

E-Newsletter of the Organization of Chinese American Women

June 2019



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(from Linda Devine, Editor)

Thank you to those of you who submitted material for this issue. As always, I am most grateful for it. I also would like to especially thank my husband Ed for his work on preparing the unusually large number of photos, as this is our longest issue to date, at 61 pages.

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

Have a wonderful and safe summer break, whether it be traveling or relaxing at home. See you in the fall!

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New OCAW National Secretary

(from Christina Chang, National President)

I am pleased to announce that Susan Chong Wong, President of the Hawaii Chapter, has graciously agreed to become our new National Board Secretary. We appreciate Susan's willingness to serve.

Dorothy Hsiao has been OCAW Secretary for many years. We have appreciated her dedication and ongoing service. She has agreed to continue on the board as a Board Member at Large, focusing on special projects.

Opera International

(from Muriel Hom, Opera International Producer-Director, and Linda Devine)

On Sunday, April 28, 2019, Opera International was pleased to host a Gala Benefit Concert in support of the Prevention of Blindness Society of Metropolitan Washington. It was held at the Adat Shalom Reconstructionist Congregation Synagogue in Bethesda, Maryland – a beautiful, open, and airy space which provided a perfect venue. Thousands of dollars were raised, and the event was a great success, both financially as well as musically!

Muriel (Mimi) Hom, Producer-Director and Founder of Opera International, worked with Eszter Szabo, Director of POB's Mobile Clinic, to organize the event and tend to all of the many details.

The program opened with a Vocal Duo of Emily Chu, Soprano, and Maria Chu, Mezzo Soprano. Alma Sanford accompanied them on the piano as they beautifully sang two numbers. The audience was transfixed, particularly by their performance of the beloved Hansel and Gretel Lullaby. It was no wonder; Emily and Maria are the twin daughters of renowned singers Hai-bo Bai and Hong-fa Chu.



Cathy Yang next performed expertly on the erhu.

She was followed by virtuoso Xiang Gao on the violin. Cathy and Xiang are members of the famed 6-Wire Ensemble.



Jessica Stecklein, Lyric Coloratura Soprano, performed two arias, accompanied by pianist Adelaide Edelson. Jessica has sung major roles in Opera International productions in the past, and, as before, she was well received.



The first half of the program concluded with remarks by Jennie Kronthal, Second Vice President of the Board of Trustees of POB. She expressed her heartfelt thanks for the efforts of those who made this benefit concert possible, and for the many people who bought tickets, made generous contributions, and attended the event.



An intermission followed, and refreshments were served. Mimi Hom had brought lemonade which attendees enjoyed, and Camilla Ng, former OCAW Maryland Chapter President, had arranged to have Whole Foods donate cookies for the event. The cookies were plentiful, large, varied, and delicious! Many commented on how tasty they were, and they were gone in a flash! ☺ Attendees also had an opportunity to meet and greet one another during this time.

After being fortified with food and drink and lively conversation, audience members returned to their seats for the continuation of the concert. The second half of the program opened with Katy I-Hsuan Chiang, accomplished Cellist, accompanied by Alma Sanford.



(Photo taken by Eszter Szabo)

After more singing by Jessica Stecklein, the 6-Wire Ensemble concluded the program with two pieces for a rousing finale. Xiang Gao, Violin; Cathy Yang, Erhu; and Jiayue Yang, Piano, generated an electric atmosphere in the hall, with their talented and energetic performances.

6-Wire had performed at Opera International's benefit concert for Puerto Rico Hurricane Relief held in November 2017, and the audience had enjoyed them so much that Mimi Hom had asked them to return for this concert. Once again, attendees were thrilled by their superb ensemble playing and their charisma.







Mimi Hom, Opera International Producer-Director (*center, in black*), and Hai-bo Bai, Stage Manager for the event (*behind Mimi*), enjoying the concert

All in all, it was a wonderful afternoon, much to the delight of everyone.

Mimi would like to thank the Adat Shalom Reconstructionist Congregation, who generously provided the hall free of charge. She also is grateful to Hermon Presbyterian Church, where she is pianist and Music Director, for their members' donations to the concert.

Most importantly, she extends her appreciation to longstanding patrons of Opera International, and to members of the Organization of Chinese American Women, who supported this event with their attendance and with their monetary contributions. Thanks in particular for the generous donations by OCAW-VA members Henriette Levy, Christina Chang, Cathy Roberts, and Maria Yang, and OCAW-MD members Susan Young, Janet Biermann, Linda Devine, and Camilla Ng. And a special thank-you to the OCAW New Orleans Chapter and to former OCAW Hawaii Chapter President Queenie Chee, who lived too far away to attend, but who nevertheless thoughtfully gave generous contributions to support Mimi's efforts and the event.

(Editor's Note: Mimi donated an extremely generous amount to the cause as well.)



OCAW members and family

(top row) Ed Devine, Linda Devine, William Zeile, Steve Chang, Steven Hom, Tommy Devine, Zachary Reeder, and Andy Hom

(bottom row) Dorothy Hsiao, Camilla Ng, Susan Young, Maria Yang, Christina Chang, Christina Poy, Muriel Hom, Janet Biermann, Hai-bo Bai, Stephanie Reeder, Amanda Devine, and Toni Lynn Iachetta

(Photo taken by Fatima di Cantelli)



Susan Young and Ben Soumekh

(Photos in this article taken by Linda Devine unless noted otherwise)

News from the Maryland and Virginia Chapters

Ikebana International events

(from Linda Devine)

Ikebana International returned to the U.S. National Arboretum in Washington, D.C. with its annual series of exhibitions and demonstrations, to the pleasure of many, including OCAW members and friends. The weather could not have been better to enjoy our outings, and the lecture room was filled with eager viewers of all ages for all four demonstrations.

On Saturday, April 13, 2019, Camilla Ng (OCAW-MD member and former President), her friend Astrid Rapp, and Linda Devine enjoyed an informative and upbeat presentation by Helena Arouca, who conducted a demonstration representing the Sangetsu School of ikebana. She explained the various tenets which guide the creating of a classical piece – the different lengths of the branches or flowers in relation to the width of the container, the angles at which they are placed in the arrangement, and so on. It was obvious that she loved the various flowers she used, and enjoyed the process from beginning to end.



Afterward, Camilla, Astrid, and Linda viewed the first of three displays of ikebana arrangements.

The beginning of the exhibit featured an arrangement



accompanied by a scroll with a Chinese poem, which referred to the arrival of spring. Camilla noted that the museum has displayed this poem in previous years during the spring ikebana show.

Camilla's translation of the poem:

Spring River Scenery (Yuan, Cheng Jufu)
Seven characters quatrain

Green willow red peach spring in the air, Mandarin ducks disturb the peaceful water.
The east wind flows through the flowers and grass, lament youth is no more.

There were 29 interesting and varied arrangements representing the Ohara, Ichiyo, Sogetsu, Chiko, and Ikenobo Schools.



Camilla and Astrid concluded the afternoon by viewing the Chinese Penjing Pavilion, a favorite of Camilla's.

Camilla Ng and Astrid Rapp

The following day, Sunday, April 14, Susan Young (OCAW-MD member and former Secretary), her friend Janet Ho, and Linda witnessed another wonderful demonstration, this time by Joyce Overholtzer, who spoke on behalf of the Sogetsu School. This school is a modern one and one of the most popular.

Afterward, the threesome toured the ikebana exhibit and enjoyed talking with one another and comparing which of the pieces they particularly liked. Here were some of Susan's favorite arrangements:



(Photos taken by Susan Young)

Susan commented that it is so nice to be able to attend such a wonderful and enjoyable event every year.



Susan Young and Janet Ho

The following weekend, on Saturday, April 20, Chi-Hua Yang (OCAW-MD and OCAW-VA President), her husband Glen Schwartz, Linda, and Linda's son Tommy were treated to a demonstration led by Valerie Eccleston, an Executive Master of the Ichiyo School. Valerie gave an extensive history of ikebana for the benefit of those who were not familiar with its origins.

At the conclusion of the demonstration, Chi-Hua, Glen, Tommy, and Linda viewed the third and final display of arrangements. There were 26 items representing six different schools. The four of us had a lot of fun critiquing all of the pieces!



Tommy and Linda had arrived at the Arboretum early enough to initially view the new display prior to Valerie's demonstration. As Tommy was brand new to ikebana, he had looked at the pieces without any prior knowledge. However, after Valerie's very informative talk in which he learned a lot about the underlying principles of the flower-arranging art, he viewed the exhibit a second time with Chi-Hua and Glen with a more discerning eye. Examining the different arrangements was more meaningful to him, as he could understand the compositions better.



Tommy Devine, Glen Schwartz, and Chi-Hua Yang

Afterward, Tommy and Linda took time to visit the three pavilions of the National Bonsai and Penjing Museum: the Japanese Pavilion, the North American Pavilion, and the Chinese Pavilion. The pavilions contain beautiful gardens, and they are replete with numerous bonsai and penjing examples.

Chi-Hua and Glen, for their part, set off onto the Arboretum grounds on a hunt for peonies!

Sunday, April 21 featured the final demonstration, by Bruce Wilson of the Saga Goryu School. He explained a lot of the philosophy behind ikebana, and as his school is thought of as the oldest of the schools (it is celebrating its 1200th anniversary!), he presented interesting information on the very beginnings of the art.

It is always enjoyable to visit the Arboretum for these demonstrations and exhibitions. The art is consistently beautiful!

(Photos taken by Linda Devine unless noted otherwise)

“Empresses of China’s Forbidden City” Exhibition

(from Ru Fan, former Maryland Chapter President; Janet Biermann, Maryland Chapter member; and Linda Devine)

Sunday, May 26, 2019 was a beautiful day for a trip downtown to enjoy a wonderful museum experience. At the Smithsonian’s Arthur M. Sackler Gallery in Washington, D.C., the “Empresses of China’s Forbidden City, 1644-1912” exhibition was on display for the public to view. Camilla Ng, former OCAW Maryland Chapter President, had arranged for docent-led tours, and about 30 OCAW-MD and OCAW-VA members and their families and friends took advantage of the wonderful opportunity.



(Photo taken by Lily Liu)



Empress Dowager Cixi

(Photo taken by Janet Biermann)

Docent Walter Woo led the English language tour, and docent Ru Fan, former OCAW Maryland Chapter President, led the Chinese language tour. Paintings and art works of various kinds were on display, and Walter and Ru masterfully imparted their knowledge and enthusiasm to the attendees.



Docent Walter Woo

(Photo taken by Linda Devine)

Tours lasted about an hour and a half, after which we were free to remain in the galleries, examine pieces more closely, and read the various information boards in greater detail.



Empress Dowager Ci'an

(Photo taken by Janet Biermann)



(Photo taken by Linda Devine)



(Photo taken by Linda Devine)

It was an excellent educational and cultural experience. Our thanks to Walter and Ru for giving so generously of their time, and to Camilla for initiating the event and organizing the details! Thanks also to Ru for the informative article about the exhibition which follows.

About the Exhibition

by Ru Fan

To celebrate the fortieth anniversary of U.S.-China diplomatic relations, the Peabody Essex Museum in Boston, and the Freer Gallery of Art and Arthur M. Sackler Gallery in Washington, D.C., organized jointly with the Palace Museum in Beijing the exhibition 'Empresses of China's Forbidden City, 1644 – 1912.' The exhibition is being shown at the Sackler Gallery from March 30 to June 23, 2019.

There are more than 200 pieces of treasure from the Beijing Palace Museum, and some others from various other museums. The objects include elaborate Qing court robes, paintings, calligraphy by the Emperor Qianlong, gold and silver wares, jewels, furniture, and religious artifacts. Through the dazzling display of artworks associated with the lives of Qing dynasty empresses, we learned the multidimensional role the empresses played in shaping the history of the Qing court.



Docent Ru Fan

In the official history and archives of the Qing imperial court, the lives of empresses and other consorts were largely missing; however, despite the patriarchal structure of the court, the empress headed the affairs of the imperial family and could exert influence on the emperor. The empresses were also involved in promotion of agriculture and sericulture, which formed the economic foundation of the empire. The Empress was therefore regarded as the 'mother of the state.'

The exhibition organized the display of the artworks into ways that illustrate and emphasize the functions and values that guided the lives of the female members of the Qing imperial household. Rooms focusing on marriage, power, motherhood, lifestyle, religion, and politics reveal the empresses' significance in court dynamics, extending to arts, religion, or diplomacy, as well as their contributions to the multiethnic cosmopolitanism of the Qing.



Headdress

(Photo taken by Janet Biermann)



Empress Dowager Chongqing

(Photo taken by Janet Biermann)

The following scrolls are part of a monumental birthday gift. The Qianlong Emperor commissioned four handscrolls to commemorate the 60th birthday of his mother, Empress Dowager Chongqing. The set measures more than 360 feet in length and required 29 painters almost ten years to complete. Qianlong presented the paintings to Chongqing on her 70th birthday.

The scenery depicts her return to the Forbidden City, with her travel routes decked out for festivities in her honor.

(Ink and color on silk)



(Photos taken by Janet Biermann)



(Photo taken by Christina Poy)

We highly recommend that you see the exhibition. You will be treated to wonderful history and very interesting artifacts!

(Editor's Note: Christina Poy, Maryland Chapter Treasurer, also attended the exhibition in March. See her brief article which appeared in the April OCAW E-Newsletter.)

News from the New Orleans Chapter

(from Patricia Ellzey, President)

Lorraine Lee Allen

The New Orleans Chapter reports with sadness that Lorraine Lee Allen passed away on Mother's Day. Lorraine was one of our first OCAW New Orleans Chapter Presidents. She was a friendly, warm, and dynamic personality and an ambitious, entrepreneurial success. Lorraine was born and raised in New Orleans and was the sister of our late beloved local Sheriff Harry Lee.

Lorraine was active until the end. For the last few years, even though she had been diagnosed with pancreatic cancer two years ago, she conducted sightseeing tours all over the world. She was even planning to guide another one just a few days before her passing. She was quite a gal!

The following link provides more information about Lorraine:

<https://m.legacy.com/obituaries/theneworleansadvocate/obituary.aspx?n=lorraine-lee-allen&pid=193044532&referrer=0&preview=True&sfns=mo>

Unfortunately Pat will not be able to attend the memorial service since she is currently living in Connecticut, but chapter Vice President Yuling Khorsandi will make the 3-hour drive to be there, and she will represent the chapter along with Treasurer Nancy Chung. Other chapter members might attend as well.

News from the Silicon Valley Chapter

(from Wendy Chang, President)

JW House “Dinner is Served” Fundraiser

On Sunday, March 17, 2019, we held a fundraiser for the JW House “Dinner is Served” program at SVC member Nai Hsueh’s home in Saratoga, CA. The event raised funds for the food costs of the 6 JW House dinners that we have signed up to serve this year.

Nai’s husband, Sungchi Huang, is a phenomenal cook, and he demonstrated in front of us how he prepared many delicious dishes. Not only did we learn how to make all of the wonderful culinary creations, but we had a sumptuous feast afterward!



This is Sungchi, the phenomenal cook!



Plum wine lemonade, water, and lemonade



Roasted Vegetables



Fried Salmon Avocado Sushi



(from top left) Marinated Tomatoes, 4 different Salsas (avocado, shrimp, calamari, and corn)
with chips, and Roasted Vegetables
(from bottom left) Crab Salad with Endive and Fried Salmon Avocado Sushi



Cauliflower in Tomato Sauce



Coffee Spareribs



Seafood Paella



Chinese Alzheimer's Forum

On Saturday, April 6, 2019, many of our members volunteered at the 13th Annual Chinese Alzheimer's Forum presented by the Alzheimer's Association at Intel Auditorium in Santa Clara, CA. This is the 4th year that OCAW-SVC has helped sponsor the event.

The association invited the Chinese community to this forum to learn about the updates on Alzheimer's disease and related dementias, hear stories from caregivers, and learn about community resources to support patients and their families.

The topics included Alzheimer's disease basics and the diagnosis process by Dr. Richard Tsai; behavior management and hospice care by Dr. Chin Liao; and brain health research updates by Dr. Boon Lead Tee.

Nearly 500 people attended this forum.





Blossom Festival

We participated in the 7th Annual Blossom Festival on Saturday, April 13, 2019 at the Heritage Orchard and Saratoga Civic Center in Saratoga, CA. The event was free and open to the public.

Activities included a wide range of music, entertainment, paintings, Saratoga historical characters, artists, local organizations, and artisans. There were also gourmet food trucks, children's activity tables, and a petting zoo. The Festival was produced by the Saratoga Historical Foundation and sponsored by the City of Saratoga.

It was a gorgeous day. With trees blossoming, many people came and joined in the fun.





OCAW-SVC hosted a booth of Chinese hands-on Arts and Crafts. Carol Yuan and Sophia Yang prepared the materials to make paper lanterns, paper cuttings, and the Mask of Chinese Opera. Cynthia Chang contacted Ms. Mariam Fan, Chinese teacher at Saratoga High School, and she found us volunteers from the Chinese classes. These student volunteers assisted children with the crafts. Alice Chiou and Wendy Chang also helped man our booth in the afternoon.



Sophia Yang, Carol Yuan, Cynthia Chang, and Mariam Fan



Our booth was well attended. One attendee commented that it was the most colorful and had many varieties of hands-on activities.



JW House Dinner is Served

On Thursday, April 25, 2019, Wendy Chang, Cynthia Ho, Annie Chang, and Yang Lin 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. OCAW-SVC reserved 6 dates in 2019 to serve dinner at JW House. This is the 2nd dinner that we have served this year.

We started cooking our meal at 3 p.m. and finished around 6. We stayed and had dinner with the guests. It’s our way to help the community and also bond with our members.

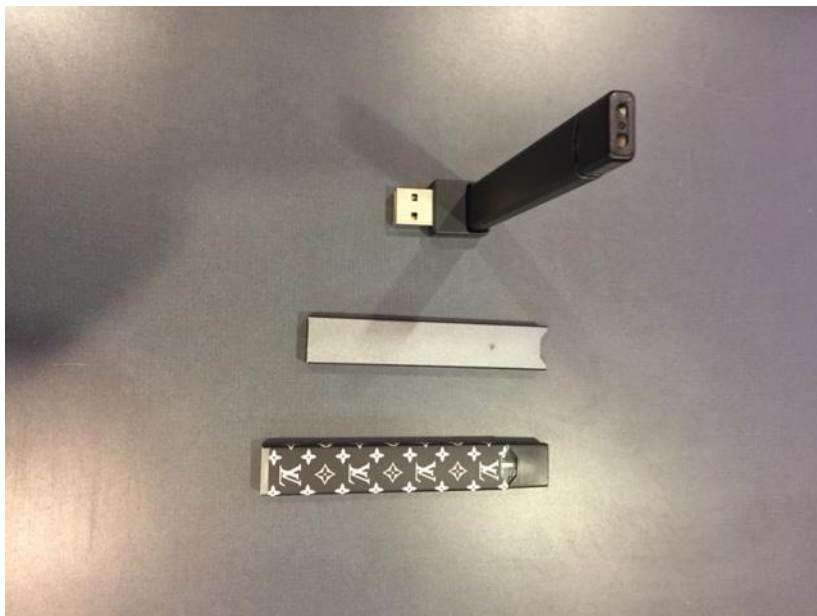






E-Cigarette Workshop

OCAW-SVC and the Asian Pacific Islander School Board Member Association hosted a workshop on e-cigarettes at the San Jose Public Library on Sunday, April 28, 2019. Cynthia Chang coordinated with Deputy Russell Davis of the Santa Clara County Sheriff's Office and brought us this eye-opening workshop, "What you need to know and how to talk to your kids about e-cigarettes."



Although vaping has been around for over a decade, its popularity exploded in 2017, taking many families, schools, and healthcare providers by surprise.

Vaping, or ‘Juuling’ as it is often referred to by teens and young adults nowadays, is the inhaling and exhaling of an aerosol produced by using a vape device. For every story or article touting the benefits of vaping, there is an equal number raising concerns about the risks, especially for teens and young adults.

Deputy Davis helped us understand what vaping is, why it is appealing to youth, and what research has to say about the risks and unknowns due to the lack of long-term studies.

Many parents from the local middle school and high school attended this informative workshop.



News from the Hawaii Chapter

(from Rena Young Ochse, Treasurer and Newsletter Editor)

April General Membership Meeting

On Saturday, April 27, 2019, the OCAW Hawaii Chapter held its second meeting at the new location at King's Restaurant and Bar in Honolulu. There were 28 members and guests in attendance.

Our speaker was Bryan Man, President of the Chinese Community Action Coalition (CCAC). He shared information on various community efforts to support our immigrants in their quest to become U.S. citizens.

CCAC explained 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.

Related to this topic:

Our member Susan Lee attended an event earlier this spring at Harris United Methodist Church and helped fill out applications for immigrants. Susan speaks well in both Chinese and English.

Susan said, "The program was well run by volunteer attorneys and many volunteers like myself. They ensured that we were verbally trained and gave us paperwork to study at home, and on the day of the event there were people available to answer our questions and an attorney to review our work at the end.

I felt that the program was worthwhile, when one considers the 'life-long' impact for the applicant. It was time well spent!!"





Upcoming General Membership Meeting

Our next meeting will be held at Maple Garden Restaurant in Honolulu. The date is set for Sunday, July 14, 2019. Jennifer Wong will be talking about her experience at the Narcissus Queen pageant.



Jennifer was born in Honolulu, Hawaii. She was the valedictorian of Kapolei High School and received her Bachelor of Science degree in Biology (Physiology concentration) from the University of Washington. Jennifer was employed at Seattle Children's Research Institute as a lab research assistant before moving to Hawaii.

She speaks Cantonese and Mandarin. Her goal is to become a doctor and help those in need, and use her Chinese fluency to provide better communication between patients and medical staff.

From and About Our Members

Tung Hsin Choral Society 40th Anniversary Concert

(from Christina Poy, Maryland Chapter Treasurer)

OCAW Maryland Chapter members past and present (Mimi Hom, Christina Poy, Macy Lu, Suzy Hung, and Carol Lau) attended the Tung Hsin Choral Society 40th Anniversary Concert on Saturday, March 30, 2019 at the F. Scott Fitzgerald Theatre in Rockville, Maryland. As the director of the Governor's Commission on Asian Pacific American Affairs in Maryland, Christina Poy made congratulatory remarks and presented the Governor's Citation to the Tung Hsin Choral Society.



Former OCAW Maryland Chapter Presidents Suzy Hung and Christina Poy
with former board member Carol Lau



Christina Poy, Mimi Hom, and Hyunsook Choi (a
commissioner on the Governor's Commission on
APA Affairs in Maryland)



Administrative Director Christina Poy of the Maryland Governor's Office of Community Initiatives presented the Governor's Citation.

From Betty Butz, former New Orleans Chapter President



Ikebana composition "Spathe" by Betty Butz at a workshop held at Longue Vue House and Gardens in New Orleans, April 2019

From Carolyn Wong, Virginia Chapter member

Founded in 1994 by former U.S. Commerce Secretary and U.S. Transportation Secretary Norman Y. Mineta and former Delegate Robert Underwood, the **Asian Pacific American Institute for Congressional Studies (APAICS)** has been at the forefront of supporting the Congressional Asian Pacific American Caucus with programs and events.

In honor of APAICS' 25th Anniversary, the organization has launched a brand new Microsite. The link is: 25.apaics.org

It contains interesting information about Asian American political history and about the organization itself, and Carolyn thought that OCAW members might be interested in checking out its contents.

About Chu Lan Shubert-Kwock, former Hawaii Chapter President

(from Rena Young Ochse)

Chu Lan Shubert-Kwock has been in the news lately. She is President of the **Chinatown Business and Community Association** in Honolulu.



Back in February, she had a bad accident and is now improving by using a cane to walk. She's a fighter and is still out there trying to improve conditions in Honolulu's Chinatown. Many people are afraid to visit the area because of the numbers of homeless people and robbery incidents. She is working hard to make Chinatown safe for people to shop and visit there.

From Grace Sams, former Virginia Chapter President

(Editor's Note: Grace currently lives in California and wrote an article celebrating Mother's and Father's Day for the "Globe Newspaper of the Orange County Register." It was published on May 9, 2019. She wanted to pay tribute to her parents.

Grace writes, "It relates to a period in China that was after World War II which may be interesting to our younger readers who may not be too familiar with the history of that time.")

All About Family

As Mother's Day and Father's Day approaches, I thought about my parents with tender and renewed memories. My Dad survived WWII as a fighter pilot in the Chinese National Air Force. He was trained by the instructors under General Chennault, who were in China to help the defense against Japan's invasion. During one attack, he was shot down but luckily only lost some teeth and broke a few bones. A tough and disciplined military man, he naturally gave us children similar training. He would give us the knuckle or hit our palm with a ruler whenever we did something unruly. But I never resented that because I respected him and I realized my behavior was unacceptable.

On one occasion, he gave me a book of Tang Dynasty's 300 Most Read Poems and Chinese paintings to go with each poem. I was surprised he was aware of my love for arts and letters since we seldom interacted except when I did something wrong. Inside the book cover, he inscribed (in Chinese, of course), "To my beloved first daughter. From your Dad." This book caused much envy from my sister.

My mother was the one who provided us the daily supervision. We grew up at the time China was recovering from WWII. The country was in desperate need of rebuilding. We lacked all kinds of material goods and my mother made all our clothes. She was an industrious seamstress. Although she had no higher education, she was accomplished in Chinese brush painting and calligraphy. I still have bundles of her beautiful paintings and sweaters she knitted for me.



Emily Hsu and David Kao

Whenever I open the book from my Dad and see my Mom's paintings, tears flow from my eyes uncontrollably. How I wish I could say Happy Mother's Day and Happy Father's Day to them in person.

From Carolyn Wong, Virginia Chapter member

Carolyn forwarded a *Philanthropy News Digest* News Alert which stated that **Boeing is pledging \$1 million to increase the number of women in STEM fields.**

The American Institute of Aeronautics and Astronautics (AIAA) Foundation has announced this commitment from Boeing Charitable Trust, which is the corporation's philanthropic arm. It will be in support of efforts to boost the number of women and minority students in science and engineering programs.

Through matching funds, the gift will support the foundation's educational fund, which provides support for student programs, scholarships, conferences, and competitions.

From Rena Young Ochse, Hawaii Chapter Treasurer, Newsletter Editor, and former President

Rena Young Ochse, as President of **Business and Professional Women (BPW)** – Honolulu Chapter, recently oversaw BPW's convention which was held in Honolulu. There was also attendance by members of the Maui Chapter and Kona Chapter.

The convention was a huge success. We netted \$770 from the Silent Auction to give to the BPW Federation scholarship fund.

New officers were installed for 2019-2020. Rena is now State BPW Vice President and 2nd Vice President for the Honolulu Chapter. She is also Assistant Chinese Secretary for the Chung Shan Association which is composed of 7 Doo's from various villages in Chung Shan.

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 which Lihua recommends reviewing.

Drink hot tea at your own risk: New study is latest to show link to esophageal cancer

by N'dea Yancey-Bragg
USA Today
March 20, 2019

Excerpts follow, but the full article can be found at this link:

<https://www.freep.com/story/news/health/2019/03/20/hot-tea-linked-cancer-international-journal-study/3229339002/>

Tea is often associated with a number of health benefits.

If your daily drink is too hot, however, you may dramatically increase your risk of cancer, according to a new study.

Research published...in the [International Journal of Cancer](#) tracked the habits of more than 50,000 tea drinkers in Golestan, a province in northeastern Iran. Over a 10-year period, 317 new cases of esophageal cancer were developed.

The study found that those who drank more than...almost 24 ounces of tea a day at a temperature of...140 degrees F. had a 90 percent higher risk for esophageal cancer.

“Based on the results of our study, drinking hot tea is associated with an increased risk of esophageal cancer,” said Farhad Islami, the study's lead author.

The [American Cancer Society](#) estimates about 17,650 new cases of esophageal cancer will be diagnosed in the United States in 2019. Americans typically drink beverages like coffee, tea, and hot chocolate at temperatures lower than 149 degrees F., but in South America, Asia, and Africa, tea is served much hotter, [according to the organization](#).

...beverages at restaurants may be served at higher temperatures, as was revealed in the infamous 1994 lawsuit against McDonald's during which the company admitted to keeping its coffee at temperatures between 180 and 190 degrees F., [Huffington Post reported](#).

It's the temperature not the type of beverage that poses a threat, although Islami noted that more research needs to be done on why hot beverages can cause cancer.

He said chronic thermal injury could cause inflammation that could lead to cancer or make it easier for carcinogens ingested through food or drink to penetrate the esophageal lining.

Previous [studies](#) have examined the link between hot beverages and cancer...

However, Islami said these previous studies were limited...

"As **there is no known health benefit from drinking very hot beverages**, it will be reasonable to advise people in Golestan and elsewhere to wait for their hot beverages to cool down before drinking," the study concluded.

* * * * *

How to Pack a First Aid Kit for Extended International Travel

by Talya Minsberg
The New York Times – 52 Places
May 23, 2019

Excerpts from this article are provided below. Many OCAW members frequently travel internationally for long periods of time, and reading the full article could be useful.

The link is:

<https://www.nytimes.com/2019/05/23/travel/first-aid-kit-for-long-international-travel.html>

We talked to travel health experts and our own 52 Places Travelers to learn what products and medicines should go in your first aid kit.

It's a question that the two [52 Places Travelers](#) have fielded from readers and colleagues alike: How do you stay healthy when crisscrossing the world...? And what do you pack in case you get sick? Each location has its own set of challenges, recommended vaccines, and access to pharmacies.

There's a thin line between being over- and underprepared...

[Jada Yuan](#) began her year as the inaugural 52 Places Traveler in 2018 with a first aid kit that was built with the help of foreign correspondents...

This year's 52 Places Traveler, Sebastian Modak's...first aid kit has been almost untouched. But it offers enough peace of mind that it's worth all the space it takes up, he says.

(His top recommendation for staying healthy? Drink clean, filtered water. Lots of it.)

Here's how to pack a first aid kit, whether you are going around the world for a year or [are] on a remote adventure for a week.

Start With a Vaccine Checklist

The Centers for Disease Control has a list of vaccines, health notices, and packing lists for those traveling around the world...

Make sure to look up vaccine requirements far in advance of your travels, as some vaccines may require treatments or doses. Additionally, **some nations may require proof of vaccination upon entering customs.** The World Health Organization keeps an updated list of nations requiring yellow fever vaccines...

Don't forget travel insurance

If you are traveling with a group or on business, you may already have traveler's insurance that covers medical evacuation. If not, consider **buying insurance that includes medevac services**, which are recommended when traveling to more rural destinations.

In addition to health coverage, travel insurance covers things like lost baggage and flight cancellations. So even if you stay healthy, it can come in handy when you're on the road...

Management vs. prevention

If you have prescriptions, make sure they are filled for the entirety of your travels...

When it comes to prevention, ...travelers should think of their medicine cabinet. "What are the type of things that you may grab from your medical kit at home?..."

Pack those items first.

For Mr. Modak that included vitamins...

Build your kit

"The worst time to go looking for a pharmacy is after you already need one – and that's especially true when you're traveling in an unfamiliar place," said Ria Misra, the travel editor with Wirecutter, a New York Times Company that reviews and recommends products. That's why she recommends building your own kit or carefully choosing a prepackaged one.

For travelers short on time, some pre-packed first aid kits cover the basics...which contains the basics needed to clean up minor cuts and relieve pain.

Keep those kits in a carry-on.

Make a checklist

Travelers should create a first aid kit for simple wounds and basic medications to treat stomach issues, colds, and allergies. Some products that Traveler's Medical Service recommends include:

First aid items

- Alcohol swabs and liquid disinfectant solution
- Bandages: Adhesive bandages, gauze, tape, blister pads, and bandage rolls
- Topical creams: Antibiotic ointment, antifungal ointments, hydrocortisone cream
- Oral rehydration solution for diarrhea or dehydration
- Tweezers
- Digital thermometer
- Lubricating eye drops
- Insect repellent
- Aloe gel

Medications

- Antacids
- Antihistamines for allergic reactions and seasonal allergies
- Bismuth subsalicylate for nausea, gas, and bloating
- Laxative/stool softener
- Anti-motility medication for severe diarrhea
- Cough and cold remedies and lozenges
- Pain relievers/fever reducers
- Motion sickness medication...

* * * * *

The following article is a very long piece, but Lihua believes that it is beneficial for someone going to see a doctor. Excerpts follow, but it might be a good idea to check out the full article if you are interested in more suggestions.

How to Take Charge of Your Medical Care

by Elizabeth Yuko

The New York Times – Well Guides

<https://www.nytimes.com/guides/well/be-a-patient-advocate>

Walking into a doctor's office or hospital can be intimidating. But when you go armed with the right tools and frame of mind, you can walk out of that appointment or hospital stay feeling more confident and satisfied. Learn how to ask your questions, either for yourself or a loved one, figure out your various medical options, and determine the best course of action. Just having that knowledge in your pocket can help you feel better.

When You're Healthy

It can be hard to think about dealing with a medical emergency when you are well, but the things you do now

can really pay off later.

Get Your Paperwork in Order

As much as we don't want to think about the end of our own lives, it's a good idea to get a head start while you're still relatively young and in good health. Don't just assume your partner or family can read your mind about whether or not you'd want to be put on a feeding tube or be resuscitated if something went wrong. Yes, that means having an [advance care directive](#) on hand. This also means appointing a [proxy](#) granting him or her [power-of-attorney](#) to make your medical decisions if you're not able to do so.

If you are fortunate enough to have some form of health insurance, always have your current policy information handy and organized in case you need it. In fact, keep it in an easily accessible folder, along with an updated list of all the medications you're taking – prescribed, over-the-counter, and supplements – and a record of your personal and family [medical history](#)...with [as much detail as possible](#).

Know Your Rights

In the United States, we have various sources setting forth our rights as patients. [HIPAA](#), for example, [guarantees on a federal level](#) a patient's right to get a copy of his medical records, as well as the right to keep them private. There is also the Patient's Bill of Rights that is part of the [Affordable Care Act](#)...

All patients also have the right of [informed consent](#), meaning that if you require any sort of treatment or procedure, your physician should explain what will happen to you in a way you understand, which allows you to make an educated decision...

Schedule Regular Appointments

It's important to stay on top of your health, so schedule [regular check-ups](#) to ensure everything is in working order...Once you're at the appointment, [make the most of your time with your doctor](#), by asking any questions you may have about your body and health, and [requesting a full blood test workup](#).

Seeing a Medical Professional

Being a patient is stressful. These strategies will keep your mind clearer when you are dealing with a medical diagnosis.

Prepare for Your Appointment

To ensure you have the best possible experience with your doctor, it's best to come prepared. Ideally, you'll already have your medical history and list of current medications ready to go, but there are a few more steps that could make your visit even more productive.

- Set goals of what you'd like to address with your doctor
- Make a list of all your symptoms and concerns about your health scare
- **Try not to overdo internet research before you get to the doctor's office...**

Ask Questions

We...have to speak up and ask questions...*If something comes up that you hadn't considered, ask about it. If you don't understand something, say so.* This includes having the doctor explain any complex medical terminology...

Keep Track of the Answers

When you're in the doctor's office because of a health problem, you may feel anxious or rushed – either way, it's helpful to [record the answers](#) to the questions you ask your medical team, as well as the other information they give you...

Make Sure You Are Heard

A doctor's appointment should feel like a conversation, and it's important for both you and your physician that your voice is heard.

Be as specific about your symptoms as possible. The more information you're able to provide to your medical team, the better your chances are of getting an accurate diagnosis...

Make Sure You Understand

If the doctor ends up making a diagnosis in the appointment and you don't understand what it is or what it means, feel free to ask additional questions...Some medical professionals will even draw pictures or diagrams to help illustrate exactly what is going on in your body. If you'd like more information than the doctor is able to provide during the appointment, ask them where you can read more about the condition. **This way, they'll point you to a reputable book or website, so if you're [going online for information](#), it will be accurate.** You can also ask if there are any [online resource groups](#) for people with the condition.

Along with your diagnosis, it's important that you also understand [how the doctor plans to treat your condition](#). *Don't leave until you know the plan.*

Making decisions regarding your health care or treatment can be difficult...

- Make a list of the risks and benefits of each option, taking into consideration what is best for treating your current medical issue, as well as what would be best for your health in the long run...

When You Need (or Want) a Second Opinion

Some medical conditions have routine, straightforward treatment procedures. Other times, there are multiple ways to treat a patient, and it can be difficult to determine which option would be most beneficial. That may mean it's time to get a [second opinion](#). Moreover, if your doctor recommends a procedure that is invasive or your diagnosis is severe, that's another good time to get a [second opinion](#)...

When it comes to selecting a doctor for a second (or even first) opinion, don't be afraid to [shop around](#). If you're going in for [surgery](#), **ask potential surgeons how frequently they perform a specific procedure.** Even if it's something basic that you assume all doctors know how to do, ***ask if the procedure is a regular part of their practice.***

During a Hospital Stay

Advocating for yourself while in the hospital requires additional considerations and planning.

Understand How (and What) the Bill Will Be...

Know Your Team

Depending on the condition that put you in the hospital, you may be assigned a team of medical professionals, including doctors, nurses, physical therapists, physicians' assistants, and social workers. [Learn who they are.]...

Keep Asking Questions

...It may be helpful to keep a notebook next to your bed so you can record your questions and the answers, and keep a journal of your progress, treatment, and notes from your medical team.

Leave With a Plan

Before you are released from the hospital, doctors and nurses should provide you with a [discharge plan](#). Your medical team should [walk you through](#) any specific instructions you should follow once [you are discharged](#)...

- What medications do you need to take? When? How long?
- Do you have to do physical therapy? ...

Start by [assembling your team](#) of people who can assist with your care once you're home...

Back at Home

The right mindset is needed to help you get back to your old routines.

Once you've been discharged, follow your doctor's instructions, and ease back into life outside the hospital...Along the same lines, do not hesitate to follow up with your doctor or other members of your hospital medical team if you have any questions or concerns about your recovery. Lastly, even though you're out of the hospital and in recovery mode, be sure to [finish all your medication](#) and any prescribed therapy sessions, [even if you start to feel better](#).

Advocating for Others

When looking out for other family members or friends, many of the same tactics apply, but there are other things to keep in mind, too.

For a Child

Caring for a sick child is challenging...because, depending on their age, they may not be able to fully express their symptoms...

- Explain to your child what's on going during the appointment as thoroughly and appropriately as possible, according to their level of understanding.
- [Allow them to participate](#) in the discussion whenever possible...

For a Parent

...Acting as a patient advocate for a parent comes with its own particular set of challenges. While young children, for the most part, understand that their parents make their decisions for them, that may not be as easy for aging parents to accept...In some circumstances, your parents may not even want your help...While this may be the case, you can explain to them that it's always helpful to have a second pair of ears at a doctor's appointment and someone with whom to discuss potential treatment options. *Emphasize that this has nothing to do with their capability to care for themselves.*

Part of advocating for a parent may include having difficult conversations with them on end-of-life decisions. Work with them to create an advance care directive, if they don't have one already. Even if you think you know their views on [palliative care](#), it's important to ask and have these conversations before the onset of any sort of cognitive decline...

Finally, don't forget to keep an eye on your parent's mental health. If they are part of the generation that avoids talking about feeling anxious or depressed, they may be reluctant to seek out professional assistance. You can talk to them about the importance of looking after mental health and its connection to physical health...

For a Nonfamily Member

You may find yourself needing to act as an advocate for someone who is [not a part of your family](#). This can present a new set of challenges, beyond those associated with routine caregiving and patient advocacy, as it may be [difficult to obtain access](#) to the medical team...doctors may be hesitant to disclose personal medical information over the phone to a nonfamily member. In these cases, the patient can request authorization for you to receive this information either in person or over the phone, or can appoint you to be their [proxy](#) if they'd like you to be in charge of their medical decisions.

Celebrating Asian American and Pacific Islander Heritage Month

by Maria Yang

(Editor's Note: Maria is Immediate Past President of the Virginia Chapter.)

An event celebrating Asian American and Pacific Islander Heritage Month, sponsored by the Federal Asian Pacific American Council (FAPAC) in collaboration with the U.S. Department of Agriculture, was held on Thursday, May 30, 2019 from 10:30 a.m. to 1 p.m. at USDA in Washington, D.C.

The celebration was formally opened by Edwin Yong, President of the FAPAC-USDA Chapter.

The keynote speaker was Khadro Crystal Chu Rinpoche, the spiritual leader of Black Sect Esoteric Buddhism, who presented a lecture, "Stress Reduction and Anger Management." Dr. Muquarrab Qureshi, Deputy Director of the National Institute of Food and Agriculture, made welcoming remarks and introduced the keynote speaker on stage. Khadro Crystal talked about the causes of stress and anger in life and discussed mundane methods and spiritual healing methods to reduce stress and manage anger.



Khadro Crystal Chu Rinpoche

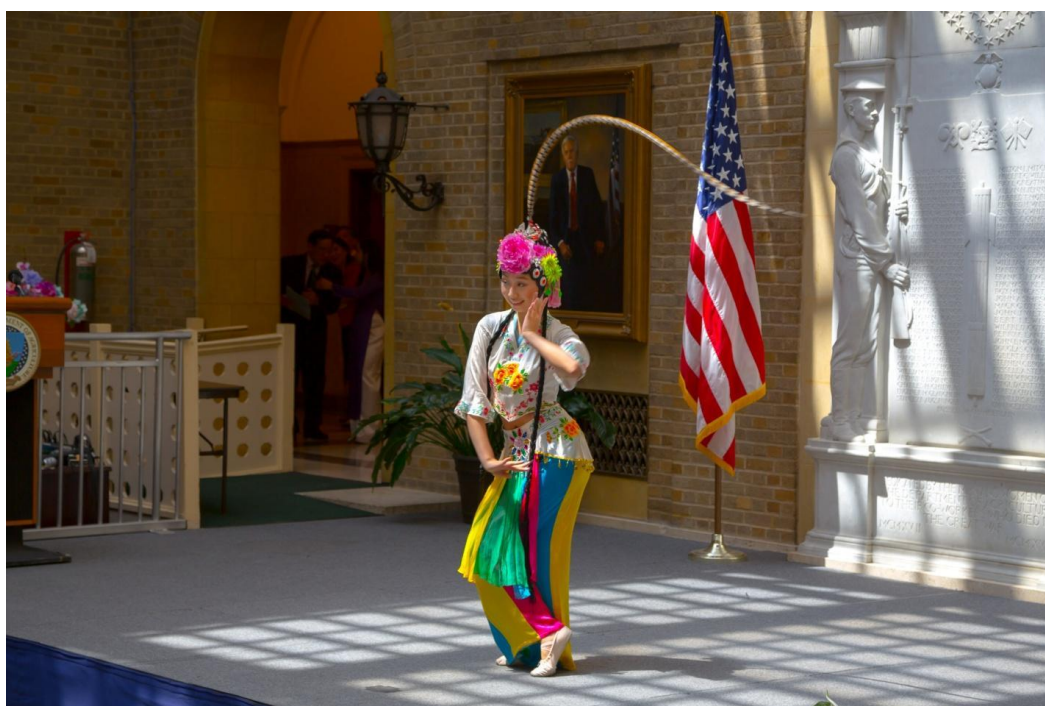


Fahmida Chhipa, Vice President of Operations, FAPAC
Dr. Muquarrab Qureshi, Deputy Director of the National Institute of Food and Agriculture
Khadro Crystal Chu Rinpoche, Keynote Speaker
Edwin Yong, President of the FAPAC-USDA Chapter

After Khadro Crystal Chu Rinpoche's lecture, various Asian foods were served and cultural programs followed. Camilla Ng, former OCAW Maryland Chapter President, performed the Chinese dance "Spring Fantasia," and Ziyuan Wang performed the dance "Charming Opera Girl." Both dancers are from the Fairfax Chinese Dance Troupe in Virginia.



Camilla Ng, Former President of the OCAW Maryland Chapter



Ziyuan Wang of the Fairfax Chinese Dance Troupe

Latin dances were demonstrated by Min-chen Yu and Carl Pavetto.

Chinese musical instruments, such as the Pipa, Erhu, and Guzheng, were played by Yideng Liang, Quanzhong Zheng, Alice Kan, and Kent Kan.



Quanzhong Zheng and Yideng Liang



Alice Kan and Kent Kan, the Melody of Chinese Zither Studio

Some of the USDA employees presented fashions from different Asian countries.

The celebration concluded with agency award presentations to different USDA agencies and appreciation certificates to volunteers.



Some of the attendees and USDA employees

(Photos taken by the U.S. Department of Agriculture)