village."

Mimi had been asked by the organizers to share her personal story, and she obliged by relating how she had been orphaned at a very early age, was raised by her grandmother under very trying economic circumstances, and started working in her grandmother's restaurant when she was 9 years old. She was helped especially in the early years of her life by the missionaries who would bring her to Sunday School, and by a kind lady, Judith Feiker, who would take her and other Girl reserves to the park for outings. When she wanted to learn to play the piano, a family friend sent a piano teacher to her who would come every day to give her a lesson, essentially for free. Her piano teacher also took her to her first opera, and it left an indelible impression on her. These kindnesses meant so much to her – kindnesses that she will never forget – and in her lifetime, she has strived to 'pay it forward.'

She became a child prodigy on the piano and was heralded in the local newspapers. Eventually she went to college and earned her music degree. She has taught piano lessons to hundreds of students, and has been the piano accompanist to a wide variety of musicians and singers. In the latter role, she has performed in Germany, Austria, Mexico, Taiwan, and China, and in the United States at the John F. Kennedy Center for the Performing Arts and at the Spoleto Festival, among other venues. She also has performed on PBS Television. She founded Opera International, which thus far has produced 14 operas, 6 gala concerts, and 5 Kennedy Center concerts. In addition to being Vice President for Programs for OCAW, she is President of the D.C. Federation of Music Clubs and is Director of Music at the Hermon Presbyterian Church in Potomac, MD.

In addressing the audience, Mimi said, **"I will always remember all those who have helped me in my life, trusted me with their money, and supported my projects. I thank them and wish to share this honor with them. I WILL ALWAYS GLADLY HELP WHEREVER I AM NEEDED. THIS HAS BROUGHT ME MUCH HAPPINESS AND HAS SUSTAINED ME THROUGHOUT MY LIFE."**

* * * * *

Mimi would like to thank all of her OCAW sisters and their family members who came to the dinner gala in support of her award and recognition. Among them were OCAW National President Christina Chang and Steve Chang; National Vice President for Membership Cathy Roberts and Dick and Stephen Roberts; National Vice President for Communications Linda Devine and Ed Devine; former Maryland Chapter President Camilla Ng and Charles Sills; Maryland Chapter Secretary Susan Young; Maryland Chapter Treasurer Christina Poy; Maryland Chapter members Hong-yea Chiu and Nana Chiu, Pam Wong, Rose Li and Albert Lee, and Audrey Lee; and Virginia Chapter members Veronica Li and Sverrir Sigurdsson, and Henriette Levy. She really appreciated their attendance, and also all of their support over the years.



(from left) Pam Wong, Mimi Hom, Steve Chang, and Christina Chang

(Photo taken by Susan Young)



(from left) OCAW Maryland and Virginia Chapter members Christina Poy, Pam Wong, Christina Chang, Mimi Hom, Rose Li, Susan Young, Cathy Roberts, and Camilla Ng

(Photo taken by Stephen Roberts)



David Yao and Mimi Hom (center) with OCA-DC officials

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Thank you for the lovely flowers!

Mimi also would like to express her great appreciation to President Betty Butz and the OCAW New Orleans Chapter for the beautiful red-orange anthuriums that they sent to her in honor of the occasion and in celebration of her work. Betty expressed their happiness that Mimi “will be honored at the upcoming OCA gala for her achievements and continual generous contribution to the opera scene.” Betty said personally that Mimi is a great role model that she will always be proud of.

These tropical flowers were grown in Hilo, Hawaii on lava rock at Green Point Nursery. Betty said that she hopes they will “add to the joy for Mimi this season.” Indeed, the lovely flowers have brightened Mimi’s home, and she and all of her visitors have been enjoying them immensely. Thank you, Betty and the New Orleans Chapter!

News from the Virginia and Maryland Chapters

2014 OCAW Virginia Chapter Minutes

(from Noreen Hom, Virginia Chapter Secretary)

(Editor's Note: The following are excerpts from minutes that Noreen Hom took for the Virginia Chapter. They recap highlights of some of the chapter's 2014 activities.

For more information and photos of these events, please see articles written by Connie Wong, Maria Yang, Muriel Hom, Donna Byler, and Eric Byler in this year's February, June, and September OCAW E-Newsletters.)

February 1, 2014 – Chinese Lunar New Year Celebration and Officers' Inauguration at Amy Lee's condo's party room in Alexandria, VA

Donna Byler conducted the induction of the new officers:

President – Maria Yang
Vice President – Chi Hua Yang
Secretary – Noreen Hom
Treasurer – Amber Yen



Amy was presented with a scarf and top as gifts for hosting the party.

Maria gave an excellent slide show and lecture on Chinese New Year traditions. She described different greetings such as “Xinnian kuaile!,” “Guo nian hao!,” “Gongxi Facai!,” and many more.



Everyone enjoyed themselves. We had over 35 people attending, including Maryland Chapter sisters who appreciated being included.

April 27, 2014 – Lecture on Longevity at the Harvest Moon Restaurant in Falls Church, VA

President Maria Yang introduced Dr. Min-Fu Tsan who gave a slide presentation and lecture on how to live a long and healthy life with emphasis on eating healthy and exercising. He gave many statistics and results of studies and clinical trials.



August 3, 2014 – Opera International Concert in the Terrace Theater of the John F. Kennedy Center for the Performing Arts in Washington, D.C.

Many Virginia and Maryland Chapter members were in attendance at this successful concert.

September 7, 2014 – Moon Festival Celebration at the Arlington Central Library in Arlington, VA

President Maria Yang was able to secure for free the meeting room for our Potluck Dinner from 3:30 to 7:30 p.m.

We enjoyed appetizers of chips and dip, a veggie tray and dip, and cookies.

Maria gave us a slide presentation and lecture on the origin of the Moon Festival. We went around the room and everyone was given a chance to read paragraphs describing how the Moon Festival celebration originated. It is celebrated on August 15th in the Lunar calendar. It is the only time of year when moon cakes are eaten and often given as gifts when visiting family and friends.

Donna Byler gave a Talk Story about what her parents taught her as a child about Chinese traditions and about her life experiences, sharing with us the “Secret to Improve Relationships.” She set up a monkey figurine with its hands over its mouth representing “Speak no Evil.” God gave us two ears and one mouth so we need to listen more and talk less.

Next, Amber Yen’s Line Dance teacher, Lily Drake, taught two line dances to those of us who wanted to join her. We formed three lines and tried as best as we could to follow along and have fun and laugh at the same time.



We worked up an appetite and had a feast with authentic Chinese, Korean, and home-cooked dishes. There were too many to name, but we had Mung Bean Soup, Roast Pork, Lo Mein, Jap Chae, Beef and Radish, Pineapple Shrimp, Steak with Broccoli and Carrots, Baby Shanghai Cabbage, Salmon and Persian Cucumber, Fried Tofu, etc., etc.





Desserts filled up two tables. We had about four different kinds of Moon Cake, Ba Bo Fan (Sticky Rice with Eight Treasure Rice shaped into a flower), Watermelon, Pomelo, Cookies, Cake, etc. During dessert, Maria introduced a young student, Kevin Guo, who played the violin for us. He was very talented and at 13 years old has been training for 7 years, more than half his lifetime.





Needless to say, with over 30 people attending, we all had a fantastic time at this event. Maryland Chapter members in attendance thank the Virginia Chapter for inviting them.

News from the New Orleans Chapter

(from Betty Butz, President)

Confucius Institute Moon Festival Celebration

On Tuesday, September 30, 2014, the Confucius Institute at Xavier University of Louisiana hosted an evening function to celebrate the moon festival and to welcome Chinese language teachers from Hebei, China.

Everyone had a good time amid good food, music, and dance performances. Representing OCAW New Orleans was Nancy Chung.

(The following photos were taken by Si Chung.)



OCAW New Orleans Chapter member Nancy Chung (third from the right), with teachers from Hebei, China (on the left) and Dr. Jiang Yu, Director of the Confucius Institute (next to Nancy). As noted in the *September OCAW E-Newsletter*, the New Orleans Chapter donated kitchenware to the teachers as welcome gifts for their extended stay in the U.S.







OCAW New Orleans Chapter 25th Anniversary Celebration

The OCAW New Orleans Chapter will be holding its 25th Anniversary Celebration on Saturday, December 13, 2014. The following information has been disseminated:

WHO	Organization of Chinese American Women New Orleans Chapter
WHAT	Luncheon to observe her 25th birthday
WHERE	English Turn Golf & Country Club on the West Bank (http://www.englishturn.com/), New Orleans
WHEN	Saturday, December 13, 2014 11 a.m. – 2 p.m.
WHY	OCAW would like to honor founding members for their vision, and current members for their dedication that enabled the organization to thrive for the past 25 years in the City of New Orleans.
ATTIRE	Happy holidays

News from the Silicon Valley Chapter

(from Sophia Yang, President)

Community Service with Asian Americans for Community Involvement

Asian Americans for Community Involvement (AACI) held its first ever Char-a-oke Night on Saturday, September 20, 2014 at the Santa Clara Convention Center in Santa Clara, California. Four members from OCAW-SVC, Sophia Yang, Carol Yuan, Rose Cheng, and Helen Yamauchi, served as Volunteer helpers at the event.

The night was a charity karaoke competition that featured the AACI President and some local elected officials, among others. There were Honorees who were recognized for their contributions to the community as well. AACI's Honorary Council Member Congressman Mike Honda also provided remarks at the event which had over 400 attendees and raised more than \$175,000.

For the occasion, we assisted in a game booth as the game attendants, and we delivered merchandise to those individuals who won items in the Silent Auction.

We have such pleasant memories of working side-by-side with a great group of enthusiastic and dedicated individuals, and we were very delighted to be part of this productive and fun-filled event.

Road to College Seminar

On Sunday, October 26, 2014, Professor Chi Tsung, from Occidental College, gave a seminar for OCAW-SVC's annual Road to College Event. The topic he chose was "How to Select a College That Suits You Best – An Introduction to American Higher Education."



In recent years, more and more "college prep institutions" have opened in the South Bay Area. Many Chinese parents (especially the new immigrants) worry about the college application process for their teens. Too much information has caused people to be confused and they have not known how to choose potential colleges to consider. This year, OCAW focused on Chinese parents by giving them a chance to understand the U.S. higher education system.

Prof. Chi started with two photos, those of Leehom Wang and Jeremy Lin, because they both graduated from a "liberal arts college." Leehom, the well-known musician/actor/director, attended Williams College, and Jeremy, the famous NBA player, attended Harvard University.



Prof. Chi pointed out that most people/parents consider getting into “comprehensive universities” as their top priority. Actually, half of the top 10 colleges and universities in the national rankings are liberal arts colleges.

To help our audience understand the U.S. higher education system more, Prof. Chi explained that liberal arts education in the U.S. was challenged by two historical events:

1. Reconstruction Era after the Civil War, from 1865 to 1877
2. Great Depression from 1929 to the early 1940s

Now, with the global recession and the rise of China, comprehensive universities are more popular.

Prof. Chi then discussed the concepts of a liberal arts education:

A goal of a liberal arts education is to develop a “life-long love for learning.”

The aim of a liberal arts college “general education” is to create a well-informed, enlightened, and “audacious modern citizen.”

By contrast, the aim of a “comprehensive universities” education is to learn to be a working professional.

Prof. Chi also compared the two systems via the metrics of national ranking, faculty-to-student ratio, and quality of teaching.

Performances of liberal arts college graduates was discussed. A 1998 study showed that nearly 20% of the scientists elected to the National Academy of Sciences in recent years were alumni of liberal arts colleges.



Finally, Prof. Chi told parents how to evaluate colleges as to their suitability for their child by considering the following five factors. If more of the factors apply to their child's situation, then comprehensive universities probably are the choice for their teen.

1. Extreme Financial Difficulties
2. Professional / Practical training (vs. Whole Education)
3. Engineering
4. Undergraduate Degree only
5. Aggressive / Motivated / Mentally Strong



The seminar was very successful. More than 80 people joined us.

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Reporters from two major Chinese media, *World Journal* and *Sing Tao*, gave complete coverage on this seminar before and after the event. These are the report links:

World Journal:

http://www.worldjournal.com/view/full_sf_14/26009588/article-%E5%A4%A7%E5%AD%B8%E9%81%B8%E6%A0%A1-%E5%AD%A3%E6%B7%B3-%E5%88%A5%E5%BF%BD%E8%A6%96%E6%96%87%E7%90%86%E5%AD%B8%E9%99%A2-?instance=top_rec#.VE8b87Aq7Oc.gmail

Sing Tao:

<http://dailynews.sina.com/bg/news/usa/uslocal/singtao/20141027/09596192556.html#.VFPKaJDuB9l.gmail>

News from the Hawaii Chapter

(from Rena Young Ochse, President)

October General Membership Meeting

Sharon Pang, counselor and Hawaii Chapter member, was the speaker at the chapter's membership meeting on Sunday, October 26, 2014. Sharon spoke on aging and protections needed for seniors.

Her talk was followed by a game and prizes, and the election of new officers.

(Editor's Note: In the September e-newsletter, Hawaii reported that its meeting was planned for October 19. However, subsequently it had to be rescheduled because of impending Hurricane Ana. Fortunately, Hawaii ended up not getting hit, and we are glad that our Hawaii sisters are safe!)

Splendor of China Festival

The Splendor of China Festival was held on Saturday and Sunday, November 1 and 2, 2014, at the Neil Blaisdell Exhibition Hall in Honolulu. It was sponsored by the Chinese Chamber of Commerce along with the city and county of Honolulu.

Longtime Hawaii Chapter member Blossom Tyau had a Chinese display at this event.

Membership and Networking

Rena Young Ochse has completed three years as Chapter President and has brought in 19 new members. Her tenure has highlighted membership and networking, which she has achieved by identifying the needs of the members, getting the members to know one another, and focusing on culture and programs.

(Editor's Note: Kudos to Rena for her successful efforts in increasing chapter membership!)

Please see the following "From and About Our Members" section to read about several of the chapter's newest members. Hawaii should be proud to have such accomplished women among them.)

Upcoming Event

The Hawaii Chapter will hold its annual Christmas/Installation Luncheon on Sunday, December 14, 2014, at the Oahu Country Club in Honolulu. The Honorable Calvin K.Y. Say, Speaker Emeritus of the Hawaii House of Representatives, will install our new slate of officers.

From and About Our Members

About Christina Chang, National President

(from Donna Byler, National Executive Director)

Christina Chang, National President of OCAW, retired from the Internal Revenue Service after more than twenty-five years of dedicated service. The Albert Gallatin Award, the United States Department of the Treasury's highest honorary career service award, was presented to Christina along with letters of congratulations on her retirement from Presidents Obama, Bush, Clinton, and Carter. United States Senators from Virginia, Mark Warner and Tim Kaine, also sent letters of congratulations. She admits to being surprised and said, "I am so honored to be able to serve our country for over twenty-five years."



Christina was born in Shanghai, moved to Taiwan as a baby, and then came to the U.S. in 1971. She attended Baruch College and later Virginia Tech where she met her husband Steve Chang. After getting married in 1976, the Changs moved to Poughkeepsie, New York, where Christina began her career with the IRS. She and Steve moved back to Virginia with their three children, Anthony, Alex, and Kathie, in 1996. She is now the proud Grandma of four bright and energetic grandchildren.

I first met Christina in 1997, when we both joined OCAW. She was quiet, thoughtful, and unassuming, careful not to boast, and always eager to help others. Initially, she was reluctant to serve as an officer of the Virginia Chapter of OCAW. But recognizing the need, she agreed to serve as secretary and then president. After years of effective leadership with the Virginia Chapter, Christina became National President of OCAW in 2010.

I believe Christina found her voice and a new confidence while serving OCAW and working with all OCAW members who became like sisters. She grew in her career and earned recognition and promotions while assisting restaurants, state and local governments, and their employees to understand and comply with the regulations of the IRS. Before leaving the agency, Christina was giving speeches and teaching others to work more effectively. It was fitting that she received the Albert Gallatin award and letters from not only one U.S. President, but four, and from both of Virginia's U.S. Senators.

When asked what her plans are now, Christina says she is no different from other retirees and would like to travel, enjoy their growing family, and continue volunteering doing community service.

(Editor's Note: OCAW warmly congratulates Christina on receiving this very prestigious award! It is well-deserved.)

About Blossom Tyau, Hawaii Chapter member

(from Rena Young Ochse)

Congratulations to longtime Hawaii Chapter member Blossom Tyau! She was honored as an outstanding volunteer at the 2014 National Philanthropy Day celebration on Thursday, November 13, 2014, at the Sheraton Waikiki Hotel in Honolulu. The event was sponsored by the Association of Fundraising Professionals, Aloha Chapter.

This was the nomination for Blossom:

Outstanding Volunteer: Blossom Y. Tyau

Nominated by Palolo Chinese Home

Blossom Tyau epitomizes vibrant, caring service and selfless devotion to others. Always responding to every call for help, she has tirelessly volunteered for over six decades to help our community. Blossom has served on the board of Palolo Chinese Home for several years and has been an active volunteer there for a long time before. Along with numerous fundraising events for many organizations, Blossom has helped to lead Palolo Chinese Home's two major capital campaigns, raising millions of dollars. Her efforts to improve human welfare span decades, and she supports numerous causes ranging from culture and the arts to education and youth to elder care.

About New Hawaii Chapter members

(from Rena Young Ochse)

(Editor's Note: Rena provided biographical sketches of several of the Hawaii Chapter's newest members which she wanted to share with readers. The chapter is proud of its accomplished women.)



Wendie S. Liu, a retired educator, was born and raised in Honolulu. She graduated from the University of Hawaii with a B.F.A. in Fine Arts and a B.Ed. in Secondary Art Education. She was also engaged in study abroad programs in Japan and Europe and completed graduate studies in education and educational administration. Her 43 years in the Hawaii State Department of Education included 18 years of classroom teaching, kindergarten through adult education; 10 years as the state specialist for art education; and 15 years as a district specialist for school renewal. Twenty-five years as a certified school, district, and state administrator honed her leadership skills for community service in which she is actively engaged. She was the 85th president of the Chinese Women's Club of Honolulu and previous Fundraising Chairperson for Associated Chinese University Women.



Marsha Au-Maxwell is a graduate of McKinley High School and graduated as a legal secretary from Honolulu Business College. She worked for Bank of America in San Francisco as a stenographer, and subsequently as a Tax Service Representative for the Washington State Department of Revenue in Seattle for over 12 years. She also worked for the Kingdome Stadium in Seattle as a ticket-seller before she moved back to Honolulu in 1984. Marsha retired in 2008 from the City of Honolulu Department of the Prosecuting Attorney's Office where she was a Legal Staff Specialist for over 21 years, specializing in doing paperwork for Grand Juries.

Marsha has been involved in numerous activities in the Chinese community. She is currently a Trustee at See Dai Doo Society and was President 2011-2012, Vice President 2009-2010, and English Secretary 2007-2008; was President of the Chinese Women's Club of Honolulu in 2010 and Vice President and Treasurer previously; and was Assistant English Secretary at Chung Shan Association of Hawaii in 2009. She currently does some baking and volunteers downtown at the Gift & Gourmet store.



Chu Lan Shubert-Kwock is the owner of ABC Mortgage & Chu Lan Properties. She has been a realtor since 1980 and a mortgage broker since 1994. Educated in Singapore and Australia, she came to Hawaii in 1975. Son William is a Punahou graduate and high-level IT executive in San Francisco. Son Thomas, also a Punahou graduate, is a world-ranked traveling professional tennis player.

Chu Lan is a tireless and passionate President of the Chinatown Business & Community Association (CBCA) which she co-founded with Little Village/Epic Restaurant owner David Chang in 2009 to improve the quality of life in Chinatown. CBCA holds monthly Chinatown Dim Sum Meetings at Empress Restaurant at which all are welcome. She was a Honolulu Liquor Commissioner 1997-2005 and was Chair of the Hawaii Small Business Regulatory Review Board 2012-2014.

She is currently busy having an 8x9-foot Happy Dragon decal installed for the main crosswalk in Chinatown and having the Mid Pauahi crosswalk built by this year. Two years ago, she installed a plaque at the Chinatown Police Substation as well as red Chinese characters at the substation. She also initiated a 90-day public toilet program in Chinatown at a cost of \$10,000 where two public toilets were manned by a janitor and security guard on weekends. In 2011 and 2012 CBCA sponsored "The Chinatown Experience" for 70 at-risk youth in the Chinatown neighborhood in a month-long summer program in conjunction with the Honolulu Police Department's *Project tHink*.

Chu Lan is single and is a gourmet chef. She loves to read and support local writers. In 2010, she won the Mandarin of the Year Award from the Hawaii Chinese Civic Association. Also that year she was given a

special award by the Mayor and also received a Special Award from OCA National for outstanding performance. She was National Vice President of Finance 2009-2010. She was cited in the Honolulu Star-Advertiser this summer.



Susan Chong Wong obtained her J.D. degree from Brooklyn Law School and her B.A. from the University of California at Berkeley. She is the office manager for her husband, Dr. Calvin Y.H. Wong, M.D. They have four children and one grandchild.

She is a Board Member for the following: Asian American Legal Defense and Education Fund (protects civil rights of Asian Americans), Na Loio (provides immigration legal services especially to low-income immigrants and their families), and Maryknoll School (her alma mater).



Sharon L. Pang was born and raised in Hawaii. She is a health care administrator, a health care educator and consultant, and an advocate for culture change and elder care. She has worked with Hawaii families in the community, “personalizing” home health care and providing care consulting, coordination, and elder care services and management. She has worked on a private referral basis in the health care industry for over 18 years, providing the most appropriate and cost-effective options of elder services for seniors as they transition to a modified independent lifestyle.

Sharon has been past Chairperson for the Small Business Regulatory Review Board with a focus on health care in the State and a board member for various organizations in Hawaii. She is a Kama’aina to Hawaii and understands the culture and needs of our elderly.

Marilyn Wong is a retired Internal Revenue Service Field Auditor where she also served as an on-the-job instructor and coach. She is a member of Associated Chinese University Women and the Wong Society. Marilyn volunteers at the Diamond Head Theatre and the Hawaii Foodbank, and as an AARP Tax-Aide assistant. She attends Kaimuki Christian Church and is the mother of three grown children.

Vicky Ho was a research assistant with the East-West Center for many years. She has her master’s degree from Princeton. She was born in China, raised in the Philippines, and schooled in Switzerland, and she has been living in Hawaii for about the past 35 years. Her husband Peter Ho is a retired engineer. Their daughter Tessa is an investment banker/bond trader in Hong Kong.

From Frank and Wanda Eshleman, Virginia Chapter members

Special Family Recipe for Salad Dressing

(Editor's Note: We are grateful to Frank and Wanda for wanting to share their special family recipe with us.)

Ingredients:

1. Juice of two fresh lemons
2. Vegetable oil to equal amount of lemon juice
3. 4-5 cloves of fresh garlic finely minced
4. Salt to taste

Toss with the following suggested salad, or any green salad:

1. Romaine Lettuce
2. Tomatoes
3. A large bunch of fresh Parsley minced
4. Carrots ribboned (use potato peeler and peel them into the salad)
5. Thinly sliced onion





Hawk Mountain

by Camilla Ng

(Editor's Note: Camilla is a Maryland Chapter member and former MD Chapter President and Acting VA Chapter President.)

Having read about Hawk Mountain for years, this fall I finally made the trip to see this prime location for the viewing of migrating raptors. Hawk Mountain is a three-hour drive north of Washington, D.C., located along the Appalachian flyway in eastern Pennsylvania. It is a mountain ridge which is part of the Blue Mountain Ridge in the Appalachian Mountain chain. The area covers 13,000 acres of protected private and public land.

From late summer through fall, an average of 20,000 hawks, eagles, and falcons can be seen passing the lookouts on the Hawk Mountain ridge. During migration, staff and volunteers at the Hawk Mountain Sanctuary identify and count the raptors. This counting provides conservationists valuable information on the changes of numbers of raptors in North America.

The curious mind would ask, why is there a need for a sanctuary for raptors? In pre-conservation days, birds were considered pests. In 1929, the Pennsylvania Game Commission offered \$5 to hunters for every goshawk shot during migration season. Richard Pough, a birder and photographer from Philadelphia, photographed

hundreds of killed hawks and published these photos in 1932 in *Bird Lore*, the predecessor to *Audubon*. As a result of the publicity generated by Pough's photos, Hawk Mountain Sanctuary was incorporated in 1938 as a nonprofit organization. Hawk Mountain is the world's oldest wildlife sanctuary exclusively dedicated to the protection and observation of birds of prey. In 1951, the Game Commission finally terminated the bird bounty. However, birds of prey continued to face threats, including from chemical pesticides like DDT.

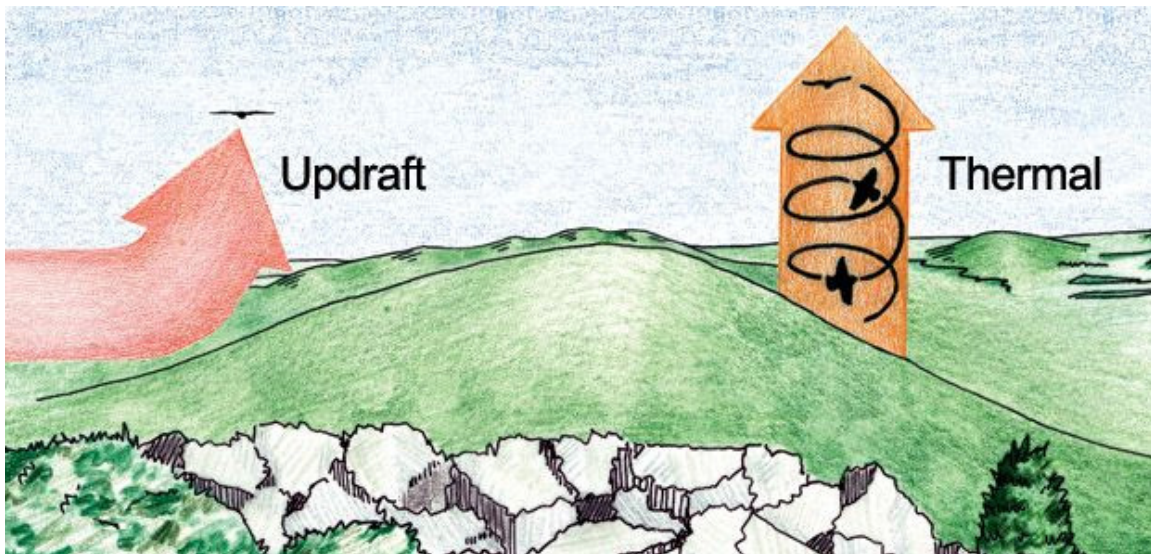
The sanctuary partners with a few local colleges to provide classes for students. It also offers programs, seminars, and volunteer opportunities to the public. In 1965, the sanctuary was registered as a National Natural Landmark. It is not owned or financially supported by the state, but remains entirely self-sufficient.

The sanctuary is a very popular destination for birdwatchers and hikers. The trails up to the outlooks are well maintained and easy for families with young children. The panoramic views from the lookouts extend out to 70 miles and are especially beautiful in the fall. On the way down the mountain, I ran into a family with three generations. The grandparents, who are in their 60s, said they have been bringing their children since they were children. Now their children bring their young ones as well. The effort of conservation allows future generations to continue to share this amazing joy of seeing the raptors soar.

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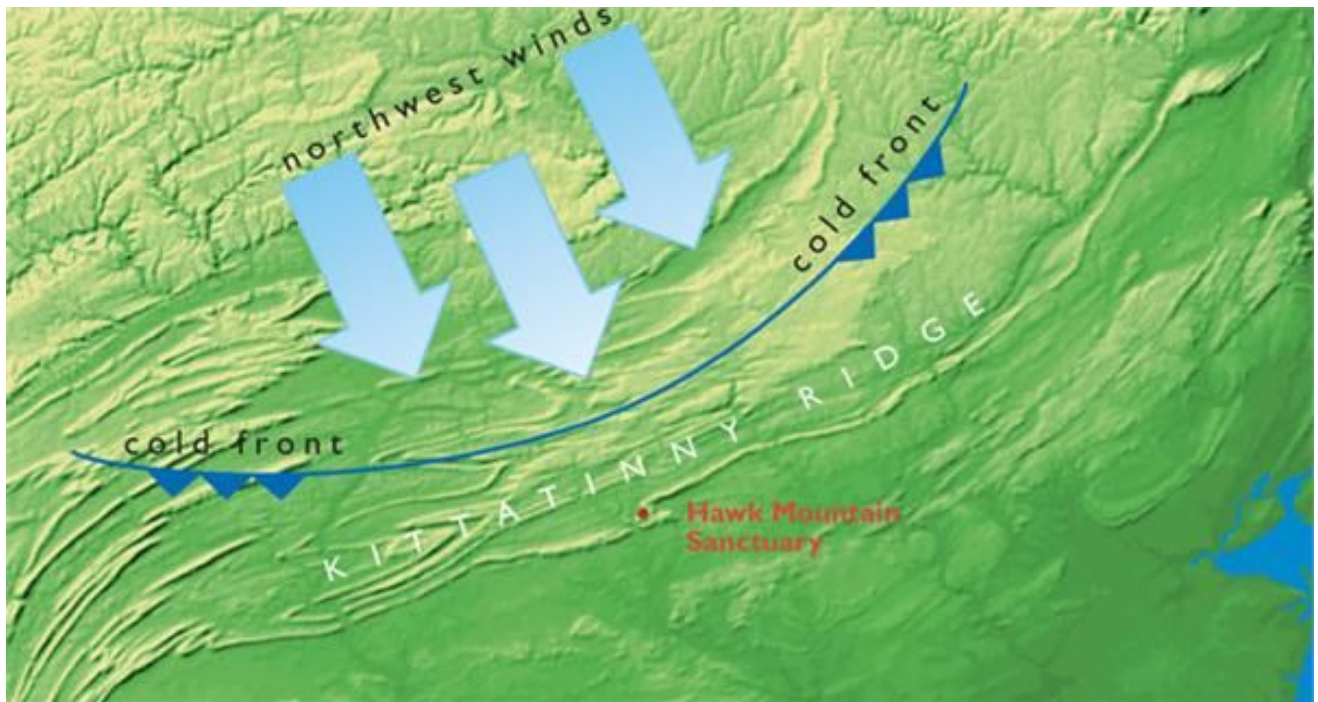
Why do migrating raptors concentrate at Hawk Mountain?

As the season changes from summer to fall, the scarcity of food is a primary reason for most raptors to leave the breeding territories in the north. Prior to migration, raptors gain as much as 10 to 20 percent of their body weight in fat as fuel for the long-distance migration. Raptors conserve energy on migration by soaring – using rising currents and columns of air currents to gain altitude and then fly without flapping their wings. Raptors “slope soar” by riding winds deflected up and over hills and mountains. Birds “thermal soar” by circling in pockets of rising, warm air called thermals, which are created when the sun differentially heats the Earth's surface. Raptors ascend quickly to thousands of feet within thermals, and then glide in the direction of their destination. Radar studies suggest that many raptors migrate at altitudes of 700 to 3,000 feet while soaring in thermals.



Soaring

Migrating raptors avoid high mountain ranges and large open bodies of water. In the eastern part of North America, the Appalachian Mountain chain runs northeast to southwest. Hawk Mountain sits on the Kittatinny Ridge or Blue Mountain, which is the southeasternmost ridge of the Appalachians. Crosswinds hit the mountain ridges, creating updrafts that migrating raptors use for slope soaring. Raptors flying south from Canada and the northeastern part of the United States slope soar the length of the ridge to save energy on their long journey south to Central or South America.



Source: <http://www.hawkmountain.org/raptorpedia/raptorpedia/page.aspx?id=649>