

# E-Newsletter of the Organization of Chinese American Women

February 2019



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*(from Linda Devine, Editor)*

Happy New Year, and Happy Chinese New Year! Best wishes to you and yours as we begin 2019! Thank you to those of you who submitted material for this issue. It is much appreciated! I am very grateful to my husband Ed for his work on preparing the photos, especially since there were a large number of them.

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. And 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](mailto:devinefive@comcast.net)

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## **Message from the President**

**Dear OCAW Members and Friends:**

**Happy New Year to you and your family!**

It is time to celebrate the Chinese Lunar New Year. It is the Year of the Pig. In Chinese culture, pigs are a symbol of wealth and good fortune with their chubby faces and big ears. People born in the year of the pig

have wonderful personalities and are well blessed.

Looking back over the past year, our chapters did a wonderful job organizing many activities that benefited our communities and members, e.g., Alzheimer's care, Chinese history seminars, flower-arranging demonstrations and seminars, and many more meaningful activities.

I would like to ENCOURAGE our OCAW members TO CONTRIBUTE to our organization by:

1. SHARING YOUR ideas
2. Helping to execute initiatives
3. Becoming a part of our leadership team

I am proud to be part of the organization and look forward to many more great years to come!

Christina Chang  
OCAW National President

### **In Memoriam: Pauline W. Tsui**

The Organization of Chinese American Women mourned the passing of Pauline Tsui in November 2018. In 1977, Pauline co-founded OCAW along with Ambassador Julia Chang Bloch. OCAW's numerous programs and activities enriched the lives of many Chinese American women and others over the decades, and inspired its members to serve their communities in a variety of ways.

The following are tributes to Pauline.

#### **Pauline Tsui – Great Mentor and Role Model**

**by Faith Breen, Ph.D.**

*(Editor's Note: Faith is a former OCAW National President.)*

Ambassador Julia Chang Bloch and Pauline Tsui started the Organization of Chinese American Women (OCAW). Their vision of how Chinese American women could help themselves and others to become part of mainstream America is now taken for granted, but at the time when OCAW was first begun, Chinese American women were not mainstreamed. We were still part of the "old Chinese tradition of following three paces behind our husbands."

I first met Pauline in an elevator at the Old Executive Office Building. We had just finished a briefing and she introduced herself. Little did I know that decades later we would remain friends. She was already retired from the Federal Government, and I was working for The President's Advisory Committee for Women under President Carter. Our Chair, Lynda Johnson Robb, wanted to make sure that our Committee was inclusive, and because we were preparing for National Hearings, Lynda wanted to make certain that Asian Women's voices were heard. This was a new thing for Asian women, and it was the beginning of my introduction to OCAW.

The unique thing about OCAW is that we have always tried to recognize and balance our multiple roles as daughter, mother, sister, wife, grandmother, mother-in-law, widow, etc. And although each of us are in different stages of our life-cycle, OCAW has offered a refuge for learning how to negotiate new strategies for resolving the complexities of our family/career trade-offs.

In closing, the sisterhood of OCAW has made all the difference. We have had the opportunity to create a place where we can explore, share our strengths, practice Chinese, and laugh! Meeting and creating long-lasting friendships with like-minded women who are not afraid to think for themselves, who have the courage to fulfill their full potential, and who are willing to help others. This is the legacy that Pauline gave us and for which she will be greatly loved and fondly remembered.



OCAW's Women-to-Women Delegation, 1987

**Tribute to Pauline Tsui**

**from the OCAW Silicon Valley Chapter**

**prepared by Anne Hu**

*(Editor's Note: Anne is a former OCAW Silicon Valley Chapter President.)*

She was a woman of perseverance and sincerity. From a talk over a cup of tea in Ambassador Julia Chang Bloch's house, Pauline and Julia later founded an organization for Chinese American Women that changed the public's perception of Asian American Women. Pauline worked tirelessly to advance and advocate for the needs of Chinese and other Asian Pacific American Women by helping to improve their educational, economic, social, and political opportunities.

OCAW was chartered in 1977, during a decade when deep cultural changes were altering the role of women in American society. More females than ever were entering the paid workforce, and this increased the dissatisfaction among women regarding huge gender disparities in pay and advancement. It was not only Asian American women, but it was also women of ALL races who were seeking legal rights in the 60s through the 70s.

Through Pauline's vision, more Asian American women in the workforce joined OCAW and established local chapters in the south, on the west coast, and even in Hawaii. More than 40 years later, members of OCAW continue its mission to advocate for and support the needs of Asian American women. In the Silicon Valley Chapter, we've sponsored seminars on a variety of topics relating to career, family, and leisure. We support a local Asian women's shelter for battered women, and we participate in the annual Walk to End Alzheimer's. Pauline came to visit us when we organized the 25th anniversary conference in 2003.

As Pauline is laid to rest, she is remembered for a legacy from which many Asian American women in the U.S. have benefitted. We are forever grateful, and we salute Pauline who founded this great organization for our sisterhood.

#### **From Cynthia Chang, former OCAW Silicon Valley Chapter President**

Pauline was a woman warrior with a kind heart and determination to lead our organization to accomplish so many tasks over the years, and she truly left a legacy behind. We have a number of SVC members serving as elected officials such as school board members, city council members, and mayor to carry on Pauline's vision of taking leadership roles in the mainstream community.

She was our role model, our inspiration, and most importantly, a dear friend. Although she has left us physically, her spirits will live on with all of us!

#### **From Dorothy Lee Huang, Founder and 1st President of the OCAW Silicon Valley Chapter**

My condolences on Pauline's passing.

Pauline Tsui was my mentor to found OCAW-SVC (Silicon Valley Chapter) in 1986. Her inspirational spirit, enthusiastic energy, organized leadership, and endless love and kindness encouraged me to start OCAW-SVC and many other organizations over the past 30 years!

She surely demonstrated true Christian attributes to brighten this world, especially to our Chinese American women! Words cannot express how much I respect her, love her, and adore her. Now she has finished her journey on the earth and returned home to be with our Lord in Heaven. I will miss her for the rest of my life and will continue to follow in her footsteps.

**Remembering Pauline**  
**Celebration of life with the loving family and friends of Pauline Woo Tsui**  
**November 30, 2018**

**by Cathy Roberts**

*(Editor's Note: Cathy is OCAW National Vice President for Membership.)*

It was a cloudy, misty day, when many OCAW sisters with heavy hearts attended the memorial service for Pauline. We joined Pauline's family and friends in remembering and celebrating Pauline's life.

Pauline was a co-founder of the Organization of Chinese American Women (OCAW). She devoted her efforts to advancing and advocating for the needs of Chinese and other Asian Pacific American women by helping to improve educational, economic, and political opportunities. After retiring from government service, she assumed the OCAW Executive Director position, successfully obtaining grants from various sources. These funds enabled OCAW to train and place many non-professional immigrants in meaningful jobs. After one new immigrant completed an English class, she opened a hair design salon, becoming an owner of the business of her dreams. The multi-years' funding from the Herman Lissner Foundation enabled OCAW to set up an office and to develop a series of career advancement training classes. A graduate from the basic computer class went from waiting tables in a Chinese restaurant to working as a bank teller and was then promoted to a supervisory position.

After serving more than 30 years, Pauline retired from OCAW. She decided to write a history of the organization along with Puanani Woo. Together they documented the succession of enterprising, energetic, and committed members who have led the organization in providing educational and social services to the community. This book, History of the Organization of Chinese American Women, was published in 2013.

We will remember her legacy and be grateful for her devotion to advancing Chinese American Women. She will always be in our thoughts.

**Note:** OCAW received a generous check from six friends of Pauline's granddaughter, Traci Lee, in memory of Pauline. They all graduated from Tufts University in 2003.

**Opera International**

*(from Muriel Hom, Opera International Producer-Director)*

For the past 25 years, Opera International has presented critically acclaimed concerts and operas for the Washington, D.C. Metropolitan area community. We have recently been approached to raise money for the Prevention of Blindness Society of Metropolitan Washington. In keeping with the spirit of Opera International's mission to bring high-quality music to the community, we are pleased to support this worthwhile endeavor by presenting a benefit concert.

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; Maria and Emily Chu Duo; Katy Chiang, Cello; and Andy Zatman, Piano.

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.



6-Wire Ensemble

*(Photo taken by Christina Poy)*

**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. Contributions of \$50 and above will be acknowledged in the program.

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

Thank you!

\* \* \* \* \*

The **Prevention of Blindness Society of Metropolitan Washington**, founded in 1936, is dedicated to the improvement and preservation of sight by providing services, education, advocacy, and innovation. POB screens more than 6,000 children annually for vision loss and strabismus, and thousands of adults for glaucoma. It provides more than 1,000 low-income individuals with prescription eyeglasses each year, and helps those with low vision retain their independence through personalized rehabilitation programs at its Low Vision Learning Centers in Alexandria, Virginia, and Washington, D.C. POB sponsors the Low Vision Support Group Network, which provides free support groups for those facing vision loss.



### **OCAW National Officers Lunch**

On Wednesday, January 9, 2019, OCAW's national officers gathered for a lunch organized by President Christina Chang at the Neisha Thai Cuisine restaurant in Vienna, Virginia. We took advantage of this festive time to take care of a few administrative tasks, and plans were briefly discussed for upcoming OCAW events.

The food was delicious, and that included almond roca for dessert kindly prepared and brought by Donna Byler. Maria Yang thoughtfully distributed calendars and notepads for attendees as well.

It was good to see everyone again, including a few OCAW spouses, and it was a nice way to start off the new year.

### **News from the Maryland Chapter**

The Maryland Chapter is very pleased that **Chi-Hua Yang**, Virginia Chapter President, has agreed to also take the reins as Maryland Chapter President. In addition, Chi-Hua serves OCAW as National Treasurer, so we are especially grateful to her for being willing to lead our chapter as well.

She already has made plans for a Chinese New Year Dinner and Celebration which will include both chapters. Maryland members have pledged to assist her with the planning of events as she takes on double duty as President of both chapters.

**Christina Poy**, former Maryland Chapter President, has served the chapter faithfully as Treasurer for a number of years, and we appreciate that she will continue in this role.

The chapter is looking for others to step forward as officers and committee chairs. One urgent need is for someone to be the **Communications Liaison**. This individual would be responsible for reviewing all email that is sent to the Maryland Chapter's email account, deciding which general messages and announcements might be of interest to other chapter members, and forwarding them to the members for their reading. If you could help in this manner, please let Christina know at: [ocawmaryland@yahoo.com](mailto:ocawmaryland@yahoo.com).

If you would prefer to not have an official role in the chapter, we would be grateful for any event you might wish to organize and lead, or for any other assistance you might like to provide. Feel free to contact Chi-Hua or Christina at: [ocawmaryland@yahoo.com](mailto:ocawmaryland@yahoo.com). Any help would be greatly appreciated!

### **News from the Virginia Chapter**

*(from Chi-Hua Yang, President)*

#### **Holiday Lunch**

The Virginia Chapter hosted a holiday lunch on Sunday, December 2, 2018, at Sino's Inn restaurant in Centreville, Virginia.





Everyone enjoyed the food. The ladies all wanted to have small dishes and dim sum. On the other hand, all of the guys desired to order big dishes to fill up their stomachs! ☺ The kids wanted General Tso's chicken. Everyone got what they desired, so all was well!

It was a nice, convivial atmosphere, with conversation flowing on a variety of topics. It was definitely a fun way to begin the holiday season!

### **News from the New Orleans Chapter**

*(from Patricia Ellzey, President)*

#### **Silver Liners Christmas Pot Luck Lunch**

On Saturday, December 8, 2018, OCAW members and other Silver Liners dance troupe members celebrated Christmas with a pot luck lunch. It followed a dance rehearsal at the Chinese Presbyterian Church in Kenner, Louisiana. All enjoyed the occasion.



#### **Christmas Lunch Meeting**

The New Orleans Chapter held a Christmas lunch meeting on Saturday, December 15, 2018 at 1 p.m. at the China Rose restaurant in Metairie, LA. We welcomed two new members and held the 2019 officers election.

2019 officers are:

President – Patricia Ellzey  
Vice President – Yuling Khorsandi  
Secretary – Jeanette Hew  
Treasurer – Nancy Chung

Approved actions included:

To assist in the development of and to help support a local Chinese American Historical Society

To celebrate our 30th OCAW New Orleans Chapter Anniversary to be held in the Spring, with details to be forthcoming after committee discussion (*see information below*)

### **Chinese New Year Celebration Lunch Meeting**

Our Chinese New Year celebration lunch meeting was held on Saturday, January 19, 2019 at noon at the Mandarin House Chinese Buffet restaurant in Metairie, LA.

During the lunch meeting, a \$100 donation was approved to send to Muriel Hom for Opera International's fundraiser concert in April to benefit the Prevention of Blindness Society in Washington, D.C.



Celebrating Chinese New Year early and starting the Mardi Gras season wearing Mardi Gras colors on our party hats. We love to party!





2019 officers

(Top) Jeanette Hew, Secretary, and Patricia Hew Ellzey, President  
(Bottom) Nancy Chung, Treasurer, and Yuling Khorsandi, Vice President



Pat Ellzey with Mangjee Yeh, Yvonne Louie, and Tien Ho



Pat with Jeanette Hew and Jeanette's sister,  
Nellie Underwood



Pat with Sandy Wong and Judy Wong



Pat with Jasmine Wang and Wendy Huynh

### **Upcoming February Meeting**

Our next meeting will be held on Sunday, February 17, 2019, at 1 p.m. at the Chinese Presbyterian Church in Kenner, LA. Our guest speaker will be Ciulan Lee, a local professional skin care and makeup artist and teacher. She will present a lecture and demonstration on what cosmetics to use and how to apply them properly for various occasions.

### **OCAW New Orleans Chapter's 30th Anniversary**

In celebrating the New Orleans Chapter's 30th anniversary, our chapter membership extends a warm invitation to all of our OCAW sisters around the country to come and celebrate with us.

The events will include a celebratory dinner held at the nationally and internationally culinary-awarded Trey Yuen Restaurant with its famous national/international Consultant and Chef Frank Wong, orchestrating a special menu for our celebration on Friday, March 22, 2019 at 5 p.m. On Saturday, March 23, we will have a sightseeing tour of New Orleans, including a lunch at a local plantation, and later we will go to a Cajun restaurant where we will not only dine but will be entertained by a Cajun band, and you can dance as you wish.

On Sunday, all can do their own thing, if they wish. There are so many things to see and do, and we can help advise y'all – be it going on a swamp tour, checking out French Quarter walking tours and/or the French Quarter market, taking horse buggy tours, visiting the famous World War II Museum or our famous zoological garden or the New Orleans Museum of Art or the Jazz Museum, riding the street cars, listening to jazz bands (there are numerous ones), etc. There are so many things to do and so little time to do them unless one actually comes for at least a week! We hope to educate everyone about the New Orleans culture and history, and show all a fun time during the weekend.

**We really need to know how many will be coming so that we can plan accordingly, so please let us know as soon as you are able.** We would appreciate hearing from you by February 15 if possible. We would even appreciate knowing of your interest in attempting to come. We apologize for the short notice; we only realized that hosting our celebration after late March would not work as well, given the heightened activity in the city after that. Details such as specific places and prices will be available as soon as we have the information.

Please direct all questions to Pat Ellzey at: [phewellzey@gmail.com](mailto:phewellzey@gmail.com)

So y'all please come and party with us on this special weekend!!! We're looking forward to having fun with all of our sisters!

### **Upcoming April Event**

At our April event, we will view the documentary, "Chinese Couples," a film by Felicia Lowe. It is part memoir, part history, and part investigation, spanning over 2 centuries, 3 countries, and 4 generations of women in their stories that reveal the impact of the U.S.'s Chinese Exclusion Acts on the family of filmmaker Lowe. The time and place of the event to be determined.



## News from the Silicon Valley Chapter

*(from Wendy Chang, President)*

### November 2018 Midterm Elections and Celebration

During the November 6, 2018 midterm elections, our longtime member, former President, and current Public Relations Officer, **Cynthia Chang**, was re-elected with the highest number of votes as Los Gatos-Saratoga Union High School District Board Member. Cynthia has served on the board for the past 20 years. She is a CPA and holds an MBA from California State University, Los Angeles. She also was on the Saratoga Union School District Board from 1994 to 1998 before serving on the high school board. She also serves as the California School Boards Association Region 20 delegate. She is past President and current Vice President of the Asian Pacific Islander School Board Members Association.

She has been an active leader in the community, serving as the Boy Scouts of America Troop 508 Committee Chair for six years and as the Co-Chair of Saratoga's Memorial Day Observance event for the past three years, just to name a few activities. She was recognized as the "Woman of the Year" for the California Assembly's 24th District in March 2010 for her decades of service to the community. Congratulations, Cynthia!

In addition, a new SVC member, **Phyllis Tung**, ran for Saratoga Union School District Board and won the election. Phyllis has served as PTA President of Argonaut Elementary School and has been involved in various community activities. Congratulations, Phyllis!



Cynthia Chang is 5th from the right, and Phyllis Tung is 2nd from the right.

We are very proud of our chapter members serving in various public offices and community organizations. Following are members who were elected to serve the community:

Lily Mei, Mayor, City of Fremont

Katherine Tseng, Board Member, Los Gatos-Saratoga High School District

Sophia Kao, Board Member, Saratoga Union School District

Kristen Lyn, Board Member, Cupertino Union School District (retired this year)

Hung Wei, Board Member, Fremont Union High School District (retired this year)

On Election Night, many SVC members came to support Cynthia's and Phyllis' campaigns. We attended a party at Claudine's Wine Experience in Saratoga which began at 7 p.m. We were able to see glimpses of the election results at 8 p.m. when the polls closed and after about 30% of the votes had been counted. Both Cynthia and Phyllis were ahead at that time. It was evident that they had won their elections.







It can't be a party without food!



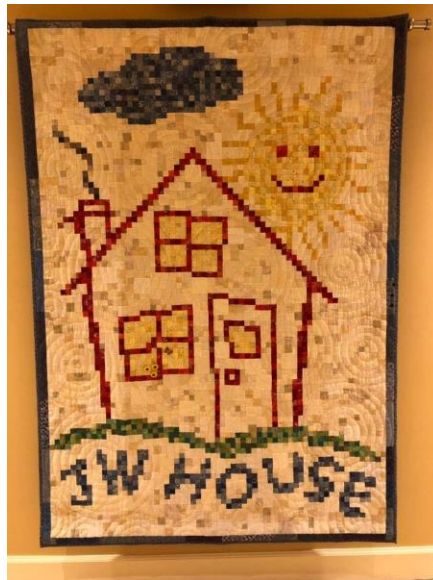
It was a joyous evening for all!



### **JW House Dinner is Served!**

On Friday, November 30, 2018, four of our members, Ai-chuWang, Michelle Huang, Cynthia Ho, and Wendy Chang, had the privilege of serving dinner at JW House. JW House is located on the campus of Kaiser Permanente Santa Clara Medical Center in Santa Clara, CA. JW House 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.

JW House's mission is to keep families together during a medical crisis by offering a welcoming home close to the hospital and providing a caring and compassionate environment that inspires hope.







“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. These nutritious meals provide caregivers and patients not only sustenance, but also time to rest with a sense of community support. It’s just a small return to normalcy that can make facing their family’s medical crisis a little easier.

For SVC’s volunteer meal, Wendy planned the menu and sent it to the JW House coordinator a week before. JW House lets their residents know what will be served at dinner each day.



**Please join us for dinner!**  
Friday at 6:00 PM



**Menu**  
Salad w/Pears, Gorgonzola and Almonds  
Mashed Potato's  
Meatloaf  
Homemade Focaccia Bread  
Cup Cakes for Dessert!

Dinner provided and prepared by:  
**OCAW**

We arrived at JW House at 3 p.m. The volunteers at JW House gave us a tour around the House. Then we started dinner preparations – chopping ingredients for the meatloaves, washing the potatoes, decorating the cupcakes, and so on.





Dinner was served at 6 p.m.!









Cynthia Ho, Michelle Huang, Ai-chu Wang, and Wendy Chang

*(Editor's Note: Congratulations, ladies, on a job well done! Thank you for your time and efforts to serve your community!)*

### **Upcoming Events**

*(from Carol Yuan, former President)*

Preparing another JW House dinner



April – Alzheimer’s Association Chinese Forum

May – seminar on e-cigarettes, marijuana, and related subjects

June – seminar on mental health

July – annual officers installation

### **News from the Hawaii Chapter**

*(from Rena Young Ochse, Treasurer and Newsletter Editor)*

#### **Christmas/Installation Luncheon**

The OCAW Hawaii Chapter had a very successful Christmas/Installation luncheon which was held on Sunday, December 16, 2018 at the Waialae Country Club in Honolulu. It was chaired by Queenie Mow Chee and there were 73 in attendance. Our past Lieutenant Governor, Douglas Chin, installed our officers for 2019. Doug had resigned from being Lt. Governor to run for Congress.



Dr. Lei Ahu Isa, Immediate Past President; Tina Au, Vice President; Susan Chong Wong, President; and Rena Young Ochse, Treasurer

The Lion Dance was ushered in with fireworks and drums beating, which brings us good luck, fortune, and good health. The weather and the beautiful view of the clear blue waters were just perfect.



Rena Young Ochse, former President, and Dr. Margaret Lee, 1st Hawaii Chapter President

Victoria Tan entertained us with her Erhu.







Queenie Mow Chee, former President and Chair of the  
Christmas/Installation Luncheon

(right) Susan Louie Lee, 2018 Treasurer, and Elizabeth Wong,  
President of Associated Chinese University Women (ACUW)



### **Immigration Theme of the Hawaii Chapter's New President**

President Susan Chong Wong states: "OCAW's mission is to advance and to advocate for the needs and concerns of Chinese and other Asian women in this country. I believe that one pressing need is to voice opposition against the current immigration policies being promoted by some government leaders which try to scapegoat and demonize new arrivals. Remember the Chinese Exclusion Acts? The fear of the "Yellow Peril"? In 2019, the "travel ban" and "terrorists" are the latest version of these scary words being used to polarize the country."

Susan elaborated on this issue on our OCAW National Board Quarterly Meeting conference call in January. Susan explained that until she, as the new Hawaii President, began working with Tina Au, the new Hawaii Vice President, she did not realize that coincidentally they had both been working on projects which complement the other, in terms of providing a path for immigrants interested in applying for U.S. citizenship to do so with volunteer tutoring and free legal work from experienced immigration attorneys. It is vitally important that citizenship apps be scrutinized carefully due to the often problematic way in which ICE handles apps. Susan feels that OCAW is an organization which is in a good position to remind our membership as well as others of all of the negative and even hostile attitudes and policies emanating from the Trump administration.

Susan plans to have a major focus this year on helping potential candidates with applications for U.S. citizenship.

### **Upcoming General Membership Meeting**

Our chapter's first General Membership Meeting will be held on Sunday, February 17, 2019 at the Maple Garden restaurant in Honolulu. The speakers will be Chris Conybeare and film director, Joy Chong-Stannard. They will feature Ah Quon McElrath who was a longtime advocate for Asian American women.

She was a wonderful woman and admired by many, including Rena Young Ochse, as she was featured as one of the speakers at a past OCAW conference in Honolulu. (Jeanie Jew and Ruby Moy were among those in attendance at this conference.) She was an amazing woman. Chris and Joy will present a trailer on the film biography of Ah Quon.



### **About History: Chinese People in Hawaii**

The United Chinese Society of Hawaii is the foremost Chinese organization in the State of Hawaii. It represents over 100 Chinese societies, clubs, and organizations. It is a nonprofit organization incorporated under the laws of the State of Hawaii. They have been in existence since 1884 and are celebrating their 135th year.

The OCAW Hawaii Chapter supports this organization. The Society's building needs repair and they would like to receive a grant. We plan to write to the Ways and Means Committee and to Finance for help. Sharon Chun, past OCAW Hawaii President, is 2nd Vice President of this organization.

### **From and About Our Members**

#### **Asian Identity Art Exhibition**

*(from Chi-Hua Yang, Virginia and Maryland Chapter President)*

Chi-Hua Yang attended the Opening Reception of the "Asian Identity" art exhibition on Friday, December 7, 2018, at 6 p.m. at the Korean Cultural Center in Washington, D.C. She represented the VA and MD Chapters in participating in this event.

Chi-Hua was very impressed by this exhibition. It featured works by three artists – one from Thailand, one from Korea, and one from Vietnam.

Chi-Hua said that we all know that most Asians have black hair. But some Asians, be they first, second, or third generation, like to dye their hair blond or red. One of the artists in this exhibition was very proud to express her heritage of black hair in her works of art. Chi-Hua agreed that as Asian Americans, we should value our black hair as a symbol of our history and culture.



*(Photos taken by Chi-Hua Yang)*





Chi-Hua Yang with the Korean Cultural Center exhibition organizer

**From Betty Butz, New Orleans Chapter Past President**



Winter holiday ikebana display created by Betty Butz in December 2018 at Longue Vue House and Gardens in New Orleans. Photo taken by Betty.

**About Cynthia Chin-Lee, Silicon Valley Chapter member**

Christina Chang received an update from Cynthia Chin-Lee. Their family moved from Palo Alto, California, to their dream home by the beach in Half Moon Bay, and they are very happy there! You can read Cynthia's news on her blog at:

<http://cynthiachinlee.blogspot.com/>

**From Dr. Lei Ahu Isa, Hawaii Chapter Immediate Past President**

*(forwarded by Rena Young Ochse, Hawaii Chapter Treasurer and Newsletter Editor)*

“It was an honor to again serve as an Elected Trustee for the Office of Hawaiian Affairs. The formal induction ceremony was held at Washington Place and honored our beloved Queen Lili'uokalani, with music played by cousin Aaron Mahi. My brother, Pastor and Judge Elwin Ahu, tied the traditional “lei hulu” around my neck to symbolize royalty. The ceremony was followed by an authentic Luau.



What is the Office of Hawaiian Affairs (OHA)?

OHA is focused on strategic priorities for improving the conditions of Native Hawaiians in the areas of ‘āina, culture, economic self-sufficiency, education, governance, and health. OHA's advocacy involves conducting research whose findings are used to guide decisions and empower communities to inspire positive results in these areas. OHA's advocacy also calls for developing and shaping public policies that have broad implications for the Hawaiian community. OHA's advocacy is reflected in its efforts to help ensure that laws are complied with at the local, state, and federal levels. In addition, OHA's advocacy requires working with communities to share information and build public support for Hawaiian issues.”

**About Tina Au, Hawaii Chapter Vice President**

*(from Rena Young Ochse)*

Tina was selected by the United Chinese Society as “Model Chinese Citizen of the Year.” She was honored at a ceremony at the Jade Dynasty Seafood Restaurant in Honolulu.



Victor Lim, United Chinese Society Immediate Past President; Anita Lim; Richard Au, Tina's husband; Tina Au; and Henry Ou, United Chinese Society President

### **New Year Reception**

*(from Chi-Hua Yang, VA and MD Chapter President)*

A New Year Reception was hosted by Sharon Bulova, Chairman of the Fairfax County, Virginia Board of Supervisors on Tuesday, January 8, 2019, at the Fairfax County Government Center in Fairfax, Virginia. Ms. Bulova will be retiring at the end of 2019 after 30 years of community service.



Christina Chang, Jeanie Jew, and Chi-Hua Yang



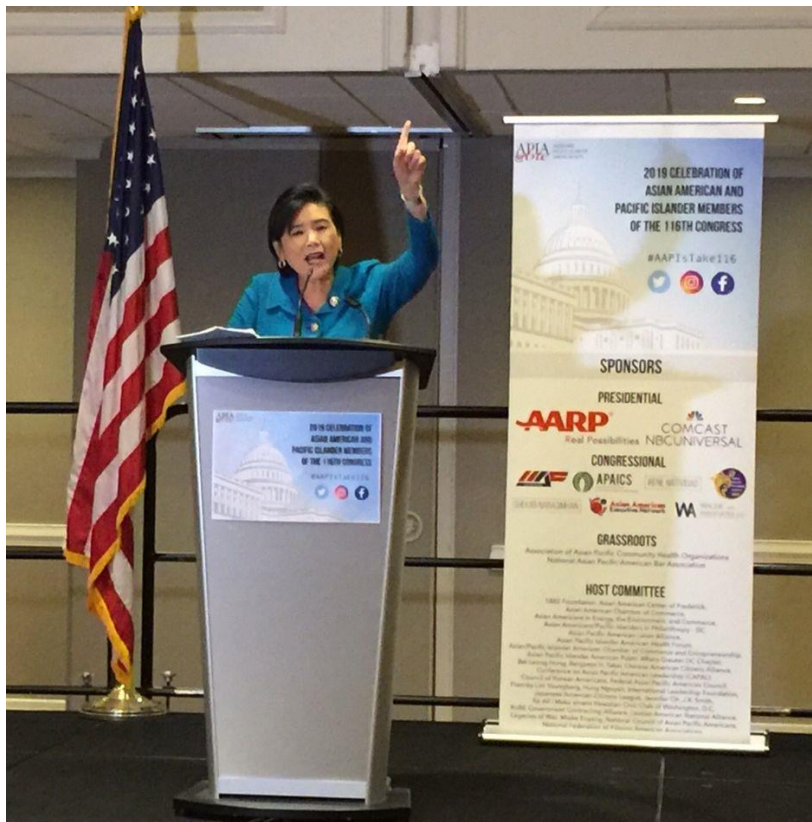
OCAW-VA members Chi-Hua Yang, Christina Chang, and Jeanie Jew participated in this event. There were many local nonprofit organizations in attendance. Chi-Hua met the President of the Northern Virginia Ethical Society, and she actively promoted OCAW to him. She firmly believes that it is important to let others know what we are doing as an organization.

### **2019 Celebration of the AAPI Members of the 116th Congress**

*(from Maria Yang, Virginia Chapter Immediate Past President)*

On Tuesday, January 15, 2019, my husband Dr. William Zeile and I participated in the Celebration of the Asian and Pacific Islander (AAPI) Members of the 116th Congress at the Renaissance Hotel in Washington, D.C. More than 600 participants warmly welcomed the AAPI Congressmen and Congresswomen in the hotel ballroom. Outside the hotel, the streets of D.C. were piled up with white snow and Federal government employees continued to endure the longest partial government shutdown in U.S. history.

Since my husband and I both lived in California for many years before moving to the D.C. area, we took advantage of a chance during this event to meet and talk with California Congresswoman Judy Chu, who is the first Chinese American woman elected to the U.S. Congress. Congresswoman Chu has been a member of Congress since 2009 and since 2011 has chaired the Congressional Asian Pacific American Caucus (CAPAC). Since 2013, she has represented the 27th Congressional District of California, which includes the Los Angeles suburb where my husband grew up.



Congresswoman Judy Chu

I appreciate that America provides the opportunity for any citizen to serve in elected office, in contrast to the absence of freedom and democracy 30 years ago in the country where I am from. The 116th Congress is not only the most diverse in history but also includes a record number of 20 AAPI Members of Congress, as well as the largest CAPAC membership in history. Founded in 1994, CAPAC is comprised of Members of Congress of Asian and Pacific Islander descent and members who have a strong dedication to promoting the well-being of the Asian American and Pacific Islander (AAPI) community.

The celebration in the hotel started at 6 p.m. and lasted about three hours. Ramen noodle soup was served along with Asian appetizers to warm everyone on the cold winter day. I met some old friends from government agencies and also visited with Chi-Hua Yang, Christina Poy, and Pam Wong from OCAW.



Maria Yang, Congresswoman Judy Chu, and Dr. William Zeile

*(from Chi-Hua Yang, VA and MD Chapter President)*

Chi-Hua said she believes that it is so important for Asian American women to be active and participate in events such as this so that our voices can be heard.



Maria Yang and Chi-Hua Yang representing the OCAW-VA and MD Chapters, with MSNBC News Anchor Richard Lui in the background

*(below)* Speeches by Members of Congress







Maria Yang (OCAW-VA), Christina Poy (OCAW-MD), Pam Wong (OCAW-MD),  
and Chi-Hua Yang (OCAW-VA)



*(Photo courtesy of APIAVote)*

## Health Information

by Dr. Lihua Zhang

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

### About Vitamins: the potential benefits of taking vitamins to treat psychoses

In the *NEJM (New England Journal of Medicine) Journal Watch* of January 25, 2019, Dr. Steven Dubovsky reviewed research by scientists concerning vitamins and psychoses. Elevated homocysteine levels have been reported in schizophrenia.

In a 12-week Australian study, researchers provided doses of vitamin B6, vitamin B12, and folic acid to 100 patients with a first episode of any psychotic disorder. All patients continued their usual treatment, including antipsychotic drugs. Vitamins decreased homocysteine levels. Results of the study, combined with other findings, suggest that **taking vitamins could be helpful to patients suffering from psychoses**. Vitamins have many benefits – and apparently an added one, in this particular instance.

### About Exercise

The following are excerpts from an article in *The New York Times* by Gretchen Reynolds, dated January 25, 2019, along with paraphrases. It was entitled “Outrunning Hunger,” and summarized that “Intense exercise may change the way certain neurons influence our appetite and metabolism.”

The full article can be accessed via this link:

<https://www.nytimes.com/2019/01/25/well/move/exercise-appetite-hunger-weight.html>

“Exercise and eating have an...unsettled relationship with each other. Workouts can [decrease appetites, or they can increase them]. People who start an exercise program often overeat and gain weight – and yet **studies and...experience demonstrate that regular exercise is needed to avoid regaining the weight lost during a successful diet.**”

Intrigued by these contradictory outcomes, researchers at the University of Texas Southwestern Medical Center, along with colleagues from other institutions, ran an experiment on the melanocortin circuit, a brain network...known to be involved in metabolism. The resulting study, published in...*Molecular Metabolism*, suggests that intense exercise might change the workings of certain neurons in ways that could have beneficial effects on appetite and metabolism.

The melanocortin circuit consists mainly of two types of neurons. The...NPY cells relay signals encouraging the body to seek food, while the...POMC neurons countermand those orders, reducing interest in food. Animals, including humans, that lack healthy POMC neurons, usually become morbidly obese.

The researchers focused on what exercise would do to these cells in mice, whose melanocortin circuits resemble ours. Healthy adult male mice either ran on small treadmills or...were placed on unmoving treadmills. The exercise routine consisted of 60 minutes of fast, intense running, broken into three 20-minute blocks. Afterward, the mice were free to eat or not, as they chose. The researchers then checked...activity in some of their brains...



**Exercise had a considerable impact...** The runners' POMC neurons were much more active than those in the idle mice...The mice also ate less after exercise than had been their habit before.

**These findings could help us understand “why many people report little interest in food in the hours after intense exercise”**...The data also suggest that continued training potentially remodels the neuronal circuitry in ways that endure, which might partly explain why exercise so often helps with long-term weight management.

**Of course, this study involved just one form of exercise, which was strenuous and prolonged, and it involved mice...[It was a limited study and did not involve mild exercise or female mice, so such results are unknown.] Even so, the data hint that a taxing run has the potential...for a while to reduce our interest in food.”**

### **The Often Forgotten Borax Miners from China**

**by Audrey Lee**

*(Editor's Note: Audrey is a former Maryland Chapter Board Member.)*

Death Valley, California – the site of the hottest recorded temperatures on earth. In March 2018, during a hiking trip in this incredibly diverse National Park, I listened with rapt attention to the Park Ranger narrating the history of Borax, also known as “white gold.” Some of us may recall the Borax Laundry Detergent television commercial depicting the famous “20 Mule Team,” but I had not known that most of the borax miners in Death Valley, between 1883 and 1888, were from China. As the Park Ranger pointed across the salt flats to the remaining ruins of the adobe brick bunkhouse where some 40 Chinese miners had lived, I was humbled by their perseverance and endurance.





The Harmony Borax Works, a privately-owned company, had initially hired European miners, but most of them took one look in the extreme heat and quit, on the spot. Those who stayed were allowed to commute from Amargosa, a nearby town, and earned more than the \$1.25 daily wage paid to Chinese miners. Between 1883 and 1889, over 10,000 tons were mined in Death Valley's unbearable heat by these Chinese miners. The borax was hauled 165 miles across the Mojave Desert, in wagons pulled by the mule teams, on a road built by the Chinese miners. Then in 1889, when more cheaply-mined borax could be easily transported from Boron, California, Harmony Borax Works went bankrupt.



*(Photos taken by Audrey Lee)*

A quick Google search provided scant mention of these Chinese Death Valley miners. One blog recounts the legend of “The Borax Man,” allegedly the ghost of a seven-foot-tall Chinese man who was accidentally burned during the chemical processing of borax. With an attempt to raise our awareness, the National Park Service website states: “[*The Chinese Workers*] made a road 160 miles long through the salt pinnacles and raked the borax off the valley floor from 1883 until 1888 when the last 20 mule teams rolled out of the valley. Then, they too disappeared, leaving only bits of broken bottles, pottery shards, and remnants of porcelain in their place. What were their feelings about this place? Did they ever come back? Questions with no known answers.”

We may never know what happened to these stalwart men when the Death Valley mine closed in 1889, but their efforts should never be unrecognized in American legends. Most online information only refers to the Death Valley bunkhouse as some “ruins” of the Harmony Borax Works. I wish those remaining bricks could tell us the stories of these oft-forgotten miners.

## **Mums the Word**

**by Camilla Ng**

*(Editor's Note: Camilla is a former Maryland Chapter President.)*

The Chrysanthemum is one of the “Four Gentlemen” in Chinese culture. It is the celebrated flower of autumn. Blooming in the cool air while summer flowers are already spent, it symbolizes vitality, elegance, and courage. The chrysanthemum has been cultivated in many varieties in China for thousands of years. Chinese scholars have created poems and paintings to celebrate its beauty and character.

The chrysanthemum was the favorite flower of the great Chinese literati poet Tao Yuanming (365-427).

*Drinking Wine (#5) by Tao Yuanming*

*I have built my home amidst the realm of men  
Yet I hear no clamour of horses or carriages.  
You ask me “How this is possible?”  
When the heart is far, one is transported.  
Plucking chrysanthemums by the eastern hedge,  
I gaze toward the distant southern hills.  
The mountain air is fresh at dusk,  
Birds are returning home in pairs.  
In this lies the essence of truth.  
Wanting to explain it, but cannot find the words.*

The chrysanthemum is also a medicinal herb. My mother used a poultice of mum flowers to treat us whenever we came down with pink eye. Chrysanthemums are also used in tea, wine, and food. Chrysanthemum flowers and Bonay tea is the tea of choice at dim sum for me. Lightly stir-fried chrysanthemum greens are quite delicious.

In the United States, the National Chrysanthemum Society (NCS) hosted its 75th anniversary convention and show on Saturday, October 27, 2018 in Reston, Virginia. Enthusiastic mums horticulturists from different states, as far as the West Coast, brought their blooms to fill the exhibit room with beauty. Visitors were wowed by the many categories of mums and floral designs.





Cascading bonsai mum





First place bonsai mum



Single stem blue ribbon winners





I include here the National Chrysanthemum Society website, for those who would like to know more about the many cultivars of mums: <https://www.mums.org/>. There are local chapters throughout the country. In the Washington Metropolitan area, there is the Potomac chapter in Maryland and the Old Dominion chapter in Virginia. The chapters offer monthly educational meetings during the growing seasons, and very affordable rooted cuttings in spring.

Following the simple cultivation instructions from the Chrysanthemum Society, I successfully grew a variety of disbudding chrysanthemums. Here are a few of them with blooms, some **larger than my palm**.



Viennese Waltz



Golden Rain

Norton Vic and Nijin Bigo





I enjoyed the last blooms in the first week of December. It is no wonder that chrysanthemums inspired the ancient Chinese poets!



Shanghai Red, the last bloom



As large as my hand!

*(Photos taken by Camilla Ng)*