

E-Newsletter of the Organization of Chinese American Women

June 2012

(from Linda Devine)

As always, thank you to those of you who contributed material for the e-newsletter. Your submissions are greatly appreciated! Thanks also to my husband Ed who continues to assist me with photo preparation.

Suggestions or recommendations for any aspects of the e-newsletter are always welcome. My email address is: devinefive@att.net.

I hope everyone will have a most enjoyable summer break, whether it is traveling or just relaxing at home. See you in the fall!

Message from the President

(from Christina Chang)

I would like to take this opportunity to thank the Vice President for Communications, Linda Devine, who took the lead for our national board quarterly conference call in April. It was a successful meeting. During that time, I was in Taiwan and China visiting my mother and husband. It was a great trip! I gained two pounds in the first two weeks!

Recently Christina Poy and I attended a grants workshop sponsored by Montgomery County in Maryland. The workshop focused on finding and utilizing our strengths and working together with other community organizations. We gained valuable and useful information for building a healthier community.

Camilla Ng, President of the Maryland Chapter and Acting President of the Virginia Chapter, organized and coordinated many successful activities for both chapters with the assistance of Jane Pan, Audrey Lee, and Amber Yen. A recent activity was the annual OCAW/FCC (Families with Children from China) picnic. It was a beautiful day, and more than 60 people attended the event. Rita Shan produced interesting, fun games and activities for the children; Alice Yee and her sister planted and prepared pots of annuals for each family to take home; husbands Tony Byler, Dick Roberts, Francis Pan, and Jih-Hsiang Chen, also with John Pan, manned the barbecues; James Wang took dozens of fantastic photos; and everyone brought delicious things to share.

It is difficult to find the words to adequately express recognition and appreciation for all our member officers and sisters. Noteworthy is their great ability to delegate, to work together, and to accomplish our mission to be community leaders. I am proud to be part of this organization.

Thank you!

Christina Chang

Opera International

(from Muriel Hom)

Opera International would like to remind everyone of this year's opera production, which is **Donizetti's Lucia di Lammermoor**, based on the novel by Sir Walter Scott.

It will be produced on Sunday, August 12, 2012, at 4:00 p.m., at The Music Center at Strathmore in North Bethesda, Maryland. The cast will be headed by Jessica Stecklein, Soprano; Yingxi Zhang, Tenor; Daesan No, Baritone; Kwang Kyu Lee, Bass; and Caroline G. Gibson, Soprano, with orchestra, chorus, surtitles, and staging.

Opera International would greatly appreciate OCAW members' help in trying to promote ticket sales. The production promises to be first-class, and attendees will not be disappointed!

Tickets are available *now.* The best seats can be obtained by calling 301/365-3479. Other tickets may be purchased at Strathmore.

Update on the OCAW History Book

(from Puanani Woo)

飲水思源

June 10, 2012

Dear OCAW Sisters:

“When's the book coming out?” is a question I've been asked several times because it really is gratifying and exciting to see how purposefully the book is being developed as you read about it in our e-newsletter. Deep respect and thanks to **Linda Devine**, our Editor, for her objective professionalism, sense of education, and national and global outlook, for giving space for my writing updates on the OCAW history book.

FEBRUARY 2013 CHINESE NEW YEAR is when the book is scheduled to come out, if all goes as planned in the **PRODUCTION SCHEDULE**. “Oh, it's so cold and dreary at that time. Winter is just going away.” “What about a Spring date? April?” Sounds good to me, so a working group of **Pauline, et al** and the three **Advisors/Editors** who are **Yeu-Tsu Margaret Lee, M.D., Sybil Kyi, and Linda Devine** and I will consider changing the book launch date. It's great to get responses and questions. Thanks a million!

I am a stickler for written, long-range planning, distributed to significant others when **(1)** initiating, **(2)** developing, and **(3)** closing an activity or product, so the **PRODUCTION SCHEDULE** dated **Feb. 3, 2012** can be modified as needed. In fact, it is a 2nd modification from my original 11 pp **BUSINESS PLAN** dated **Wed. Jan. 12, 2011**, sent to **President Christina Chang** as proper protocol for her information, then distributed to the National Board, including the 5 Chapter Presidents. Planning and setting results or goals really works.

Again, I'm going to present updates in numeric order, but first, I want to preface these updates by revisiting the **two purposes for the OCAW book**, because **purposes** (long-range planning) keep people focused on inputs, throughputs, and outputs. Our OCAW book is an announcement to the world of its activities (good, not so good, and often stressful) the last 30 years – 30 years is a general standard of 'one generation.'

The **two purposes of the OCAW book** are to:

- (1) professionally record OCAW's sustained, well-planned, educational and social outreach programs to integrate Chinese American women into the mainstream of America's activities and programs during the last quarter of the 20th century and first decade of the 21st century; and
- (2) have this history available as study material in WOMEN'S STUDIES and ETHNIC-ASIAN STUDIES PROGRAMS throughout the United States of America, at least, and Asia.

Here's an update, not set in concrete until we actually go to print, because that's what writers do – we never finish – always more to be said, to be changed.

1. **Pauline, et al** is working on the **cover of the book**: strong, feminine, classy. **Santos Barbasa, Jr.**, Design and Production Manager, University of Hawaii Press, and 2 female staffers will assist.
2. **Book size** will most likely change from **6x9** (too small, said some) to **8-1/2x11** where pictures will show up better; can do, said **Lucie Aono**, Production Editor, UH Press.
3. The following **17 individuals are writing for the book** and not all writings are in yet:
 - a. **Ambassador Julia Chang Bloch**, Preface
 - b. **Dr. Faith L. Breen**, Foreword 1
 - c. **Jeanie F. Jew**, Foreword 2
 - d. **Pauline W. Tsui**, Acknowledgments
 - e. **Pauline W. Tsui**, Introduction

For purposes of planning, I have pegged the following writers by the year of their involvement with OCAW:

- f. **1980 Josephine Lo** will write on what inspired her to become a lawyer
- g. **1982 The Honorable Lily Lee Chen** will write about OCAW's National Conference held in Los Angeles, July 10-11, 1982, titled "CHINESE AMERICAN WOMEN'S CONFERENCE;" **Dr. Judy Chu** and **Chen** were Conference Co-Chairs; 300 participated
- h. **1987 Dr. Lily K. Lai** will write about OCAW's "WOMEN TO WOMEN EXCHANGE PROGRAM 'BUILDING BRIDGES BECAUSE WOMEN CARE'" – a delegation of 20 Chinese American women leaders' trip to the Republic of China (Taiwan), People's Republic of China (China), and Hong Kong, August 1987
- i. **1994 Linda Devine** will interview her mom, **Mimi Hom**, and write about **Mimi's** work and inspiration in directing and producing OPERA INTERNATIONAL programs

- j. **1998 Dr. Lungching Chiao** will write on “EDUCATION AND SCIENCE SOCIETY/SUPPORT EDUCATION IN RURAL CHINA (ESS/SERC)/OCAW SCHOLARSHIPS FOR GIRLS IN RURAL CHINA
- k. **1999 Sybil Kyi** and **Puanani Woo** will write on OCAW Hawaii Chapter’s 10th Anniversary held jointly with OCAW’s National Biennial, in a Conference titled “CELEBRATING OUR LEGACY: A KICK-OFF TO THE NEW MILLENNIUM,” September 11-13, 1999, Honolulu
- l. **2004 Silicon Valley Chapter writers Tracy Lee** and **Ai-Chu Wang** will write about OCAW’s 27th Anniversary National Conference co-sponsored with SVC, titled “EMPOWERING WOMEN FOR THE 21st CENTURY,” August 7-8, 2004, Milpitas, CA; **Cynthia Chang** will write about SVC’s FASHION SHOWS FOR YOUTHS AND ADULTS
- m. **2005 Rosetta Lai** will write about the training program she led, CENTER FOR CREATIVE LEADERSHIP (CCL) DEVELOPMENT PROGRAM FOR ASIAN-AMERICAN WOMEN, held in Greensboro, North Carolina
- n. **2008 Chelsea Lo** has written a report on her experiences as an OCAW PRESIDENTIAL CLASSROOM SCHOLAR recipient
- o. **Margaret Wu**, CPA, will write about OCAW establishing financial/fiscal responsibilities

Of the **17 individuals writing for the book, seven have been OCAW National leaders/presidents.** They are **Dr. Faith L. Breen** – 2008-2009 and 1989-1993, **Rosetta Lai** – 2003-2008, **Jeanie F. Jew** – 1997- 2001, **Dr. Lily K. Lai** – 1984-1990, **The Honorable Lily Lee Chen** – 1983-1984, **Ambassador Julia Chang Bloch** – 1982-1989, and **Pauline W. Tsui** – 1977-1983.

Please feel free to contact me or any of the writers listed, to express an idea that will benefit our OCAW book and its impact on its readers.

Among some of my passions, so you know, I am a LIFE MEMBER since the mid-1970s of the CHINESE HISTORICAL SOCIETY OF AMERICA, San Francisco; CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA, Los Angeles; and HAWAIIAN HISTORICAL SOCIETY (I bought LIFE MEMBERSHIPS for my 3 children at the same time, too). So my people base is west coast/Pacific and not east coast (OCAW headquarters), but basic human needs are generic worldwide.

With deep respect to each of you for all you are doing to sustain a peaceful, happy life for all, I am, gratefully yours,

Puanani Woo
Project Director
gpwoo@live.com

News from the Maryland and Virginia Chapters

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

GARDEN VISIT SERIES

The U.S. National Arboretum, Ming's, and CCCC book talk

On Saturday, May 5, 2012, members and friends of the Maryland and Virginia Chapters – Camilla Ng, Rita Shan, Susan Young, Dianna Gorin, Clara Tan, and June Cai – participated in a three-part activity: the Bonsai Festival at the U.S. National Arboretum, lunch at Ming's in Chinatown, and a book talk at the Chinatown Community Cultural Center.

The Bonsai Festival is an annual event which showcases the local area bonsai and penjing enthusiasts' cultivated little trees. It is also an opportunity to purchase bonsai plants, books, tools, and pots from bonsai vendors. There were lectures and demonstrations by the bonsai masters on how to transform ordinary bushes or young trees into an artistically and skillfully shaped bonsai or penjing 盆景. Many people have heard of the Japanese bonsai. But what is penjing? “Penjing” is the Chinese word for scenery in a tray or pot. Penjing was cultivated and prized as early as the Tsin Dynasty (265 A.D. - 420 A.D.). The art was not spread from China to Japan until the 13th century. There are Chinese brush paintings from the Song dynasty (960 - 1279 A.D.) that depict the miniature trees. Post World War II, this art was transmitted to the West from Japan.



Landscape penjing or forest penjing

Within the National Arboretum is the National Bonsai and Penjing Museum which houses some of the finest miniature masterpieces in North America. The Bonsai and Penjing Museum is comprised of three pavilions for three styles of the miniature tree art. In 1972, the Japanese Pavilion was constructed as a result of a donation from the Nippon Bonsai Association of Japan, and became the home of the new specimens. The collection grew again in 1986 with the gift of a collection of Chinese penjing from Dr. Yee-sun Wu and Shu-ying Lui. Dr. Wu had the Chinese Pavilion, Man Lung Penjing (文農盆景 literate farmer), constructed as a

gift to provide a home where the Chinese penjing collection could be properly displayed. The growing popularity of bonsai in North America was recognized with the construction of the John Naka North American Pavilion. In it resides one of the most extensive and diverse collections of bonsai from masters in North America.



The external dragon wall and sweeping tiled roof of the Chinese Penjing Pavilion – Man Lung Penjing. This museum was funded by Dr. Yee-sun Wu of Hong Kong, who also donated a collection of prized penjing to the U.S. National Arboretum.

The National Arboretum is a well-hidden treasure, an oasis within the urban environment. But it is the National Bonsai and Penjing Museum that is the jewel of the crown. For those who are interested in learning more about Chinese penjing, please visit the website, www.manlungpenjing.org, where you will find very well researched history and literature of this traditional Chinese art and many photos of exquisite penjing.



The Chinese elm over rock won first place in this year's exhibit. It has been in training for 25 years.



Second place went to the Satsuki azalea in bloom.

The second leg of the day was **lunch at Ming's**. Ming's is located in the heart of Washington, D.C.'s Chinatown at 617 H Street, N.W. The first impression of Ming's upon entering is the refreshing decor in tasteful contemporary style. Gone is the grunginess of the former Szechuan Gallery. The restaurant has three levels of dining rooms. The second floor can accommodate large parties, and the third floor has a private dining room that seats 18. We were comfortably seated in a booth that accommodates six. Ming's specializes in authentic Cantonese cuisine that is properly prepared, never greasy or heavy in salt. One of my favorite entrees is Crispy Fried Chicken with Garlic; the skin is crispy while the meat is still tender. The many times that I've dined there, this Cantonese gourmet has never been disappointed.

Post lunch, our group, minus Rita, proceeded to the last stop of the day, which was an easy walk across the street from Ming's to the Chinatown Community Cultural Center. **The book talk on Piloted to Serve: Memoirs of Rebecca Chan Chung** was hosted by OCA-Greater Washington DC. The presentation was by the co-author, Dr. Deborah D.L. Chung, daughter of author Rebecca Chan Chung. This book covers the World War II wartime stories and memories of Rebecca Chan Chung, who was a Hong Kong nurse and military veteran. Rebecca served as a nurse with the Flying Tigers, the U.S. Army, and the China National Aviation Corporation, including flying over the "Hump" across the Himalayas to China after the Burma Road had been cut off. Rebecca passed away in 2011. Deborah delivered a wonderful talk to honor her mother.

Dumbarton Oaks and the Shanghai Lounge



At the northern end of Dumbarton Oaks' Pebble Garden is a pool with three lead 18th-century French sculptures originally located at the Meridian House in Washington, D.C., given to the estate in 1959.

On Sunday, May 6, 2012, members and friends of the Virginia and Maryland Chapters – Camilla Ng, Lori Tsang, Maria Yang, and Maria’s husband Dr. William Zeile – continued the second day of the garden visits to Dumbarton Oaks in Georgetown.

Dumbarton Oaks was the home of Mildred and Robert Bliss who acquired the property in 1920. Their redesign of the house and the creation of gardens – directed by landscape architecture designer Beatrix Farrand – made Dumbarton Oaks one of the outstanding residences of Washington.

Within the gardens are two contemporary art installations. *Cloud Terrace*, by Andy Cao and Xavier Perrot, is a hand-sculpted wire mesh cloud suspended over the Arbor Terrace and embellished with 10,000 Swarovski elements water-drop crystals mirrored in a reflecting pool. On a sunny day, the crystals glisten and sparkle with brilliance. But on a cloudy day, *Cloud* takes on another mood as if the viewer could touch the heavenly cloud. *Easy Rider* by sculptor Patrick Dougherty is a group of whimsically woven sapling structures that seem to chase each other around the Ellipse garden. This organic sculpture rising and twisted into the trees as if blown by the wind in motion, gives the visitors a fresh interpretation and appreciation of the garden.



Contemporary art installation *Cloud Terrace*, a canopy of Swarovski crystals over the reflecting pool at the Arbor Terrace at Dumbarton Oaks

On the day of the visit we were very lucky to have timed it perfectly with the first bloom of roses, irises, and herbaceous peonies. The garden tour was refreshing to the spirit, but the collection of arts in the museum further enriched our experience. Mildred and Robert Woods Bliss were enthusiastic collectors and judicious

patrons of scholarship and the arts. The Byzantine Collection was opened to the public in 1940. The Music Room, built in 1928, displays works of art of the so-called House Collection, and the Pre-Columbian Collection was installed in 1963 in a contemporary wing added to the existing buildings and designed by Philip Johnson. In 1940, the Blisses offered Harvard University the gift of Dumbarton Oaks, with its grounds, buildings, library, and art collections. Dumbarton Oaks is another must visit oasis that I highly recommend.



Woven sapling sculptures that seem to chase each other around the fountain and into the trees, titled *Easy Rider* by Patrick Dougherty at the Ellipse garden at Dumbarton Oaks

After the gardens and museum tour, the second stop of the day was **dinner at the Shanghai Lounge**, located at 1734 Wisconsin Avenue, N.W., Washington, D.C., just two blocks from Dumbarton Oaks. This was my first-time visit, and I was very pleasantly delighted by the warm and charming "Old Shanghai" decor with antique wood panels and art. The food was very fresh and delicately seasoned, and the service was excellent. The Lion Head Meatballs and Shanghai Style Steamed Pork Buns were the best that I've tasted. I will be a returning customer for sure!



Maria Yang and her husband Dr. William Zeile, Lori Tsang, and Camilla Ng at the Shanghai Lounge

Annual OCAW/FCC (Families with Children from China) Picnic

The annual OCAW/FCC (Families with Children from China) Picnic was held on Sunday, June 3, 2012, at Nottoway Park in Vienna, Virginia. It was a beautiful day, and more than 60 people attended the event.





The picnic was organized and coordinated by both Virginia and Maryland Chapter board members, with much help from Jane Pan and Donna Byler. We had great family support from the husbands of chapter sisters. Tony Byler, Dick Roberts, Francis and John Pan, and Jih-Hsiang Chen manned the barbeques. The FCC children were happily entertained by Rita Shan who led fun games of rubber band rope jumping, bamboo sticks games, and volleyball. Alice Yee and her sister planted and prepared pots of annuals for each family to take home. James Wang took dozens of fantastic photos capturing the day.





Everyone brought delicious food to share, from lychee nuts to bratwurst to cellophane noodles to pistachio cake to barbeque drumsticks to dumplings to noodle salads, in addition to hot dogs and hamburgers. A good time was had by all!



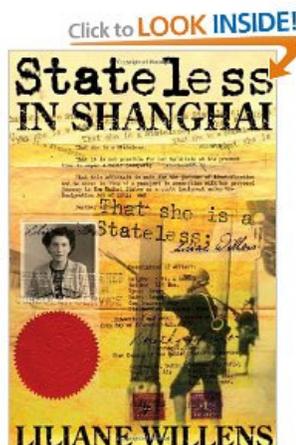




“Meet the Author” program

(from Patricia Fenn)

Twenty members and guests of the Maryland and Virginia Chapters of OCAW attended the “Meet the Author” program, **Eyewitness Account: Two Years Under the Red Flag, 1949 to 1951 (China)**, on Sunday, June 10, 2012. Liliane Willens, Ph.D., author of Stateless in Shanghai, graciously hosted the event at her Washington, D.C. home. In a setting furnished with exquisite Chinese furniture from the pre-World War II period and photos of the Old Shanghai, the guests were transported back in time to Shanghai in the 1940s. Camilla Ng, Maryland Chapter President and Virginia Chapter Acting President, introduced Dr. Willens.



Dr. Willens’ talk, enhanced by PowerPoint, was about the fall of Chiang Kai-shek’s Kuomintang regime and the takeover of Shanghai by the victorious People’s Liberation Army. Dr. Willens was an eyewitness to the societal changes enforced by the People’s Republic of China, the reaction to the outbreak of the Korean War, the virulent anti-American propaganda, and increasing political repression and economic hardships. These events are recalled in several chapters of Liliane’s book, Stateless in Shanghai, published in 2010 (311 pp) by China Economic Review Publishing (HK) Ltd. for Earnshaw Books. It is now in its fourth printing. Her use of photos from her research of historical documents lent to the drama and clarification of her talk.

Liliane was born of Russian parentage in the former French Concession of Shanghai, China, where she attended a French lycée. She and her parents and sisters – all stateless – experienced World War II under the Japanese military occupation and the bombing by American planes, and later the Chinese civil war between the Nationalist government and the communists. Because of difficulties in obtaining an immigration visa to the United States under a very restrictive quota system, Liliane remained in Shanghai for two years after the establishment of the People’s Republic of China. This was due to the U.S. Chinese Exclusion Act of 1882, with U.S. immigration quotas that specifically targeted the Chinese as a race to keep from U.S. soil. Liliane was affected, as she was identified as “China (White).”

Liliane and her family were able to make it out of China through persistence, cultural know-how, and survival strategy. After immigrating to the United States, she studied at Boston University where she received an undergraduate degree and a M.A. and Ph.D. in French language and literature. She later taught these subjects at Boston College and at the Massachusetts Institute of Technology. During her academic career, she published a book on Voltaire and a number of articles on 18th-century France. Upon moving to Washington, D.C., she worked for the U.S. Agency for International Development and the Peace Corps.

Since retirement, Liliane has given lectures on history and culture aboard cruise ships sailing around the world. Presently, she gives talks on China, Old Shanghai, and on her book, in the Washington, D.C. area and across the country.



Author Liliane Willens (front row, center)

After Liliane's talk, Camilla presented her with a pot of golden chrysanthemums. Mimi Hom invited her to *Lucia di Lammermoor*, Opera International's upcoming production in August. Liliane did signings of her book, and the guests all partook of delicious refreshments of drinks, homemade dumplings, garden rolls, melon balls, fruit pie, nuts, chips, salsa, Persian dates, and other delights. With food for thought and food for the body, the guests enjoyed the program tremendously.

OCAW members in attendance were Audrey Lee, Camilla Ng, Christina Wong Poy, Dianna Gorin, Julie Mark, Linda Devine, Mimi Hom, Pat Fenn, Susan Young, Jean Lorentzen, Maria Yang, Veronica Li, and Amy Lee. Family and friends included Bennett Barsk, Bill Zeile, Flora Tsui, Teagan Tsui-Rosen, Francoise Straver-Postic, Hong-Yee Chiu, and Natalie Liu.

We will plan to schedule more "Meet the Author" programs in the future.



News from the New Orleans Chapter

(from Betty Butz, President)

Asian Heritage Festival

On Saturday, May 19, 2012, the Asian Pacific American Society of New Orleans, Louisiana, presented "Children of Asia," an all-day festival celebrating Asian cultures, at the Audubon Zoo. Representatives from Pacific Rim cultures who provided wonderful stage performances of dance, music, martial arts, and fashion included China, Japan, Korea, the Philippines, India, Thailand, Taiwan, and Vietnam. Besides vibrant and colorful shows, participants from various communities enjoyed fellowship through sampling of delicious food and drink, and colorful arts and crafts offered by vendors.

Our Chapter supported the project by providing information on Chinese medicine at a tent on the grounds of the festival. Members also served as volunteers at other tents: Tina Soong demonstrated Chinese painting at a culture tent; Jing Hu and Taichen Ho managed the Academy of Chinese Studies booth; and Li Lee Chen assisted at the Taiwan Chamber of Commerce booth. We were proud to take part in this highly visible community service project and will try to continue our efforts in this respect next year.



Betty Butz presented a green bouquet to Guiqin Xiong. The bouquet consisted of rosemary, salvia, oregano, mint, and purple mint.



Yvonne Louie and Betty Butz at the festival



Demonstration of acupressure using studs on the ear by Peter Zhang







Taiji Dance performed by Chapter member Guiqin Xiong

News from the Silicon Valley Chapter

(from Alice Chiou, President)

Health Seminar

On Sunday, March 18, the Silicon Valley Chapter held a health seminar on the topic of “Things You Want to Know About Salad,” which was mentioned briefly in the last e-newsletter. Dr. Kai-Lai Grace Ho from Chiquita Brands International shared information about the definition, process, nutritional value, and packages of salad. It was an eye-opening presentation for many of our members.



El Camino Hospital Tour

On Wednesday, April 18, OCAW-SVC was treated to a guided tour of the El Camino Hospital. We visited several departments, including some behind-the-scenes operations. After the tour, we had a Q & A session with Michele van Zuiden, the Executive Director of the Women's Hospital at El Camino Hospital, and enjoyed delicious refreshments provided by the hospital. It was a rewarding learning experience.





Hike and Luncheon

On Sunday, May 20, OCAW-SVC hosted the annual Member Hike and Luncheon at Vasona Park. It was a very relaxing walk, and we enjoyed the lake scenes along Vasona Lake. It was a wonderful experience.





After the walk, we held a luncheon at Aqui Restaurant in downtown Campbell. All in all, it was a great day!



News from the Hawaii Chapter

(from Sandy Young, President)

Kathleen K. Wong is named 2012 Model Chinese Mother of the Year of Hawaii

In April, the United Chinese Society selected Kathleen Kong Wong, a member of OCAW-Hawaii, as its 2012 Model Chinese Mother of the Year. The United Chinese Society is composed of over fifty societies and organizations that support Chinese culture, history, and events, and the undertakings of the Chinese community in Hawaii. Some of the organizations of the UCS came into existence as early as the 1850s when Chinese immigration for plantation work was plentiful in Hawaii.

On March 30, the OCAW-Hawaii Board had unanimously endorsed Kathleen's candidacy, and the following letter was sent by Sandy Young as evidence of support for her recommendation. A copy of the brief biographies of each of Kathleen's four children was also submitted as part of her application. The Chinese Model Mother and Father of the Year Award strives to recognize individuals who have produced children whose accomplishments have contributed to a better life for others.

OCAW-Hawaii is thrilled that Kathy has achieved this honor. A banquet for UCS's Model Mother and Father of the Year will be held on July 8 at the Chinese Cultural Plaza in downtown Honolulu. We are encouraging our members to attend and provide further support to Kathy. Kathy has also won a trip to China, although the itinerary and dates for this have not yet been finalized. The public will be invited to go on the trip as well.



Kathleen K. Wong

Nomination Letter:

“Dear members of the selection committee for the UCS Model Mother and Father of the Year:

Every young Chinese girl dreams about becoming an educated, poised, and high-achieving young lady who achieves her goals and makes her parents proud. In addition, she dreams of meeting the perfect young man, marrying him and starting a family, and eventually producing offspring who are competent, high-achieving,

happy, and well-adjusted individuals who contribute to society. Mrs. Kathleen Wong is typical of these young women with these lofty dreams and high expectations.

As the primary purpose of UCS's annual project is "to honor and give community-wide recognition to a Chinese Mother and Father, who by their dedication, hard work, and integrity, have reared a successful family as evidenced by the character and accomplishments of their children," I am honored to nominate Mrs. Kathleen Kong Wong. She is a woman who has worked hard all of her life, first to help her husband attain his medical aspirations, and continually, to assist her children to attain their personal and career objectives. She is still working full-time in the office of one of her daughters in addition to providing and making daily meals for a family of nine.

Raising four children is no easy task. Raising three medical doctors and an information systems manager of one of the largest high-technology corporations in America is no accident. All four of her offspring are married, regular church-goers, leaders in their fields of endeavor, and contributors to their respective communities and neighborhoods. Since her husband's passing ten years ago, Mrs. Wong has striven to be mother, father, grandmother, and grandfather to her children and their children. If any of them needs help, whether it be in the form of baby-sitting, chauffeuring, or working in their offices, she makes herself available to assist them.

Her credentials speak well of her. Her personal endeavors in her church, community work, and career, formerly as an elementary school teacher and now as an office and property manager, demonstrate her varied competencies. The integrity she exhibits in her daily interactions with all, her warm and personable qualities, and her ability to balance her role as mother and grandmother with her community commitments, is admired by all who know her. Kathleen Wong is an inspiration and a model to all women. We, of the Organization of Chinese American Women of Hawaii, are proud of Mrs. Wong and wholeheartedly support her candidacy for this honor.

Sincerely,

Dr. Sandra J. Young, President, OCAW"

United Chinese Society Nomination Form for 2012 Model Chinese Mother of the Year

Kathleen Wong has 4 children and 9 grandchildren.

Lisa Wong Samtani – Physician in private practice, Honolulu, Hawaii

Graduated from Punahou School, Columbia University, John A. Burns School of Medicine
Georgetown University, Medical, Residency and Fellowship
Clinical endocrinologist in private practice: Lisa L. Wong, M.D.
Assistant Clinical Professor of Medicine, John A. Burns School of Medicine
Volunteers as a speaker to doctors as well as to members of the community
One of Hawaii's Best Doctors, *Honolulu Magazine*
Member, Kaimuki Christian Church
Sunday school teacher
Married to Anand Samtani; Mother of two: Isabella (8) and David (6)

Kristina Wong Kanemoto – Program Manager, Cisco Systems, San Jose, California

Graduated from Punahou School, UCLA, San Francisco State University
Member of The River Church Community in San Jose, California
Neighborhood Youth Volunteer Coordinator, San Jose, California
Sunday school teacher
Little League team mother
Married to Eric Kanemoto; Mother of two: Ryan (6) and Emi (3)

Lara Wong Dao – Physician, Palo Alto Medical Foundation, California

Graduated from Punahou School, Columbia University, Stanford University, John A. Burns School of Medicine
Kaiser Medical Foundation, Oakland, California, Residency in Internal Medicine
Kaiser Medical Foundation, Oakland, California, Chief Resident
Stanford University, Fellowship in Endocrinology and Metabolism
Clinical endocrinologist in group practice: Lara L. Wong, M.D.
Volunteers as a speaker to doctors as well as to members of the community
Member of Grace Presbyterian Church in Palo Alto, California
Volunteer for Rotacare Free Clinic, Mountain View, California
Volunteer for GraceKids, Grace Presbyterian Church, Palo Alto, California
Married to Mark Dao; Mother of three: Nicole (7), AnnaSophia (5), and Jacqueline (1)

Jeffrey J. Wong – Physician in private practice, Honolulu Eye Clinic, Hawaii

Graduated from Punahou School, Brown University, John A. Burns School of Medicine
New York University, Residency in Ophthalmology
Tufts University, Fellowship in Corneal Specialty
One of Hawaii's Best Doctors, *Honolulu Magazine*
Secretary for Hawaii Ophthalmologic Society
Volunteers as a speaker to doctors as well as to members of the community
Alpha Omega Alpha Honor Medical Society
Married to Rupa Wong; Father of two: Nikhil (3) and Taj (6 months)

General Articles and Items of Potential Interest to Members

(from Faith Breen)

Faith thought that this article might be of interest to OCAW members.

Naps Boost Memory, but Only If You Dream

by Denise Mann
Health.com
April 22, 2010

[Sleep](#) has long been known to improve performance on memory tests. Now, a new study suggests that an afternoon power nap may boost your ability to process and store information ten-fold – but only if you dream while you're asleep.

“When you dream, your brain is trying to look at connections that you might not think of or notice when [you're] awake,” says the lead author of the study, Robert Stickgold, Ph.D., the director of the Center for Sleep and Cognition at Beth Israel Deaconess Medical Center, in Boston. “In the dream...the brain tries to figure out what's important and what it should keep or dump because it's of no value.”

In the study, Stickgold and his colleagues asked 99 college students to memorize a complex maze on a computer. The researchers then placed the students inside a virtual, 3-D version of the maze and asked them to navigate to another spot within it. After doing this several times, half of the participants took a 90-minute nap while the other half stayed awake and watched videos.

Related links:

[What's Keeping You Awake at Night?](#)
[Natural Remedies That May Help You Sleep](#)
[How to Sleep Easier and Avoid Midday Fatigue](#)

When the students were given the maze test again five hours later, the nappers did better than the students who had stayed awake, even those who had reviewed the maze in their heads. However, the nappers who dreamed about the maze – one described being lost in a bat cave – performed ten times better than the nappers who didn't.

The students who dreamed about the maze did poorly on the test the first time around – which may not be a coincidence, the researchers say. If a task is difficult for you, your brain seems to know it, and you may be more likely to dream about it than if the task were easier.

“If you're not good at something, and you dream about it, you seem to get better at it – especially if the information can be used in different situations,” says Michael Breus, Ph.D., the clinical director of the sleep division for Arrowhead Health, in Glendale, Arizona, who was not involved in the study.

“The sleeping brain seems to be processing information on one level, but on a higher level it helps evolve your memory network if the information is relevant or helpful in your life experience,” adds Breus, who is also the author of [Beauty Sleep](#).

The study's findings, which appear in the journal *Current Biology*, underscore just how important sleep is to our [memory](#) and mental function.

It doesn't even need to be a deep sleep, as the researchers found when they monitored the brain activity of the students while they slept. Although the deep slumber known as rapid eye movement (REM) is most closely associated with dreaming, the students' dreaming and learning occurred after as little as one minute of non-REM sleep.

The type of learning that occurs while you dream can be illustrated by the classic dream that many people have in which they show up for an exam that they haven't studied for, Stickgold says.

“When you're in school – especially college – there's this ongoing sense that you haven't done enough,” he says. “Maybe you didn't make it to a lecture, or you had a paper due in three days that you hadn't started, so you're laying down memories that say, ‘I haven't done anything that I need to do.’”

When someone has the exam dream (or nightmare), he says, “Your brain is taking the knowledge of what happened to help you behave differently in the future.”

You may be able to harness the dream power displayed in the study to perform better in your everyday life, Breus says.

“If you’re studying something tough, get the basics down and take a nap. If you dream about it, you will probably understand it better,” he says. “Or, go to bed a little earlier the night before, wake up early, review the material, and then take a quick nap to solidify your understanding.”

That’s good advice, says Rafael Pelayo, M.D., an associate professor of sleep medicine at the Stanford University School of Medicine, in Palo Alto, California.

“Instead of cramming, study intensely, catch a nap, and then maybe do some more studying,” he says. “A nap may be a good tool to enhance your ability to remember information.”

<http://news.health.com/2010/04/22/naps-dreams-memory/#>