

華美食品學會

Chinese American Food Society

Quarterly Newsletter

Letter from the President

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Dear CAFS members:

Once again, we had a very successful Annual Meeting and Banquet in Chicago this past summer, in conjunction with the 2003 Institute of Food Technologists Annual Meeting and Food Expo. For those of you were at our Annual Meeting, I sincerely thank you for your support in participating the event. For members who unfortunately missed the gathering, we hope to see you at our next Annual Meeting and Banquet in Las Vegas.

I want to thank Dr. C. Ann Hollingsworth, the incoming IFT President, for giving a speech filled with important information about the future development of IFT. Thanks also go to Dr. Fu-hung Hsieh, Dr. Steven Pao, Ms. Judy Chan, and Dr. Martin Lo for making the evening such a success. A collection of photos taken during the evening can be found on pages 4 and 5 of this newsletter, as well as on our website at <http://www.CAFSnet.org>.

As we celebrate our past success, I could not help to ask myself how we can keep being successful in the future as a society. The answer is simple: your support! Many tasks are waiting for us to accomplish in the coming year and your participation is the key for the success. Please do not hesitate to contact me if you are interested to serve as a committee member in one of many committees. Stepping forward to get more involved in the Society's activities such as Newsletter Publishing, Annual Meeting Planning, Membership Directory Editing, or Website Managing. It is definitely the best way to get involved with the current and future activities of CAFS.

Last, but not the least, I present you the Officers and Committee Chairs/Members of CAFS 2003-2004:

Officers:

Past President	Fu-hung Hsieh
President-elect	Steven Pao
Secretary	Judy C. K. Chan
Treasurer	Martin Lo
Newsletter Editor	Judy C. K. Chan
Membership Directory Editor	Yi-Fang Chu
Executive Committee Directors	James Moy, Cindy Wu, I-Pin Ho, Zulin Shi

CAFS Committee Chairs / Members:

2004 Annual Meeting	Kenny Chuang, Steven Pao, Martin Lo
By-laws	Yen-Con Hung

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Contributors:

Sanem Argin, Hongda Chen, Kenny Chuang, YiFang Chu, Yong Hang, Fu-Hung Hsieh, Keshun Liu, Martin Lo, Zulin Shi, Marguerite Yang, Tony Yang, and Leo Yeun

Editor:

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Letter from the President (cont'd)

Conference and Workshop	Yao-Wen Huang, Vivion Wu
Employment/Consultation Services	I-Pin Ho, Cindy Wu
Membership and Public Relations	Zulin Shi
Long Range Planning	Rei-Young Amos Wu
Nomination	Fu-hung Hsieh
Publication	Judy C. K. Chan, Kenny Chuang
Student Workshop	Martin Lo
Awards Committee	To be Announced
Student Committee	To be Announced

I would like to ask you all to help me welcome all of our incoming officers for their dedication and contribution to CAFS.

Sincerely,

Kenny Chuang
CAFS President

Editor's Note

Dear CAFS members,

Finally, I had a chance to meet many of you face to face during the Annual Meeting in July!

Yes, I enjoy being your Newsletter Editor. But I can't help but complain about the sense of isolation I feel from time to time! Hiding in the northwest corner of North America, I spend hours behind the computer to receive e-mails and edit this Newsletter. When I put the mailing labels (close to 1000 of them last year) on the envelopes, I kept fantasizing who you are and what you do around the globe. No word can describe how I feel when I was finally able to match those names on the labels with real faces at the Annual Meeting!

This is my second year serving as your Newsletter Editor. If last year was a learning year, then this year will be a year for me to improve. To help me improve, I sincerely ask you to give me your criticism, your harshest criticism! Tell me what you don't like about the Newsletter and what you like to see on future issues. Don't worry about being mean to me. I work well under pressure and your satisfaction is my driving force!

I look forward to receiving your comments in my mail-box.

Regards,
Judy C. K. Chan
Newsletter Editor

Dr. Chi-Tang Ho Named IFT Fellow *~ Reported by Judy Chan*

Dr. Chi-Tang Ho was named IFT Fellow at the Opening Ceremony of the IFT Annual Meeting in Chicago this July.

After spending close to 30 years in the Department of Food Science at Rutgers University, Dr. Ho has published over 500 papers and scientific articles, and is an editorial board member for a number of publications, including the Journal of Food Science (Section on Sensory and Nutritive Qualities of Food), Journal of Food Lipids, CRC Critical Reviews in Food Science and Nutrition, Food Reviews International, and Journal of Agricultural and Food Chemistry.

Dr. Ho has also won numerous awards including two honorary professorships at the Wuxi Institute of Light Industry and the Beijing Agricultural Engineering University. In 2002, he was awarded the Stephen C. Chang Award by IFT for his significant contribution to flavor science. He has served in the Division of Agricultural and Food Chemistry of the American Chemical Society in various positions.



Dr. Ho's primary areas of research are nutraceutical discovery and development. Research currently includes the separation and structural elucidation of bioactive compounds in foods, spices and herbs. Several potent antioxidants and anti-carcinogenic compounds have been isolated and identified from green and black teas, rosemary, sage, thyme, and other medicinal herbs.

Dr. Chi-Tang Ho,
newly named IFT Fellow.

Congratulation! CAFS Award Recipients

~ Contributed by Yong Hang, Award Committee Chair

High School Student Scholarship Winner:

Ms. Jing Chen

Ms. Chen is Dr. Hongda Chen's daughter. She just finished her sophomore year at Thomas Jefferson High School for Science and Technology which is the Governor's magnet school for the mathematically and scientifically gifted in the State of Virginia. She is a special young lady with multiple interests. In addition to her community, musical, and dancing activities, she has achieved almost a perfect scholastic record. Ms. Chen is interested in going into medicine.

Multi-talented Ms Jing Chen was awarded with the CAFS High School Student Scholarship for her outstanding scholastic record.



Graduate Student Scholarship Winner:

Mr. Chi-Kong Vincent Yeung

Mr. Yeung is working towards his PhD degree in the Graduate Field of Food Science and Technology at Cornell University. His academic performance in research publication, review work, and assistance in grant application with approved funding is outstanding. He presented a research paper entitled: "Iron bioavailability from fortified wheat bran cereal and bread assesses with an in vitro digestion/Caco-2 cell culture model: Effects of raisins" at the 2003 IFT Annual Meeting in Chicago.



Mr. Vincent Yeung received his Graduate Student Scholarship Award from Dr. Yong Hang at the Annual CAFS Banquet in Chicago, 2003.

Dr. Chi-Tang Ho (cont'd)

A quick search on the internet will reveal a huge volume of work published by Dr. Ho. Citations of selected recent articles are listed below:

- Zhu, N.; Sheng, S.; Sang, S.; Rosen, R. T.; Ho, C.-T. Isolation and characterization of several aromatic sesquiterpenes from *Commiphora myrrha*. *Flavour and Fragrance Journal*. 2003: 18(4), 282-285.
- Jun, M.; Fu, H.-Y.; Hong, J.; Wan, X.; Yang, C. S.; Ho, C.-T. Comparison of antioxidant activities of isoflavones from kudzu root (*Pueraria lobata* Ohwi). *Journal of Food Science*. 2003: 68(6), 2117-2122.
- Ho, C.-T.. Chemistry of tea: Present knowledge and future research. Abstracts of Papers, 226th ACS National Meeting, New York, NY, United States, September 7-11, 2003.
- Sang, S.; Tian, S.; Jhoo, J.; Wang, H.; Stark, R. E.; Rosen, R. T.; Yang, C. S.; Ho, C.-T. Chemical studies of the antioxidant mechanism of theaflavins: radical reaction products of theaflavin 3,3'-digallate with hydrogen peroxide. *Tetrahedron Letters*. 2003: 44(30), 5583-5587.
- Liang, Y.-C.; Tsai, D.-C.; Lin-Shiau, S.-Y.; Chen, C.-F.; Ho, C.-T.; Lin, J.-K. Inhibition of 12-O-tetradecanoylphorbol-13-acetate-induced inflammatory skin edema and ornithine decarboxylase activity by theaflavin-3,3'-digallate in mouse. *Nutrition and Cancer*. 2002: 42(2), 217-223.

Further information of Dr. Chi-Tang Ho and his work can be found at <http://foodsci.rutgers.edu/ho/>

Other IFT Fellows Served CAFS:

Joseph Jwu-shan Jen (Past President 1977-1978)
Catharina Y.W. Ang (Past President 1988-1989)
Daniel Y.C. Fung (Past President 1989-1990)
Yao-Wen Huang (Past President 1990-1991)
Tung-Ching Lee (Past President 1991-1992)
James H. Moy (Executive Director)
Pamela D. Tom (Member)

Bor S. Luh (Deceased, Founding President 1975-1976)
Stephen S. Chang (Deceased, Past President 1976-1977)

CAFS Annual Banquet: Photo Gallery

Special Thanks to Our Amateur Photographers:

Ms. Sanem Argin
Dr. Keshun Liu
Dr. Zulin Shi
Dr. Tony Yang



Incoming IFT President, Dr. C. Ann Hollingsworth; IFT Executive Vice President, Barbara Byrd Keenan; CAFS President, Kenny Chuang; and Dr. Daniel Fung (from left to right) enjoyed good foods and fun at the CAFS Banquet.



Incoming IFT President, Dr. C. Ann Hollingsworth, gave an overview of the development plan of IFT at the CAFS Banquet.



Dr. Fu-hung Hsieh (left) welcomed CAFS' new Lifetime Member, Dr. James Moy. Dr. Moy is currently serving as an Executive Councilor for CAFS.

After a busy evening greeting guests at the front door, Dr. Martin Lo (far right) and his students, (from left to right) Jing Wang, Meryl Lubran, Lisa Sadar, April Hsu, and Kazuko Fukushima, enjoyed a delicious meal with Dr. Amos Wu (4th from right), Dr. Wu's friend, and Dr. Jit Ang (2nd from right).



CAFS Annual Banquet: Photo Gallery



Drs. Ralph Blanchfield, Jack Francis, Peggy Hsieh, and Fu-hung Hsieh put their chopsticks down for a moment and posed for a snapshot.



Dr. Daniel Fung, our CEO (Chief Entertainment Officer) of the night, played the Peruvian flute for guests and friends attending the Annual Banquet.



Another happy shot of Dr. C. Ann Hollingsworth (2nd from right) and Barbara Byrd Keenan (right) with CAFS Executive Councilor, Dr. Zulin Shi (far left), and Past-President, Dr. Fu-hung Hsieh.

www.AlmondsAreIn.com

A Daily Serving of Almonds May Reduce the Risk of Heart Disease

All we need is 34 almonds a day!

On July 15, 2003, the Food and Drug Administration (FDA) approved the first qualified health claim for conventional food, saying that eating one and a half ounces of most nuts, including almonds, may reduce the risk of heart disease when they're part of a diet low in saturated fat and cholesterol.

The claim is one of only six existing health claims relating to heart disease, and is the result of rigorous review of a large body of scientific research citing the heart health benefits of nuts. Studies supporting the heart health benefits of almonds were among the strongest submitted in the claim. One and a half ounces equals about one-third cup, or about 34 almonds.

Many Thanks to the Almond Board of California!

Through an arrangement between our member, Mr. Guangwei Huang, and our President-elected, Dr. Steve Pao, an amount of \$1000 was donated from the Almond Board of California to CAFS to sponsor the 2003 Annual Banquet in Chicago.

To find out more facts on the health benefits of almonds and ways to eat more almonds, click to:

www.AlmondsAreIn.com

For Future Donation and Sponsorship Opportunities, Just Contact Anyone of Your Executive Officers!

Playing (and Winning) the Interviewing Game

~ Contributed by Marguerite Yang
~ Edited by Judy Chan

Interviewing is a game. The goal of this Game is to keep your opponents (interviewers) in the game long enough to make a good lasting impression and to convince them that you can meet their needs. To play you need to read the rules; to succeed you must also know the traps.

Rule #1: Dress Code

Suits are a must, with pantyhose for women and ties for men. Appearance is critical in the Interviewing Game. Be clean, neat, conservative, and friendly. Remember to check your appearance while walking and sitting. Skirts rise while sitting and suits buckle. If you are expecting a tour during your interview, be cautious about slippery shoe soles and narrow heels.

Smile and handshake must be friendly and confident. Keep your handshake firm and short. Practice. If you have sweaty palms, carry a bottle of talc powder or practice wiping them without being obvious. It's acceptable to be nervous and it's actually expected. You should act happy and excited anyway.

Do not rock or swivel your chair, tap your pencil, or bit your fingernails. These habits will irritate your interviewers. If your hands tend to shake, hold a notebook in your lap, but do not try to write any notes.

Rule #2: "Tell Me about Yourself"

The standard first task in this Game is "Tell Me about Yourself". Prepare a "Two Minute Introduction". Remember, your interviewers have already read your résumé, so do not start off with a repeat of it. In addition to your name, profession, expertise, work experience, and education highlights, give some points that may be of interest to the listener that tells something they will like about you (e.g. hobbies or related social activities). Your "Two Minute Introduction" gives the interviewers a chance to identify you from the many other interviewees they have seen or planning to see. It also gives them something to start talking about. The interviewers are also evaluating your speaking skills. Practice.

Rule #3: Read the Clues and Understand Your Opponents

During this Game, you want to keep your interviewers talking and answering questions. *A short interview is bad because that means that they are not interested.* The clues as to what interests the interviewers and their company are on the walls, shelves, and desks you pass on your way to the interviewers and in the interviewers' office. Note hobbies, family photos, décor and costume, and company awards and activities. Talk about the hobbies if you know about them. The display of family photos may signal that family life is important to the interviewers and the company. The décor and costume reflect rather the company is creative,

conservative, or relaxed. Your inquiry on the company's awards and activities show your interests in joining.

Match body language, if you can without being obvious. If they lean back, you lean back. If they fold their arms, you fold your arms. People who agree with each other often mimic each other without noticing it. It gives them the impression you are the same type of person as they are. You want to show that you will fit in with the company and that the interviewers will enjoy working with you.

Rule #4: Your Sales Pitch

Once you have them interested in spending time with you, proceed with your "sales pitch". Your sales pitch is not a speech. Instead, your pitch is carefully hidden in your answers to their earlier questions and highlighted in the questions you ask later on in the interview. By researching the company and the position and by reading the clues around the building, you should choose from the many facts in your background that will show your interviewer that:

- You can do the job,
- You want to do the job,
- You will enjoy doing the job, and
- Others in the company will enjoy you doing the job.

Trap #1: Skills and Faults

Your interviewers ask about your best skills; tell them. Be proud about your accomplishments. Do not preach; do brag. Do not lie, as you will get

caught.

Your interviewers will then ask about your faults. Either choose something minor or humorous that would not affect your performance on the job. Tell them what you have learned from your mistakes, give a following situation where you used what you learned, and show what you are doing to avoid repeating the same faults. *You must say something, so be prepared.*

Trap #2: Sample Stories

Teamwork and organization skills are popular and important interview topics. Be ready with several examples of how you have positively worked with difficult people and have completed complicated projects. If you do not bring up any examples, the interviewers will give you a situation to solve and that will be more difficult to respond to.

Trap #3: Ask You Own Questions

Your questions show your interests in the company. Your questions illustrate that you will meet the company's needs, can do the job, and will fit in. Prepare questions ahead of the inter-

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If they lean back, you lean back. If they fold their arms, you fold your arms. You want to show that you will fit in with the company and that the interviewers will enjoy working with you.

HKFSTA Certified to be Member of IUFOST

~ Contributed by Leo Yeun

It was an exciting moment in Chicago for representatives of the young Hong Kong Food Science and Technology Association. HKFSTA is now a member of IUFOST.

Established in 1997, HKFSTA is the first organization related to food science and technology in Hong Kong aiming to support the promotion and development of food science and technology of Hong Kong.

For more information, visit www.HKFSTA.com.hk



Chairman & President of IUFOST, Prof. Dr. Ing. W. Spiess (left), presented a Membership Certificate to HKFSTA representative, Mr. Leo Yeun.

CAFS Members Honored by the Secretary of Agriculture

~ Contributed by Hongda Chen

Congratulations! Dr. Juming Tang of Washington State University at Pullman, Dr. Yong Hang of Cornell University at Geneva, and Dr. Yen-Con Hung of University of Georgia at Griffin received a prestigious award given by USDA.

USDA Secretary Ann M. Veneman presented an award to the Northeast Multistate Research Group on Technology and Principles for Assessing and Retaining Postharvest Quality of Fruits and Vegetables (NE-179) at the 57th Secretary's Annual Honor Awards ceremony on Friday, June 13, 2003 in Washington, DC. This award is among the most prestigious annual awards given by USDA. These awards recognize outstanding contributions in support of USDA's mission to enhance the quality of life for the American people by supporting production of agriculture; ensuring a safe, affordable, nutritious, and accessible food supply; caring for public land and helping people care for private lands; supporting sound sustainable development of rural communities; providing economic opportunities for farm and rural residents; expanding global markets for agricultural and forest products and services; and working to reduce hunger in America and throughout the world. Drs. Yong Hang, Yen-Con Hung, and Juming Tang are active contributors to this long-standing project.

The Interviewing Game (cont'd)

view and direct the questions towards the clues you saw around the office. Questions can start with "I saw the group award on the wall. Could you tell me more?" Follow it up with a similar experience or a related interest of your own.

Trap #4: Illegal Questions

Legally, a prospective employer cannot ask you if you are married nor have children. If they do and use the information to discriminate against you, it is illegal. However, the interviewers might be just trying to create a relaxing conversation or they may be a family oriented company themselves. If you choose to mention spouse or children, be sure to explain that they do not hinder travel, interrupt work hours, and expect you to move for their job. If you choose not to answer, ask politely how that pertains to the position and required job skills.

Trap #5: Testing

During the Interviewing Game, you may be required to complete some basic math, grammar, and vocabulary skill tests set up by the Human Resource Department. Review your basic skills before arriving to the interview. The higher the position; the harder the tests. If the tests are verbal, pause before answering and ask for the questions to be restated if you are not sure what they want or you need additional time to think.

Administer work style or personality tests will also be given to see if you will "fit in" with their organization. Many tests give

choices that are very biased. There are many books in the libraries and bookstores with examples of such exams. Find some and study them. Take the example tests, review your answers, and think about what type of personality the perspective employer is looking for.

Trap #6: Last Step

The biggest trap in this Game is hidden at the end. Thank your interviewers. Follow up with a thank you letter, mentioning items of the discussion that you think they found interesting. As time passes, you can e-mail or write with request on the status of your job applications, again bringing up good parts of the interview. Every contact puts your résumé back on top of the pile and makes them remember you over other candidates.

Like any other games, you are not going to win every time. Practice makes perfect. Treat every interview as a training session, note your weaknesses, and improve your skills for the next game. Try, try, and try again. Good luck and enjoy!

Marguerite Yang is a National Accounts Manager at Humko Oil Products. Her husband, Frank Yang, and she gave a stimulating presentation on "Knowing All about Intellectual Properties" at the CAFS Student Workshop in Chicago this July. Frank is a Registered Patent Attorney of Council. They could be reached at myang@achfood.com and fzyang@faier.com, respectively.



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Visit CAFS on the Web!
www.CAFSnet.org

A Special Message from Past-President

Dear CAFS members:

We had a very good turnout for this past CAFS Annual Meeting and Banquet and were very much honored to have the incoming IFT President, Dr. C. Ann Hollingsworth, to give the keynote speech. I want to take this opportunity to express my sincere appreciation to many of you who made the effort to attend and contribute to the success of this annual meeting and banquet.

It is hard to realize more than two years have passed since I took the office of President-elect of Chinese American Food Society. I enjoyed these very special two years and I am very grateful for the friends I have made here. To you, the members of our organization, I want to express my sincere appreciation for the cooperation and support which you have given me as President. Many of you have willingly accepted difficult committee assignments. Many of you have taken time out from your vocations or graduate studies to render services to the organization at great personal sacrifice. I am indebted to the executive committee members, in particular, Kenny Chuang, Peggy Hsieh, Judy Chan, Martin Lo, Yong Hang, YiFang Chu, Yen-Con Hung, Yao-Wen Huang, Sam K.C. Chang, Amos Wu, I-Pin Ho and many others

Sabbatical Opportunity

General Mills R&D is offering a sabbatical-type position for a starch/carbohydrate academic interested in spending time with our Strategic Technology Development group. The Group is consisted of Product and Process Scientists with a focus on developing innovative proprietary technologies. This would be an excellent opportunity for a professor who is interested in knowing how applied science is done "on the other side of the counter". The length of sabbatical stay is 6 to 12 months, with compensation depending on the candidate.

Interesting individuals can contact Victor Huang:

by e-mail Victor.Huang@GenMills.com
, or by phone 763-764-2305

who have worked so faithfully with me. Their confidence and support made my task so much easier. I also want to thank my wife, Taiyun Hsieh. Her prayers and unwavering support have allowed me to devote the time to my professional career and play a small role for the Chinese American Food Society.

Trust you all will give to my successor, Kenny Chuang, that same degree of cooperation and support you have given me. While there are many opportunities for our society, we are also facing many challenges. In two years we will be celebrating the Society's 30-year anniversary. If you have any good ideas and suggestions and/or are willing to serve CAFS, please make them known to Kenny or anyone of the CAFS officers.

Best wishes,

Fu-hung Hsieh
Past President