

The 2023 Cheng Family Newsletter

Happy holidays from our family to yours!

To our friends (many in their 80s), we will start with what is termed by Leslie “*the organ recital.*” In Tapei’s case, the organs are the brain and spinal cord with diminished neurons – causing difficulties in various body parts controlled by nerves. “Parkinson’s Disease” covers the multitudes of sins: the weakening of voices, diminutive handwriting, freezing of gait, and balance troubles in general. Tapei’s problem became apparent after a series of falls this past year. Fortunately, he does not show the more familiar PD symptom of trembling hands. There is no cure for PD, but one can strengthen the relevant muscles by doing the *amplitude exercise.*

Every day in Portland’s beautiful Hoyt Arboretum (200 acres of forest and trails), Tapei hikes with walking sticks, followed by Tai Chi, plus a few days a week of weight training, physical therapy, and water aerobics, ... Recently, at the suggestion of his neurologist, he consulted a speech therapist about his ever-lowering voice. As a training to speak aloud, he now recites to Leslie *Homer’s Odyssey*. The recently published excellent translation by Emily Wilson made the task very enjoyable. At the rate he is going, it will take about four months to finish the 12,000 lines of the epic poem!



The Pui-Ching Mini Class Reunion in Seattle

Instigated and organized by our Southern Calif. classmate Norman Wong, we had a wonderful three-day reunion in September with friends we have not seen for many years – some since our HK days more than 60 years ago. We all enjoyed the generous and gracious hospitality of Dennis Su and Patrick Tam and their families.

Our January stay at Lahaina on Maui, Hawaii

Seven months before the wildfire raged across Lahaina on Maui on 8/8, Leslie and I stayed for five days in that old Hawaii capital city, at *Kulani Maui* – ours was one of six charming modern bungalows inspired by the native style. It's only three blocks from the center of the town. According to the reply we received from the owner, it was completely burnt down to ashes.

Unfortunately, we did not take a picture of the hotel, but there was one of Tapei in front of the famous more-than-100-year-old bayan tree, which is likely to survive because of its multiple root system.



Briana with Jace, Elliot, & Maylin at the Oregon Coast family reunion



Chris with Owen



The bayan tree at the center of Lahaina Maui



Leslie at Nature Conservancy's Zumwalt Prairie, Joseph, Oregon.

Best wishes for a happy New Year

from

Ta-Pei and Leslie