

# E-Newsletter of the Organization of Chinese American Women

September 2020



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501(c)(3) Nonprofit Organization

*(from Linda Devine, Editor)*

Necessary policies to restrict the spread of COVID-19 have continued to hamper normal activities and events by OCAW chapters. Nevertheless, some members have found ways to be active safely, and I am pleased to feature these efforts in this issue.

Thank you to those individuals who submitted material for this e-newsletter, and as always, I am grateful to my husband Ed for his work on preparing the photos.

I continue to encourage OCAW members to write articles or submit information for the e-newsletter if there is something you think would be of interest to the membership. My ongoing aim is to publish a wide variety of material.

Please feel free to send me any suggestions or recommendations that you might have for any aspects of the e-newsletter. My email address is: [devinefive@comcast.net](mailto:devinefive@comcast.net)

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## **News from the Maryland Chapter**

*(from Karina Hou, President; Christina Poy, Treasurer; Anny Lai, Secretary; and Linda Devine)*

### **COVID-19 Relief Efforts**

Veronica Li, OCAW-VA Chapter member and former Secretary, had proposed the idea of the OCAW Maryland and Virginia Chapters fundraising to help with COVID-19 relief efforts in our area. Maryland

initiated plans to solicit donations, and these were detailed in the June issue of the *OCAW E-Newsletter*. In the meantime, Virginia was already well on its way to helping in the community. (*Editor's Note: See Veronica's article in the June issue.*)

The Maryland Chapter was pleased by the generous response of our membership and some of their family members to fundraise over \$1,300 for two special COVID-19 relief projects during this pandemic:

**Feed Suburban Heroes** provides daily meals to Suburban Hospital workers and supports local restaurants and bakeries. Suburban Hospital is located in Bethesda, Maryland, and is an affiliate of the Johns Hopkins Hospital.

Feeding the Frontline:

<https://feedsuburbanheroes.com/>

**Project Shields.** These are face shields made in the U.S. by volunteers and distributed free of charge to frontline workers and those in need around the country. Over 1,000 have been sent to Maryland communities.

<https://6abc.com/pennovation-upenn-covid19-face-shields-coronavirus/6090461/?fbclid=IwAR1M5Ep3NtmOGIbLqC598Dr2FwHBgykLToVkqYBlksyanKPKo3Ma3kNU1rQ>



A team from the University of Pennsylvania is creating face shields for healthcare workers and using technology to help boost supplies. They produce face shields using 3-D printers.

Each Maryland donor was encouraged to select which project she wanted her contribution to support, if she had a preference. A gift of \$660 was given to Suburban Heroes. They have been providing meals since March, and we helped them surpass their goal of \$52,000.

Likewise, a donation of \$660 was given to Project Shields. At the time of our contribution, we were helping them surpass the \$96,000 mark as they aimed for a goal of \$100,000.

We wish to express our sincere appreciation to our Maryland Chapter members and their families for their generosity!

\* \* \* \* \*

**Letter to “Feed Suburban Heroes”**

**OCAW Maryland Chapter  
(ORGANIZATION OF CHINESE AMERICAN WOMEN)**

June 22, 2020

Dear Heidi, Adam, Clair, and Giuseppe,

On behalf of the Organization of Chinese American Women–Maryland Chapter (OCAW-MD), I’m pleased to present a check of \$660.00 raised by our members to help “Feed Suburban Heroes” meet the \$52,000 collection goal. We hope our contribution will help continue the Ripple Effect that Heidi started in March with a lunch of thirty pizzas.

We thank you for your tireless efforts during this COVID-19 pandemic feeding Suburban Hospital frontline workers daily – these healthcare heroes and essential workers who risk their own lives and health (as well as their loved ones) while protecting ours. In addition, we appreciate your awesome support of neighborhood businesses, as they are vital to the livelihood of our local community and to Maryland’s economy.

Be well and stay safe,

Christina W. Poy  
Past President and Treasurer

cc: Karina Hou, President  
Anny Lai, Secretary

**Letter to “Project Shields”**

**OCAW Maryland Chapter  
(ORGANIZATION OF CHINESE AMERICAN WOMEN)**

June 25, 2020

Dear Michael, Tiffany, Evan, and John,

On behalf of the Organization of Chinese American Women–Maryland Chapter (OCAW-MD), I’m pleased to present a check of \$660.00 raised by our members to help “Project Shields” and the Fulphil team surpass the \$96,000 mark as you aim for your \$100,000 collection goal. We hope our contribution will help continue the Ripple Effect that you started in March with a small group of friends sharing a social entrepreneurial mission to protect frontline healthcare heroes and essential workers with PPE during this COVID-19 pandemic. We are especially proud to know that two young Chinese American leaders (Michael Wong and Tiffany Yau) are vital members of this initiative!

We understand that your operations are based in Pennsylvania, but you have delivered over 60,000 face shields around the country free of charge, including to many of Maryland's communities in need. Many thanks for your tireless efforts in providing these shields to those who risk their own lives and health (as well as their loved ones) while protecting ours.

Be well and stay safe,

Christina W. Poy  
Past President and Treasurer

cc: Karina Hou, President  
Anny Lai, Secretary

### **Letter from Michael Wong of "Project Shields" to OCAW**

Hi Christina Poy and Christina Chang,

Thank you and the Organization of Chinese American Women–Maryland Chapter so much for the support! I want to confirm receiving the check. Very happy to help! This personal letter is very heartwarming! Christina Poy, thank you for your consistent effort in advocating for many nonprofit organizations who need access to PPE, especially in Maryland. The energy, time, and resources are very well worth protecting more lives.

Please continue to stay safe and contact me if you need anything.

Michael Wong

*(Editor's Note: The Maryland Chapter would like to thank Veronica Li for inspiring us to become involved in this worthwhile community service project.)*

### **A Mission of Peace, Charity, and Invaluable Friendship**

Chinese professional artist Quili Si and OCAW Maryland Chapter President Karina Hou were instrumental in arranging a most generous donation of PPE to the State of Maryland and Montgomery County. The presentation was made on Friday, July 10, 2020.

The following is from the official press release which detailed the donation. OCAW-MD Treasurer and Past President Christina Poy, in her capacity as Director of the Governor's Commission on Asian Pacific American Affairs/Governor's Office of Community Initiatives, delivered remarks on behalf of Governor Larry Hogan.

**Chinese American Leaders Donate 100,000 KN-95 Masks and 3,000 Bottles of Hand Sanitizer to the State of Maryland and Montgomery County**

(Montgomery County, Maryland) As the COVID-19 pandemic spread across the United States, all 50 states went into various forms of lockdown. In an effort to help frontline healthcare workers combat this terrible disease, famed Chinese ceramic artist, Mr. Qiuli Si, has joined forces with Ms. Karina Hou, President of the Chinese American Chamber of Commerce of Greater Washington (CACCGW), President of the Organization of Chinese American Women–Maryland Chapter (OCAW-MD Chapter), and Co-Chairwoman of the Montgomery International Film Festival (MIFF), to donate essential medical supplies to the State of Maryland.

As a result of the nature of the political tensions between the United States and China, there have been unforeseeable difficulties in the production, transportation, and certification of masks and other supplies. The Donation Committee faced many obstacles before finally succeeding with securing the urgently needed supplies. This could not have happened without the continuous efforts of both U.S. and Chinese community leaders.

Ms. Hou, in collaboration with U.S. Congressman Jamie Raskin, Maryland State Senator Susan C. Lee, Maryland State Delegate Lily Qi, Maryland Chief Administrative Law Judge Chung K. Pak, Director of the Maryland Governor’s Commission on Asian Pacific American Affairs Christina Poy, and OCAW-MD Chapter Member Olivia Zhang, was able to successfully secure the shipment of masks which are destined for the State of Maryland.

On July 10, Ms. Hou along with several local community leaders presented the urgently needed donation of 100,000 KN-95 masks and 3,000 bottles of hand sanitizer (from Tasly Pharmaceuticals) to the State of Maryland and Montgomery County.

“Governor Larry Hogan thanks Karina Hou, Tasly Pharmaceuticals, the Chinese American Chamber of Commerce of Greater Washington, the Organization of Chinese American Women–Maryland Chapter, the Montgomery International Film Festival, and the Si Qiuli Museum of Contemporary Ceramics for donating 100,000 KN-95 face masks and 3,000 bottles of hand sanitizer. This generous contribution was one of the largest donations of personal protective equipment (PPE) to the State of Maryland from the Asian Pacific American community. We also want to thank the Anne Arundel County Food Bank and the Montgomery County Health Department for helping to organize the distribution of this PPE.” – Christina Poy, Director of the Governor’s Commission on Asian Pacific American Affairs/Governor’s Office of Community Initiatives

**The following donation representatives attended the donation ceremony:**

**Government Representatives:**

Maryland State Senator Susan C. Lee, Director of the Governor’s Commission on Asian Pacific American Affairs Christina Poy, Maryland Chief Administrative Law Judge Chung K. Pak, and Montgomery County Executive Marc Elrich

**The Organization of Chinese American Women–Maryland Chapter:**

Karina Hou (President), Christina Poy (Past President), Bei Ma (Member), and Olivia Zhang (Member)

**The Montgomery International Film Festival:**

Karina Hou (Co-Chairwoman), Margaret Sha (Co-Chairwoman), Tony Jia (CEO), and Gary Liu (Chief Photographer)

**The Chinese American Chamber of Commerce of Greater Washington:**

Karina Hou (President), Joseph Shao (Chairman), Simon Chan (Executive Director), Larry La (VP of International Affairs), Eiling Chao (Board Member), Steve Chao (Board Member), Michael Huang (Board Member), and Vera Wu (Director of Media)

**About Qiuli Si:**



Famed Artist Qiuli Si with Pope Francis

The initiator of this donation project, Mr. Qiuli Si, is a famed modern ceramics artist and philanthropist. He has dedicated a substantial amount of his time in philanthropic endeavors for the benefit of the public. He has created various pieces of artwork, and one of his works, “Ren Ai,” is in the collection of the Vatican Museum. This piece has also been chosen to represent the mission and value of this donation project.

*(Editor’s Note: Karina Hou writes more about Mr. Si below.)*



Love of People

“There are no true borders. At its core, it can create a better environment that promotes meaningful connections. Strong relationships are the driving force of mankind and it is what pushes us forward,” says Mr. Qiuli Si.

**About Karina Hou:**

Ms. Hou resides in Maryland and is a well-known artist and educator. Born in China and raised in Hong Kong, she loved art since childhood and studied under famous masters. She has a profound attachment to piano, literature, and painting. She is familiar with both Eastern and Western cultures and has lived in Montgomery County for many years. She is a social activist and philanthropist who is passionate about public welfare. Ms. Hou’s current positions include: President of the Chinese American Chamber of Commerce of Greater Washington (CACCGW), Business Advisory Committee Member of Montgomery County Executive Marc Elrich, Co-Chairwoman of the Montgomery International Film Festival (MIFF), and President of the Organization of Chinese American Women–Maryland Chapter (OCAW-MD Chapter). Ms. Hou is one of the key members responsible for this donation.



Karina Hou

Ms. Hou will act on behalf of Mr. Qiuli Si, CACCGW, MIFF, OCAW-MD Chapter, and several others at the donation of 100,000 masks and 3,000 bottles of hand sanitizer (from Tasly Pharmaceuticals, Inc., located in Rockville, MD) to the State of Maryland and Montgomery County. Some of the donations will then be distributed to the Maryland Emergency Affairs Office, the Sheriff's Office, and Major Medical Services – allowing institutions to live up to the expectations of the public to complete the mission in combating this pandemic.

**The Chinese American Chamber of Commerce of Greater Washington (CACCGW)** was founded in 2009, and its members are comprised of business leaders and young talents from the Chinese community in Virginia, Maryland, and the District of Columbia. The purpose of the Chamber is to promote and foster domestic and international relationships and exchanges. The Chamber is also preparing to implement various commercial projects. Mr. Joseph Shao, Chairman of the Chamber's Board of Directors, stated that he has lived in the United States for more than 40 years and has a patriotic heart for this country. He hopes that everyone in this fight against the pandemic will be able to work together, regardless of gender, age, or nationality, and let the public feel the power of Asian Americans.

**The Montgomery International Film Festival (MIFF)** is a film festival initiated by famed Director Margaret Sha and local Chinese American community leader Karina Hou. The film festival, in collaboration with Montgomery County, created a platform for independent filmmakers in the nation's capital region. It has provided a space for filmmakers to showcase their work in hopes of attracting the attention of investors.

**The Organization of Chinese American Women–Maryland Chapter (OCAW-MD Chapter)** fosters a community of female leaders, many of whom have held exceptional positions in various levels of the government. The Organization also aims to solve many of the challenges that Asian American women face in the United States. The Organization has contributed tremendously in changing the community and making it a better place for Chinese American women and women of all minority communities.

Ms. Hou expressed her special thanks to all of the people for their selfless support.



Representatives at the Montgomery County Health Department

*(from left)* Tasly Pharmaceuticals General Manager Shirley Chai; MIFF Co-Chairwoman Margaret Sha; MIFF CEO Tony Jia; Asian American Entrepreneur George Dang; Tasly Pharmaceuticals CEO He Sun; Restaurateur and CACCGW VP Larry La; Karina Hou; Montgomery County Executive Marc Elrich; CACCGW Chairman Joseph Shao; Maryland State Senator Susan C. Lee; Director of Maryland Governor's Commission on Asian Pacific American Affairs Christina Poy; and OCAW-MD Chapter Representative Bei Ma



OCAW-MD members Olivia Zhang, Karina Hou, and Christina Poy; Montgomery County (MD) Executive Marc Elrich; Maryland State Senator Susan Lee; and OCAW-MD member Bei Ma





OCAW-MD member Olivia Zhang; OCAW-MD President Karina Hou; and Maryland State Senator Susan Lee



*(Photos taken by Gary Liu)*

### **More about Mr. Quili Si, his art, and his philanthropy**

*(from Karina Hou)*

Born in Beijing, Mr. Si is a professional artist, an overseas consultant for the Chinese Artists Association, founder of the Si Qiuli Museum of Contemporary Ceramics, and initiator of “Acting for Peace.” Over the years, he has presided over public welfare undertakings and made contributions to the development of mankind all over the world. Mr. Si has created many excellent porcelain plate paintings and ink paintings. One of his paintings is currently located in the Vatican museum’s collection and serves as the theme of his campaign. He hopes that the spirit of love can be passed on in the world.

The Si Qiuli Museum of Contemporary Ceramics is located in the Songzhuang cultural district of Tongzhou, Beijing. Since its establishment in August 2011, the museum has been committed to the development of contemporary ceramic art, integrating ceramic technology with modern art style. Taking itself as its origin and cultural and artistic exchanges as a bridge, the Museum aims to enhance understanding and trust among countries, build people’s in-depth understanding of the essence of cultures of different countries, promote friendly relations among people of all countries, and jointly create a harmonious and beautiful world.

“Peace knows no borders and is the source of creating a better life. To create a harmonious and beautiful environment is the mission of every one of us. To act for peace starts with me. Let us unite for world peace and work hard! Friendship has no walls, but is the driving force for the common peace of mankind.”

Since 2016, Mr. Si and his museum have organized four consecutive “Acting for Peace” events with 116 countries.



Panoramic View of the Si Qiuli Museum of Contemporary Ceramics

### **More about Tasly Pharmaceuticals**

*(from Karina Hou)*

The following are excerpts from an article on the donation of hand sanitizer.

#### **Tasly Pharmaceuticals, Inc. Supports the Local Community and Donates 3,000 Bottles of Hand Sanitizer to the State of Maryland**

As the world continues to change, so do the health and safety needs of the public. Even during times of crisis and the spread of the COVID-19 outbreak, inspired by the dedication of our Governor Larry Hogan and our Montgomery County Executive Marc Elrich, Tasly Pharmaceuticals, Inc. leaders are working day and night to navigate the crisis. They are in this pandemic together with Maryland, and particularly our hometown, Montgomery County.

In response to the Coronavirus National Pandemic, Tasly Pharmaceuticals donates 100 cases of pharmaceutical grade and 100% premium quality Leafree Hand Sanitizer to the State of Maryland.

Tasly Pharmaceuticals, Inc., founded in 2006 and based in Rockville, Maryland, is part of the Tasly Pharmaceuticals China-based corporation. It is “Dedicated to a Healthier World.” It continues its disease treatment and prevention mission with this charitable donation, as our contribution being Marylanders.

*Note from Christina Poy:*

Some of the face masks and bottles of hand sanitizer have been distributed in Frederick County by our **OCAW-MD sister Elizabeth Chung's Asian American Center of Frederick**, and to some Korean low-income seniors in Howard County.

They also were distributed in Baltimore City where they were so desperately needed.

Montgomery County Executive Marc Elrich presented the OCAW Maryland Chapter with a Certificate of Appreciation for its generous donation.

President Karina Hou accepted the certificate on behalf of the chapter.

Montgomery County (MD) Executive  
Marc Elrich





# The County Executive of Montgomery County, Maryland

*Awards this Certificate to*

*Organization of Chinese American Women  
Maryland Chapter*

*in Recognition and Appreciation*

for your donation of personal protective equipment (PPE) during this unprecedented global health crisis. Your donation will keep Montgomery County's front-line staff safe while helping to abate the transmission of COVID-19. Thank you for your generosity and goodwill.



  
MARC ELRICH  
County Executive

July 10, 2020  
DATE

*(Editor's Note: Congratulations to Karina and her entire team for this excellent achievement!)*

### **New Members**

Karina Hou is off to a wonderful start as Maryland President, bringing in eight new chapter members in just the first few months of her tenure. Kudos, Karina!

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

#### **COVID-19 Relief Efforts**

*(from Veronica Li, former Secretary)*

The Virginia Chapter decided in May 2020 to hold a fundraiser to help combat the pandemic in our state. Since then it has raised \$1825 and provided 210 meals to healthcare workers in two hospitals and two nursing homes, all in the forefront of the battle against COVID-19. Our effort is a tiny drop in the bucket, but the joy of giving and taking has a way of multiplying, so that the smallest gift can fill many hearts.

The donations took place on four occasions.

#### **June 3 – INOVA Fairfax Hospital, Falls Church, VA**

This event was reported in the *June OCAW E-Newsletter*. Our donation of 50 meals was part of a meals-for-heroes drive June 2-4. This community campaign provided a total of 3,000 free meals to medical workers at Fairfax Hospital's COVID unit. Fairfax County has been the hardest hit of all the counties in the state. The restaurant providing the meals was 29 Diner, which was recommended by the hospital because of its experience in packaging meals for hospital workers.





Our chapter had a good turnout for this delivery: Christina Chang, Noreen Hom, Camilla Ng, and myself. Because we were the only donors who showed up, we were credited with the 340 meals donated that morning! We won't quarrel with that. ☺



Camilla Ng, Veronica Li, Noreen Hom, and Christina Chang

## **June 24 – INOVA Fair Oaks Hospital, Fairfax, VA**

The Virginia Chapter made a second meals donation. This time it was for the COVID unit of Fair Oaks Hospital, also in Fairfax County. To support the hospital as well as the Chinese community, we ordered food from the Chinese restaurant, Lotus Garden, in Vienna, VA.

Our treasurer, Cathy Roberts, went to the restaurant to pay the bill, while OCAW National President Christina Chang and I drove to the hospital to drop off the 50 lunches.

The operation went smoothly. The hardest part was driving to the hospital, smelling the delicious food in the back of my car. Here are the details: 20 orders of General Tso's chicken, 20 beef with broccoli, and 10 mixed vegetables, each with sides of rice, a spring roll, and a fortune cookie. Forgive me for making your mouth water!



Christina Chang

We made sure the packaging met hospital requirements, and we supplied the restaurant with labels printed with the OCAW logo.



We also presented hospital staff with a thank-you card for their heroic service.



Veronica Li (*center*) with hospital staff

### **July 23 – Mount Vernon Nursing and Rehabilitation Center, Alexandria, VA**

After providing meals for hospital workers, our chapter's committee decided to divert support to nursing homes, where the most vulnerable live. With the remaining \$750, we thought we could donate meals to frontline workers in two homes.

A lot of research went into selecting the facilities. Information from the Area Agency on Aging, Long-Term Care Task Force, and the Long-Term Care Ombudsman led us to several homes in Fairfax County. These homes have experienced COVID outbreaks, and although they have recovered, some still take in COVID patients transferred from hospitals for rehab. They also have Asian Americans among their staff and residents.

The day's donation was 50 meals to the staff of Mount Vernon Nursing and Rehab. Lotus Garden was again the supplier of the food. Because of our limited funds, the restaurant agreed to cut out the spring rolls and lower the price from \$9 to \$7.50 per meal. But when I went to pick up the food, the restaurant threw in 50 complimentary spring rolls, individually wrapped to keep them warm and crunchy. What a generous gesture when the restaurant itself is struggling! I was told its carryout-only business is earning hardly enough to pay the lease.

When I arrived at Mount Vernon, two workers showered me with joy and gratitude. I presented them with a card from OCAW to thank them for caring for our precious seniors. I called them later to find out what they thought of the meals. It was thumbs up all around – General Tso's chicken, beef with broccoli, and mixed vegetables – and of course, the spring rolls.





Veronica Li and a nursing home staff member

### **August 19 – Annandale Healthcare Center, Annandale, VA**

The Virginia Chapter made its last delivery. With the additional funds donated by a member, we were able to provide 60 meals to nursing home workers. Cathy Roberts and I picked up the meals from Lotus Garden and delivered them to the Annandale Healthcare Center. This nursing and rehab home has recorded the highest number of COVID cases in Virginia – 156 cases and 55 deaths. All the cases have closed and the facility is now COVID free.

According to a *Washington Post* article in July, health inspectors investigating the outbreak at the home cited violations of certain infection-control rules. Since then, the home has submitted corrective plans and has not been fined.

Several other nursing homes in Fairfax County faced similar outbreaks, and all are now under control. Some of these facilities hesitated to talk to me, thinking I might be a reporter in disguise. But I was eventually able to communicate with a few, once they understood we were there to help, not to judge or criticize.

This pandemic is new to the homes, as well as to everyone else. There must have been a lot of confusion and scrambling to deal with the situation when the infections first started. Our sympathy goes to all those who lost loved ones. However, not only were residents in danger, but staff also. Healthcare workers risked their own lives to go to work. It's only fair that we give them a break.



The staff of Annandale Healthcare expressed heartfelt gratitude to OCAW and asked for our address to send us a card.

*(Editor's Note: A special round of applause for Veronica Li, for so ably directing the Virginia Chapter's COVID-19 fundraising project, and all of her efforts in researching potential donation recipients, coordinating with venues, and delivering meals with fellow chapter members. 😊 )*

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

*(from Patricia Ellzey, President)*

#### **COVID-19 Relief Efforts**

The New Orleans Chapter decided to assist in the current COVID-19 pandemic in our area by showing appreciation for the local First Responders who have worked hard in the fight against this disease.

Our first donation provided 50 appreciation meals to the First Responders in the Telemetry Department at Ochsner Medical Center in New Orleans, LA. *(See the June OCAW E-Newsletter.)*

We have been busy continuing our COVID-19 relief efforts. We have since made two more donations, to **Home Depot** and to the **Rehabilitation Department of the University Medical Center New Orleans**.

More detailed information will appear in the next *OCAW E-Newsletter*.

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

*(from Wendy Chang, President)*

#### **SCU Lightning Complex Fires**

On August 16, 2020, a rare tropical thunderstorm brought more than rain to the San Francisco Bay area. There were more than 12,000 lightning strikes, and more than 500 wildfires were ignited. The closest fire to Silicon Valley are the SCU Lightning Complex fires which have covered Santa Clara, Alameda, and San Joaquin Counties. This fire has now burned 383,157 acres over 12 days, making it the second largest wildfire in state history. It has destroyed 120 structures and has damaged 18 others.



*(Photo from the San Francisco Chronicle)*

The fire is about 60-percent contained as of September 1. Hopefully, it will reach 100-percent containment in a few days.

*(Editor's Note: Wendy added that they normally don't have rain/thunderstorms during the summer. She has lived in the Bay Area for 30 years, and this is the first time she has felt the need to pack an emergency bag. The air quality is currently unhealthy. But thanks to the diligent firefighters, they are "out of the woods" right now.*

*We all wish the best for our SVC sisters!)*

### **Youth Achievement Award Ceremony**

SVC's traditional Youth Achievement Award Ceremony was held just this past Saturday on September 5, 2020, via Zoom.

An article about this event will appear in the next *OCAW E-Newsletter*.

### **Alzheimer's Association Event**

The Alzheimer's Association will have a virtual event that focuses on women and Alzheimer's. All are welcomed to join in.

### **Desolation and Fullness: Women and Alzheimer's Event**

Saturday, September 12, 2020  
4 to 7 p.m. PDT

Presented in Mandarin

Women are at the center of Alzheimer's disease. Almost two-thirds of Americans living with Alzheimer's are women (3.6 million), approximately two-thirds of caregivers are women, most professional care workers are women, and one-third of dementia caregivers are daughters.

Join us in caring about the women in our lives.

Register at: [TINYURL.COM/WOMENANDALZHEIMER2020](https://tinyurl.com/womenandalzheimer2020)

*(Editor's Note: The Silicon Valley Chapter has supported these forums for many years.)*

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

*(from Tina Au, President)*

Due to the ongoing COVID-19 pandemic, Hawaii Governor David Ige has extended the state's "stay-at-home" order and Honolulu Mayor Kirk Caldwell has extended the city's "stay-at-home" order. The current order is scheduled to be lifted September 10, 2020, but even that date might now be in jeopardy and might further have to be revised.

Meanwhile, the Hawaii Chapter's planned General Membership Meetings for this year have had to be cancelled thus far. Tina was able to schedule a **board and committee meeting**, and it was held on Sunday, June 28, 2020.

However, the island is now under its second lockdown, effective Thursday, August 27, due to the increase in COVID-19 cases. All retail stores, beauty shops, exercise places, and State public parks and beaches are closed. Restaurants are open for take-out only; NO dining in. As of August 31, Oahu's case counts heading into September have outpaced the 5,000 active cases worried healthcare officials said would overwhelm the system. The Hawaii Department of Health reported the statewide totals since the beginning of the pandemic to be 63 fatalities and 8,339 cases.

Lieutenant Governor Josh Green said that "if the new stay-at-home order works, we'll get out of this alive."

*(Editor's Note: We hope all will be well with our Hawaii sisters!)*

## **From and About Our Members**

### **Ready to Serve Program**

*(from Tina Sung, longtime OCAW supporter)*

Tina Sung is a Vice President of the Partnership for Public Service and leads its Ready to Govern program. She wanted to inform OCAW members that the Center for Presidential Transition has launched “**Ready to Serve**,” a new resource to help prospective government leaders navigate the political appointments process. It is a one-stop “how to” resource for the tens of thousands of Americans who want to serve as political appointees.

“Ready to Serve” helps prospective political appointees learn about the types of positions available, the appointments process, important considerations, and what they need to know to navigate the process. By doing so, the Center seeks to diversify the talent pool of people available to serve, help prospective appointees to make informed and timely choices, and support transition stakeholders by providing clear, nonpartisan information on this complex process.

Tina encourages you to visit [Ready-to-serve.org](https://presidentialtransition.org/readytoserve/) (or <https://presidentialtransition.org/readytoserve/>) and to share it with those who may be interested in serving this country. She recommends that individuals take a few minutes to watch the video; there are some all-star public servants in it, and the program hopes to inspire a new generation to serve. Tina is reaching out to OCAW to help ensure diversity of AAPI and women in our government leadership ranks.

If you have further questions after viewing the website, Tina can be contacted at:  
[tsung@ourpublicservice.org](mailto:tsung@ourpublicservice.org)

The Partnership for Public Service is a nonprofit, nonpartisan organization.

### **About Lily Lee Chen, former National President**

*(Editor’s Note: Lily wrote with some good news!)*

There is a documentary film being produced about my life. I’m very busy working with my film director to meet the deadline. Please see the attached for my documentary project plan:  
[https://docs.google.com/document/d/1HhBKWnpzO4gqYlgTd3u9Q13LdIOiuM\\_IWBgGv5b7Nbs/edit?usp=s\\_haring](https://docs.google.com/document/d/1HhBKWnpzO4gqYlgTd3u9Q13LdIOiuM_IWBgGv5b7Nbs/edit?usp=s_haring)

I remember the good old days when we spent day and night working in Pauline’s apartment to give birth to OCAW. My loyalty and commitment to OCAW will remain the rest of my life.

Keep in touch.

Best,

Lily Lee Chen  
Monterey Park, California

**About Rosemary Hsu Brooks, Virginia Chapter member, and COVID-19**

*(from Veronica Li, former Virginia Chapter Secretary, and Rosemary Hsu Brooks)*

Longtime member Rosemary Hsu Brooks contracted COVID-19, but fortunately she has recovered, thanks to being well taken care of by the medical staff of her retirement community. She wanted to share her experience as a cautionary tale to us all, and she has kindly offered to answer any questions we might have. Her email address is: [rsubrooks@gmail.com](mailto:rsubrooks@gmail.com)

She warns us to be very careful not to catch this. She thinks she contracted it from a neighborhood dinner hosted by her next-door neighbor. At first, guests were spread far apart on his driveway, but when it got too hot, everyone moved indoors. Once inside, participants could not separate as far apart. As a result, four neighbors came down with COVID. The host had to be hospitalized.

Rosemary had to be in quarantine for an entire month. She was fortunate that in her retirement community, all of her meals were delivered. She also truly appreciated the kindness of friends and neighbors who dropped off groceries and snacks for her. Rosemary reports that she was finally able to leave her house on August 10. She said she will appreciate the outdoors as never before!

*(Editor's Note: OCAW extends its belated condolences to Rosemary on the passing last fall of her husband, Donald Brooks, BGen., USMC (Ret.).)*

**Bayou Lacadee**

*(from Betty Butz, former New Orleans Chapter President)*

*(Editor's Note: Betty has completed a project which she named "Bayou Lacadee." She assembled an album consisting of 10 poems which she wrote, accompanied by some illustrating photos which she took. Her poems were published in the OCAW E-Newsletters of November 2019, February 2020, April 2020, and June 2020. Below is the final poem in the series. Congratulations to Betty on her achievement!)*

**Sizzle in the Bayou**

Drone... Drum...  
Tattles the headstrong, smart woodpecker.

Beneath dimples in the murky dark,  
Velvety green algae blooms drift apart  
As bubbly murmurs mark  
Mini-mounds of popping mud tarts  
Filled with endless rain drop darts.

Swish... Swoosh...  
Pairs of whistling ducks harmonize.

Shiny fish squiggle to leap into the air  
To snare flighty insects that drizzle above.  
Flies hum as they hover in the rough.  
A blue heron flaps its mighty wings,  
Cruising for cover from the rain's sting.

Zazoom... Zazam...  
Bellows a soupy sky split by wires of silver.

Torrents of downpours of summer,  
Zapped by bursts of gusts that harbor  
Many hours without electric power,  
Will be fearlessly remembered  
By us who sizzle near the water.



### **Letter from Puanani Woo**

*(Editor's Note: Puanani is a Hawaii Chapter member.)*

Dear OCAW 'sisters,'

As we all strive to keep ourselves and families healthy, safe, and economically stable during these stressful times, service to our community takes part of our resources too.

In the ten years from 2010 to 2020 that I've been an OCAW member, I feel Chapters have done a great job in sponsoring programs expressing **Purposes a., b., and d. of our Bylaws.** I suggest that Chapters now work on programs highlighting **Purposes c. and e. of our Bylaws.**

OCA is the parent of OCAW. I like to pair the two together, because I like the idea of '*when drinking water, remember its Source.*'

**Purposes a., b., and d.:** It is my opinion that today's current generations of Chinese American women live a blossomed life, as a result of the devotion by OCA 1973-2013 and OCAW 1979-2020 leaders who worked tirelessly to "promote equal rights, responsibilities, and opportunities for Chinese American women."

Besides OCA and OCAW, leadership in other well-organized entities such as colleges and universities with bold Asian Studies programs, and nonprofit Chinese historical organizations led by scholarly individuals and moneyed entities also worked to elevate the living conditions of Asian Americans.

It took OCA and OCAW approximately 47 years, from 1973 to 2020 plus or minus a few years, sponsoring programs to assist Chinese American families and Chinese individuals themselves to achieve equity with the middle to high-end U.S. population in education, white collar job security, business ownership, home ownership, election and appointment to high-level political and business positions, stable retirement, and being able to choose to live out their lives in reputable retirement and nursing home residences.

**So what about Purposes c. and e.?** I know it is not easy for mainland Chapters to initiate programs for 'Asian Pacific Islanders' if members do not live in areas where 'Asian Pacific Islanders' reside. But servicing this population group is our charge as noted in our Bylaws, Purposes c. and e.

Several years ago I initiated the now defunct Kohala Hawaii OCAW Chapter on this island where I reside and where Asian Pacific Islanders are a strong obvious group. It was not easy to sustain, so I eventually closed it. In Hawaii, Asian Pacific Islanders have a wide variety of groups they can join or NOT join, because our daily living puts us in contact with each other naturally so.

I congratulate Christina Poy for doing a great job in writing about her experiences working with 'Asian Pacific Islanders' which I've enjoyed reading in our past e-newsletters.

**A recommendation:** I recommend that OCAW Chapters reach out to **OCA – Asian Pacific American Advocates**, its office located in Washington, D.C., to suggest co-sponsoring a program with them that specific OCAW Chapters can comfortably sustain. After all, OCA is the parent of OCAW.

"In 2013, OCA's National Board of Directors passed a resolution to change its name to 'OCA – Asian Pacific American Advocates' to reflect a more expansive mission to represent the pan-ethnic interests of the community." Such bold, intelligent leadership has been going on now for the past seven years!

In its standard history statement, **OCA – Asian Pacific American Advocates** acknowledges Pauline Tsui's leadership in co-founding OCA in 1973. It was natural then for Pauline and youthful Julia Chang Bloch to co-found OCAW in 1979.

I encourage all members to re-read the FOREWORD pages in our OCAW history book written by Ambassador Julia Chang Bloch, Faith Lee Breen, Ph.D., and Jeanie Fong Lee Jew (Lee Mei Hor); PREFACE AND ACKNOWLEDGMENTS by Pauline W. Tsui; INTRODUCTION by Cynthia Chin-Lee; and Chapter 1, BEGINNINGS the 1970s.

You will be inspired to reach out to assist those who need us the most, in this, our 21st century.

With deep respect to all, I am, sincerely yours,

Puanani Woo

### **Mount Everest and Trekking in Nepal**

**by Audrey Lee**

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

*In a conversation with longtime Maryland Chapter member Pat Fenn, totally by chance I was surprised to learn that former Maryland member Audrey Lee had visited Mount Everest! As I am an avid hiker, I wrote to Audrey and asked her if she would be willing to write an article for the OCAW E-Newsletter. During these trying times of COVID-19 and the serious and often depressing burden that the pandemic has placed on all of us, including not being able to travel, I thought it would be an uplifting change of pace to read about an adventure in another culture.*

*Audrey kindly obliged my request, and the resultant article follows. She told me that she could not complain about the challenge of hiking in high altitude, because during her trek, she saw hundreds of locals walking up the path in sandals with heavy equipment and building supplies loaded on their backs and heads!)*

Sometimes great adventures are unplanned. Such was the case six years ago in early August, when I found myself trekking towards the South Base of Mount Everest. I had been visiting a friend, Moi Chan, in Brunei, and to celebrate her birthday, we decided to travel somewhere that neither of us had been. Thus, after purchasing a budget flight online, we flew to Kathmandu, Nepal, with little forethought. Fortunately, U.S. citizens were able to purchase visas upon arrival.

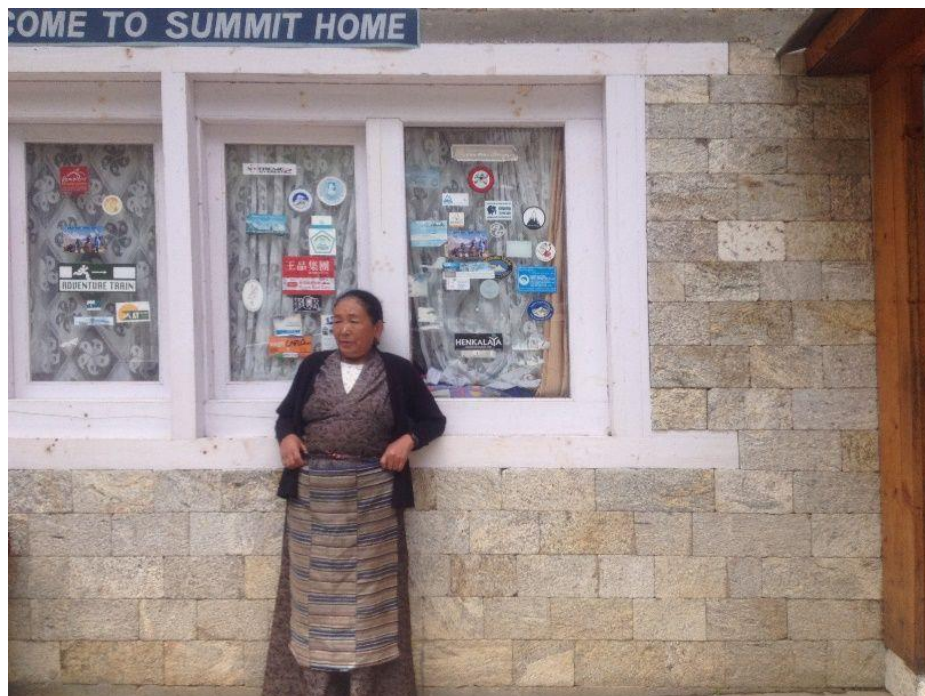
Here, I digress for a humorous anecdote: I had also arranged online with our hostel to be met at the airport. However, after waiting an hour, we called our hostel and were told that the driver was at the airport. We searched again and finally, one of the drivers tentatively held up a sign with my name. I waved and he looked startled. Sheepishly, our driver explained he had been looking for "an American." ☺

Upon arrival at the family-run hostel in the historic district of Kathmandu, we asked the proprietor where we could see Mount Everest. Naively, I thought I could just walk outside and see the highest mountain in the world. Instead, we were advised the best way was a **10-14 day trek to the Base Camp**. Moi Chan and I both agreed we could not leave Nepal without seeing Mount Everest. Our ever-resourceful proprietor quickly contacted his friends/relatives, and the very next day, we were back at the airport boarding a helicopter. The

flight over the Himalayas was literally breath-taking. We actually spotted Mount Everest surrounded by rugged sister peaks.



On the helicopter was a local engineer whose last name was, of course, Sherpa. Mr. Sherpa had earned his engineering degree in the U.S. and was back in Nepal developing the infrastructure and building hotels. We later stayed at Mr. Sherpa's Inn run by his wife.



Landing on a small helipad in the town of Lukla, we spent the night. The next morning at breakfast, our guide/porter, Bijay, met us, and before lunch, we set out on our trek. Bijay carried both our bags on his back, and I was glad we had left most of our stuff in Kathmandu, including Moi Chan's hair dryer! Even so, Bijay dashed back home to retrieve a larger backpack!



At this point, I must remind readers that I had not planned to be trekking in Nepal, especially not during monsoon season. Fortunately, I had worn my sturdy water-resistant shoes, a waterproof jacket, and light-weight thermal underwear. Recalling a brutal trekking experience ten years earlier, I ran to one of the hundreds of trekking equipment shops and purchased an inexpensive Korean-made adjustable hiking pole – a knee saver on rocky slopes! We were then ready to set off.

*(Editor's Note: In the following photo, Audrey (right) is pictured with an elderly woman whom she met along the trail. Audrey asked for a photo with her, because she was so capable carrying the basket on her back. Audrey said that she felt totally inadequate and humbled next to her!)*



**Trekking 5-10 hours a day** through tiny mountain villages, past colorful flag draped temples, musical bell prayer wheels, and waterfalls, we shared the rocky dirt paths with yaks and locals carrying tremendous burdens on their heads and backs.





At the many rope bridges swaying over deep ravines with wild waters, we paused to let others cross over first.



Each night we stayed in hostels and ate belly-warming meals of Tibetan pancakes, dal with rice, vegetable soups, and delicious momos (vegetable dumplings).



When we arrived in the large town of Namche, we were required by trekking regulations to stay over at least two nights to adjust to the altitude. I learned that many trekkers could not acclimatize and either turned back or had to be helicopter-lifted out. We spent the two-day layover hiking the local trails, wandering the bazaar, and visiting the Sherpa Culture Museum.



This small but worthwhile museum inside a traditional house, honors the many brave Sherpas and the very famous Tenzing Norgay. As is now almost universally acknowledged, Norgay was actually the first person to reach the Mount Everest summit in 1953; however, the early accolades went to Edmund Hillary who was knighted for this feat.



Our first and only sighting of Mount Everest's peak occurred part way. Our porter excitedly woke us up around 4 a.m. to hike up a trail to view the sunrise on the Himalayas. When the first sun rays struck the peaks, we just stood in appreciative silence.



Worth mentioning, unlike other famous mountains, Mount Everest does not stand out among the surrounding peaks, and can be clearly spotted only from certain angles.



Audrey Lee

Of course, that was our last sighting because as we trekked closer to the South Base Camp, there was no possible viewing angle.

All things considered, we were most fortunate. Our trek with a local porter was not with an organized expensive tour operation that would keep us to a tightly-managed schedule. We wandered or dilly-dallied to enjoy the scenery and rest whenever we wanted. We had no advance reservations.

We were even able to stay overnight at Engineer Sherpa's family house on our return trek. Mrs. Sherpa selected vegetables from her garden and cooked us a tasty meal in a traditional kitchen.



Most times we had the path to ourselves. I later learned that this was a rarity, because usually the path is overcrowded with trekkers and strewn with litter. Nepal has addressed the litter problem with an interesting plastic bottle trash receptacle.



The return trek went faster along more familiar stretches and without the mandatory layover in Namche. As we approached the outskirts of Lukla, the monsoon rains that had held off during our entire trek returned in full force. Drenched, we ran the last miles while ducking for shelter along the way. We were forced to layover in Lukla for two days while the monsoon raged in its final days of the season. On the third day, a lull allowed us to catch the first helicopter back to Kathmandu.

Indeed, an unplanned trip to Mount Everest during monsoon season resulted in a great adventure.

*(Editor's Note: Thanks, Audrey, for letting us 'travel' with you! ☺ )*