Dear Chi Am members,

As we enter the second month of Shelter in Place (SIP), we hope that you are all doing well during this extraordinary time. We are saddened that many of our planned events had to be canceled amid the COVID-19 pandemic. However, our thoughtful and creative members found new ways to reach out to each other and stay connected. The Board had its first remote board meeting using video conferencing in early April. Our hospitality chairs, Juliet Sham and Aimee Yan, organized a first online Afternoon Tea with our new members. 14 members were present and had a wonderful time.

Thanks to our dedicated Scholarship Selection Committee for the hard work in March and April evaluating, ranking, and matching the 2020 scholarship applicants with the unprecedented numbers of sponsors available this year. From the extraordinary fundraising effort put forth by our 2019 VPs of Sponsorship, Cleo Jong and Teddy Sue, we will be able to award a record amount of scholarship dollars in May. The astonishing level of available funds will definitely be useful to our scholarship recipients during these trying times. Although we won’t be able to hold the award dinner ceremony in person, our talented Scholarship Dinner Co-chairs, Bev Harada and Marichu Scanlon, will assemble a celebratory video with the compilation of acceptance speeches from each scholarship recipient. The completed video will then be shared with the scholars, the sponsors, and the Chi Am membership so we can meet the talented students online and learn about their future plans.

As SIP will continue through the end of May and social distancing will likely be practiced for many months to come, we would love to learn from you how you stay healthy physically and mentally. Ideas and suggestions to share with the Chi Am sisters will be welcomed. We can all try some new recipes, new craft project ideas, online classes, books, movies, and definitely online party games!

We are glad that we can continue to stay in touch though we cannot meet physically. If our email boxes and text messages are any indication, this is certainly a time of easy electronic communication. During the Board’s virtual meeting this month, we discussed Chi Am Circle’s position on the vitriol and news related to the corona virus situation. At the end of the discussion, the Board reconfirmed that Chi Am Circle is not a political organization and does not take a political stand. To maintain Chi Am Circle’s nonprofit status, we must maintain that separation. Therefore, the Chi Am Circle directory should not be used as a springboard to promote political opinions, just as it is not to be used for commercial purposes or to be distributed to any person or business for solicitation.

For more information on the coronavirus in your local areas, these websites have detailed information:

- Santa Clara County Public Health Dashboard: [https://www.sccgov.org/sites/covid19/Pages/dashboard.aspx](https://www.sccgov.org/sites/covid19/Pages/dashboard.aspx)
- Alameda County Public Health Dashboard: [https://ac-hcsa.maps.arcgis.com/apps/opsdashboard/index.html#/1e0ac4385cbe4cc1bfe2cf78e7f0d9](https://ac-hcsa.maps.arcgis.com/apps/opsdashboard/index.html#/1e0ac4385cbe4cc1bfe2cf78e7f0d9)

Stay safe and healthy!

Sincerely,
Carol Yiu & Verna Wong
Co-Presidents

“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the rain.” -- Vivian Greene

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**Upcoming Events**

**SIP & Sketch**  
Sunday, May 17, 3–4:15pm

**SIP & Sew**  
Sunday, May 24, (Time TBD)

**Virtual Birthdays**  
Sunday, beginning June 7

**SIP & Snip**  
Sunday, June 14, (Time TBD)

**SIP & Travel**  
Sunday, July 12, (Time TBD)

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**Contents**

- Co-Presidents Letter
- Reports of Recent Events
- Current Events
- From Members
- Bulletin
- Program Schedule for 2020
- Information
On April 26, 2020 Sunday, hospitality chairs Aimee and Juliet, hosted ChiAm’s first ever virtual event: SIP New Member Afternoon Tea, on the Zoom conferencing platform. Three new members (Angie, Shirley, and Tina) were welcomed by 11 current board members (Aimee, Eva, Helen, Juliet, Linda, Liza, Rebecca, Sylvia, Teddy, Verna, and Zeny).

The event started at 3pm, with some expected technical difficulties, as participants either could not find the email with login information, or accidently muted themselves, or forgot to turn on video or audio. Eventually after what seemed like an eternity, everyone got in! While participants waited, they were asked, “What one word would you use to describe your “Shelter in Place” experience?” Responses were recorded on the digital white board, again with technical difficulty. It was quite a feat for a group of digital immigrants who were originally scheduled for high tea at the lovely gardens of the Allied Arts Guild at the Café Wisteria in Menlo Park.

The agenda started with introductions and an icebreaker of “Show and Tell” where participants shared unique stories of their SIP experience, flowers and plants from their spring gardens, vegetable cuttings that could be sprouted in water, jewelry and plate creations from previous ChiAm craft events, forgotten photos dug up while house cleaning, trampolines, cute and unique Lego creations, home cooking creations, unique backdrops on their zoom screens, beautiful dresses and accessories they were wearing, creative home sewn face masks, as well as ones adapted and devised from an old bra (kudos to Zeny for her cleverness and creativity here).

A break was warranted after 40 minutes as the Zoom session abruptly ended as Verna was talking. Participants went to fill up their tea cups or refill their glasses with mimosa and other imbibers. Upon return to the second zoom session, more ladies appeared after finding their way. The second Zoom session focused on new member introductions, sharing of recent travel experiences amid COVID-19, ways to get involved, as well as an open forum for ideas on future SIP programs, such as SIP and Sketch or SIP and Travel.

Judging from the post Zoom meeting comments, the ladies enjoyed SIP afternoon tea very much! Organizers loved it too as it was quite an easy task to set up Zoom and to run the meeting. Stay tuned for the upcoming SIP series.... See you all there!
Chi Am Programs are going virtual

Dear Chi Am Members,

We hope our message finds you well during these unprecedented times. In light of this Coronavirus pandemic, we have no choice but to cancel or postpone many of our planned programs. As your Program Co-Chairs, we are trying to find new ways to keep everyone connected and engaged, while learning a little something along the way.

With the help of our Hospitality Co-Chairs Juliet Sham and Aimee Yan, our lightning-efficient member Rebecca Feng, and our artistic Linda Toda, we were able to dream up an online shelter-in-place (SIP) series to keep us entertained.

The tentative series will look like:

- SIP & Sketch - have a drink and learn how to sketch 5/17/2020
- SIP & Sew - have a drink and learn how to sew a face mask 5/24/2020
- SIP & Snip - have a drink and learn how to trim your hair 6/14/2020
- SIP & Travel - have a drink and share your fun travel stories 7/12/2020
- SIP & Design - have a drink and learn how to make a flyer/card 8/16/2020

Some of our new members have already joined us at the online SIP and New Members’ Tea last Sunday. We had a lovely time chit-chatting and introducing ourselves over a cup of coffee or tea, and we all got to know each other a bit more. It was wonderful to finally connect with our newest members.

Although our government is cautiously trying to reopen California and the Bay Area, we unfortunately do not foresee Chi Am hosting any in-person events in the coming months. We hope our efforts to move programs online can keep us connected during this trying time. Your participation will tell us if we should keep these virtual gatherings going.

We look forward to seeing you at our upcoming SIP & Sketch on Sunday, May 17, 2020 at 3pm! Go to SIP & Sketch- https://forms.gle/DRTbiq4rqYSgTL5j6

Hope to see you online!
Your Program Co-Chairs: Nikki Chow & Eva Wong

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...beginning in June 2020...

SIP Virtual Birthday Party! Celebrate Your Birthday with your Chi Am Sisters!

Every first Sunday of the month at 3pm, the Hospitality Team will host a virtual, online Birthday Party to honor members who will celebrate a birthday for that month.

Your Chi Am sisters will serenade you with the Happy Birthday song and you will be able to blow out the virtual candle and make a wish! Drop in as your schedule permits.

Share your favorite birthday memories, photos, and/or wishes, hopes, and dreams for the future!

Every month, in the newsletter, there will be an announcement of the virtual birthday party for the next month, along with a sign up link. All members are welcome to join in. A Zoom conference link will be sent the night before the virtual party if you signed up.

Inaugural Virtual Birthday Party Starts in June:
June 7, 2020 (Sunday)
3:00-4:30pm.
Go to SIP & Bday- https://forms.gle/xZdcjQRdfdLC8gsj8
Hosted by: Hospitality Team: Aimee Yan and Juliet Sham
My name is Angie. My sister-in-law invited me to the Membership Tea in January this year. Everyone was so welcoming! I learned about Chi Am Circle activities during the General Meeting presentations and I was very impressed with the contributions the organization is making to our communities, especially through the Chi Am scholarships. I thought this is such a wonderful organization that I decided to become a new member on the spot.

I grew up in Hong Kong and am from a big family, with nine children -- I am the seventh child. My parents gave up their comfortable middle-class lifestyle in Hong Kong and immigrated to the United States in the 70s so that we can have a better future and more opportunities. A few years later, other siblings immigrated to Vancouver, Canada. Half of us are in the States and half of us are in Vancouver.

I work full time in the Life Science industry as an Inside Sales Manager, currently working from home. I like gardening because it brings me joy when I see my plants have flowers and bloom. This is the result of years of trial and error! I know I have sent enough of them to “plant heaven” already.

I am working on carving out time to do daily walks. My son is working from his home, too, due to COVID-19. He has been shopping and dropping off supplies and groceries at my home for me.

I volunteered for the Hakone Lunar New Year festival and became a Scholarship Selection Committee member. I can hardly wait till Shelter in Place is over so that the Ikebana flower arrangement can take place in September. I am delighted to be a member of Chi Am Circle and looking forward to making many more new friends. 

Angie

Hi my name is Shirley, and I am 2nd/3rd generation "ABC". I was born and raised in Oakland (the Lake Merritt neighborhood). My family moved to Walnut Creek when I was 14. After college, I found a job in Silicon Valley, and I have lived here ever since.

I was a programmer for 10 years, but when my twins were born I decided to stay home. During this time, I did volunteer work for the neighborhood pool club and the elementary/middle schools. I also took courses in web programming, so when the kids got older, I can go back to work. I was able to get an internship at NASA, just as my father started to have health issues. He had dementia, so instead of working I ended up care giving for both my parents. I have been a member of CHCP for 3 years, and am currently on the Advisory Board.

My hobbies are scrap booking, crocheting, card making, sewing and reading. 

Shirley

Hello Ladies of Chi-Am. Both my parents were from Southern China and came to the US in the late 1940’s. They settled in the Central Valley of California where my siblings and I were born. I learned my work ethic from them, helping out in our restaurant after school and weekends. After high school, I went away to UC Berkeley for college and have lived in the Bay Area ever since.

Most of my career has been working as a Financial Advisor, first at large investment firms, and now as an independent advisor with my own business. My son is a junior in college and my daughter is a senior in high school. My husband works in management and marketing and we live in Cupertino. I call work my full-time job and being a mother my other full-time job. I enjoy doing gardening and volunteer work with the schools and local community. My favorite past time is going out to eat so I am looking forward to being able to go out again.

Tina
**Grow Your Own Vegetables with Food Scraps during SIP**

Is your gardener on leave while SIP?  
Do you want to grow vegetables without getting dirty?  
Let your inner gardener express herself the lazy way!  
If Aimee Yan can do it, so can you!  

Watch this YouTube video about growing vegetables with food scrapes, with just water!  
https://www.youtube.com/watch?v=KtmyE12e8LI

- Aimee Yan

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I can't believe that I am getting used to this! It proves how adaptable we are. I used to go to the gym to work out, and now I have adapted to following workout videos from YouTube. My daughter has moved home temporarily and we would follow her favorite routines and work out together. It is good to be exposed to the younger tastes! I am amazed by the abundance and variety of workout videos on YouTube!

Since my ikebana class stopped, I have been making flower arrangements using material from my garden. Here are a few of my recent creations and hope they brighten your days!

- Ellen Lau
Until recently, like about two months ago, I had no idea what sheltering in place was nor social distancing meant. These new terminologies were derivatives of this historic Corona Virus pandemic era. Yes, we are living in a unique situation, where we have the most advanced form of technological communication and the most sophisticated lifestyle, only to be halted and crippled by an unknown virus, known as "COVID-19". Despite the worldly sophistication of life, the world was totally unprepared to cope with this virus. No antibody to counter this virus, and globally, the world has come to a halt. Quasi hibernation, face masks as ubiquitous as our blue jeans and quasi isolation are the rules of this mysterious, historic pandemic era.

Here at my retirement community of 850 retirees, known as Stoneridge Creek, Pleasanton, a very savvy management group was quick to follow Governor Newsom’s mandate of SIP...sheltering in place and to social distancing very early. Our Security Front Gates to our complex, were monitored immediately as temperatures were taken and destinations were noted by our security guards. (I might note, that we are unable to receive any visitors, family or friends). Our meals in our luxurious dining rooms came to a quick halt and we were advised to order our gourmet meals ONLINE and have our dinners delivered to our doors. We were sent to our rooms, like little children who did something wrong.

Quick to soften the harsh measurements, the Activities department, known for all it’s innovative entertainment, was quick to establish dance routines, for you to do from your balcony, ala Romero and Juliet style, with the staff who was dancing to music on the ground below. They lauded us with mini crafts, coloring books, fun quizzes, but they took away all our library privileges and videos. They brought us mini succulent plants, but took away all our exercise classes. They brought us cheerful notes, but turned all our furniture upside down so that we could not congregate to talk. Even our dog park was mandated that there only be two dogs on a leash to take care of their business, before another dog could enter. The mandated six feet rule is ever present, with reminders in many forms throughout our campus. There are innumerable posters to help our seniors recall the rule. and how about, only two people in the elevator at a time?

We are, I’m sorry to say, with great ambivalence, "prisoners". BUT I’m also glad to know that we confined to a very beautiful environment of 55 acres, with award winning landscape, as we do our morning walks amongst a very lush and colorful spring bouquet of greenery. We, with our masks on, are able to greet our neighbors with conversation or hand waves, but only 6 feet apart!!!

Okay...so what day did you say this was...Friday...or is it Sunday already?? Yes, S-I-P.. we are still sheltered in place...but I think SIP could mean more. How about sipping some glorious wine or a fancy cup of tea, as we are sheltered in a little longer. But how much longer....sip, sip, sip!!!
Recent Covid 19 brought about changes to our lifestyle that impacts everyone. I’ve been creating new healthy recipes with foods in the refrigerator and pantry, and enjoying the food for lunch and dinner after taking photos of these super healthy salads, appetizers, and entrées.

We used What’s App to talk and did a virtual birthday celebration with our grandson in New York, lit a red candle on a banana muffin cake, and gave him a virtual laisee, a red envelope with lucky money, that he will get later when we see him. Then we played tennis while Mona, our new German Shepherd, ran around the perimeter of the court chasing balls. This way we all got a good workout. I read, cook, practice piano, write, educate, and entertain ourselves with abundance of recorded programs on TV and learn about precautions to guard against Covid 19. We need to be resourceful in finding creative ways to make the Shelter in Place a meaningful time at home. It’s also a great time to call and check in on relatives, friends, and especially seniors, who are shut in and make sure they have their basic needs.

-Diana Chan

One thing that we "invented", for the lack of a better word, during this shelter in place is playing two person mahjong. We taught our two kids how to play, so that would have been a perfect four, but they weren't that interested in continuing. One night, my husband and I thought, why not try playing just with the two of us, each one of us controlling two hands. Over time, we also developed rules specific to this set up to limit "cheating" (one hand feeding needed tile to the other hand). We usually play two direction rounds which takes about two hours to complete. Although it looks silly, it has actually been quite fun and entertaining.

-Jennie Chan
Guessing Game

How well do you know the Chi Am Board?

Can you recognize the Board members behind these face masks?
Preheat oven 350° 2 Ungreased baking sheets

Makes 4 dozen

Sift and Set Aside:
1-1/3 cup all purpose flour
½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt

Using electric mixer, cream until fluffy and yellow:
½ cup butter at room temperature

Add and beat until no longer gritty when rubbed between thumb and finger.
½ cup granulated sugar
½ cup packed light brown sugar

Add until blended:
1 large egg
1 tsp. vanilla

Add flour mixture at low mixer speed just until blended:
Add:
¾ cup semi-sweet chocolate chips
1 –cup walnuts or macadamia nuts

Shape with dampened hands into 1-inch balls, use a 1” ice cream scoop or drop by rounded tablespoons onto baking sheets.

Space 2” apart. Bake 350 degrees for 13 min. or until brown.

To Freeze and Bake for later Snack Date:
Put scoops of dough on a baking sheet. Leave ½” space between balls. Freeze until firm, about 6 hours. Remove from the baking sheet. Lay in a flat container with a lid, separating layers with parchment paper or foil. Balls can be stored in a tall canister also. When frozen, the balls will not stick together. Store in the freezer. To serve, Lay 4-6 pieces on a foil lined pan. Thaw slightly while preheating 350° toaster or regular oven. Flatten the balls with the bottom of a glass dipped lightly in flour or with the palm of your hand. Bake for 13 min. or until golden brown. Enjoy the aroma of oven-fresh cookies wafting through the house as you sit down for a Snack Date with your loved one.
The Coronavirus has achieved what no female has ever been able to achieve. It has cancelled sports, closed all bars and kept all guys at home!

2020 is a unique leap year. It has 29 days in February, 300 days in March and 10 years in April.

Definition of Irony – When the Year Of The Rat starts with a plague.

I went to the chemist today and asked the assistant "what kills the Corona Virus?"

She replied to me "Ammonia Cleaner"

I said "Oh, I am sorry, I thought you worked here"

PREDICTION:
There will be a minor baby boom in 9 months, and then one day in 2033, we shall witness the rise of the QUARANTEENS.

That evening, with her blinds pulled, Mary had three helpings of corn, two baked potatoes, extra bread, and a little lamb.

When potato salad goes bad

Einstein discovers that time is actually money.

Sources on internet, Gerrye Wong, B&LToda
No-Sew Pleated Face Mask with Handkerchief and Hair Tie

Go to:
http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie?fbclid=IwAR0Ffr5kgSXddwzrK8DBRvuDnjYobj5Qi4gW-mkGio5mCnSmRKppjFqPxiqY

❖❖❖❖❖❖❖❖❖❖

If you have tights that have a hole or a strain make elastic bands from them. Very soft and stretchy, they are actually more comfortable than regular hair ties. Don’t worry, the tights will curl into themselves that nobody would notice you were wearing old tights on your face!

Elastic bands from a sock are also comfy and can be good alternatives. However, they tend to shed.

Online tip submitted by Sylvia Eng

(per the author, Marie Kondo, that is)
Chi Am Circle is supporting essential services to those in need during the COVID-19 crisis by donating to Asian Americans for Community Involvement (AACI www.aaci.org). This monetary support will provide hot meals for isolated seniors, and diapers & wipes for babies from low income families.

Submitted by Liza Wong, Chi Am Public Relations Chair 2020

Happy Mother’s Day!

Stay Healthy… …Stay Safe

NANCY LEW FONG

(Member who joined in 2018 had passed on Feb 7, 2020)

It is with great sadness to report the passing of our dear Chi Am sister, Nancy Fong who while a short time member did participate and volunteer in many of our functions - she will be deeply missed. Nancy Lew Fong was born in Houston, TX. Professionally, Nancy was a Clinical Dietitian and very successful Regional Manager/Executive Sales Specialist of medical supplements, pharmaceuticals and aesthetic products. She was a phenomenal chef, artist, seamstress, gardener, and world traveler.

Submitted by Sue Chan
## Chi Am 2020 Program Events

Creating deeper friendships within Chi Am while serving the community

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Type of event</th>
<th>Event description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 26</td>
<td>SIP Tea</td>
<td>Social</td>
<td>Shelter In Place Teas for New Members</td>
</tr>
<tr>
<td>May 17</td>
<td>SIP &amp; Sketch</td>
<td>Social</td>
<td>Shelter In Place Art Class by Ryan</td>
</tr>
<tr>
<td>May 24</td>
<td>SIP &amp; Sew</td>
<td>Educational</td>
<td>Learn how to sew a face mask</td>
</tr>
<tr>
<td>Jun 7→</td>
<td>Monthly SIP Virtual Birthday Party</td>
<td>Social</td>
<td>to honor members who will celebrate a birthday for that month</td>
</tr>
<tr>
<td>Jul 12</td>
<td>SIP &amp; Travel</td>
<td>Social</td>
<td>Share your fun travel stories</td>
</tr>
<tr>
<td>Aug</td>
<td>Back-to-school Backpack Drive</td>
<td>Community Service</td>
<td>Join the camaraderie - purchase, assemble and fill backpacks with classroom supplies to be donated to underserved school</td>
</tr>
<tr>
<td>Aug 22</td>
<td>Friends of Children with Special Needs Talent Show</td>
<td>Community Service</td>
<td>Tickets that were previously received in February will be honored for this event</td>
</tr>
<tr>
<td>Sep</td>
<td>Craft - Ikebana @Saratoga Public Library</td>
<td>Educational</td>
<td>Experience the joy that comes from learning Ikebana</td>
</tr>
<tr>
<td>Oct</td>
<td>Cooking Demo &amp; Dine</td>
<td>Educational</td>
<td>Learn exotic cooking method and ingredients. Come socialize and be fed!</td>
</tr>
<tr>
<td>Nov 8</td>
<td>LifeMoves &amp; Gen Meeting @Los Altos</td>
<td>Community Service</td>
<td>Bedding drive to donate to LifeMoves, a temporary shelter that helps families return to self-sufficiency</td>
</tr>
<tr>
<td>Dec 5</td>
<td>Installation Luncheon @China Stix Restaurant Santa Clara</td>
<td>Traditional</td>
<td>Ceremonial function where the outgoing Board is honored and the new Board is introduced</td>
</tr>
</tbody>
</table>

**NOTE:** Chi Am members must attend at least 1 General Meeting, and are encouraged to sign up for 1-2 events per year. To sign up for an event online, go to: [https://docs.google.com/forms/d/e/1FAIpQLSfV9SPurVOKnd6oyG8qbFVVD56OgnsuOYM3_4LN0mnt5oGHYw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfV9SPurVOKnd6oyG8qbFVVD56OgnsuOYM3_4LN0mnt5oGHYw/viewform) or contact Program co-chairs Nikki Chow & Eva Wong ([nikki.chow@chiamcircle.org](mailto:nikki.chow@chiamcircle.org), [eva.wong@chiamcircle.org](mailto:eva.wong@chiamcircle.org)).

**Hands Across the Asian Community**

Source via Nikki Chow
Renew Your Membership
Membership dues for remainder of 2020 is $50.
Mail your check of $50 payable to Chi Am Circle to P. O. Box 2756, Cupertino, CA 95015 or renew your membership using credit card or PayPal by clicking Membership.

It's been too long....
Announcing ....
At last after 49 years –
A Commemorative Edition of the Chi Am cookbook!!!

$25/book - all proceeds to benefit the Chi Am Community Service Fund to support outreach programs. Buy your copies before they sell out at www.chiamcircle.org and press the bar: Purchase the Chi Am Circle Cookbook.

Chi Am Member Bulletin
Bulletin guidelines:
1) Must be nonprofit organization if any organizations involved
2) Must be directly related to Chi Am member
3) No advertising please
4) Be short, suggest less than five sentences
5) Photos are welcome but newsletter editor has the full discretion on selecting the photos to fit the page
6) Must not be politically related
7) Due to limitation of space, Chi Am board has the sole discretion in posting any of them
Introducing ChiAm Circle’s Shelter In Place series with Zoom...

SIP & Sketch
Sunday, May 17, 2020
3:00pm-4:15pm

Introducing ChiAm SIP series where we have fun SIPping beverages, learn something new and connect with each other during this SIP time.

Details:
SIP & Sketch
Bring your favorite beverage to SIP and learn to sketch
Maybe each can share what beverage they are SIPping?

Date: Sunday, May 17th at 3 pm - 4:15 pm
Venue: Comfort of your home via Zoom

Instructor: Ryan (Nikki’s nephew), Master of Architecture, graduating in June 2020
Sketch format:
10 mins intro by Ryan
20 mins sketch - box
20 mins sketch - mug
Materials: paper and pencil/pen, mug (box not needed)

Hosts: Nikki Chow and Juliet Sham (Zoom Technical Support)
Committee: Rebecca Feng, Eva Wong, Linda Toda, Aimee Yan

Members, press this link to begin our Zoom experience:

RSVP BY SUNDAY MAY 10, 2020
https://forms.gle/wTxdHNNmq3kpPjax9

A confirmation and “Zoom Meeting Invitation” will be emailed to attendees.