

E-Newsletter of the Organization of Chinese American Women

November 2017



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(from Linda Devine, Editor)

This is the fifth and final issue of 2017. Thank you, as always, to those who submitted material for the e-newsletter, and to my husband Ed for his photo preparation work. I also continue to encourage OCAW members to write articles for the publication if there is something you think would be of interest to the membership.

Please feel free to send me any suggestions or recommendations that you might have for any aspects of the e-newsletter. My email address is: devinefive@comcast.net.

Best wishes for a wonderful Thanksgiving, joyous end-of-the-year holidays, and a Happy New Year!

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Opera International

(from Muriel Hom, Producer-Director, and Linda Devine)

Puerto Rico Hurricane Relief Concert

Opera International, Hermon Presbyterian Church, and Adat Shalom Reconstructionist Congregation jointly presented an Interfaith Concert to benefit Puerto Rico Hurricane Relief efforts in the wake of widespread devastation and destruction caused by Hurricane Maria in September 2017.

The concert was held on Sunday, November 12, 2017, at Adat Shalom in Bethesda, Maryland. Performers were Jessica Stecklein, Soprano; Frank Conlon, Piano; and 6-Wire Ensemble, consisting of Xiang Gao, Violin; Cathy Yang, Erhu; and Jiayue Yang, Piano. Puerto Rican native Esther Mandry sang a number, and Chords of Glory, a middle and high school singing group, also performed.



Jessica Stecklein, Soprano

Jessica has appeared in Opera International productions in the past.



Cathy Yang, Erhu,
with Jiayue Yang, Piano,
of 6-Wire Ensemble

Opera International Producer-Director Muriel Hom organized the concert, arranged the program, obtained the musicians, and provided refreshments. Opera International supporters provided generous financial support.

Hermon Presbyterian Church members likewise gave very generous donations and also contributed refreshments.

Adat Shalom provided the lovely venue, and its members stepped up with nice donations as well.



(left) Xiang Gao, Violin, of 6-Wire Ensemble

(below) Chords of Glory





6-Wire Ensemble: Jiayue Yang, Xiang Gao, and Cathy Yang

(Photo taken by Christina Poy)

The music was excellent. Various composers represented in the program included Mozart, Puccini, Zhou, Li, Schumann, Bellini, Dvorak, Chen, Monti, and Gounod.

The audience was plentiful, and it included several members of the OCAW Virginia and Maryland Chapters. The concert was enjoyed by all, and everyone agreed it was a wonderful afternoon.

\$10,000 was raised for a very worthy cause. Donations will be distributed to Unite to Light and to other funds, for solar panels and water filtration systems for Puerto Rico residents.

For those who were unable to attend the concert, please feel free to go to the following link to an enjoyable video taken by Christina Poy: <https://youtu.be/Lg7g6a5BfP0>
It is a brief excerpt from the performance of 6-Wire Ensemble, and you are certain to be inspired by it!



OCAW members and 6-Wire Ensemble musicians

(top row) Chi-Hua Yang, National Treasurer and Virginia Chapter President; Donna Byler, Executive Director; Janet Biermann, Maryland Chapter member and former Executive Director; and Camilla Ng, former Maryland Chapter President

(bottom row) Xiang Gao, Violin; Cathy Yang, Erhu; Jiayue Yang, Piano; Muriel Hom, Opera International Producer-Director and Maryland Chapter member; Christina Chang, National President; Christina Poy, Maryland Chapter Treasurer; Cathy Roberts, National Vice President for Membership; and Linda Devine, National Vice President for Communications

(Photo taken by Steve Chang)



OCAW significant others: Dick Roberts, Tony Byler, and Steve Chang. We are grateful to them for assisting with OCAW events over the years!

(Photos taken by Linda Devine, unless noted otherwise)

News from the Maryland Chapter

Maryland Chapter officers Ping Zhu, President, and Emilie Ma, Secretary, are currently out of the country. But when they return, they and Christina Wong Poy, Treasurer, will meet to discuss ideas for new events.

Maryland members are looking forward to hearing their plans and helping with what needs to be done to revitalize the chapter.

In the meantime, Maryland Chapter members participated in several APA activities and events (*see From and About Our Members*).

News from the Virginia Chapter

(from Chi-Hua Yang, President)

Feng Shui and Spiritual Cultivation Lecture

The Virginia Chapter arranged a unique and insightful lecture that broadened the horizons of our members' knowledge from a different perspective. The lecture introduced the concept and importance of Feng Shui and Spiritual Cultivation, how they affect one's life, and how to utilize personal Ch'i through Feng Shui adjustments and spiritual cultivation to enhance one's well-being. The lecture was held on Sunday, September 10, 2017, at the Arlington Campus of George Mason University in Arlington, Virginia. Organizers were OCAW and the Modern and Classical Languages Department of GMU.

The speaker was Khadro Crystal Chu Rinpoche. She is the spiritual leader of Black Sect Esoteric Buddhism Fifth Stage. She is a spiritual teacher, meditation master, author, international speaker, and Feng Shui educator and consultant. She is also an adjunct professor at the College of Arts and Letters at San Diego State University in California.



Virginia and Maryland Chapter members were among those who participated in the meeting, including several new members. It was free and open to the public.

Attendees learned a lot from the meeting and from the Q&A discussion with Crystal following the lecture.



Khadro Crystal Chu Rinpoche (*first row in pink*) and attendees

After the lecture, we had a dinner gathering at Mala Tang (translation: Hot Spices) Restaurant. This is a Sichuan Hot Pot which is much like Chengdu, in which dozens of dried chillies bob up and down in an oily red broth.



Another Khadro Crystal Chu Lecture

Virginia and Maryland Chapter members further participated in another of Khadro Crystal Chu's events. It was held on Monday, September 11, 2017, at the U.S. Department of Agriculture in Washington, D.C. It was free and open to the public.

The Federal Asian Pacific American Council – USDA Chapter (FAPAC-USDA) invited Crystal to give a presentation on “Enhancing Your Career: How to Live Our Lives in Harmony and Balance.” The aim of the talk was to learn how to live a balanced and productive life. She incorporated elements of Feng Shui, Spiritual Cultivation, and Ch’i in the discussion.

Virginia Chapter Immediate Past President Maria Yang was instrumental in arranging these events.



News from the New Orleans Chapter

(from Patricia Ellzey, President)

Swamp Tour Event

On Tuesday, October 31, 2017, New Orleans Chapter members joined the Chinese Presbyterian Church Senior Panda Club on a Swamp Tour event and enjoyed a wonderful lunch together at a Chinese restaurant.



Pat Ellzey, Jeanette Hew, Mayling Hew, Yvonne Louie, and Betty Butz

November Meeting

At our meeting on Saturday, November 4, 2017, a new tradition was implemented to celebrate our Chinese cultural heritage. We plan to begin our future meetings with a Chinese health or nutritional tip and/or exercise and a Feng Shui tip so we can learn how to live more healthily and create a healthier environment.

Also, we had a small fundraising event featuring a fresh water pearl and precious gem custom jewelry designer and had her display her creations. Our chapter received a small percentage of the sales for hosting this event. The funds raised will go toward our mission goals.

Following the meeting, we attended the New Orleans Asian Pacific American Society (APAS) Picnic where Asian foods (Cambodian, Chinese, Indian, Japanese, Korean, Laotian, Malaysian, Filipino, Thai, and Vietnamese) were served, and fun events were held. Our Chapter is a longtime corporate member of this local association.

Skin Care Lecture and Demonstration

A lot of fun and learning took place at our Skin Care Presentation and Demonstration on Sunday, November 5, 2017. Our guest speaker was Cuilan Lee, a skin care professional who teaches at a local beauty school. She taught us about skin anatomy and physiology and eating a proper diet, as well as how to properly cleanse and massage our skin and give ourselves a facial. This was a wonderful presentation in carrying out our theme of living healthier lives this year.





Everyone had a good time and looks forward to Cuilan's next seminar in a few months which will be on learning about cosmetic products and how to apply makeup properly.



APAS Dinner Gala

On Saturday, November 11, 2017, New Orleans Chapter members attended the annual fundraising Asian Pacific American Society dinner gala where our Ms. China, Ziyang Alice He, was among the representatives from the various Asian communities.

Our Chinese Frank Hara Outstanding Community Service Awardee, George Chin, was recognized.

Ms. China



Mayling Hew, Judy Wong, Li Lee Chen, Nancy Chung, Pat Ellzey, Sandy Wong, Jeanette Hew, and Wendy Huynh

2018 Officers

The following New Orleans Chapter officers for 2018 were elected at the September meeting, and they will be installed at the December meeting.

President – Dr. Lihua Zhang
Vice President – Patricia Ellzey
Secretary – Jeanette Hew
Treasurer – Nancy Chung

News from the Silicon Valley Chapter

(from Sophia Yang, President)

Mid-Autumn Festival Celebration

On Sunday, October 1, 2017, the Silicon Valley Chapter held its fourth “Mid-Autumn Festival Celebration” at the Saratoga History Museum in Saratoga, California.

The event started at 1 p.m. with a talk by Ms. Connie Young Yu, Historian and Author. Through articles, essays, lectures, and community activities, Ms. Yu has devoted her energies for more than a quarter of a century into rediscovering a history of Chinese and Asian America that has been forgotten, overlooked, and even hidden.

Her topic was “The Transcontinental Railroad and the Chinese Exclusion Act.” The audience showed great interest in her presentation.



We then had some activities outdoors. There were performances in front of the museum building.



Shaolin Kung Fu







Chinese musical instruments



Children's choir



Chinese dance

There were booths, including Sugar Painting, Storytelling, Arts and Crafts, and a Calligraphy Demo, in the courtyard of the museum.



Sugar Painting





Arts and Crafts



Calligraphy

The event was very successful and attracted more than 100 people. Through storytelling and arts and crafts, we introduced the legend of the Mid-Autumn Festival and other information about Chinese culture to the community. We also brought in more Chinese Americans to explore and learn about the history of the City of Saratoga through various exhibitions.

Karaoke Fundraising Event for the San Jose Walk to End Alzheimer's

We planned to focus on the "San Jose Walk to End Alzheimer's" on October 14, 2017.

In preparation for this, we had a karaoke fundraising event on Saturday, September 9, 2017, at Annie Chang's beautiful house. Annie is our Secretary. She is a wonderful hostess, and prepared coffee, tea, and much delicious food.



Everyone enjoyed chatting, singing, and eating!



But in the end, we regretfully decided to call off our participation in the Walk due to our concern for the air quality in the area. Still, our team was able to raise over \$2,000 this year to show our support for this worthy cause.

The story: Just a couple of days before the Walk, the massive Northern California wildfires of Santa Rosa and Sonoma/Napa Counties brought seriously polluted air to the entire Bay Area. Even though Santa Rosa is about 100 miles away from the San Jose area, the hot and dry blowing winds made the air in the Bay Area more toxic than Beijing. The Environmental Protection Agency's air quality index for the Bay Area was classified as "very unhealthy."

The smell of fire hanging in the air lasted for almost a week. People were warned to minimize outdoor activities and stay indoors.

Sonoma County suffered the most damage, with 22 people confirmed dead and more than 200 reported missing. The fires destroyed nearly 3,000 homes and caused \$1.2 billion in damage in Santa Rosa, the gateway to the wine tourism industry. We sincerely pray for those who lost their homes and loved ones.

(Editor's Note: OCAW members join SVC members in their thoughts and prayers.)

Upcoming Events

We are planning to have an officers meeting on Sunday, November 19. Our goal is to plan the event schedule for 2018.

Our next event will be the Annual Members Social on Sunday, January 7, 2018.

Before then, we wish everyone wonderful holidays!

News from the Hawaii Chapter

(from Chu Lan Shubert-Kwock, President, and Rena Young Ochse, Treasurer and Newsletter Editor)

October General Membership Meeting

The general membership meeting of the Hawaii Chapter was held on Sunday, October 22, 2017, at Maple Garden restaurant. Nominations for 2018 officers were announced and the following will be installed:

President – Dr. Lei Ahu Isa
Vice President – Susan Chong Wong, Esq.
Secretary – Jerilyn Jeffryes
Treasurer – Susan Louie Lee

Committee Chair positions have so far been filled as follows:

Finance – Phyllis Shea
Membership, Newsletter, and Courtesy – Rena Young Ochse
Public Affairs, Special Events – Queenie Mow Chee

Donations by the Chapter

A \$500.00 donation was made and given to the **Reel Camp for Girls**, an initiative of Hawaii Women in Filmmaking. “Making Media That Matters” is a FREE program for girls in which participants develop film and critical-thinking skills by examining issues in their communities. The program provides a platform for girls to tell their stories and be agents of social change through film. “Making Media That Matters” is filmmaking for civic engagement and social justice.

The chapter also donated \$200.00 to the **Chinatown Business & Community Association** for their participation with the City and County for a FREE concert of Chinese dancing and opera for Chinese Senior immigrants in Hawaii.

Upcoming Event

OCAW-Hawaii’s Christmas Installation Luncheon will be held at the Oahu Country Club on Sunday, December 3, 2017. Members, friends, and guests are invited to witness the installation of officers for 2018.

The Installing officer will be Dr. Lawrence K. W. Tseu, prominent philanthropist and supporter of OCAW events and projects.

Entertainment will be provided by a Hawaiian musical group which will serenade us during our fabulous buffet luncheon. There will be singing and hula dancing.

From and About Our Members

Dialogue on Diversity

(from Chi-Hua Yang, Virginia Chapter President)

September was Hispanic Heritage Month. Dialogue on Diversity held a conference on Entrepreneurship and Information Technology with an array of expert speakers and discussants. It was attended by many entrepreneurs and professionals.

Chi-Hua Yang participated in various STEM events, and she found them interesting and informative.

OCAW Maryland Chapter Members Active in the APA Community

(from Christina Wong Poy, Maryland Chapter Treasurer)

OCAW Maryland Chapter members have been active in the Asian Pacific American Community over the past couple of months. Christina Wong Poy's involvement has mainly been in her official capacity as Administrative Director in the Maryland Governor's Office of Community Initiatives (GOCI).

On behalf GOCI, Administrative Director Christina Poy provided remarks at the **Opening Ceremony of the U.S. Center for Chinese Medicine** on Wednesday, September 27, 2017. OCAW-MD President Ping Zhu also attended the opening of the Center's museum and clinical department in Rockville, MD. They witnessed the signing of a Memorandum of Understanding between Beijing University of Chinese Medicine and The George Washington University (Washington, D.C.) to establish a partnership to research and address epilepsy. They also toured the museum and spoke with the Center's physicians and some of the visiting doctors from China.

On Saturday, September 30, 2017, GOCI Administrative Director Christina Poy presented the Governor's Proclamation of **Confucius Day (Birthday of Confucius)** in Maryland, and OCAW-MD member and Commissioner Corinna Shen of the Maryland Commission for Women spoke at the Confucius Memorial Ceremony. Maria Yang, Immediate Past President of OCAW-VA, also attended. The students and teachers of the Washington Metropolitan Confucius Memorial Ceremony Committee of the Washington Metropolitan Association of Chinese Schools (WMACS) held this special ceremony to celebrate the birthday of whom they consider to be the greatest educator in world history. Such special ceremonies go back in history, and they are always performed on his birthday.



On Sunday, October 8, 2017, Christina Poy, Pam Wong, and Corinna Shen attended the **celebration of Taiwanese American Diversity Associates' (TADA) 12th Anniversary and Taiwan's Double-Ten National Day**. Christina presented the Governor's Proclamation of "Double-Ten in Maryland" to TADA President Rita Wang.



OCAW-MD members attended the **2017 Grand Finale of the Pacific Miss Asian American 2017 Pageant** on Friday, October 13, 2017. The executive director of the Pacific Cultural Institute (PCI) which organizes this annual event showcasing the talent of Asian Pacific American women, is Chris Zhu, who is the co-owner of a new seafood restaurant in Rockville, MD. And subsequently on Saturday, October 21, Pam Wong and Christina Poy attended the **grand opening of Pandora Seafood House & Bar and Pageant Party**. Christina provided congratulatory greetings on behalf of Maryland Governor Hogan and participated in the ribbon-cutting ceremony with several state, county, and city dignitaries including Maryland Senator Susan Lee. Pacific Miss Asian American winner Jackie Liu and the runners-up received their cash prizes at this event.



OCAW-MD Secretary Emilie Ma,
Tony Yeh, Christina Poy, and
OCAW-MD President Ping Zhu

On Sunday, October 22, 2017, several OCAW-MD chapter members (including Ping Zhu, Christina Poy, Maryland State Board of Education Member Rose Li, Commissioner Corinna Shen, former OCAW-MD President Camilla Ng, and former OCAW-MD Vice President Pat Fenn) attended the **OCA-Greater Washington DC Chapter's Honor Awards Gala** to honor Ann Moy and Elaine Chang-Baxter for their long-term service in the Montgomery County Public School system. Hats off to OCAW-MD member Mary Tom, who is the President of OCA-DC, and her OCA-DC team for acknowledging the leadership and amazing work of these two Chinese-American educators.

Christina Poy and OCA-DC President Mary Tom attended the **2017 OCA National Asian Pacific American Corporate Achievement Awards Banquet** on Friday, October 27, 2017 which honored individuals around the country for their leadership and contributions in advancing Asian American and Pacific Islander interests in the corporate environment and in the community.

On behalf of Maryland Governor Hogan, GOCI Administrative Director Christina Poy presented the Governor's Citation to the Asian American Center of Frederick (AACF) at the **10th Annual Frederick Community Health Fair** on Saturday, October 28, 2017. She also presented the Governor's Service Certificates to several of the volunteers, enjoyed a chair massage, had her cholesterol and glucose levels checked, and tried meditative acupuncture.

Congratulations to OCAW-MD's Elizabeth Chung who is the Executive Director of AACF and a commissioner on the Governor's Commission on Asian Pacific American Affairs, Commissioner Gurpreet Kaur (AACF Board Chair) of the Governor's Commission on South Asian American Affairs, Commissioner Cynthia Macri (event Co-Chair) of the Maryland Veterans Commission, the AACF board and staff, and the 300+ volunteers (including physicians, acupuncturists, massage therapists, dentists, nurses, dietitians, phlebotomists, and health and wellness professionals, as well as other registration, IT, and logistical administrative support staff) on a hugely successful event! The estimated value of this one-day event is one million dollars for simply one day of FREE health services. For many, it is the only annual checkup they ever have!



AACF Board Chair Gurpreet Kaur,
Christina Poy, and OCAW-MD member and
AACF Executive Director Elizabeth Chung

OCAW-MD members Christina Poy, Rose Li, and Corinna Shen celebrated the **35th Anniversary of the Chinese Culture and Community Service Center (CCACC)** on Saturday, October 28, 2017, with many community leaders; representatives of both the Embassy of the People’s Republic of China and the Taipei Economic and Cultural Representative Office (TECRO); and Federal, state, and county officials, including Chinese-American Maryland Senator Susan Lee. This monumental occasion featured songs, dance, and music performed by students and members of CCACC’s various classes and clubs offered throughout the year at the center.



OCAW-MD member Corinna Shen, Commissioner, Maryland Commission for Women;
and OCAW-MD member Rose Li, Member, Maryland State Board of Education

On Saturday, November 4, 2017, Pam Wong and Christina Poy attended the first annual **Mid Atlantic Foundation for Asian Artists Charity Ball** benefiting the MAFFAA program of supporting Asian American performing artists and opera talent in the U.S. Tour of the Opera “Noli Me Tangere” as well as the Marawi Conflict victims in the Philippines. From jazz solos, Hawaiian drums, fast-paced Tahitian and Filipino dances, to opera arias, these live performances were enjoyed by all throughout the evening. GOCI Administrative Director Christina Poy served as the evening’s keynote speaker followed by special remarks by Maryland State Delegate Aruna Miller, who is Indian American.

From Chu Lan Shubert-Kwock, Hawaii Chapter President

In addition to being OCAW-Hawaii President, Chu Lan is also President of the Chinatown Business & Community Association (CBCA) and recently hosted and co-emceed their 3rd Moon Festival for 300 seniors.

She also emceed the 106th Double Ten Celebration and Flag Raising for 500 attendees from various Chinese communities, remembering the Wuchang Uprising in establishing modern China by Dr. Sun Yat Sen.



She attended the Taipei Economic and Cultural Office's (TECO) official double ten reception at the prestigious Pacific Club.

Chu Lan is 2018 President of the Associated Chinese University Women, an 87-year-old club dedicated to women's advancement through education and preserving and promoting our Chinese heritage.

Mandarin Award Winner Gladys Kahn Lee

(from Rena Young Ochse, Hawaii Chapter Treasurer and Newsletter Editor)

OCAW Hawaii Chapter member Gladys Kahn Lee was honored as the Mandarin Award Winner by the Hawaii Chinese Civic Association. The prestigious award was given to her at the annual Mandarin Ball held on Saturday, November 4, 2017, at the Hawaii Prince Hotel Waikiki in Honolulu. The Mandarin Ball is a fundraiser for scholarships for students attending college.

Gladys was chosen for her many community contributions. She spends numerous hours with the Palolo Chinese Home projects. Gladys is the President of the Palolo Chinese Home Auxiliary and plans activities for the patients every month. She also is very active with the Palolo Home Annual Golf Tournament.

Warmest congratulations to Gladys!



Frances Goo, Chair of the Mandarin Search; Carol Fukunaga, Honolulu City Council Member; Tina Au, OCAW-Hawaii member and HCCA President; Gladys Lee; First Lady Donna Ige, wife of the Governor of Hawaii; HCCA Immediate Past President Jeffrey Ling; Col. Lawrence Siu (ret.); and Douglas Yee



Gladys Lee; Dr. Lei Ahu Isa, incoming Hawaii Chapter President; and First Lady Donna Ige

Lifetime Achievement Award Recipient Muriel Hom

(from Linda Devine)

Isiah Leggett, County Executive/leader of Montgomery County, Maryland, is a strong proponent of the arts and humanities, along with his very active wife Catherine. As such, they present awards annually to deserving individuals for their contributions in these fields.

On Monday, November 6, 2017, Mimi Hom's family and friends were part of a packed house in attendance at the 2017 County Executive's Arts and Humanities Awards Presentation at the Round House Theatre in Bethesda, Maryland, as Mr. and Mrs. Leggett presented his Lifetime Achievement Award for Excellence in the Arts and Humanities to Mimi. This was one of two top awards given. In a very nice and heartfelt speech, Mr. Leggett commented that he was amazed that Mimi was still active at age 90! He told the audience of Mimi's numerous accomplishments and achievements since the 1950s, but particularly cited her contributions as a piano teacher for over 60 years, her founding and direction of Opera International, and her generosity and humanitarianism in helping performing artists in many aspects of their lives over decades.

Several of Mimi's friends and colleagues nominated her for the award, and she was very touched. Among those at the ceremony was a longtime friend who had flown in from Colorado for the day to surprise her, and who was one of the original members of Opera International. Mimi's family and friends were very proud of her, and all enjoyed a wonderful and festive evening.

Articles on Mimi's award appeared in the *Washington Chinese Daily News*, the *World Journal*, and other Chinese newspapers. Congratulations, Mimi!

(The following photos were taken by Hongfa Chu.)



Catherine Leggett, Muriel Hom, and Montgomery County Executive Isiah Leggett



Haibo Bai, Opera International star and voice teacher; John Biermann, Opera International benefactor; Mimi Hom; Amanda Devine; Janet Biermann, Opera International benefactor and former OCAW Executive Director; Chris Biermann; Jeremy Devine; and Linda Devine

Chicken Soup Recipe

(from Betty Butz, New Orleans Chapter Past President)

Betty provides below what she terms is a “super simple” chicken soup recipe. She hopes that all will enjoy!

Ingredients:

One Cornish hen, or very small chicken

One parsnip, cut into several chunks

4 cups water

4 cups chicken broth. Cold broth in a box from a Pho shop is an excellent choice. Cost is about \$4 for 32 oz.

Directions:

Bring chicken and parsnip to boil in 4 cups water. Then simmer for 2 hours.

Remove all solids.

Add chicken stock and boil for one minute.

Soup is ready for drinking.

The soup is also excellent for blanching green leaf vegetables.

Letter from Puanani Woo

Friday, October 27, 2017

Dear OCAW sisters:

With deep respect and joy I have re-joined the Hawaii OCAW Chapter as of January 2018. I plan to attend its Christmas Inaugural luncheon on Sunday, December 3, 2017 which will highlight the officers elected for 2018.

Purposes: Wanting to be a responsible and contributing member of the Hawaii Chapter, I re-visited the five purposes of OCAW’s Bylaws amended 2006, Section 2.2. **Purpose.** and the **Hawaii OCAW Chapter Charter ARTICLE II. Section 2. Program of Chapters.** and **ARTICLE III. PROGRAMS AND ACTIVITIES.** The latitude for participation is broad. This is good for me because I have a strong interest in the history of human settlements.

Chinese American women and Asian-Pacific Islands American women in Hawaii, as a whole, have not experienced the severe discrimination common to them in the U.S. mainland where Euro-American whites dominated. In fact Chinese women and *hapa*-Chinese women in Hawaii are at the top with other women’s ethnic groups in Hawaii, in health, education, business, finance, family, art, social, and philanthropic indices. *Hapa* is a Hawaiian word that means *1/2 or part of*.

Now, back to the luncheon: The festive luncheon will be held at Hawaii's prestigious *kamaaina* Oahu Country Club (OCC) located in Nuuanu valley. *Kamaaina* is a commonly used Hawaiian word which means *old timers/first ones*. The state of Hawaii is one of the few states in the U.S. that has legislated two official languages for use. The languages are English and Hawaiian. Thanks to our Chapter's Queenie Mow Chee for arranging our luncheons at OCC for as long as I can remember due to her keen sense of the history of Hawaii, business acumen, kindness, and membership in OCC.

Nuuanu valley today is an upscale residential area with a long history of the indigenous Hawaiian people who thrived there farming the rich soil for food and medicinal plants. They also designed, constructed, and managed patches of ground with fresh water moving slowly through them to grow their staple taro. Steady rains in the upper valley resulted in streams of water the people could count on for their taro patches.

At the turn of the 20th century, the Hawaiians were slowly displaced by assertive newcomer Americans and others who planned to settle in Hawaii. Fee simple ownership of properties have changed hands over time, and today, the first quarter of the 21st century, Nuuanu valley is a residential mecca for second-plus generation Chinese families and others who can afford to live there by paying the very high annual residential property taxes.

"When drinking water remember the Source" is my personal mantra, which I believe is a generic value for good living held by all cultures throughout the world, expressed in their own tongue.

Today, I honor three ordinary people for their extraordinary contributions to the community in which they lived. They are **FU Choy Lan** and **YOUNG Apo**, Chinese of Waiohinu, Ka'u in the heart of KA'U SUGAR COMPANY, located south of Hawaii island, and **Aina Keawe**, *hapa-pake* who lived in Honolulu in a Hawaiian homestead community named Papakolea. She was a poet, musician, speaker of fluent Hawaiian, teacher extraordinaire, and gripping storyteller. *Pake* is the Hawaiian word for *Chinese*.

FU Choy Lan was my grandmother, my Apo, an immigrant, illiterate, 1st generation to Hawaii. She was brought to Hawaii as a *mui chai*, a slave maid. After serving her time in Honolulu, she found her way to Hawaii island and married TSE Jon Kai, a 1st generation Chinese immigrant from Koyiu village in the Sam Yup area of China. He was my Gung-gung and I never knew him because he died young. We never knew the village my Apo was from. 'Work hard, don't grumble' was their norm for a good life in Hawaii. They had 13 children; my mother, Lily Kwai Yoke, was one of them. My mother told me that her mother and father were very resourceful and talented. Apo was Hakka...note her big feet!



FU Choy Lan

YOUNG Apo was their neighbor a couple of house lots away. He married a lovely, caring, talented Hawaiian girl and together, they raised a wonderful family. Apo, as he was called, was well-known in Ka'u

and south Kona as the smart, strong, talented *pake* stonewall builder. He protected his hands from the sharp lava rocks for the stone walls by using inner tubes as gloves. He made two cuts on them to fit his hands, leaving enough room to pick up good-sized rocks for the base of his stone walls. Note those inner tube gloves he is wearing in this picture taken of him in the 1980s.



YOUNG Apo

Aina Keawe and a well-known Hawaiian couple who spoke Hawaiian as their first language traveled with me in the 1980s to Waiohinu. Aina interviewed YOUNG Apo. She was simply delighted when he spoke in some Hawaiian. Their spirited conversation was a mix of Hawaiian, pidgin-English, and loud laughter.



Aina Keawe and YOUNG Apo

Puanani Woo

Are You Ready?

by Daphne Kwok

(Editor's Note: Daphne is Vice President of Multicultural Leadership for Asian American and Pacific Islander Audiences at AARP. She was a featured speaker at OCAW's 40th Anniversary National Conference this past spring, and her topic was "Be Bold...Prepare to Care." In the last OCAW e-newsletter, we published Daphne's article entitled, "Prepare to Care." The article below is a companion piece.)

"Don't you ever put me in a nursing home!"

How many of you have said that to your children and family members? Or how many of you have grown up with your parents constantly making this statement – especially when one of their friends gets moved into assisted living or a nursing home?

I certainly heard this throughout my life from my mother! It is a statement/wish that is ingrained in me, especially as we see "aunties" and "uncles" moving out of their homes into senior living communities or for more assistance.

More than 50 years ago my parents had the foresight to buy a home that was one floor, knowing that a home with stairs as they were raising babies/children and then in later stages of life, would be not as useful. But since our home is more than sixty years old, it was built during a different era. As my parents are "aging" at home and occasionally have had to use a walker for temporary mobility issues, our house is not easy to maneuver around. One example: when my father at times uses a walker, he has to walk sideways to go through one of the doors to his bedroom! Not ideal, and it's dangerous! If he had to use a walker to get to our laundry room, that would never happen because we have to scoot through a hall passageway that is two feet wide!

Recently, we bought a new toaster oven that was on sale at a really, really good price. I guess we should have known...really cheap means not the best quality. The knob to start the toaster oven is so difficult to turn – even for me. We put a rubber band around the knob so we have some traction to turn the knob! A person with limited manual ability would not be able to turn on the toaster.

I know we are extremely blessed to be able to have my parents still active and fully functioning in our house. But we also know that our Kwok house needs a makeover in order to be livable for my aging parents. What will we need to do to fulfill their wish of living at home till the end? Luckily, I work for AARP and I have learned about a fantastic program and resources that AARP provides called "HomeFit."

Let me give you a sample of what I'm talking about:

First, you will need to take an assessment of the house/residence.

- Does your house have steps that go up to the front door?
- How wide are your doorways to your bathrooms? Kitchen? Bedroom?
- Do you have stairs inside your house? Do you have handrails you can reach on both sides of the staircase?
- Is your stairway straight? Curved?
- What is the size of the landing?
- How many steps?

For each floor of the residence do the bathrooms have:

- Tub/shower combo
- Shower
- Grab bars
- Tub bench
- Shower seat
- Comfort height toilet
- Maneuvering space in the bathroom
- Sink style

Let's move into the kitchen, which is a very important room for Chinese families!

- Is cooking going to be an important part?
- Is there room to put a microwave on the counter? Is there room for the rice cooker!
- Can one reach into the refrigerator and freezer without bending or stretching?
- Can one prepare food at the countertops while sitting?
- Is the stove/oven safe and easy to use?

What about doing the laundry? Would there be any difficulties to doing the laundry?

Can light switches and electrical outlets and thermostats be reached without bending or stretching?

As we age, our eyesight needs more light to see. Therefore, lighting in a residence is so critical to avoid falls, slips, and accidents.

- Are the rooms, stairways, and hallways well-lit when you use them?
- Do you have a night light in your bedroom, bathroom, and hallways?
- Do you have adequate exterior lighting to clearly see walkways at night?
- Are there throw rugs in your home that someone might slip on?

These are just some issues you need to think about to keep someone at home. To access the information I provided above, you can start to take action by going to:

<http://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html>

The website has information on topics like:

- Is your Home "HomeFit"?
- Tips for Specific Needs
- Use This, Not That
- "To Do" Lists
- 22 Ways to Spend Less
- Worksheets
- Remodeling Costs
- HomeFit Quiz

To help you fulfill your parents' and loved ones' requests to live at home as long as possible, I hope this introduction to the issue enables you to make changes in your home to accommodate their wishes. Stay safe!