

Oo Syak Gee Lu Society Newsletter

Founded December 1897 • Incorporated 1955

烏石奇屋
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Newsletter Team


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Scholarship
deadline,
postmark by
17 April.

 = questions for a prize at the next meeting



Year of the Rat (Mouse) 鼠, personality traits

People born in the Year of the Rat, generally, are one of the most industrious and hardest workings in the zodiac. For the year of 2020, their element is “metal” and yang of the yin-yang. Recent years of the Rat are: 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020.

Forever busy in pursuit of an ambitious personal goal, at times they may become difficult to work with since they are born perfectionists. As a result, they are often successful financially and are good providers for their families and those they cherish most dearly.

Loyal and loving, Rat people inspire loyalty in others who are close to them. They are essentially honest individuals and loath to betray a confidence. However, their quick wit and restlessness can sometimes lead to chattiness. but they can often be relied upon at large social gatherings for a good story or a juicy bit of gossip.

Their energy levels and expert organizational talents are such that it is a rare thing to see a Rat person sitting idly by with nothing to do.

They may even sometimes be viewed as opportunists who cajole others into helping them accomplish a great ambition. In their careers, Rat people can find much success as business leaders or politicians.

What are the 12 animals of the Chinese zodiac in order? 



The Chinese Zodiac, known as Sheng Xiao, is based on a twelve-year cycle, each year in that cycle related to an animal sign. These signs in order are the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig. It is calculated according to the Chinese lunar calendar.

Message from the Oo Syak Gee Lu Society President, Paulette Chang

As your new president, I want to thank all of our members for attending our meetings, volunteering to participate in activities, being on the board, and supporting our initiatives. A big mahalo to Edmund Chang who started the newsletter and for being the editor from 1999-2006 and Jamie Chang for taking over the newsletter 2006-2019. We value and appreciate you.

What's new this year is we are using the team concept and challenging everyone to continue to be active participants in our society. We are looking for ideas, initiatives, and great discussions during our meetings while getting to know each other a little better.

We have new committee chairpersons to give others an opportunity to lead a group. We have been training and mentoring our new chairpersons and their team members so that they will feel confident in their roles and hopefully, take over in the future. Our goal is to set our committees up to be productive and successful.

We are also hoping that our younger members will participate in our committees and activities. This will also be a great training experience in leadership, team building, management skills, and critical thinking that can be added to their resume. Kendrick Chang, the recipient of our scholarships has volunteered to participate in our scholarship and bylaws committees. His contribution has added value to the scholarship committee while learning valuable skills. I'm looking forward to hearing his ideas and feedback on the bylaws committee.

Scholarship committee is now accepting applications. Full-time college undergraduates are highly encouraged to apply for our scholarships. All requirements must be postmarked by deadline 17 April 2020, to be considered as a completed package. Tentative date for the scholarship banquet is 11 July.

I've asked Jocelyn Chang-Chuck to be an advisor to our committee members. She recently retired from DoD Army Garrison and is willing to take on the challenge. She has been the civilian Army training coordinator/Workforce Development Program Manager for 10 years.

What's Cooking ~

Fortune Kooky

Hello Everyone. I've always liked opening fortune cookies at the end of meals at Chinese restaurants. Have you ever wondered how fortune cookies are made? There are only four ingredients used: flour, sugar, vanilla, and a not so secret flavoring. They start round and are folded around the paper fortune. There's a story behind fortune cookies. Who makes them? Where did they come from? Who thinks up all of those fortunes? And what's the "secret" difficult to identify flavor? If you're curious, check it out in our next edition. Here's a few of my favorite fortunes:

"Set yourself up to experience what you love."

"Focus on the magic of things; yourself."

"Make self-care a non-negotiable."

"I am resilient."

"Love yourself hard."

"Let yourself dream again."

"Listen to your Mom"

Aloha!

Eric Chang



DONG QUAI CHICKEN FEET SOUP

INGREDIENTS

10 TO 12 CHICKEN FEET (chop nails off)

3 TO 4 PIECES OF DONG QUAI ROOT

1 CAN CHICKEN BROTH

GOJI BERRIES (2 TABLESPOONS)

RED DATES (6 TO 8 PIECES)

SALT TO TASTE

Bring 3 quarts of water to a boil and add chicken feet and lower to medium boil and add the Dong Quai Root, Goji berries, Red Dates, and chicken broth. After 2 hours turn down to low or simmer on low or simmer. Total cook time approximate 3 hours.

My mother makes this soup when she has tired legs.

By Paulette Chang



Officers and Directors in Oo Syak Gee Lu Society

2020 Officers:

President-Paulette K.Q. Chang
 1st Vice Pres -Jamie M.Y. Chang
 2nd Vice Pres-Debbie Chun
 Treasurer-Daryl H.K. Hu
 English Secretary-Constance K.H. Mark
 Chinese Secretary-Mildred Ai-Chang

2020 Board of Directors:

Alvin Chang	Eric Chang
Alicia Chang-Sakamoto	Ernest Chang
Bradley Chang	Evelyn Chang
Carlton Wong	Hubert Chang
Diane Chang-Liu	Jocelyn Chang-Chuck
Edith Won	Jamie Chang
Edmund Chang	Wesley L. Sen

Honorary Directors:

2018 Edmund W. K. Chang
 2015 Harold K.C. Hu
 2012 Gertrude Y.K. Chang Yee

Immediate Past President-Clayton K.L. Chang

Sudoku puzzle: Each Sudoku puzzle consists of a 9 by 9 grid of numbers that has been partly filled in. The goal is to fill in all the remaining empty squares so that each row, each column and each region contains all of the numbers from 1 to 9 once only Refer to the page on how to write and say the numbers in Sam Heung, our Ancestor's. dialect .

	八			九	七	五	三	
七	六	五					一	
三		二		六	一			
四		八		七			六	
九	七	六		一		四	八	二
	三			八		九		七
			一	二		三		五
	一					六	二	四
	二	三	四	五			七	

Answers will be in the next Oo Syak Newsletter, Diane Chang

2020 Committees:

Financial Committee

Chairperson: Daryl Hu
 Members: Alvin Chang
 Carlton Wong
 Ernest Chang
 Bradley Chang

PR & Membership Committee

Chairperson: Connie Mark
 Members: Diane Liu
 Edith Won
 Eric Chang
 Susan Woo

Scholarship Committee

Chairperson: Carlton Wong
 Members: Jamie Chang
 Alicia Sakamoto
 Millie Ai-Chang
 Kendrick Chang

Banquet & Events Committee

Chairperson: Wesley Sen
 Members: Donna Chang
 Jocelyn Chang Chuck
 Connie Mark
 Paulette Chang

Nominating Committee

Chairperson: Edmund Chang
 Members: Evelyn Chang
 Hubert Chang

Newsletter

Editor: Jocelyn Chang-Chuck
 Members: Jamie Chang
 Eric Chang
 Debbie Chun
 Diane Liu
 Jennifer & Curtis Takano

Special Committee Bylaws

Chairperson: Hubert Chang
 Members: Carlton Wong
 Kendrick Chang
 Jocelyn Chang-Chuck

Committees' Advisor: Jocelyn Chang-Chuck

What to do about the COVID-19 (Novel Coronavirus) while at home.

With the current coronavirus outbreak in Hawaii, people are taking all the necessary precautions to prevent themselves and the people they come into contact with from spreading the virus any further. We are being asked to stay away from crowds, and to stay at home.

Watching the news can be extremely disheartening and scary, and it's important to find things that bring happiness during this time. Please take these suggestions lightly, as the ultimate priority is your health. Contact your doctor if you're not feeling well. Understand the differences between coronavirus, the flu, and the common cold. Take care of yourself. But overall, don't lose sight of humanity and the joys of life during this difficult time.

Things to do:

Cleaning and organization are the obvious time-occupiers,

- Chores on your checklist to do when time permits, do them now.
- The emails you've marked as unread for an embarrassing amount of time? Read 'em.
- Go through our closets and gather some things to get rid of.

But that might not be your version of fun, so let's get little creative in other ways!

- Work on the puzzles in the Oo Syak Gee Lu newsletter, you might win a prize.
- If you are an Asian drama fan you can binge-watch many films on NETFLIX and other popular web browsers.
- Try making a creative photo album
- Coloring color books with family members.
- Amazon also has a bunch of jigsaw puzzles that can calm your mind.
- Start following some fitness YouTube accounts for at-home workouts. .
- Take lessons on-line to strengthen you weak areas.
- Group FaceTimes exist for a reason. Catch up with friends and you can even watch a movie "together" on your phones!
- If you've ever wanted to play around with your furniture and the layout of your home, there's no time like the present.
- Bake something you recently spotted on TV, in the newspaper, newsletter, magazine, etc.

Excerpts from March 21, 2020 by PERRI KONECKY

ERIC's Garden



So what's all the buzz about teas? Teas can be medicinal, by far, China is the largest tea producing country in the world. Tea is the second most popular drink in the world, with water in the first place. So what's the fuss about tea?

1. It helps to lose weight. Drinking green tea before exercise may increase fat burning and reduce muscle damage.
2. Did you know Hawaii is one of the few places in the U.S. that can grow tea?
3. Not good with meds. Tannins in tea can reduce the absorption of some medications and destroy some of its properties. So do not drink tea to help swallow your medications.
4. May be good for the heart. Studies show that drinking black tea for 3 months has been proven to significantly lower LDL levels.
5. May be better with breakfast. Green tea contains caffeine that can enhance alertness and attention. This may be especially beneficial in the morning.

6. Too strong of a tea is not so good. Very strong tea has high concentrations of tannin and caffeine that can cause insomnia and headache. So how long does it take to brew a strong cup of tea? Oo-long time.

7. Some teas are better at nite. According to Dr. Oz, ginseng tea is a great aphrodisiac and enhances libido. Hmmm....

8. Monkey Chief aka Taiping Houkui tea is ranked as one of China's "Famous Ten" green teas, and has won multiple awards. Tell us how you like it!. Available at Amazon Prime.

In next edition's article, what's the best tea?



WHO is AN JING?



(I will translate using Mandarin pinyin, the Cantonese translation in, italics)

An Jing or Shu Gong (菽公) <Suk Gong>

He is the 12th Generation Ancestor of the Zheng/Chang of Oo Syak Village in China. He is important because all of our ancestors came from his sons. He had 11 sons .

He had two other names according to the Jukpu.

字 (man's name @ 20 yrs.) Ke Rong 克榮 ◦ <Hark Wing>

號 (assumed name or nickname) An Jing 安靜. <On Jing>

An Jing was an extensive reader. He always followed rules & regulations and exhibited good discipline. He was hard-working, frugal, friendly, and caring. His way of financial management accumulated considerable wealth for the family. He always dressed properly for all occasions and people at the time acknowledged both his ethics and good fortune.

He was born on July 22, 1455 (Lunar calendar). It was Emperor Jingtai's 6th year of the Ming Dynasty. At the age of 74, he died on May 25, 1528. It was the 7th year of Ming Emperor Jiajing.

His first wife was Ms Cheng (程) from Nam Long. <Ching Shee> She had five sons.

- Wen Fang, <Mun Fong>; Wen Hua <Mun Wah>; Wen Ying <Mun Ying>; Wen Xiu <Mun Sau>; Wen Di <Mun Dick>

The second wife was a Tong. (韋). <Wai Shee> She had five sons, too.

-Wen Bo <Mun Bo>; Wen Jun ,<Mun Jun>; Wen Zhong <Mun Chung>; Wen Jie <Mun Jit> ; Wen Ze <Mun jak>

He also had a concubine, named Ms Huang. (黃). <Wong Shee> She had one son.

- Wen Hai <Mun Hoy>



In the village of Oo Syak, the people are restoring the ancestral temple of An Jing, because he is an important ancestor who really started the Zheng / Chang Family line.

The photo on the left is from the jukpu page about An Jing.

(Note: Translations came from Samantha Tong (my cousin's wife - on the Tong Side. My grandfather's second wife was a Tong. And my deciphering of the Chinese Characters of the JukPu.)

By Connie Mark

Please visit our website at: www.oosyakgeelu.com for the latest information and newsletters.

If you are moving, if your address has changed, or prefer to receive the newsletter by email instead of by USPS mail, please notify Jocelyn Chang-Chuck at jocelyncc@hawaii.rr.com.



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