

Chinese American Food Society (CAFS)

華 美 食 品 學 會

NEWSLETTER

Volume 7, Number 2

December 1984

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華美食品學會

CHINESE AMERICAN FOOD SOCIETY

朱正中

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American Maize Co.
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3333 N. Central Expwy
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USDA-SEA
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Athens, GA 30613
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ELECTED EXECUTIVE MEMBER (1984-88):

陳同善

T. S. Chen

林啓發

Chifa Lin

ADVISORS:

林信南

Sherman Lin

陶至真

Michael Tao

MEMBERSHIP:

張蘊禮

Rose Tseng

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FUND RAISING:

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Charlie S. C. Ke

ANNUAL MEETING:

萬建心

Peter J. Wan

LEGAL COUNSEL:

薛維誠

Robert Hsueh

STATEMENT OF POSITION

The Chinese American Food Society (CAFS) is a non-political and non-profitable ethnic Chinese organization dedicated to the scientific and professional betterment of its members. The members of CAFS wish to interact with all Chinese scientists wherever they may reside based on common cultural and scientific interests.

CAFS takes no political stand or preference. Selection of material for all CAFS publications is based on the scientific content and general interest. Any inadvertent political connotation should not be deemed as the official position of CAFS.

*Greetings of the Season
and Best Wishes for the New Year*

摯誠祝福你的佳節與新年
充滿著喜悅、如意、平安

CAFS 工作同仁敬賀

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November 27, 1984

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LETTER FROM THE PRESIDENT

Dear Member:

As the holiday season approaches, I suddenly realize that 1984 is about gone. Since our last newsletter, I would like to keep you informed on the following things:

1. We are in the process of publishing a pamphlet, which would highlight CAFS' objectives and opportunities, as well as provide a form for membership application.
2. A task force committee was formed by advisors, executive committees, secretary, president-elect and myself. This committee will call on each member to inquire regarding any ideas or suggestions. However, if there are any questions, we will try to answer them on the phone. Hopefully, through these efforts, it will draw us closer and communication will be better.
3. Dr. Robert Ma, our long term member, has joined newly formed Cathy Food Consulting Company. I, on behalf of CAFS, convey our best wishes and congratulations to him and Dr. Stephen Chang. Again, I would like to urge all our members to assist them for developing their business.
4. Recently, two separate teams from our society have successfully completed United Nations' UNDP mission for helping Chinese government in corn and soybean utilization.
5. Mr. Shiu Lee of Republic of China's Food Industry Research and Development Coordinating Board has initiated several topics, which presently seems interested by Taiwan's food industry. If you are interested in participating in this program, please read the details in this issue of the newsletter and respond to us before the deadline.

Surely, 1985 will be a challenging year. Let us open our minds and arms to welcome it. In closing, I wish you and your family a very pleasant holiday.

Very truly yours,


George C. Chu
President

TREASURER'S REPORT

Our '84-'86 Membership Directory shows we have 249 members (including 2 new members). As of Nov. 20, 1984, 61 members paid their 1984-85 dues. I would like to thank each one of these 61 members. Special thanks are extended to the 4 supporting members, Ada Chen, Joseph Kuo, Santa Lin and Robert Ma (each paid \$30.00) and to a student member, Fu-yu Wu, who paid for this year's and made up for last year's dues. Of course, we are always grateful to have 1 Corporate Member, Dennis Leong and 1 Honorary Member, Taylor Chang on our list. All "paid members" names are listed on the following page. Should there be any errors, please let me know.

For those 188 "not-yet-paid" members, I would like to urge you to send in your dues before Dec. 31, 1984 for the following benefits: (1) to be kept on our mailing list for further Newsletters and other announcements, (2) to be able to deduct your payment on your 1984 income tax returns, (3) to have a voice on how shall we spend our money (I am sure our President, President-Elect and other officers and members would like to hear from you), and (4) to avoid a possible double payment at the Annual Meeting in June, 1985 (because at that time, I have to collect from you both this year's and next year's dues).

Thank you for your cooperation.

Cathy Ang

 CAFS FINANCIAL REPORT -- From July 1 to Nov. 20, 1984

<u>Item</u>	<u>Description</u>	<u>Deposit/ Credit</u>	<u>Payment/ Debit</u>
<u>I. Expense Budget</u>			
1.	From the past treasurer, Y.C. Jao.....	1576.76	
2.	Membership dues received (from July 1 to Nov. 20).....	420.00	
3.	Directory printing and postage (8/13/84).....		314.70
4.	CAFS stationary and postages (8/21 & 8/28/84)		192.97
5.	Stamps (8/28/84)		5.00
6.	Newsletter, September issue and postages (9/27 & 11/16/84)		258.94
7.	Interest	25.19	
8.	Income tax withheld on interest		8.04*
	Sub-Total	2021.95	779.65
	NET	\$1242.30	
<u>II. Award Budget</u>			
1.	From the past treasurer	1057.17	
2.	Interest	15.00	
	Sub-Total	\$1072.17	

 * We are hoping to get this money back from IRS when our status as a tax-free organization is cleared with the IRS.

The following members paid 1984-85 dues during July 1-Nov. 20, 1984.

SUPPORTING (*) AND PROFESSIONAL MEMBERS

Ang, Catharina -	Lee, Ken N. -	Lin, Yi-Do -
Chen, T.C. -	Lee, Shu-chi -	Ma, Robert Tzu I*
Cnen, Ada*	Lee, Tung-Ching -	Newman, Jacqueline M. -
Hsu, Shun-Yao -	Lee, Yanien -	Tan, Chec-Teck -
Hu, Kwoh H. -	Lee, Yung-Hsing -	Wan, Peter J. -
Hwang, Chung Yung	Lin, Santa H.C.*	Woo, Alexander H. -
Kuo, Joseph Der-Chan*	Lin, Sherman S. -	Wu, Ying Victor -

255
120
135

STUDENT MEMBERS

Chen, Kuang-Hua	Lin, Her Helen	Wen, Ming-Che
Hung, Yen-Con	Sheu, Ming-Jen	Wu, Fu-Yu
Lee, Hong-Da	Ting, Wei-Tsyi	

The following members paid 1984-85 dues prior to June 30, 1984
(Report of Y.C. Jao, appeared in the September Newsletter)

CORPORATE MEMBER

Leong, Dens V. (Southern Noddle Company, Inc.)

HONORARY MEMBER

Chang, Taylor

PROFESSIONAL MEMBERS

Chen, Andi O.	Jao, Y.C.	Ma, Yuan-Mei
Chen, Ernest C.H.	Jiang, Shann-Tzong	Nip, Wai-Kit
Chen, Cecil S.	Kao, Chuan	Soo, Hong Ming
Chia, Allan C.C.	Ke, P.J.	Tzeng, Chu Hsiung
Chou, Christin C.	Ku, Shun	Wang, Ming-Chung
Hsu, Chwen-Chwen	Lo, Grace S.	Wang, Ping-Lieh
Huang, Christina T.K.	Lu, John Yau Yen	Wong, Kenneth W.
Huang, Mickey	Luh, Bor S.	Yuen, Wing
Huang, William		

STUDENT MEMBERS

Lai, Christopher C.	Lin, James C.C.	Wu, Ming-Chang
Leu, Jyh-Pyng, Romeo	Lin, Sheree C.C.	



「快著」
是於 CAFS 人

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Robert Hsueh

November 27, 1984

Message From The Membership Department

Dear Friends:

Since an association is as good as its members, I believe we will all benefit if we can have more members. We would like to ask for your help in reaching the potential members.

First, George Chu, our President, has prepared a one-page description of our association. We would like to invite everyone to disseminate the information in the local IFT meetings, nutrition meetings and other related professional meetings. Second, we would also urge you to give us some names of your friends or colleagues that we can contact. Third, or the best approach, is that you can give the form to your friends to fill out and send back to us directly. By the way, Chinese Americans include anyone whose ethnic background is Chinese. We would welcome American born as well as those from overseas.

To show our appreciation, in the near future, we would publish all the volunteer recruiters' names as well as those of anyone who has helped us recruit more than two members (professional or student). A special recognition for the "Best Recruiter of the Year" is also being planned.

Thank you for your help. Please detach and send back the information to: George Chu, American Maize Co., Route 1, Box 84, Decatur, AL 35601, (205) 355-8815 or call Rose Tseng at (408) 277-2686 or Ernest Chen at (416) 828-1786.

Sincerely,



Rose Tseng

Ernest Chen

cc: Ernest Chen
George Chu

I. I would like to serve as a local recruiter. Please send me _____ copies of the description of our organization and _____ (fill in number) membership forms.

Name _____

Address _____

II. Please send membership information and application to:

1. Dr. Mr. Ms. _____

Address (work or home): _____

2. Dr. Mr. Ms. _____

Address (work or home): _____

3. Dr. Mr. Ms. _____

Address (work or home): _____

4. Dr. Mr. Ms. _____

Address (work or home): _____

III. 1. I would like to join as a member of the Chinese American Food Society.

Name _____

Address _____

My membership due (\$15 for Professional or \$5.00 for student) is enclosed. Please send me a Membership Directory and CAFS Newsletter for this year.

2. I would like to join as a member of the Chinese American Food Society.

Name _____

Address _____

Report from Annual Meeting Committee

(Annual Meeting: June 10, 1985, Atlanta, Georgia)

Once a year, the members of the Chinese American Food Society (CAFS) have an opportunity to meet each other. Due to the difficulty of getting an accurate head count, the annual meeting has been tried without a banquet. However, the Annual Meeting Committee recognizes the important function that a formal banquet plays among our fellow members. For the 1985 annual meeting, we will again have a banquet, following our regular business meeting which will be held Monday, June 10, 1985 in the afternoon. For the members who are familiar with the restaurants near the convention center in Atlanta, Georgia, please suggest them to the Annual Meeting Committee for consideration. If you would like to have any particular subjects or activities included in the business meeting or banquet, please inform the committee chairperson at your earliest convenience.

I would like to participate in the CAFS

CAFS BUSINESS MEETING

CAFS ANNUAL BANQUET

The following are the subjects or issues I suggest be included in the CAFS Annual Meeting or Forum:

Name (print) _____

Signed: _____

Return to: Peter J. Wan
3333 N. Central Expwy
Richardson, TX 75080

NEWS NOTES

USDA FOOD SCIENCE GRADUATE FELLOWSHIPS -- The USDA Agricultural Research Service has awarded grants for graduate fellowship programs to meet certain national needs for professional and scientific expertise to many colleges and universities that confer graduate degrees in food and agricultural sciences. One targeted area is "processing, distributing, marketing and utilization of food and agricultural products." Another is "domestic and export market expansion" for U.S. agricultural products. ARS has about \$5,000,000 available for such grants, which are limited to \$190,000 per institution. Funds may be used to pay 12-month stipends of \$15,000 to doctoral students and \$10,000 to master's students. Fellows to be supported with grant funds must be citizens or nationals of the United States as determined in accordance with Federal law and must have a strong interest, as judged by the institution, in pursuing a degree in an area of targeted national need.

KANSAS STATE UNIVERSITY FOOD SCIENCE GRADUATE PROGRAM RECEIVED USDA GRANT -- The interdisciplinary food science graduate program at KSU received a \$93,394 grant from the USDA under the Food and Agricultural Sciences National Needs Graduate Fellowship Program. The grant is for developing scientific expertise in characterizing and processing cereal and animal products. For more information contact Daniel Y.C. Fung, Food Science Graduate Program, Call Hall, Kansas State University, Manhattan, KS 66506.

FOOD SCIENCE PROGRAM AT MISSISSIPPI STATE UNIVERSITY RECEIVED FELLOWSHIPS -- The interdisciplinary food science program at Mississippi State University has been designated as a "Flag-Ship" program in Mississippi. The State has offered five \$10,000 assistantships annually to this program. Recently, the Food Science Program also received several Graduate Fellowships from the USDA. For more information, contact T.C. Chen, Box 5188, Mississippi State, MS 39762.

RESEARCH ON BREAD STORAGE LIFE CITED IN I.F.T. PRESCOTT AWARD -- Using nuclear magnetic resonance to research the role of water as it affects changes in starch and staling of bread, Dr. Henry K. Leung, associate professor in the food science and human nutrition department of Washington State University, won the 1984 Samuel Cate Prescott Award from the Institute of Food Technologists. CONGRATULATIONS! Dr. Leung.

JOURNALS AND TECHNICAL MAGAZINES FOR TAIWAN'S COLLEGES -- No response was received from our members after repeated announcements in the past two issues of CAFS Newsletters. LAST CHANCE!

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王碧娟、柯文慶、黃德民 分別榮獲食品會報獎學金、獎牌

經濟部食品工業研究發展會報顧問委員會成立了一項獎學金，以鼓勵國內成績及研究工作優良的食品科學或相關科系之研究生，由委員會各委員捐助了美金一千五百元作為第一年之獎學金。

第一年度獎學金申請之審核手續已於日前完成，得獎人為王碧娟，王女士畢業於中興大學，現就讀於臺大食科研究所，目前從事中式蔬菜加工與貯藏時葉綠素之變化。

就讀於中興大學的柯文慶，海洋學院的黃德民亦分別獲獎牌一面。

委員會目前正在籌募一筆獎學基金，期使這項有意義之活動得以長期繼續。

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中華民國經濟部食品工業研究發展
會擬定一九八五年在臺灣舉行食品
科技講習會。講習題目暫定如下：

1. 冷凍裹麵炸燉技術。
 2. 醬類 (sauce) 調製法及保存品質控制。
 3. 簡速餐館之經營管理。
 4. 澱粉醱類製造方法 (着重米澱粉之應用)。
 5. 裹麵炸雞技術。
 6. 超過濾 (ultrafiltration) 在各類食品之應用技術。
 7. 冷凍調理食品品質規格標準及品質管制。
- 講員必需具有實際現場經驗之專家。除了能做
專題演講之外並能以國內工廠技術人員交換
意見。

此講習會為期二週。所有往返機票及在台生
活費等由食品會報支付。

凡有意者請於一月廿日以前囑朱正中先生聯絡

Mr. George Chu,

Am. Maize Co. Route 1, Box 84,

Decatur, Ala 35601 or Call 205-355-8815

若是您知道任何專家，請推薦！

中

CATHAY FOOD CONSULTING COMPANY

P. O. BOX 646 EAST BRUNSWICK, N. J. 08816 U. S. A.

華食品顧問公司

正中會長道鑒：

貴公司董事長張易四祥教授努力之下，經過了二年多的積極籌備以及克服許多困難情況，中華食品顧問公司，已經正式開業。這有一個完全由旅美華僑學食品的多位人士組成的顧問公司，在美國新澤西州註冊成立。公司之基本目的之在 提高台灣食品科技之層次，利用農產廢料製成有高經濟價值之產品，以及發展中國式食品推銷至全世界。

華僑食品學會之各位會員，在食品科技方面均各有特長及成就，正為貴公司需要之人材。敝公司現有許多計劃正在籌備之中，極度需要各類專門人材。因為各人所專長不同，不易配合完善，以便學有所用。所以冀望朱會長能幫忙公佈這項消息，以收學以致用之效。一方面為國家服務盡份心意，一方面為自己增加一些收入。請有興趣的會友向弟連絡，將各人之專長詳細列出。如有具體建議也請不吝指教。地址如下：

ROBERT T. MA

CATHAY FOOD CONSULTING COMPANY

BRIAR RIDGE PLAZA

440 SOUTH MAIN STREET

MILLTOWN, N. J. 08850

201-238-8449



就此 敬祝

時 安

弟 易子義 謹上
10/22/84



UNIVERSITY OF MAINE at Orono

Department of Food Science

緬因大學食品系簡介

吳洋洋

Holmes Hall
Orono, Maine 04469
207/581-1621
1629

緬因州位於美國的最東北角上，盛產龍蝦、木材、藍莓及海魚等。緬因大學共有七個分校，總校區設在本州中間地理位置的ORONO鎮，全名UNIVERSITY OF MAINE AT ORONO，簡稱(UMO)。

ORONO位於緬因州第三大城市-BANGOR以北九哩處，是個環境優美的大學城。學生人數約一萬一千左右，夏天露營、冬季滑雪。離有名的ACADIA NATIONAL PARK只有一百多哩。課外休憩不怕沒處去。

緬因大學的食品系因為沒有大學部，規模不算大，但儀器設備齊全，提供很好的碩士班研究環境，目前共有十四位研究生接收四位教授的指導，進行碩士班的課程及研究，博士班則需與外系合作而得學位。系主任DR. BOHDAN SLABYJ專攻魚類的保鮮及食品微生物，DR. ALFRED BUSHWAY鑽研肉類加工，生化及酵素化學。DR. RODNEY BUSHWAY則偏向食品化學分析，DR. TOM C.S. YANG專攻FOOD PROCESSING及PRODUCT DEVELOPMENT的研究。在加工方面系上新添了INSTRON UNIVERSAL TESTING MACHINE及SINGLE-SCREW COOKING EXTRUDER等新型的機器，加上系上原有的PILOT PLANT，很多研究計劃在進行中。因地制宜，目前DR. YANG的兩大研究計劃，一是BLUEBERRY藍莓的加工，實驗室不斷地發展新產品以擴展工業界的市場潛力，另一是魚類SURIMI的加工，海魚經過魚肉片的剝取，鰓後部V-CUT的切碎魚肉，大量收集，希望能發展成HOT DOG TYPE PRODUCTS，並將利用EXTRUSION TECHNIQUE做成IMITATION SCALLOP AND CRAB LEGS。食品加工的潛力雄厚，前途不可限量。

民以食為天，誠如恩師DR. T.C. CHEN所說加入食品系的行列是絕對錯不了的。希望對緬因大學食品系有興趣的朋友，歡迎來信指教。來信請寄：DR. TOM C.S. YANG

如何撰寫履歷表？

進入電腦公司，利用公司的「員工進修計劃」來攻讀電腦學位，是我們整個「入行」計劃的精華所在。因此，你在修畢第一個程式語言寫作 (Programming Language)，如柏式高、高業程式語言等，就應着手求職。

在美國就業，除了政府公務員和郵局外，並不需要經過考試。公司錄用員工的標準，完全依據應徵工作者自提的履歷表 (Resume)，新進基層人員還參考學校的成績單。因此，履歷表寫作的好壞，就關係求職的成敗至鉅。

履歷表並非公司印好的工

作申請表，也與國內流通的「公務員履歷表」格式不同，它是申請人自擬的一份表格，通常是十六開 (8 1/2 x 11) 的一張紙，(很少很少履歷表是用二張紙的)，上面用打字機或排字印刷 (Type setting) 整齊清潔地印出：姓名、住址、電話、應徵職位、學歷、經歷、其他等資料。下圖是一份履歷表。請注意這雖然是簡單的一張紙，却是全美職業市場共同遵守的格式，切不可別出心裁另玩花樣。

寫作履歷表時要注意下列事項：
一、屬於私人的事項不必寫入。如年齡、性別、婚姻

狀況、國籍、宗教信仰等。因為美國法律規定不能以上諸項來作為錄取與否的考慮因素。台灣的履歷表常有「興趣」或「嗜好」一欄，在此是否填寫，悉聽尊便。要領是：只要能表現出自己是好的、積極的一面，不妨列入。

二、儘量寫出自己的技能：除了有關電腦的技能外，如果你能一分鐘打五十字，或有速記能力，或有處理檔案經驗，統統不要客氣，把它寫上。
三、要表現出你優良的個性：雖然你不必自我稱讚「個性良好、風趣幽默」，但履歷表本身可以看出人的個

性。十個不同人寫出來的履歷表，有十個不同的個性，而抄自「求職秘訣」等書的履歷表，也一眼可以看出出來。
那麼怎麼表現好的個性呢？譬如你是學校橋牌會會員，你會參加社區義務活動等，你是中國學生的主計長等等，可以寫得出不同的個性。又如你坦白將你曾離過婚的事實寫出來，證明你這人很誠實。但要注意誠實固然是優點，光是誠實並不就可將錯誤抵消。

四、誠實：履歷表上決不可造假，每樣寫在上面的事都應有憑有據。但誠實並非就是不管好壞一律招認！

有些對自己不利的事實可以不寫。譬如你曾在某年某日與老闆吵架憤而離職，這條工作經驗大可不寫，不寫並不是欺騙。總之，誠實之中還要隱惡揚善。
五、整潔：履歷表必須精心撰寫，寫好後還請高人修正，然後用電動打字機仔細打好，用最好的紙張複印，自然沒有任何塗改錯字，就不在話下。履歷表是司公人事部門與你接觸的第一個媒體，就如同你的外表儀容，決不能大意。熱門公司的人事經理每天要審閱幾十份履歷表，潦草馬虎的通常是交垃圾桶處理。(寄自加州)

他山之石！

值得再讀一次的剪報

(歡迎會友提供資料)

我曾在舊金山加州標準石油公司，做過五年電腦打卡員。細數這五年來和洋同事相處的經驗，其中滋味真可說是點滴在心头，甘苦備嘗。現在願藉此篇幅，和讀者談談如何和洋同事相處之道。

①常保持微笑。剛開始到洋機關上班，微笑是最好的語言，尤其是當你遇到尷尬的情況時，往往一個微笑，就能將一切難題迎刃而解了。

②要有原則。當你和洋同事，在工作上起了小衝突時，你最好馬上當機立斷，找出解決的辦法，而不要抱著得過且過的馬虎心理。因為洋人信服一個「理」字，如果你的確站在道理的這一端，那麼請不要膽怯，據理力爭；萬

一很不幸地，是你錯了，也要勇於認錯；無需因此感到面面相覷不安，因為洋同事並不會因此而瞧不起你。

③勿道人長短。幾個女人坐在一塊，難免會噓寒噀冷地搬弄是非，當你發現自己正處於那種情況，記得保持緘默往往是上策；否則就找個藉口，遠離那個是非圈。千萬不要天真地以為洋人真會將你視作知己一般推心置腹。當他們和你水乳交融時，自然會甜言蜜語拍盡馬屁，但是有朝一日，若遇上類似升職升等的衝突時，他會反咬你一口。

④談吐宜客氣有禮。往往他嘴上說是如何欣賞你，但事實上怕早已將你罵上一百遍還不止呢！所以對

與洋同事相處

《異鄉偶拾》
文 / 艾蓮

付這麼一個表裡不一的鄉愿之流，最好是以其人之道，還治其人之身。當你發現洋同事在工作上給你增加不少困擾時，請先

沈住氣，悄悄地把他個情形交給小主管來處理；或者用和婉的語氣向他請教，開口時不妨先說一句：Excuse me, 然後再告訴他你的見解。千

也請不要忘了雪中送炭。由於大家在一個辦公室相處久了，一些禮尚往來的俗套也是在所難免；譬如說今天某某過生日，不妨買個小禮物送他，

或者是請他外出吃頓經濟餐。如果洋同事中有人家遭小偷，或是住院開刀，那麼就買張小小的慰問卡或附上一件有意義的小禮物。待人以誠是置諸四海而皆準的真理。

⑥常保持朝氣蓬勃樂觀進取的精神。由於洋人普遍缺少同情心，所以他們最瞧不起弱者，也看不慣成天愁眉苦臉哀聲嘆氣的病號。如果你問你今天好不好時，你也要說自己非常如意。即使是這天你正患著重感冒，覺得全身不舒服。因為他們這樣問你，也不過是虛應了事，當不得真的。所以絕不要藉著手指一五一十地告訴他們你有多麼不舒服。你有什麼強不知以為知。洋人辦事一向是公事公辦，絕不徇私

，所以你不可借越職權自作主張，否則一旦遇上麻煩，那就難辭其咎了。譬如說工作上有了疑難，應該馬上請教小主管，而不要就近詢問附近的同事，因為他們的見解不一定是正確的，萬一你先採信了他們的建議而且照著去做，剛巧這個建議又是錯誤百出，那麼這時候你的處境就很狼狽了。因為你如果承認是你錯了，或是把責任推到同事身上，這麼一來不是得罪人嗎？

總之，盡量展現自己美好的一面，而且不時地把它快樂地播出去，讓周遭的洋同事都能感受到你的正直、樂觀和幸福，那麼我相信你很快就可以和他們打成一片了。——寄自加州聖荷西——

Follow these principles to set up group counseling

Sessions should be conducted by a competent counselor who accepts and practices the principles underlying group counseling theory:

■ A major tenet is that *group counseling can benefit everyone*. Anyone who will admit that he or she can in some way improve his or her life has something to gain from group counseling. While a person must concede to one or more weaknesses or deficiencies, the only requirement for joining a counseling group is for the individual to acknowledge that he or she could grow and improve in an area of thinking or behaving. Group members must allay any anxiety they may have about interpreting their participation as meaning that they are sick, or that their life is messed up.

■ *The counselor or leader is not a member of the group*. A characteristic that separates the leader from everyone else is that he or she doesn't use the group to answer his or her needs. The basic reason for this is that, when people get involved in being helped, they lose perspective on what is occurring around them. The process of being counseled is a deeply intense experience. Counselors would lose touch with the group if they became lost in themselves.

■ *Also, each member of the group is more important than the group itself*. There is no goal of helping the group to function better in its own world, because the group has no world to function in. The group is unreal; people are real. Words such as we, us, and "the group," are discouraged. Instead, members speak of I, you, me, him or her, Becky, Bob, Ralph, and so on. People join the counseling group because of their concerns and problems. They do not exist as a group; they exist as individuals trying to learn and grow.

■ While teams, committees and departments in a company set group goals for themselves, *counseling groups differ in that they are concerned only with individual goals*. Each person in a counseling group is unique and has different expectations for himself or herself. Stressing group goals would teach members that others are more important, thereby promoting a poor, rather than a strong, self-image.

■ Another difference of counseling groups is that *confidentiality is a keyword* in their operations. What happens in the group concerns only the group members. Members understand that this is one place where a report to management or authorities will not be made if someone gets out of line. Just as individual counseling is seen as a confidential and private happening when handled by a psychiatrist or psychologist, so too is the counseling that takes place in the group. This point is made at the first meeting of the group.

■ *No intimacy* occurs with group counseling. Whereas encounter groups encourage intimacy and use touching and body contact to break down intimacy barriers, counseling groups use talking and

discussion as a means of communicating. However, it has been found that the techniques of group counseling do work well in overcoming bashfulness and reticence.

■ In addition, *group counseling does not promote confession*. Encouraging confession inhibits the effectiveness of the counseling. Such psychology is debilitating to the progress of the confessor as well as of those listening. A confession is a verbal recalling of the past for the purpose of being forgiven or for getting sympathy. In contrast, a counseling is an activity of the instant moment designed to change behavior in the future.

■ *Group counseling sessions are not the place for griping or blaming others*. Although there may be a strong temptation by group members to make a session the occasion to complain about supervisors, managers or company policy, an alert counselor would see such remarks coming and squelch them before the practice became established. The counselor must always be on the lookout for group member behavior that attempts to shift responsibility to someone or something outside of self and particularly outside of the group.

■ Contrary to what might be expected of a group created with therapy in mind, *pressure is never applied to group members*. Individuals within the group have the right to decide whether or not they will participate. The counselor protects that right by preventing members from coercing or applying psychological pressure on any individual. While pressure may mount on group members to take part in sessions, there is no pressure applied to achieve total group participation. Each individual has the right to talk or not to talk.

■ *Counseling groups do not give priority to feelings over thoughts*. Group members can work with and help each other on many different levels without becoming emotional. There is no goal to "get down to feelings" within the group.

■ *Each group member is encouraged to speak for himself or herself* in the sessions. Independent thinking is promoted and praised. If one member begins to speak for another, the counselor calls attention to this and points out that such behavior is counterproductive for everyone. If a member is unable to speak for himself or herself, that individual should be encouraged to become a more effective communicator as well as a more independent person.

■ In addition, *there is no attempt to make group members comfortable* during sessions. Any signs that suggest that members are comfortable and cozy are indications that little progress is being made in the group counseling process. Comfortable people are least likely to change and most likely to stay as they are, simply because such behavior gets rewarded with comfort.

學職謀用實

亭林 / 《場市業就》

謀求一份職業，
專長與學歷固然重要，
但最重要的是，
怎麼把自己介紹給老闆？
傑姆斯 (James C. Hollister) 是芝加哥
Chiltons, Inc. 的總裁，
是指導謀職者就業的權威人士。
本文就是他給求職者的一些建議。

要找到工作，最好的方式是主動到各公司拜訪，不要老是待在家裏等別人消息，在外多走動，看到的人越多，就越容易找到工作。公開徵求的工作機會，一般說來，除非具備非常確定的學歷背景，否則，光是具備一般條件是不夠的。因此，應徵者大可不必向求才的公司寫自荐信，那是沒有用的。當然，如果你要去應徵的公司裏有熟人，而他又肯幫忙，無庸諱言，那的確會方便很多。所有求職者中大約百分之四十，是以這種方式找到工作的。

找工作的人常有一個錯誤的觀念，就是不了解履歷表的用法。履歷表基本上是一塊敲門磚，當你走入公司裏面，有人問你，「你來幹什麼？」你把履歷表遞過去，說「這是我的履歷表，請多指教！」那根本是一種錯誤的求職方式，因為事情幾乎就是到此為止，不太可能有下文。個中原因，可能由於（譬如）你的履歷表上寫的是你有售貨的興趣，但是雇主要要的却是一個拉廣告的人，在這種不相投合的狀況下，當然對方就不會考慮你了。因此求職的人最好是準備二、三種履歷表，每一種表格各強調一種不同的能力，看雇主要找的是哪樣的人，而後遞過你的履歷表。

但如果是剛從學校畢業的學生，他沒有那麼多實際的社會工作經驗，又該如何填寫履歷表呢？這說來不難。如果剛從學校畢業的求職者，發現對方要找的是一個能合羣又外向的職員，他可以在履歷表上特別強調你在學校時參加或籌辦過各種課外活動。如果雇主要的是個肯把時間都花在工作上的人，那麼求職者在履

歷表上就可以強調整個暑假他都在打工，而且沒請過一天假。

除了隨身攜帶幾種履歷表之外，對於求職者來說，最重要的還是先認識自己。這表示，求職者在開始外出找工作之前應該先靜下來，根據自己過去的工作經驗，徹底自我檢討一番，並且將檢討的心得一點一點地記錄下來，如此一來就很容易認識自己的個性、能力、興趣，以及眼前適合找怎樣的工作。有過這一番準備之後，求職者多半能以最有效的方式找到他要的工作。

至於面談，求職者最好在面談的時候避免提出問題，以免發生尷尬而把場面弄僵，譬如你問，「先前這個人怎麼了是嗎？」老闆也許回答「我把他開除了」，像這樣的情況，顯然無助於求職的目的。但是有些問題你也許會覺得應該在決定接受工作之前就該有個明確的答案，譬如薪資多少和休假規定等等；但是對於這一類的問題，何妨等到工作職位確定之後再問。因為就雇主的立場而言，一旦我決定要你，我自願會去回答你可能會問的問題，而且絕不會拖延。

面談時，求職者還得留意他所面對的人喜歡滔滔不絕地長談，還是簡潔明快然後決定該以何種方式答話。而且談話時最好不要給自己設下一些條件，譬如說，「你有些事情喜歡做，

哪些事情不喜歡做因為你總是可以在上班之後，看實際情況再作調整。當然面談時，待遇如何的確教人難以啓齒，求職的人，在第一次面談時暫且不提待遇的事；因為，如果你要求的新資過高，雇主會馬上告訴你，他養不起。如果你要求的太低，又容易使人錯覺你無法勝任工作。因此，有關待遇的事，不妨等到工作確定之後再談。但是，如果雇主在談話時就問到「你要多少的待遇？」求職者可千萬不要因為前面的緣故而避不作答。

那麼，雇主通常問的是些什麼問題呢？百分之九十不外乎「介紹一下你自己吧！」當然，這一句話可以用各種不同的方式來問，譬如「你做過什麼事？」「你想做那一方面的事？」「為什麼你要到這裏來？」「你能給我的公司帶來些什麼？」，其實這些都是相同的問題。面對這樣的問題，沒有經驗的人通常會回答，「我今年二十八歲，我有某學院的學位，專攻的是經濟學。」然後就不知如何說下去了，就這三句話而言，僱主唯一感興趣的是有經濟學的學位。因此求職者應該換一種說法，譬如「我專攻的是經濟學，最近幾年在某某銀行工作。那一段期間，我從初等職員升到該部門的副主任。我早就料到兩年前的那一次經濟不景氣，所以銀行方面因為我的建議而事先作了萬全的準備。除此之外，我也能處理技術上的細節，我的人際關係很廣，接觸過的人很多，我能在一般的基礎上與許多人作良好的溝通並使他

們了解我在做什麼。」如果是剛畢業的學生，則可以這麼說，「我去年六月從哈佛畢業，主修經濟學。我是學生聯誼會的一員，當過副社長。暑假裏我做過各種工作，都和銷售有關。我會幹過銷售助理。我會幫忙籌備產品展示會。我善於交際而且喜歡和人相處。」

最後，求職者該注意的是，不要故意迴避任何問題，即使是難以回答的問題亦然，否則雇主會以為你在他的辦公室裏和他玩什麼遊戲；而且，只要是述及你的長處，你大可爽快地告訴他。至於那些難題，常見的有「你對以前的老板有什麼看法？」或「你在公司裏不喜歡什麼事？」對於前一個問題，求職者最好不要有任何負面的批評，因為做老闆的人總是容易袒護作老闆的，當你對以前的老闆有所批評，眼前的雇主反而容易認為一定是你有什麼毛病，甚至認為你不老實，你又何必說人不是呢！對於第二個問題，比較中肯的答法是：「例行工作。整天都做同樣的事情人難免會覺得厭煩。」如果你找的是業務方面的工作，你就可以說「我喜歡和大量接觸，我希望工作上能夠常常和人羣在一塊兒。我不喜歡把自己整天關在辦公室裏。」

就整個求職的歷程分析，促使雇主決定用你而不用他人的因素，追根究柢地說，只在於他看上你，他比較喜歡你看他的職員。因此，光有才能未必就能找到工作，同時還必須要教老闆能喜歡你，因此爭取良好的第一印象也是很重要的。

PEOPLE

We would like to express our welcome to our new members:

<u>Name</u>	<u>Address</u>
Lee, Hong-Da	P.O. Box 120 Mississippi State, MS 39762
Newman, Jacqueline M.	Department of Home Economics Queens College of the City University of New York 65-30 Kissena Boulevard Flushing, NY 11367

Since the publication of our 84-86 Membership Directory, following changes have been made:

<u>Name</u>	<u>Home Address and Phone</u>	<u>Business Address and Phone</u>
Chen, Ernest C.H.	2344 Wadding Cres. Mississauga, Ontario Canada L5K 1Z3 (416) 823-5257	Molson Breweries Canada Ltd. Technical Center 2486 Dunwin Dr., Mississauga, Ontario Canada L5L 1J9 (416) 828-1786, Ext. 260
Hung, Yen-Con	1175 Fifield Ave., N-1 St. Paul, MN 55108 (612) 642-9137	Dept. of Food Sci and Nutrition Univ. of Minnesota 1334 Eckles Ave., St. Paul, MN 55108 (612) 376-3415
Kao, Chuan	10209 Bond St., Overland Park, KS 66214 (913) 888-3794	USDA-FGIS Building 221 R-G AFB Grandview, MO 64030 (816) 348-2098
Ma, Robert T.I.		Cathay Food Consulting Co., Ltd. Briar Ridge Plaza 440 South Main St., Milltown, NJ 08850 (201) 238-8444
Yang, C.S.T. & Yang, Pin-Pin A.	15 Sanford Ave., Old Town, ME 04468 (207) 827-6060	Dept. of Food Sci. Univ. of Maine at Orono Orono, ME 04469 (207) 581-1621
Yang, Sheng-Chin		Dept. of Food Sci. & Nutrition Univ. of Missouri 228 Eckles Hall Columbia, MO 65211

存傑兄：

你主編的華美食品學會會誌自來信均已收到。會誌的封套顯得有變更，看書法爽大方，較為欣賞。內容雖然不是十足的“健壯”，但數別頗多甚可讚。

第一頁的會史及會況介紹，用中文排版印刷，看起來非常舒暢及舒適；如導刊有中文均能排版較美好。當然這是不容易作到的，受很多條件的限制。第七頁因凡之混楚勝過一般的翻印。

新增加的“會友來鴻”欄非常好，使人讀書頗有親切感。用馬英地的文章均很“正式”，比如報告，介紹等。我希望會誌中可多增加些會員“花邊”消息，或“論戰”類的文字，可以使讀者覺得輕鬆，沈浸而不帶沈重。

本來要我寫篇報導，現在是在現在工作太忙加以“妙筆”生鏽，無法奉到。不過令及對 CAFs 收會費的事，有某意見，把寄給王永康的信 copy 一信給你，如適合的話，可望在“會友來鴻”嗎。

祝好

同善 十一月十六日

Dear Catharina:

1984-85 年度的 CAFs 會費刊可能尚未繳。茲附上支票 卅 15 (Professional membership dues)。

似乎每年找尋并不清楚是否交過會費。這了現象也許是找年紀大，腦昏“老化”的關係。但是如果這情形很普遍，有很多會友都遲不交會費，則值得研究改進。

我想如果本身參加的學會數目少時，可以憑記憶去推斷何時應該繳那項的會費。一旦參加的會數目多時，記憶就不可靠了。除非肯花精力去查各支票的存根，或許仔細閱讀雜誌上登的“已交會費名單”。否則對這筆就忘記了。一次這好，違者二、三年沒交費也許就被排除名了。這不但令會員本身的損失，也是 CAFs 的損失。

CAFs 似乎應建立一了較靈活的收費方法。比方今年 April 寄 Dues notice 給每一會員，說現在在 June 前繳誌以繼續會員的權利。或者在每月會員的 Mailing label 上作 5 code，(例如 5/84 代表其會費已付誌到 May 1984) 這樣當會員收到每其期通訊會誌時，可以提醒交會費的這件事。

當然成立任何一種制度都要化費精力，可能須再 Treasurer, Membership, Publication 各部的合作。但是會有對於會員的 retention, record keeping 以及 CAFs 的經濟狀況。 祝好

下東同善 十一月十二日

..... 這裡,我已盡量設法將 CAFS 介紹給一些在加國食品界的中國人,不久將來,或可增加幾位會員。我想將來如有機會應該在 Newsletter 上向所有會員報告一下我份會員的 Composition, 及統計分析等之.....

..... 關於上期的 Newsletter, 已經編得不錯了, 相信您耗費了不少心神。我覺得「通訊」中, 應該表明是您編輯的。其次, 我以為一些書信, 不必照原件全篇印出。只要將內容向會員報導就可以了。

..... 「會友來鴻」一欄, 立意很好, 希望會友能多利用.....
 — Canada, 陳仲浩

編者的話:

△ 對平常不太參加活動的會友說, 交了會費, 或許最直接的回饋就是定期收到 CAFS Newsletters。在這種心理負擔下您希望編出來的 Newsletter 是值得一讀的。

△ 為了替 CAFS 節省一些郵資, 這兩期的 Newsletter 是拜託連心兄在德州寄出的, 因為他在郵局替 CAFS 申請的 Bulk Rate 是可以用到年底, 這一筆費用算是連心兄替 CAFS 省的, 謝啦! 連心兄!

△ 編了兩期的 Newsletter 才知道過去的編者在這「面花」中的時間多精也。謝他地地為 CAFS 所作的貢獻。

△ 對來信及來稿的會友說聲謝謝, 希望收到更多的來信及稿件。CAFS 是屬於我的大家呀。

陳仲浩

CHINESE AMERICAN FOOD SOCIETY
MEMBERSHIP APPLICATION

NAME _____ NAME IN CHINESE _____

BUSINESS AFFILIATION (UNIVERSITY)

_____ TITLE _____

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_____ TEL: _____

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SPECIALTY _____

MEMBERSHIP DUES (June, 1984 to May, 1985)

Please check one of the following membership status:

_____ Corporation Member (\$200 or above) _____ Professional Member (\$15)
_____ Honorary Member (\$50 or above) _____ Student Member (\$5)
_____ Supporting Member (\$30 or above)

Please make check payable to CAFS and mail to : Dr. Catherina Y.W. Ang.
USDA-SEA, P.O. Box 5677, Athens, GA 30613

SPECIAL ANNOUNCEMENTS

- Our Newsletter will soon provide advertising services to its members. For those who are looking for jobs, the editor will print your qualification in the Newsletter free. With a nominal fee, the Newsletter will also do advertisement on the products and services your company sells. The tentative fee schedule is: US\$100.00 for a single page, US\$50.00 for half page, and US\$25.00 for a quarter page. The proceedings will be used to finance the Newsletter and other CAFS' activities. Please send your material and support to our editor: Dr. T. C. Chen, Box 5188, Miss. Station, MS 39762.
- Job Opening: A Technical Manager is needed for a 12 car-a-day refinery. The person needs to know the ins and outs of the refinery business, blending and formulating. He or she will have considerable customer contact as well. The compensation is in the 40 plus range and is negotiable. If you are interested please call Mr. Don Smith at 816/474-7040 or write to him at Christopher & Long, 1100 Main St., Suite 2900, Kansas City, Missouri 64105.

FROM: c/o Peter J. Wan
Anderson Clayton Foods
3333 N. Central Expway
Richardson, Texas 75080



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TO:

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110 Whipporwill Circle
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