



News 'n Notes

(323) 222-0856

August 2002

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

WWW.CHSSC.ORG

William F. Chew

GUEST SPEAKER

ON WEDNESDAY

SEPTEMBER 4, 2002

7:00PM AT

CASTELAR ELEMENTARY

SCHOOL IN THE

MULTIPURPOSE ROOM

FALL DINNER

Please join us on Nov. 7, 2002

at Empress Pavilion for our
annual Banquet

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FORGOTTEN LEGACY

NAMELESS BUILDERS OF THE TRANSCONTINENTAL RAILROAD

By Eddie Chen

Historical Society member William F. Chew will be presenting new information about the Chinese American experience on the railroads. His presentation entitled, "Nameless Builders of the Transcontinental Railroad", will showcase 20 powerpoint slides that will change current accepted views of the Chinese role in the building of 19th century America. The event will take place at Castelar Elementary School in the multipurpose room on Wednesday September 4, 2002 at 7:00pm.

His research is based upon a payroll ledger that he acquired from the California State Railroad Museum in Sacramento. Its contents include the names of 1,000 forgotten Chinese railroad workers. These 1,000 workers were actually gangbosses or headmen who were responsible for distributing the wages to their individual teams of Chinese workers. Apparently the mass majority of the Chinese laborers were not worth recording. These names bring their memories back to life.

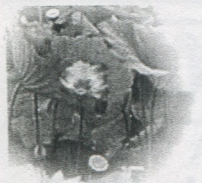
Chew will also present new demographics on the railroad workers. For instance, the Chinese were employed in skilled jobs, such as blasting and artisan work. Their daily wage ranged from \$.65-\$1.34. The numbers of actual workers will also be revised. According to Chew, "The ledger indicates an increase from previous estimates of 10,000-20,000 to 30,000 a year." Chinese railroad workers of the time also had the highest occupational mortality rates. These staggering statistics impressively highlight the Chinese role in not only the Transcontinental, but tributary branches of the railroad.

When asked why he chose to research this topic, Chew explained that his grandparents had worked for the Central Pacific. This instilled in him an innate desire to tell their story. He felt a genuine need to humanize their efforts beyond statistics. "These 1,000 names will assign them individual character," said Chew. Drawing upon his childhood memories, Chew revealed his own cross with racial barriers. When he was 7 or 8 his uncle brought him to a public pool in San Francisco. There was a sign posted that read, "No Chinese Allowed." His uncle defied the regulation and much to his dismay, forced William and his brother to play in the pool. Obviously no child would want to face a racist crowd. Through the hostility of the crowd William began to understand the Chinese role in America. This defining moment shed only a ray of light as to the suffering the Chinese railroad workers of the 19th century had to endure. Chew's research will once again bring their forgotten legacy to life.



CHINESE

HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA



Lotus Festival

"Celebrating The People
Cultures of Asia and Pacific Islands."

RETURN TO ECHO PARK

The weekend of July 13th and 14th the Chinese Historical Society made a triumphant return to the Lotus Festival held annually at Echo Park. Since 1991 the event has attracted more than 100,000 people and this year was no exception. A packed crowd was treated to a vast array of Asian cultural exhibits from epicurean delights to Dragon Boat Racing.

The society greeted many festival gatherers with cultural and historical exhibits. Eugene Moy and Gilbert Hom gave a lecture and slideshow at the designated speakers and art forum, in St Paul Cathedral adjacent to the park. Their performance sparked many in the audience to visit the society's booth. There Linda Wong Smith, Dr. Donald Loo and Jim Fong greeted many excited and curious people. The booth attracted gatherers of all ages. Adults were impressed by the selection of our books, while children played with the lion head displayed. Providing information to the public has always been the greatest vehicle to the masses.

The Knock less Monsters represented the society in the dragon boat race. It was an excellent time to sport the colors. Cheers from fellow historical society members raised their spirits and hastened their pace. It was a fun day out on the water and the Monsters gave a great effort.

CHINESE AMERICAN AUTHORS SYMPOSIUM

Please join us at the Cerritos Library, located at 18025 Bloomfield Ave, on Saturday, August 24, 2002 at 2:00-4:00p.m., in the Skyline Room for an in depth look into the works of Famous Chinese American authors.

The purpose of the symposium is to introduce new Chinese American authors and their unique perspectives in a new venue in the city of Cerritos, which has a large Asian population. The event will showcase many prominent authors such as Jim Hong, one of our CAPP honorees, author of If Man Were to Fly, and Go East, Go East to Gold Mountain. He was also the first Chinese American engineer ever hired by Lockheed. Go East, Go East to Gold Mountain is the story of his own family's history in America.

Many other great writers such as Icy Smith the author of The Lonely Queue, a bilingual pictorial history of the Chinese in Los Angeles, will be on hand. As well as Debbie Leung Yamada the author of Striking it Rich-Treasures from Gold Mountain, a family history that highlights the gold rush era of Chinese American history and Frank Tso the author of Cicada Summer, a historical novel based on his family's history in China and his subsequent transition to America. Come to this book signing, spend an afternoon with these authors and learn from their writing experiences and stories.



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Eugene Moy



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HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

PLANNING FOR THE FUTURE



From left to right: Annie Wong, Pamela Wong, Marie Dammer, Joe Dammer & Eugene Moy

On Saturday August 10, 2002 Historical Society veteran Eugene Moy took an energetic group of four through Docent Training. Sisters Pamela and Annie Wong along with couple Joe and Marie Dammer were first given an introductory slideshow before embarking on a tour of Chinatown.

Eugene began the tour by carefully describing the founding of Los Angeles. He next guided them south on Broadway to the East Gate. Everyone enjoyed the sites that the Central Plaza had to offer. His presentation brought the remnants of old Chinatown back to life.

The highlight of the tour was a visit to the Kong Chow Temple. There the group was given a chance to fully absorb many cultural aspects of Chinese culture in a warm and inviting setting. From the balcony of the temple, Eugene concluded his main points over a fantastic view of Chinatown. .

The training session was a major success. Pamela Wong agreed to run the Historical Society's web site and Joe and Marie Dammer have offered their assistance on the historical timeline of the Chinese in Los Angeles.

Planning for the future needs activate support from every member of the community. This year hundreds of people have taken advantage of the many services that the Society offers. This influx of traffic needs friendly guidance that only volunteers can offer. We cordially invite members of the community to come help out. Contributions of any kind are always appreciated. This new season will be brighter because of all of your warmth and support.

President's Pen

I hope this newsletter finds that you enjoyed the holiday and summer vacation in the most important ways: with your family, friends and loved ones. I took over the helms as President of the Chinese Historical Society of Southern California on July 1, 2002, although I was out of town, my most capable Vice President, Ms. Ann Lau conducted the first board meeting on Saturday July 13, in my stead.

I would like to welcome all new members to the society and also the board. I hope that the year will bring new heights to this organization, as I find the Chinese Historical Society of Southern California to be a very important institution.

We are in the process of completing internal and external beautification of the Visitor's Center, Office and architectural landscaping of the surrounding grounds.

Since we are non-profit, it is imperative that we have fundraisers along with donations, support of the community and foundations to sustain our existence as a history gathering entity.

The greatest use of a man or woman's life is for them to spend it for something that will outlast it.

Cy Wong
President



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HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

CANCER in Asian Americans

By Dr. Betty Gaw

It was Dr. Wing Mar who suggested that I write about cancer in Asian Americans after he heard Dr. Paul Murata's presentation on this subject. Dr. Murata is the Clinical Director of Asian American Network for Cancer Awareness, Research and Training/AANCART, and past President of the American Cancer Society, and has generously supplied me with the statistics.

The Impact of Cancer

There is no disease that devastates the psyche more than the diagnosis of CANCER. It connotes a death sentence, and invariably turns the person's life topsy turvy because of its treatment options, with pain and suffering in the complex workups: surgery, radiation, chemotherapy, multiple visits to the various doctors, oncologist, lifestyle changes, etc.

Cancer Statistics in the Asian American Population

Although Asian Americans (AAs) have the lowest incidence for cancers as compared to other ethnic groups, nonetheless, the rates are remaining stable or increasing for AAs. For ages 45-74 year old AAs, cancer is the leading cause of death for both men and women. For ages 75-85+, heart disease claims both AA men and women.

AA rates of cancer are higher than in China, except for stomach and liver cancers, which are higher in China. Why is there so much cancer? Probably genetic factors do not cause all of it; perhaps 25% only. Tobacco and alcohol use are strong risk causes. Poor diet, lack of or too much exercise, and obesity predispose to cancers. Environmental toxins/chemicals (pesticides, herbicides, mothball fumes, plastic fumes, hair spray, nail paint/polish, benzene, chlorine, diesel fumes, deodorizers, etc., damage our cells. Lack of medical care and screening.

It is the free radical hits to the cells that eventually change the DNA through mutations, causing uncontrolled and abnormal cell growth which is the hallmark of cancer.

You have the power to take control:

1. Quit smoking, avoid second hand smoke.
2. Do moderate exercise that pleasures you; walking, gardening, bicycling, dancing, Tai Chi, Qigong, etc.
3. Eat and drink healthy foods; eat whole grains, at least five servings of fruits and vegetables each day, limit your calories and fat intake, choose the good fats/oils (Olive Oil), avoid hydrogenated vegetable oils and fried foods, eat lean meats, lots more fish and seafood. Keep your weight in a healthy normal range. The FREE RADICALS consisting of reactive oxygen species do damage to our cells and initiate cancer. We sustain thousands of hits per day in the ordinary metabolism of our food; the more hits produce more OXIDATIVE STRESS, which when overwhelmed as we age, makes cancer more prone.
4. Get regular cancer screening and follow-ups; diagnose it early to improve the chances of a cure.
5. Take your vitamins, minerals and antioxidants with professional guidance. Antioxidants counteract the oxidative stress on our bombarded cells; vitamins A, C, E, Selenium, Broccoli, especially 3-day old sprouts have twenty times the anti-cancer properties, some mushrooms, green tea, Curcumin, etc.
6. Control you stress, as stress destroys your immune system and hormones, leaving you vulnerable to cancer cell invasion since your surveillance system is paralyzed. Meditate, go smell the roses, relax with your pet project/hobby, interact with people you enjoy, and have a purpose in living. Cancer is reversible and curable.

Leading cause of death for:

Asian American Women

1. Heart Disease
2. Stroke
3. Diabetes
4. Cancer (breast, colon, lung, ovary, uterus)

Asian American Men

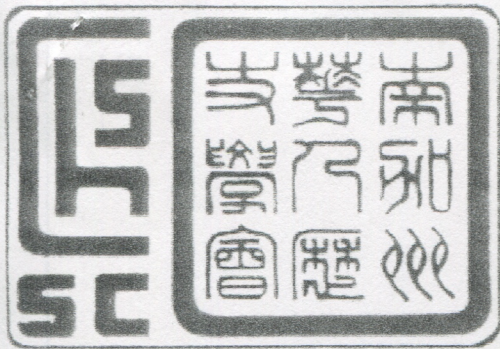
1. Heart Disease
2. Cancer (prostate, colon, lung, liver, stomach)
3. Stroke
4. Diabetes

Special Thanks
to our June 5, 2002
Donors

Ruth Lung
Julie Raskoff
Johnny & Esther
Yee
Jeff Chan
Linda Wong Smith
Noel Toy Young
Bob Lee

REMEMBERING 9/11

San Francisco, CA
- On September 11th, 2002, the Chinese Historical Society of America Museum and Learning Center (CHSA) in San Francisco will join the Museum of Chinese in the Americas (MoCA) in New York, in remembering the lives of Chinese Americans lost in the tragedy of September 11, 2001, and its impact on the New York Chinatown community. While MoCA in New York (website: www.moca-nyc.org) will be hosting the "Chinatown 9/11 Collection Project," exhibiting materials, photographs, and drawings of Chinatown and the experience of Chinese New Yorkers during and after the attacks of September 11, CHSA will also hold its own commemorative event.



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Special Thanks to Susie Ling. In July, Susie Ling and her family attended a Conference in Sacramento. She sold 26 copies of Bridging the Centuries. The Society greatly appreciates all of your effort.

Upcoming Events

- July 23- Dec 22 – Jade Snow Wong “A Retrospective” @ Chinese Historical Society of America Museum & Learning Center (415) 391-1188
- Aug 1 - 31st - Reds, Whites and Blue written and directed by Leslie K. Gray @ the historic Los Angeles Athletic Club (323) 655-0120 voice or (310) 836-2961
- Aug 16 - The Jackie Chan movie The Tuxedo (w/ Jennifer Love Hewitt) opens in theaters
- Aug 16 - Anh Trio performs @ Ford Theater, \$20
- Aug 17 - Flavors of India family festival: 1-4pm & Central Asian Music festival: 6-9pm @ Pacific Asia Museum. 46 N. Los Robles, Pasadena, free, 626-449-2742
- Aug 17 - Chinese Chamber of Commerce & Hong Kong Association Annual Summer Picnic & lunch @ Disneyland, \$30/mem, \$40/non-mem, 213-617-0396
- Aug 17 - Chinatown martial arts film festival showing Jet Li's Once Upon a Time in China, 8pm, free @ Far East Plaza, 727 N. Broadway, 2nd Floor, 213-680-0243
- Au 18 - Feng Shui for Modern Living by Angi Ma Wong © Bowers Museum, 2002 Main St., Santa Ana, 2-3:30pm, 714-567-3600
- Aug 22 to 29 - Chinese Chamber of Commerce 1st Annual Trip to Europe (London & Paris), \$1,699+, 213-617-0396
- Aug 24 – Chinese American Author's Symposium @ the Cerritos Library (562) 916-1340
- Aug 24 - Visual Communications' Chilivisions: chili cookoff & film festival @ JACCC, 213-680-4462x21
- Aug 24 - Chinatown martial arts film festival showing Donnie Yen's Iron Monkey, 8pm, free @ Central Plaza, 951 N. Broadway, 213-680-0243
- Aug 24 - China Night dinner show © Ocean Seafood Restaurant, 747 N. Broadway, Chinatown, 6:30pm, \$42, 323-721-0774
- Aug 24 - Chinese Chamber of Commerce Annual Summer Concert @ Hollywood Bowl, 8:30pm, \$22, 213-617-0396
- Aug 24 & 25 - 2nd Annual US Sumo Open @ John Wooden Center. UCLA, 310-288-3641
- Sept 6 - Asian Business League/Southern Calif. Lawyers Assoc. golf tournament, California Country Club, 213-624-9975
- Sept 11 - Chinese Chamber of Commerce luncheon/mixer © Ocean Seafood Restaurant, Chinatown, 12noon, 213-617-0396
- Sept 13 - Asian American Jazz group performs @ Galaxy Concert Theatre, 714-957-0600
- Sept 13 to 29 - LA County Fair includes Asian Festival @ Pomona Fairplex
- Sept 15 - David Sheff author of China Dawn @ Pacific Asia Museum (626) 449-2742
- Sept 19 – John Balaban discussion on, “Remembering Heaven's face: A story of rescue in wartime Vietnam” @ Pacific Asia Museum (626) 449-2742
- Sept 18 - 21 - Yin Mei Dance performance @ MacGowan Little Theater, UCLA, \$35, \$15/stu. W-F 8pm, Sat 2/8pm, 310-825-2101
- Sept 20 - Chinatown Service Center Banquet w/emcee actress Marie Matiko © Empress Pavilion, 213-808-1700
- Sept 21 - Asian American Harvest Moon Festival © Arcadia County Park, 405 S. Santa Anita Ave., 310-474-1818
- Sept 21 - LA Chinatown Moon Festival, Castelar Elementary School, 213-617-0396



CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

☐ Gum Saan Journal (2 Issues Annually) \$5.00

☐ Active Member, annual \$25.00

☐ Additional Member, annual \$10.00

(spouse, same household)

☐ Contributing, annual \$10.00

(senior citizen over 60 and student)

☐ Institutional, annual \$50.00

☐ Life \$300.00

☐ Corporate, annual \$100.00

☐ Life Patron \$1,000.00

☐ Donation: Please accept my tax-deductible
donation(s) to the following fund(s)

General \$ _____ Scholarship \$ _____

Publications \$ _____

☐ 25th Anniversary Commemorative T-Shirt

_____ \$20 for one _____ \$18 for two or more

sizes ☐ Medium ☐ Large ☐ X-Large

☐ Please include me on the membership roster that will
be available to members only

I am interested in helping with:

☐ Programs

☐ Publications

☐ Research

☐ Membership/Publicity

☐ Fundraising

☐ Volunteering

☐ Other _____

Membership:

☐ New

☐ Renewal

Make checks payable to: CHSSC

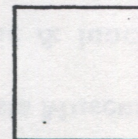
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Chinese Historical Society of Southern California

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