

E-Newsletter of the Organization of Chinese American Women

September 2021



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(from Linda Devine, Editor)

I hope you have had a good summer, as we set our sights on the fall. Thank you to those who submitted material for this e-newsletter. I am also appreciative of my husband Ed for his efforts in preparing the photos in the issue.

Unfortunately, just as it appeared that we were coming out from under the weight of the pandemic, the dangerous Delta variant has come into being, and we must rigorously mask up once more. This variant undoubtedly will have some effect on future OCAW activities and events, but hopefully we will still be able to move forward in limited ways.

As always, I encourage OCAW members to write articles or submit information for the e-newsletter if there is something you think would be of interest to the membership. My goal continues to be publishing a wide variety of material.

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

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OCAW Website

We are happy to report that work on the OCAW website is making great strides. Sharon Chun, who recently volunteered to be our national webmaster, has put in a considerable amount of time and effort to modernize the look and create content, and for this we are most grateful.



artistic enhancements

She has also been working to improve the structure to make the site as user-friendly as possible.

Linda Devine, as Communications Vice President, has written new material about national and chapter programs to add to the site as well. Examples are the Silicon Valley Chapter's many efforts with Alzheimer's programs, and the New Orleans Chapter's work to promote Asian heritage.

We are grateful to Audrey Chen, original creator of the site many years ago, who has offered assistance and support when and where needed, as well as to Cathy Roberts, National Membership Vice President.

The website had not kept up with recent happenings. As one example, the information on Opera International was last updated way over a decade ago. Since that time, the company has produced ten more operas and concerts. Linda has revised Opera International's summary entry to bring it up to the present, and has included additional photos.



Madame Butterfly

Adding the following comprehensive list of operas and concerts to the site is an example of our attempts to update it to current times. With Opera International being a signature program of OCAW, members might be interested in OCAW's and OI's productivity over the years.

Operas and Concerts

1989	Vocal Gala, The John F. Kennedy Center for the Performing Arts
1991	Vocal and Instrumental concert, The John F. Kennedy Center for the Performing Arts
1992	Vocal Gala, The John F. Kennedy Center for the Performing Arts
1993	Vocal and Instrumental concert, The John F. Kennedy Center for the Performing Arts
1994	<i>Le nozze di Figaro</i> (<i>The Marriage of Figaro</i>)
1995	<i>Così fan tutte</i>
1996	<i>La Bohème</i>
1997	<i>Madama Butterfly</i> (<i>Madame Butterfly</i>)
1998	<i>Il barbiere di Siviglia</i> (<i>The Barber of Seville</i>)
1999	"The 3 Bass Baritones" concert <i>Tosca</i>
2000	<i>Il tabarro</i> and <i>Gianni Schicchi</i>
2001	<i>Falstaff</i>
2002	<i>L'Ormindo</i>

2003	Tenth Anniversary Gala featuring scenes from <i>Le nozze di Figaro</i> , <i>Otello</i> , and <i>Rigoletto</i>
2004	<i>Dialogues of the Carmelites</i>
2005	Operatic Vocal Gala, The Music Center at Strathmore
2006	Operatic Vocal Gala, The Music Center at Strathmore
2007	Operatic Vocal Gala, The Music Center at Strathmore
2008	Operatic Vocal Gala, The Music Center at Strathmore
2009	Operatic Vocal Gala, The Music Center at Strathmore
2010	<i>La traviata</i>
2011	<i>La traviata</i> (encore performance)
2012	<i>Lucia di Lammermoor</i>
2014	Operatic Vocal Gala, The John F. Kennedy Center for the Performing Arts
2015	Benefit Concert for the Wounded Warrior Project, with Hermon Presbyterian Church
2017	Concert to benefit Puerto Rico Hurricane Relief efforts, with Hermon Presbyterian Church and Adat Shalom Reconstructionist Congregation
2019	Gala Benefit Concert for the Prevention of Blindness Society of Metropolitan Washington



Falstaff

We are hoping that we might be able to link OCAW's e-newsletters to the website. The issues have been a treasure trove of information, thanks to members who have contributed excellent articles, and chapter presidents who have steadfastly sent in information on their chapter's numerous activities and events over many years. The e-newsletters are the most accurate reflection of what OCAW is all about.

There are concerns, though, about security and possible other issues, so these have to be looked at and considered. In the meantime, Sharon has selected a number of recent e-newsletter articles and has posted them on the chapters' individual pages, to impart interesting and relevant information to those viewing the site, including potential new members.

And speaking of the chapters' individual pages, Sharon encourages all of the chapters to consider posting information on their pages. If you need assistance in doing this, she is glad to help.

This project is definitely a work in progress, with many more revisions and updates to be made to the content. However, we invite you to check out the site and offer any suggestions. The URL is: ocawwomen.org

News from the Maryland Chapter

(from Karina Hou, President)

The Chinese American Museum in Washington, DC

On behalf of the Maryland Chapter of OCAW, Karina Hou attended the opening of the Chinese American Museum DC (CAMDC). Its mission is to advance the understanding, knowledge, and appreciation of the Chinese American experience by highlighting the history, culture, and contributions of Chinese Americans.



David Yao, Senior Advisor of the museum; Jenny Liu, Vice President; and Karina Hou

The museum's vision strives to be a nationally-recognized center for everyone by working with other organizations across the country.

Karina was able to connect with other Chinese Americans in DC where they had the pleasure of viewing the exhibit together. She urges OCAW members to show their support by checking out the museum's website for upcoming events and ways to assist them in their cause. The URL is:

<https://www.chineseamericanmuseum.org>



Karina was additionally pleased to learn that the President of the museum would like to organize a private tour for OCAW members. This would be a wonderful opportunity, and we will monitor the COVID situation and hopefully be able to plan a tour in the future.

News from the New Orleans Chapter

(from Patricia Ellzey, President)

As has been widely reported in the news, unfortunately Louisiana and other southern states have recently been experiencing highly rising cases of COVID-19. As a result, OCAW New Orleans Chapter members have been reluctant to gather or have activities and events, and there have been no meetings.

Pat had been thinking that perhaps the chapter could restart meetings in the fall, but for now the governor and mayor have put strict safety measures in place. They are mandating not only that masks be worn, but also that upon entering a store or restaurant, etc., one must also show their vaccination card or a negative COVID test taken within 3 days of entry. The chapter hopes that the situation will improve in the future.

(Editor's Note: We also extend best wishes to our New Orleans sisters as they deal with the aftermath of Hurricane Ida.)

News from the Silicon Valley Chapter

(from Anne Hu, President)

OCAW Dancercise – East Meets West

This enjoyable event is held on the third Sunday afternoon of every month, from 2 p.m. to 3 p.m. Pacific time.

It is led by our multi-talented member Yufan Lu, a dancer, Chinese literature intellectual, and Chinese calligrapher. She has curated a selection of Zumba, Chinese, modern, and/or Bollywood dance in each one-hour session. A great cardio workout for everyone!

Yufan is a believer and practitioner in enriching ourselves, living life to the fullest. Now it's time to find some time and something good for ourselves. Dance and exercise can relieve stress, and thus OCAW Dancercise was created. We will explore different dancing styles such as Zumba, Latin, Indian, Chinese, Classical, or Modern dance! Our motto for this activity is sunshine, smile, perspire, de-stress, and be ourselves.

Summer Hike

(from Alice Chiou, Historian and former President)

OCAW-SVC hosted a summer hike event at Parker Ranch Trail and Nob Hill Loop on Saturday morning, June 26, 2021. The hike was 2 hours (4 miles long) with great views of Cupertino and Saratoga.

After hiking, the members gathered for an outdoor lunch in Annie Hu's beautiful backyard.







Annual Officers Installation and Youth Achievement Award Ceremony

(from Cynthia Chang, Public Relations and former President)

On Sunday, July 25, 2021, the Silicon Valley Chapter hosted the following programs:

OCAW-SVC's Annual Officers Installation and Youth Achievement Award Ceremony

1 p.m. to 1:30 p.m.

This meeting was held in the beautiful backyard of Carol Yuan's home, with Sophia Yang overseeing the passing of the baton from Carol Yuan to Anne Hu as President of the OCAW Silicon Valley Chapter.



Scholarship recipient Savannah Lin was recognized and awarded her scholarship.



In addition to the officers joining the event in person, there were also other officers and members participating via Zoom.





Comments from outgoing president Carol Yuan:

I'd like to thank all officers and committee members for looking into various event ideas and for their full support for the past year. Together we hosted or co-hosted nearly 20 events for members and local communities. Other than participating in in-person events such as the Walk to End Alzheimer's fundraiser, National River Cleanup Day, and a summer hiking event for members and friends, we used the Zoom platform to hold lectures related to photography, cooking, bodybuilding, and history and culture, as well as semi-regular Zumba fitness activities. As a result, beyond location restrictions, more members and friends joined these online activities, and made it a very joyful and encouraging year for all officers and committee members.

Comments from current president Anne Hu:

Nearly two decades ago, I filled in as the President of the OCAW Silicon Valley Chapter when the Vice President of the organization had to relocate overseas. Years later my enthusiasm with OCAW remains unchanged due to many friends made here and our formed "sisterhood." We share informative resources, participate in community outreach activities, and enjoy social gathering. The bonding among us is the driving force that has kept us friends to this day.

As the President of OCAW-SVC in the coming year, I hope to serve the needs of members. Our sisters have many different roles – wife, mother, daughter or daughter-in-law, career woman. That's a lot on a plate for a woman. Thus, I want to implement self-care activities and peer support for members and guests. Community outreach – we want to contribute to our community and support a good cause. I always believe in a motto, "Giving is better than receiving." Health and beauty are topics that all of us are interested in learning about. Finally, a membership drive will be an ongoing process.

It is a reminiscing journey for me to step back into the President's role. Please join me to explore and discover ourselves and our potential.

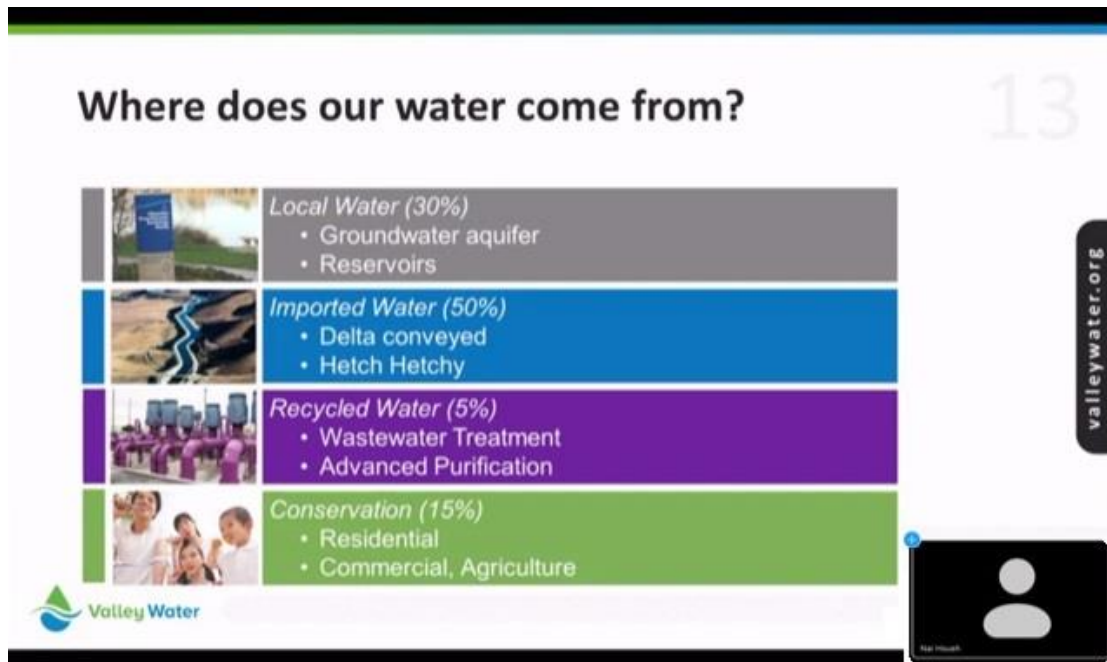
We then had two excellent speakers, both of whom are OCAW-SVC members, with the following presentations from 2 p.m. to 4:30 p.m.

1st Presentation: “Are you drought ready?”

by Nai Hsueh, Director, District 5, Santa Clara Valley Water District (SCVWD)

- Where does our water come from?
- What is SCVWD doing to ensure a sustainable water supply for the County?
- How can we be part of the solution?

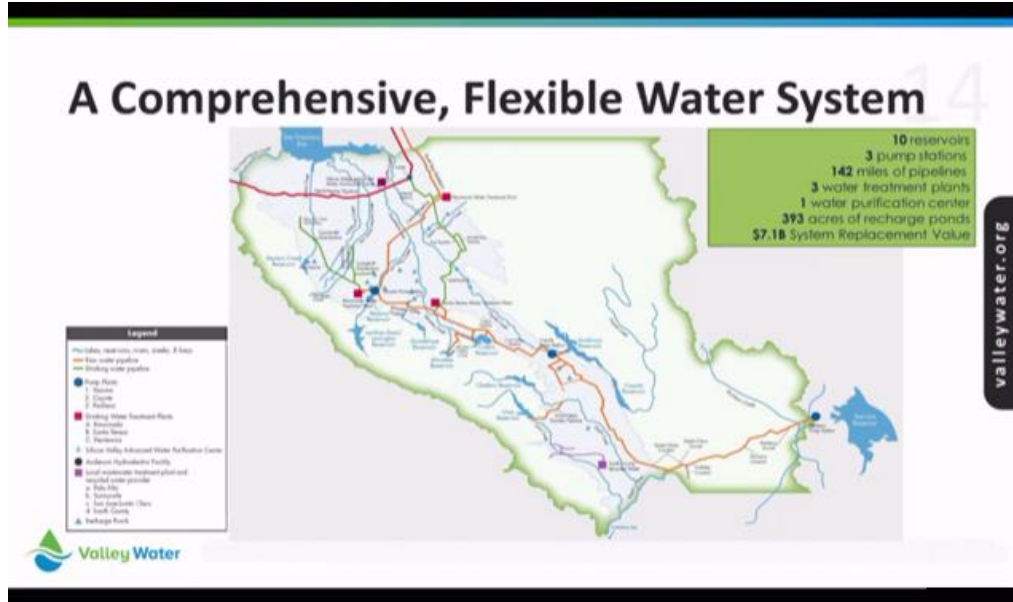
This is the driest year since 1977. Santa Clara County’s water supplies are in jeopardy. Rainfall is 41% of average, reservoirs are at 14% capacity, and imported water allocation is extremely low (0% to 25%). If extreme drought continues, Santa Clara County’s groundwater basins may be significantly impacted by over-pumping, and the risk of subsidence would greatly increase.



To better deal with these threats, the Valley Water Board of Directors declared a water shortage emergency condition in Santa Clara County, and called for a mandatory 15% reduction in water use compared to 2019 water use.

Valley Water is also responding by working to withdraw previously banked supplies and purchase emergency water from our partners, and aggressively increasing conservation measures to help meet demand and support our groundwater basins.

Valley Water provides many incentive programs and education materials to help residents and businesses to save water, including the water-wise survey, landscape rebates, and other programs. Starting July 1, 2021, Valley Water increased the rebate for lawn conversion to \$2/SF with a maximum rebate of \$3,000 per household. Please visit watersavings.org for more details and how you can be part of the conservation efforts.



The water we save today will not be lost; it will be used to blunt another dry year(s) ahead. Climate change, for sure, will bring more frequent and severe drought years. Water conservation needs to be a way of life in California and Santa Clara County!

2nd Presentation: “Fire Scar: The Untold Story of the 1887 Burning of San Jose’s Chinatown”
by Lily Lee, Writer, also the principal of Lily Financial & Investment Services

Lily K. Lee discussed the burning of San Jose's Chinatown in May 1887 and her journey to write her book about this little-known tragedy. *Fire Scar* (available on Amazon) is a fiction based on Lily's research work on the anti-Chinese historical events in the past. Below is a short summary of this book:

Jessica and Jasmine have the identical torch-shaped “Fire Scar” mark on the right side of their neck, but they were born more than a hundred years apart in San Jose, CA! Why do they both have the same torch-shaped mark on their neck? Could that be a sign of reincarnation? Once there was a Chinatown in San Jose in the late 19th century, but the ruthless arsonists struck the Chinese community without any warning during a lottery event. The water tank in the firehouse was mysteriously drained out completely, which made the rescue impossible. This book is about an untold story of the burning of San Jose’s Chinatown on May 4, 1887.

This book also includes the stories of Chinese immigrants who were the victims of the anti-Chinese movement and their struggles and resiliencies.

In light of what is happening currently with Anti-Asian Hatred crimes mounting, this book serves as a good reminder of past history and how we Asian Americans need to work together to address the issues we are facing.

Lily Lee gave a similar talk on August 27, 10 a.m., hosted by the Santa Clara County Library District/Saratoga Library. Both talks were well received by the attendees.

Fire Scar

A successful young woman, a motherless ten-year-old girl, a shared trauma separated by over a century. Jessica and Jasmine are united by a nearly identical scar. As Jessica searches for clues about the past, including untold truths about her own family history, she uncovers unspeakable acts of violence that shaped the lives of early Chinese American immigrants, culminating in a brutal act of arson that threatened to destroy their dream of inclusion. With passion, heart, and unflinching candor, Lily K. Lee explores the actual circumstances of the 1887 fire that decimated San Jose's Chinatown against the backdrop of decades of tragedy, loss, and courageous resilience.



The Chinese Exclusion Act

The **Chinese Exclusion Act** was a United States federal law signed by President Chester A. Arthur on May 6, 1882, prohibiting all immigration of Chinese laborers. Building on the earlier Page Act of 1875 which banned Chinese women from immigrating to the United States, the Chinese Exclusion Act was the first, and remains the only, law to have been implemented to prevent all members of a specific ethnic or national group from immigrating to the United States.



New Officers

(from Anne Hu)

At the Officers Installation annual event on July 25, the following officers were installed for the new 2021-2022 year:

President – Anne Hu

Vice President – Michelle Huang

Secretary – Jen Tsao

Treasurer – Sophia Yang

Public Relations – Cynthia Chang

Membership – Hong Tai and Carol Yuan

Historian – Alice Chiou

Event Committee – Ai-chu Wang, Wenmei Tai, Monica Hsiao, Sherry Hsu, Annie Chang, and Candace Huang

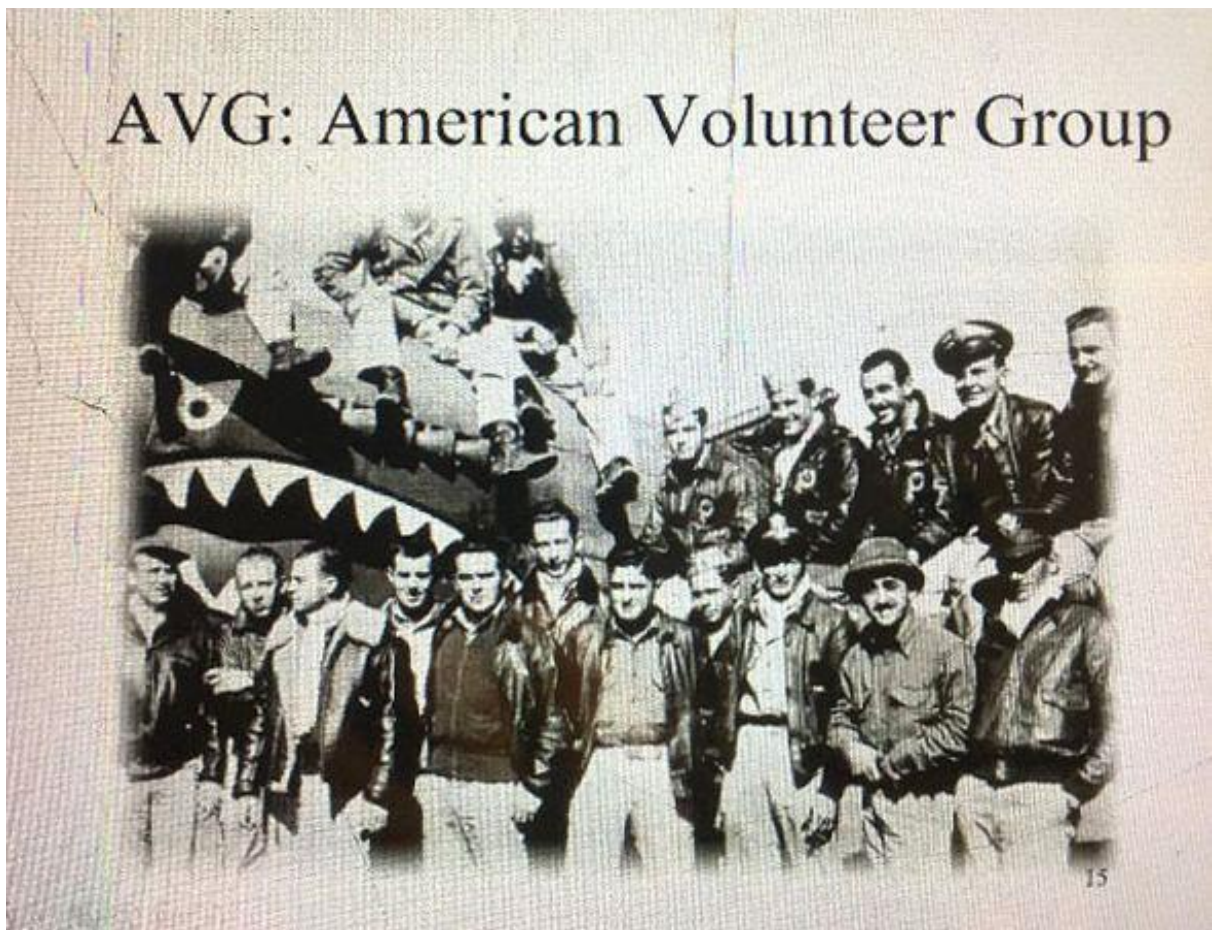
Remembering the Flying Tigers Lecture

(from Carol Yuan, Immediate Past President)

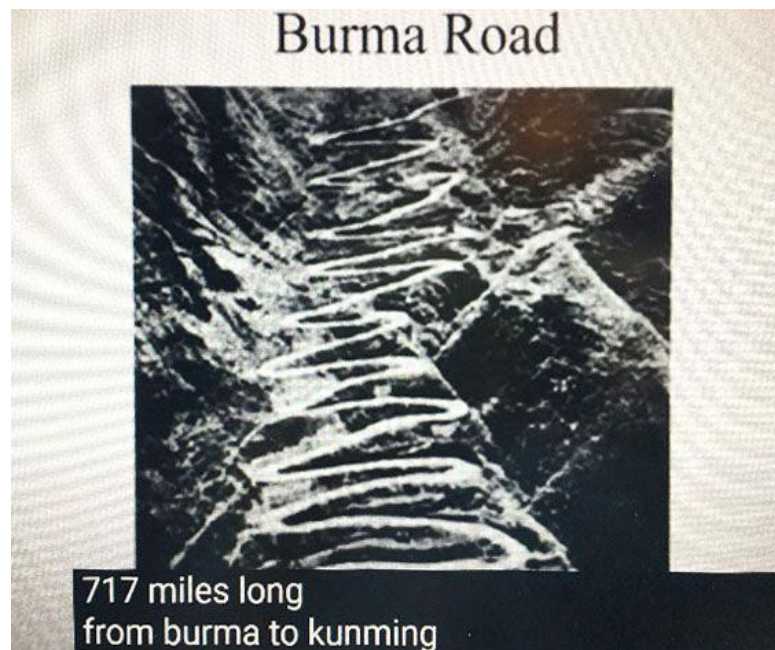
The Saratoga Historical Foundation and Silicon Valley Chapter co-sponsored this event via Zoom on Monday, August 23, 2021 at 7 p.m. Annette Stransky, the President of the Saratoga Historical Foundation, was the MC. A maximum of 100 guests participated. Some could not join in when Zoom capacity reached 100.



The lecture was given by Ray Cosyn who is the Saratoga Historical Foundation Historian. According to Ray, “What most Americans know about the Flying Tigers is what the movie starring John Wayne said on the subject. But there is so much more to the story. The Chinese American community knows the Flying Tigers as a continuing effort by the American Air Corps in China that lasted throughout World War II. The heroic adventures of the American Expeditionary Force (Flying Tigers) and the 7th Air Force kept the Japanese on the run. The Air Corps flew the Hump to resupply China, and Doolittle’s raid on Tokyo, which ended in China, had a major effect on Japanese home island defense.”



Ray started the lecture from how he learned about the story of the Flying Tigers. He then talked about the Marco Polo Bridge incident, the importance of the Burma Road, the missions of Claire Lee Chennault before the war, and the establishment of the First American Volunteer Group (AVG), nicknamed “the Flying Tigers.” Ray discussed the planes, personnel, battles of the Flying Tigers, the difficulty of flying through the Hump, and the Doolittle Raid in detail.



At the end of the lecture, Ray showed photos of monuments to the Flying Tigers and U.S. Air Force in different cities in China. Ray recommended the book *Flying Tigers* by Daniel Ford for anyone who is interested in learning about the remarkable efforts of the AVG.

The lecture was recorded and can be viewed on the Saratoga Historical Foundation's YouTube channel.

News from the Hawaii Chapter

(from Roberta Wong Leung, President)

Successful Zoom Programs

Crystal Kwok's interesting one-hour Zoom talk on Sunday, May 23, 2021, discussing her upcoming University of Hawaii PhD documentary film "Blurring the Color Line" on racial discrimination received a large turnout. We had invited members of the Chinese community to attend, and we received positive comments from the Chinese Chamber of Commerce Hawaii, United Chinese Society, Association of Chinese University Women, Chinese Women's Club, and Lanakila Multi-Purpose Senior Center. We have cultivated good public relations and community awareness by sharing our guest speakers' Zoom talks with various community groups.

Crystal's program is just one example of the busy and successful year we have had with excellent speakers on Zoom.

(Editor's Note: See Crystal's article which expands on her topic, on page 26.)

New Members

We are happy to welcome five new members to our chapter this year: Lisa Lau, Claire Chao, Crystal Kwok, Kelly Tan Peterson, and Cynthia Altman. Claire Chao is the well-known international author of her and her mother's biography, *Remembering Shanghai*, which has won 28 literary awards. Crystal Kwok is a famous international actress, TV show host in Hong Kong, and film director and producer. Kelly Tan Peterson is known for her *Keto East* and *Keto Baked* books. We are pleased to have such distinguished new members.

(Editor's Note: See an article by Kelly Tan Peterson on page 36.)

Roberta continues to encourage current members to recruit new members, informing them of the chapter's excellent program of speakers.

August General Membership Meeting

The OCAW Hawaii Chapter was fortunate to have Queenie Mow Chee as the Zoom guest speaker at its General Membership Meeting on Sunday, August 8, 2021. She joined the chapter in 1993, persuaded by her then accountant, Phyllis Shea, who was the incoming president that year. Upon acceptance of her membership, Queenie became Treasurer of the chapter!

Since then she has served on the board chairing various committees and was elected President in 2000. She became President again in 2015, a last-minute substitute when the current Vice President was unable to assume the Presidency because of serious health issues.

Queenie is a fourth-generation Hakka Chinese, raised in Kalihi. She received her Bachelor of Arts degree from the University of Hawaii at Manoa in Speech and Communications, and her graduate degree, Professional Diploma in Early Childhood Education.

She has always worked in the service industry in some capacity: from helping at her family-owned grocery store as a young child; at the Honolulu International Airport as a supervisor or airline airport assistant

manager; at First Hawaiian Bank as a manager trainee and product development officer; and finally in the insurance industry as an agent.

She has a deep abiding interest in history and the Chinese culture. She served on the Hawaii Chinese History Center Board in the early 1970s. As a volunteer, she participated in expeditions and research to the neighbor Islands. Queenie also played a small role in the preservation and promotion of the Hawaiian language. She was able to obtain free air time for a radio program called *Ka Leo Hawai'i* that ended up being on the air for 16 years. She has always been particularly proud of this accomplishment.

Queenie took us on a quick walk down memory lane of OCAW and its Hawaii Chapter. Her presentation was interesting and informative, with many photos of our members and events. What an excellent talk!

Thank you very much, Queenie, for your hard work to prepare such a wonderful historical presentation for us. We appreciate your numerous contributions to OCAW over the past 28 years. You have done so much to keep OCAW going, and you never fail to help whenever needed!

(Editor's Note: See page 29 for an article on Queenie's presentation.)



(Photo taken by Aldrinana Leung)

Upcoming Events

November General Membership Meeting

On Sunday, November 28, 2021, our speaker will be 90-year-old Mildred Wong, longtime member of the OCAW Hawaii Chapter since its inception. She attended the first meeting of a few women in Hawaii to plan for the introduction of the OCAW Hawaii Chapter. She has been interested in fostering Chinese Culture in our community for the past 65 years, and now in retirement she spends time doing genealogy and family

history. Her other interests are music, painting, art, and opera. Her past careers include being a secondary school counselor, real estate broker and developer, and travel consultant.

Mildred will speak to OCAW about her record-keeping pictorial books put together of her own family history – namely, of her mother, father, sister, and husband, who are all now deceased. She has a YouTube video pertaining to her record-keeping pictorial books. They are an amazing and fascinating collection of family memories and history.

The title of her presentation is tentatively, “Families Can Be Forever...The Importance of Keeping Family History.” All are welcome to attend at 1 p.m. Hawaii time. This will also be our Election of 2022 Officers meeting.

Christmas Lunch/Installation of Officers

We hope to be able to meet face to face at our annual Christmas Lunch and Installation of Officers event. It is planned for Sunday, December 19, 2021, at Oahu Country Club.

From and About Our Members

Rena Young Ochse



(Photo courtesy of Queenie Mow Chee)

from Roberta Wong Leung, Hawaii Chapter President

It is with much sadness that the OCAW Hawaii Chapter relays the news that our longtime active member and three-time President Rena Young Ochse passed away on August 2, 2021 due to cancer. She contributed so much to OCAW Hawaii and created wonderful newsletters for us. She willingly served in every officer

position and on all committees. She was a member for over 20 years. Rena attended National OCAW conferences and knew a lot of members from other chapters. May she rest in peace.

from Christina Chang, National President

I am so sad for such a big loss. Rena was a longtime member, Hawaii President, and Treasurer. She came to the OCAW National 40th Anniversary Conference, and we all had a good time together. I wish that her family will have peace of mind.

from Patricia Ellzey, New Orleans Chapter President

Rena was such a fun person and good friend as well as a valuable OCAW sister, especially creating such beautiful newsletters. I know she will be missed by all of us.

I met and got to know Rena in Virginia during the OCAW National 40th Anniversary Celebration Conference, and all of us who stayed at Cathy Roberts' home and enjoyed her hospitality had such a fun time, laughing and sharing lots of stories just like a bunch of "teenagers." Since then, Rena and I had texted and had fun conversations. Last year, she sent me a delicious salad recipe and some Li Hing powder to make it, along with a Hawaiian CD to listen to while I made the salad dressing and ate the salad. She also shared some photos of the lovely flowers that she grew at her home.

She was a very sweet and thoughtful person. I shall miss her kindness and friendship as I know all of you who knew her, will too.

from Linda Devine, National Communications Vice President

In my capacity as OCAW e-newsletter editor, I 'meet' so many OCAW members from all the chapters, and this is how I came to know Rena. I receive most chapter news from the various chapter presidents, but in the case of the Hawaii Chapter, it was Rena who most of the time supplied me with Hawaii news for over a decade. Being such a longtime member, and a newsletter editor herself who was consistent in turning out issues for her chapter year in and year out, she was someone I could always count on for keeping me up to date with Hawaii's goings-on. We mostly emailed with one another, but occasionally we would have telephone conversations, and although most were about business, they often turned into just fun talks.

That is why I was looking forward to meeting her in person, at last, at our national 40th anniversary celebration and conference in 2017. Because of her dedication to OCAW, she was willing to fly 5000 miles to be with other OCAW members on this important occasion. I valued that opportunity to meet her and so many other 'sisters' from across the country, and we all had a wonderful time together. Rest in peace, Rena.

APIA Vote Responds to 2020 Demographic Data

(from Patricia Fenn, former Maryland Chapter Vice President)

*(Editor's Note: Pat felt that OCAW members might be interested in the results of the 2020 U.S. Census, which reflect **the increasing numbers of AAPI citizens in this country.**)*



Asian and Pacific Islander American Vote (APIA Vote) is a national nonpartisan organization that works with partners to mobilize Asian American Pacific Islanders (AAPI) in electoral and civic participation. Christine Chen, Executive Director, issued the following statement on behalf of APIAVote, after the U.S. Census Bureau recently released new demographic data from the 2020 Census to the states for the purposes of redrawing electoral districts.

* * * * *

“The United States Census Bureau’s new demographic data confirms what we knew to be true: **Asian Americans and Pacific Islanders are growing in size all across the nation and are driving our country’s population growth. The Asian American population has grown by 36.8% since 2010, and Native Hawaiian and Pacific Islanders by 29.5%.** Asian Americans are growing by double digits or more in 49 states and the District of Columbia, while Pacific Islanders are growing by double digits in 48 states and the District of Columbia. Asians are the third largest racial/ethnic group in California (15.1%), Massachusetts (7.2%), and Washington (9.2%).

Our population growth means an opportunity to increase our political voice and power. Elected officials...need to engage our communities to be able to address the policies and secure the resources to dismantle systemic inequalities and end anti-Asian hate...

With the release of this data, re-districting season has officially kicked off. While we continue to advocate for the end of gerrymandering, our local partners have been working for months providing personal testimony and attending redistricting hearings in Texas, Georgia, Arizona, and many more states. We are committed to and investing in ensuring our voices are heard...”

If you are interested, APIAVote’s website is: <http://www.apiavote.org/>

Anti-Asian American Hate and Violence and Race Relations

Anti-Asian Hate Rally in New Orleans, Louisiana

(from Patricia Ellzey, New Orleans Chapter President)

Pat Ellzey was invited to be one of the guest speakers at the first Anti-Asian Hate Rally ever held in New Orleans, LA. She was invited to speak in her capacity as President of the OCAW New Orleans Chapter. The rally was held Easter Sunday afternoon, April 4, 2021.

Information about this rally was published in the April and June issues of the *OCAW E-Newsletter*, but following is the speech that Pat gave.

WE ARE ALL IN THIS TOGETHER

**ANTI-ASIAN HATE RALLY
CITY PARK, NEW ORLEANS, LA
EASTER 2021**

**Patricia Hew Ellzey
President, OCAW New Orleans Chapter**

Preface: On this auspicious occasion, as our local chapter President, I was honored to be invited to be one of the guest speakers. Here is my speech which I will share with you.

From the sound of my voice, you may have noticed that I speak without a foreign accent. This is because even though I am an old lady with white hair, I am a native-born 4th-generation American who grew up right here in New Orleans. The only accent you may perceive is perhaps a “Brooklyn” one which many of us native New Orleanians are sometimes accused of having.

I grew up here, was educated here, married and reared 3 children here. On the inside, I am as American as any other person who was born and grew up in the United States, but growing up here, on the outside I looked different, since most people who lived here were either White or Black. So it was not uncommon for a stranger to approach me and ask, “What or who are you?”

When I was about 10 years old, I was standing in line at school when a bully blurted out to me, “Why are you here? You don’t belong here!” A young female classmate immediately spoke up and said, “Leave her alone. She’s an American – the same as you are!” I was so intimidated but so grateful that she spoke up and defended me.

This not only gave me some self-confidence but it taught me who I was, and so when I was asked that question again, I felt so smart and I proudly answered, “I am an American!”

But unexpectedly, I was surprised when I said this because the person responded, “No, that’s not correct! This is not what I asked. Who really are you?” Much later in life, I learned not only that people couldn’t believe I was a native-born American, but what they really wanted to know was what was my ethnicity!

Same but different...that’s what humans are. We are all humans but we are all unique. We all look different but basically we are all built the same. It doesn’t matter that I have no knowledge or cultural traditions or don’t speak an Asian language since I only had a normal American upbringing and education. But my outward appearance made me different simply because I looked different. But the question I bring to you today to ponder is, should I be harmed, hated, or murdered just because I look different?

Asians’ outward appearances are foreign and so they are unfamiliar to some – and so, even distrustful and scary, but why? Upon reflection, it is because especially in the era of the first Asians who came to America, Americans were taught racial hate and ignorance, not necessarily in school but sometimes in homes and in social gatherings. People listen to other ignorant people speaking untruths and repeat gossip instead of learning the truth for themselves. And in past Hollywood movies or interviews with prejudiced people, Asians are depicted to be scary, distrustful villains.

There is a very popular Broadway musical called “South Pacific” where there is a song whose lyrics illustrate my thoughts. It is called, “You’ve Got to Be Carefully Taught,” sung by the character Emile de Becque.

“You’ve got to be taught to hate and fear,
You’ve got to be taught from year to year,
It’s got to be drummed in your dear little ear,
You’ve got to be carefully taught.

You’ve got to be taught to be afraid
Of people whose eyes are oddly made,
And people whose skin is a different shade,
You’ve got to be carefully taught.

You’ve got to be taught before it’s too late,
Before you are six or seven or eight,
To hate all the people your relatives hate,
You’ve got to be carefully taught.”



Unfortunately, racial hate and discrimination have existed since time began, and it is still with us humans now. One would think that by now, we, humans, would use common sense and be wiser and have eliminated this awful disruptive philosophy and behavior that exists among all the various ethnicities.

If our country would exercise our truly democratic spirited philosophy, and if we expect to enjoy independence and freedoms as set forth in our nation’s constitution, we could end this racial hate for each other now. We need to examine our thoughts and actions so we can practice what we say we believe and preach to each other as well as to other nations. We need to take a stand united in solidarity with each other.

No longer should we stand idly by, just watching or taking videos of the evil we see being displayed on the street or on TV. It has been especially appalling to see older and weaker people become victimized on the street while others watch these individuals being kicked, beaten, and even murdered, and nothing is said or done at the scene against these horrible acts. What has become of our country, where people can live peaceably without fear?!

We must be like my 10-year-old classmate who saved me from being tortured and suffering from humiliation, by speaking up and comforting others. I beg you to ask yourselves: what kind of humans are we becoming?

What happened to our being taught to be kind to one another, treating others as we would like to be treated, and helping the less fortunate?

How can we enjoy our freedoms to live and enjoy our lives in peace and harmony if we don't step up and get rid of these evil hate-mongers that exist in our nation?

Today I am here to speak and stand in solidarity with all my fellow Americans no matter which ethnicity, gender, or religion, to seek and maintain our American way of life where all have access to achieve and live a peaceful life in harmony with each other without fear and with dignity and mutual respect.

We must remember that we are all in this together. Today is not only Easter – the Resurrection of Jesus, but also let it be the resurrection of our new life together – one that is not harnessed to hate and prejudice!

To quote our founding fathers, we must remember that “United we stand, divided we fall!” And so, we stand at a crossroads and must decide:

“Should we stand united in solidarity to develop our country so we can make it better for ourselves and our children?

Or

Should we let our hate control our lives and allow our nation to be divided and fall?”

In conclusion, please meditate about this as I read you the last verse of a favorite song of so many of us...

“Let peace begin with me
Let this be the moment now
With every step I take
Let this be my solemn vow
To take each moment
And live each moment
In peace eternally
Let there be peace on earth
And let it begin with me.”

Thank you for your kind attention.

Further Thoughts on Race Relations

(from Crystal Kwok, Hawaii Chapter member)

(Editor's Note: Crystal is in the process of completing the production of her documentary film, “Blurring the Color Line,” which addresses the Chinese American situation of those living in the segregated South, namely in Augusta, Georgia, from the 20th century.

Crystal was the guest speaker at the OCAW Hawaii Chapter's meeting on May 23, 2021. Information on this presentation was published in the April and June issues of the OCAW E-Newsletter, but Hawaii President

Roberta Wong Leung felt that OCAW members might be interested in Crystal's further thoughts on this timely subject, and she encouraged her to write an article for the e-newsletter.)

“Blurring the Color Line”

I first need to begin with gratitude to the OCAW Ohana for supporting and providing a space for me to share my research and process in creating my documentary, “Blurring the Color Line - Chinese in the Segregated South.” I appreciate your listening, curiosity to learn about my project, and any reflection that emerged from my examination of race relations between the Chinese and Black community of Augusta, Georgia during Jim Crow. Racism is a touchy subject and no one really wants to go there because it makes us feel uncomfortable, acknowledging this deeply rooted hierarchical system in this country. In this article, I would like to share some thoughts on how I approach this troubling issue.

There is something about the in-between state of things that intrigues me and embodies my understanding of things around me. Maybe it's in my process of diving into my PhD program in Performance Studies where I learned about the significance of this liminal space, the space between being backstage and the moment of stepping onstage. To clarify, the theatrical understanding of a liminal space is that small obscure area behind the wings where you can feel the energy from the audience. If you peek far enough out, you can see faces from the front rows, illuminated by the lights from the stage. It is also a moment caught between two positions, that moment when all the preparation, hard work, practice, and rehearsal come together to thrust you out onto the stage. It is a transitional space, an energetic and charged space. Kind of like my presentation with OCAW where my film isn't quite completed but has enough material to take on a life through the clips I shared. It also represents the Chinese space between the black and white narrative that America is often reduced to.



Crystal's Great Aunt Ruby and Grandma Pearl

I take this idea of liminality into the approach of my documentary film because it helps us link the past to the present. I dig into stories of my grandmother and her family who grew up in Augusta, Georgia during Jim Crow, where they ran a grocery store in the black neighborhood. I like to focus on the women's stories because their histories are seldom preserved and their stories open up a much more interesting look into our past. Women's stories disrupt dominant narratives because we speak from an intimate place, a place in which I believe reveals a deeper understanding of relationships. And because history is often recorded and preserved by men, our voices are often silenced or seen as insignificant. That's why OCAW is so important!

As I unpack stories and memories by my grandmother and her sisters, it opens up some bigger questions. What is it about the racist system of segregation that brought the Chinese into black space to begin with? How did the Chinese navigate this blurry space between the Black and White divide? What formed the discriminating perception of Chinese against their black neighbors? They were simultaneously in and out of view, overlooked, under-recognized, under-defined. Only recently have Asian American voices been heard in light of all the anti-Asian hate crimes. With these unrelenting racial tensions against Black bodies, and now against Asian bodies, my documentary connects the individual stories of the Chinese women in my family to these larger questions of systemic racism. I never thought my story would lead me to understanding the roots of our country's structure to this extent, but here I am.

In the south, Chinese were treated with some privilege during segregation. We earned a deceptive title, "Honorary Whites," which wasn't very honorary at all. We held this position as a wedge between White and Black people. We were allowed to drink from the White water fountains and sit with White people in the movie theaters. We didn't have to enter a department store from the back entrance as Black people had to. We could try on clothes and use the toilets in the department stores. At the same time, we were never really fully accepted as White. We had to tread quietly and carefully, work hard, live up to that model minority myth that the white supremacist system created for us. We had our roles to play on the Jim Crow stage. And we still have our roles to play today. That is why my film has become such an important platform to discuss issues of race relations.



Crystal and an old neighborhood customer

I am completing my film as I write this so that I can submit it to some upcoming film festivals. Wish me luck! I look forward to sharing the completed film with your precious community in the near future. Thank you again for all your support. If you would like more information about my film, please check out my website: www.crystalkwok.com

Culture Corner

Mid-Autumn Festival

by Cathy Roberts

(Editor's Note: Cathy is National Vice President for Membership.)

The Mid-Autumn Festival is celebrated on the 15th day of the 8th month in the Chinese lunar calendar. This year it falls on September 21. There are several legends associated with the mid-autumn festival.

Chang E Flying to the Moon is the most widely told Mid-Autumn Festival legend. It is said that in ancient times, ten suns existed in the sky and the extreme heat made people's lives very difficult. It was the hero Hou Yi, who, using his great strength, shot down nine of the ten suns. Later, Hou Yi married a beautiful and kind-hearted woman named Chang E and lived a happy life. One day, the Queen of Heaven presented Hou Yi an elixir which, if took, would help him to ascend immediately to heaven and become a god. Hou Yi took it home and asked Chang E to keep it.

Unfortunately, a villain named Pengmeng learned of this, broke into their home, and demanded Chang E hand over the elixir while Hou Yi was out hunting. In a moment of desperation, Chang E swallowed the elixir. Reluctant to leave her husband, Cheng E flew to the moon, the nearest place to the earth in heaven. Hou Yi missed Chang E very much, so on the day of the full moon he placed on tables foods that Chang E liked. This custom was later followed by people praying to the Goddess Chang E for good luck and happiness. It gradually formed the Mid-Autumn Festival.

The most common traditions for this festival are eating moon cakes and appreciating the moon. In ancient times, moon cakes were a kind of offering to the moon. Over the centuries, these special cakes have become the most popular food of the Mid-Autumn Festival. In Chinese culture, roundness symbolizes completeness and togetherness. A full moon symbolizes prosperity and reunion for the whole family. Round moon cakes complement the harvest moon in the night sky at the Mid-Autumn Festival.

The following link provides more information about the festival celebrations in several Asian countries. You can also search 'Mid-Autumn Festival.'

<https://www.chinahighlights.com/festivals/mid-autumn-festival.htm>

A Look-back at OCAW's Start and Early Years

by Queenie Mow Chee

(Editor's Note: Queenie is the Hawaii Chapter's Events and Finance Chairs. She is also a former President.)

As we approach the 45th anniversary of the founding of the Organization of Chinese American Women

(OCAW), President Christina Chang asked that I submit for publication, my August 8, 2021 Hawaii Chapter meeting Zoom presentation.

This is dedicated to Rena Young Ochse, our late stalwart member who we lost recently to cancer on August 2, 2021. She was a vital link and communicator for our chapter with the national organization. More than just a member and a hardworking leader for many years, Rena was a friend.

Here are a summary and some highlights of that talk.

The Organization of Chinese American Women

OCAW began as an Auxiliary to the Organization of Chinese Americans (OCA) and became an independent entity in March 1977. At that time, four Chinese American women, Cantia Pian, Anchen Lin, Julia Chang Bloch, and Pauline Woo Tsui started an independent direction with emphasis placed on the betterment of Chinese American women and promotion of their causes.

Most of our members today may not know about these founders or much about their backgrounds. Please allow me to share a very brief highlight of each person.



Founders Cantia Pian, Anchen Lin, Julia Chang Bloch, and Pauline Woo Tsui

Cantia Pian was the Director of Economic Support for Families at the U.S. Department of Health and Human Services in Washington, D.C. Her father was Theodore Pian, Professor of Aeronautics and Astrophysics at MIT. Her mother was a gifted pianist, Rulan Chao Pian. Cantia is married to Michael Lent.

Anchen Lin, who passed away in 2016, was a clinical social worker, married to the late Professor Jimmy H.C. Lin. The University of Maryland was a recipient of several endowments in memory of her late husband, a beloved professor in the Department of Electrical and Computer Engineering, and a prolific inventor.

Julia Chang Bloch was born in Shandong, China, but grew up in San Francisco from the age of nine. She attended the University of California at Berkeley, receiving her Bachelor of Arts degree in Communications

and Public Policy. She then went on to Harvard University for her Master's degree in Government and East Asian Regional Studies. She was conferred an honorary Doctorate of Human Letters from Northeastern University. Julia was the first Asian American woman to be appointed as an Ambassador (Nepal) for the United States. Her works and achievements are numerous and amazing. She is married to an extremely supportive husband, Mr. Stuart M. Bloch, an attorney of note in Washington, D.C.

The late Pauline Woo Tsui was born in Nanking, China. She attended school in Shanghai at the prestigious McTyeire School and graduated from Saint John's University. Her father was Dr. John Woo, a physician from Hawaii. Her mother was Sarah Kuo of Shanghai and had attended two years at Oberlin College in Ohio. With the Japanese invasion, Pauline and her mother were able to exit China as they were American citizens. Pauline would go on to attend Columbia University in New York, and she earned her Master's degree in Music Education. She and her husband T.L. Tsui, a Taiwan Chinese diplomat, are survived by two children. Pauline served as a translator for the U.S. Army Map Service for many years. She was our Executive Director and Acting Executive Director of OCAW until 2007. She passed away on November 27, 2018.

A common thread that linked these ladies together was the fact that they all experienced what it was like to be a woman, and a minority, working in the United States. Having experienced the challenges and succeeding in spite of them, they wanted to reach other Chinese American women to help them achieve parity.

During the 1970s, there were growing opportunities for women to gain equality and fairness in the job market. OCAW was able to receive sizable federal grant money to help with teaching and sharing important steps to minority women.

In 1978, OCAW's first national conference was held in Chevy Chase, Maryland. The keynote speaker was Congresswoman Patsy Takemoto Mink. She was the principal author of Title IX Educational Amendments in 1972. Representatives from the following OCAW chapters attended: Baltimore; Central Virginia; Chicago; Colorado; Dayton, Ohio; Delaware; Detroit; New England; New York; Pittsburgh; Southern Alameda County, California; St. Louis, Missouri; Washington, D.C.; and Wisconsin. (At that time, OCAW had 26 charter members. Dr. Margaret Lee, who later became the first OCAW Hawaii Chapter President, was one of them.)

IRS 501(c)(3)

On November 2, 1981, OCAW was granted IRS 501(c)(3) status.

Muriel (Mimi) Hom

Muriel Hom, a gifted musician, stepped forward and helped establish Opera International with the Li Foundation for Chinese Americans in the Arts under OCAW and was critical in soliciting sizable donations to support this program.

OCAW Activities

A few of the highlights of OCAW activities over the years included the Chinese American Women's Leadership Program, providing scholarships for girls in rural China, and sending Chinese American high-schoolers to attend the Presidential Classroom summer program in our nation's capital; participating in finding worthy scholars for the Gates Millennium Scholarship Program; and sponsoring of Opera

performances that featured Asian vocalists in lead roles.

Hawaii Chapter Established

It was December 1988, when Julia Chang Bloch was invited to be a guest speaker at a state conference by Governor John Waihee of the State of Hawaii. It then became timely and appropriate to establish a Hawaii Chapter, and so the plan was set in motion.

Anita Wong, who was the Associated Chinese University Women's incoming president, was contacted by Julia and asked to assemble a group of influential Chinese American women to consider starting a chapter in Hawaii. Thirty-two ladies answered the call to this first meeting at the King Tsin Restaurant on King Street.



Hawaii “First Responder” Anita Wong with Faith Breen

In 1989, the OCAW Hawaii Chapter was established and Dr. Margaret Lee became its first president. Experienced and able, she had previously served as the Los Angeles OCAW Chapter President.

32 Years of Activities

It will be 32 years this year (2021), since 32 ladies first met to discuss the formation of the Hawaii Chapter.

As a Chapter, we participated with National in sending students from Hawaii to the Presidential Classroom Program, funded scholarships for 800 Rural Chinese Girls in 15 provinces in China, and sought Hawaii applicants for the Gates Millennium Scholarship Program.



Dr. Rosie Wong, 1990 Hawaii Chapter President, with Jeannie Jew,
U.S. Senator and Mrs. Hiram Fong, and Pauline Tsui

In our tenth-year anniversary, we combined our celebration with National's Biennial Convention in Hawaii and hosted our National Board members and spouses, recognized Hawaii Chinese American Women who made a difference in our community, and welcomed a guest speaker, Sondra Seba, sent by the White House.



At the Hawaii Governor's residence for our 10th Anniversary celebration reception:
Phyllis Shea, Vivian Young, Juliette Ling, and Blossom Tyau



At the Royal Hawaiian Hotel OCAW Biennial Convention Conference: Rena Young Ochse, Donna Byler, Jeannie Jew, Blossom Tyau, Pauline Tsui, Sondra Seba, and Dr. Margaret Lee



Hawaii Chapter Silent Auction Fundraiser Guests

Over the years, some of the important programs we held in Honolulu included assisting immigrants applying for U.S. citizenship by practicing the verbal interviews; supporting a series of seminars at the State Capitol for high school students to learn the process of legislation; donating to various local Chinese community projects; and recently, supporting Chinese American women in film production and writing.

Robin Lung produced “Finding Kukan” to give recognition to the late Li Ling Ai, whose film “Kukan” won an Academy Award in 1942. It is a rare color film footage of China under attack by the Japanese Imperial Army in 1941. Ms. Li was never properly credited. The official film was lost, but through her efforts, Miss Lung discovered a deteriorating copy and had it restored. It was Rena Ochse who kick-started our support of this important endeavor.

Crystal Kwok has a timely production of a movie titled “Blurring the Color Line,” telling of her grandmother’s experiences growing up in Augusta, Georgia as a Chinese in the 20th century. This project is still in production.

We were thrilled to recently hear author Claire Chao share the writings of a book she co-authored with her mother, Isabel Sun Chao, *Remembering Shanghai: A Memoir of Socialites, Scholars and Scoundrels*, now in the process of being made into a television drama series.

We continue to have concern for those underprivileged and those seeking U.S. Citizenship, and thus support the works of The Legal Clinic, Palolo Chinese Home, and the Lanakila Meals on Wheels Program.

Some of the past Hawaii Chapter Presidents and key contributing members we must salute and mention:

Dr. Margaret Lee
Christine Ling
Rose Lee (no relation to Dr. Lee)
Yun Soong Jim
Phyllis Shea
Diane Wong
Dr. Sandy Young
Frances Goo
Dr. Lei Ahu Isa
and from the very beginning and for the rest of her life, Blossom Tyau



Dorothy Mau and Christine Ling



Dr. Vernon and Yun Soong Jim, longtime supporters of the OCAW Hawaii Chapter

There are many more truly loyal supporters...but we must not forget our most hardworking and dedicated past president (thrice) who served in so many ways, keeping us all connected, locally and nationally...Rena Young Ochse.

It was a huge challenge to the life of OCAW when founder and Executive Director, Pauline Tsui, retired and transferred the bulk of the club's funds to the Ruth Kuo Foundation. But through the efforts of Christina Chang, who oversaw the closing of the D.C. office, stored OCAW files in her home, and marshalled her team of loyal members; and with Mimi Hom's persuasiveness to her daughters "to step up and help" *, OCAW is alive and well.

Each Chapter must do its part to remain relevant to its members, and with that may we thrive in spite of the pandemic and any challenges.

Remember President John F. Kennedy's saying:

"Ask not what your country can do for you, but ask what you can do for your country."

What can you do to improve and help OCAW?

**One of Mimi Hom's daughters, Linda Devine, is our dedicated National newsletter editor. Through these Newsletters, we are all kept connected. Thank you, Linda!*

Food is Love

by Kelly Tan Peterson

(Editor's Note: Kelly is a new Hawaii Chapter member, and is the author of Keto East and Keto Baked. She has a diploma degree for Interior Design from London UK, and prior to moving to the U.S., she owned an Interior design and construction company in Singapore for 18 years.

Hawaii President Roberta Wong Leung thought that OCAW members might be interested in Kelly's work with family recipes, Keto style, and she encouraged her to provide an article for the e-newsletter. Kelly was glad to oblige.

The Hawaii Chapter looks forward to having Kelly as a speaker at a chapter meeting in 2022.)



A synopsis of her award-winning book, *Keto East*:

Food is Love. American-Singaporean Kelly knew this as a child eating her family's Asian dishes. However, food became a nightmare in her twenties as she battled a yo-yo weight gain which escalated into self-loathing for 18 years. Discovering high-fat/low-carb eating from her new doctor husband, she returned to love: in her marriage, with her food, and ultimately with herself. *Keto East* honors her favorite delicious childhood recipes which Kelly offers up Keto style. Rarely is a cookbook such an emotional journey. Kelly's love story will inspire anyone who has struggled or struggles with food and their weight to live KETO, and enjoy delicious satisfying comfort foods while reclaiming their body and self-esteem.

Food is love.

That was what my parents demonstrated to me when I was growing up in Singapore. Providing us with food, shelter, and education was my parents' common goal.

I grew up loving delicious food. I love eating. Having a good meal makes me happy. But when I was in my twenties, eating became a nightmare.

One day, a good friend asked me with concern, "Why is your tummy so big? It looks like you've gained some weight lately." I was startled. I hadn't been paying attention to my weight.

I decided to get professional help. I signed up for a fitness program and hired a personal trainer. Both programs required a lot of time and were very expensive, and I was diligent. I started a food log to track everything I ate. My typical daily breakfast was a small bowl of cereal with low-fat milk. Lunch was a small portion of lean meat with vegetables and rice, and dinner was an even smaller portion of fish with vegetables and rice. No snacks in between meals, but I was allowed a banana before I started my exercise and an energy drink during and after.

After six months and a lot of expense, it was discouraging to find that nothing had worked. The only thing I learned was that when I stopped eating almost completely, I lost weight.

One day in my office, I felt extreme hunger, but I was trained to ignore it. Suddenly, my hands started trembling and I felt cold and nauseous, and I broke into a sweat. I stumbled toward the refrigerator, and the first thing I could grab was a chocolate bar. I struggled to tear open the wrapper and downed the entire chocolate bar as quickly as I could.

I had no idea what had just happened to me! At that moment, I knew that my starvation program was not healthy. I started to panic; fear washed through me. I didn't want to lose my health, but I didn't want to gain weight. I knew I shouldn't be skipping meals, but I also knew that if I ate, I'd gain weight. It was a lose-lose nightmare. With so much conflicting information out there on diet and weight loss, I felt confused and desperate.

That went on for many years until I met my husband Dr. Dan Peterson. When we first had dinner together, I was curious why he ate the foods that I was told not to eat and skipped the starch and sugar. He briefly explained the concept of how carbohydrates actually turn into glucose in our bodies and how that causes a negative reaction metabolically with blood glucose and insulin spikes. Excess blood glucose is instantly stored as fat in the fat cells, whereas dietary fat is burned as fuel, when eaten without carbs.

I looked at the delicious food on the dining table and almost burst into tears. I had been eating the wrong foods all these years! That one dinner literally changed my life. I hadn't eaten so well in such a long time. Eighteen years actually! It was so delightful to taste my favorite foods again. Plus, if I could lose weight and regain my health by eating all these delicious foods, I would be overjoyed! I was eager to give this a try and immediately started eating low carb, replaced with adequate amounts of protein and with good fat. After all, Dan was living proof!

In the beginning, letting it go is the first mental challenge. I'm a Chinese – how can a Chinese not eat rice? But knowing that if I want a new different result, I have to apply a new different approach. I packed up all the carbs including rice, noodles, cereal, sugar, flour, sweet beverages. etc. and gave them all away. I restocked my kitchen with eggs, cheese, heavy cream, bacon, fresh meat, fresh vegetables, olive oil, coconut oil, lard, nuts, and butter.

For the next few months, I ate like a queen. I had delicious food at every meal, and I ate as much as I wanted until I was satisfied. No more hunger! No more feeling deprived! No more dragging myself to exercise! I completely reversed the hypoglycemia and chronic acidic stomach problems without any medication, all by eating yummy foods that I love! I slept very well and was full of energy. Six months later, I had lost the extra pounds that I had tried so hard to get rid of for almost two decades! I had kept a pair of jeans all that time just to remind myself of how slim I once was. Now I was able to wear those jeans from my college years even though I was 43 years old!

Eighteen months had passed when it was time for Dan's and my health check-ups that included blood work for cholesterol levels. I was delighted when I saw the results of both of our blood lipid reports. Although

Dan and I were completely different in build, gender, age, and background, our blood lipid profiles were very much the same. Both of our HDLs, the good cholesterol, were close to 100 mg/dl and our triglyceride levels were around 44 mg/dl which makes for a very healthy cholesterol ratio. High HDL cholesterol and low triglycerides indicate a low risk for common heart disease.

I not only learned how to eat right for my health, I loved every mouthful. I loved myself. Food is LOVE again!

Asian food is comfort food to me. But as we all know, it is based on rice and noodles, often with starchy, sugary sauces. Because I cherish the cuisine of my childhood, I knew I could not stop yearning for Asian food. So, I decided that I would create Keto recipes of my favorite Asian dishes from my childhood. I kept all the savory flavors and textures without the use of high-carb rice and noodles. And therefore the book *Keto East* was created. Each of the dishes in *Keto East* is something I grew up eating and loved as a little girl. I thought long and hard how to recreate the flavors and textures that have made them classic Asian cuisine. I also strive to present the dishes in an artistic way that honors each one. When I prepare them for Dan, our friends, and family, I feel the love. Every one of these dishes has a story to tell!

After this personal success, I studied low-carb, high-fat ketogenic diets with a passion. I graduated from the International Institute of Nutrition and Health (IINH) and am a Certified Low Carb Practitioner with the Nutrition Network, Noakes Foundation. Twelve years ago, I was the only Asian American who was teaching low-carb cooking on social media. During those days many people did not know what a low-carb-eating lifestyle was. Since then, I have coached thousands of people all around the world virtually or in-person on how to lose weight by eating well at every meal and encouraging the body to become fat-burning. Many people have regained their health, especially those with diabetes and those with hypertension, etc., and their conditions have been improved.



Now I am known as the @AsiaKetoQueen. I am the keto advisor for food businesses to create tasty and healthy menus and diabetic-friendly meals. I also speak at events and conduct workshops internationally. My specialty in creating delicious and healthy low-carb keto Asian cuisine without the sugar and starch at the

same time keeping the authenticity of the cuisine has won many good words. That's because I cook with love.

Feel free to follow me on Instagram @AsiaKetoQueen. My website is: www.cookinginspiredbylove.com

The Taste of Mei

by Camilla Ng

(Editor's Note: Camilla is a former Maryland Chapter President. When she happened to mention her preserves activity earlier this summer, I found it interesting, and asked her if she would consider writing an article for the e-newsletter.)

Mei (*prunus mume*), a late winter flowering tree that is celebrated in Chinese culture, bears fruits that are harvested in June. The fruit is called green plum, *qing mei* in Chinese, *maesil* in Korean, and *ume* in Japanese. This seasonal fruit is available at Asian markets. It is extremely sour and not edible unless processed.

Studies have shown that the large amount of citric acid in green plums helps the body get rid of lactic acid, therefore helping the body to recover faster. The acidic plums help with secretion of saliva and digestive enzymes aiding with digestion. The plum syrup kills off harmful bacteria to help with diarrhea and promote normal bowel function.

The green plum can be made into dried preserve plums, preserves, syrup, or infused liqueur. Here are two simple recipes that I have tried, both with great results.

Green Plum Syrup – Maesil Cheong

Green Plum Syrup diluted with either hot or cold water, is a refreshing dessert drink. It can also be added to kalbi or bulgogi marinade to give a sweet and sour taste. It can be used in salad dressing also. The green plums stay crunchy, and are delicious as a snack.

Ingredients:

Green plums 1 lb.

Organic unbleached sugar 1.5 to 2 lbs.

Sterilize wide-mouth jar by boiling the jar or wiping with alcohol.

1. Wash green plums and let them dry on paper towels for several hours.
2. Pick off stems from each fruit.
3. Layer plums and sugar in jar.
4. Seal jar; keep in dark kitchen cabinet. During the first ten days, turn the jar upside down several times every other day until the sugar is melted.
5. Keep for 90 days. Syrup can be used then.

Plum Wine – Umeshu, Maesil Ju, or Suanmeitang

According to *Wikipedia*, Suanmeitang has existed since the Song Dynasty (960-1270 CE). The recipe used today is thought to be developed at the request of Qianlong Emperor of the Qing Dynasty in the early 18th century. The Suanmeitang recipe includes osmanthus, haw, and licorice roots.

The Plum Wine recipe I used is much simpler. Instead of green plums, I used yellow plums which give more flavor. The infused liqueur is very refreshing as an after-dinner drink over rocks.

Ingredients:

Plums 2 lbs.

Rock sugar 1 lb.

High-proof Soju or Vodka or Shochu 2 quarts

Sterilize wide-mouth jar by boiling the jar or wiping with alcohol.

1. Wash plums and let them dry on paper towels for several hours.
2. Pick off stems from each fruit.
3. Layer plums with rock sugar in jar, then pour in alcohol.
4. Seal jar and leave in cool place for 9 months or more.



Yellow plum infusion from June 2021

(Photo taken by Camilla Ng)

(Editor's Note: Camilla says that she will hold off enjoying the contents at least until the Fall of 2022. Patience pays off; the longer the time for the infusion, the more rewarding the taste!)