



西南佛州華人聯誼會
SOUTHWEST FLORIDA CHINESE ASSOCIATION

NEWSLETTER

佛州西南部華人協會月訊



Member Benefits

Free with Membership:

- Newsletters
- Chinese Cultural Classes
- Professional Counseling Seminars
- Chinese Festival Events

Discounts with Membership:

- Special Promotions
- Local businesses

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SWFCA CHRISTMAS PARTY! (Click here to sign up.)

Date: Saturday, December 18, 2:00 pm

Place: [Chinese Alliance Church of Southwest Florida, 3950 Winkler Ave, Fort Myers, FL](#)

佛州西南部華人協會聖誕派對！

佛州西南部華人協會將於2021年12月18日星期六下午2點在西南佛州華人宣道會 (Chinese Alliance Church of Southwest FL) 舉辦聖誕節娛樂活動，與合唱團一起歡唱聖誕歌曲，享用聖誕餅乾，還有分送禮物給孩童們等。

想參加的朋友請回復至 swflaca@gmail.com，更多協會相關訊息請上 www.swfchinese.org



社区聚光灯

SWFCA Sponsor Spotlight: AZN Azian Cuizine

This month's SPONSOR SPOTLIGHT features AZN Azian Cuizine. We asked Anna and Raymond Hsu, owners of AZN Azian Cuizine in Naples, how they got started in America and how they achieved a successful business. Here's what Raymond Hsu had to say:



Anna and I both came to the United States as foreign students. Anna is Chinese from Seoul, Korea and I was born in Taiwan and moved to Hong Kong before coming to the United States.

Anna and I started our first restaurant in Atlanta, Georgia back in 1980. Anna's family was looking to expand their restaurant concept and invited us to joint venture with them. At the time, I was an electrical engineer working for the Boeing company in Seattle, Washington and Anna was pursuing a banking career at a local Seattle bank. We owned a total of 10 operations through our 40+ years in the business. Today we have 2 restaurants: AZN in Naples, Florida and HSU'S in Atlanta, Georgia. The restaurant business has long been recognized as one of the toughest businesses to succeed in. We can definitely vouch for that, but hard work, learning from mistakes and never giving up spirits is why we are where we are today!

*...hard work, learning from mistakes and never giving up spirits
is why we are where we are today!*

Anna and I have a busy schedule running our businesses, but we try to participate in and assist local Chinese community events and provide career opportunities for the local Chinese community. Please come visit us at AZN. We would love to meet you!



AZN Azian Cuisine is conveniently located in the Mercato shopping center in Naples, Florida. The restaurant features a large outdoor patio, an indoor/outdoor open air conversation bar, an intimate sushi bar, and our private Zen Room with seating for 30 people. Nikki Deng, one of SWFCA's board members, is a sushi chef at AZN.

<https://aznrestaurant.com/>, <https://www.facebook.com/NaplesAZN/>

Would you like to be featured in future SWFCA sponsor spotlights? Contact us! We would love to schedule a time to meet you, hear your story, and share it with the SWFCA community.

SAVE THE DATE!

Southwest Florida Chinese Association

Chinese New Year Party
Estero Community Park
Sunday, January 30, 2022

Join us as we celebrate the
Year of the Tiger!

新年快乐
HAPPY
CHINESE
NEW YEAR
2022
YEAR OF THE TIGER



Cornerstones of Health

We mentioned in the previous newsletters that our body needs eight major nutrients on a daily basis. Last month we discussed the number one macro-nutrient—Protein. Today let's talk about the most misunderstood macro-nutrient—Dietary Fat. The word "fat" is unfortunately associated with an unhealthy diet and excess weight. But your body needs dietary fat to function. Here are just a few of the important roles fat plays in your body:



- * Fats are necessary for absorbing vitamins and minerals from your diet.
- * Fats are packed with energy.
- * Everyone needs fats for building and maintaining healthy cells.
- * Fats are essential for nerve function.

Fats are also called lipids. They are the foundation for cell membranes. Without these important coatings, your cells couldn't function. Fats are also responsible for creating the sheaths that surround nerves. Think of it as insulation for the wires that carry impulses from your brain to all areas of your body. Lipids also make up an important part of your skin barrier.

Fat is incredibly calorie dense. It can deliver more than twice the energy per gram than carbohydrates or proteins. Some forms of dietary fats are stored as energy in easy-to-access packages. This energy production is vital for strong and powerful muscles.

Fat is required to get the most out of vitamins A, D, E, and K. That's why they are called fat-soluble. In order for the body to absorb these essential vitamins, fat molecules help them move through the bloodstream. These fatty transports allow essential nutrients to reach the brain and central nervous system where fat-soluble vitamins do most of their work.

Even though fats are crucial for our body, not all fats are created equal. They fall into one of three categories—unsaturated, saturated, or trans. The categories are determined by the chemical structure of the fat.

Unsaturated fats include monounsaturated fats and polyunsaturated fats, and are typically liquid at room temperature. They are often referred to as "healthier fats", as they generally help maintain healthy

cholesterol levels already in the normal range. They do this by increasing the amount of “good” HDL cholesterol.

Among unsaturated fats, there are Omega 3, 6 and 9. Omega 3, which includes EPA, DHA and ALA, are known to support cardiovascular health, proper brain and neural development, and maintain good joint health. Omega-3 fatty acids have also been studied extensively for prevention and treatment of various health conditions, including heart disease, arthritis and inflammatory conditions, macular degeneration, and depression. Even though Omega 6 is also considered as an essential oil, there is an important ratio between Omega 6 and Omega 3 in order to maintain a healthy body in terms of balancing the fatty acids. A healthy ratio of omega-6 to omega-3 fatty acids appears to be between 1-to-1 and 4-to-1. However people who eat predominantly processed snacks, fast food, fatty meats and cured meats generally have a much higher Omega 6 level. Some cooking oil, such as grape seed oil, peanut oil, High-Oleic Safflower oil, regular sunflower oil has extremely high Omega 6 fatty acids. While Omega 3 is a natural anti-inflammatory, Omega 6 is quite the opposite, as higher the Omega 6 will actually cause inflammation in the body. Whereas Omega 9 fats are nonessential fats that the body can produce.

Saturated fats are solid at room temperature. Typically it includes butter, lard, and shortening. Red meat is much higher in saturated fat than leaner meat like poultry and fish. They can be harmful when consumed in excess. Saturated fats reduce the “good” (HDL) cholesterol in your blood and can increase the amount of “bad” (LDL) cholesterol. Plus they also influence the effectiveness of hormones in your body.

Here’s a fat that deserves the bad reputation. Trans fats are the worst for your body and are found everywhere in today’s society. Prepackaged snack foods, baked goods—like donuts, cake, cookies, fried food and many fast foods contain trans fats. Trans fats appear on food labels as “partially hydrogenated.” The hydrogenation process also prolongs the shelf life of packaged foods, since trans fats don’t spoil easily. But what do the trans fats actually do to your body? Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. Eating trans fats increases your risk of developing heart disease and stroke. It’s also associated with a higher risk of developing type 2 diabetes.

Remember you don't have to cut fat from your diet, as our body actually need it on a daily basis. But be smart about the amount and type of fat you choose. Your body will truly appreciate it!

Liwen is an SWFCA board member. She has a Master's Degree in Communication. She is a Holistic Life Coach. For any questions or suggestions, please contact her at liwenwilliams@gmail.com, (239)595-8888.

我们在上几期的简报中谈到人体每日所需的八大营养素。上个月我们讨论第一大弘量营养—蛋白质。今天我们来聊聊最被误解的弘量营养素--膳食脂肪。谈脂色变，避之唯恐不急。「脂肪」这个词虽然总是让人联想到不健康的饮食和体重过重，但是您的身体需要饮食脂肪才能发挥功能。

在这里先提一下脂肪在您体内扮演的几个重要角色：

* 脂肪是您从饮食中吸收维生素和矿物质所必需的。

* 脂肪充满能量。

* 您需要脂肪来建立和维护健康的细胞。

* 脂肪对神经功能至关重要。

脂肪的另一个名称是脂质，它们是细胞膜的基础。没有这些重要的被覆，您的细胞就无法运作。脂肪也负责创造包覆神经的鞘，把它看作是将脉冲从您的大脑带到您身体各部位的电线的绝缘体

;而脂质也是您皮肤屏障的重要成份。

如上所述,脂肪的热量密度非常高。和碳水化合物或蛋白质相比,它每克所提供的能量高达两倍以上。某些形式的膳食脂肪会以很容易取得的能量形式储存起来,这种能量的产生对于强壮有力的肌肉至关重要。

不仅细胞和肌肉健康需要脂肪,您的营养也仰赖它。维生素A、D、E和K需要脂肪才能充分发挥作用,这就是它们被称为脂溶性的原因。为了让身体吸收这些必要的维生素,脂肪分子会帮助它们在血流中流动。这些脂肪运输可以让必需营养素到达大脑和中枢神经系统,以便脂溶性维生素完成其大部分的工作。

虽然脂肪对身体相当重要,不是所有脂肪都是一样的。它们可以分为三类:不饱和和饱和和反式脂肪。其类别由脂肪的化学结构而决定。

不饱和脂肪包含单不饱和脂肪和多不饱和脂肪,在室温下通常是液态。它们通常被称为「较健康的脂肪」。它们会增加「好」胆固醇HDL的数量,有助于已经在正常范围内的健康胆固醇浓度继续维持正常。



奥米加3, 6和9属于不饱和脂肪酸。奥米加3包含EPA, DHL和ALA能够支持心血管健康、正常脑部和神经的发育和维持良好的关节健康。专家在预防和治疗多种健康状况上也对奥米加3进行了丰富的研究,包括心脏病、关节炎和发炎症状、黄斑部退化和忧郁症。虽然奥米加6也算是必须脂肪酸的一种,在人体中奥米加6和奥米加3有一个重要的平衡比例。一个健康的比例是奥米加6:奥米加3为1:1,不超过4:1。但是今日饮食当中有大量的加工食品,快餐,高脂的肉类,腌肉通常有较高的奥米加6的量。有些食用油,例如葡萄籽油,花生油,高油酸红花油和一般的葵花子油含有极高奥米加6的脂肪酸。奥米加3有天然的亢炎作用,而奥米加6恰恰相反,它会引起炎症!奥米加9则是身体可以自行形成的非必须脂肪酸。

饱和脂肪在室温下是固态,就像奶油、猪油和起酥油。与鱼肉和禽肉等瘦肉相比,红肉的饱和脂肪含量较高。过量食用饱和脂肪可能有害。饱和脂肪会减少血液中的「好」胆固醇(HDL)并且增加「坏」胆固醇(LDL)的量。

而且它们也会影响您体内激素的有效性。

反式脂肪是一种声名狼藉的脂肪酸。它是对身体最糟糕的脂肪,但是在现今社会无所不在。包装零食、烘焙食品(如甜甜圈、蛋糕和饼干)、油炸食品以及许多快餐食品都含有反式脂肪。反式脂肪在食品标签上会显示为「部分氢化」。氢化过的油比较不容易变坏,所以能使包装零食在架上时间延长。但是它对您身体有什么作用呢?反式脂肪会增加您「坏」胆固醇LDL而且降低「好」胆固醇HDL的量。食用反式脂肪会增加您罹患心血管疾病和中风的风险。而且它也会增加二型糖尿病的机率。

别忘了,您不需要在饮食当中避免油脂,因为您的身体每天都需要它呢!但得谨慎选用油的种类和量。您的身体会感谢您的!

力文是西南佛州华人联谊会董事会成员。她拥有大众传媒硕士学位。她是一名全方位的健康生活教练。如有任何问题或建议,欢迎与她联系

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New Members: Megan McAvoy, YiXuan (Jade) Xing, Jenny Tang, Sarah and Jon Niu, and Eleanor Hou

New Sponsors: Lester Law, Esq., Grant Fridkin Pearson, P.A., Liwen Williams (Holistic Life Coach), Linda FengPing Shan

How Can I Help SWFCA?

The Southwest Florida Chinese Association seeks to serve the local Chinese community and preserve Chinese culture. Many of us can remember when we first moved to the United States or to Florida and how we felt alone and missed our holidays and culture, or were looking for friends and friends for our children. If you know someone who is new to the area please invite them to be members of our association. We currently have 179 members. Membership is free!

Do you have a service or business that can help our members? We seek to partner with the local business community to help connect with our members. Is your business listed? The listing is free! Please visit our business directory (<https://www.swfchinese.org/business-directory.html>).

While we enjoy our friendships and events, there is more that we can do to help our Chinese community. To do this, we need your help and support. If you have a business we encourage you to sponsor the Southwest Florida Chinese Association. For a \$100 sponsorship, we will post your business card on our sponsor page, spotlight your business in our newsletters, and give your business honorable mention at all our events.

Please join us! Membership and business sponsorship applications can be found here: <https://www.swfchinese.org/contact.html>.

If you have any questions, we would be happy to provide you with more information about how you can help support our work for the Southwest Florida Chinese Association. Thank you for your support!

西南佛州華人聯誼會致力於服務當地華人社區並保護中國文化。許多人都還記得我們第一次搬到美國或佛羅里達的時候，我們感到孤獨和懷念家鄉的假期與文化，或者想找尋朋友或為我們的孩子尋找朋友。如果您認識西南佛州地區的新華人居民，請邀請他們成為西南佛州華人聯誼會的成員。我們目前有168名會員。不須繳任何會員費！

你有可以幫助我們會員或是母語為中文的公司或服務項目嗎？西南佛州華人聯誼會

尋求與當地商界合作，為幫助我們會員尋找所需。歡迎查訪我們網站上的合作商界目錄頁

(<https://www.swfchinese.org/business-directory.html>)。你的公司或服務有在上頭嗎？登記在目錄頁是免費的喔！

除了幫助建立友誼和舉辦活動，西南佛州華人聯誼會還可以做更多的事情來幫助我們的華人社區。因此，我們需要您的幫助與支持。如果你擁有一間公司，我們鼓勵您贊助西南佛州華人聯誼會。只要\$100美金的贊助費

，我們就會將您的名片登上我們的贊助廠商欄，並在我們所有活動中對您的公司特別提及，表示感謝。

請加入我們的行列！會員申請和商業贊助商的申請，請上：

<https://www.swfchinese.org/contact.html>

如果您有任何問題，我們很樂意提供更多有關如何幫助與支持我們西南佛州華人聯誼會工作的信息。感謝您的支持！

Asian Americans and Pacific Islanders (AAPI) and Covid-19 Links

General Information: [Asian Americans Advancing Justice | AAJC](#)

[Free Training webinars](#)

[Report hate crimes](#)

[Other organizations](#)

How to Protect Yourself [Stay Safe from Hate](#)

Call 1-844-9-NO-HATE for reporting and resource purposes.

[COVID Resources in Chinese](#)

A BIG THANK YOU to all of our [business members](#) for their support!

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