

E-Newsletter of the Organization of Chinese American Women

February 2021



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(from Linda Devine, Editor)

Happy New Year and Happy Chinese New Year to all! This is our first issue of 2021.

COVID-19 regrettably has continued to dampen OCAW chapters' and individual members' normal activities. However, with a new Administration in place which is dedicated to strongly combatting the virus and working toward a robust vaccination plan, hopefully we will begin to see some light at the end of the tunnel. In the meantime, I applaud those of you who are active and are successfully dealing with the pandemic.

Thank you to those who submitted material for this e-newsletter. I also appreciate my husband Ed's efforts in preparing the many photos.

Please note a new feature that we are introducing: **Culture Corner**. This was conceived by Cathy Roberts, our National Vice President for Membership. Cathy felt that members could periodically write about an aspect of culture. An example would be a special recipe and perhaps the history of that culinary item, as she has presented for this issue. All are welcome to think of ideas and write them up for publication.

As always, I encourage OCAW members to write articles or submit information for the e-newsletter if there is something you think would be of interest to the membership. I continue to aim to publish 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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Christina Chang: Ten Years of Outstanding Leadership

Kudos and our profound thanks to Christina Chang, for ably leading OCAW as its National President for the past ten-plus years! Christina has been willing to turn over the reins of the Presidency to a new volunteer, but in the absence of another individual willing to step up, she has soldiered on in her role and has kept the organization together. OCAW members have been very pleased with her leadership, and have been happy to have her remain in her position.

We truly appreciate Christina's hard work, conscientiousness, attention to detail, responsiveness, diplomacy, and graciousness. Thank you, Christina! :)

New National Treasurer

Joanne Wang has kindly agreed to volunteer as OCAW's new National Treasurer. She has been a longtime OCAW member, and actually was the first President of the Virginia Chapter. We are happy to have Joanne fulfill this important role.

Recently, she, Christina Chang, and Mimi Hom met at OCAW's bank to sign new signature cards. Joanne is getting up to speed with her new responsibilities.

We would like to extend our warm thanks to ChiHua Yang, who is our outgoing Treasurer. ChiHua worked simultaneously as both the National Treasurer and as President of the Virginia Chapter, and we are grateful for her efforts in both positions!

OCAW Website

Sharon Chun is a Hawaii Chapter member and she maintains their chapter's website. We are grateful to her for recently volunteering to work on our national website. She is building upon the much appreciated efforts of Audrey Chen, a longtime OCAW member, who started the process of redoing the site.

The website has been a challenge to update and modernize, and we look forward to Sharon's efforts to revitalize it. Cathy Roberts has said that she stands ready to assist.

News from the Virginia Chapter

Cathy Roberts and Donna Byler are national officers and are also members of the Virginia Chapter. As mentioned in the Introduction to this issue, Cathy has conceived of an idea to create a segment in the OCAW e-newsletter that focuses on aspects of culture, and Donna has aptly named it "Culture Corner." They are looking forward to having a discussion with fellow Virginia Chapter members about possible topics for this feature.

A suggestion might involve upcoming important Chinese holidays. If there is a traditional food which is prepared, perhaps one could write about it and maybe present some historical background surrounding it or the holiday. (See Cathy's article in this issue.)

Another idea might concern a book that a member feels is of note. Perhaps it focuses on a cultural or historical aspect, or it might be a biography of an individual who has made an impact in some way. The article could be a summary of the book, hopefully encouraging other interested members to read it.

Cathy and Donna strongly encourage members of all chapters to think of ideas and submit write-ups. “Culture Corner” will be published in those issues when there are such submissions.

News from the Silicon Valley Chapter

(from Carol Yuan, President)

(Editor’s Note: The Silicon Valley Chapter has been busy over the past few months, and Carol has supplied reports of their various events below. We have appreciated their chapter’s invitation to all OCAW members to participate in their activities.)

How to Accentuate Your Inner Beauty – Get a Right Fit for Your Bra Size

Sunday, November 1, 2020

The seminar was held on Zoom, and close to 30 members and friends participated in it.

Longtime OCAW-SVC member and former president Anne Hu conducted the seminar. She has over 10 years’ experience in lingerie production at an import company in the Bay area. Anne has received Distinguished Toastmaster recognition by Toastmasters International.

如何量自己的尺碼？

A How to determine your band & cup size?
With your bra off, take the following measurements.

Band Size Chart

If your measurement is:	27	28	29	30	31	32	33	34	35	36	37	38
Then your band size is:	30	32	32	32	34	34	34	34	36	36	36	38

If your measurement is above 38" your band size is your next even number.

1. BAND SIZE
Measure your underbust (A) and refer to the chart above.

2. CUP SIZE
Difference in inches between bust (B) and underbust (A) see chart on the right.

Difference	Cup
1" Difference	A
2" Difference	B
3" Difference	C
4" Difference	D
5" Difference	DD/E
6" Difference	DDD/F
7" Difference	G
8" Difference	H
9" Difference	I
10" Difference	J
11" Difference	K
12"+ Difference	L



She explained that as women go through changes in life (pregnancy, weight loss or gain, mastectomy), bra size fitting is also crucial for healthy living.

In this seminar, she covered how to measure for your bra, bra fitting, types of bras, and how to find the right bra type. October is Breast Cancer Awareness Month. Anne also reminded participants of how to do the monthly breast self-exam and the importance of performing it.

Holiday Cooking

Sunday, November 15, 2020

This cooking demonstration was held on Zoom, and over 45 members and friends participated in it.

Former Silicon Valley Chapter President Wendy Chang is an amateur cook, a hobbyist artist, and a professional florist, and she presented this cooking demonstration. Wendy provided the shopping list ahead of the meeting.

In her home kitchen, she demonstrated how to prepare a full holiday feast in three hours. We all wished to knock on her door and get a taste of her dishes after the demonstration!

Below is the menu and the shopping list Wendy shared.

Thanksgiving Dinner

Roasted Turkey
Mushroom gravy
Yam with Marshmallows
Mashed Potato Soufflé
Wild Rice Sausage Stuffing
Autumn salad

Trader Joe's Shopping List

Brined Turkey; Yams 1 bag; Mini marshmallows; Brown sugar; Unsalted Butter; Golden Potatoes 1 bag; Eggs; Swiss, cheddar, or Monterey Jack cheese shredded (or combination) 1 bag; Milk; Wild rice; Italian pork sausage 2 containers (raw); Onion; Baby kale 2 bags; Mushrooms (any type you like) about 1 lb; Flour (1/2 cup); Chicken stock; Mixed baby green salad; Dried apricot or dried cherries; Dry roasted walnuts or pecans; Apples or Pears; Blue cheese; Balsamic vinegar; Olive oil







Aesthetic Elements in Photography

Sunday, December 6, 2020

Guest speaker: James Liang

The seminar was held on Zoom, and close to 70 members and friends participated.

With the advent of the digital imaging era, everyone owns a digital camera or mobile phone. We often find fascinating moments or corners in our daily life and would like to take a picture that satisfies ourselves.

Michelle Huang, Silicon Valley Chapter Vice President, is a student of James Liang. She invited Mr. Liang to speak to us and coordinated this seminar.

Mr. Liang graduated from the Institute of Foreign Languages at National Taiwan University in Taiwan. He was formerly the secretary of Taiwan's Central Printing Plant, the editor of the *Central Daily News*, and the translator of *Sing Tao Daily*. After that, he served as the president and photographer of Moffett Photography. Mr. Liang specializes in portrait, wedding, and merchandise photography. He is often invited to give photography lectures for various companies and groups. Mr. Liang started working as a photography teacher at Tzu Chi eight years ago. The courses include beginner and intermediate photography.

Mr. Liang first explained the basic principle and techniques of photography, including photographic eye, lighting and shadow, composition, color, atmosphere, emotions and feelings, and timing and moments. He then presented slides of hundreds of photos that he took in Los Gatos downtown and in the parking lot of a winery in Napa Valley to tell the story of each photo. The winery was not opened to the public due to the pandemic.

Mr. Liang's photos showed that beauty is everywhere, whether it is a window display or a parking lot. He thinks neither the principle, techniques, or equipment is the most important factor in a good photo. Rather, live experiences and mindset are more influential. He rarely post-processes his photos. He suggested that everyone stroll in the neighborhood, observe things around them, and patiently capture the moment that touches us.

Adobe Acrobat - How to Develop Your Photographic Eye - Protected View - Saved to this PC

File Home Insert Draw Design Transitions Animations Slide Show Review View Help Acrobat Search

PROTECTED VIEW Be careful—files from the internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. [Disable Editing](#)

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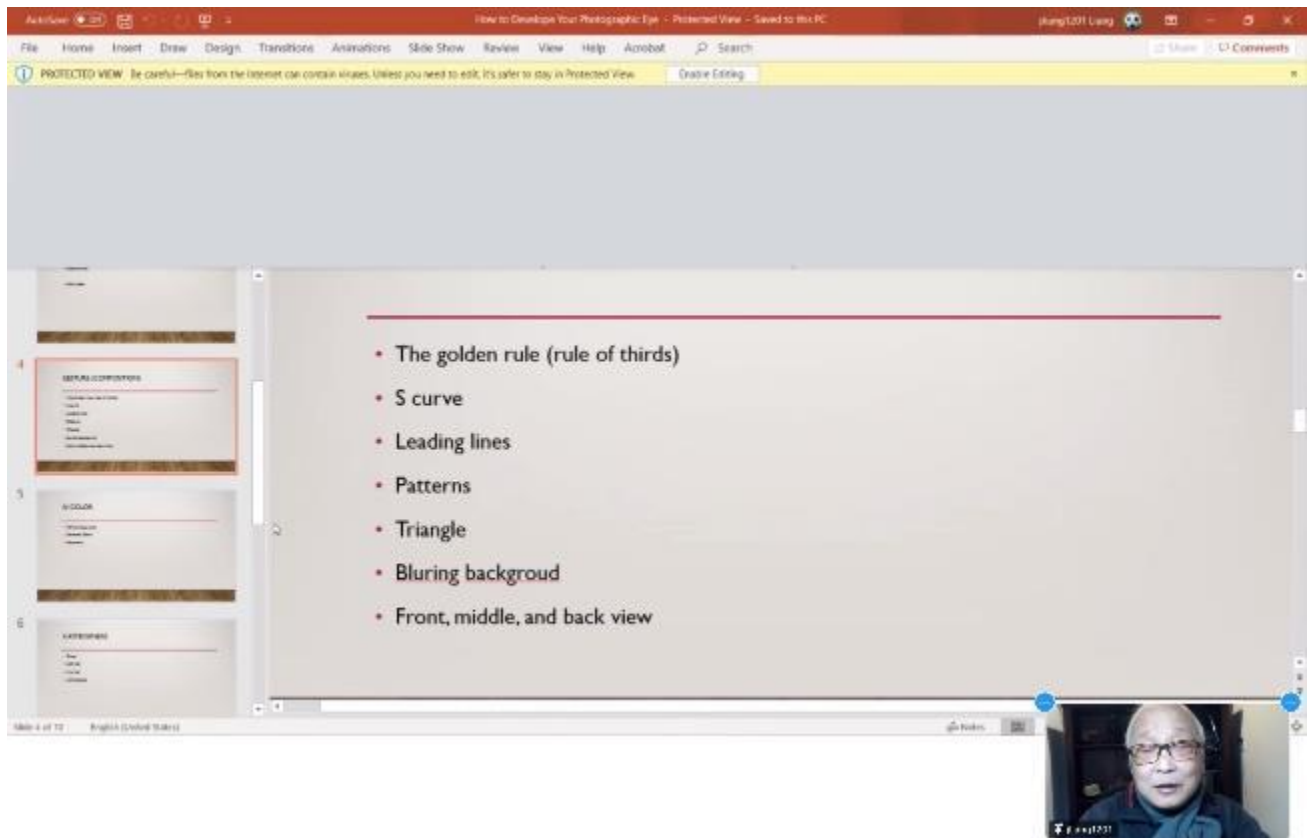
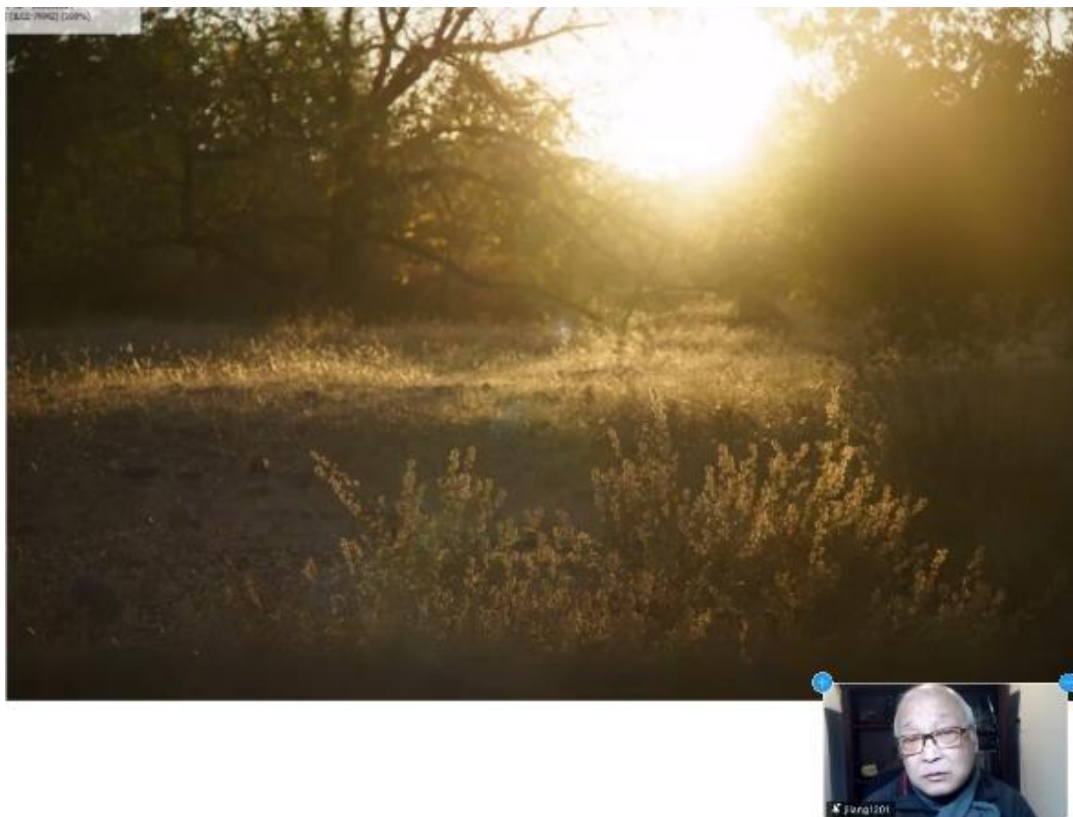
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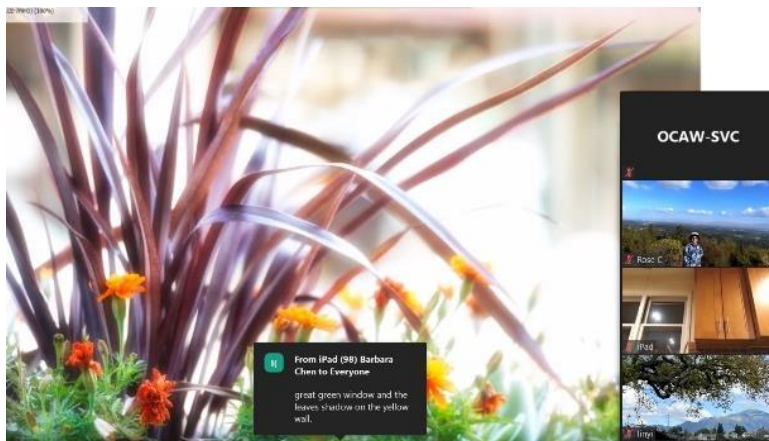
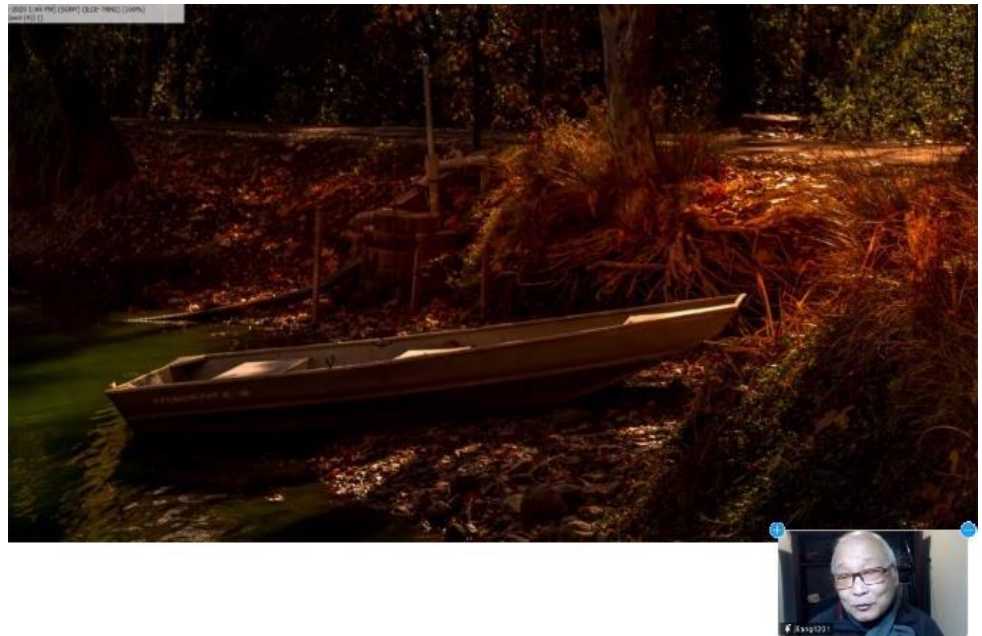
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- The golden rule (rule of thirds)
- S curve
- Leading lines
- Patterns
- Triangle
- Blurring background
- Front, middle, and back view

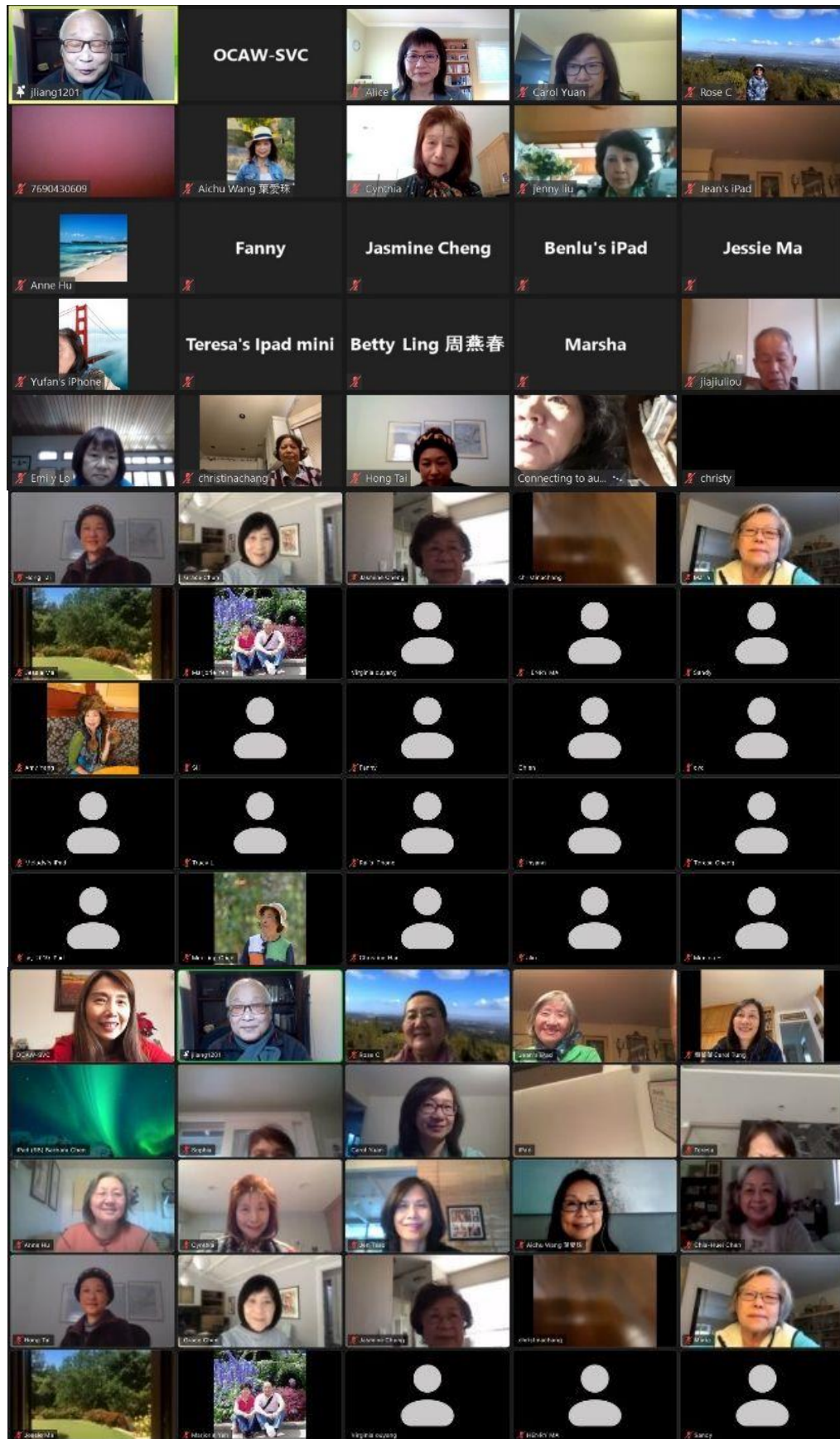
Slide 4 of 10 English (United States)

Jung1201

A screenshot of a presentation slide titled "How to Develop Your Photographic Eye". The slide is displayed in a Protected View window of Adobe Acrobat. The slide content is a list of photographic principles: The golden rule (rule of thirds), S curve, Leading lines, Patterns, Triangle, Blurring background, and Front, middle, and back view. The slide is part of a presentation with 10 slides, and the current slide is slide 4. The presentation is titled "How to Develop Your Photographic Eye" and is saved to the PC. The window title bar shows "Adobe Acrobat - How to Develop Your Photographic Eye - Protected View - Saved to this PC". The window also shows the Adobe Acrobat menu bar and a search bar. The slide is displayed in a Protected View window, and a warning message is shown at the top: "PROTECTED VIEW Be careful—files from the internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. Disable Editing". The slide is part of a presentation with 10 slides, and the current slide is slide 4. The presentation is titled "How to Develop Your Photographic Eye" and is saved to the PC. The window title bar shows "Adobe Acrobat - How to Develop Your Photographic Eye - Protected View - Saved to this PC". The window also shows the Adobe Acrobat menu bar and a search bar. The slide is displayed in a Protected View window, and a warning message is shown at the top: "PROTECTED VIEW Be careful—files from the internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. Disable Editing".







Zumba Socials

Sunday, November 8; Sunday, December 13; and Sunday, December 27, 2020

All of these events were held on Zoom. They have been led by our officer YuFan Lu, and we have been enthusiastic about her passion and upbeat spirit in the last few months. Being in the middle age of our lives, YuFan encourages every member to take care of herself, stay healthy, and embrace every day happily. She led us again for a great time in the Zumba Holiday Party.





From Resilience to Celebration: An In-Depth, Pictorial Journey Inside San Francisco's Beloved Chinatown

Sunday, January 10, 2021

Guest speakers: Dick Evans and Kathy Chin Leong

The Silicon Valley Chapter and the Saratoga Historical Foundation co-sponsored this cultural historical speech which was presented on Zoom. Annette Stransky is the President of the Saratoga Historical Foundation. Our chapter has worked with Annette on various community celebrations and service events over the years. A hundred members and friends from both organizations joined together for a fun afternoon. It was unfortunate that some individuals were not able to participate because the 100-maximum capacity of our Zoom account was reached 10 minutes after the presentation started.

Dick is a San Francisco-based photographer with an interest in documenting the colorful and rapidly changing neighborhoods of the city. Dick studied engineering and management. He has spent his fifty-year career in the global metals sector, living in five countries and multiple locations in Africa, Europe, and North America. It was during these travels that he developed an appreciation for the diversity and richness of different cultures, and an interest in documentary photography.

Kathy is an award-winning journalist, and she covers travel, technology, business, art and architecture, and anything that piques her interest. Her writing has been published in *The New York Times*, the *Los Angeles Times*, *National Geographic Books*, and other nationally-recognized publications. Growing up in a bi-cultural environment, Chinese at home and American at school, she is typical of many American-born-Chinese who struggled with identity issues and eventually learned to embrace their Chinese heritage.

For two years, Dick scoured the streets of San Francisco's Chinatown taking breathtaking photos, developing friendships with merchants and nonprofit leaders along the way. Kathy partnered with Dick and conducted more than 100 interviews. Together, they narrated the slide show with never-seen-before images from their

newly-released photo documentary book, *San Francisco's Chinatown*, to tell the history, culture, tourism, and traditions of San Francisco's Chinatown. All revenue from book sales will be donated to collaborating nonprofit organizations.

The presentation was recorded. Below is the link for the recording. The speakers welcome sharing the video with everyone who is interested in San Francisco's Chinatown. Get yourself a cup of tea, sit back, and enjoy!

<https://www.youtube.com/watch?v=E3e-4qPWPFs>

The book's website: <https://www.chinatownbooksf.com/>







After the 1906 earthquake, Chinatown



was rebuilt as a tourist attraction.





Asian Pacific Islander School Board Members Association Support Letter

Longtime Silicon Valley Chapter member and former President Cynthia Chang is a Trustee and has served on the Los Gatos-Saratoga Union High School District Board since 1998. She currently is also the President of the Asian Pacific Islander School Board Members Association (APISBMA).

As recommended by Cynthia, on behalf of OCAW-SVC, Carol emailed a letter on January 19, 2021, in support of APISBMA's recommendations regarding the Ethnic Studies Model Curriculum. The original draft contained seven lesson plans, and the Department of Education cut the unit to three lesson plans in Summer 2020.

Upcoming Event

Saturday, March 27, 2021 – Alzheimer's Association Annual Chinese Forum

The forum will be presented on Zoom and will be held in Mandarin.

The Silicon Valley Chapter, along with the **OCAW New Orleans and Maryland Chapters**, will be sponsoring this event. The sponsors' responsibility is mainly to help promote the forum to their members, family, and friends, and to encourage individuals to join the event.

Our chapter has been sponsoring the Chinese Forum for several years, hoping to help members learn about this disease and become familiar with the services the Alzheimer's Association provides.

News from the Hawaii Chapter

(from Roberta Wong Leung, President, and Rena Young Ochse, Communications Chair)

2021 Hawaii Chapter Officers

President: Dr. Roberta Wong Leung

Vice President: Rena Young Ochse

Secretary: Edwina Lee

Treasurer: Gladys Lee

Finance and Special Event: Queenie Chee

SOP, By Laws, Public Affairs: Susan Chong Wong

Website Maintenance: Sharon Chun

Communications: Rena Ochse

Membership: Rena Ochse

Nominations: Dr. Sandra Young

November 2020 Board Meeting

Roberta reports that she and the Board had their first Board of Directors meeting on Sunday, November 29, 2020 to plan the calendar for the year, and they approved the budget.

They determined the following schedule of meetings for 2021:

Board Meetings

Sunday, January 31, 2021

Sunday, April 25, 2021

Sunday, July 25, 2021

Sunday, October 31, 2021

General Membership Meetings

Sunday, February 21, 2021 (via Zoom)
Special Speaker: Claire Chao

Sunday, May 16, 2021
Speaker: Crystal Kwok

Sunday, August 8, 2021
Speaker: Queenie Mow Chee

Sunday, November 28, 2021
Election of 2022 Officers

Sunday, December 19, 2021
Christmas/Installation Event

Note: Queenie Chee, Event Chair, reported that the chapter's annual Christmas and Installation of 2021 Officers Luncheon originally scheduled for Sunday, December 6, 2020, had to be postponed due to the uncertainties caused by COVID-19. The Honolulu Country Club graciously refunded the chapter's deposit.

Queenie hopes that this year the chapter can hold a celebration and a belated Installation of Officers.

Chapter Motto

Roberta would like for the chapter's motto this year to be Queen Emma's motto: "Kulia I Ka Nu'u" – Strive for the Highest. She would like for all chapter members to work together to achieve their goals together "and to the highest."

Upcoming Event

Book talk by Claire Chao, author of *Remembering Shanghai*
Sunday, February 21, 2021
Hawaii time 1:00 p.m.; PST 3:00 p.m.; CST 5:00 p.m.; EST 6:00 p.m.
Via Zoom

The book is a winner of over 20 literary and design awards, including the Rubery Book Prize BOOK OF THE YEAR.

All OCAW members are invited to participate. RSVP to Roberta Wong Leung at:
robertawongleung@gmail.com

The Hawaii Chapter is also extending an invitation to the Chinese Women's Club of Honolulu and Associated Chinese University Women to attend.

From and About Our Members

2020 Montgomery International Film Festival

(from Karina Hou, Maryland Chapter President)

(Editor's Note: Karina is the Co-Chairman of the Montgomery International Film Festival.)



On Friday, December 11, 2020, the Montgomery International Film Festival held its second annual celebration for independent filmmaking around the world. Due to the coronavirus, the MIFF Committee decided to host its award ceremony online to minimize in-person contact.

After following the progressing trend of the international film industry, the committee was thrilled to receive entries from all over the world. Despite the change in plans, the festival was still able to celebrate its love for filmmaking and storytelling on screen. The committee invited speakers such as **Montgomery County Executive Marc Elrich, First Lady of the State of Maryland Yumi Hogan**, MIFF Executive Director Tony Jia, and MIFF Co-Chairmen Karina Hou and Margaret Sha to share their thoughts on the festival.



“Nothing could have prepared us for the circumstances this year,” Ms. Hou laments as she reflects on the challenges they faced a few months prior. “The festival is still going to be just as meaningful. The value of art and film is something precious to all of us, especially in the face of global disaster.”



Ms. Sha, who has been working closely with Ms. Hou, shares, “We set up three units: Perseverance, Discovery, and Care. Only with persistence can there be a future. Only with exploration can there be innovation. We advocate love and care and we create with love and responsibility so that our works will become powerful.”



Executive Director Tony Jia has worked diligently with the MIFF team and dedicated himself to making improvements to last year’s festival plans. Panelists and judges were invited from all around the world to participate and carry out important discussions about the film industry. “It is very important for us to provide a platform for filmmakers both locally in Maryland as well as across the world. It carries our best wishes for the community moving forward.” Mr. Jia’s contribution to the Committee has allowed for a successful turnout, especially during a time where online communication has become vital.



First Lady of Maryland Yumi Hogan also shares a few words of encouragement for the festival. “Art is a wonderful tool to spread hope during these challenging times,” says Ms. Hogan. “No matter who you are or where you’re from, art provides comfort and healing. This is why it is important for us to extend our support to future and current filmmakers.” She personally thanks Karina Hou, Margaret Sha, and Tony Jia for organizing the festival and introducing great films to the community.



Montgomery County Executive Marc Elrich shows his support for the festival and acknowledges the importance of films as a vehicle for personal expression. “I would like to commend the filmmakers who are able to see beauty and artistry, and capture it in a way that we the audience can see it as well. Films are not only a representation of the wonder that surrounds us, they are also a reflection and commentary on our humanity. 2020 has been very difficult for everyone. I know the film industry has been hit hard and I would like to thank the filmmakers for continuing to produce films.”

The following is the link to the Virtual Award Ceremony for this year’s festival:
<https://youtu.be/u7Ha3FrDW6g>

Last year’s festival:







Culture Corner

Chinese New Year

Year of the Ox February 12, 2021



新年快樂

(from Cathy Roberts, National Vice President for Membership)

In China, the start of a new year is celebrated with a Spring Festival, the biggest holiday of the year. Traditionally, people give their house a big spring cleaning and hang *couplets* on their doors. The Chinese New Year (based on the Lunar Calendar) is the most important holiday in Chinese culture. The most important meal of the year is the New Year's Eve reunion dinner (年夜飯 / Nián yèfàn). No matter where they live, all family members will return to their hometown. The most common dinner is the Hot Pot (圍爐). All family members sit around the table with a heated pot with boiling water in the center, and everyone dips in one's favorite meats and vegetables into the hot boiling water and feasts.

According to the legend, in ancient times, there was a monster named Nián (年). It usually lived at the bottom of the sea and came up once a year to feast on animals and humans. On this day, the villagers would all escape into the mountains.

One year, a beggar came to seek shelter, but everyone was hurrying away. Only an old woman took him in, and he promised to chase Nian away. He busied himself with decorating the house.

At midnight, Nian lumbered in but stopped short when it saw the red paper on the doors. As it roared in anger, firecrackers suddenly sounded and it trembled in fear. When Nian saw the beggar dressed in red and laughing at it, it quickly ran away.

The villagers came back the next day and were pleasantly surprised that the houses were all still standing. They realized that loud noises and the red color were Nian's kryptonite.

This is the reason, on New Year's Eve, that families eat dinner in their homes fortified by red decorations. At midnight, firecrackers are sounded. In addition, people will wear new and festive red clothing to prevent the return of Nian.

Before the New Year, most families will steam various types of Nian Gao (年糕), also known as "rice cake" in English. These are a must for the Chinese New Year. The "gao" in "nian gao" is a homophone of 高 (gāo – tall/high). It's a wish to be successful and "higher" each year. Every year will be better than the last. Some parents like to tell their children that eating Nian Gao will help them grow taller too.

After more than two thousand years of Nian Gao development, there are numerous variations. Nian Gao from northern regions and the south almost seem like entirely different foods. There are various types of rice cake recipes. The one below is the most common sweet rice cake and it is easy to make.

Recipe for Sweet Rice Cake

Ingredients

4 cups glutinous rice flour
1¾ cups sugar (granulated or brown sugar)
2 cups plus 2 tablespoons boiling water

Directions

1. Mix sugar and boiling water until sugar is dissolved. Add glutinous rice flour and mix well.
2. Put the rice mixture into the inner pan of a Tatung rice cooker. Add 2½ cups water into the outer pan and steam for about 45 minutes. Insert toothpick into the center; if it comes out clean, it is done.

If you have any questions, feel free to contact Cathy Roberts at: nairobi94@yahoo.com

The Artwork of Karina Hou

(Editor's Note: Karina is the President of the Maryland Chapter. Some OCAW members had the opportunity to view some of Karina's paintings, and we thought that they were beautiful.

Karina submitted some examples of her artwork for the e-newsletter, and below are the first of two installments of her work. The second will appear in the next issue.)



Assuming the pen name of Ancient Humming, Karina Hou showed great interest towards art from a young age. Under the careful guidance of her nurturing parents, she cultivated a strong interest in art and music. After pursuing a music education and concentration in piano, she went on to open the Fantasia Music Studio. In addition to her music career, she dedicates time to perfecting her painting technique.

Her charming art style represents a fusion between artists such as Shen Jie and Pei-hua Chiang. Her still-life compositions exemplify her control of the brush stroke on each piece. The elegance of her subject matter, such as the peony and lotus root, is juxtaposed with a brooding mood represented by the mountains, towering forest trees, and various birds and beasts.



Ms. Hou's works are based on the principles of nature, reality, and balance. Animal figures are carefully interlaced within natural scenery, complimenting its magnitude. With great endurance and persistence, she captures the pure beauty in nature and everyday life.

