

E-Newsletter of the Organization of Chinese American Women

April 2019



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501(c)(3) Nonprofit Organization

(from Linda Devine, Editor)

I hope all are enjoying the advent of Spring! Thank you to those of you who submitted material for this issue. As always, it is much appreciated. I am particularly grateful to my husband Ed for his work on preparing the photos, as there were a great number of them in this especially long issue.

Warmest congratulations to the OCAW New Orleans Chapter on its 30th anniversary! They had a grand celebration, with out-of-town sisters joining them. Coverage of the different events is included in this issue.

I 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. My goal continues to be publishing a wide variety of material.

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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Opera International

(from Muriel Hom, Opera International Producer-Director)

As mentioned in the last issue of the *OCAW E-Newsletter* (February 2019), Opera International will be presenting a benefit concert for the Prevention of Blindness Society of Metropolitan Washington.

It will be held on Sunday, April 28, 2019 at 3 p.m. at the Adat Shalom Congregation Synagogue. The address is 7727 Persimmon Tree Lane, Bethesda, Maryland 20817.

Performers will be: 6-Wire Ensemble (Xiang Gao, Violin; Cathy Yang, Erhu; and Jiayue Yang, Piano); Jessica Stecklein, Soprano, accompanied by Frank Conlon, Piano; Emily and Maria Chu, Vocal Duo; and Katy Chiang, Cello.

Our goal is to raise \$20,000. We hope you will join us in this worthy cause and help us reach this goal. Tickets are \$35. Contributions are tax-deductible and will be greatly appreciated.

For tickets: Please indicate the number of tickets you would like to purchase, make your check payable to “POB,” and mail your request and check to: Mimi Hom, 6711 Loring Court, Bethesda, MD 20817. Tickets will not be mailed. They will be available for pick-up under your name at the Will Call table at the concert venue on the day of the event.

For contributions: Please make checks payable to “POB” and mail to: Mimi Hom, 6711 Loring Court, Bethesda, MD 20817.

Contribution categories are:

Guarantor \$2000
Benefactor \$1000
Patron \$500
Sustainer \$250
Donor \$100
Friend \$50

Contributions of \$50 or more will be acknowledged in the program.

For questions or further information, please call: 301/365-3479, or email: operainternational@gmail.com

Thank you to those of you who have already purchased tickets, and/or who have made generous contributions. We appreciate your support!

(Editor's Note: See the February 2019 OCAW E-Newsletter for more information on the Prevention of Blindness Society of Metropolitan Washington.)

News from the Virginia and Maryland Chapters

2019 Chinese Lunar New Year Pot Luck Dinner

(from Linda Devine, on behalf of Chi-Hua Yang, President)

This year's Chinese Lunar New Year was celebrated in style with a Pot Luck Dinner on Sunday, February 10, 2019, in the Bluemont Room of the Arlington Central Library in Arlington, Virginia. The Year of the Pig was welcomed by OCAW Virginia and Maryland members and their families and friends. Attendees brought a large variety of wonderful dishes to share, and there was more than enough food to satisfy all tastes and appetites!



Chi-Hua Yang, as President of both the VA and MD Chapters, organized the event and moderated the program. She welcomed the attendees and made general remarks, including announcing upcoming events.



VA Vice President Alice Yee Way then conducted a raffle. Numerous prizes were given out, much to everyone's delight. Alice was aided by Camilla Ng, former MD Chapter President, who distributed traditional red envelopes to winners.



Next on the program was a brief demonstration of basic Chinese Dance movements. This was led by Teacher Lee Ching Xiu Choi, Director of the Fairfax Chinese Dance Troupe and the master dance teacher. Teacher Lee started this dance troupe 30 years ago.

She had been invited to lead this lesson by Camilla Ng, who ably demonstrated the movements as well. Everyone from the audience was invited to participate in this exercise, and it was nice to see several attendees wanting to learn.

(Editor's Note: In the following photos, Teacher Lee is in the blue shirt.)





Maria Yang, VA Chapter Immediate Past President, distributed children's Pig lantern craft packages.

She then gave an informative talk on Chinese food, the subject of which was near and dear to everyone's heart! Colorful photos of various kinds of Chinese food were displayed on the screen, one after another.





The atmosphere throughout the evening was convivial, and everyone had an enjoyable time. It was a terrific way to welcome in the new year!

(Photos taken by Linda Devine)

News from the New Orleans Chapter

(from Patricia Ellzey, President)

February Meeting

The New Orleans Chapter's February meeting was held on Sunday, February 17, 2019, at the Chinese Presbyterian Church in Kenner, LA. Our guest speaker was Cuilan Lee, a fashion expert in skin care and makeup. She gave us a lecture, presentation, and demonstration.

We learned how to analyze our complexion to determine our best colors to wear, and to analyze our face shape – round, oval, triangular, etc. – so that we could apply makeup properly and accent our best features.



Cuilan Lee and President Patricia Ellzey



Vice President Yuling Khorsandi, Yuling's mother, and Mangjee Yeh



Mayling Hew, Dr. Trina Ren, and Anna Chin Lai



Nellie Underwood and Treasurer Nancy Chung



Members gathered around the table to hear and ask questions of Cuilan Lee

Panda Club Meeting

Chapter members participated in the Panda Club meeting for seniors on Thursday, February 21, 2019, at the Chinese Presbyterian Church.



Mayling Hew, Lily Yip, Yvonne Louie, Nellie Underwood, and Pat Ellzey attended the event and assisted with the arrangements. OCAW members usually create the program, set up the tables, and provide the lunch.



Learning and helping others make colorful Origami Pigs to celebrate Chinese New Year

Also at the meeting, OCAW sisters celebrated Pat Ellzey's 80th birthday! Although lunch is served at the meetings, dessert is usually not part of the meal. However, Pat wanted to share her special decade birthday with the seniors who were present, so she brought a delicious Chantilly cake.

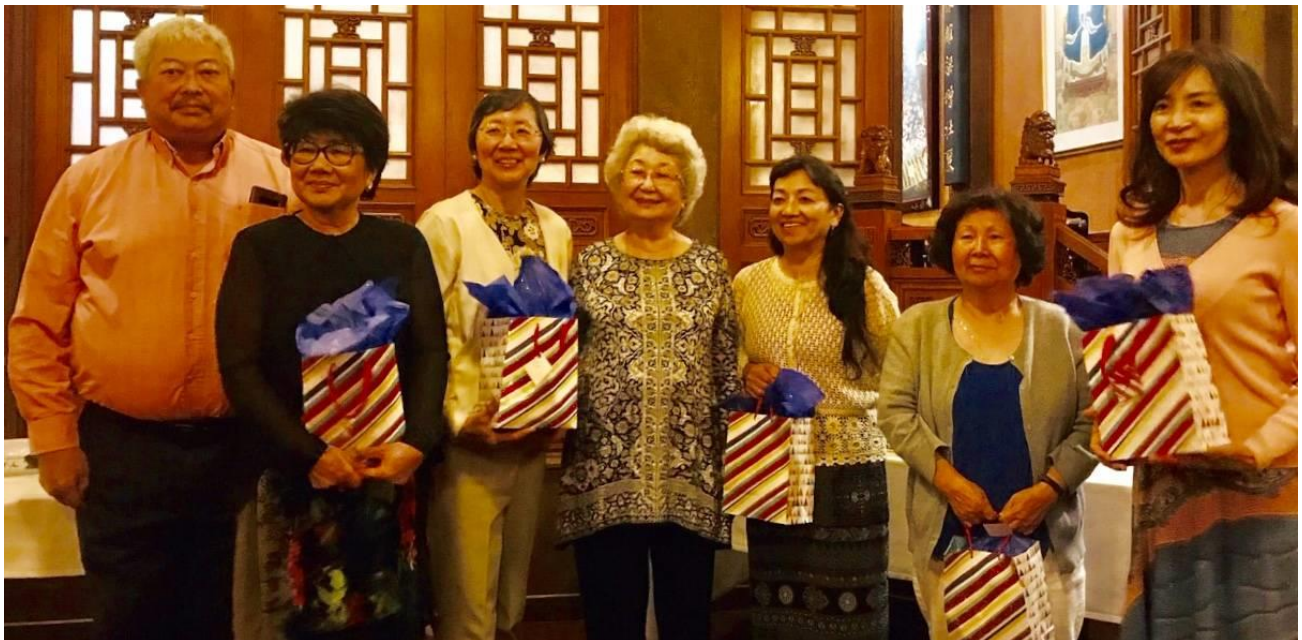


Mayling Hew, Nellie Underwood, Pat Ellzey, and Yvonne Louie

OCAW New Orleans Chapter's 30th Anniversary Celebration

The OCAW New Orleans Chapter celebrated its 30th Anniversary on Friday, March 22, and Saturday, March 23, 2019.

Five members of the Maryland and Virginia Chapters came to celebrate with us. They were Camilla Ng, former MD Chapter President; Dianna Gorin, MD and VA member; Audrey Lee, former MD Chapter Board member; Noreen Hom, former VA Chapter Secretary; and Alice Yee Way, VA Chapter Vice President, along with her husband, Norman Way.



Norman Way, Alice Yee Way, Noreen Hom, Pat Ellzey, Audrey Lee, Dianna Gorin, and Camilla Ng

Since these attendees came early, they started sightseeing, eating local cuisine, and partying, while enjoying our local scene.

On Wednesday, March 20, after Camilla and Dianna arrived at the airport, President Pat Ellzey took them to a local seafood restaurant where all enjoyed gumbo, a shrimp po boy sandwich, and boiled crawfish!

On Thursday, after Camilla, Dianna, Audrey, and Noreen went sightseeing, taking a river cruise and seeing other famous sights during the day, Pat and her husband Will took the gals to a weekly jazz concert at the “Thursdays at Twilight” Concert Series at the City Park Botanical Garden Pavilion.





Will Ellzey with visiting OCAW sisters sitting in premium seats in the front row!

On Friday night, March 22, Alice and Norman Way joined the other visitors, the local chapter members, and some spouses and sons at the anniversary dinner at Trey Yuen restaurant. The restaurant's internationally famous chef, Frank Wong, is the husband of OCAW New Orleans member Sandy Wong. He served us his famous gumbo, as promised to OCAW members at OCAW's National 40th Anniversary Conference in 2017.

Frank, with the help of his equally famous chef brothers, Tommy and Joe, cooked a special menu of 9 courses which included their original creation of delicious crab on a white cloud and pecan shrimp. Our anniversary cake was a delicious fresh fruit light Chantilly cake. And there were no cake leftovers!

(Editor's Note: Photos in this article were courtesy of Pat Ellzey, unless noted otherwise.)



Welcoming everyone!



Shaya Khorsandi, Grace Dureau, Sandy Wong, and Judy Wong



(from front left) Jimmy and Mangjee Yeh, Dianna Gorin, Nancy Chung, Audrey Lee, Pat and Will Ellzey, Mark Sulkes and Lihua Zhang, Trina Ren, and Winston Ho





All of the OCAW sisters



Nancy Chung, Tien Ho, Trina Ren, Sandy Wong, Jeanette Hew, Noreen Hom, Judy Wong, Dianna Gorin, Mayling Hew, Grace Dureau, Mangjee Yeh, Yvonne Louie, Lihua Zhang, Alice Yee Way, Audrey Lee, Nellie Underwood, Camilla Ng, and Pat Ellzey



Our Chapter's biggest and favorite supporters – our husbands and sons!!! Yay!

Alfred Hew, Will Ellzey, Mark Sulkes, Norman Way, John Khorsandi, Maurice Hew,
Nikka Khorsandi, Shaya Khorsandi, and Jimmy Yeh

On Saturday, March 23, we went on a tour of the famous Oak Alley Plantation.

The following picture is of the path under the Oak Tree arch leading up to the plantation on the left.

(Photo taken by Camilla Ng)



On the balcony. Pat Ellzey, Noreen Hom, Dianna Gorin, Camilla Ng, Audrey Lee, Nellie Underwood, Jeanette Hew, Lily Yip, Alice Yee Way, Norman Way, Yuling Khorsandi, and Yvonne Louie



Maurice Hew, Yuling Khorsandi, and Audrey Lee resting after the tour



Norman and Alice Yee Way



Lily Yip, Jeanette Hew, Camilla Ng, and Dianna Gorin

Afterward, we had a great, delicious seafood lunch, then yummy coffee and beignets.



Yvonne Louie eating a mixed seafood platter of jambalaya, shrimp, oysters, catfish, hush puppies, French fries, and buttered French bread



Anyone for raw oysters? These are beauties!!!

This was followed by a short sightseeing tour.

We ended our celebration at a Cajun restaurant called Mulate's, enjoying Cajun food and doing Cajun country dancing – two step and line dancing.





Camilla Ng and Pat Ellzey two stepping

(Photo taken by Noreen Hom)



It was a great celebration. We all had fun!

Thanks to all of the drivers, hostesses, and guests for making our 30th anniversary such a great success!!!!

(Editor's Note: Congratulations and kudos to Pat and New Orleans members for a truly successful and enjoyable event!)

* * * * *

(Editor's Note: In addition to Pat's excellent recap of the celebration, I wrote to the Maryland and Virginia attendees, encouraging them to write an article or share any thoughts that they might have from the perspective of visiting OCAW sisters. I was delighted to receive the following article from former MD Chapter President Camilla Ng.)

The Big Easy Visit

by Camilla Ng

It had been twelve years plus since I had last visited New Orleans. The images of urban devastation from Hurricane Katrina are still vivid in my mind from that visit in the fall of 2006, of collapsed and flooded houses blocks after blocks for miles in the area. However, I saw none of that in the parts of New Orleans and Jefferson Parish I visited this round. Instead I discovered a vibrantly restored community, refreshing as the spring breeze, attesting to the resilience and the strength of the New Orleanians who have rebuilt their homes and community.



Carriage in front of Jackson Square

I would like to thank the New Orleans Chapter for inviting members of other OCAW chapters to join them in their anniversary celebration. Pat Ellzey, her extended family, and the New Orleans Chapter Board members exemplified Southern hospitality in hosting us out-of-towners. It was delightful to get to know members of the New Orleans Chapter.

The celebration kicked off the evening of March 22nd at Trey Yuen restaurant in Mandeville, featuring beautiful, traditional, palatial Chinese décor and architecture, with a delicious dinner. We met the celebrated chef brothers and owners Frank and Tommy Wong, who were guest chefs at the White House, and named “Best Chefs of Louisiana” by the American Culinary Federation of New Orleans. We especially enjoyed Frank’s recipe for gumbo, followed by many excellent Cantonese dishes. Tommy and Frank shared with us stories of their successful family restaurant.



Camilla Ng and Audrey Lee admiring the beautiful Chinese décor of Trey Yuen

(Photo courtesy of Pat Ellzey)

I was especially touched that Frank gave several of us out-of-towners DVD copies of the documentary on Chinese American Harry Lee, Sheriff of Jefferson Parish for 28 years. That evening, we stopped at the commemorative statue of Harry Lee, just blocks from our hotel in Metairie. During the devastation of Katrina, Sheriff Lee had put out a call for volunteers to rescue people trapped on rooftops by floodwaters. Hundreds of boaters responded and saved many lives.



Statue of beloved Sheriff Harry Lee

The next morning, we visited Oak Alley Plantation, a designated National Historic Landmark for its architecture and landscaping. Built in 1837, the plantation derived its name from the canopied path created by a double row of Southern live oak trees that were planted in the early 1800s.



Slave cabins at Oak Alley Plantation

Although sugarcane was the original crop at Oak Alley, it is designated for agricultural innovation in grafting pecan trees by an enslaved gardener Antoine. Antoine developed a variety of pecan in 1846 that could be cracked with one's bare hands, dubbed the "paper shell" pecan, which won a prize at the 1879 Centennial Exposition in Philadelphia.

The day continued at Jaeger's Seafood for lunch. There I had the best chargrilled oysters. The oysters were so fresh and so big, they were two-bites oysters! Yum! I also was very pleased to meet and visit with Betty Butz, former longtime New Orleans Chapter President, who joined us for the meal.



Lunch at Jaeger's Seafood. Betty Butz (*3rd from the bottom left in a black-and-white-checked top*) former longtime New Orleans Chapter President, joined the group for lunch.

After lunch we stopped at a Café du Monde for beignets and café au lait, customarily served all day, anytime. The remainder of the afternoon we saw highlights of the 17th Street Canal, Metairie Cemetery, and Tulane University.

Dinner at Mulate's, The Original Cajun Restaurant, was another cultural delight. The dance floor was packed with visiting students having a ball dancing to a live Cajun zydeco band. The music and the friendly atmosphere were inviting to hit the dance floor. After all, one has to burn off all the calories from the delicious foods consumed! It was great fun to end a very full day of celebration with our New Orleans Chapter friends.

To maximize the sightseeing during the five days of my visit, I had researched and pre-booked attractions prior to my trip. Here is a summary of the attractions that I, Audrey Lee, and Dianna Gorin visited. This selection of attractions reflected our wide interests from history to culture to science. We began with an evening Jazz Cruise on the Paddlewheeler *Creole Queen*, a relaxing two-hour cruise on the Mississippi River on the riverboat with a live jazz band, and the Spring Equinox supermoon rising over the Crescent City.



Dianna Gorin and Audrey Lee



The next morning, we joined the Jean Lafitte Swamp Tour, to Barataria on the West Bank. The Swamp Tour navigator took us through the canal into the bayou, and we observed egrets, eagles, and alligators, and learned about the habitat and local lore.

Bald Cypress knees

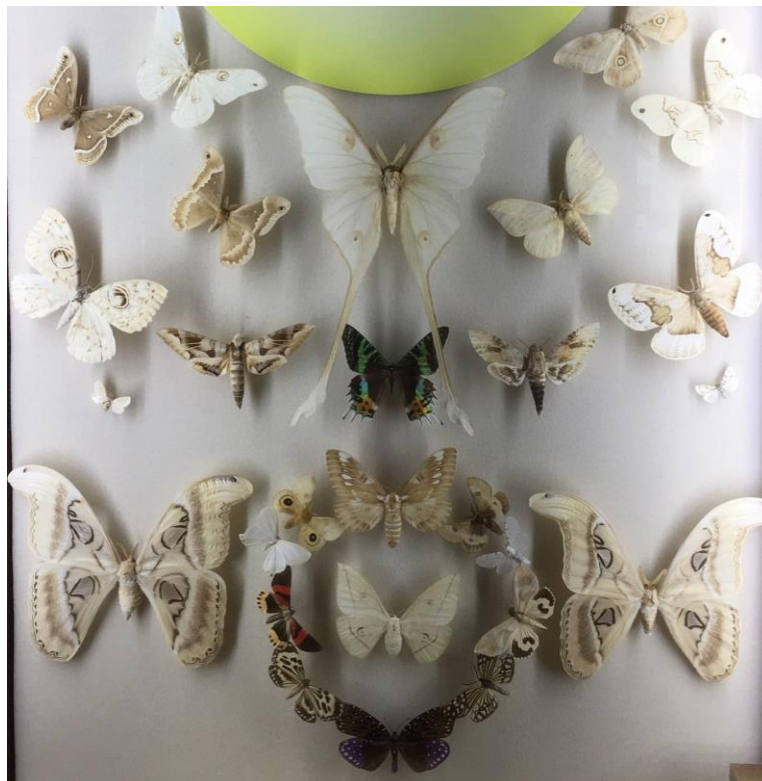


No See, a 12-foot 700-pound alligator, likely 45 years old



Audrey Lee holding a baby alligator, with Dianna Gorin looking on

That afternoon, we visited the Audubon Butterfly Garden and Insectarium, the largest American museum dedicated to entomology, which has won the TEA Thea Award for Outstanding Achievement in a Science Center. In addition to the many galleries of live exhibits and displays, there was Bug Appétit which offers guests samplings of dishes and snacks which are exotic creations incorporating bugs.





The next attraction to which we went the following day was the Degas Historic House and Museum. We learned about French Impressionist Edgar Degas' five-month sojourn from France to New Orleans to visit his French Creole cousins.

On our last day in New Orleans we took the *Creole Queen* to the Chalmette Battlefield. The historian onboard pointed out the landmarks along the shore, and another National Park Service ranger gave the description of the last battle of 1812 on the shore.

Even though I did not schedule a visit to The National WWII Museum, we went there for a few hours in the afternoon.

And on such a lovely spring afternoon, we continued to the Botanical Garden for a walk before heading back to Metairie.



We could not have had better weather, food, and camaraderie, and a rich cultural, gastronomical, and history and science learning experience. And it all began with the invitation from the New Orleans Chapter. Many thanks again for the enrichments!

(Photos in this article were taken by Camilla Ng, unless noted otherwise.)

News from the Silicon Valley Chapter

(from Wendy Chang, President)

Annual Member Social

On Sunday, January 6, 2019, we had our annual member social. It was held at the San Jose Library West Valley Branch. Many officers brought food to share and prizes for the games. It was great catching up with all the members, munching on snacks that different people brought.

We had an officers meeting prior to the member social.



We played Bingo till everyone won a prize (you can't beat that!).



Everybody wins at Bingo!

Sophia Yang brought a board game called “Telestration.” According to the description of the game, it’s a Laugh-Out-Loud board game where you “Draw what you see then guess what you saw for hilarious and unpredictable outcomes.” This game is perfect for families, small parties, and friends new and old. We were enthralled, and we would highly recommend that our OCAW sisters play this game at your future gathering! The games brought all the members closer together.



Concentration is required to play Telestration!



All the yummy food that the officers contributed

After the games, Alice Chiou led everyone in Line Dancing. It was a great way to burn off all the calories that we had just consumed!



Line Dancing – Time to work off the calories!

Lunar New Year Celebration

On Tuesday, February 5, 2019, the first day of the lunar new year, we held an event, organized by Cynthia Chang, our member and also former President, to celebrate the Year of the Pig at the Saratoga Senior Center. OCAW-SVC members Ai-chu Wang, Sophia Yang, Lisa Tsai, and Jen Tsao helped with the decorations, while Hong Tai performed on the GuZheng and Yufan Lu wrote Chinese calligraphy for the attendees.



Hong Tai played a couple of classical Lunar New Year pieces: “Celebrating Spring at the Flower Festival” and “Congratulations for the New Year.”

Everyone was invited to sing along to the lyrics of “Congratulations for the New Year.”





Yufan Lu and Lily Hsueh, a good friend of OCAW-SVC, did an excellent job of writing Spring Couplets for those who requested them.

Chinese characters for “blessings” written on red paper were the most popular. Yufan wrote the word in such a fun way that a little pig appeared in the word. People just loved it!





The program also included a Taichi demonstration and teaching Taichi basics and breathing exercises. We additionally had a Kung Fu Dance performance of “Going through this life with such ease.”



This was followed by Line Dancing, and everyone was on the floor again, dancing and making all the turns! One senior citizen commented that all the movements made him tired, but he had so much fun!



Karaoke was last on the program, and people signed up to sing their favorite songs. It was a perfect ending to a fun-filled celebration!

(Editor's Note: Kudos to OCAW-SVC for sharing this occasion and brightening the day for senior citizens!)

JW House Dinner is Served

On Friday, February 15, 2019, Wendy Chang, Cynthia Ho, Jean Lii, Yang Lin, Priscilla Wang, and Din Yi served dinner again at JW House. JW House is located on the campus of Kaiser Permanente Santa Clara Medical Center. It welcomes families and individuals from area hospitals into their family for rest and self-care during the day or overnight while their loved one is in the hospital.

“Dinner is Served” is a program where the JW House community provides home-cooked meals to their guests every night. All meals are provided by community volunteer groups, families, and generous restaurants.

Hope • Hospitality • Healing

Please join us for dinner!

Friday at 6:00 PM



Menu
Mixed Green Salad
Chicken Cacciatore
Creamy Polenta
Garlic Bread
Apple Crumble for Dessert!

Dinner provided and prepared by:
OCAW



OCAW-SVC reserved 6 dates to serve dinner at JW House this year. For each date, we will need six volunteers to help prepare dinner for 25-30 guests. Wendy Chang will create the menu, shop for the food, and guide volunteers in preparing the meal.

Members can help with dinner preparation on one of these remaining scheduled dates:

Thursday, April 25
Thursday, June 6
Thursday, August 8
Thursday, November 14
Thursday, December 5

Volunteers will work at JW House (3850 Homestead Road, Santa Clara) from 3 p.m. to 7 p.m.

(Editor's Note: SVC members graciously volunteered to serve dinner at JW House last November. See the February 2019 OCAW E-Newsletter for the report of their efforts.)

Related Fundraiser

We also held a fundraiser at Nai Hsueh's house. It was on Sunday, March 17, 2019 from 4 to 7 p.m. The purpose of the fundraiser was to help with the food costs for the 6 JW House dinners for which we signed up this year.

Nai's husband, Sungchi Huang, who is an excellent cook, did a cooking demonstration for us, and we enjoyed his delicious culinary creations afterward.

News from the Hawaii Chapter

(from Rena Young Ochse, Treasurer and Newsletter Editor)

Upcoming General Membership Meeting

The OCAW Hawaii Chapter's next meeting will be held at a new location and date. The date will be Saturday, April 27, 2019, from 11:30 a.m. to 1:30 p.m. The place will be King's Restaurant & Bar on Kapiolani Boulevard in Honolulu.

Candice Sakuda, Director of Service Learning at Chaminade University of Honolulu, and Bryan Man, President of the Chinese Community Action Coalition (CCAC), will be sharing information on various community efforts to support our immigrants in their quest to become U.S. citizens.

DO YOU HAVE WHAT IT TAKES TO BECOME A U.S. CITIZEN?

The Chinese Community Action Coalition (CCAC) will explain its tutorial program to prepare immigrants for the citizenship application tests and interviews. The process has become even more difficult under the Trump administration while at the same time, legal permanent residents now face greater risks to their status if they don't become U.S. citizens.

From and About Our Members

Mardi Gras

(from Pat Ellzey, New Orleans Chapter President)

New Orleans' celebration of Mardi Gras is a well-known, festive occasion, and this year was no exception.

Pat is pictured in her costume displaying the Mardi Gras colors of purple (justice), gold (power), and green (faith).

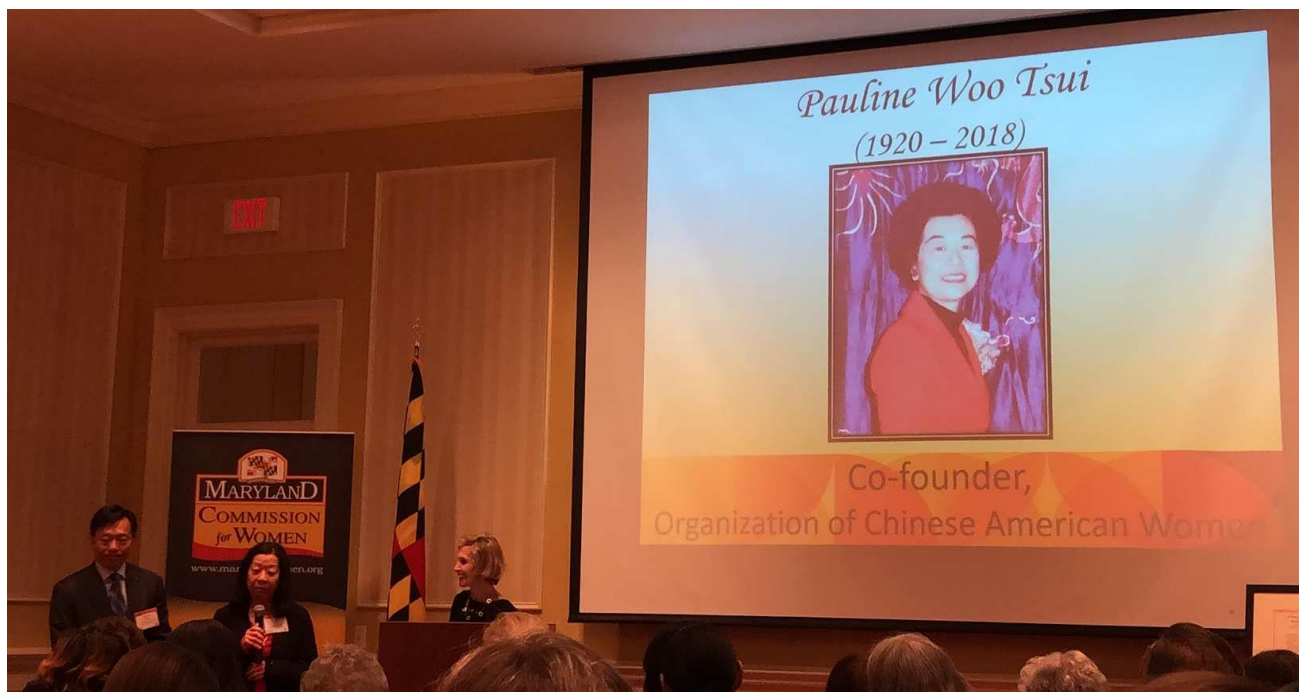


About Pauline Tsui, OCAW Co-Founder

(from Christina Poy, Maryland Chapter Treasurer)

OCAW co-founder Pauline Tsui was inducted posthumously into the Maryland Women's Hall of Fame on Thursday, March 21, 2019 in Annapolis, Maryland. A small group prepared her nomination package, especially OCAW-MD lifetime member Corinna Shen, who spearheaded and organized the submission packet. OCAW-MD Treasurer Christina Poy wrote a recommendation letter.

First Lady of Maryland Yumi Hogan gave greetings on the occasion.



Lynnette Lee, Pauline's daughter, addressing the audience



Corinna Shen (*left*) with members of Pauline's family

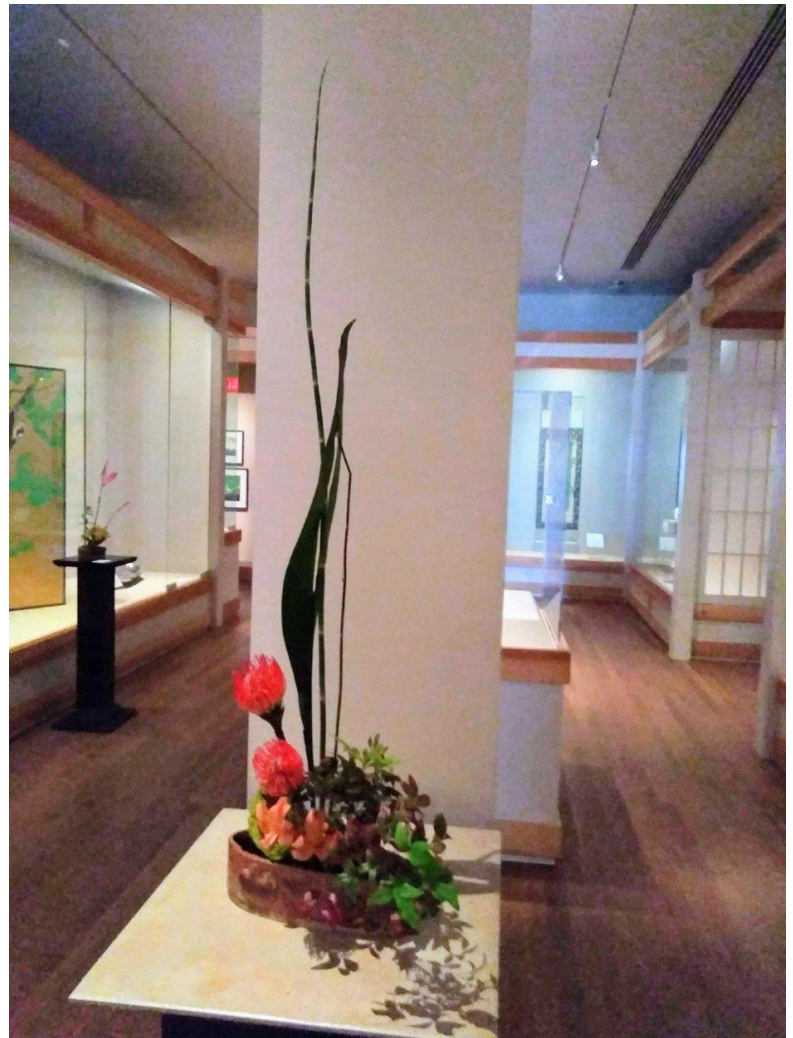


“Art in Bloom” Exhibit

(from Betty Butz, former New Orleans Chapter President)

The annual “Art in Bloom” exhibit took place at the New Orleans Museum of Art the last weekend in March. The theme for 2019 was “Illuminations: Looking within and beyond.”

As a member of the New Orleans chapter of Ikebana International, Betty exhibited two pieces.



(Photos taken by Betty Butz)

Art Exhibit Opening Reception

(from Christina Poy)

Administrative Director Christina Poy of the Maryland Governor's Commission on Asian Pacific American Affairs attended a VIP opening reception for the "Empresses of China's Forbidden City, 1644-1912" exhibit, which was organized by the Peabody Essex Museum in Salem, Massachusetts; the Smithsonian's Freer Gallery of Art/Arthur M. Sackler Gallery in Washington, D.C.; and the Palace Museum in Beijing. The reception for this gorgeous exhibit during Women's History Month was hosted by The Friends of the Smithsonian.

Ru Fan, OCAW Maryland Chapter lifetime member, is a docent for this exhibit. We highly recommend that you see it!







3 Chinese Wisdom

(from Chu Lan Shubert-Kwock, former Hawaii Chapter President)

(Editor's Note: Chu Lan received the following piece from a friend, and she thought it might be interesting to OCAW members.)

Three irretrievable things:

Time
Life
Youth

Three things that can destroy a person:

Temper
Arrogance
Small-mindedness

Three things one should never abandon:

Child's innocence
Ideals
Hope

Three most invaluable things:

Love
Kindness
Friendship

Three most impermanent things:

Success
Wealth
Dreams

Three things that facilitate success:

- Right time
- Right place
- Right harmony with others

Three things to treasure:

- Parents
- Children
- Your soul mate

Three things that make things happen:

- Goals
- Action
- Improvising

Three things that welcome friendship:

- Honesty
- Generosity
- Selflessness

Three things to grab a hold of:

- Opportunity
- Life
- Marriage

Three things that lead to happiness:

- Satisfaction
- Compassion
- Self-awareness

Wish you all peace and happiness!

Our condolences

Susan Chong Wong, Hawaii Chapter President, reported the sad news that recently, the husband of Tina Au, Hawaii Chapter Vice President, passed away very suddenly.

OCAW extends its sincerest sympathy to Tina and her family. Our thoughts and prayers are with you.

Health Information

by Dr. Lihua Zhang

(Editor's Note: Lihua is Immediate Past President of the New Orleans Chapter and is a medical doctor.)

The following are excerpts from three articles from the *New England Journal of Medicine (NEJM) Journal Watch*. They were written by Amy Orciari Herman, with professional editing by medical doctors.

For those with family members who play soccer seriously, you might want to note the following:

Professional Soccer Players May Face Increased Risk for ALS

February 28, 2019

“Professional soccer players appear to be at increased risk for amyotrophic lateral sclerosis (ALS) [also known as Lou Gehrig’s Disease], according to a study scheduled to be presented at the American Academy of Neurology’s annual meeting in May.

Researchers studied 25,000 men who played professional soccer in Italy between 1959 and 2000. They used news reports to identify ALS cases.

Overall, 33 soccer players developed ALS, at a rate of 3.2 cases per 100,000 person-years. This was nearly twice the rate expected, based on cases in the general population (1.7 per 100,000). In analyses limited to ALS diagnoses before age 45, soccer players had nearly a five-fold increase in risk. Additionally, soccer players were diagnosed with ALS at a younger-than-expected age (median age 43, versus 63 in the general population).

The study’s lead author noted that numerous factors may be at play, including repetitive traumatic events, heavy physical exercise, substance misuse, and genetics.”

<https://www.jwatch.org/fw115108/2019/02/28/professional-soccer-players-may-face-increased-risk-als?query=pfwTOC&jwd=000012052358&jspc=AN>

For Seniors with UTIs, Delayed Antibiotics Linked to Sepsis and Death

February 28, 2019

“Delaying antibiotics for elders with urinary tract infections may put them at increased risk for sepsis and death, according to a retrospective study...

U.K. researchers examined the medical records of 157,000 adults aged 65 and older who were diagnosed in primary care with at least one UTI. Some 313,000 suspected or confirmed, uncomplicated UTIs were included. Antibiotics were prescribed immediately for 87%, were delayed but prescribed within a week for 6%, and were not prescribed at all for 7%.

The rates of bloodstream infection and mortality within 60 days were significantly higher when antibiotics were delayed or not prescribed than when they were prescribed immediately...

...the relationship between delayed antibiotics and worse outcomes may not be causal, but nonetheless, prompt treatment for this patient population is advocated.

Infectious disease specialist Dr. Paul Sax comments: “...undertreatment of symptomatic infection may have serious consequences.”...

<https://www.jwatch.org/fw115107/2019/02/28/seniors-with-utis-delayed-antibiotics-linked-sepsis-and?query=pfwRSTOC&jwd=000012052358&jspc=AN>

Heart Group Updates Statement on Blood Pressure Measurement

March 4, 2019

“The American Heart Association has updated its 2005 statement on blood pressure measurement. Among the highlights...:

--- For office BP measurement...an automated device that can average three or more readings is the preferred approach. Leaving the patient alone may help ensure that he or she doesn't talk during the measurement.

--- For self-measurement at home, a clinician should first check the upper-arm cuff for accuracy...”

<https://www.jwatch.org/fw115117/2019/03/04/heart-group-updates-statement-blood-pressure-measurement?query=pfwTOC&jwd=000012052358&jspc=AN>

Letter from Puanani Woo

(Editor's Note: Puanani is a Hawaii Chapter member and was advisor to the OCAW Kohala Hawaii Chapter.)

Tuesday, April 2, 2019

Dear OCAW Sisters:

The Chinese population on Hawai'i island where I have resided since 1989 is 100% fully acculturated into the island's general population. A PEW RESEARCH CENTER report dated April 6, 2015 reported by Sarah Kehaulani Goo noted that “more than any other state, Hawai'i stands out when it comes to its racial and ethnic diversity. Asians, a category that includes Chinese, Japanese, Korean, Thai, and Filipino immigrants and their families, are collectively the largest population group in Hawai'i at 37%.”

I make this point about our diverse multi-racial mix because I tried to establish an OCAW chapter here headquartered in the district of Kohala that followed Purposes 'c' and 'e' in our OCAW Amended Bylaws of 2006, but it didn't solidify.

White House Initiatives on melding Asian Americans and Pacific Islanders (WHIAAPI) whose definition includes native Hawaiians like me, are already a fact of community life here. We work and share our resources in each other's organizations.

Chinese New Year on Hawai'i island: Our Hawaii Chinese Civic Association (HCCA) in Hilo is composed of a very diverse multi-racial population. We hold an annual Chinese New Year dinner with maximum seating space of about 130 people that is always a sell-out. A Chinese Lion Dance troupe always performs. The Emcee talks about the Chinese immigrant arrivals as plantation workers here in the mid-1850s. That they were accepted by the Hawaiians; still loved China; were eager to make a good life here; and studied to pass the American Citizen Test. Many newborn sons were given first names such as *Washington, Lincoln, and Kamehameha*.

Last month I sent in a proposal to the Board of Directors of HCCA to initiate, sponsor, and maintain for at least three years, starting in late 2019, *a hands-on narcissus flower blooming program prior to Chinese New*

Year. ‘Walking my talk,’ I volunteered to teach the simple processes of obtaining dried but alive narcissus bulbs to bloom with sweet-smelling flowers in about 4 weeks, in time for Chinese New Year festivities.

For decades, the Chinese Chamber of Commerce located in Honolulu has sponsored a super spectacular Narcissus Festival enjoyed by all prior to Chinese New Year in Honolulu. I think Hawai’i island’s population is ready for an expansion of celebrating Chinese New Year and in turn, learning a *mixed* history and culture of where in China, the immigrant Chinese to Hawai’i came from.

In a past OCAW Newsletter, members wrote about the necessity of teaching Chinese language, really to all interested Americans, but especially to American Chinese girls and boys. On that score, here’s what we started to do this past Fall of 2018.

Chinese language and culture infusing into Hawaiian language: William ‘Pila’ Wilson, Ph.D., and his wife, Kauanoë Kamana, Ph.D., were founders of, along with their close high school scholarly friends, the *state-wide Hawaiian language immersion school* located in Kea’au, Hawai’i, named *Ke Kula ‘o Nawahiokalani ‘opu’u Iki Lab Public Charter School*, which is associated with *Ka Haka ‘Ula O Ke’elikolani College of Hawaiian Language, University of Hawai’i at Hilo*. Several months ago, Drs. Wilson and Kamana asked me to mentor their newly hired Chinese language teacher into Hawai’i’s Hawaiian/Chinese language and lifestyles. It was my pleasure to do so. I am a Legacy Donor of *Ka Haka ‘Ula O Ke’elikolani College of Hawaiian Language, UHHilo, University of Hawaii Foundation*.

She introduced herself in the school’s newsletter to the parents of Nawahi (*approved shortcut of long name of school in Hawaiian*). Her name is Sau Shan Chen.

Here’s what Sau Shan wrote: *“Ni hao. Aloha. I am the new Chinese teacher working with students from 4th to 7th grade this school year. Having been born and raised in Hong Kong, I can speak Cantonese, Mandarin, and English. I graduated from the University of Hong Kong with a major in Chinese Language Education. I also studied abroad and pursued my master’s degree in Special Education at the University of Illinois at Chicago. In the past 10 years, I have been teaching World Language Chinese at the Chicago Public Schools. This summer, my husband Jason and I have decided to take a new adventure and move to our new home – the Big Island of Hawai’i. It is a tremendous honor to continue my Chinese teaching mission at Nawahi ‘ohana!”*

Japanese language and culture infusing into Hawaiian language: Prior to hiring Sau Shan Chen, Nawahi completed its program of infusing Japanese language and culture into Hawaiian language. Nawahi has more to go.

Sincerely yours,

Puanani Woo
OCAW Hawaii Chapter member