

E-Newsletter of the Organization of Chinese American Women

April 2018



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(from Linda Devine, Editor)

Thank you, as always, to those who submitted material for this issue of the e-newsletter, and to my husband Ed for his photo preparation work. I also continue to encourage OCAW members to write articles or submit information 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

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News from the Virginia Chapter

Chinese Orchestra Concert at the Kennedy Center

(from Chi-Hua Yang, President)

The Shenzhen Symphony Orchestra, a leading symphony orchestra in China, performed at The John F. Kennedy Center for the Performing Arts in Washington, D.C., on Thursday, February 15, 2018, the eve of the traditional Chinese New Year. The Kennedy Center hosted the orchestra in honor of the Lunar New Year.

OCAW-VA members attended the concert. They had desired to participate in a cultural event in honor of the New Year. Coincidentally at the time was the 70th birthday of Virginia Chapter member and National

President Christina Chang, so Virginia President Chi-Hua Yang brought food and wine to celebrate this milestone birthday before the concert.



Christina Chang and Chi-Hua Yang toasting to Christina's 70th birthday on the Kennedy Center terrace





Shenzhen Symphony Orchestra

Chinese Lunar New Year Pot Luck Dinner

(from Donna Byler, National Executive Director, and Chi-Hua Yang, President)

On Saturday, February 24, 2018, the OCAW Virginia Chapter hosted a Chinese Lunar New Year Pot Luck Dinner. High atop the 23rd floor, in the Penthouse of member Amy Lee's building in Alexandria, Virginia, about 30 attendees celebrated and welcomed the Year of the Dog. We were blessed with a little rain instead of snow, and the clouds lifted to reveal a beautiful view of Washington Reagan National Airport and the Potomac River.

Members decorated the room with many Chinese lucky and blessing characters. Those who arrived early were able to participate in the paper puppy challenge, assembling delightful puppy puppet crafts. Our thanks to Hui-Ching Chen for bringing them. About the puppy, Noreen Hom commented, "It's really wonderful: it walks and sits, and my grandson is fascinated by the changing lights."



Christina Chang, Hui-Ching Chen, and Connie Wong with their puppy puppets

There was also dancing to Chinese music.



Connie Wong and Donna Byler
dancing

Everyone brought wonderful food of which there was an abundance, and we feasted on some of our favorite dishes.



Our New Year's fish



Afterward, there was a fun lottery for gifts. Frank Eng was the luckiest of raffle winners, with his ticket numbers being called numerous times, and he generously shared his prizes with many lucky ladies.

Everyone took home a Chinese red envelope containing 88 cents for good luck (thanks to Glen Schwartz for assembling these). It was a wonderful evening, and all enjoyed the convivial atmosphere.

Special thanks to Chi-Hua Yang, Vice President Alice Way, and all of the many volunteers who contributed to the event's success.

(Editor's Note: Mimi Hom and Linda Devine took advantage of the Virginia Chapter's nice invitation extended to the Maryland Chapter to attend the special occasion. We both thought that all of the food was excellent, and we tip our hats to the superb cooking talents of Virginia Chapter members!)





OCAW-VA's supportive "Men's Auxiliary"

Book Event

(from Donna Byler)

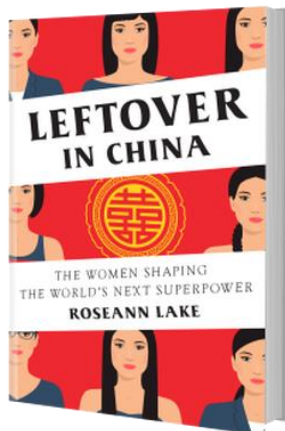
The US-China Education Trust sponsored a book discussion with co-hosts OCA, OCAW, and the 1882 Foundation. The book was Leftover in China: The women shaping the world's next superpower. Lily Qi, candidate for Maryland State Delegate District 15, graciously moderated the interesting discussion with author Roseann Lake.

The event was held on Tuesday, March 13, 2018 in Bethesda, Maryland. It began with a reception with light fare. A presentation, discussion, and book-signing followed. The program generated a full house, including a large contingent of Virginia Chapter members and spouses.

The Virginia Chapter provided various refreshments. Alice Way and Chi-Hua Yang prepared two very large fresh fruit trays, and Cathy Roberts contributed a large plate of mini puffs.

Forty years ago, China enacted the one-child policy, only recently relaxed. One unintended consequence is an enormous gender imbalance with 20 million more men of marriage age by 2020. For families with an only

daughter, the parents push these girls to study, and excel in college and careers as if they were sons. Now living in economically powerful China, enough of these women have decided to postpone or forego marriage to spawn the label: “leftovers.”



Publishers Weekly described Lake’s book as an “invigorating account of China’s rapidly changing culture, told from the perspective of a particularly unique segment of the population.” Lake worked with well-educated, urban working women who had not married and may never marry.

You can watch Lake’s description of the situation in a 2-1/2 minute video at:

<https://www.roseannlake.com/>

The discussion ended with this thought: “Men are looking for women who no longer exist, and women are looking for men who have yet to be developed.”



Vice President Alice Way and Treasurer Cathy Roberts with refreshments they contributed



(Photos in the Virginia Chapter News section courtesy of Chi-Hua Yang, Donna Byler, and Noreen Hom)

News from the New Orleans Chapter

Chinese New Year Celebration

(from Patricia Ellzey, Vice President)

The OCAW New Orleans Chapter has a close relationship with the Chinese Presbyterian Church in Kenner, Louisiana, and works together on activities with them.

The chapter assisted with the church's annual Chinese New Year Celebration held at the church on Sunday, February 18, 2018.



Secretary Jeanette Hew and VP Pat Ellzey making dumplings for the celebration





Member Mayling Hew, Secretary Jeanette Hew, and Treasurer Nancy Chung were among those who performed line dancing at the celebration.

Senior Panda Club Social

(from Pat Ellzey)

The Senior Panda Club is a group within the Chinese Presbyterian Church, and OCAW New Orleans members collaborate with them on various activities.

Secretary Jeanette Hew called Bingo numbers at the bimonthly Senior Panda Club Social on Thursday, April 5, 2018, at the church.



New Orleans Chapter's OCAW Brochure

(from Jeanette Hew, Secretary)

In the absence of a pamphlet or hand-out about OCAW, the New Orleans Chapter created an informative brochure that they can distribute to prospective members and members of the community, describing what OCAW is.

It has a colorful cover displaying the logo which was created for OCAW's National 40th Anniversary Celebration and Conference held in the Washington, D.C. area in the spring of 2017.



Inside there is information about OCAW:

- The purpose for which the organization was founded in 1977
- The Mission Goals
- The names of the OCAW chapters around the country
- Contact information for OCAW's national office

On the back is a Membership Application which can be completed by prospective members.

For its initial distribution, the chapter made copies of the brochure available at the OCAW table at the annual Asian Pacific American Society's Asian Heritage Festival, and **the result was two new members!**

(Editor's Note: Kudos to the New Orleans Chapter for creating this informative brochure!)

APAS Asian Heritage Festival

(from Betty Butz, Past President, and Pat Ellzey)

The New Orleans Chapter hosted an OCAW table at the annual Asian Heritage Festival sponsored by the Asian Pacific American Society (APAS). The event took place on Saturday, April 7, 2018, at its usual venue, the Audubon Zoo.

Activities included translating and writing names in Chinese Calligraphy on bookmarks, and making and playing the Chinese puzzle game Tangram. OCAW brochures for membership recruitment and publicity were distributed.

As the event just occurred, there will be more information in the next issue of the *OCAW E-Newsletter*, along with several photos.

News from the Silicon Valley Chapter

(from Sophia Yang, President)

Saratoga Blossom Festival

The Saratoga Blossom Festival was originally scheduled for Saturday, March 24, 2018. As in the past, the Silicon Valley Chapter had made many plans and arrangements to hold this event. However, unfortunately the Festival had to be postponed due to heavy rains. It has been rescheduled for June 23.

We had recruited over 30 high school students to be the volunteers to assist with the Festival and demonstrate the hands-on Chinese Arts and Crafts Projects. However, these students will not be available to support and commit to the event during the summer vacation. Thus we have decided not to take the lead in the rescheduled June event, but just support the Festival individually.

Upcoming Events

We plan to have our annual Spring outing at the end of April.

We will support the Alzheimer's Chinese Annual Summit in May.

*(Editor's Note: Although the postponement of the Blossom Festival was very disappointing to the chapter, Sophia reported that they received exciting news about their **Vice President, Wendy Chang**. Please read about her wonderful achievement in "From and About Our Members.")*

News from the Hawaii Chapter

(from Rena Young Ochse, Communications Chair and Newsletter Editor)

President's Message from Dr. Lei Ahu Isa

Here are some issues facing Chinese students in America from the view of my Professorship at Hawaii Pacific University. Some facts: There were 544,500 Chinese International students studying abroad in early 2017, and a more recent report said **329,000** are studying in the United States alone. For these students, the opportunity is the culmination of uncounted after-school hours devoted to American standardized test prep lessons, but it means liberation from the merciless Chinese educational system.

Yet those triumphs come with hidden perils. A survey released in 2013 by Yale researchers found that **45 percent of Chinese international students** on campus reported symptoms of depression, and 29 percent reported symptoms of anxiety. The rates are startling, compared with the roughly **13 percent for depression and anxiety among the general population in American universities**. The Chinese students acknowledge the usual challenges of living abroad – like the language barrier and cultural differences – but cite academic pressure as the most likely cause of stress. Despite all they have heard about a liberal arts education, they are often surprised by the rigor needed to succeed. The *results-oriented (task-completion)* mindset with which many Chinese tackle their studies doesn't fit well in a system that emphasizes the *analytical process and critical thinking*.

Trump ended the DACA program in September of last year, but a court decision has essentially left it in place, for now. The president also traveled to California recently to inspect prototypes for the border wall, but what is pending now is \$1.6 billion for earlier designs involving sections in Texas that double as levees and 14 miles of replacement fencing in San Diego. Hopefully a decision will come soon.

Palolo Chinese Home

The OCAW Hawaii Chapter supports the Palolo Chinese Home. Many members are also members of the Palolo Chinese Home Auxiliary. Mrs. Gladys Lee with members Barbara Heu, Alicia Sakamoto, Rena Young Ochse, Lanny Washiya, and others have monthly projects for the senior patients.

PCH is sponsoring a Golf Tournament on May 11 in which OCAW has given \$350.00 as a Tee Sponsor to help raise money for their projects. The Auxiliary had an Easter Egg dyeing and music event on March 30 for over 75 patients who attended.

Upcoming General Membership Meeting #2

DATE: Sunday, April 15, 2018 at 11:30 a.m.

PLACE: Maple Garden Chinese Restaurant

OCAW-Hawaii Vice President Susan Chong Wong has obtained an interesting speaker.



Jill Takasaki Canfield brings over 25 years of experience in K-12 schools, universities, and educational nonprofits in Honolulu, Denver, and Beijing to her role as Director of International Programs at Maryknoll School. Prior to joining the school in 2016, Jill served as Executive Director of the Pacific and Asian Affairs Council. Under her leadership, PAAC expanded its statewide global education program to include critical language programs, global leadership programs, and service learning programs or study tours to new destinations in Asia and the Pacific.

As Susan Chong Wong is a graduate and Board member of Maryknoll School, she invited Ms. Canfield to discuss the Chinese Immersion Program which has begun with kindergarten and first-grade students enrolled for this upcoming school year. Those with experience in Honolulu's local Chinese schools in the past might be interested to learn that language education is currently on a whole new level. The next generation may become our hope for the future in improving relations with China through their fluency in Mandarin and familiarity with their culture.

From and About Our Members

Members from Kohala Hawaii

(from Puanani Woo, Hawaii Chapter member and former Kohala Hawaii Chapter Advisor)

(Editor's Note: I was glad to receive news from Puanani about some of our OCAW sisters.)

The high cost of living in Hawaii is a problem there, and many residents have concerns about the high cost of County government. On Wednesday, February 7, 2018, **Puanani Woo** was sworn in, along with eight others, to serve on the Mayor's 'Cost of Government Committee,' a select ad hoc committee. It is an 11-month assignment, and Puanani says they have real work to do, so she is happily engaged.

Faye Yates, former Secretary of the Kohala Hawaii Chapter, is 2018 President of the Kohala Senior Citizens organization (KSC). **Lana Lewis**, former Kohala Hawaii Chapter member, is its Activities Director. **Lani Eugenio**, former Kohala Hawaii Chapter President, serves on its Board of Directors. The KSC is an active, loyal-attendee group of 45-50 members (multi-racial, with a strong Chinese component) who love to learn.

Faye and Lana dearly remembered blooming dried narcissus bulbs as one of the chapter's first OCAW activities. *(See the February 2016 OCAW E-Newsletter.)* At Faye's request, Puanani agreed to discuss and demonstrate the planting of bulbs to the KSC. About 20 members were interested and participated. Puanani said she anticipated success because "country people are great farmers who can grow anything!!!"

Faye and Lana are delighted with their blooming narcissus bulbs, and they and Puanani have received many happy telephone calls from participants about their successful blooms. A delightful experience all around for many!

U.S. Department of Transportation Lunar New Year Celebration Reception

(from Christina Chang, National President)

OCAW was among those organizations invited to attend a Lunar New Year Celebration Reception with Elaine Chao, U.S. Secretary of Transportation, on Tuesday, February 13, 2018, at the Department of Transportation in Washington, D.C. We appreciated the invitation, and some of our members participated in the event.

Secretary Chao attended OCAW's 40th Anniversary Celebration Dinner last April.



Steve Chang; Donna Byler, OCAW Executive Director; Secretary Elaine Chao; Christina Chang, National President; Chi-Hua Yang, Virginia Chapter President; and Tony Byler

APAS Meeting and Dinner

(from Pat Ellzey, New Orleans Chapter Vice President)

Pat Ellzey was the Chair and MC of the annual Asian Pacific American Society membership meeting and dinner on Saturday, February 17, 2018 in New Orleans. She is a past Chairperson of the organization.

The following photo pictures the Legal Advisor honoring past Chairpersons at the event.



(Pat Ellzey on right)

Shepherd's Table Dinner for the Homeless

OCA-Greater Washington DC Chapter, Asian Pacific Islander American Public Affairs Association (APAPA)-Washington, D.C. Chapter, and others collaborated on a Lunar New Year dinner for the homeless on Tuesday, February 20, 2018, at Shepherd's Table in Silver Spring, Maryland.



Among many volunteers who prepared the food and served it to over 170 guests, were OCAW Maryland Chapter lifetime members Pat Fenn, Nancy Toy, and Corinna Shen, and Mary Tom was a chief organizer in her capacity as OCA-DC President.



(Photos taken by the Communications Associate of Shepherd's Table)

Ikebana

(from Betty Butz, New Orleans Chapter Past President)

Art in Bloom, an annual fundraiser at the New Orleans Museum of Art, took place March 14-18, 2018. The theme for this show was “Queen of Arts.”

Betty Butz exhibited an ikebana in the Asian Gallery as a member of the Ikebana International New Orleans Chapter. Materials used were bamboo, aspidistras, rubrum lily, leucodendron, and horsetail reed.



(Photo taken by Betty Butz)

Anna Chennault's Passing

(from Chi-Hua Yang, Virginia Chapter President)

Anna Chennault passed away on March 30, 2018. Chi-Hua writes, “She was one of my most respected Chinese Americans. I grew up with her legend with World War II hero General Claire Chennault. She accomplished so much.”

Ching Ming in Hawaii

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

(Editor's Note: Rena shares information about this annual tradition. She lived in California for over 30 years and found that the Chinese traditions are very strong in Hawaii. Her cousin, Douglas Chong, is the President of the Hawaii Chinese History Center. Among other activities, he gives talks about the Chinese coming from China to Hawaii.)

How do you honor your ancestors? If you were Chinese, you might celebrate Ching Ming.

Dating back 3,000 years, the practice of Ching Ming is still observed worldwide by Chinese families. *Ching* means “pure” or “clean”; *ming* means “brightness.” The words together are applied to a Chinese tradition that helps explain why respect for elders is such an important part of the Chinese culture. Many Chinese believe that a person’s good fortune or misfortune comes from his or her ancestors; that all departed ancestors still have the same physical needs they had when alive; and that the departed can assist their relatives on Earth.

Today, Ching Ming is celebrated every April 4 (the date varies with societies, families, etc.) in Hawaii and involves the cleaning, repairing, and replanting of ancestral gravesites. In Hawaii, the practice has a stronger presence than in other parts of the United States. Ceremonies involve preparing foods as a symbol of earthly possessions and laying them out on the grave. These foods may include fruit, rice, chicken, pork, cakes, and tea. A meal may be eaten at the gravesite as a gesture of sharing with deceased relatives. Other customs include burning incense, offering prayers, and burning symbolic paper. It is not necessarily a time of sadness, but one of reflection, remembrance, and communion with past generations.

About Wendy Chang, Silicon Valley Chapter Vice President

(from Sophia Yang, Silicon Valley Chapter President)

The Silicon Valley Chapter would like to share wonderful news from our Vice President, Wendy Chang.

The City of Saratoga, California, launched the Saratoga Utility Box Art Project in October 2017. Saratoga artists were invited to submit conceptual artwork for 7 different utility box locations throughout the city. Wendy submitted a drawing.

The City received more than 50 stunning submittals. The Saratoga Public Art Committee narrowed the choices to 2 or 3 options for each of the locations. Then Saratoga residents were able to choose their favorite conceptual artworks for each of the 7 locations by participating in an online survey.

A total of 697 Saratoga residents participated in the voting process. The artworks that received the most votes were selected to be painted, and Wendy’s artwork was chosen!



All of the artists at the Event Kickoff on March 24, 2018 in front of Saratoga City Hall



Wendy at work





Winning Artist Wendy Chang

Wendy recently finished her work, and now it is displayed on the utility box at the corner of Reid Lane and Saratoga Sunnyvale Road.

(Editor's Note: OCAW congratulates Wendy on this wonderful achievement!)

And to end this section with a bit of levity...

Mardi Gras

(from Pat Ellzey)

Every year, embracing the New Orleans famous tradition, Pat Ellzey and husband Will don costumes and walk in the French Quarter on Mardi Gras day. This year was no different.



Will likes to carry funny signs. Aricept is his memory pill. This explains his lack of pants. ☺

Will came from New Orleans and attended OCAW's 40th Anniversary Celebration last year.

Health Tips

by Dr. Lihua Zhang

(Editor's Note: Dr. Zhang, New Orleans Chapter President and medical doctor, has been giving health tips to chapter members via email. Susan Young, former Maryland Chapter Secretary, asked if Lihua would be willing to share these tips with all OCAW members. Lihua graciously consented to do this, and she submitted the following for publication in the OCAW E-Newsletter.)

Breathing Technique

Normally we are not able to control our internal organ functions. We are not able to make our heart beat fast or slow, but we can practice breathing techniques to control our lung function, and indirectly to control our heart, liver, intestines, and even mental status.

Here, I am introducing Dr. Andrew Weil's breathing technique: The 4-7-8 Breath: Health Benefits and Demonstration

<https://www.drweil.com/videos-features/videos/the-4-7-8-breath-health-benefits-demonstration/>

This powerful yoga-style exercise is utterly simple, takes almost no time, requires no equipment, and can be done anywhere.

Eat, Fast, and Live Longer

https://www.youtube.com/watch?v=Ihhj_VSKiTs
<http://www.bbc.com/news/health-19112549>

The first link is to a BBC Documentary. I watched this video three times, and I learned different things every time I watched.

The second link is to a BBC article on fasting.

Magical Reality

by Pu-Chin Waide

(Editor's Note: Pu-Chin is a new member of the Virginia Chapter.)

I had just joined OCAW (the Organization of Chinese American Women) when I received the notice that the next meeting was going to feature a Feng Shui I Master. So I invited another Chinese American friend, Barbara York, to come with me. (How I had reconnected with Barbara is an entire story by itself – a story for another day.)

The lecture was interesting, but because it ran long, we thought we would skip the dinner afterward and head home. While I was in the corridor, a lady stopped me and said, "Oh, I had tried to catch you at the last meeting, but you had disappeared as soon as the meeting ended." She continued, "You had said in your introduction that you grew up in Calcutta (now Kolkata)."

"Yes," I replied. "Calcutta and Darjeeling."

"You see, my husband is Francis Pan," she explained.

The name stopped me. "Francis Pan?" I asked.

"Yes, his family was in Calcutta, too. My name is Jane Pan; I am Francis' wife," she replied. (Jane has been a longtime member of OCAW and had served as one of the organization's Presidents.)

"Did he have a sister named Sandy?" I asked.

"Yes, an older sister, Sandy Pan," she said.

At that point I was dumbstruck because I had known Sandy Pan when I had lived in Calcutta in the late 1940s and early 1950s. I remembered Sandy as quite a beauty, but I had not known her very well because my parents had sent me to Darjeeling in the Himalayan Mountains for boarding school.

As Jane went on to talk about Francis's older siblings John and Sandy (who unfortunately had recently passed away), Barbara joined us. Upon hearing the names, she was even more flabbergasted.

"OMG, OMG, OMG," Barbara repeated several times, striking her forehead and shaking it at the same time. "I can't believe this, I just can't believe this. Is this for real? Sandy? John? Francis? And you are his wife. OMG!"

Excitedly, Barbara went on to explain that she and Francis had been born days apart in the same hospital in Calcutta and that they had been playmates growing up together with Barbara's other sisters, Maria, Rose, and Julie. Another of Barbara's older sisters, Louise (who was a classmate of mine in Darjeeling), had been best friends with Sandy. And Barbara's oldest sister Alice had worked for Mrs. Pan at her travel Agency, Mini Pan's Travel Agency in Calcutta. The families had not seen each other since 1963.

Needless to say, we went to the dinner at Mala Tang and spent the evening catching up on the 55 years that had elapsed, and how incredulous it was to meet in Arlington, Virginia, halfway around the world from Calcutta, India.

Jane then generously invited Barbara, her husband, and me for a meal at their house so we could really go back in time. On that memorable evening, photo albums were brought out, stories were churned up from those 'little grey cells,' and tears of happiness, surprise, and disbelief were shed. The rest of the Pan family joined us, as well as Barbara's sister Rose, who had driven all the way from Toronto. We had a wonderful Sino-Indian meal. It was indeed a *Magical Reality* that even though half a century had passed, childhood friendships are still strong and thriving.

Epilogue:

Not being too much of a joiner of clubs, societies etc., I was slightly reluctant to join OCAW. I had first heard of the organization from Veronica Li, author of *Journey Across the Four Seas*, who was very kind to come to my first book launch. If it had not been for OCAW, this little bit of magic in our lives would never have happened. I am really glad I joined your organization, and I am sure Barbara York will second me on this.

Pu-Chin (nee Hsueh) Waide
School: Loreto Convent, Darjeeling, India
University: Newcastle-upon-Tyne, England
Now living in Great Falls, Virginia

Interactive Blog?

(from Donna Byler)

Pu-Chin Waide wrote of a Magical Reality. Indeed it is! Upon reading her story, I immediately thought it could be the start of an interactive blog where readers could share their thoughts of what OCAW has come to mean to them.