

E-Newsletter of the Organization of Chinese American Women

November 2018



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(from Linda Devine, Editor)

This will be the final issue for 2018. Once again, I appreciate all of the material that was submitted to me. I am very grateful to my husband Ed for his work on preparing the photos, especially since there were over 80 pictures this time – by far the largest number since the e-newsletter was started in 2009.

I continue to encourage OCAW members to write articles or submit information for the publication if there is something you think would be of interest to the membership. My goal continues to be publishing a wide variety of material. And please feel free to send me any suggestions or recommendations that you might have for any aspects of the e-newsletter. My email address is: devinefive@comcast.net

Happy holidays to all, and see you next year!

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News from the Virginia Chapter

(from Chi-Hua Yang, President)

Fall Full Moon Celebration and Pot Luck Dinner

The OCAW Virginia Chapter held a Fall Full Moon Celebration and Pot Luck Dinner on Saturday, September 29, 2018. The location was high atop the 23rd floor in the Penthouse of member Amy Lee's building in Alexandria, Virginia. Thanks to Amy and Cathy Roberts for obtaining and making the arrangements for this most beautiful location overlooking the Potomac River.

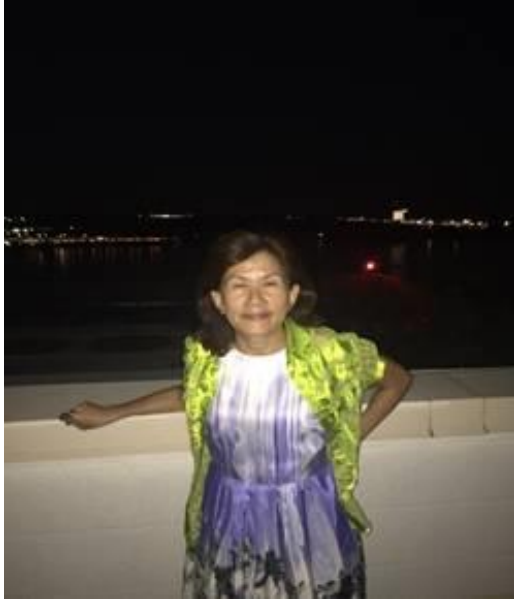
Maria Yang and several OCAW sisters helped to organize and decorate the hall. Our dear Vice President Alice Way and her husband Norman prepared and organized the appetizers. National President Christina Chang with her husband Steve, back from China, assisted with preparations for this event. Chi-Hua would especially like to thank Dianna Gorin for her dedication to the Virginia Chapter. Dianna is a longtime OCAW member who is currently living in North Carolina and made the effort to attend the celebration.



Our most beautiful team: Amy Lee, Christina Chang, Chi-Hua Yang, Jessica Zhang, and Alice Way



Amy Lee with her guests, and Dianna Gorin (*far right*)



Our billion-dollar view of the sunset and night scenery of the Potomac River and Washington, D.C. capital



Cathy Roberts, Becky Huang, Nancy Wong, and Christina Chang

And how could anyone forget food? This was a real Chinese festival, and of course there were the traditional moon cakes. Barbara York and her husband brought red wine for the celebration. Glen Schwartz did major clean-up work afterward.

About 35-40 people attended, and we had a wonderful evening. Thanks to all of the people who participated and who helped make this a successful event!

News from the New Orleans Chapter

New Orleans Chinese Culture Festival

(from Betty Butz, former President)

In observance of the 300th anniversary of the founding of the City of New Orleans, several local Chinese communities presented a two-day culture festival at Lakeside Mall in Metairie, Louisiana, September 21-22, 2018. This was over the weekend prior to the Chinese Moon Festival. OCAW members Sandy Wong, Yvonne Louie, Nancy Chung, Mayling Hew, Jeanette Hew, and Betty Butz attended the Festival.

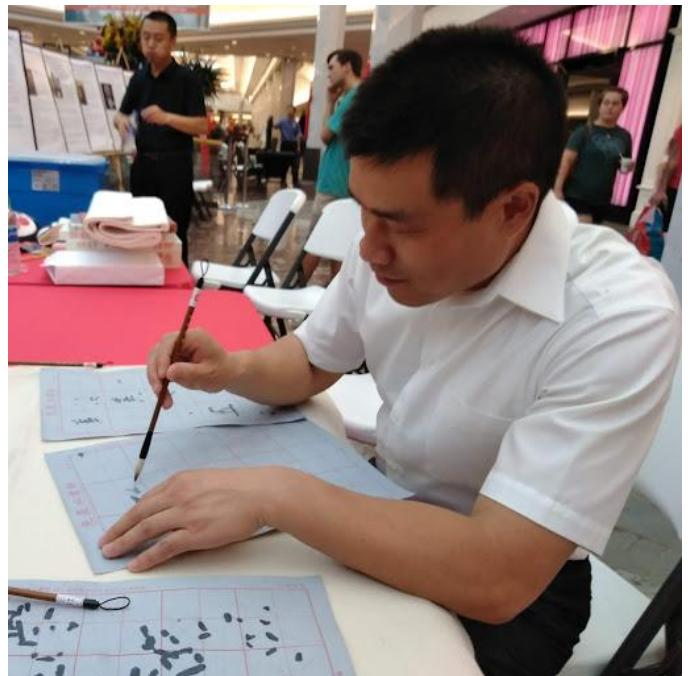
Exhibits of artwork were prominently displayed in the center stage of the mall. Examples of Chinese cultural activities were featured, including brush painting, calligraphy, tea appreciation, wellness therapies, paper crafts, mask painting, singing, dancing, martial arts demonstrations, moon cake tasting, etc.



Emcee Dai Hong and artist Wang Lin



Art show by Wang Lin



Jiang Yu



Tea set



Tea cups



Volunteers at the tea counter



Greeter at the festival



A warm welcome



Jiang Yu and performers

Six Chinese Americans were recognized for their outstanding contributions to the quality of life in our community. In alphabetical order, they were:

- Dr. Huai Nan Cheng, research chemist
- Mr. Edward Lee, entrepreneur, financier, education philanthropist
- Ms. Cynthia Lee-Sheng, councilwoman
- Mrs. Tina Soong, journalist, television program producer
- Dr. Alun Wang, dermatologist
- Mr. Frank Wong, restaurateur

Several hundred people attended the event. Citizens in the area are blessed with such celebration during this time of year.



Past OCAW member Hu Jing

(All of the above photos taken by Betty Butz)



Miranda Sheng, Cynthia Lee-Sheng, Yvonne Louie, and Sandy Wong

(Photo taken by Si Chung)

November Meeting

(from Patricia Ellzey, Vice President)

The New Orleans Chapter will hold a meeting this month. Members plan to elect officers for 2019. The chapter's 30th anniversary will also be discussed.

OCAW New Orleans' 30th Anniversary

(from Patricia Ellzey)

The New Orleans Chapter will be celebrating its 30th Anniversary next year. Members will discuss plans for the celebration at its next meeting. The chapter is tentatively thinking of having the event in late March or April, but a definite date will be set in the near future and announced as soon as it is known.

We hope to invite our OCAW sisters from all the chapters to celebrate with us. Please keep the timeframe in mind!

News from the Silicon Valley Chapter

(from Wendy Chang, President)

Women and Alzheimer's Disease

On Saturday, September 8, 2018, the OCAW Silicon Valley Chapter and Taipei's First Girls' High School Alumni Association-Northern California joined efforts in hosting a seminar on Women and Alzheimer's Disease. The event took place at the Culture Center of the Taipei Economic and Cultural Office in Milpitas, California, and was presented in Mandarin.

Almost two-thirds of Americans living with Alzheimer's are women; approximately two-thirds of caregivers are women; and almost 90% of home care workers and personal care staff at nursing facilities are women. This seminar gave the audience an overview of Alzheimer's disease, how to distinguish between Alzheimer's and everyday forgetfulness, and how to diagnose Alzheimer's. Also we learned how to adjust to the diagnosis and care for loved ones with the disease, and heard first-hand caregiving stories shared by family caregivers.

The topics and presenters were as follows:

Woman and Alzheimer's Disease

Dr. Boon Lead Tee, M.D., M.S.

Atlantic Fellow at the Global Brain Health Institute of the University of California, San Francisco Memory and Aging Center

Caring for My Father

Tiffany Hsiao

Family caregiver; management role in the high tech industry; passionate about volunteering for the community

Inspiration from Alzheimer's Disease

Ai-chu Wang

Family caregiver; retired from the finance industry; former OCAW-SVC President

Dementia Conversations

Peining Chang

Community Outreach Manager, Alzheimer's Association Northern California and Northern Nevada Chapter





Knowledge is Power Forum

School Campus Safety and Community Crime Prevention are two topics near and dear to our hearts. To address these concerns, on Sunday, September 16, 2018, Cynthia Chang, our Public Relations Officer who is also a Los Gatos-Saratoga Union High School District Board Member, coordinated a forum entitled “Knowledge is Power.” OCAW-SVC and the Asian Pacific Islander School Board Member Association co-hosted this forum with the following speakers:

Rick Sung, Undersheriff, Santa Clara County Sheriff’s Office
Cheryl Hodgins-Marshall, Guidance Counselor for the Los Gatos-Saratoga Union High School District Alternative Programs
Paul Marshall, Police Officer/Detective for the University Police Department, San Jose State University

During the forum, Rick talked about what caused an uptick in crime over the last few years and what law enforcement/government is doing to address that issue; and what measures residents can take to prevent property crimes.

Paul informed the audience about campus safety issues such as whom you call in case of emergency, dorm safety, and theft prevention.

Cheryl discussed school safety issues such as violence, bullying, and sexual harassment, and what parents should watch out for.





Everyone in the audience gained a lot of valuable information. Knowledge is Power! Hopefully we will share our knowledge with others and make our community safer.



Succulent Arrangements DIY and Auction Fundraising for the Walk to End Alzheimer's

Sophia Yang and Carol Yuan hosted a succulent arrangements fundraiser in Carol's backyard on Saturday, October 6, 2018 in Saratoga. Around 20 members, friends, and family members came to support the effort, and went home happy with their own succulent arrangements.

The activities included planting succulents in containers/pots, topping pumpkins with succulents, and a succulent arrangements auction. Succulents, tools, pumpkins, and containers/pots were prepared by the hosts. Guests selected materials and put them together. Pumpkin arrangements were fitting for the fall harvest season.





It was a fun activity for all ages. Among the attendees, Jen Tsao and her husband came with their two granddaughters, and Carol's son and daughter brought their friends that afternoon. It was a great gathering with friends and raising awareness and support for Alzheimer's disease at the same time!



Winnie Chen who lost her mom due to Alzheimer's, donated 20 beautiful pre-arranged succulent arrangements for the Auction. Twelve arrangements were sold and raised \$290.

The pumpkin succulent arrangements were a hit. Many people placed orders. Carol and Sophia were still working on them two weeks later.





Silicon Valley Walk to End Alzheimer's

This is the 4th year that our chapter formed a team and participated in the Silicon Valley Walk to End Alzheimer's. The walk was on Saturday, October 13, 2018 in San Jose. The goal for this walk was to raise \$1.455 million nationwide. There were 393 teams and over 3000 people participated in this event. Ai-chu Wang, our former president, served on the Silicon Valley Walk to End Alzheimer's committee this year.

Our team had 5 team members and close to 50 donors. In addition, other OCAW members, friends, and family members joined our team for the walk, making our group a total of 17. As of this writing, donations are still open, and so far, we have raised over \$4100! We are proud that this year, we had the greatest number of participants and will have raised the most funds.

The check-in for the Walk started at 8 a.m., the ceremony started at 9 a.m., and the walk started at 10 a.m. The walk was three miles long in downtown San Jose, and the participants marched by office buildings, boutique stores, the Tech Museum of Innovation, and Christmas in the Park, and through the campus of San Jose State University.



We walked next to the “Stand By You” team whose captain was Peining Chang, the Community Outreach Manager of the Alzheimer’s Association Northern California and Northern Nevada Chapter. Along the route, there were various groups of musicians performing and volunteers cheering the participants.

Everyone enjoyed the Walk to End Alzheimer’s that morning.



News from the Hawaii Chapter

July General Membership Meeting

(from Rena Young Ochse, Newsletter Editor, and Lei Ahu Isa, President)

The OCAW Hawaii Chapter held its third General Membership Meeting of the year on Sunday, July 22, 2018 at Maple Garden Restaurant in Honolulu. Our speaker was Mr. Bow Mun Chin. He is a veteran attorney at the Hawaii Immigrant Justice Center of the Legal Aid Society of Hawaii.

Mr. Chin was a most impressive speaker. Very informative, as he patiently answered so many questions of our members, he explained how complex our legal system is for our immigrants and that they need good representation to guide them every step of the way. Mr. Chin explained about the EB-1A visa advantages of this employment-based category. For the EB-1A visa, a specific job offer is not required for a foreign person in this group, as long as that person is entering the U.S. to continue work in the field in which he or she has extraordinary ability.



Jerilyn Jeffries, Secretary; Dr. Lei Ahu Isa, President; Speaker Bow Mun Chin;
Susan Chong Wong, President-Elect; Susan Lee, Treasurer; and Rena Young Ochse,
Newsletter Editor and Past President

October General Membership Meeting and Election of 2019 Officers

(from Queenie Mow Chee, former President)

OCAW HAWAII CHAPTER 2019 OFFICERS

by Nominations Chair Queenie Chee

The OCAW Hawaii Chapter's 4th General Membership Meeting for the year was held on Sunday, October 21, 2018 at the Maple Garden Restaurant in Honolulu. There were 19 members in good standing present for the election of the 2019 officers. This number of attendees represented half of the current membership for this chapter. Therefore, a quorum was met.

Unanimously elected for the OCAW Hawaii Chapter for 2019 are the following:



PRESIDENT: SUSAN SIU KIN CHONG WONG

Susan has a long history of serving the community in the area of civil rights and aiding those less fortunate through her degree in law and experiences in these areas in New York, San Francisco, and Honolulu.

Born and raised in Honolulu, she graduated from Maryknoll High School in 1966, and returned to serve as their Trustee in recent years. A graduate of the University of California at Berkeley in psychology, she became a lifelong activist through the experience of advocating for the formation of Ethnic Studies there, and working in San Francisco Chinatown on community issues.

She worked at the University of Hawaii at Manoa for three semesters in the Ethnic Studies Department, and was a discussion leader in Chinese American Studies.

Upon her marriage to Dr. Calvin Wong, they moved to New York City as he continued his medical training, and lived there for eight years. While there, Susan obtained a law degree from the Brooklyn Law School and then joined their staff. In 1979, she became a Board member of the Asian American Legal Defense and Education Fund. (She continues to serve as a Board member today.)

While in New York, she became acquainted with Bill Lann Lee, a Chinese American civil rights attorney who served as Assistant U.S. Attorney General for the Civil Rights Division of the U.S. Department of Justice under President Bill Clinton. Bill Lann Lee is married to the daughter of the late Nancy Yee of Honolulu, who was a Charter Member of the OCAW Hawaii Chapter. Bill and Susan actively worked for better treatment of those facing discrimination and bigotry in New York.

Susan returned to Hawaii and over the years has been on the staff and boards of the Legal Aid Society of Hawaii, Maryknoll School, and Hawaii Medical Association Alliance (she was former State President). Presently, she is most active with The Legal Clinic, another nonprofit which hopes to provide low- or no-cost immigration legal services to the poor, and community education about their rights as residents of the U.S.

With all of these works, she also managed her husband's cardiology practice and had four sons. There are now an additional three daughters-in-law and four grandchildren.



PRESIDENT-ELECT/VICE PRESIDENT: TINA Y.T. WONG AU

Tina was born in Canton, China, was raised in Hong Kong, and moved to Hawaii in the 1970s.

Professionally, she has worked in the financial services industry for over 36 years. Tina helped to bring about many affordable housing projects and helped thousands of people purchase their dream homes through mortgage financing. She taught the first home-buyer class with the State of Hawaii House Finance Corporation which began in the 1980s, and continued into 1990.

She is currently an Assistant Vice President in the Mortgage Department at Territorial Savings Bank in Hawaii. She is also a senior tax partner with the Business Integration Group. An IRS-licensed Enrolled Agent, she passed the suitability check and the four-part Special Enrollment Examination, demonstrating proficiency in federal tax planning, individual and business tax return preparation, and representation.

Deeply involved with the community, Tina currently serves as the Hawaii Chinese Civic Association President. She was Hawaii Society of Enrolled Agents President for three years; a chapter of the US-China Peoples Friendship Association Treasurer for four years; Board member of the Chinese Chamber of Commerce of Hawaii where she served as 1st and 2nd Vice President; Hawaii Mainland Chinese Overseas Association President for four years; See Dai Doo Society Board Director and Chinese Secretary; and a See Yup Society Board Director. Active with the Girl Scouts of America for over 12 years, Tina served as their State Cookies Sale Chair for over five years, and served three years on their Board. She was a Voter Registration volunteer with the Chinese Community Action Coalition for over 20 years.

She volunteers with Cleanup Chinatown three times a year, as well as with the Lanakila Senior Center, the Children's Youth Festival, and Adopt-a-Highway. And much more.

Tina is married with three adult children and three grandchildren who all currently reside in Boston, Massachusetts.

As of this printing, the United Chinese Society of Hawaii has announced Tina as their Model Chinese Citizen of the Year. This award is given to a successful Chinese citizen within the community who has contributed his/her time, resources, and experiences to make our Chinatown and community at large a better place to live. Congratulations, and well-deserved!



SECRETARY: LENA YOUNG

Lena comes to us with over 40 years of experience in the field of Human Resources, working with some of the largest companies in the State of Hawaii. She has had experiences at Bank of Hawaii, Kamehameha Schools/Bishop Estate, Bank of America, Hilo Hattie, City Mill, and now JTB Hawaii.

While at JTB Hawaii, she has served as Corporate Director of Operations and Human Resources. For three years, she was asked to consult with its Global Business Unit with assignments in Tokyo, Guam, and Saipan. This January, rather than retiring, she transitioned to a part-time position at JTB Hawaii, as the JTB Hawaii Advisor at their corporate office.

Lena has also been involved in several organizations during her professional career. She has served on the Board and was president of two major human resources organizations – the Society for Human Resource

Management, Hawaii Chapter, and HICOMP, the Hawaii chapter of World at Work.

She also served for almost 20 years as a volunteer for the Friends of the Library, a nonprofit organization that supports the Hawaii public library system and is known for its annual book sale. While there, she served as Trustee of its Endowment Fund.

She currently sits on the Board of Directors of University Health Alliance, a health insurance carrier in Hawaii. She also is on the Board of JTB Hawaii's nonprofit affiliated organization, the JTB Goodwill Foundation.

Previously, she was involved in the care of four elderly parents; now she has one, her mother. Her husband Rodney is a retired public school teacher, who spends his time teaching Akido at the Kalihi YMCA, and Tai Chi. Her daughter Tiffany lives in San Francisco where she attended college and is now with First Republic Bank.

The OCAW Hawaii Chapter is happy to welcome her back to the organization, and for her acceptance of the nomination to serve as Secretary at the Elections Meeting.



TREASURER: RENA YOUNG OCHSE

Rena was born in Honolulu, Hawaii, and was educated at Roosevelt High School (when it was the premier English Standard School in Hawaii), the University of Hawaii at Manoa, and Los Angeles City College.

In Los Angeles, she worked at Western Airlines and then moved to British Airways, formerly BOAC. She obtained additional schooling in New York City and London for her position. After British Airways closed their office in Los Angeles after 18 years, Beverly Hills Travel quickly hired her as Supervisor of Quality Control and Pricing Control. Opportunity came for her to work with

Worldwide Travel in Culver City, and she became an agent and did pricing for three different computer systems: Apollo, TWA, and PanAm.

Being the modest person that she is, she left out a lot of her experiences and accolades, including her stint as an extra on the set of the Hollywood film "Flower Drum Song."

In 1988, Rena returned to Hawaii to care for her elderly mother when her dad passed away. She worked with Carl Erdman Travel until they closed, and then transitioned to HNL Travel Associates, where she is still employed as an independent agent.

She served as President for the following organizations:

American Business Womens Association – twice (She was also chosen Woman of the Year in Hawaii, and was a Top Ten Women of the Year candidate at their National Convention.)

Business Professional Women – twice (currently holding office)

Chinese Women's Club of Honolulu

Hawaii Chinese Civic Association

Organization of Chinese American Women (OCAW) Hawaii Chapter – three times

Los Angeles Chinese Women's Club (She was also Chair of the L.A. Verdugo Metropolitan District Conservation Committee.)

A longtime staunch and active OCAW member, Rena also is well-acquainted with OCAW's National Board Members and other Chapter officers, which is of great value to preserve the continuity and communications among Chapters.

Other positions of note:

Chung Shan Association Director

Kung Sheong Doo Society Chinese Secretary and Newsletter Editor

See Dai Doo Society Director and Newsletter Editor

OCAW Hawaii Chapter Newsletter Editor and Communications Chair

Active member of:

Palolo Chinese Home Auxiliary

US-China Peoples Friendship Association – Oahu Chapter

Rena loves hobbies like making jewelry, creating unique one-of-a-kind baubles. She plays the piano and loves to cruise. Emphasis on cruises: she is an expert in cruises and has made many cruise arrangements for clients all over the world.

Rena is married to Heinz Georg Ochse, whom she met at British Airways where they were both employed.

(Editor's Note: The Hawaii Chapter thanks Queenie for her exceptionally diligent efforts in her work as Nominations Chair.)

From and About Our Members

Welcome a New Member from Michigan!

(from Cathy Roberts, National Vice President for Membership)

Cathy was surprised and delighted to receive a membership application from Marie Woo. Marie currently resides in West Bloomfield, Michigan. West Bloomfield Township is a charter township in Oakland County within the Detroit metropolitan area. As of the 2010 census, the township had a population of 64,690.

According to the OCAW bylaws, only four individuals are required to form a chapter. Cathy asks that you please share this information with your chapter members. If you have friends or know anyone who lives in the Detroit metropolitan area, Cathy would appreciate it if you would please let her know. Maybe there would be enough people to form a new OCAW chapter.

Cathy's contact information is:

Email: Nairobi94@yahoo.com

Tel: 703/323-0681

Welcome, Marie!

Senior Wellness and Hawaii Chapter members

(from Rena Young Ochse)

The Palolo Chinese Home team shared its full range of care options at the 34th annual Good Life Expo, Hawaii Seniors' Fair at the Blaisdell Exhibition Hall in Honolulu September 21-23, 2018. The expo provided opportunities to engage with hundreds of interested seniors and family caregivers about the Home's service offerings available on campus and in the home.

Several OCAW Hawaii Chapter members are also volunteers for the **Palolo Chinese Home Auxiliary**. Hawaii members Gladys Lee, Elizabeth Sy, and Rena Young Ochse volunteered at the expo, manning the booth and distributing brochures.

Origin of China National Day

(from Rena Young Ochse)

October 1, 1949 was the Memorial Day for the founding of the People's Republic of China. It should be noted that the PRC was not founded on that day. Actually, the Chinese Independence Day was September 21, 1949. The grand ceremony held at Tiananmen Square on October 1st was to celebrate the forming of the Central People's Government of the brand new country.

Later, on October 2, 1949, the new government passed the 'Resolution on the National Day of the People's Republic of China' and declared October 1 to be the Chinese National Day. Ever since 1950, every October 1st has been grandly celebrated by Chinese people.

This year the Chinese Chamber of Commerce of Hawaii celebrated this day in Honolulu at Jade Dynasty Seafood Restaurant on September 30.

About Nancy Chung and Mayling Hew, New Orleans Chapter members

(from Pat Ellzey, New Orleans Chapter Vice President)

New Orleans members Nancy Chung and Mayling Hew were honored with a **community appreciation award** for entertaining nursing home residents with their Silver Liners dance group.

Nancy and Mayling received their awards at a Recognition Luncheon honoring Jefferson Parish RSVP Volunteers on Tuesday, October 2, 2018, at the Crowne Plaza New Orleans Airport in Kenner, Louisiana.

(Editor's Note: Warmest congratulations to Nancy and Mayling!)



Mayling Hew and Nancy Chung

From Chu Lan Shubert-Kwock, former Hawaii Chapter President

Chu Lan has been busy with several events in the Honolulu community, particularly as founder of the Chinatown Business & Community Association. On Saturday, October 6, 2018, CBCA celebrated the Moon Festival with 300 seniors at the Mission Memorial Auditorium. This is the 4th Free Moon Festival Chinese Concert organized by CBCA and sponsored by the Mayor's Office of Culture and the Arts.



On Sunday, October 7, Chu Lan representing Chung Wah Chung Kung Hui again emceed the Dr. Sun Yat Sen 107th Anniversary of the founding of modern China. In Taiwan, it is celebrated as the national day of the Republic of China. The event was attended by over 600 people.



Taiwan National Day Celebrations were held at the Pacific Club on Monday, October 8, and on Saturday, October 20, CBCA celebrated its 10th Anniversary as a grass roots Chinatown advocacy group and held the 9th Annual CBCA Chinatown Heroes Award Banquet attended by 164 celebrants.

On Monday, October 22, Chu Lan, as Chairwoman of the Downtown-Chinatown Neighborhood 13, together with the newly-formed Chinatown Watch, participated in a march to “Take Back Chinatown, call 911” to bring attention to the needs of clearing sidewalks for the safety of all.



About Dr. Margaret Lee, Hawaii Chapter member

(from Rena Young Ochse)

Hawaii Chapter member Yeu-Tsu Margaret Lee, M.D., F.A.C.S., is the 2018 recipient of the prestigious **Dr. Mary Edwards Walker Inspiring Women in Surgery Award**. Margaret was presented with this honor on Sunday, October 21, 2018, during the ACS Clinical Congress Convocation Ceremony at the Boston Convention and Exhibition Center in Massachusetts.

The following is information about this award: “The Dr. Mary Edwards Walker Inspiring Women in Surgery Award is named in honor of Mary Edwards Walker, M.D. (1832-1919), for her exemplary inspiration as the first female surgeon employed by the U.S. Army and the only woman ever to receive the Medal of Honor – the highest U.S. Armed Forces decoration for bravery. After the Civil War, Dr. Walker devoted her life to supporting women’s suffrage and was a frequent lecturer on health care, temperance, and women’s rights.

Most notably, Dr. Walker was unwavering in her commitment to service to her country and surgical profession, and repeatedly excelled in the face of significant adversity. Through Dr. Walker's example of perseverance, excellence, and pioneering behavior, she paved the way for female surgeons of today."

The Hawaii Chapter is extremely proud of Margaret's accomplishments.



(Photo taken by Dick Roberts)

(Editor's Note: OCAW extends its heartiest congratulations to Margaret on this superior achievement!

Attendees at OCAW's 40th Anniversary National Celebration and Conference in 2017 will remember Margaret's high energy and wonderful personality. She was one of our featured speakers during the conference, and outlasted many of us on the all-day sightseeing tour of Washington, D.C. the following day.

Former Hawaii Chapter President Queenie Mow Chee wrote an excellent article on Margaret's background and many achievements, which appeared in the April 2017 OCAW E-Newsletter. Among her numerous accomplishments, she was the first President of the OCAW Hawaii Chapter.)

Upcoming Free Concert

(from Mimi Hom, Opera International Producer-Director)

(Editor's Note: Mimi is also the President of the D.C. Federation of Music Clubs.)

The D.C. Federation of Music Clubs is sponsoring a combined opera and jazz concert at the Mansion at Strathmore in North Bethesda, Maryland, on Friday, December 14, 2018, at 12 noon.

Soprano Jessica Stecklein and pianist Adelaide Edelson will perform opera arias and art songs during the first half of the program. The second half will feature jazz vocalist Integrity Reeves, a former Strathmore Artist in Residence, and guitarist Steve Hom, who will perform jazz standards.

Admission is free; no tickets are required. So come and enjoy some lovely music!

From Betty Butz, former New Orleans Chapter President

(Editor's Note: Betty is an Ikebana artist whose arrangements have been featured in issues of the OCAW E-Newsletter over the years. The New Orleans Museum of Art hosts its annual "Art in Bloom" exhibition every spring.)

2007 Matta

One and a half years after the swath of disasters
Wrought by Hurricane Katrina,
Art in Bloom was resurrected at NOLA,
Much to the delight of weebegoners.

Gifts hailed from the people of France and their museums
Gathered for an exhibition called "*Femme, Femme, Femme*".
Suffering residents were gently reminded to ponder
The roles of women: social butterfly, nun, or mom.

Floral artists volunteered to add glamour
In the form of blooming flora
That could echo shapes and color
In the lovingly restored parlors.

My group was assigned a painting by Roberto Matta,
For interpretation and framing with flowers.

A surreal face of limey green patina
Spewing twisted ideas whispered from the wall.
It desired a much wider open floor
To express a tormented inscape of emotional uproar.

A tortured soul, in solitude, searching for a sparkling star,
Yearned to burst through the ramparts
Of infectious, sinister shards in the heart,
To lighten the dark vapors of eternal scars.

"*Libere l'Esprit*" occurred to me for the balm,
For which a Director's Award was bestowed by NOMA.

Composition was anchored in a cast iron vase
Originally designed by Hiroshi Teshigahara,
Past *Iemoto* of Sogetsu Ikebana,
The school that inspired the particular art.

Bulrush, with fluted layers, sprouted vents for air.
Pencil cactus, with no thorns, and smooth to the touch, drew no despair.
Bitter sweet ginger, sharply scented, saluted the dare
Of spiritual liberation from the stupor.

La Somme of the pain thus imparted,
A troubled spirit was comforted
By the power *d'Une Fleur* endowed.
Floral arrangers were blissfully elated.

Now, when I admire the works of Matta,
A tranquil feeling of endearment warms me all over.

Betty Butz
New Orleans, LA
October 2018



La Somme d'Une Fleur, by Roberto Matta,
with ikebana interpretation

Betty Butz at NOMA's Art in Bloom, 2007

(Photos courtesy of Betty Butz)



Health Information

by Dr. Lihua Zhang

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

Flu Season

Lihua would like to alert people that it is flu shot time once again. The following article is from the Centers for Disease Control and Prevention. It is a "Summary of the 2017-2018 Influenza Season," and one can read detailed information about the flu season last year.

However, of importance at the beginning of the article is a reference to another link containing important information about the coming 2018-2019 flu season.

<https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>

Then see: Frequently Asked Flu Questions for 2018-2019 Influenza Season for flu and flu vaccine information specific to the current flu season.

The Human Microbiome

Lihua has also referred readers to the following science article which appeared in *The New York Times* last fall. Some excerpts follow.

<https://www.nytimes.com/2017/11/06/well/live/unlocking-the-secrets-of-the-microbiome.html>

Unlocking the Secrets of the Microbiome

by Jane E. Brody

The New York Times – Personal Health section

November 6, 2017

"Modern technology is making it possible for medical scientists to analyze inhabitants of our innards that most people probably would rather not know about. But the resulting information could one day save your health or even your life.

I'm referring to the trillions of bacteria, viruses, and fungi that inhabit virtually every body part, including those tissues once thought to be sterile. Together, they make up the human microbiome and represent what is perhaps the most promising yet challenging task of modern medicine: Determining the normal microscopic inhabitants of every organ and knowing how to restore the proper balance of organisms when it is disrupted.

Proof...has already been established for a sometimes devastating intestinal infection...[which] often occurs when potent antibiotics wipe out the normal bacterial inhabitants of the gut that otherwise keep it in check...

Under the auspices of the National Institutes of Health, a large team of scientists is now engaged in creating a "normal" microbiological road map for the following tissues: gastrointestinal tract, oral cavity, skin, airways, urogenital tract, blood, and eye. The effort, called the Human Microbiome Project, takes advantage of new technology that can rapidly analyze large samples of genetic material, making it possible to identify the organisms present in these tissues...

Previous studies have already found differences in the gut microbiota of lean and obese adults. There is also evidence that **the typical high-calorie American diet rich in sugar, meats, and processed foods may adversely affect the balance of microbes in the gut and foster the extraction and absorption of excess calories from food.**

A diet more heavily based on plants – that is, fruits and vegetables – may result in a microbiome containing a wider range of healthful organisms...

Similarly, studies have suggested a role of the gut microbiota in the risk of developing neuropsychiatric illnesses like schizophrenia, obsessive-compulsive disorder, attention deficit hyperactivity disorder, autism, and even chronic fatigue syndrome...

...people interested in fostering a health-promoting array of gut microorganisms should consider shifting from a diet heavily based on meats, carbohydrates, and processed foods to one that emphasizes plants..."

My Great Wall Journey (Part II)

by Chi-Hua Yang

(Editor's Note: Chi-Hua is the OCAW National Treasurer and President of the Virginia Chapter. Part I of Chi-Hua's article was published in the last issue (September 2018) of the e-newsletter.)

My husband Glen, my son George, and I visited China from May 30 to June 14, 2018. While there, we climbed the Great Wall at Badaling. It was a wonderful experience.



Badaling is the most representative and magnificent section of the Great Wall of the Ming Dynasty. It has been open to the public the longest (since 1957). This is a more popular section of the Wall for most tourists. It is easily accessible and has easy walking conditions. It has been visited by 372 state leaders and VIPs, including Presidents Nixon and Reagan, Prime Minister Thatcher, and Queen Elizabeth II. It is so famous to most Chinese because Mao Zedong climbed it himself when the Communist Party took over China.

This section has a stone engraved with an inscription, 'not arrive Great Wall not good man,' a famous line from one of Mao's poems. The inscription declares that "He who has never been to the Great Wall is not a good man."

Badaling commands a strategic position, once the first line of defense on the main pass between Beijing and the Mongol tribes north of the Great Wall. The first Mongol emperor marched through Badaling with his army to take Beijing and begin the Yuan Dynasty (1279-1368), which preceded the Ming Dynasty (1368-1644).

The Great Wall at Badaling was completed in 1505. This part of the Wall is very wide, and in ancient times, horses ran on top of it.



We first took the cable car to get to the top. After that, we did a climb. The climbing is so steep that my son, who is 6'2", admired the physical capability of the Chinese in the old days. We thought that the Chinese soldier in ancient times must have been like a superman with giant steps in order to defend the Great Wall!

We were all exhausted after two hours of climbing, but the view was really worth it. I think that one cannot fully appreciate the Great Wall unless one actually climbs it. It is a real, physical challenge.

I overheard that during Chinese New Year's, the whole wall was full of people. It sounds like a neat experience, and I think that I would like to try being there during a future New Year's.



“Crazy Rich Asians” – Take #2!

by Queenie Mow Chee

(Editor's Note: Queenie is a former Hawaii Chapter President.)

The opulence and glitz of the super-rich Chinese/Asians of Singapore certainly grabbed the movie-goers' attention. That was by design!

But there were moments of catharsis throughout, where the oft-snubbed Asian in Western countries had the last laugh. Just one example: who would have guessed that Mrs. Eleanor Young, her little son Nicholas, and his nanny were the family of the new owner of the New York hotel that tried to turn them away because of their ethnicity.

This movie, based on the novel by Kevin Kwan, was not just a 'rom com' or 'chick flick.' It was a love story on several levels: best friends; boy and girl; mother and daughter; and most of all, the Chinese American Woman and her Chinese Tradition in the Value of Family.

My tears were flowing quite unabashedly when the main character, Rachel Chu, finally heard the truth of her single mother's tragic plight and the hardships she resolutely endured to give her child a better life. How many of us also benefitted from our own parents' sacrifices so that we could be more comfortable? And we, in turn, pass it onto the next generation?!

The story also showed us that not all rich boys are so shallow. Nicholas deeply respected his parents and their expectations of him, yet strove to develop his own depth of soul, and found strength in his soul mate – a Chinese American female professor from a questionable background. He fled away from his 'over-the-top' decadent bachelor party to quiet reflection with his pal on a small quiet island.

The “wrap scene” was the crucial mahjong game between Eleanor Young and Rachel Chu. Actually, half of its significance whizzed over my head, as I did not understand the fine points of the game. My sister-in-law back in San Jose explained to me some of the most important points:

1. The East is the Seat of Power and the Banker. Nick's mother sat there.
2. The West is opposite. Rachel, the rejected daughter-in-law, sat there.
3. Have a winning hand but an “eye” is needed to reveal and win.

Both Eleanor and Rachel had winning hands. Both needed the same tile for their “eye.” Rachel picked it up and knew the score, but purposefully threw it out for Eleanor to pick up, and allowed her to win the game. Before they left the table, Eleanor finally saw the truth in what Rachel did.

And just in case we still missed the point, the soliloquy from the ‘loser Rachel’ showed how great her love was for Nicholas, and the deep respect she had for the concept of Filial Piety and a Unified Family, by giving up her chance to be with him.

Back in high school, one of my religious classes taught us about the various kinds of love: Storge – empathy bond; Philia – friendship bond; Eros – erotic bond; and Agape – unconditional love.

The best relationship we could ever find in a spouse is when we have all four! Rachel definitely had this with Nick.

So, WOW! What a movie – “Crazy Rich Asians.”

I was glad that it did respectably well at the box office. It was supported by a good cross-section of the U.S. population, and not just by Chinese. It is rare to find a Hollywood movie with an all-Asian cast and playing lead roles.

If you haven't yet, go and read the book, Crazy Rich Asians by Kevin Kwan. And watch for the movie sequel!

Lan Su Chinese Garden

by Tommy and Linda Devine

(Editor's Note: On Friday, September 21, 2018, my husband Ed, our sons Tommy and Jeremy, and I visited the Lan Su Chinese Garden in Portland, Oregon while on a trip out west. Ed thought OCAW members might be interested in this garden. Tommy volunteered to take photos, and I took a few as well.)

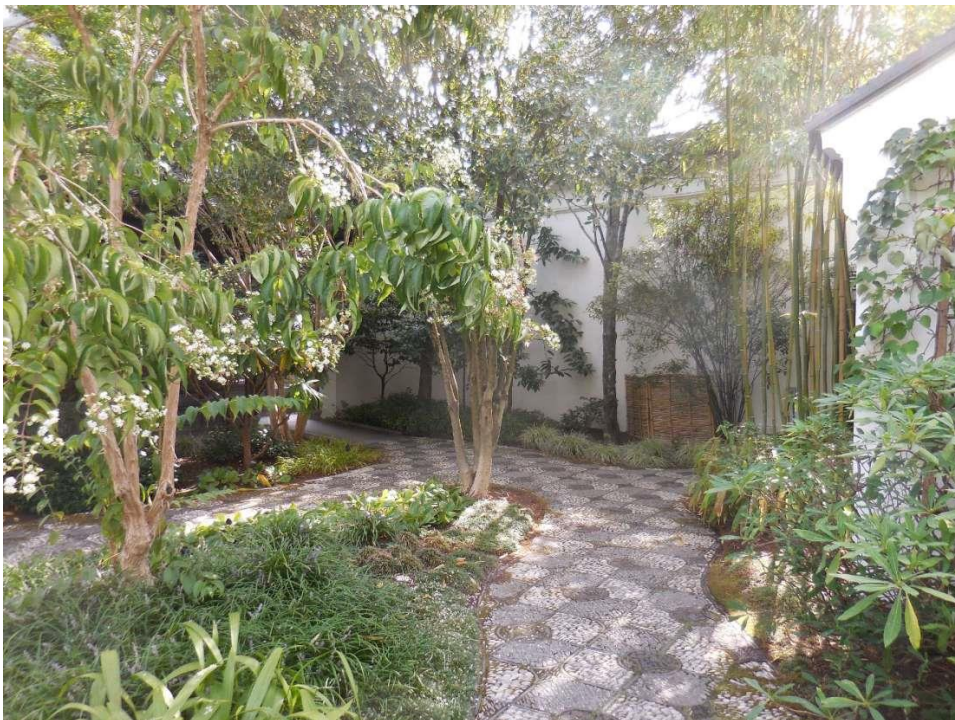
The Lan Su Chinese Garden (also interpreted poetically as "Garden of Awakening Orchids") is a popular venue and a tourist attraction located in the Chinatown area in downtown Portland, Oregon. It is a walled garden stretching a full city block.

In the early 1980s, an effort was started to build a Chinese garden. In 1988, Suzhou, China and Portland became sister cities. The garden was built by 65 artisans from Suzhou and therefore is influenced by many of the famous classical gardens there. Five hundred tons of rock, including Chinese scholar's rocks from Lake Tai (Taihu stone), were brought from China and used in the garden. It was completed in 2000.





About 90% of the plants are indigenous to China, but because of import bans, they were found instead in gardens and nurseries in Oregon prior to the bans. Some plants are as old as 100 years old. There are numerous trees, orchids, water plants, perennials, bamboos, and unusual shrubs, numbering more than 300 species.

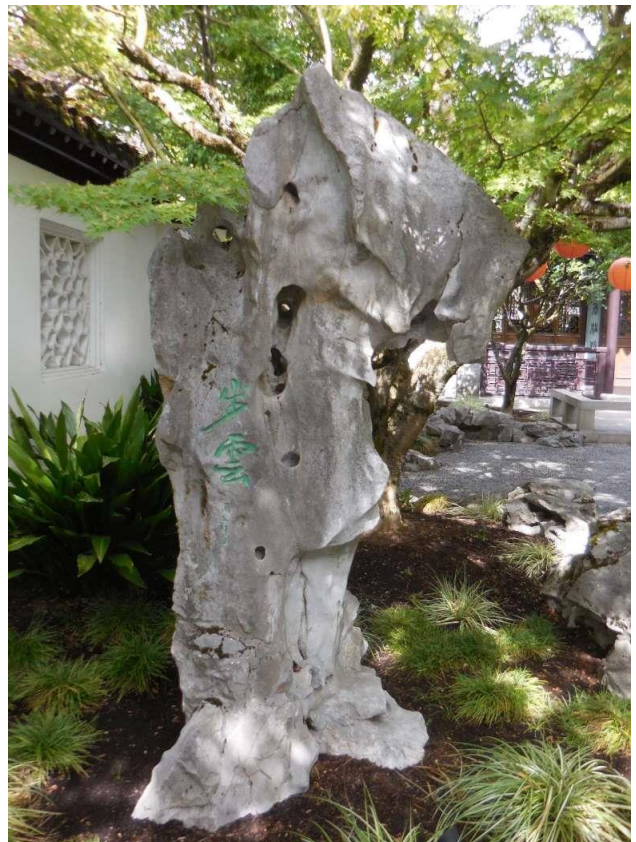




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The garden also includes examples of a number of structures common to Chinese gardens, including covered walkways, bridges, pavilions, and a scholar's studio. There is a teahouse as well.



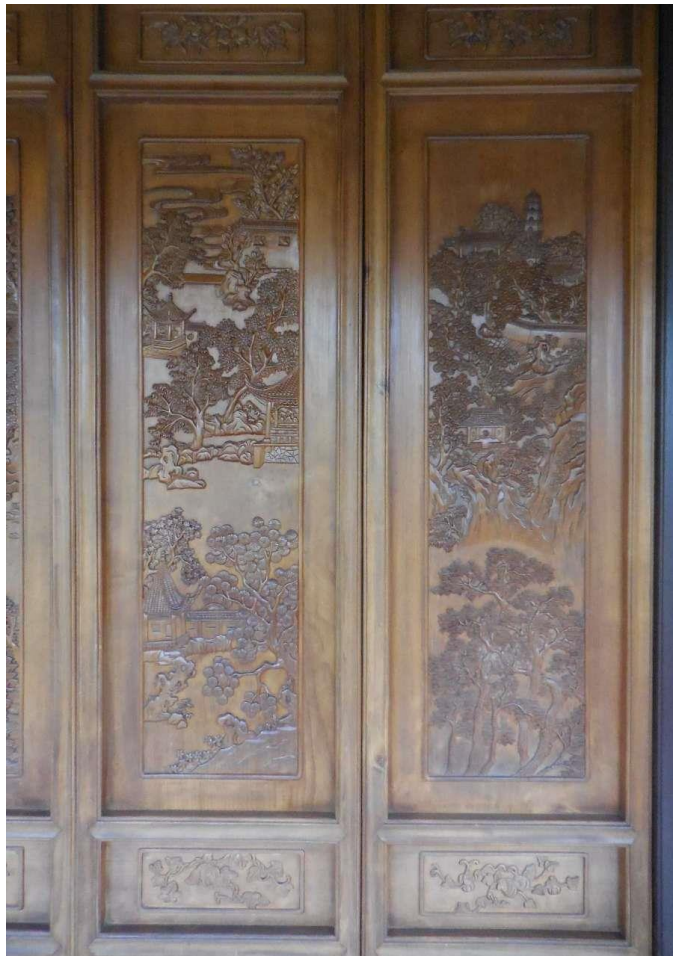
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Jeremy, Ed, and Tommy Devine









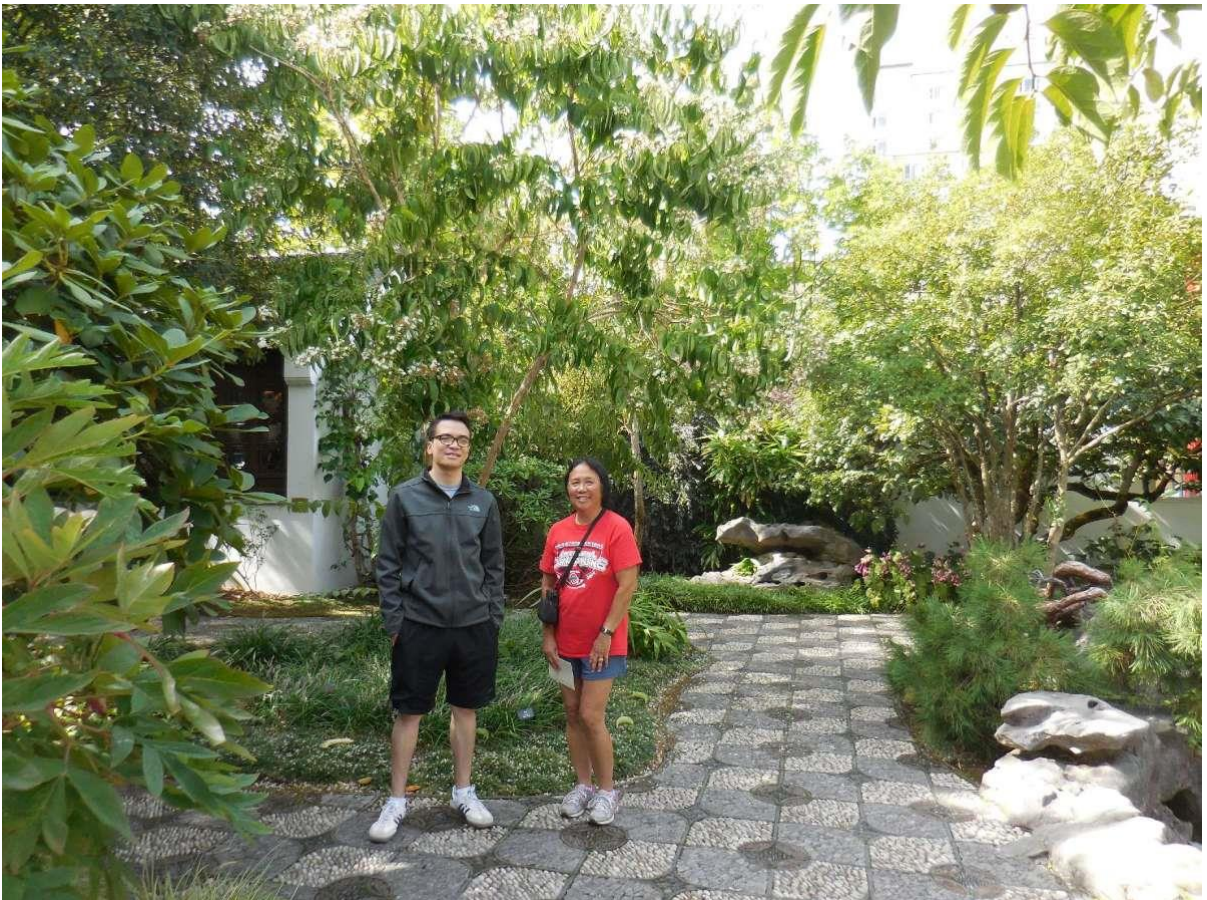
Panels carved in ginkgo wood illustrate actual gardens in Suzhou.







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Lan Su is considered the most authentic Suzhou-style garden outside of China. It hosts art exhibits and artist demonstrations, Tai Chi and Qigong classes, social events, and celebrations. The day following our visit, a Mid-Autumn Festival was planned for the community.

It was a peaceful, pretty place to spend the last day of our trip.

*(Majority of photos taken by Tommy Devine. Except ** photos taken by Linda Devine.)*