E-Newsletter of the Organization of Chinese American Women

February 2013

(from Linda Devine)

Happy New Year to all! I hope that you concluded 2012 with a wonderful holiday season. Happy Chinese New Year as well!

This is our first e-newsletter of 2013, and again I wish to thank everyone for their contributions. My continued thanks to my husband Ed for the photo preparation work.

In this issue, I have created a section called "From and About Our Members." I have continually encouraged individual members to submit items about themselves or others, that they would like to share with other OCAW members. When I receive such pieces, I will welcome publishing them here, and I urge you to consider sending me information.

Suggestions or recommendations for any aspects of the e-newsletter are always welcome, and you can reach me at: devinefive@att.net.

Opera International

(from Muriel Hom)

The bulk of Opera International's remaining funds were used to finance last year's production of *Lucia di Lammermoor* in August. The company's account now stands at only $1,794.65, so no opera is being planned for 2013 unless we receive a large grant.

Tenor Yingxi Zhang, who performed leading roles in our last two operas and who received excellent reviews, offered to perform for Opera International without compensation. However, he did not realize that we would need a minimum of $100,000 to produce an opera. He suggested that he might try to raise money in China, but I feel that realistically it would be difficult for him to achieve the necessary amount.

Although large-scale productions must be on hold for the present time, Opera International will try to schedule some smaller events in the coming year.

Update on the OCAW History Book

(from Puanani Woo)

January 28, 2013

Dear OCAW Sisters:

By the time you read this newsletter, the book's manuscript will almost be in the hands of the University of Hawaii Press for their design and editing work. Almost there!

As I've reported in past newsletters, I am behind the PRODUCTION SCHEDULE for many good reasons. This means the book launch planned for sometime during **MAY 2013** may not happen. Being proactive though, **Ambassador Julia Chang Bloch** and **Rosetta Lai** have suggested **Thursday, May 30** for the occasion, because in Washington, DC, events are usually held Tuesday, Wednesday, or Thursday during the week, to catch most people in town. *Fingers crossed.*

All the writers for the book are outstanding individuals and have written with facts and their hearts and souls. Every writer wrote more than we could use so we edited out some of their writing, with their cooperation to re-write. This technique of having multiple writers write for a book brings a sense of inclusivity, rather than exclusivity, to a storyline readers will enjoy. The 30-year storyline of OCAW from 1977 through 2009 is an epic story!

As I write this article, Honolulu is buzzing with preparations for **CHINESE NEW YEAR** on Sunday, February 10, 2013. An annual tradition I learned from my Chinese mother is to get narcissus bulbs to open and bloom by the new year. I love the artistry and loving care of peeling back the skins of the bulbs to expose the hidden shoots under them; then securing the bulbs on clean pebbles in fresh water; and then setting them in the morning sun for the white roots to wiggle out from the bottom of the bulbs and grab hold of the rocks to stabilize the heavy bulb and its shoots as it becomes heavier with multiple long shoots and sweet-smelling flowers at their tops. Honolulu's annual **NARCISSUS FESTIVAL** sponsored by Honolulu's Chinese Chamber of Commerce is a time of great merriment and fantastic artistic shows.

Kung Hee Fat Choy,

Puanani Woo
Project Director

Joint News from the Maryland and Virginia Chapters

(from Camilla Ng, Maryland Chapter President and former Virginia Chapter Acting President)

2012 Holiday Dinner

The Virginia and Maryland Chapters had a delicious Cantonese holiday dinner on Sunday, December 9, 2012, at the East Pearl restaurant in Rockville, Maryland.

The wonderful menu selection was made possible by Kit Poy, who made several trips to the busy restaurant on behalf of the chapters. We are grateful for her efforts.

In attendance at the dinner were members of the OCAW National Board: Christina Chang, Mimi Hom, Cathy Roberts, and Linda Devine.

It is members' participation that makes a program a success. Dianna Gorin, a member of both the Virginia and Maryland Chapters, was recognized for best attendance at chapter programs in 2012.

Cathy Roberts was recognized for her gracious hosting of the Zoong Making event and "Knit with Cathy" monthly sessions at her home. With regard to the latter, Cathy patiently and untiringly helped us individually to learn this intricate art of yarns.

Joining us for dinner were OCA-Greater DC past and current presidents, Stan Lou and Mary Tom. Stan is the sponsor of the "Talk Story" series, which showcases the oral history of Chinese Americans. We look forward to more of this type of program to share with our OCAW members. With us also was Yan Manegan of the Asian American Center of Frederick (AACF), a community center that serves the needs of a growing population of recent immigrants from Asia. We continued our tradition of holiday giving and sharing of our good fortune with our annual food drive. Thank you very much to the dinner guests who brought food; it was donated to AACF.

(around the table from the left) Hong-Yee Chiu, Mimi Hom, Linda Devine, Min-Fu Tsan, Linda Tsan, Veronica Li, Stan Lou (OCA National), George Mui (OCA-Chicago), and Camilla Ng

Montana DeBor, a talented young artist and author, brought her newly published bilingual children's book, in English and Chinese, to show us. Titled Annabelle the Angler Fish and translated into Chinese by Dr. Hong-Yee Chiu, it is available through Amazon.com.

Also joining us for dinner was Dr. Linda Tsan, a returning Virginia Chapter member who renewed her membership. We welcome her back to OCAW.

We also welcome new members to the Maryland Chapter: Elizabeth Chung, Director of AACF, and Dr. Hong-Yee Chiu, a retired NASA scientist and writer.

(around the table from the left) Yan Manegan (AACF), Marcus Silvestro, Betty Lee, Henry Gorin, Christina Chang (OCAW National President), Cathy Roberts, Dick Roberts, Steve Chang, Bennett Barsk, and Montana DeBor

(around the table from the left) Julie Mark, Dianna Gorin, Pam Wong, Christina Wong Poy, Steve Poy, Kit Poy, Susan Young, June Cai (not visible), Mary Tom (OCA-DC), and Kit Lee

Summary of 2012 Programs

In 2012 I was elected as the President of the Maryland Chapter and was also invited to help the Virginia Chapter by serving as its Acting President. It was an honor to serve both chapters, and it was a year of learning and personal growth.

The responsibility of serving both chapters seemed daunting at first. However, my task was made easier as board members and longtime members came forth and shared their ideas, volunteered to host events, and helped with organizing events. Together, we had a very rich and diverse program for 2012, and we satisfied some of the goals of the OCAW mission.

The following is a summary of our 2012 programs:

Hosted cooking parties / social events:

Dumpling Making event (hosted by Christina Chang)
Zoong Making event (hosted by Cathy Roberts)
Harvest Feast event (hosted by Alice Yee)
Virginia Chapter picnic with Families with Children from China
Repeat performance: Dragonboat Festival Race
Supported Opera International's *Lucia di Lammermoor*
New Program: Knit with Cathy, hosted by Cathy Roberts
Dined at new restaurants: Ming's (Chinatown), Shanghai Lounge (upper Georgetown), Hong Kong Pearl (Seven Corners), East Pearl (Rockville)
New Lecture: "Enhancing our life through Ch'i and Feng Shui Adjustments" (a DVD is available for loan for those who missed the event)

Programs that reflect my personal interests in Chinese culture and history, Chinese American history, Chinese American advocacy, and gardens:

Garden Visits: U.S. National Arboretum/Potomac Bonsai Festival; Dumbarton Oaks
Hosted Meet the Author event: local author Liliane Willens, Eyewitness Account: Two Years Under the Red Flag, 1949 to 1951
Supported OCA-DC / 1882 Project sponsored "Talk Story" series: "Finding a Chinese American Heroine, *Finding Kukan*;" meet the co-author Elizabeth Chung, Piloted to Serve: Memoirs of World War II Veteran Rebecca Chung; American Chinatown, DC Chinatown oral history; meet the author John Jung, Southern Fried Rice and his other books about Chinese Americans in the Deep South; Major Kurt Chew-Een Lee, the first Chinese American Marine Corps officer, and who earned a Navy Cross for bravery under fire in the Korean War
Attended lecture by Dr. Akey Hung on "Insects in the Book of Poetry and Chinese Paintings"
Participated in Taiwanese Aboriginal Dance performance at Camden Yards prior to a Baltimore Orioles vs. Washington Nationals baseball game

Community service:

Supported Breast Cancer Awareness Month in Fairfax County, Virginia

The Maryland Chapter donated 10 *Lucia di Lammermoor* opera tickets to AALEAD, Chinatown Community Service, and LIFE & Discovery/AACF Asian American youths

Repeat activity: our 4th-year Holiday Food Drive – groceries donated to the Asian American Center of Frederick

News from the Maryland Chapter

(from Camilla Ng, President)

New Year Greetings

The Maryland Chapter Board is very pleased to announce its new board members for 2013.

Dr. June Cai has accepted the vice presidency. June is a new chapter member but she is no stranger to us. She has participated in a number of our chapter activities in the past year.

Susan Young, a longtime Maryland Chapter member, has accepted the office of secretary. Susan has been very supportive of our chapter for many years.

Congratulations to June and Susan for their volunteerism to serve the Maryland Chapter. Thank you for your contribution of energy, enthusiasm, and interest on behalf of the Board and the Chapter.

Christina Wong Poy continues as treasurer. The Board is most appreciative of her role as advisor and anchor.

The Board would like to give special recognition to Kit Poy, Kit Lee, and Ru Fan. They helped make the dumpling and zoong making events successful by volunteering their services as lead chefs for two of our very popular events. Kit Poy even made home-brined salted egg yolks for the zoong.

The Maryland Chapter expanded with new memberships of Dr. Hong-Yee Chiu and Elizabeth Chung.

Dr. Chiu is a retired NASA scientist and a prolific scholarly author. He offered to give a lecture to our chapter in the coming months. We will eagerly look forward to it.

Elizabeth Chung is a longtime Maryland activist for the Asian American community. For those who would like to volunteer for community service, Elizabeth will be forwarding many opportunities to us.

Welcome, Dr. Chiu and Elizabeth. We thank you for enriching our chapter with your diverse interests.

We also wish to acknowledge Audrey Lee for her service as Vice President in 2012. Audrey contributed several excellent articles to the September 2012 e-newsletter: "The Fascinating Rediscovery of Chinese-American Heritage Treasures: Jake Lee's Twelve Paintings" and "The Fate of Our Chinatowns." Audrey will be working overseas in 2013. We will miss her. However, staying in touch is just an email away. We look forward to reading about her travel experiences. Best of luck, Audrey.

We also wish to acknowledge Linda Devine, our chapter member who is the editor of the e-newsletter, for her devotion to OCAW in the publication of chapters' and National activities. The e-newsletter showcases the programs of each chapter, shares information, and serves as an archive and also an excellent advertisement for OCAW. Thank you for your tremendous effort.

Last but not least, congratulations to Mimi Hom for producing *Lucia di Lammermoor*. We thank you for the opportunity to expand our classical music appreciation.

We will kick off 2013 with our annual Jiaozi making gathering to celebrate the Lantern Festival, yuan xiao jie, on February 24. We look forward to seeing everyone then.

Happy Year of the Snake to all!

Here is a video for your enjoyment, a one-stroke Chinese ink brush painting:
www.youtube.com/watch?v=M6UgVzWB7wQ&feature=player_detailpage

Best regards,

OCAW-Maryland Chapter Board
Camilla Ng, President
June Cai, Vice President
Christina Wong Poy, Treasurer
Susan Young, Secretary

News from the Virginia Chapter

(from Christina Chang, National President)

2013 Officers

Congratulations to Virginia Chapter's new officers for 2013:

Connie Wong – President
Maria Yang – Vice President
Amber Yen – Treasurer
Veronica Li – Secretary

Thank you for taking the lead to serve the Virginia Chapter. I am looking forward to many, many more great years to come.

I would like to take this opportunity to thank Camilla Ng for her dedicated services to both chapters, Maryland and Virginia. It is my pleasure to know Camilla. She is not only a great leader, but she is also a loving friend. We are fortunate to have Camilla on board. Thank you very much, Camilla.

Congratulations again to all of you!

"Enhancing Our Life through Ch'i and Feng Shui Adjustments" lecture

On Saturday, November 3, 2012, a lecture on Ch'i and Feng Shui was given by H.H. Khadro Crystal Chu Rinpoche at the Arlington Campus of George Mason University in Virginia. Henriette Levy and Donna Byler wrote articles about the presentation which appeared in the November 2012 e-newsletter.

Below is another photo taken at the event by Dick Roberts, who has been very gracious in taking pictures for OCAW. We appreciate Dick's efforts!

H.H. Khadro Crystal Chu Rinpoche and OCAW members

Many hope that another lecture on this interesting topic will be scheduled for the future.

News from the New Orleans Chapter

(from Betty Butz, President)

(Editor's Note: Following are excerpts from a letter written by President Betty Butz to New Orleans Chapter members at the end of last year. It wonderfully recaps the chapter's activities for 2012 and discusses plans for 2013.)

December 4, 2012

Dear Members,

At the close of 2012, I am most delighted to have the honor to complete a chapter in our recovery after Hurricane Katrina and various terrible storms. I have had the opportunity to gain a clearer vision of our mission, which is to further the goal of supporting members in mainstream life in the U.S. through education and service.

In the area of education, we successfully completed the Personal Health Devotion programs which were spearheaded by a donation from OCAW National. I believe all of us became better informed on how to keep ourselves healthier longer. We shared the knowledge we gained by hosting a booth at the Asian Heritage Festival in April at the Audubon Zoo. In October, our honorary health advisors Peter Zhang and Guiqin Xiong were invited by the Confucius Institute to present public lectures on traditional Chinese medicine at its grand opening at the Xavier University of Louisiana in New Orleans. I served as interpreter for the lectures. Notes on Peter Zhang's lecture were published in OCAW's November e-newsletter.

In order to document the work of OCAW, member-writers were asked to contribute to a history book to be published by the University of Hawaii Press. I was invited to participate in writing part of the history of OCAW for New Orleans. The manuscripts are currently being edited for publication. The book is scheduled to come out in May 2013. Copies of it will be donated to libraries at universities that teach Asian studies and women's studies.

In regard to service, we actively supported the Academy of Chinese Studies. Jing Hu, Lingyan Shu, Tina Soong, Taichen Ho, Li Li, and Guiqin Xiong have all volunteered their time and skills to serve the academy. In recognition of the 35th anniversary of the academy, our chapter has pledged monetary support of up to $350 for reimbursement for the purchase of textbooks for needy students for the academic year 2012-2013.

In the spring, we had the pleasure of supporting Li Li in her effort to prepare and donate 100 care packages for residents at the Covenant House. The Help the Needy project was a successful, heart-warming event appreciated by all who took part.

In October, at the Asian Pacific American Society annual gala, I received a Frank Hara Award in recognition of my contributions to the local Chinese community.

Next year, we shall continue our tradition of supporting each other through education and service. We have started on a path to stay healthy, exercise, eat well, speak to feel better, and to cherish each other's presence.

Here are some highlights for 2013: taiji exercise, opera appreciation via DVD, reading of excerpts of OCAW history, the Asian Heritage Festival, the Asian Pacific American Society gala, and more telling of personal stories. If you have other ideas, feel free to talk about them when we meet.

Respectfully submitted,

Betty Butz
President, 2008-2012

December 2012 meeting

The December 2012 meeting of the New Orleans Chapter was held on Saturday, December 8 at the China Rose Restaurant in Metairie, Louisiana. The meeting convened at 11:15 a.m. At 12 noon, Leda Fan, Esq. officiated at the installation of the 2013 chapter officers as follows:

President – Betty Butz
Vice President – Li Li
Secretary – Maria Auzenne
Treasurer – Mangjee Yeh

A delicious lunch followed. As everyone raved about the food, Betty takes pleasure in sharing the wonderful menu offered at the China Rose:

Fish and soft tofu bisque
Deep-fried tofu-shrimp balls, pipa style
(Pipa refers to a musical instrument with a shape like a pear.)
Stir-fried green soy beans with pickled mustard greens
Fish slices rinsed in hot vinegar
Shelled corn and pine nuts medley
Mapo tofu with chili meat sauce
Spicy eggplant stew
Stir-fried pea leaf greens
Steamed white rice

The cost of the meal was $10 per person, plus tea, tax, and tip.

Guiqin Xiong, Li Li (Vice President), Maria Auzenne (Secretary), Leda Fan, Betty Butz (President), Yvonne Louie, Nancy Chung, Mangjee Yeh (Treasurer), and Ruby Verhoven

Tajii Presentation at the Confucius Institute

(Editor's Note: In the November 2012 e-newsletter, Betty reported on the Grand Opening of the Confucius Institute at the Xavier University of Louisiana, in New Orleans. It was held on the weekend beginning October 19, 2012.

On Saturday, October 20, the Institute hosted a lecture on Chinese medicine presented by Yizhi (Peter) Zhang, and the notes from his lecture, "An Introduction to Chinese Medicine," were published in the November e-newsletter. Also that day was a presentation on "Tajii" that was given by Guiqin Xiong, associated member of the OCAW New Orleans Chapter. The notes from this lecture are published below.)

Notes from a presentation on

Tajii

Speaker: Guiqin Xiong
Interpreted by Betty Butz

Taiji refers to an energy that is without limit. The term was used in a book of systems written in the Zhou Dynasty on the observation of change. It said that in change, there is taiji. Taiji is the mother of heaven and earth. It connotes the highest, the most extreme, the absolute, and the only universal energy that is present everywhere, and its transformation is continuous and perpetual.

Taiji boxing, known as taijichuan, is an application of taiji theory. The slow and gentle exercise helps to bring together the mind and the body, so that energy can be brought to where it is needed in the body. In this way, vital energy and blood flow are connected, and the mind can direct the energy at will. Since a person's health condition is based upon harmony of the environment of the inner workings of the body, this kind of exercise can promote one's physical well-being.

Taijichuan originated in the Ming Dynasty as a form of self-defense. It evolved gradually to become a kind of fitness training. The system embodies a rich tradition of Chinese culture and philosophical thought.

Taijichuan was derived from a combination of styles from various schools of martial arts during the Ming Dynasty. Its most notable form was the 32 long fist movements. The martial art forms use breathing techniques taught in qigong, as well as theories on energy channels and energy webs taught in Chinese medicine. The philosophical bases were wide, drawing ideas from yinyang theory, Daoism, taiji, and bagua.

The purpose of practicing taiji is to promote and improve health. Through methods of relaxation of the body and mind, the circulatory system can be strengthened.

By practicing taiji, the body can learn to relax. The person can get into a better mood, maintain a peaceful attitude, and become stronger and more disease-resistant. It can also make the muscles stronger and more flexible.

The core principle of taijichuan lies in its emphasis on relaxation of the mind and the body simultaneously. The mind and the body are separate but integral parts of the person. Taijichuan can help us understand the importance of harmony among people in our lives, and harmony between oneself and the people around us.

The basic characteristics of taijichuan are slowness in speed, lightness, balance, silence, and fast response.

In taijichuan training, first relax both the mind and the body and concentrate on the spirit. Thoughts and action must be linked simultaneously. Work out cheerfully and stay the course for a sustained period of time. Be ready and be brave to face difficult challenges.

There are techniques to relax. Breathe naturally, and the body will relax. Stand with the body weight in midline. Maintain a straight line between Baihui acupoint on the top of the head and a point between the feet.

In general, taijichuan is suitable for everyone, and it has no side effects. However, if you have problems with the spine or joints or have heart disease, you should first consult your doctor to see if this kind of exercise is suitable for you.

Taijichuan has merged ideas from ancient times, using breathing techniques based on qigong and on energy channels theory in Chinese medicine. In practice, focus is placed upon the unity of thinking and action. This method leads to increased blood flow to the brain, and can help to restore proper workings of the body.

In taiji breathing, each breath is quiet, deep, and long, so that both the diaphragm and abdominal muscles can be strengthened. In this way the lungs become more active.

Compared to other forms of exercise, taiji does not burn a lot of calories, nor does it cause overexertion or injuries. It is a gentle, effective body training method suitable for everyone.

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About the speaker:

Guiqin Xiong completed her studies at Enshizhou Medical College in Hubei, China in 1998. She spent the next two years at Hebei College of Physical Therapy, studying taiji and qigong.

Guiqin has eight years' experience in the practice of tuina massage, acupuncture, herbal therapy, taijichuan therapy, qigong, and physical rehabilitation. She is an associate member of the OCAW New Orleans Chapter.

News from the Silicon Valley Chapter

(from Alice Chiou, President, and Cynthia Chang)

Annual Holiday Social

The Silicon Valley Chapter celebrated the New Year with its Annual Holiday Social for members on Sunday, January 20, 2013 from 2 to 4:30 p.m. at the Saratoga Library Community Room in Saratoga City, California.

We started our gathering by listening to a recording of "Blue Danube" and "Longing for Home," sung by the Zhi Yin Chorus. The chorus was founded in 1997 by Bainian Tan, a renowned tenor and vocal educator originally from China. There is an East Bay Chapter of the group in Danville and a South Bay Chapter in Cupertino. Lisa Lu, an officer of OCAW-SVC, is a member of this chorus and played the songs for us. It was quite beautiful.

Sophia Yang, Vice President of our chapter, then shared her recipe of a ten-ingredients veggie dish, a must-have for the Chinese New Year Eve dinner. Below is the recipe for your own reference. She also brought the dish to share at the social, and it was delicious!

Our guest Carol Yu did a simple tea ceremony introduction. She first introduced different kinds of tea, then showed us how to properly make tea (the right temperature and time), and finally let us taste the tea she made. It was an eye-opening experience for many people in the audience.

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EXIT
01/20/2013

Past Chapter President Yura Shieu shared with us her watercolor drawing experiences at the local community college. Her painting with fishes symbolizes good luck for the New Year.

Lisa Lu concluded the event by teaching everyone Gangnam Style Dance, and from the pictures it was clear everyone was really enjoying the dance!

Happy New Year to everyone!

RECIPE FOR VEGGIE DELIGHT

Shred or cut into small pieces the following ten ingredients:

- Dried Bean Curd Square
- Dried Black Mushroom (soak in water before cutting)
- Bamboo Shoot
- Carrot
- Celery
- Dried Wood Ear (soak in water before cutting)
- Cilantro; Chinese Parsley
- Bean Sprouts (Ruyi Cai)
- Dried Daylily Flower (soak in water; remove the two ends)
- Casella Bursa-Pastoris (it comes in a frozen package; thaw and remove any water before use)
  OR Pickled Veggie (remove salty flavor before cutting)

Stir-fry each ingredient, and blend all in with Sesame Oil.

Flavors suggested to add in when you stir-fry:

- Soy Bean Sauce/Veggie Oyster Sauce
- Sesame Oil
- Five Spices Powder
- Sugar
- Sea Salt
- Ginger Powder

News from the Hawaii Chapter

(from Rena Young Ochse, President)

(Editor's Note: Rena wishes to say Aloha! to all. In return, OCAW congratulates Rena on becoming Hawaii Chapter President!)

Christmas Buffet Luncheon and Installation of 2013 Officers

The OCAW Hawaii Chapter had a fantastic Christmas buffet luncheon which was held at the Oahu Country Club in Honolulu on Sunday, December 2, 2012. The installation of officers for 2013 took place at that time. They are:

President – Rena Young Ochse
Vice President – Helen Lee Char
Secretary – Geraldine Ko
Treasurer – Sharon Chun

The officers were installed by our own member, Cora Lum Cardwell, Attorney.

First Meeting of 2013

The OCAW Hawaii Chapter will hold its first meeting of the year at the Hee Hing Chinese Restaurant in Honolulu on Saturday, February 23, 2013, from 11 a.m. to 1 p.m. We will be featuring our own member, Ms. Hong Jiang, who is associated with the NTD network and who will be our first vocational speaker. She will be followed by our newest member, Ms. Robin Lung, and Ms. Lung will do a presentation of her latest project, FINDING KUKAN – a documentary about Li Ling-Ai.

Hong Jiang is Deputy Regional Director of New Tang Dynasty television, the largest Chinese-language television station in Hawaii. She is also an Associate Professor of Geography at the University of Hawaii at Manoa, with expertise in cultural geography and China. She has been recognized internationally as a China expert, with numerous publications in books and journal articles.

Robin Lung is a 4th-generation Chinese American who was raised in Hawaii. A graduate of Stanford University and Hunter College in New York City, Lung made her directorial debut with *Washington Place: Hawaii's First Home*, a 30-minute documentary for PBS Hawaii. She was the Associate Producer for the national PBS documentary, *Patsy Mink: Ahead of the Majority*, and Producer/Director of numerous short documentaries for the Historic Hawaii Foundation. As a filmmaker, she is driven by a desire to preserve the stories of extraordinary people from minority backgrounds who are often overlooked by mainstream media.

(Editor's Note: In October 2012, Ms. Lung was the guest speaker at the "Talk Story" series in Washington, DC's Chinatown. She discussed her project, FINDING KUKAN. Maryland Chapter President Camilla Ng wrote an article about the event which appeared in the November 2012 e-newsletter. Please see Camilla's article if you are interested in more information about this interesting project.)

Other Activities

We intend to continue supporting the Canaan Christian Church with Reverend Lai in Chinatown.

Our New Year Celebration will begin February 2, beginning with a parade with many societies and organizations.

Food on Chinese New Year's Eve

by Maria Yang

(Editor's Note: Maria is Vice President of the Virginia Chapter. Her interesting article is very helpful as we prepare to celebrate Chinese New Year.)

A reunion dinner is held on Chinese New Year's Eve where members of the family gather for the celebration. The dinner is very large and sumptuous and traditionally includes dishes of meat (pork and chicken) and a whole fish. Most reunion dinners also feature a communal hot pot as it is believed to signify the coming together of the family members for the meal.

Most reunion dinners, particularly in the southern regions, also prominently feature cured meats (duck, Chinese sausage) and seafood (lobster and abalone). In most areas of the south, whole fish is included but not eaten completely. The remainder is stored overnight, as the Chinese phrase "may there be surpluses every year" (nian nian you yu) sounds the same as "let there be fish every year."

Many of the dishes made at this time are served because they are regarded as symbols of good luck. For instance, fish represents "having enough to spare," garlic chives (jiu cai) stand for "everlasting," turnips (cai tou) mean "good omens," and fish balls (yu wan) and meat balls (rou wan) represent "reunion."

Auspicious refreshments are also prepared at this time, such as glutinous rice flour pudding (nian gao), which is said to make people "advance toward higher positions and prosperity step by step." Rice cake (fa gao) and hair-like seaweed (fa cai) represent prosperity.

People from northern China also usually have dumplings (jiao zi), which look like shoe-shaped gold and are supposed to help those who eat them to amass fortunes and wealth.

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Like many other New Year dishes, certain ingredients also take special precedence over others, as these ingredients have names that sound similar to the names for prosperity, good luck, or even counting money.

Food Items

Name	Description
Buddha's delight	This is an elaborate vegetarian dish served by Chinese families on the eve and first day of the New Year. A type of black hair-like algae, pronounced "fat choy" in Cantonese, is also featured in the dish for its name, which sounds like "prosperity."
Chicken	Boiled chicken is served because it is figured that any family, no matter how humble their circumstances, can afford a chicken for Chinese New Year.

Fish	Fish is usually eaten or merely displayed on the eve of Chinese New Year. The pronunciation of fish (yu) makes it a homophone for "surpluses" (yu).
Leek	Leek is usually served in a dish with rondelles of Chinese sausage or waxed meat during Chinese New Year. The pronunciation of leek (Suan miao/Da suan) makes it a homophone for "calculating (money)" (Suan). The waxed meat is so chosen because it is traditionally the primary method for storing meat over the winter, and the meat rondelles resemble coins.
Jau gok	This is the main Chinese New Year dumpling. It is believed to resemble ancient Chinese gold ingots.
Jiao zi (dumplings)	These are eaten traditionally in northern China because the preparation is similar to packaging luck inside the dumpling, which is later eaten. The dumpling resembles a silver ingot, or money. The symbolism is prosperity.
Mandarin oranges	Mandarin oranges are the most popular and most abundant fruit during Chinese New Year – jin ju (translation: golden tangerine/orange) or kam in Cantonese. Also, the name gik in Teochew dialect is a homophone of "luck" or "fortune."
Melon seed/Kwatji	Other variations include sunflower, pumpkin, and other seeds. It symbolizes fertility and having many children.
Nian gao	This is most popular in eastern China (Jiangsu, Zhejiang, and Shanghai) because its pronunciation is a homophone for "a more prosperous year" (literally, "year high"). Nian gao is also popular in the Philippines because of its large Chinese population and is known as "tikoy" there. Known as Chinese New Year pudding, nian gao is made up of glutinous rice flour, wheat starch, salt, water, and sugar. The color of the sugar used determines the color of the pudding (white or brown).
Noodles	Families may serve uncut noodles, which represent longevity and long life, although this practice is not limited to the new year.
Sweets	Sweets and similar dried fruit goods are stored in a red or black Chinese candy box.
Bakkwa	This is Chinese salty-sweet dried meat, akin to jerky, which is trimmed of the fat, sliced, marinated, and then smoked for later consumption or as a gift.
Taro cakes	Made from the vegetable taro, the cakes are cut into squares and often fried.
Turnip cakes	This is a dish made of shredded radish and rice flour, usually fried and cut into small squares.
Yusheng or Yee sang	This is raw fish salad. Eating this salad is said to bring good luck. This dish is usually eaten on the seventh day of the New Year, but may also be eaten throughout the period.

From and About Our Members

About Linda Tsan, Virginia Chapter member

(Editor's Note: Linda rejoined the Virginia Chapter at the end of last year. She and her husband, Min-Fu Tsan, very much enjoyed the dinner and conversation at the joint Maryland/Virginia Chapter end-of-year holiday event last December. Min-Fu submitted this news about Linda.)

On Monday, December 10, 2012, Linda Tsan gave a piano recital at the National Institutes of Health as part of its Clinical Center Concert Series. She performed pieces by Haydn, Chopin, and Beethoven. The program went very well, and Min-Fu felt that Linda played flawlessly and brilliantly.

In Linda's words, she has "embraced the opportunity to share the beauty of music with the patients who are volunteering themselves for NIH research studies." As a physician herself, she "knows they are making an important contribution to medicine," and she "appreciates the opportunity to make music."

Kaitaia Fu, coordinator of the concert series, thanked Linda for an "amazing performance." She has also invited Linda back to perform next year.

Linda Chen Tsan, M.D., M.M.
Dr. Tsan studied piano with Leon Fleisher at the Peabody Conservatory of Music, obtaining a Bachelors degree (1967) and a Masters Degree (1969) in Music. She subsequently went on to study medicine and received her M.D. degree from the University of Maryland School of Medicine in 1975. She is a Board Certified Family Physician and retired in 2010 after more than 30 years of clinical practice, including serving as a physician executive in both the private (CIGNA, Blue Cross/Blue Shield) and public (Federal and State governments) sectors. For the past three years since retirement, she was the pianist for the Christian Oratorio Society of Greater Washington, DC.

From Hong-Yee Chiu, Maryland Chapter member

(Editor's Note: Hong-Yee joined the Maryland Chapter at the end of last year, and he enjoyed attending the joint Maryland/Virginia Chapter end-of-year holiday event last December. He shares the following information about his activities.)

Hong-Yee and his wife Nana send their New Year greetings to all, and they wish everyone success in 2013!

Much time and effort has been spent by Hong-Yee and his niece in launching a new publishing venture: micropublishing. As many publishing houses in the U.S. and in Taiwan were closing, it seemed unwise to launch a publishing business. However, in Hong-Yee's words, "we utilize print-on-demand technology to the fullest extent, and we aim at those authors whose books have limited markets – less than the traditional two to three thousand copies. The sales channels will be Amazon.com (U.S. and affiliates worldwide) and several prominent book publishers/sellers in Taiwan, including the San Min and the Kingstone. So far we have published more than 30 books in various areas such as popular science, politics, philosophy, word glossaries, literature, biographies, novels, and even children's books. We have received publicity exposure in Chinese newspapers worldwide. The names of the publishing operations are: EHGBooks (USA and Taiwan) and Taiwan Fellowship (Taiwan). We are expanding our activities to other countries, including Japan and China. All books published are available in Kindle form."

In November 2012 Hong-Yee was asked to deliver a keynote speech at the annual meeting of the Los Angeles Chinese Scholastic Association. While there, he was invited by the Jet Propulsion Laboratory to deliver a speech on the Hubble Telescope. (Hong-Yee has been retired from NASA for 15 years but has kept abreast of all new developments in space science and astronomy.)

Hong-Yee also finished some writing projects. He authored a two-volume fantasy novel, War Among Gods and Men. Volume I is titled A Blasphemous Pilgrimage, and Volume II, A New Empire (in both Chinese and English). He also wrote two books in Chinese: Literature and Science, a collection of essays on various topics, and Bilingual Introduction to Chinese and Western Poetry.

(Editor's Note: Camilla Ng thought readers would be interested in Hong-Yee's translation of a well-known poem that all Chinese students were taught.)

Mulan (anonymous)

Translated by Hong-Yee Chiu

Chirp and chirp, chirp and chirp,
Mulan is weaving by the door.
The sound of the shuttles is not heard,
Only sighs of Mulan.
Why does Mulan sigh?
Anything in her heart?
Anything in her mind?
Mulan has no one in her heart,
Mulan has no one in her mind.
Mulan saw the posted draft order last night.
The Kahn is calling for a general conscript.
Twelve scrolls of conscript orders,
On every single one daddy's name appears.
Daddy has no grownup son.
Mulan has no elder brother.
Mulan desires to buy a saddled horse,
To serve in daddy's place.

Mulan goes to markets.
Buys a stout horse in the east market,
A saddle in the west market,
A bridle in the south market,
And a long whip in the north market.
In the dawn Mulan bids farewell to daddy and mommy,
By the evening Mulan camps by the bank of the Yellow River.
Not a single tender call from daddy and mommy,
Only the roars from splashes in the Yellow River.
In the morning Mulan bids farewell to the Yellow River,
By the evening Mulan arrives at Black Mountain.
Not a single tender call from daddy and mommy,
Only the neighs from the nomad horses in Mount Yan.

Across ten thousand miles Mulan responds to calls of duties,
And frontier passes and mountains flash by.
Sounds of war rattles ride on the freezing winds from the north,
And the iron armor is bathed in the frigid rays of the Moon.
Generals die a hundred battle deaths,
The brave returns after ten years.

Mulan returns and reports to the Emperor.
The Emperor sits in the Hall of Splendor.
Twelve citations of merits the Emperor issued,
And thousands of silver and gold.
What else do you Brave desire?
Mulan does not desire to be a minister of the court,
Only to borrow a fast horse, a speedy camel,
To take Mulan the Son home.

Daddy and mommy hear the news of the return of their daughter,
They come out of the door and they hold and lean on the Brave.
The elder sister sets up the dresser,
The younger brother whets a knife,
Aiming at pigs and sheep.
Open the door to my room in the east wing please.
I sit on my west facing bed.
Undress my war robe,
Put on my old time clothes.
Facing the window I arrange my hair,
Powder my face at the mirror.
Come down the hall and meet my comrades,
Surprised and shocked they are.
Twelve years together,
Not a single one knows that Mulan is a dame.

"He-hare skips and hops,
She-hare has blurred eyes.
But when they run side by side,
Can anyone tell, me a female or a male?"

General Articles and Items of Potential Interest to Members

(from Camilla Ng)

Camilla provided links to two articles written by Matthew Salesses, a writer who is a faculty and staff assistant at the Malcolm Wiener Center for Social Policy at Harvard University. Salesses was born in Korea but was adopted by white parents in the U.S. and grew up in rural Connecticut. Camilla wanted to share these articles with OCAW members.

Both articles appeared in *The Rumpus* online.

Camilla writes, "These essays are long, but the message is important, on the identity and experience of an Asian American. Both essays are inspired by Jeremy Lin's career, but it is a very personal story of the author and his perspective. It is honest writing from the heart of this young writer."

Here are the two links:

Different Racisms: On Jeremy Lin and How the Rules of Racism are Different for Asian Americans

March 20, 2012

http://therumpus.net/2012/03/different-racisms-on-jeremy-lin-and-how-the-rules-of-racism-are-different-for-asian-americans/'

Different Racisms II: On Jeremy Lin and Singular Models

September 21, 2012

http://therumpus.net/2012/09/different-racisms-ii-on-jeremy-lin-and-singular-models/

This is the beginning of the first article.

"My senior year in Chapel Hill, I finally got up the courage to take a course in Asian American literature. Stupidly, I treated it as a little experiment. As an adoptee, I had grown up with white parents in a white town in rural Connecticut. My only knowledge of Asian culture was Chinese food and, when I was growing up, a number of meetings of adopted children that still haunt me, though I realize that my parents had my best interests at heart. They had taken me to these meetings for connection, but what I remember was the disconnect: the awkwardness of forced interaction between children who thought of themselves as white and didn't want to be shown otherwise. We hated being categorized as adoptees, or I did and I read those feelings into the others, who to me did not seem friendly, or familiar, only more strange for their yellow faces.

Those meetings made me feel classified by my parents as *other*. One of the things I most remember from that time (and from books like *We Adopted You, Benjamin Koo*) is the common experience that the adopted child has when one day he looks into the mirror and all of a sudden realizes that his skin color is not the same as his parents'. Up until that moment, he sees himself as white (in the case that the parents are white). I saw myself as white. When I closed my eyes, or when I was in a conversation and seemed to be watching from above, I was a skinny white boy, a combination of my parents, just like other kids. Sometimes, if I am being honest, I still catch myself looking down at my conversations with white people and picturing myself, in that strange ongoing record in my head, as no different from them. As a boy, the one thing that nagged at me was the flatness of my nose. I was constantly tugging on it, thinking that I could stretch it out and thereby gain acceptance.

But let me pause here for a moment. This is going to be a difficult essay to write, and I want to prepare myself – and you, reader – by coming at this topic from a larger angle.

Right now, it seems to me that a similar type of self-contextualizing (through race) is happening on a grand scale in Asian America, as Jeremy Lin takes over sports news and much of AA media references. With Lin's rise, there has been a feeling, a swelling collective feeling, that we Asians are no different from the other

people we see on national TV, almost exclusively white and black. That we are Jeremy Lin, able to play as well as they in "their" arena, the ability of Jeremy Lin pointing to a potential in all of us. The writer Jay Caspian Kang says something to this effect in his Grantland article: "The pride we feel over [Lin's] accomplishments is deeply personal and cuts across discomforting truths that many of us have never discussed. It's why a headline that reads 'Chink in the Armor,' or Jason Whitlock's tweeted joke about 'two inches of pain,' stings with a new intensity. Try to understand, everything said about Jeremy Lin, whether glowing, dismissive, or bigoted, doubles as a referendum on where we, as a people, stand." When the disparagements came – as we feared and maybe suspected they would but hoped they wouldn't – it was like that first time looking in the mirror. We realized that for all of Jeremy Lin's accomplishments, we as Asians are still different, are still seen differently than other races by the vast majority of Americans.

The truth is, racism toward Asians is treated differently in America than racism toward other ethnic groups..."

(from Faith Breen)

Faith selected some excerpts from a recent article in *The Wall Street Journal*. She hopes that OCAW members will find them interesting.

Lack of Sleep Costs Billions? How About Cats?

by Joe Queenan
The Wall Street Journal
January 26, 2013

Here's something that's keeping the researchers at Harvard Medical School awake at night: They've just found that sleep deprivation is now costing U.S. businesses $63.2 billion a year in lost productivity. As *The Wall Street Journal* reported this week, the research showed that chronic exhaustion makes employees much less efficient, even adding to the time it takes them to read their email. It also makes them more peevish, less collegial, more likely to blow a gasket. Even at Harvard, probably. All of this conspires to hamstring the economy.

Were an epidemic of sleep deprivation the only problem facing this embattled nation, we could probably resolve the matter quickly. It is not. Over the past several years, state, government-sponsored, and private surveys have shown that idling in traffic costs Americans $115 billion a year, being late results in a $90 billion hit, and treating obesity sucks up $147 billion annually. All this seems to suggest that we could hack a huge chunk out of the federal deficit by getting more sleep, carpooling, taking public transportation, setting our clocks correctly, and cutting back on the bacon double-cheeseburgers. With fries.

Alas, even that would not be enough. Many other reliable scientific studies out there document the degree to which seemingly harmless activities exert a negative pull on the economy. Here are just a few examples:

2. Tweeting costs the nation $112 billion a year. Forget Facebook; time-management buffs increasingly regard Twitter as the silent productivity killer. That includes time spent tweeting and reading other people's tweets, and time lost at work because of thieves breaking into employees' empty houses after reading their jubilant tweets from St. Croix.

3. Retweeting costs the economy an additional $65.6 billion.

5. Grumpy co-workers cost the economy $26.8 billion every year. Maybe they're sleep-deprived, maybe they have bad backs, maybe they're still fuming over those nasty tweets their ex-spouses put out there, but this is a scientific fact.

7. Not carrying an umbrella costs the U.S. $35.6 billion a year. Pretty obvious, that one. Or so you would think. But because umbrellas are bulky and easily lost and a bit unfashionable, lots of American workers never carry them. And then they wonder why they get sick.

8. This falls under the general rubric of foolishly ignoring maternal advice. According to some experts, not paying attention to what your mother told you when you were 6 now costs the American economy $132.7 billion a year.

Not listening to Dad? $123,000. Again, no big surprise there.