

# E-Newsletter of the Organization of Chinese American Women

June 2025



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501(c)(3) Nonprofit Organization

*(from Linda Devine, Editor)*

As always, my thanks to those who contributed material for this issue, one of our longer ones. I also appreciate my husband Ed's work on preparing the nearly one hundred photos.

I continue to encourage OCAW members to write articles or submit information if there is something you think would be of interest to the membership.

Please also feel free to send me any suggestions that you might have for the e-newsletter at:  
[devinefive@comcast.net](mailto:devinefive@comcast.net).

In the meantime, I wish you all a safe and enjoyable summer, and see you in the fall!

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## **OCAW National Board**

The OCAW National Board has undergone a few recent changes. Maria Yang still ably leads OCAW as President. Cathy Roberts, Vice President for Membership, and Linda Devine, Vice President for Communications, continue to serve. Mimi Hom, longstanding Vice President for Programs, remains in this position until a replacement is designated. Joanne Wang, Treasurer; Donna Byler, Executive Director; and Sharon Chun, Webmaster, remain in their positions as well. However, we welcome **Edwina Lee**, Immediate Past President of the Hawaii Chapter, who has taken over the reins as our new Secretary.

Chapter presidents are members of the board. Karina Hou, Maryland Chapter President, has recently stepped down, but Barbara York, Virginia Chapter President; Yufan Lu, Silicon Valley Chapter President; and

Sharlene Chun, Hawaii Chapter President, are serving. **Yong Yi** recently was elected as the new New Orleans Chapter President, and thus just joined the board. Due to our meeting rotation process, at her first board meeting she was thrust into the position of chairing the meeting as well, and kudos to her for performing well!

Christina Chang, Immediate Past National President, serves as an Advisor to the Board, along with Susan Chong Wong, former Secretary. Just appointed to the Board as another Advisor is **Pat Ellzey**, who recently retired as longstanding New Orleans Chapter President. Pat served as chapter president for most of the past ten years, attending national board meetings for all of that time, so her input will continue to be invaluable.

### **Opera International's Charitable Giving**

*(from Linda Devine)*

As mentioned in the April OCAW e-newsletter, as Opera International ends its tenure, plans are underway to begin disbursing the remaining funds in the Opera International account. When three living major donors were asked if they had any preferences as to charities to which OCAW might consider giving, one extremely generous contributor replied she is a strong proponent of the work of the **American Red Cross**. Mimi Hom, OI's founder-director, agreed that this is an amazing organization. Thus, a donation has been sent to the Red Cross, with our hope that our check helps further its important mission.



A second major donor made a request that money be given to an organization that helps women and/or children. Her request dovetailed nicely with Mimi's desire that the remaining OI funds be distributed principally to help the communities of our five OCAW chapters. The Hawaii Chapter has been an ongoing advocate for **The Institute for Human Services**, which helps the disadvantaged in many ways. For years the chapter has donated resources and gifts to this nonprofit, with a special focus on uplifting women in need. As a result, OCAW and Opera International have sent a contribution to the Institute, in support of its mission.



**The Institute for Human Services, Inc.**  
Ending the Cycle of Homelessness

The third major contributor has requested that the OI funds be used to fund the Muriel Hom Music Grants, and that will be done. *(See below.)*

As mentioned, we want to assist some charities/nonprofits that our individual chapters support. In the New Orleans area, two organizations, the **Feiyang Dance Team** and the **New Orleans Skylark Troupe**, include several members of the OCAW New Orleans Chapter, and they perform for the residents of senior living homes as well as at other locations and events. *(See their activities reported recently in the OCAW e-newsletter, and in this issue as well.)* They promote cultural awareness and bring joy to the communities for which they perform. Thus, checks have been sent to the New Orleans Chapter, specifically to further the work of these two performing arts groups.



Feiyang Dance Team



New Orleans Skylark Troupe

*(Photo taken by Allen Wu)*

Plans are in development for contributions to benefit the communities of the Silicon Valley Chapter and the DC metro area chapters (Maryland and Virginia) for later this year.

### **Muriel Hom Music Grants**

As discussed in the April issue, Cathy Roberts' idea of awarding music grants in Mimi Hom's name has taken shape. Grants of \$500 will be available, and it is hoped that talented instrumentalists and vocalists who could benefit from some additional funds to further their studies and activities, will apply.

The grant application form has been sent to each chapter president. *If any OCAW member knows of an individual who is serious about pursuing their music studies and might be able to use some financial assistance, please either contact your chapter president, or send an email to me: [devinefive@comcast.net](mailto:devinefive@comcast.net), and we will be more than happy to email you an application which you can then forward to your musician.*

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

*(Maria Yang, Acting President)*

*(from Linda Devine)*

The OCAW Maryland Chapter wishes to extend its sincere thanks to **Karina Hou**, for leading the chapter as its President for the past six years. Karina's numerous commitments to various other organizations made it very difficult for her to continue working in this capacity for OCAW, and thus she needed to step down. She is one of the top leaders in the Chinese community in the Washington Metropolitan area, and actually, her leadership extends much beyond this region. Her association with OCAW has helped to enhance its prestige, and for that we are grateful.

National President **Maria Yang** has graciously taken on the position of Acting OCAW Maryland President, until a replacement can be found. Maria also was kind enough to be Acting Maryland President for a period of time several years ago, when the chapter also had a vacancy in this position.

Maria is actively soliciting an individual who would like to fill this role. No prior leadership experience is necessary, and it does not require a heavy time commitment. If you are interested and would like more information, or if you know someone who might be interested, please contact Maria at: [ocawmaryland@yahoo.com](mailto:ocawmaryland@yahoo.com)

Fortunately for our chapter, **Anny Lai** and **Christina Poy** are continuing to ably serve as Maryland Chapter Secretary and Advisor, respectively, and we appreciate their efforts and support. And at Maria's recommendation, we are excited to announce that **Kitty Hsu Dana**, lifetime OCAW-MD member, has graciously accepted the position of Vice President! Welcome to the Maryland board, Kitty!

### **Excerpts from Maria Yang's letter to OCAW-MD members**

On behalf of OCAW National, I would like to express our deep appreciation for the leadership and dedication of your past president, Karina Hou, who has served the Maryland Chapter with distinction, and we are grateful for the time, energy, and heart that she devoted to advancing OCAW's mission in your community.

As acting OCAW-MD president in the interim, I am committed to supporting the chapter's ongoing activities and ensuring continuity in communication and operations.

I encourage any member who is interested in serving in a leadership capacity to reach out.



OCAW National is here to provide guidance and support as you consider the next chapter of leadership for Maryland.

Thank you once again for your continued commitment to OCAW and for honoring the legacy of service established by your past president.

Warm regards,

Maria Yang  
President, OCAW National

### **Library of Congress Cultural Event in Celebration of AAPI Heritage Month**

*(from Kitty Hsu Dana, Vice President)*

In celebration of Asian American and Pacific Islander Heritage Month, on Thursday, May 8, 2025, the Library of Congress Asian American Association hosted a splendid event at the Thomas Jefferson Building in Washington, D.C., to highlight the rich contributions of our communities. The program paired a significant Keynote on Feng Shui with rich musical performances. OCAW members were invited to attend this event, and Maryland members were proud to support it with our presence. We embraced the opportunity to celebrate our identity and to enjoy and cheer the accomplished presenters.



*(Photo taken by Maria Yang)*

Keynote by Khadro Crystal Chu Rinpoche, renowned spiritual teacher, Feng Shui educator, and consultant, writer, and international lecturer, opened the event with her presentation, “Feng Shui: Creating Balance and Harmony in Your Life.” She has been invited to lecture and teach at distinguished institutions and

organizations worldwide, including United Nations staff groups, the Library of Congress Asian American Association, the U.S. Department of Agriculture FAPAC, the Harvard Medical School Dana-Farber Cancer Institute, New York University, the University of London, the University of New South Wales in Australia, George Mason University, and many others.



*(Photo taken by Maria Yang)*

In addition to teaching Buddhist philosophy, spiritual cultivation, meditation, and spiritual personal growth, she also offers the Two-Year Feng Shui Certification Program and the Advanced Feng Shui Mentorship Program. These programs are designed to transmit the most authentic Black Sect Esoteric Buddhism Feng Shui teachings and to train highly qualified Feng Shui practitioners and consultants.

As lineage holder and spiritual leader of the Fifth Stage of Black Sect Esoteric Buddhism, Khadro Crystal spoke about Feng Shui as a key factor in harmonizing individuals with the living and working environment that they build. Feng Shui integrates spirituality with modern adaptability, revealing adjustments that can be made on our surroundings to enhance people's health, prosperity, and success. By incorporating principles of Feng Shui into daily life, individuals can align their energy with their environments to foster balance and harmony in all aspects of life.

The beautiful musical program featured exquisite and exciting performances by artists from several Washington area cultural groups. The Washington Dunhuang Guzheng Academy (WDGA) has been dedicated to promoting traditional Chinese culture through innovative performances of guzheng artistry by integrating both Western and traditional Chinese instruments, teaching, and community engagement. We were treated to lovely music of an ensemble of five young girls and a moving solo by Lei Gu, founder of the Academy and noted organizer of Sino-American cultural exchanges.



*(Photos taken by Kitty Hsu Dana)*

Two young women of the Shu Ren Education Corporation (SREC) moved the audience with evocative Chinese songs on clarinet and piano.





As well, Justin Shoa performed a Chopin piano solo. The accomplished young pianist is top winner of six solo piano competitions in the last four years in multiple states in the D.C. region.



*(Photos taken by Kitty Hsu Dana)*

We also enjoyed the Haven Seven Orchestra (HSO), which performed innovative and dynamic music inspired by their fresh take on Video Game Music.

The Library of Congress hosted the May 8th event at the Thomas Jefferson Building's Coolidge Auditorium, one of the world's finest venues for the performance and recording of small group music. All present enjoyed an inspiring and ethereal program well suited to celebrating AAPI Heritage Month.



*(Photo courtesy of Maria Yang)*

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

*(Barbara York, President)*

#### **Tour of new Japanese grocery/household goods store**

*(from Barbara York)*

On Wednesday, April 9, 2025, OCAW-VA Chapter members Barbara York, Amy Lee, and Maria Yang met and toured Marufuji Japanese Market, the new Japanese grocery/household goods store at Tysons 3 Center in Vienna, VA. We explored the store and had lunch in their very nice food court.

Marufuji is the first new Asian branded grocery store to open in the DMV (District/Maryland/Virginia) area in the last decade. It contains many interesting items from groceries to household goods to cosmetics. There are some amazingly high-end, expensive items – but a lot of other wares as well.



It has received great reviews for the products it carries – but poor reviews for the crowding and subsequent depleted shelves. However, at the time of day we went, we avoided the crowds, and the shelves were well stocked, much to our pleasure. It was a very interesting and enjoyable outing!



Marufuji shoppers Amy Lee, Maria Yang, and Barbara York



Amy's find

*(Photos courtesy of Amy Lee)*





Sea urchin roe at \$169.99



Barbara's pricey cookies



Barbara's sashimi and Amy's curry chicken

*(Photos taken by Amy Lee)*



Maria's curry shrimp

*(Photo taken by Amy Lee)*

### **Duanwu Jie / Dragon Boat Festival: History, Culture, and Culinary Treats**



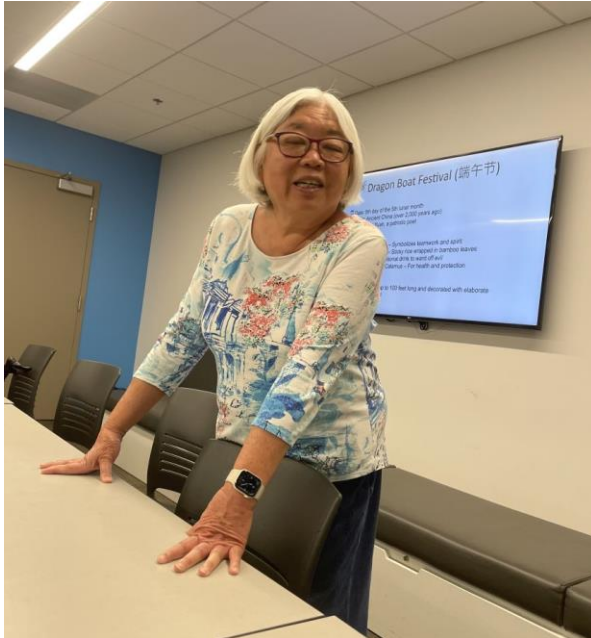
***Editor's Note:*** I was delighted to receive two excellent articles on this wonderful event, organized and hosted by the Virginia Chapter. Authors were Kitty Hsu Dana and Pu-Chin Waide.

*(from Kitty Hsu Dana, OCAW Maryland Chapter Vice President)*

The Virginia Chapter hosted a Dragon Boat Celebration in the Quincy Room of the Arlington Central Library in Arlington, VA, on Friday, May 23, 2025. It was organized by Maria Yang, OCAW National President and Acting President of the Maryland Chapter, and Barbara York, OCAW Virginia President. Members across the Potomac gathered for a slide show presentation about the origin and significance of the holiday,



accompanied by excellent food and great company. Barbara welcomed all and introduced Maria, the featured speaker.



President Barbara York

Presenter Maria Yang



*(Photos taken by Amy Lee)*

Maria presented an informative, enjoyable, and participative slide show about the history and culture surrounding Duanwu Jie. Popularly known as the Dragon Boat Festival, the holiday is celebrated on the fifth day of the fifth month of the Chinese Lunar calendar – in China and among the Chinese diaspora around the world. Well-known traditions include teams racing long, narrow boats dressed like dragons, and the eating of Zongzi, a sticky rice treat wrapped in bamboo leaves. These practices commemorate the poet Qu Yuan (340-278 BC), who drowned himself as an expression of his patriotism for his country, and the fishermen and people who threw rice wrapped with bamboo leaves into the water so the fish would not eat Qu Yuan's body.

The group of members of OCAW-VA and OCAW-Maryland was treated to delicious Zongzi, lovingly prepared by Maria from her mother's recipe. The delectable lunch also included fresh marinated Chinese vegetables, cookies, and tea from Maria, Barbara, and Chi-hua Yang. In company with each other, the group savored the array of selections with relish and appreciation, occasionally posing for photos of the pleasant gathering.



*(Photos taken by Maria Yang)*





*(Photos taken by Maria Yang)*



*(Photo taken by Maria Yang)*



*(Photo courtesy of Amy Lee)*

Since Duanwu Jie commemorates the sacrifice of the poet Qu Yuan, it is also referred to as Chinese Poets' Day. Following the excellent program and delicious feast, Maria invited participants to recite one of their favorite poems. Many did so, sharing personal and historical poems in both Chinese and English, enriching the occasion to get to know one another.

The event combined the sharing of learning, eating, and poetry with the chance to see old friends and make new ones. As a member of OCAW-MD, I was warmly welcomed by the Virginia Chapter members. I look forward to joining more cross-chapter events in the future and invite fellow OCAW members to make the most of opportunities to participate and enjoy as well.

\* \* \* \* \*

*(from Pu-Chin Hsueh Waide, OCAW-VA Lifetime Member)*

Maria Yang and Barbara York organized a most enjoyable and delicious gathering of some of our Virginia OCAW sisters for the Dragon Boat Festival *duān wǔ jié*. Maria made a huge number of the most delicious *zongzi* as well as cucumber salad and wood-ear salad. Barbara made a very refreshing celtuce salad and brought assorted cookies as well as the makings for Jasmine Pearl tea. Others contributed tangerines, red bean cakes, and green bean cakes.

But before this repast, Maria gave us a very succinct history of Qu Yuan, the reason for the Dragon Boat Festival, and how the eating of the tricornered bamboo-leaf wrapped sticky rice *zongzi* became a tradition.

However, I personally believe that this Festival should be called a Memorial, because we are remembering the sad demise of Qu Yuan (340-278 BC), a minister in the court of King Huai of Chu. Qu Yuan had dreamt of a State of a just and righteous kingdom; instead he was depressed and concerned by the corruption around him. He was slandered by evil ministers. Even though Qu Yuan loved his King, he was sent into exile. He was witnessing the "falling of this motherland" (Wikipedia) and wrote one of his famous poems, "The Lament."

"I harnessed the jade dragons to a phoenix chariot,  
And soared to the heavens in search of the virtuous.  
But the way was long and fraught with peril,  
My journey hindered by treacherous winds and clouds."

So he jumped into the Milou River to end his life. But he was well loved by the common people, who took their boats to try and pull him out of the waters. However, they could not save him. Then they made small *nuòmǐ fàn* (sticky rice) with tasty morsels and wrapped in bamboo leaves and threw these into the waters so the fish and water-dragon would not eat their beloved minister.

He was the only person in China who is still considered to be "the People's Poet" (Wikipedia). The Dragon Boat Festival is also "Chinese Poet's Day." Maria encouraged the attendees to bring a poem to read at the event, and several did so. All the poems were very beautiful. Maria's was the most evocative:





Maria's Poem

**The Fragrance of Zongzi from My Mother**

The memory of taste lingers true,  
Warm and sweet, a scent I knew.  
The fragrance of my mother's art,  
Her rice dumplings, made from heart.

Some recall the night market's cheer,  
A bustling past they hold dear.  
But for me, the scent so bright,  
Is soil rich and earth's delight.

Glutinous rice from fields we grew,  
Flocks that in the backyard flew.  
Radish dried in autumn's light,  
Harvested with hands once tight.

Time swept change, as seasons flow,  
Fields gave way to factories' glow.  
Highways stretched where paddies lay,  
Trains now hum where farmers stayed.

Yet still her hands, with love untold,  
Wrap the leaves in tender fold.  
The scent remains, it takes me home,  
To mother's strength, her love, her own.



### Upcoming event

*(from Barbara York)*

### **LOOKING AHEAD: POTLUCK DINNER FOR THE MID-AUTUMN FESTIVAL**

The next planned membership event is our annual potluck dinner for the Mid-Autumn Festival. The dinner is set for Sunday, October 5, 2025. It should be a real treat because the full Autumn moon will brighten our skies the following evening. Please mark your calendars!

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

*(Yong Yi, President)*

The **Feiyang Dance Team** led by Yong Yi and the **New Orleans Skylark Troupe** led Lily Yang are formally sponsored by the OCAW New Orleans Chapter. They are composed of many OCAW members and have greatly assisted in educating our local Chinese community and the general public through their performances while preserving and honoring our Chinese ancestral culture.

### **Author and Photographer Credit**

**Editor's Note:** In the *April OCAW E-Newsletter*, I published a wonderful article on a performance by the New Orleans Skylark Troupe. It was entitled, *The New Orleans Skylark Troupe performs at the Avanti Senior Living Community Nursing Home*. I was unaware then of the names of the author and photographer.

At this time, I would like to acknowledge the uplifting writing of **Yuanhong Shi** and the comprehensive photography work of **Allen Wu**. Thank you both!



### **The New Orleans Skylark Troupe's Performance at Oak Park Village**

*(from Yuanhong Shi)*

On Sunday, March 30, 2025, the New Orleans Skylark Troupe brought heartfelt care and blessings to the Oak Park Village nursing home in Slidell, Louisiana. They delivered a splendid performance to the elderly residents, using art to convey warmth and filling the nursing home with joy and affection.



The performance began with the erhu solo, *Horse Racing*. Its lively rhythm seemed to bring the galloping scene of the racetrack vividly to life, immersing the audience in a joyful atmosphere. The classical dance, *A Smile with a Flower*, and the duet, *The Fragrance of Tuberose*, further ignited the energy of the event. The dancers' graceful movements lit up the faces of the residents with joyful smiles.

At the performance, the beautiful melodies of the violin solo, *Johann Sebastian Bach*; the erhu solo, *A Beautiful Night*; and the guzheng solos, *Typhoon Battle* and *General's Command*, showcased the charm of both Eastern and Western cultures. These pieces received rounds of applause from the senior audience.



Next, the performers presented a series of vocal pieces, including the female solos, *Memory*, *Wishing You Were Somehow Here Again*, and *The Flowing River*, as well as the female ensemble, *The Days of Yore*. Their melodious voices stirred fond memories in the hearts of the residents.

Finally, the performance concluded with the qipao fashion show, *Golden Years*. It brought the performance to a graceful and memorable close.





After the performance, one of the residents said, “We warmly welcome the Skylark Troupe to visit often. You’ve enriched our spiritual life; it’s been such a joy!”

Wenyi Shan from the Skylark Troupe shared her thoughts: “It feels wonderful to bring them happiness through something we love.”

Lily Yang, Director of the Troupe, observed, “The seniors’ eyes lit up as they watched the performance. We could truly feel the joy in their hearts through their expressions and gazes.”

Guzheng performer Mason Wu said, “Taking part in this performance made me realize that Americans also appreciate Chinese traditional culture. Seeing the beauty in different cultures helped me understand where my roots lie. It’s about carrying on the culture and spreading love.”

This was more than just a performance; it was a heartfelt expression of love and care that touched the hearts of the elderly residents. Forevermore, the New Orleans Skylark Troupe will continue to focus on enriching the spiritual and cultural lives of seniors in nursing homes, offering them more care and support to make their life more vibrant and fulfilling.



The Skylark Troupe

*(Photos taken by Allen Wu)*

### **Feiyang Dance Team performances**

*(from Yong Yi, President, and Dance Team Leader)*

The Feiyang Dance Team performed the dance, *Beautiful Hometown*, at the international food and music festival on Saturday, April 12, 2025. The dancers included three OCAW members, Yong Yi, Wenyi Shan, and Weihong Tu.





OCAW member Yong Yi led children in the Chinese school to perform a skit, *Snails and Birds*, at the graduation ceremony of the Academy of Chinese Studies in New Orleans on Saturday, April 26, 2025.



The dance team performed classic Chinese dance at the graduation ceremony of the Academy of Chinese Studies in New Orleans on Saturday, April 26, 2025.





Wenyi Shan (*OCAW member*), Jennifer Wang (*OCAW member*), Yong Yi (*OCAW member*),  
Weihong Tu (*OCAW member*), Jianli Yao, Qing Liu, and Wenju Wu

The dance team performed *Beautiful Hometown* at the Mother's Day celebration at the Chinese Presbyterian Church on Sunday, May 11, 2025. Three OCAW members, Yong Yi , Wenyi Shan, and Weihong Tu, participated in the performance.





Lily Wu, Vice President, OCAW New Orleans Chapter; Weihong Tu (OCAW member and dance team member); Patricia Ellzey, Immediate Past President, OCAW New Orleans Chapter; Yong Yi, President, OCAW New Orleans Chapter, and dance team leader; and Wenju Wu and Jianli Yao, dance team members

### **News from the Silicon Valley Chapter**

*(Yufan Lu, President)*

#### **The Art of Chinese Seal Carving event**

*(from Cynthia Chang, Public Relationship)*

In celebration of Asian American and Pacific Islander (AAPI) Heritage Month, the OCAW Silicon Valley Chapter presented a wonderful event to the community. It was entitled, **“Innovation Within Tradition: The Art of Chinese Seal Carving,”** and it was held on Saturday, May 10, 2025, from 2 to 4 p.m. at the Saratoga Library in Saratoga, CA. Cynthia Chang was the event organizer.

The description of the event was: “Experience the elegance and legacy of Chinese seal carving, an ancient art form that continues to thrive and evolve. This enriching program will feature a presentation and live demonstration by Karen Tseng, instructor of Chinese calligraphy and brush painting at FUHSD Adult School and Executive President of the Silicon Valley Seal Art Society.”



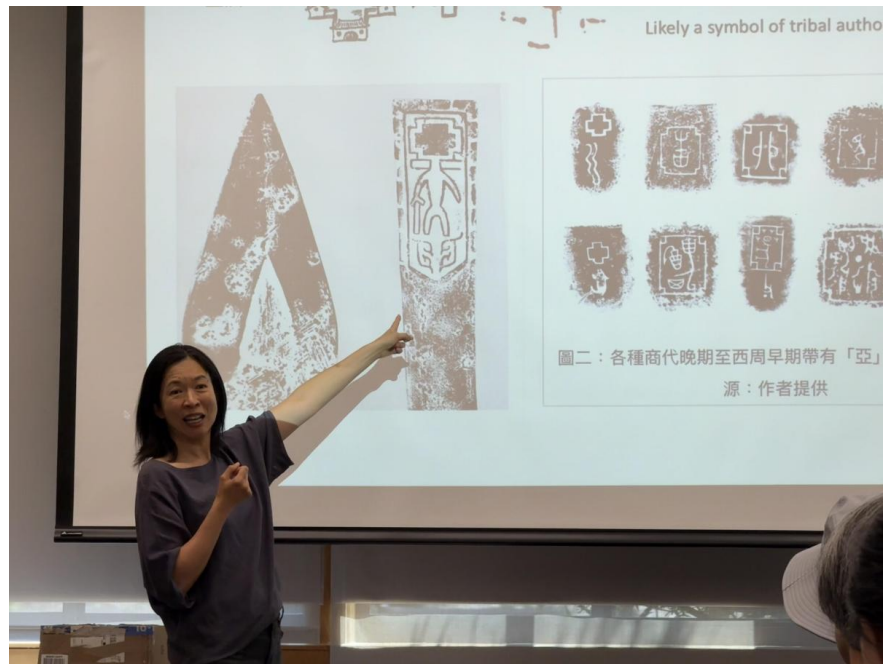


About 50 people attended this informative and engaging talk by Karen with the title, “Intro to Seal Carving.” She shared the progress of seal carving from the Shang Dynasty (1600-1046 BCE); Zhou Dynasty/Warring States Period (1046-256 BCE / 476-221 BCE); Qin Dynasty (221-207 BCE); Western Han Dynasty (206 BCE-9 CE); Xin Dynasty (9-23 CE); Eastern Han, the Three Kingdoms, the Northern and Southern Dynasties (25-589); Sui Dynasty (581-618); Tang Dynasty/Five Dynasties and Ten Kingdoms Period (618-907 / 907-979); Song Dynasty (960-1279); Yuan Dynasty (1271-1368); and all the way to the current time.



*(Photos taken by Adam Koda)*





*(Photo taken by Adam Koda)*

In her presentation, Karen showed various seal carvings (print) from ancient artists and members of the Silicon Valley Seal Art Society. At the end, she did a demonstration of seal carving, and indeed it was quite an experience watching her carve a stone and turn it into a beautiful seal! The audience really appreciated this wonderful cultural event sponsored by OCAW-SVC!



*(Photo taken by Sophia Yang)*



*(Photos taken by Sophia Yang)*



*(Photo taken by Adam Koda)*





Presenter Karen Tseng (*4th from the left*), with OCAW Silicon Valley Chapter members Carol Yuan, Sophia Yang, Cynthia Chang (event organizer), Yufan Lu, and Jendi Hwang

*(Photos taken by Adam Koda)*





*(Photo taken by Sophia Yang)*

### **2025 National River Cleanup Day event**

*(from Carol Yuan, Secretary)*

On Saturday, May 17, Silicon Valley Chapter President Yufan Lu; members Sophia Yang, Helen Chiang, and Carol Yuan; and Sophia's sister Sunny Yang participated in National River Cleanup Day, hosted by Creek Connections Action Group. We registered to clean up at Site 14 – El Camino Storm Drain in Sunnyvale, CA, which was a site in District 5 of the Santa Clara Water District where Nai Hsueh, a Silicon Valley Chapter member, has served as a Board member and Director for over 10 years.

According to the Creek Connections Action Group report, they had 45 cleanup sites on May 17. A total of 766 volunteers participated, cleaned a total of 70 miles, and collected a total of 17,011 lbs. of trash. Site 14 had 17 volunteers, cleaned a 1-mile distance, and collected 60 lbs. of trash. At a site in Coyote Creek-San Jose, 20 volunteers cleaned a 1-mile distance and collected 2,313 lbs. of trash.

Quoted from the Creek Connections Action Group website:

#### **“Strange and unusual items found:**

In addition to general trash and debris, volunteers removed some interesting items, including a working video game controller, an ironing board, a rice cooker, a microwave, a drone, a lint roller, a wi-fi router, a Rubik's cube, batteries, and countless other items that don't belong in our waterways.”





Site 14 volunteer organizer giving the opening briefing



Volunteers obtaining tools





Working along a storm drain bank



Helen Chiang and Yufan Lu

*(Photo taken by Carol Yuan)*





A beautiful rose poking out



Yufan Lu, Helen Chiang, Sophia Yang, Carol Yuan, and Sunny Yang

*(Photos taken by Yufan Lu, unless noted otherwise)*



## **News from the Hawaii Chapter**

*(from Sharlene Chun, President)*

### **First General Membership Meeting**

On Sunday, March 30, 2025, the OCAW Hawaii Chapter held its first General Membership Meeting of the year at Straits, a Singaporean restaurant in the Kaka’ako district in Honolulu. All 27 members and guests were excited to try Singaporean food. Because I had heard that this ethnic food is spicy, I asked the restaurant to put the sauces on the side for our four-course buffet.



Straits Restaurant







Members and guests in the buffet line

Everything was delicious, and I discovered a Toast that is served as a toast or eaten as a dessert. It's called Pandan. The crispy buttery toast had a center layer of crushed Pandan leaves mixture, and it was delicious. Our meal also included Hainan chicken (with Chinese ginger and onion sauce), Green rice, and Roti Prata (like a fried soft wonton).



Pandan





Hainan chicken

Green rice (it was green)



Roti Prata





Enjoying Singaporean food





Sharlene ate it all!



Our guest speaker was Dr. Jeff Healy, a plastic surgeon. He spoke about taking care of our aging body and preventing osteoporosis through calcium and vitamin D. He discussed the benefits of exercise – lifting weights and impact exercise. He talked about skin care and preventing sun damage. Also covered were estrogen replacement, estrogen hormones, diet modifications, and nutrition (“What’s on your Plate”).



Jackie Healy, Dr. Healy’s wife; Kelly Peterson, OCAW Hawaii Chapter Vice President; Dr. Jeff Healy, guest speaker; and Sharlene Chun, OCAW Hawaii President



Dr. Healy with attendees

It was a very eye-opening lecture on improving ourselves to live a long and prosperous life when we control it. Goals to Achieve a healthy weight, Modify our lifestyle, Reduce or Eliminate Meds, Live long, Die quick.

All attendees received three skincare samples and a discount coupon to visit Dr. Healy's office.

It was a learning experience to stay healthy and live long.





Dr. Healy with Vice President Kelly Peterson presenting the cookbook she authored to him

*(All photos taken by Sharlene Chun)*

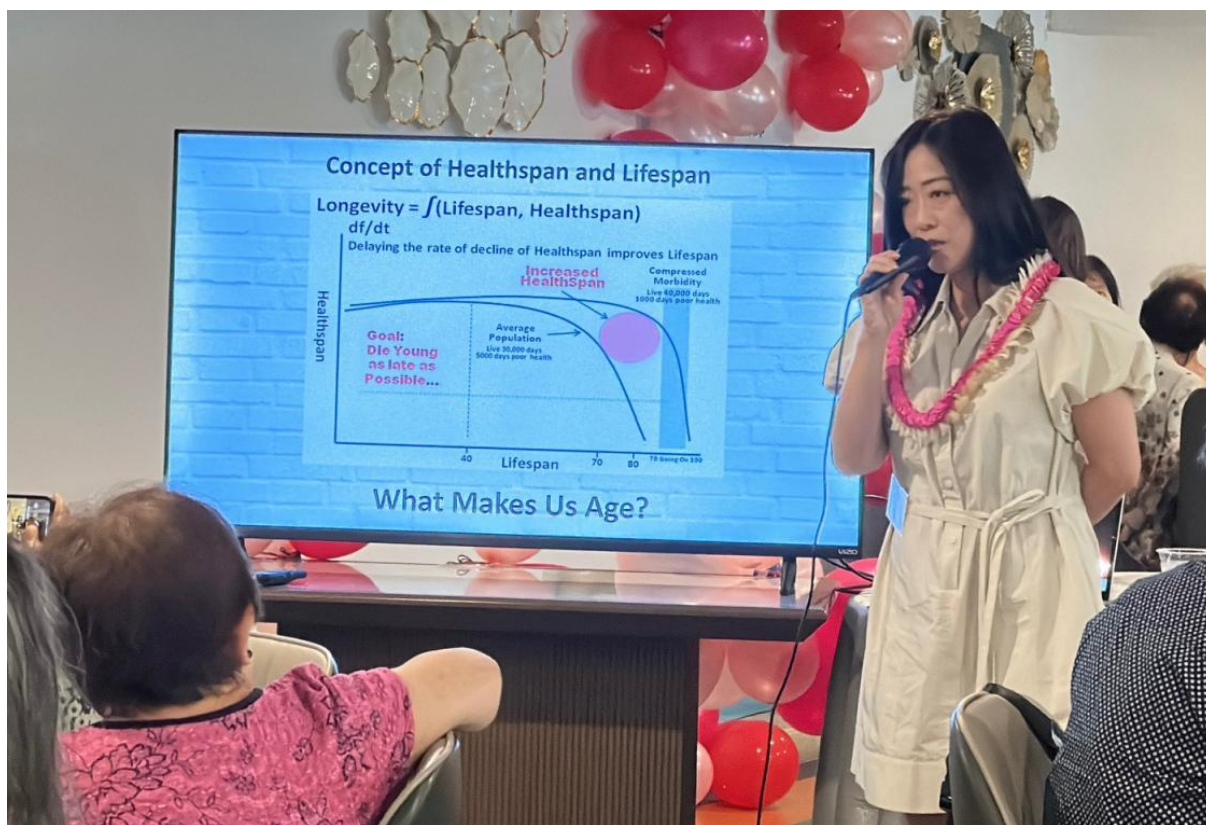
### **Second General Membership Meeting**

The OCAW Hawaii Chapter held its second General Membership Meeting of the year on Sunday, May 18, 2025, at the Honolulu Seafood Restaurant, a first venue for many. There were 34 members and guests in attendance. We dined on a delicious 10-course Chinese dim sum lunch.

Kelly Tan Peterson was our speaker. She is OCAW Hawaii Chapter's Vice President, commuting back and forth to Hawaii. She and her husband Dan decided to make Hawaii their permanent home. Kelly's profession is an Interior Designer. She is also a Certified Keto Practitioner and Keto Nutritionist. She has written two recipe books, *Keto East* and *Keto Baked*. She has an online website with over 164,000 followers on how to become healthy through Nutrition and Exercise.

Kelly captivated members and guests with her informative talk and photos on screen. There was a lot of note-taking by attendees, and many questions. We learned to avoid 3 Foods that will Age you and that will cut short your longevity: SUGAR – STARCH – OMEGA 6 (oils that use vegetable oil). The 3 Foods to eat to

keep you from aging faster: HEALTHY FAT – PROTEIN – OMEGA 3. This is a very sensible diet to follow. We are never too old to change our eating habits, and to commit to a goal to change our lifestyle for Longevity.























Every attendee received a copy of Kelly's award-winning book, *Keto East*.



Many said that they learned so much from Kelly's presentation. It was a highly successful event that was enjoyed by all.

(All photos taken by Sharlene Chun)

## **From and About Our Members**

### **U.S. Immigration Seminar**

*(from Maria Yang, National President)*

On Tuesday, April 29, 2025, I attended a seminar titled *U.S. Immigration: Understanding the Present, Charting the Future*, held at the Rayburn House Office Building on Capitol Hill in Washington, D.C. The event was organized by Georgetown University's Center for Business and Public Policy and featured speakers Theresa Cardinal Brown, Ronil Hira, and Giovanni Peri.



The discussion highlighted how immigration profoundly shapes both national and local economies. Across industries, immigrants drive innovation and productivity, creating new opportunities for growth and reinforcing America's leadership in intellectual and technological fields.

However, immigration policies can have markedly different impacts depending on education levels, occupations, and geographic regions, raising important questions about the distribution of benefits and costs. Additionally, while cultural diversity can enrich communities and foster mutual understanding, it also brings challenges related to assimilation, particularly in balancing the preservation of unique cultural heritages with the development of shared national identities.





Maria Yang and Theresa Cardinal Brown

After the seminar, I visited the office of Representative Robert J. Wittman from Virginia, which is also located in the Rayburn House Office Building. Unfortunately, Representative Wittman was unavailable due to other commitments. However, I had the opportunity to speak with his assistant, Alex Feldman.



Alex Feldman and Maria Yang

### **Asian Heritage Chefs in White House History**

*(from Barbara York, Virginia Chapter President)*

The White House Historical Association just published a book documenting the contribution of Asian chefs in the kitchens of the White House and the presidential yachts. The book is entitled, ***Asian Heritage Chefs in White House History***.

It's a wonderful book about amazing men and women who have played a key role in the history of the United States, preparing meals for the Presidents, the first families, the huge White House State Dinners, and the pivotal meals served to world leaders. There is a whole section devoted to a Lee Ping Quan, who actually published his now out-of-print book in which he recounts his history from Guangzhou to his service under Presidents Warren Harding and Calvin Coolidge. There are also Asian and Western recipes of the favorite dishes of the different Presidents.

For those of you who have access to *The Washington Post*, you can read the story about this book here:  
<https://www.washingtonpost.com/food/2025/05/19/asian-chefs-presidents-adrian-miller>

You can also access a good summary as well as buy this book at this link:  
<https://www.whitehousehistory.org/press-room/press-releases/available-for-pre-order-now-asian-heritage-chefs-in-white-house-history-cooking-to-the-presidents-taste#:~:text=Irineno%20Esperancilla%3A%20Born%20in%20the,Coolidge%20on%20the%20USS%20Mayflower.>

### **A Joyous and Memorable Celebration in May**

*(from Jen Tsao, Silicon Valley Chapter Immediate Past President)*

Friday, May 30, 2025 was a very special and happy day for our family. We celebrated three important milestones: our oldest granddaughter graduated from middle school; her younger sister graduated from elementary school; and their cousin, our grandson, graduated from kindergarten. Three graduations, each marking a different stage in their academic journey, all on the same day!

As we reflect on how far they've come, we can't help but think back to the early days of the pandemic, when all three grandchildren stayed at our home for several months to stay safe from COVID-19. Now, seeing them healthy, thriving, and stepping into new chapters of their lives fills our hearts with gratitude and joy.

The very next day, May 31, was this year's **Chinese Dragon Boat Festival**, a cherished celebration among Chinese communities around the world. On this day, we exchanged well wishes for health and safety with family and friends and enjoyed delicious traditional glutinous rice dumplings in honor of the occasion.

What a wonderful and meaningful two-day celebration we were blessed to enjoy this May – full of love, tradition, and hope for the future!





Happy graduates Cadence and Alex Tsao (*above*), and Danica Tsao (*below*). Congratulations!