

Gulfcoast Chinese-American Association (GCAA) Newsletter

Issue July – August 2009 - Released on July 01, 2009

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Highlights of this issue

- Help may be on the way for homeowners facing foreclosures. – Section 1, Upcoming Events & Attractions
- GCAA's first Dragon Boat Festival has been a success, thanks for everyone's contribution. – Section 2, Past Activity Reports
- Soft drink bottles that contain BPA may well be harmful to human health and Tylenol can be risky on large doses, while the new H1N1 swine flu virus still shows no sign of abating. – Section 3, Feature Articles and Helpful Info

Message from Dr. Edward Lin: This issue of the GCAA Newsletter represents substantially the work of our NEW Editor, Mr. Jing Ma who is the attorney husband of Dr. Jing Zhang of New College. Jing Ma recently relocated from St. Louis and was also elected to the GCAA Board. We warmly welcome Jing to Sarasota and thank him for his service to GCAA.

1. Upcoming Events & Attractions --- **Mark your Calendar!!**

Counseling for Homeowners Facing Foreclosures

Where: Venice Community Center (326 S. Nokomis Avenue)

When: 10 a.m. to 3 p.m., August 1, 2009

“An expo at Venice Community Center on Aug. 1 will bring social service providers together to help homeowners facing foreclosure. The expo will offer information on consumer credit counseling and avoiding scams. Representatives of lenders will also provide information about loan modification options.” – *Herald Tribune*

Buddhist Art Exhibition: **“Paths to Paradise: The World of Buddhism”**

Where: The John and Mable Ringling Museum of Art

When: August 22, 2009 – November 8, 2009

This exhibition aims to illustrate the traditions of Buddhism, including the quest for nirvana (a state of being considered to be paradise, an escape from the suffering caused by endless

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Sponsors

The GCAA Newsletter is sponsored in part by **Feng Shui advisor-practitioner, Gigi Freeman**, member of GCAA since 2005, now available for consultations for those interested. Gigi has been practicing Feng Shui for more than 20 years under the guidance of her Chinese-Filipino-Spanish father who was knowledgeable in Feng Shui principles. She has a certificate from the New York School of Feng Shui where she studied Classical Feng Shui focused on the Compass

cycles of reincarnation), through a selection of Buddhist images. Works to be exhibited are from the permanent collection of the Ringling Museum of Art as well as private collections in the Sarasota area. The exhibition will introduce the visitors to the Buddha's history, monasteries, major Buddhist holy figures such as Buddhas and bodhisattvas, as well as items used in rituals. The selected works are from a diverse group of Asian countries and regions, include Pakistan, India, China, Japan, Korea, Nepal, Tibet, Bhutan, Thailand, Burma, and Vietnam.

Monthly Social: (note NEW LOCATION!!!!!!)

<http://www.gulfcoastchineseamerican.org/gcaa/event.html>

Our July Monthly Social will be held on Sunday July 5th at 5:30PM at Gold Dynasty Restaurant 4195 N. Tamiami Tr. Sarasota, FL Tel: 822-0288

They serve dim sum every day and have some excellent dishes. It is located in a former KFC restaurant on the west side of US 41, approximately a half mile south of the Ringling Museum of Art.

The owner is Tina Huang. All GCAA members receive a 10% discount off your bill. We will be passing out GCAA's discount card featuring 10% off 23 area merchants and grocery stores. It is FREE to GCAA dues-paid members only. Please be sure to come and claim yours. **If you haven't paid your membership dues, please come prepared to do so on Sunday (\$25/family). You may want to come early if you want to avoid having to wait for a table!**

2. Past Activity Reports

GCAA's First Dragon Boat Festival

In addition to the Spring Festival (i.e., the Chinese (Lunar) New Year, January 1 in the Chinese calendar) and the Mid-Autumn Festival (August 15 in the Chinese calendar), there is another widely celebrated traditional Chinese festival on May 5 in the Chinese calendar. It is usually called Duanwu

School and Form School. Feng Shui aims to balance the environment in your home or office, very much like an "acupuncture of your living or work space" to achieve harmony in your life, promote prosperity, success, good health, and good relationships. Gigi has lived most of her life in Asia and Mexico; she moved to Venice, Florida in 2004 with her Cuban-Canadian husband, Larry. You may call her at (941) 484-3917 or (941) 932-1642 for appointments.

The GCAA Newsletter is sponsored in part by **J&K Kitchen & Bath, 4141 Tamiami Trail S.** Sarasota, FL 34231 Phone: (941) 922-6981 Mobile: 646-831-8181 email : jk58inc@hotmail.com

The new owners, Mr. KongBiao Ni and Ms. JinXing Yang, started their business in January 2007 They warmly welcomes GCAA members and friends with a 20% discount. If you are planning a remodeling or building a custom home, put J&K to

Festival in China, or the Dragon Boat Festival, as it is often known in the West. There are several legendary accounts for the origin of the Dragon Boat Festival, though the more likely reason that the festival has been preserved through China's long history is its coincidence with the planting season in ancient China. Likewise, the Mid-Autumn Festival coincides with the harvest season.

GCAA held its first ever celebration of the Dragon Boat Festival at the scenic Coquina Beach, Longboat Key, on May 30, 2009. The festival was highlighted by a dragon boat, Chinese Kung Fu demos and many styles of delicious Asian food. In addition, there was a professional artist making cartoonish portraits and there were also Asian artworks (including decorations for your house and yourself) for sale. The festival attracted hundreds of people and made news on WWSB Channel 7 and Herald Tribune, among other media outlets. It generated a lot of interest in the Dragon Boat Festival, though some confusion was also created, chiefly about one food item. In the Chinese tradition, the festival is closely associated with a special food, Zongzi (sometimes referred to as "Chinese tamales" in the West), which is made of glutinous rice, often mixed with fillings, wrapped in bamboo or reed leaves. In a similar fashion, the Mid-Autumn Festival is inevitably related to the moon cake. People (especially in China and some other Asian countries) also celebrate the festival with activities such as dragon boat races and dragon dances.

The event would not have been such a success without the great work of the many GCAA volunteers. You are all greatly appreciated. We also thank the generous donors for supporting the event and all the attendants for your interest in the festival. The volunteers' hard work made the festive event a reality; the participants' enthusiasm and support made this Chinese tradition meaningful.

Second GCAA Tennis Tournament

After competition over two months and nearly one hundred games, the Second GCAA Tennis Tournament ended on Memorial Day with the following results. Terry Yonker won the Men's singles championship. R.J. Zhao won the runner up and Tony Shih won the third place in Men's singles. Yuhong Wan successfully defended her Women's championship. Mingyi Guo won the runner up and Jennifer

work for you. They are also hiring sales staff. If you are a good salesperson and have computer skills, please call Ms. Yang as soon as possible.

GCAA acknowledges with sincere thanks the generous support and sponsorship of the **Marco Polo Restaurant** in our past annual CNY and MAF festivities. The Marco Polo International Buffet & Grill is located at 549 US Highway 41 Bypass North, Venice, FL 34292 in Bird Bay Plaza (near Big Lots), just south of the bifurcation of Business 41. Tel: 941-412-3988. When you visit the restaurant for their wide selection of seafood (including crawdad, oyster and crab) and Chinese, Mongolian, Japanese and Italian food, please say hello to the owners: Mr. & Mrs. Lau and let them know GCAA appreciates their support.

Job Wanted

FCC parent of 2 adopted girls seeks employment. Extensive experience as award winning

Zhang won the third place in Women's singles. We added mixed doubles this year, whose title went to Tony Shih and Yvonne Shih. Guoliang Liu and Mingyi Guo won the runner up, and Guoming Guan and Yuhong Wan won the third prize.

This year's tournament attracted a greater number of participants than the previous one, with the profiles of the players being also more diversified, ranging from the new Men's Singles Champion Terry Yonker to starters like Barry Zhang and Mingtang Liu. We were also honored to have a senior player, Joe Shih. Joe is about 80 years old and played a very competitive game. Everyone had a great time at the tournament. We are looking forward to having more players next year when the Third GCAA Tennis Tournament is held.

GCAA Member Came Home from SkillsUSA Championship with Gold

After months of preparation and earning gold or silver medals in the Florida State SkillsUSA competition, ten SCTI students won 10 gold for team competitions, and two silver and one bronze for individual competitions at the 45th annual National Leadership and Skills Conference, June 20-26, in Kansas City, Mo. Among the SCTI students, Yuhong Wan, an active GCAA member and past-treasurer, won a gold medal in the competition category American Spirit/College-Postsecondary. We extend hearty congratulations to Yuhong and her proud hubby, Jason Guan, our VP of Programs.

The SkillsUSA Championship is the showcase for the best career and technical students in the nation. More than 15,000 students, teachers and business partners participated in the week-long event in Kansas City. 5,000 outstanding career and technical education students competed in 91 technical and leadership fields. Contests begin regionally and continue through the state and national levels.

3. Feature Articles and Helpful Info

Swine Flu May Have Infected 1 Million Plus People in the U.S.

More than 1 million people in the United States may have been infected with the new [H1N1 swine flu](#), U.S. health

graphics artist and designer and creative ad director for Fortune 500 clients as well as small businesses. Also all around handyman. Willing to do anything to support my family. Please call 941-266-1882 or email JFlyer2@aol.com. Thanks.

Recommended Services

Certified Inspection for Hurricane-Resistant Home Discount

If you have purchased a hurricane resistant home or made structural improvements to your home (hurricane shutters and straps, reinforced trusses, etc.) to render it hurricane resistant, you may be entitled to substantial discounts from your homeowner's insurance carrier. However, a written inspection report by a My-Safe-Florida-Home-certified home inspector, architect, engineer or

officials said on Friday, and infections continue to rise.

According to Dr. Anne Schuchat of the U.S. Centers for Disease Control and Prevention, who was recently interviewed by reporters on telephone, new [H1N1](#) influenza virus “is not going away.” 6,000 new cases were reported in the U.S. during the week of June 22, and as of June 26, 2009, there have been 27,717 laboratory-confirmed cases nationwide, including more than 3,000 hospitalizations and 127 deaths. Worldwide there are now more than 67,000 confirmed cases of [H1N1](#) flu and some 300 deaths, according to the World Health Organization.

The full Reuters story on the new H1N1 swine flu is available at

<http://www.reuters.com/article/topNews/idUSTRE55P6VE20090626?pageNumber=2&virtualBrandChannel=0>

Tylenol May Not Be As Safe As You Think

Contrary to the general public perception that Tylenol (acetaminophen) is a perfectly safe drug, acetaminophen in high doses damages the liver and an overdose can destroy the liver requiring a liver transplant. An advisory committee to the FDA has on 6/30/2009 recommended a reduction in recommended dose of Tylenol from 1000 mg to 650 mg. If you avoid taking “Extra-Strength” Tylenol, and take the regular strength instead, you’d generally be safe. Those with pre-existing liver diseases may want to further reduce their intake and dosage of acetaminophen. If you have bought Extra-Strength Tylenol (500 mg per caplet) or Tylenol Arthritis Pain (650 mg per caplet), there is no need to discard them. Instead simply take half of the recommended dose on the original packaging. In other words, take one caplet instead of two, every 4-6 hrs.

BPA May Cause Heart Disease in Women, Among Other Things

Bisphenol A (or BPA) is found in countless consumer products including food and beverage containers, kitchen appliances, electronics, and packaging. Recent studies suggest that BPA may harm human health in a variety of ways, including causing heart diseases in women and damaging the development of the prostate and brain. The chemical has also been linked to conditions that can prompt

general building contractor is required. Our GCAA member and FCC parent, Jamie Milholland is one of a few My-Safe-Florida-Home-certified home inspector in our area. Dr. Lin saved a significant amount on his homeowner’s insurance and recommends you look into whether or not you may qualify for similar savings. Give Jamie a call at 941-362-4862.

Stitches

Looking a good local seamstress for all your alteration needs, or looking for some embroidery work to be done? Well, look no further! Sara Malave, a FCC parent and magna cum laude graduate of Fashion Institute of Design and Merchandising can help. Stitches is a home owned business that has been in operation since 1998. She also offers sewing kamps for children at

obesity and diabetes. New FDA Commissioner Dr. Margaret Hamburg said this month that the agency is reexamining its position about the safety of BPA in food containers.

For detailed reports on the potential health risks posed by BPA, read a June 18, 2009 article by Elizabeth Grossman, AlterNet, at http://www.alternet.org/environment/140665/a_chemical_foond_in_most_consumer_products_may_cause_heart_disease_in_women/ and a June 16 article at http://www.watertechonline.com/news.asp?N_ID=72081. There is also a recent Reuters article at <http://in.reuters.com/article/health/idINTRE55A0JK20090611?pageNumber=1&virtualBrandChannel=0>.

Attorneys Advise Clients Facing Foreclosure to Stay in Their Homes

For a homeowner facing foreclosure nowadays, a good option may be to stay put, or at least such has been the advice from some Florida attorneys. One reason why this may be a smart thing to do in today's environment is that courts are now clogged by the flood of foreclosures and the foreclosure process now typically takes more time than before, which is not unhelpful if you worry about losing your home. For more information, read the Herald Tribune article published on June 29, 2009 at <http://www.heraldtribune.com/article/20090629/ARTICLE/906291046/2055/NEWS?Title=Attorneys-advise-clients-to-stay-in-their-homes>.

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various times throughout the year. Call 366-4406 with any questions or for an appointment.

First National Travel

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Who to contact about what

General info and past issues of Newsletters: www.GulfcoastChineseAmerican.org for updates

Info and articles to be included in upcoming issues of Newsletter

please help us amend our database by sending an email to Ms. Linda Fung at elfunkkee@verizon.net with copy to elin@ingenious.com. Thank you. To unsubscribe, see instructions at end of newsletter.

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