

www.chiamcircle.org

10-05-11



CHI AM CIRCLE CLUB

October Newsletter 2011

President's message

Dear Chi Am Sisters,

When our founders created Chi Am Circle, the Club's focus was on friendship and community service. Today that still holds true. Every month, our board members meet for approximately 2 hours. In order to cover all agenda items we must adhere to a strict timeline, which typically leaves little to no time to socialize. To remedy this situation, we are planning a board retreat following the December installation luncheon. Both the 2011 and 2012 board members will meet for an overnight transition meeting which will include time for shopping, eating, laughing and bonding.

Thanks to our shared time on the Chi Am Board, we not only enjoy the rewards of serving our community, but also the pleasure of serving a wonderful group of ladies and forging lifelong friendships.

In the larger community we interact with other non profits. The Chinese Historical and Cultural Project (CHCP) is celebrating their 20th anniversary on Sunday, October 16. They have asked for Chi Am's participation in this event. Chi Am will be manning their chicken salad booth and helping with raffle and food ticket sales. We still need volunteers. Please see the article in this newsletter for details. Thanks for your participation in this worthy event.

Happy trick or treating!

Rose and Bev

Upcoming Events

Oct 16, Sunday, 11am-4pm
CHCP 20th Anniversary Celebration
History Park at Kelley Park

**Oct 29, Saturday,
10:30am-1pm**
Graceful Aging
Ming's Villa in Palo Alto

Nov 12, Saturday, 1pm-3pm
Craft and Cookie Exchange
Immanuel Presbyterian Church

Dec 3, Saturday
Installation Luncheon
TBD

Next Board Meeting

Oct 25, at 6:30pm

**First Republic Bank
Conference Room**
400 South San Antonio Road
Los Altos, CA 94022

**Please bring a snack to
share with everyone**

CHINESE HISTORICAL & CULTURAL PROJECT (CHCP) NEEDS HELP FROM CHI AM CIRCLE

CHCP's 20th anniversary is on Sunday, October 16, 2011. CHCP is a non-profit organization which promotes and preserves Chinese American and Chinese history and culture through community outreach activities. They have supported Chi Am's scholarship program for years and we would like to return the favor. Chi Am Circle has been asked to provide some volunteers for this event. The event is located at:

**History Park at Kelley Park
1650 Senter Road
San José , CA 95112**

They are asking for volunteers to man three shifts of two hours each at their Chinese Chicken Salad booth AND the Raffle Ticket Sales Table to help sell raffle tickets.

CHICKEN SALAD BOOTH

We need to cover 3 shifts of 2 hours each. Volunteers will toss and sell chicken salad, egg rolls and pork buns.

Thank you for all who have volunteered so far. We still need 5 more volunteers. If you can help please contact **Carol Fong fongfmly@pacbell.net** or call **408-738-5553**.

CHCP CHICKEN SALAD BOOTH VOLUNTEERS - SUNDAY, OCTOBER 16, 2011

Number Vols.	1	2	3	4
10:30-12:30	Rose Tokugawa	Bruce Low	Mae Fong	Gilbert Fong
12:30-2:30	Gerrye Wong (1 pm)	Calvin Wong	Evelyn Gate	Aurora Louie
2:30-4:30	Jennie Hong	Tom Hong		

RAFFLE SALES TICKET BOOTH

We also need 4 more volunteers to staff two shifts to sell raffle tickets. The open shifts are noted in yellow. If you can help, please contact **Pearl Lee, frank.pearl@sbcglobal.net, 408-371-1998**

RAFFLE TICKET SALES BOOTH VOLUNTEERS

Number Vols.	1	2
10:30-12:30	Pearl Lee	Fran Quon
12:30-2:30	.	.
2:30-4:30	.	.

Thanks ladies!

Installation Luncheon, December 3, TBD

Bring a friend to our Installation Luncheon to experience first-hand the fun and joy of Chi Am Circle. And while you are there, don't forget to renew your membership for 2012. The membership renewal is \$35.00. You can also pay online at our website, or mail your check to Chi Am Circle, P.O. Box 2756, Cupertino, CA 95614.

Performances

Far East Lion Dragon Dance Assoc., Chinese Performing Artists of America, Asian Pop Medley: Milpitas High School Musical Troupe, Berryessa Chinese School Instrumental Group, Shaolin Kung Fu Academy, The Joy of Dancing Dynamic Dance Troupe, Crystal Children's Choir, Orchard School Asian Cultural Dance Troupe, Jung Su Won Martial Arts Academy, Pop Singer and Dancer Johnson Eung. Authors Wendy Rouse and Judy Wong with their respective books.



Honorees

CHCP Founding Members and Board Members 1987-1991

President's Award

Honorable Paul Fong
State Assemblyman
22nd District

Heinlen Award

History San Jose Staff

Join CHCP and History San Jose 20th Anniversary Celebration Chinese American Historical Museum

**Sunday, October 16, 2011
11 AM to 4 PM**

History Park San Jose

1650 Senter Road (Phelan) San Jose, CA 95112

Free Admission - Free Parking (Phelan Rd)

**Entertainment, Food, New Traveling Exhibit,
Children's Arts & Crafts & Archeology Digs, and Museum Self Tours**



Graceful Aging



Come to a delicious lunch and let's talk about food for the body, mind, and soul and the key ingredients to help us age well and stay connected with friends and community.

Featured Speaker, Catherine Wong, a dietitian and nutrition manager from the Chinatown Public Health Center, San Francisco Dept of Public Health, will launch us on this program talking about health and nutrition. Chi Am panelists, Mabel Lai, Muriel Kao, Gloria Hom, and Diana Chan will elaborate on natural supplements, foods rich in anti-oxidants, music, dance, exercises, hobbies, books, internet web surfing, travels, staying connected, volunteering and giving back to the community, precautions, emergencies. Our speaker, Catherine Wong, will be donating a copy of her cookbook, ***Eat Fruit and Vegetables Everyday, Stay Healthy All the Way*** to every participant at the lunch. This event has information for women, men, and grown children of all ages.

There will be informative handouts on: Foods for best nutritional value / Best Bone Building foods / Foods for the skin, hair, joints, the brain.../Insight into Alzheimer's and what we can do to fortify against memory loss / Symptoms and questions relating to Alzheimer's / Protect Your Brain Health / Stroke Emergency First Aid

WHEN: Saturday, October 29

10:30 a.m registration and seating

11:00 Featured Speaker & Panel discussion

12:30 Lunch

WHERE: **Ming's Villa of Palo Alto (Please note this change of venue)**

1700 Embarcadero Road, Palo Alto

COST: \$20 per person includes tax and gratuity for lunch

RSVP: **By Thursday, October 20**

To: Pearl Lee (frank.pearl@sbcglobal.net) 408-371-1998

Member name: _____

Guest names: _____

Checks payable to Chi Am Circle. Mail checks to Pearl Lee, 4158 Mystic Drive,
San Jose, CA 95124

Bring your friends and family to this informative luncheon seminar to enjoy good food, and take home valuable information.

*Co-Chairs: Diana Chan, Pearl Lee Panelists: Mabel Lai, Gloria Hom, Muriel Kao, Diana Chan
Committee: Virginia Bakken, Doris Char, Klara Cheung, Gloria Hom, Jennie Hong, Ginger Hu, Ginger Lai, Mabel Lai, Pearl Lee, Susan S. Lee, Mabel Seid, Linda Toda, Grace Wong, Irene Yeh*

Craft and Cookie Exchange

FOR FRIENDS OF CHILDREN WITH SPECIAL NEEDS

Put 3 dozen yummy cookies in the oven and bring them to Immanuel Presbyterian Church
3675 Payne Ave. (cross street is San Tomas Exwy), San Jose
Saturday, November 12 at 1:00-3:30 p.m.

Make someone happy this holiday. Enjoy smiling faces, delicious cookies, and get a chance to win a beautiful holiday wreath!

RSVP by October 14th — svspeak@comcast.net

CO-CHAIRPERSONS

Aurora Louie, Helen Kwan

COMMITTEE

Monica Eng, Ginger Lai, Alice Lee,
Clara Lee, Pearl Lee, Dolly Leung,
Jenny Leung, Frances Quon, Teddy Sue,
Christine Tom, Mary Ann Wong,
Sharon Wong, Grace Wu



Guidelines for publishing and advertising in the Chi Am Newsletter

As newsletter editor for the past 2 years, I have worked on creating the articles and flyers for our newsletter. Most of the articles are sent to me in different fonts and formats which I have to modify to fit our newsletter. Over the years, I have figured out a system to make this job easier not just for me but for subsequent editors, as well.

Below are the guidelines for submitting articles and/or flyers for publishing in the newsletter.

For articles written in Microsoft Word:

- Use the Arial font
- Headings can be font size 12 -16
- Text should be in font size 11 or 12

For flyers, please submit your flyers in PDF format.

Also, in the past we have received requests from for-profit groups and business related events to be published in the newsletter. The board has decided to charge for these ads using the following guidelines:

Ad size	Per Month*	Six (6) months	One (1) Year	Two (2) Years
1/8 page (business card size)	\$10	\$50	\$100	\$180
1/4 page	\$15	\$60	\$100	\$180
1/2 page	\$25	\$130	\$200	\$300
3/4 page	\$35	\$200	\$350	\$450
Whole page	\$40	\$250	\$400	\$600

***Minimum of 6 months.**

For those of you who own businesses, the advantages of advertising in the newsletter are:

- The newsletter is delivered to over 100 Chi Am members every month
- The newsletter is available for download from our website 24 hours / 7 days a week
- We archive all the current year's newsletter, so even if your ad is no longer in this month's newsletter, it is still available in previous months' newsletter
- In the past 10 months, we have had an average of 1100+ hits per month on our website. This means, there is potentially over a 1000 people who checked out our website and could download our newsletter.
- And finally, you will be helping Chi Am fund our numerous activities and community service events.

This month, I will be monitoring who received and opened their newsletters, so we will get a better idea of the potential of advertising in our newsletter.

Thank you very much for letting me work on the newsletter.

Marichu Scanlon - 2011 Newsletter Editor