

E-Newsletter of the Organization of Chinese American Women

September 2016



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501(c)(3) Nonprofit Organization

(from Linda Devine, Editor)

I hope that everyone had a nice summer. Thank you very much, as always, to those who submitted material for the e-newsletter, and to my husband Ed for his photo preparation work. This is our longest issue to date, at 54 pages, and I commend the contributors for this achievement!

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, and I have been pleased to see more members sending in information to share.

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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New Mailing Address for OCAW National

(from Christina Chang, National President)

There is a new mailing address for OCAW National. It is:

OCAW (Organization of Chinese American Women)
P. O. Box 3443
Oakton, VA 22124

The old mailing address (Great Falls, VA) has been discontinued as of August 1, 2016. All mail is now being forwarded to the new mailbox.

Please update all of your records to reflect the new address. Thank you,

OCAW 40th Anniversary Celebration and Conference

(from Christina Chang)

Dear OCAW Sisters:

I am becoming more and more excited about our 40th Anniversary Celebration and Conference that will take place during the 2017 Cherry Blossom Festival in one of the most vibrant areas in the Washington, D.C. region.

The event's goal is to enrich the knowledge, awareness, and experience of our members, and also to strengthen the bonds of OCAW sisters nationwide, thus ensuring that OCAW is a relevant and effective organization into the future.

I encourage all present, past, and potential members to attend and to bring their significant others.

I look forward to seeing you all next spring.

Sincerely,

Christina Chang
OCAW National President

News from the Virginia and Maryland Chapters

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

Upcoming Event

The OCAW Virginia and Maryland Chapters will celebrate the Moon Festival at the Arlington Central Library in Arlington, Virginia, on Sunday, September 11, 2016, from 6 to 8:30 p.m. The festival has three fundamental purposes that are closely tied to one another: gathering, thanksgiving, and praying.

We will have a potluck dinner, Moon poetry reciting, and entertainment for everyone to enjoy. The Moon Festival is also called the Mid-Autumn Festival in Chinese, which this year will be on September 15. We will

gather together on September 11 for an early Moon Festival celebration and also to commemorate the victims of 9/11. We welcome all to come!

News from the New Orleans Chapter

Louisiana 1000-year Flood

(from Betty Butz, Immediate Past President)

Louisiana was in the news again this summer, not so much from hurricanes but from incessant rainfall over several days in the middle of August on a wide swath of land north of New Orleans. In some areas, over 30" of rain was recorded. Trees fell across roads; high water on parts of interstate highways rendered them impassable. The rainwater drained into rivers that did not carry away the water fast enough to accommodate the downpour, resulting in widespread flooding. Eventually, excess water flowed into a big lake called Lake Pontchartrain north of New Orleans.

Unfortunately, some people did not survive the flooding, and thousands were sheltered in Baton Rouge to wait out the storm and prepare to face cleaning up after the disaster. Donald Trump visited, followed by President Obama a few days later. With assistance from FEMA and the Red Cross, reconstruction is under way. Many lives are disrupted. If you wish to make a donation, please send a check to the Red Cross.

Since New Orleans did not suffer from this historic flooding event, people who are affected in the north are able to dry out here. You may recall the flooding after Hurricane Katrina in 2005. It was a result of multiple breaches of the levee surrounding the city. If the levee had been maintained properly, a very costly disaster might have been avoided.

The end of August is a time of angst for New Orleanians, as hot air from the Sahara is spun off the coast of West Africa, whipping up the Atlantic, and hurtling storms toward North America. So far, the Gulf of Mexico has been calm even as water temperatures are in the 80s. If the weather remains benign for us until Halloween, everyone will grow plump and content again.

(from Pat Ellzey, President)

Because of the floods in Louisiana, we are exploring ways as to how to identify Chinese families affected by the floods and ways to assist them. The flooded areas are east, west, and north of New Orleans. We know of some Chinese living in those areas and also in Mississippi, but not if any need assistance, so we are in the process of contacting those we know to learn of any who may be in need.

Senior Citizens Dance Gala

(from Betty Butz)

People's Health held another Senior Citizens Dance Gala on Friday, August 19, 2016, at the Alario Center in Westwego, Louisiana. Two of our members, Nancy Chung and Lily Chen, took part in a performance by a dance team called the Silver Liners. *(Editor's Note: This Dance Gala is an annual event, and Betty's story of the 2015 gala was featured in the September 2015 OCAW E-Newsletter.)*



The dance group meets at the Chinese Presbyterian Church in Kenner, Louisiana, on Saturdays, and I have danced with them – all wonderful, active ladies. Below, the dance teacher, Laura Mohajerin, provides more information about the group.

The Silver Liners

by Laura Mohajerin

The Silver Liners are a group of line dancers who perform once a week at nine area nursing homes. We adapt our dances to the music that was popular when the patients were young. Some will sing along, others may doze off. Before we start, we talk to the audience. Some of them feel as if they know us, and we certainly recognize familiar faces. We thank them for letting us share our time with them. It is sad when we don't see those whom we have come to know.

About halfway through our performance, we ask the staff to join us for fun dances like the “Chicken Dance” and “Head, Shoulders, Knees, and Toes,” and we encourage the patients to do the hand motions with us. Our audience always enjoys seeing their caretakers join us.

We end our performance with “God Bless America,” and it touches my heart to see them sing with us as we dance. Sometimes they continue singing even as we are leaving. Small American flags were donated by Mayling Hew and her husband Dr. Hew, and we are still in the process of giving a flag to everyone in all of the homes that we visit.

For holidays we adapt some of our songs to seasonal music, i.e., Halloween, Christmas, Easter, and patriotic songs. We also wear tee shirts, hats, jewelry, etc. for the holiday performances. Mardi Gras is such a big affair here. We dress in purple, gold, and green and of course beads, earrings, hats, headbands, etc., and we

dance to Mardi Gras music throughout the celebration. We give everyone at the nursing homes colorful beads, which have been donated from our own members or from our family and friends who have obtained them at the parades.

The Silver Liners troupe was started at the Pink House (a senior center supported by the Jefferson Parish Council on Aging) by Marie La Borde who gave her all to it. When Marie's health began failing, I took over the Silver Liners and Marie's classes at her request.

Our mission is to bring smiles to elderly people, to enjoy life, and to teach everyone to line dance. Our feet hurt, our knees hurt, and we are drenched in sweat (nursing homes are very warm), but our hearts are full of happiness every time we leave.



The Silver Liners

Second from left is Nancy Chung. First from right is Lily Chen. Behind Lily Chen is dance teacher Laura Mohajerin.

We have line dance classes 3 days a week at the Pink House. One class is devoted to first-time dancers, and I have an app on my ipod that can slow the music down. Dancers also can go to youtube where the dances are taught. They are encouraged to come to all Pink House classes and other classes around the area that they can attend for free. If they know one dance, they can come to the nursing homes with us and participate in that dance. This gives everyone more confidence to dance in front of a large audience like at the Alario or Pontchartrain Center. We practice very hard for our performances, but the most important thing is that our team has fun and that we support one another.

On Saturdays we have a line dance class at the Chinese Presbyterian Church in Kenner. Eight years ago I was asked to start a new class, but we had nowhere to go, and it was suggested that we approach the Chinese Church. Pastor Claire Brooks (now retired) was very generous in allowing us to use the social hall on Saturdays, so we now have a class there on Saturday mornings. A small donation is given to the church in gratitude. The church members have accepted us and we dance at the Chinese New Year's festival there.

From our class a smaller group of 5 Asian women have formed a dance group called Formosa Grace, and they are well known in the Asian community here. One of the ladies teaches line dance to the mothers of the children who are learning Chinese at Tulane University. She and her group have performed on different occasions.

Our group is diverse. We have Caucasians, Chinese, Taiwanese, blacks – everyone is welcome. We have men, women, different ages, different religions, and different political affiliations. We have become friends and always welcome newcomers.

News from the Silicon Valley Chapter

(from Carol Yuan, President)

30th Anniversary Celebration and Annual Officer Installation and Youth Achievement Award Presentation

Our milestone event was held on Sunday, August 7, 2016, from 2 to 4 p.m. at the Quinlan Community Center in Cupertino, California. Over 160 members, guests, family members, and friends came to the celebration. Chapter founder Ms. Dorothy Lee traveled from Chicago to join us. Most of our former presidents also attended.



Special guests were Manny Capello, Mayor of the City of Saratoga, California; Mary-Lynne Bernald, member of the Saratoga City Council; Yang Shao, member of the Fremont Unified School District Board;

Jo Lucey, member of the Cupertino Union School District Board; and Annette Stransky, President of the Saratoga Historical Foundation.



For the opening, Carol Yuan welcomed everyone; introduced elected officials who were present, including four of whom were Silicon Valley Chapter members; and delivered her “Message from the President” (*see below*). Carol then invited Manny Capello, Mayor of the City of Saratoga, to present a Proclamation from the City to the Silicon Valley Chapter (*see Proclamation below*). All officers and members of the Board of Directors were then introduced and invited to come up. This was followed by inviting former presidents to join them, and then introducing our chapter founder Ms. Dorothy Lee. The audience applauded wildly to welcome Dorothy.



Presenting the Proclamation. (*from left*) Mayor Capello, Mary-Lynne Bernald, and Carol Yuan



Former Presidents and Officers

(Top row from left) Nai Hsueh, Sherry Hsu, Rose Cheng, Monica Hsiao, Alice Chiou, Hong Tai, Candice Huang, Lisa Tsai, Tracy Lee, and Anne Hu

(Bottom row from left) Grace Liu, Jean Chen, Sophia Yang, Ai-Chu Wang, Cynthia Chang, Dorothy Lee, Lily Tan, Yura Shieu, Donna Tao, Chia-Hui Chen, Katy Wang, and Carol Yuan

Next in the program was the presentation of the Youth Achievement Awards. This year's award recipients are Joyci Lai and Steve Lai who are both seniors at Saratoga High School. Dorothy Lee, who initiated this program 30 years ago, presented the awards. Dorothy was glad to see that the tradition has been carried on for three decades. She generously donated \$1000 as the foundation for the award this time.





(from left) Carol Yuan, Monica Hsiao, Dorothy Lee, Steve Lai, and Yuchi Wang
(mother of Joyci and Steve Lai)

After the awards presentation was “Reflections of three decades of OCAW-SVC.” Dorothy Lee shared the founding history of SVC. Dorothy first expressed sincere appreciation to Cynthia Chang for her 30 years of dedication to OCAW-SVC. It was Dorothy’s sister, Esther Lee, who was Vice President of OCAW National in the 1980s, who inspired, encouraged, and supported Dorothy to establish OCAW-SVC with goals to promote and encourage Chinese Americans to become involved in the mainstream, have a channel to express our concerns, and support local communities.

At the first OCAW-SVC meeting, U.S. Congressmen were invited as speakers. Secretary Norman Mineta, former San Jose Mayor and Secretary of the U.S. Department of Commerce and the U.S. Department of Transportation, was also invited as the keynote speaker in 1986. To help new

Dorothy Lee sharing



immigrants, professionals, and families, seminars on U.S. taxes, job-seeking skills, improving the relationship between spouses, and balancing career and family were held. Volunteer work included supporting schools, collecting cans and goods for the needy, cleaning the ruins of the burned-down San Jose Chinese Historical Museum, and singing in the public library. Children were encouraged and involved in most of these volunteer projects. OCAW-SVC also held an election forum in 1988/1989. Thirty-six candidates were invited, and everyone gave a 3-minute speech to the local community. Dorothy expressed, "Congratulations, my dear friends, for your outstanding accomplishments while balancing community service and personal life!"



Ai-Chu Wang sharing

After Dorothy, Ai-Chu Wang shared the major events of SVC's 2nd decade. In 2004, SVC hosted the OCAW National Conference at the Crowne Plaza Hotel in Milpitas, California. It was the year of OCAW National's 27th anniversary. The theme for the conference was "Empowering Women for the 21st Century." Around two hundred OCAW members and their families from National and chapters came to this 2-day event. It was the first time SVC had held such a big event. Ai-Chu said that as the conference chairperson, and with the help of all former presidents and members, the chapter willingly took on this challenge.

The first day started with a round table breakfast, followed by three workshops in the afternoon and a celebration dinner. The next day members and their families went on a bus tour to the beautiful 17-Mile Drive in Monterey Bay. Ai-Chu concluded, "Thank you, all SVC members and families, for your support and dedication in bringing positive impact to the local community and making SVC one of the major Asian American organizations in community involvement. I love you, OCAW-SVC!"



Cynthia Chang sharing



Mistress of Ceremonies Nai Hsueh

After Ai-Chu spoke, Cynthia Chang shared the highlights of OCAW-SVC's 3rd decade. She said, "SVC has encouraged members to serve the community in different ways. As of today, we have nine members serving as elected officials on school boards, city councils, and Water District boards. Also, many of our members are leaders/presidents of school and community organizations. We are continuously hosting seminars in health, education, and community safety to keep members and the local community informed. We've known and learned from each other through working as well as having fun at member social events together. We've also worked with other organizations because together we can do more. I was once asked, "What defines you?" I'd say OCAW-SVC has defined me and my life for the last 30 years. It is one of the most rewarding experiences I've ever had. As the Public Relations liaison for SVC, I'd welcome and encourage you to join our organization. Congratulations to OCAW-SVC!"

Our founder Dorothy then started the talent show performances and sang "One Day When We Were Young" for us. The program also included folk dance, duet singing, a guzheng performance, a children's choir, and a fashion show.

Dorothy Lee singing





Folk Dance by April Days Dance Group (with DJ and stage manager Sophia Yang backstage)



Duet singing by Helen Zhang (*left*) and Lucy Chen



Guzheng performance by Hong Tai



Musical by Colorful Universe Children's Singing Troupe



This year's fashion show choreographer was our Vice President Lisa Tsai. Ten members modeled in the fashion show, and it was the first fashion show for six of the models. Lisa managed to make everyone look professional and have fun after 10 hours of practices.



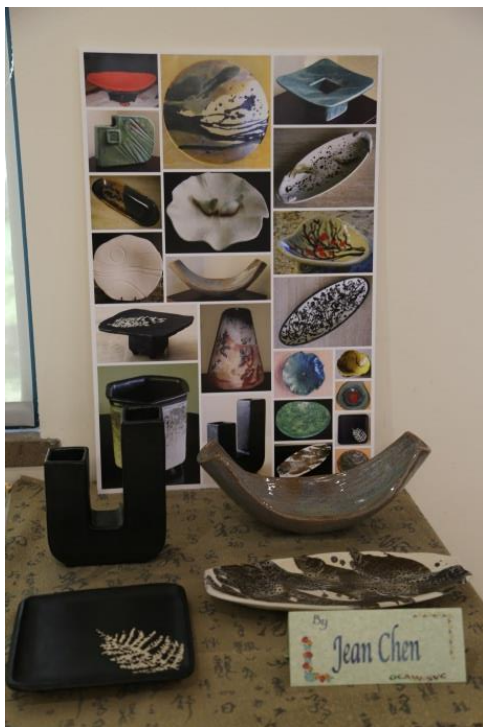
(from left) Susan Wang, Lisa Tsai, Betty Chen, Alice Chiou, and Ai-Chu Wang



(from left) Carol Yuan, Julia Wang, Mary Lai, Amy Shiau, and Cynthia Chang



One of the highlights of the celebration program was the Member Showcase of Talents. Ten members showcased their talents in oil painting, Chinese painting, Chinese calligraphy, sketching, ceramics, flower arrangements, greeting cards making, succulent bonsai growing, glass making, knitting, and needle felting.



by Yura Shieu





Refreshments were provided at the end of the program. Rose Cheng, Monica Hsiao, and Sherry Hsu planned, purchased materials for, and prepared lunch and all refreshments and drinks. With the help of Yuchi Wang, Rose Cheng's daughter Christine Lee, Alice Chiou's daughter Kellie Chiou, Carol Yuan's daughter Kristin Hsu, and their friend Philip Yang, the kitchen crew had been busy since 11 a.m. The food was fresh and delicious and the presentation was amazingly gorgeous!



Sherry Hsu and Rose Cheng preparing food



Rose Cheng (*right*) and daughter Christine Lee



Kristin Hsu and Yuchi Wang



The beautiful anthurium centerpiece on the refreshments table was a gift from our lovely **OCAW Kohala Hawaii Chapter sisters**. Three dozen anthuriums were Fedexed from Hawaii two days before the event. Our member Wendy Chang arranged them in 16 small vases at the bottom level and one large vase at the top level. Each of our former presidents and officers brought home a piece of blessing from Hawaii in a small vase. The top piece was presented to Cynthia Chang to thank her for her 30 years' dedication to our chapter.







We also invited several organizations to exhibit their materials at the event to promote common goals.



Santa Clara Valley Water District -
water conservation awareness



Alzheimer's Association

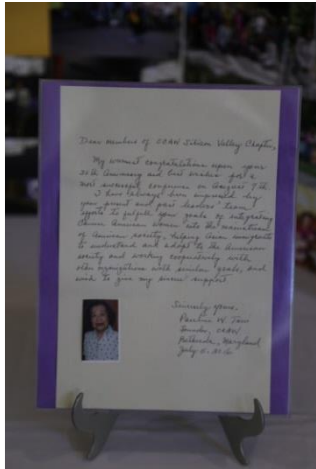


Chinese American Coalition for
Compassionate Care



OCAW Silicon Valley Chapter





Letter from OCAW founder Pauline Tsui



(from left) Ai-Chu Wang, Dorothy Lee, Hong Tai, and Cynthia Chang







**COMMENDATION OF THE CITY OF SARATOGA
HONORING THE 30th ANNIVERSARY OF THE
ORGANIZATION OF CHINESE AMERICAN WOMEN
SILICON VALLEY CHAPTER**

WHEREAS, the Organization of Chinese American Women (OCAW) was established in 1977 in Washington D.C. and the Silicon Valley Chapter (SVC) was founded in 1986; and

WHEREAS, the goals of the Organization of Chinese American Women – Silicon Valley Chapter (OCAW-SVC) are to integrate Chinese American Women into the mainstream of American society, help Asian immigrants to understand and adapt to American society, to work cooperatively with other organizations with similar goals, and to encourage engagement in community service; and

WHEREAS, OCAW-SVC members have participated in numerous community events, including Saratoga Relay for Life, Building Bridges, Mustard Faire, the Blossom Festival, and 2015 San Jose Walk to End Alzheimer's; and

WHEREAS, OCAW-SVC organized Saratoga Lantern Walk, city-wide Lunar New Year Celebration, and Mid-Autumn Festival (in conjunction with Saratoga History Museum); and

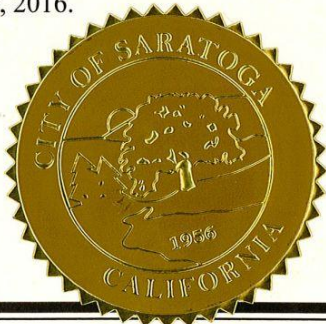
WHEREAS, the OCAW-SVC Annual Youth/Adult Fashion and Talent Show provides the opportunity for model training and showcasing the talents of the community; and

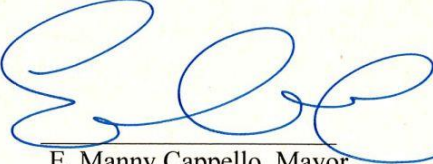
WHEREAS, the OCAW-SVC has sponsored many community forums, including topics in education, finance, health, and self-improvement, as well as candidate forums for local elections; and

WHEREAS, members of OCAW-SVC have served as volunteers for many Saratoga school and community organizations, such as the Saratoga Education Foundation, Saratoga Music Boosters, Saratoga High School Foundation, for local PTAs, Boy Scout Troops, Girl Scout Units, Friends of Saratoga Libraries, and Saratoga Area Senior Coordinating Council, and Chinese American Coalition and Compassionate Care; and

NOW, THEREFORE, BE IT RESOLVED the Mayor of the City of Saratoga hereby recognizes the Organization of Chinese American Women – Silicon Valley Chapter (OCAW-SVC) and congratulates them on their 30th anniversary.

WITNESS MY HAND AND THE SEAL OF THE CITY OF SARATOGA on this 7th day of August, 2016.




E. Manny Cappello, Mayor
City of Saratoga

Message from the President

Dear Members,

It is a great honor and privilege to serve as OCAW-SVC's President, especially in the year of the 30th anniversary celebration.

In the past three decades, with the dedication of all members, we have developed a solid foundation to promote our goals. As time passes, while our activities have diversified and the needs of our members and the community have expanded, we have remained together, supporting each other and accomplishing what we are so proud of today. For instance, many of our members have served as elected officials and leaders/volunteers of school/community organizations. Also, we have sponsored community information workshops/forums and cultural celebration events such as celebrations of the Chinese New Year and the Mid-Autumn Festival.

Each and every OCAW member has her own strengths to contribute. It is the combination of our individual strengths, our sisterly companions, and our generosity that has allowed our organization to become a place to further foster the growth of every member at her own pace, just like what it has done for me over the years. Together, I hope we will continue down this path, one individual, one step, and one community at a time, making differences as we move forward.

On behalf of our chapter, I would like to express our sincerest appreciation to OCAW National and OCAW Chapters for their support, warm wishes, and gifts in celebrating our 30th Anniversary. I would also like to thank our dearest officers and committee members. Without your countless efforts and talents, we would not have had such a fruitful year and this cheerful 30th celebration. I thank you all from the bottom of my heart!

Best wishes for OCAW-SVC's continued success and another great year! And I wish everyone great health and happiness in the coming year!

Sincerely,

Carol Yuan
President
OCAW-SVC 2015-2017

(Editor's Note: All of OCAW congratulates the Silicon Valley Chapter on this landmark occasion!)

Upcoming Events

Saturday, September 17, 2016 – City of Saratoga 60th Anniversary Celebration Parade

Sunday, September 18, 2016 – Mid-Autumn Festival, Saratoga History Museum

Sunday, October 2, 2016 – Karaoke Fund Raising for Walk to End Alzheimer's

Saturday, October 8, 2016 – San Jose Walk to End Alzheimer's

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

News from the Hawaii Chapter

“Viva Las Vegas” Fundraiser

(from Rena Young Ochse, Treasurer and Newsletter Editor)

Waikiki showroom veteran Jonathan Kaina was co-emcee and guest entertainer when Gigi Ko and her sister, Isabella Rose Monzon, presented “Viva Las Vegas,” a fundraiser luncheon for the Organization of Chinese American Women Hawaii Chapter, on Saturday, July 23, 2016, in the International Ballroom of the Pagoda Hotel in Honolulu. There were over a hundred in attendance.

Kaina and Ko shared emcee duties throughout the occasion. He also entertained the crowd solo with a medley of oldies everyone of a certain age remembered and could sing along with.



(from left) Gigi Ko, emcee; Jonathan Kaina, entertainer and co-emcee, formerly with the Society of Seven; and Isabella Rose Monzon, Event Chair

Entertainment brought the theme of Las Vegas. The Steptaculars were a hit with their dancing and Las Vegas outfits.



The Steptaculars

(Can you imagine these ladies are 65 and older?)





Barbara Ching (*right*) and her daughter Dr. Diane Feng were the winners of the best costume contest.



(from left) Rena Young Ochse; Myrtle Choan; Chu Lan Shubert-Kwock, Stanford Yuen, Board of Regents of the University of Hawaii; and Ann Kobayashi, City Council member





Members of American Chinese University Women (ACUW) supported the OCAW fundraiser. They are also members of our chapter.

(Back row) Vicky Ho, Gretchen Jong, Dr. Lawrence Tseu, Angela Chang, Susan Lee, and Marilyn Wong

(Front row) Trudy Ching (President of ACUW), Jerilyn Jeffryes, and Betty Chang

As you can see, there were a lot of smiling faces as everyone had a grand time at this event. There were prizes and games, including BINGO which everyone enjoyed.

(from Linda Young, President)

I would like to thank all who came out and supported our VERY successful “Viva Las Vegas” fundraiser at the Pagoda Hotel International Ballroom on Saturday, July 23. Isabella Monzon and Gigi Ko did such a FANTASTIC job with their committee of helpers Barbara Heu and Gladys Lee. Helping at the reception table to check in guests were Alicia Sakamoto and Stanley Heu (Barbara’s husband). Helen Char ran our Country Store, and I ran the Silent Auction with my committee of Zandra Yamamoto, Charlene Chang, and Ann Matsumoto. Susan Lee and Rena Young Ochse worked hard on keeping our monies straight, a difficult job when there were SO MANY last-minute changes. THANK YOU, everyone! With everyone working together, it made this huge undertaking a joy to do!

Members’ participation with items for the Country Store and the Silent Auction was ALSO much appreciated. Many took the time to bake items (like banana bread and cookies) that sold so well. There was Helen Char’s famous taro cake and such interesting items for sale at both sales! THANK YOU!

August General Membership Meeting

(from Chu Lan Shubert-Kwock, Vice President, and Rena Young Ochse)

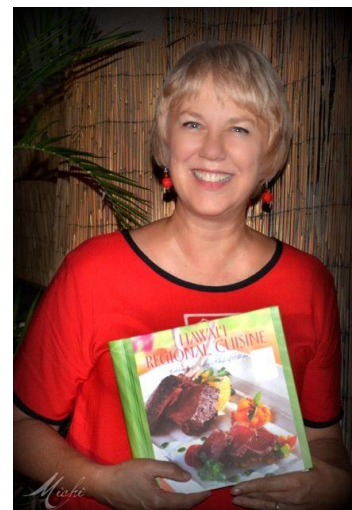
Our general membership meeting was held on Sunday, August 21, 2016, at the Maple Garden Restaurant in Honolulu, and we enjoyed a delicious Chinese buffet.

Vice President Chu Lan Shubert-Kwock arranged a speaker in line with this year’s themes: food and culture. She was Rebecca Woodland, a noted author of “vegetarian food.” Her topic was “plant-based diet and vegetarian food impacting our health in a positive way – how to make vegetarian food more exciting!” As Chu Lan noted, many who suffer from heart attacks, strokes, and diabetes benefit from adding more plant-based food to their diet to improve their well-being.

Rebecca Woodland is a graduate of the University of Victoria in British Columbia, Canada, and Living Light Culinary Arts Institute in California. She has studied art in Greece, writing in Mexico, and culinary arts in Vietnam and Mexico.

Rebecca’s personal struggle with cancer launched her culinary and writing ventures. Her need for fast, fresh, simple, tasty, and health-promoting recipes led to the creation of her book, *The Blonde Vegetarian*. The following year she edited and co-authored *Hawai’i Regional Cuisine – Celebrating Today’s Chefs of Aloha*, which features Hawaii-grown ingredients. She self-published *The Freedom Cookbook* and *Kicking Cancer*, books that address specific health issues.

Rebecca worked for a decade as a culinary instructor at Castle Medical Center’s Wellness Center, and currently teaches hands-on vegetarian cooking classes at Manoa School of Art and Music.



Several times a year she hosts personalized culinary and cultural tours to her favorite places in Vietnam and Mexico. Her passion is teaching people how to live deliciously!

Upcoming Events

(from Rena Young Ochse)

Hawaii is noted for its large Chinese Community, and needless to say, we are gearing up for an exciting month of activities which includes an Autumn Festival at the Chinatown Cultural Center, United Chinese Society picnics, a Fashion Show, the Miss Chinatown contest, and so on. So, it's a busy month for Hawaii.

Our next general membership meeting will be held on Sunday, October 16, 2016, at the Maple Garden Restaurant. The election for the 2017 Hawaii Chapter Board will take place at that time.

Also, our Christmas Installation/Luncheon will be held on Sunday, December 4, 2016, at the Oahu Country Club. It will be chaired by Gigi Ko. More information will be given shortly.

News from the Kohala Hawaii Chapter

(from Puanani Woo, Advisor)

Dear OCAW Sisters:

We've been lying low here at Kohala on the island of Hawaii. **Lani Eugenio**, our president, has been very busy assisting her husband, **Jeffrey Coakley**, campaign to be elected to the State House of Representatives from District 7 which covers geographic areas known as Kamuela, North Kona, Waikoloa, and South Kohala. This is Jeff's first run for elected office. We think he is right for the job.

Jeff and Lani have four lively, talented sons helping out too, so she is very busy.

Jeff is a Vietnam War veteran, articulate, well-educated, and a community leader involved in supporting youth activities. He stands for home rule, no new taxes, and open and honest communication. We're rooting for him and hope to see him win in the General Election on November 8, 2016.

Aloha,
Puanani Woo
Advisor, OCAW Kohala Hawaii Chapter

From and About Our Members

From Patricia Fenn, Maryland Chapter member

In late July, Patricia Fenn attended the 2016 Democratic National Convention in Philadelphia as an At-Large Delegate from Maryland, one of six Asians, along with Maryland State Senator Susan Lee, and Belkis Leong-Hong, Chair of the Democratic National Committee's AAPI Caucus.

Nationwide, 292 delegates of the 4,766 delegates were AAPI (Asian American Pacific Islanders), including the 11 members of the AAPI Congressional Caucus, and Former Vice Chair of the DNC, Representative Tulsi Gabbard (D-Hawaii), who placed the name of Senator Bernie Sanders in nomination for President of the United States on Monday, July 25.

Half of the convention delegates were people of color.

Asian Americans and Civic Engagement Summer Breakfast Series

by Kitty Hsu Dana

(Editor's Note: Kitty and event co-organizer Rose Li are Maryland Chapter members.)

To understand where we are today and where we want to go, we need to understand our history. And knowing our history is only meaningful when we apply insights gained to build a stronger, more vibrant tomorrow – for ourselves, our families, the Asian American community, and society at large. In a time of political polarization, we need to find more ways to bridge across differences by promoting dialogue and understanding – both within and across the Asian Pacific Islander American community (hereafter referenced as “Asian Americans”). Thus the impetus for the 2016 Summer Seminar Series on Asian Americans and Civic Engagement.

Conceived and organized by OCAW Maryland life members Rose Li and Kitty Hsu Dana, who are co-chairs of the Asian American Alumni Association of Princeton/D.C. region, this breakfast seminar series was launched under the umbrella of the Princeton Club of Washington. From late June to early August, four seminars were presented at the University Club in Washington, D.C. All events were well received with spirited discussions. Attendees included young people in D.C. for summer internships as well as seasoned professionals and leaders in the Asian American community.

The seminars covered four topics, with prominent speakers for each panel:

1. Pot Shot Othing: Getting to the Roots of American Stereotyping of Asians in 2016
2. The Missing Minority and the Role of Minority Serving Institutions
3. Investing in Community: Giving for Good among Asian Americans
4. The Future of the Asian American Electorate: Growing Influence to Help Our Community

Thanks to the support of DS Federal/IDEA Foundation, all four seminars were professionally videotaped. To access the recordings, click: <https://www.youtube.com/channel/UCdWhibyjsH8EKndURubrYcA>

OCAW chapters are welcome to share the link with your members. Consider holding viewings followed by reflections and discussion. We want to stimulate Asian Americans to consider how we want to build the next chapter of our story together. Add your voice and continue the conversation.

Highlights from the Seminar Series

Following are the top 3-5 highlights from each seminar, starting with overarching insights and threads that weave across the entire series. We hope this will whet your appetite to view the seminars, and invite you to share your thoughts with us.

Overarching Threads Across Four Seminars:

- Asian Americans have the largest population growth among all groups in the United States. There are large disparities in socioeconomic status between subgroups. And we are often confronted with the Model Minority stereotype even as many are left behind.
- Many distinctions, as well as commonalities, define Asian Americans' experience and that of other race/ethnic groups. Many "Anti-Other" sentiments are historically linked. While the Chinese Exclusion Act was technically repealed in 1943, change did not happen in reality until 1965 – following the Civil Rights movement.
- To better understand various issues of importance to Asian Americans, it's important to have good data and evidence. Be it educational attainment, voting participation, or philanthropic giving, *disaggregated data* are especially important to provide insights on various Asian American subgroups in this country, and to identify relevant solutions.
- Global, regional, and national trends are connected. This includes trade, economy and job growth, scapegoating, competitiveness, poverty, and philanthropy. Ultimately, the Asian American agenda is the *American agenda*: a good education, stable family income, good health, transportation, and opportunity to build a better life.
- It is our right AND our responsibility to ensure that our American agenda is implemented in a way that is relevant and accessible to Asian Americans' needs. To do so involves being more informed about Asian American issues, to engage in dialogue within and across our community and with other race/ethnic groups, to mobilize, and to speak out.

Seminar #1 – Pot Shot Othering: Getting to the Roots of American Stereotyping of Asians in 2016

Christopher Lu, Deputy Secretary, U.S. Department of Labor

John Kuo Wei (Jack) Tchen, Professor and Director of A/P/A Program & Institute, New York University

Key take-aways:

- *This is not the history they teach you in school.* To understand the experience of Asian Americans in the United States, it's important to understand how pot shots and "othering" happen to many groups. At many points in history, deeper forces that affect the white majority (e.g., poor economy and jobs) often lead to a sense of displacement and loss of a way of life. Historically and today, racial/ethnic minorities bear the brunt of this fear, grief, and insecurity.
- We need to reckon with the past and recognize the present. Asian Americans must understand scapegoating in our own community, as well as prevent that from happening to other groups. We need to mutually support, stand up for, and ally with other groups.
- Notwithstanding the success of many Asian Americans and high visibility in the media and popular culture, not a week goes by without some stereotyping. Even if it's "positive" (e.g., Model Minority), there are negative consequences. For instance, that stereotype often prevents Asian American kids who are struggling in school from getting help.



Seminar #2 – The Missing Minority and the Role of Minority Serving Institutions

Neil Horikoshi, President and Executive Director, Asian & Pacific Islander American Scholarship Fund

Surjeet Ahluwalia, Executive Director, Asian American LEAD

Key take-aways:

- We need to puncture the “Model Minority” myth. Only 40% of Asian Americans have a college degree, and half of all Asian Americans attend community colleges. Asian American teen girls have the most suicidal thoughts.
- Studying *disaggregated data* helps highlight what’s needed for various subgroups. There are 48 Asian ethnicities in the United States. Many groups view themselves as different cultures, and we often fought each other in the originating countries. Yet there are many “Zones of Agreement” that apply across Asian American subgroups.
- AALEAD uses specific language to help Asian American students navigate and get supports in schools. This can be a unifying force across subgroups while honoring their cultural differences as well. We can help young people build confidence in their own communities as well as celebrate across communities.



Seminar #3 – Investing in Community: Giving for Good among Asian Americans

Angie Tang, Senior Advisor, Asia Value Advisors

Kyung B. Yoon, Executive Director and Co-founder, Korean American Community Foundation

Victor Kuo, Consultant, Researcher and Evaluator, and Founder of VK Global Advising

Key take-aways:

- Philanthropy is an often overlooked area in the Asian American community, and it tends to be very individualized.

- Trends in philanthropy at large are moving toward Strategic Impact, and away from the more traditional “spray and pray.” Specifically, Impact Investing advances the social benefits and yields financial returns for investors.
- Asian Americans tend to be reticent about seeking outside help. The key is to engage people and families in order to support them. The community must be at the table with funders.
- The Korean American Community Foundation in New York City initiated the approach of “Joining Us to Do For Us – A Dollar a Day.” Their focus is to address upstream factors, the root causes of disadvantage – and to move from helping people survive to helping them *thrive*.
- The challenge is to bring the business-oriented lens together with the community-oriented lens, to combine self-determination and community voice with the measures of effectiveness and the nonprofit’s business needs to be sustainable.



Seminar #4 – The Future of the Asian American Electorate: Growing Influence to Help Our Community

Janelle Wong, Professor and Director of Asian American Studies, University of Maryland
The Honorable Mark Lee Keam, Virginia House of Delegates

Key take-aways:

- Asian Americans clock in at the lowest voting rates and participation among immigrant groups, and Asian youths are second to Latino Americans in civic alienation. Asian Americans are 6% of the

population, but only 3% of the American electorate. A large proportion are not affiliated with a party and have low registration rates – although once registered, they vote at a similar rate as the U.S. average.

- A unique aspect of Asian American voters is that we have not built an overarching political agenda. While there is diversity on the issues Asian Americans care about, by and large our agenda is the *American agenda*: education, transportation, safety, health, environment, the economy. Our engagement ensures these services are available in a way that meets our needs.
- Asian Americans continue to grow at the highest rate among racial/ethnic groups in the U.S. Engagement in participative democracy is essential to ensure we are representing ourselves to secure our fair share in the public and private sectors.
- Asian Americans used to be the marginal vote; now we are often *the margin of the vote*. The 2020 Census is vital for drawing political districts, to determine where to concentrate resources for government services.
- Delegate Keam challenged all present to a goal by next June: to get to know our local representative, state Senator, and U.S. Congress persons – to meet with them and have a conversation about what we care about. It's our right and our responsibility.



We hope these highlights give you a taste of the rich content of these seminars. Hop on the link to the recordings to enjoy the events and to learn more:

<https://www.youtube.com/channel/UCdWhibyjsH8EKnDURubrYcA>

We welcome your thoughts: Rose Li – rose.li@roseliassociates.com / Kitty Hsu Dana – kdana@rcn.com

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Healing Ways

by Betty Butz

(Editor's Note: Betty is the Immediate Past President of the New Orleans Chapter.)

Ever since I left Hong Kong after growing up there, I have often been asked to talk about where I came from and how I arrived at where I found myself.

As a young adult, I would describe my home place as a big city on a small island populated by Chinese people under British administration. I was educated in an Anglo-Chinese school run by French nuns in Happy Valley, where in the schoolyard a statue of the Virgin Mary presided with welcoming arms, her back to a grand view of the racetrack. Classes were taught by English speakers. Domestic science was taught by a British lady who showed the class how to serve tea properly and how to embroider using fancy stitches. I also learned about Catholicism, along with the privileges offered to folks who had a working knowledge of the English language.

Later, as a United States immigrant, I would introduce to inquisitive audiences a quaint, exotic place governed by the British as a crown colony. The response would usually be cheerful until I explained that the situation was a result of wars fought more than a century ago over the sale of opium grown and refined in India, and shipped to China via the Indian Ocean and the South China Sea. At the time, it took many years before the Chinese Qing government understood the toxicity and long-term ill effects of opium on the people. Once the Qing began to forbid the sale of opium, war was brought to China's shores so that the opium trade could continue. To end the war, Britain demanded compensation for unrealized profits from the trade. China gave up Hong Kong in exchange for peace.

Curious listeners wanted to know:

Why was opium introduced to China? Did people die from using it?

How did it get there?

Where did it come from?

Who benefited from the trade?

Why did China give up its own territory?

Why do millions of Chinese people, including my family, want to live in Hong Kong?

1997 was a pivotal year in the political definition of Hong Kong. Ninety-nine years before, in 1898, a second parcel of land, to the north of Hong Kong, had been leased to the British as compensation for more loss of

profit. In 1997, the ceded and leased territories were returned to China, then known as the People's Republic of China. However, since Hong Kong had been administered under British law and institutions, the reality of Chinese rule unfolded gradually.

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With the political angle explained, people began to wonder:

How would Chinese rule affect the citizens of Hong Kong?

Would Hong Kong citizens become communists, or would they emigrate?

Would Hong Kong be abandoned, or overrun by newcomers?

What would become of the official language of Hong Kong?

What would happen to those who were educated in the English language?

Would there be major changes in institutions based upon the British model in:

human rights,
rule of law,
science,
popular education,
sports and recreation,
public health,

pension,
civic administration,
police protection,
access to economic opportunities,
political transparency,

international trade and commerce,
public housing,
reliable utilities,
public transportation,
urban planning,

public works,
environmental protection,
postal service,
social services for the poor,
religion?

Since these difficult questions can only be answered by eventual historic outcomes, it is more useful to consider aspects of Chinese culture that can be fruitfully shared. I was glad that I was able to add to my understanding of Chinese culture acquired while I was a British subject. As a mother of Chinese descent, it became obvious that it was paramount that I be anchored in my roots as a Chinese person by ethnicity and an American citizen by choice.

Most people in the world have favorable impressions of Chinese culture: the visual arts, food, architectural styles, the Great Wall, diligent work ethic, family continuity, ethnic cohesion, and hospitality. In many major cities in the United States, Chinese seasonal observances are recognized in mainstream culture. Besides lunar new year, dragon boat racing in the spring, and the moon festival in autumn, less known Chinese festivals are observed too. For example, lantern festival after lunar new year, “clear and bright” memorial day in the spring to honor one’s ancestors, lovers’ day in the summer, hiking-uphill-day in the fall, winter solstice before lunar new year.

In the 90s in the U.S. Midwest, there was increased interest in Asian cultures. I was invited to talk about my past and to teach. I accepted an offer to teach Chinese language and culture in Minnesota public high schools.

I was glad that I was able to offer Mandarin Chinese lessons in everyday, friendly verbal exchange, customs, and folklore. Students and I played with geometric puzzles, learned to identify printed characters, drew pictographs and labeled them, watched culture videos, learned about China and the Chinese. Some students were interested in Chinese medicine, a topic that I later set out to discover on my own.

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Among my relatives, friends, and acquaintances, there is a pervasive interest in healing ways that can help the body feel better. This interest became more intense as my peers and I started to encounter the aches and pains of aging. Instead of waiting for medical intervention, the majority of Chinese people would rather take matters into their own hands when they can. However, one must be discerning about the claims made for all kinds of potions, supplements, and health foods on the market that promise nourishment. When opium was introduced to China, it was touted as an ointment for “good fortune and longevity.” Thus one must be careful when choosing products for health.

Traditional Chinese medicine covers many areas that take years to learn, and many more years to refine in practice. Beyond western modes of treatment using drugs and surgery, some Chinese therapeutic techniques such as acupuncture and *qigong* may be considered medicine as well.

The healing ways discussed in this article are not meant to treat or cure any medical condition. The goal is to share ideas that may help the body feel better. The reader is invited to add to the list based on personal experience.

In 2009, the New Orleans Chapter of the Organization of Chinese American Women conducted a series of seminars under the theme of Personal Health Devotion. The seminars were funded by a donation from national leadership to help members deal with trauma suffered following natural disasters. The following topics were addressed:

- Healing foods
- Healing touch
- Healing herbs
- Healing words

Notes from the seminars were published in several issues of OCAW e-newsletters.

Members of the New Orleans Chapter continue to learn about healing ways, and have identified more topics for personal enrichment. Comments and suggestions would be appreciated.

Healing scents

There are many sweet-smelling essential oils to enjoy. Depending on how I want to feel, I choose from cheerful sweet orange, calming lavender, clarifying eucalyptus, brightening rosemary, warming ginger, homey cinnamon, invigorating geranium.

An easy way to use essential oil is to add a few drops to about half a teaspoonful of body oil. Blend the oils in the palm of your hand and rub on the skin. Lavender-infused oil makes me sleepy, ginger oil gives a pleasant warming sensation on the joints, rosemary oil helps me focus, and cinnamon oil gives me an appetite. Since essential oils are volatile, it is a good idea to keep them away from eyes, fire, smoke detectors, or other hazards.

Healing sounds

Most afternoons, I listen to *SOUND BODY, SOUND MIND*, an hour-long disc of carefully chosen sounds and tones produced by Dr. Andrew Weil. The magical music helps me nap soundly and then wake up refreshed.

When I want to become energized, I listen to 12 Girls Band on youtube. Twelve beautiful, young Chinese ladies play enchanting music on Chinese instruments of flute, *erhu*, *guzheng*, and *pipa*. Most of their music makes me happy.

Www.youtube.com offers endless arrays of all varieties of music. It is wonderful to be able to access by simply typing in a few words describing some music type or instrument, or the name of an artist, that you might enjoy.

Healing blooms

Nature is indeed bountiful in this land of plenty. With minimal effort, one could grow trees, shrubs, foliage, vines, seedpods, flowers, or grasses, for landscape management or for fun. I visit my garden often, harvesting material for pleasure, study, or arranging. By using branches for line, and foliage and grasses for form and texture, I simply add a few flowers or interesting shapes to make floral arrangements. It is refreshing to reflect upon the season and the occasion by viewing one's creation from the garden. There are few things in life that offer more satisfaction than a thriving garden, the enjoyment of which is available in all seasons.

Healing movements

Westerners may describe *taiji* as shadow boxing, when in fact, *taiji* is an expression of one's self through movement. Rather than a confrontation with an imaginary, hostile opponent, it is an art form in mindful integration of movement and energy flow. It is an ultimate expression of one's self through movement, bringing about a union of one's inner energy flow with the environment.

Except for breathing, meditation may not seem like movement at all. The Chinese meditative pose, known as "*dazuo*," requires correct alignment of the body. The most important point to remember is keeping the spine erect and perpendicular to the horizon. A small cushion placed below the tailbone usually helps. Sitting cross-legged while maintaining a straight back is a non-movement that requires much endurance and strength. Relaxed, deep breathing brings relaxation to the body, improves energy flow within the body, and increases inner strength.

Yangsheng

“*Yangsheng*,” meaning “to nourish life,” is a popular topic among the Chinese. The concept promotes beneficial inputs that could lead to a more resilient body, good mental health, and a general sense of well-being. These methods include healthy daily routines, nutrition, exercise, favorable mental constructs, ethical behavior, a cheerful disposition, and a positive attitude. One is encouraged to cultivate good habits and shun bad choices.

Anyone can have a theory of *yangsheng* as each person is unique in his/her response to environmental stresses and economic and social expectations. By being more aware of one’s physical and spiritual needs, and having the tools to feel better, one is certainly on the way to living a more fulfilled, healthy life. By sharing one’s wisdom, one can gain insight into many more ideas and practices conducive to healthy living. Please encourage your friends to share ways that have made them feel better.

Healing Ways: A Discussion Topic?

(proposed by Betty Butz)

For many years, Betty has wanted to come up with a unifying theme that could represent Chinese American women beyond traditional stereotypes. She believes that “Healing Ways” (*yangsheng*) may be the right idea. Chinese women generally receive a great deal of advice on how to stay healthy.

She believes that as we become less resilient in our old age, it is apparent that we need to take better care of ourselves and pass on the knowledge to the next generation. She wishes that she had had the wisdom that she has now, when she was younger.

She wonders whether there might be interest on the part of OCAW members to share their insights on ways to keep healthy, be it in the form of diet, exercise, et cetera. I agree with Betty that this is a comprehensive topic that could cover a broad range of information.

In that light, I encourage you to think about this topic, and if there is anything that you would like to share with other OCAW members, I would be more than happy to publish your information in the e-newsletter. As is the case with all material in the publication, it could range from a lengthy article to just a small tidbit of information.

Betty feels that there should be plenty of advice and information to share, so please keep this in mind and feel free to send me material on this topic as you come across it. I would welcome printing your information in upcoming issues.

“LanternAsia” at the Norfolk Botanical Garden **(Part II)**

Photographs by Camilla Ng

(Editor’s Note: Camilla is a Maryland Chapter member.)

The following photographs are from Camilla’s collection of pictures that she took at “LanternAsia,” a large

exhibit of Chinese lantern art, at the Norfolk Botanical Garden in Norfolk, Virginia. She visited this extravaganza on Saturday, April 23, 2016. These photos constitute the concluding portion of Camilla's submission. Part I was published in the *June OCAW E-Newsletter*.

From the Garden's website:

Lantern Festivals are an ancient tradition that began more than 2,000 years ago in China.

This exhibit was designed and produced by Tianyu Culture Communication located in Zigong, China, and has traveled to Beijing, China; Sydney, Australia; and Rotterdam, The Netherlands.

The works of art were crafted by Sichuan Tianyu Culture Inc. from silk, steel, and other eco-friendly materials. They highlight traditional Asian themes that include nature, wildlife, architecture, and ancient folklore. These structures – some as tall as four stories – replicate those found in China, Japan, India, Thailand, Korea, Burma, and Singapore.

During daylight hours, attendees are able to view the detail and craftsmanship of these pieces. The intricacy of the structures is amazing to behold, and rightfully garners one's respect for the Chinese artisans who created these masterpieces.





