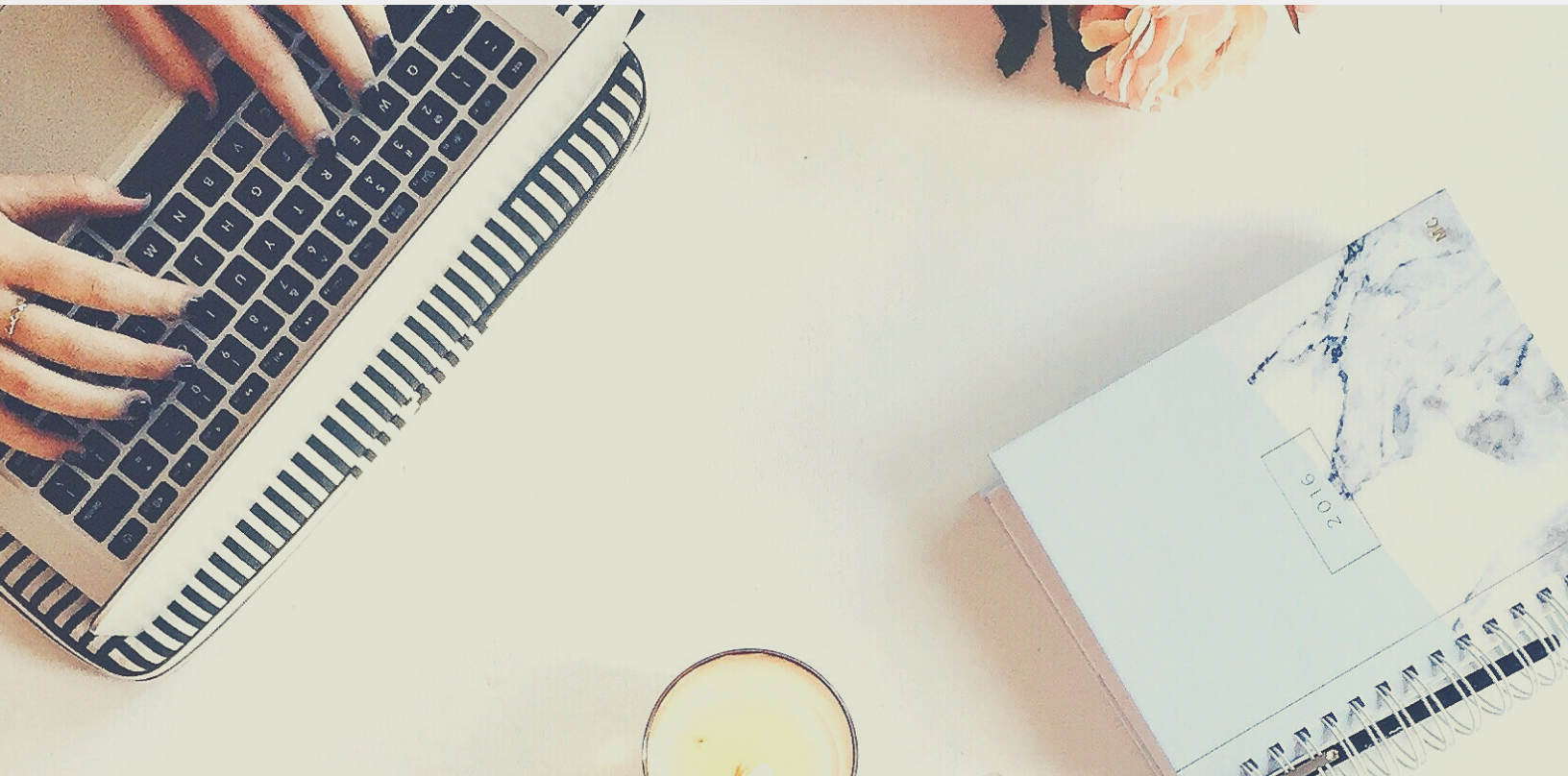


AIB2B

FEBRUARY 2021



**ASIAN INDUSTRY B2B
ENGAGING QUALITY PROFESSIONALS TO IMPACT
COMMUNITIES**



It's that time again! We're getting ready to step into a new year. How do you approach it? Over the years I've used three main strategies: Generalized view of where things will go; clear, determined, structured, ambitious goals (written out of course); and an absolute determination not to make any goals or resolutions because the ones I made before were demolished by the wrecking ball of life (can anyone say 2020). Having done all of the above, here is my take on resolutions.

- Make some. We all have ideas of where we would like to be at the end of the 12 months. If we don't identify and clarify those ideas, it's fatally easy to arrive at December 1st and realize that we're nowhere near our goals and are out of time to accomplish them that year.
- Write them down. Same reason as Number 1. Even though we've clarified them, life will distract us round about March.
- Post them where you can see them. Many wise trainers say post your goals or resolutions where others can see them, so you'll be held accountable, but I don't necessarily advocate that. Some goals are so daring and so fragile

that the slightest breath of negativity will kill them, if that's the case keep them to yourself, just don't keep them from yourself.

- Adjust don't abandon. The Wrecking Ball of Life will knock chips or whole walls out of your castle. Many of us assume that's a sign that our goal was a bad idea. No, it isn't. it's life! Look for a way around! Build a bridge! Dig a tunnel! Keep going!
- Accentuate the Positive. This is the title of a song from the 40's. The premise is that you'll get more accomplished if you look at things positively. For example, you'll find it easier to measure "make ½ your plate green vegetables" than to measure "don't eat so many carbs".
- Make time to do this. Notice I didn't say "take the time". This is the kind of activity for which there never is time, so you have to make it, demand it, carve it out. It's worth it. You're worth it. All the people whose lives you'll touch are worth it.

***Have a Happy, Joyful, Blessed New Year.
Love you all.***

WHAT'S COOKIN'?



Chatting to an acquaintance the other day, she remarked that she prided herself on preparing “fresh food” for her family. She grilled, steamed or served food uncooked and would not dream, she said, of “cooking and reheating” food for her family. This made me smile, because, following this philosophy, whole categories of Comfort food, Make-the-Dollars-Stretch food and Have-Dinner-Cooking-While-You-do-Something-Else food would vanish from our cooking lexicon. Soups and stews would be no more.

Well, would that be such a bad thing? We know that some vitamins are sensitive to heat, and the vitamin content of some foods is greatly reduced by over-cooking. Raw, or minimally processed foods are attractive and healthful and it is much more convenient to prepare a meal that way, than to slave over a hot stove making chicken?

soup. What is the value in cooking things anyway.

The presence of antinutrients, plant compounds that inhibit our ability to absorb essential nutrients, is another vote in favor of cooking. Soaking foods like beans can remove some of these antinutrients, but adding heat to the water increases their removal dramatically, since most of them are water-soluble. For example those prone to forming calcium oxalate kidney stones need to have foods like spinach cooked in water and the water discarded, so that most of the oxalate is removed and the diner can get the benefit of the calcium.

So next month let's talk about cooking those wonderful, comforting, penny-pinching, convenient soups and stews.

UPCOMING EVENTS

ASIAN INDUSTRY B2B & PEP PRESENTS

VALENTINE ESSENTIALS GIVEAWAY



Masks, Hand Sanitizers, Perishable Food
SATURDAY, FEBRUARY 13, 2021
10 AM (UNTIL SUPPLIES LAST)

THANK YOU, MAYORS
DAVID SHAWVER & MICHAEL VO

STANTON CITY HALL
7800 KATELLA AVE,
STANTON, CA 90680

Please RSVP via Eventbrite
<https://www.eventbrite.com/e/aib2b-pep-present-valentines-essentials-giveaway-tickets-138819459741>

OUR MISSION IS SIMPLE

CHARITABLE

Connecting our members with the most high-integrity charities to perform "random acts of kindness".

CULTURAL

Pushing for fair representation of Asians in print, online, movies and television, ending negative stereotypes.

POLITICAL

Pushing for more Asian Americans in government, furthering our family and pro-business values.



THANK YOU

TO OUR MEMBERS AND SPONSORS

