

News 'n Notes



Chinese Historical Society of Southern California

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Web: chssc.org; Chinatown Heritage & Visitors Center: 323-222-1918

NOVEMBER 2002

PRESIDENT'S PEN

IN MEMORIAM

Beulah Quo

1923-2002

For this month's News 'n Notes, I present a tribute to my close friend and a great lady, Beulah Quo, who always encouraged her friends with a hug, a warm hello, or her great smile.

Beulah was born in Stockton, California in April of 1923 and was a parent, teacher, actress, producer, community leader, and member of the Chinese Historical Society of Southern California. Knowing Beulah personally, as I did for so many years, inspired me to put my feelings into this tribute, which I first read at the Society's 27th Anniversary Dinner on the day she was laid to rest:

Beulah, you have fought your fight in the heat of the day -

Now you have put your sword away.

On the stage and screen you took the best of what you could get -

Although, we Thespians know, it's not equal yet.

We loved you, but God loved you best -

When he waived his right hand, you had passed his test.

You left your philosophies and ideas on earth -

This was meant to be, ever since your birth.

Now the time has come to be recognized -

There will be some with tears in their eyes.

This was also meant to be, ever since your birth -

Sometimes it happens, after you leave this earth.

The champ, Joe Louis, once said, "You can run, but you can't hide." -

Beulah, I know you're up there smiling, and serving as a cosmic, ancestral guide.

Words for the Month

Excuses are the tools by which we build monuments of nothing. And in my book, nothing from nothing leaves nothing. Check yours out and see if it doesn't come out the same.

President, Cy Wong

DECEMBER PROGRAM

ANNUAL HOLIDAY POTLUCK DINNER

SEE ATTACHED FLYER FOR DETAILS

WEDNESDAY, DECEMBER 4, 2002

6:30 P.M.

CASTELAR ELEMENTARY SCHOOL

MULTIPURPOSE ROOM

840 YALE STREET

LOS ANGELES, CHINATOWN

(PARK ON PLAYGROUND, ENTER ON COLLEGE STREET
BETWEEN HILL AND YALE STREETS)

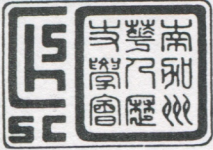
27th ANNIVERSARY FALL DINNER CELEBRATION

On November 1, 2002 at 7:00 p.m. - as CHSSC President Cy Wong's rich baritone voice filled the room - the Chinese Historical Society of Southern California's 27th Anniversary Fall Dinner commenced in Chinatown's Empress Pavilion Restaurant's main dining room. To the 200 or more gathered for the celebration, it was clear CHSSC is a dynamic organization with nearly three decades of service and achievement, that it is currently focused on several exciting projects, and that the Society is on target toward a series of new successes in the future.

The event's nine-course Chinese banquet was an epicurean's delight, including delectable prawns with glazed walnuts, beef with macadamia nuts, sliced abalone with vegetables, and the vegetarian, Buddha's Feast. A strikingly beautiful program rendered in gold and red by Board member, Icy Smith, was presented to each guest.

Our distinguished guest speaker was Howard "Toby" Louis, the youngest child of Ah Louis - an important California pioneer and one of the builders of San Luis Obispo, beginning in the 1870's. Mr. Louis' opening words, "This crowd is awesome!" showed his engaging, youthful spirit. He told of being raised with his seven brothers and sisters in the house above the family store - and he told the story of his father.

(Continued on page 3)



NOVEMBER PROGRAM REPORT

JOHN STEINBECK'S GRAPES OF WRATH AND OTHER "CALIFORNIA STORIES"

For its November 6th General Meeting, the Chinese Historical Society had a "change of venue," though only by a block or so, as it convened its monthly program at the Chinatown Branch Library. Several Society members who were present have a relationship with the Library spanning years or decades and there was a poignancy about holding the meeting there, considering the College and Yale facility closes as a branch library on November 27, 2002. Members had gathered for a discussion of John Steinbeck's Grapes of Wrath and to hear the "California Stories" of David Fon Lee, restaurateur and founder of General Lee's; Cathy Lu, Young Adult Librarian at the Chinatown Branch Library; and high school student, Lisa Tan.

Dr. William Chun-Hoon - a Society member who served as principal of Castelar Elementary School for many years - led the meeting. Dr. Chun-Hoon explained how Governor Gray Davis, in conjunction with the California Council for the Humanities, has proclaimed Grapes of Wrath "the book for all Californians to read and discuss." He told how several states and city governments have recently tried to get their citizens on the same page, metaphorically, by suggesting a popular book with universal themes for all to read.

Grapes of Wrath is a work of fact-based, historic fiction about the tribulations of the Joad family of Oklahoma, who faced the economic hardships of the Great Depression and the Dust Bowl of the early 1930's—when drought, lack of soil conservation, and dust storms rendered farm land unusable in the United States' Great Plains. Driven from their homes by this economic and natural blight, and drawn by the California Dream, hundreds of thousands of migrants sold their belongings and "headed west to the promised land." These were the push/pull factors that bore on the Joad family, as living in squalid conditions and exploited by their circumstances, the California Dream played out far from ideally for this extended family of 11 in Steinbeck's book.

Dr. Chun-Hoon pointed out parallels between the fictional Joads in Grapes of Wrath, on the one hand, and present day immigrants to the United States living in California and Los Angeles, on the other. By way of illustration, he enlisted three speakers to "tell their California Story."

Pioneer Chinatown businessman, Mr. David Fon Lee, stressed how as a youth he felt constrained by there being "four possible trades to go into," and how he eventually became a restaurateur and the owner and manager of General Lee's Restaurant in Los Angeles' Chinatown. A true Los Angeles pioneer, Mr. Lee also established Man Jen Low Restaurant in Old Chinatown.

Lisa Tan, a Vietnamese American young woman born in Los Angeles, spoke next. Both Lisa's parents are from Southern China and her grandfather sponsored Lisa's parents' migration to the United States. Lisa is an exceptionally determined young woman whose eyes shine when she speaks of her determination to become a lawyer, inspired by her desire to fight for social justice. Lisa attended Castelar Elementary in Chinatown, is a leader in the Teen Council, and her hobby is tennis. Fittingly, her role model is Serena Williams.

Chinatown Branch Young Adult Librarian, Cathy Lu, told her California Story next. Cathy's mother was born in Vietnam and her father, in China. Cathy was born, raised, and married in Vietnam and two of her three children were born there. Cathy traced her California Story in generous detail.

(Continued on page 3)

2002-2003 CHSSC Officers

Cy Wong, President

Ann Lau, Vice President

Linda Wong Smith, V.P. Programs

Henrietta Yuan, Secretary

Ben Nakayama, Membership Secretary

Ella Quan, Treasurer

Franklin Mah, Financial Secretary

Board Members

Eugene Moy, Chairperson

Pete Chinn Al Der

Gilbert Hom Dr. Wing Mar

Dr. Betty Gaw Icy Smith

IT'S MEMBERSHIP RENEWAL TIME!!!

DEADLINE:
February 28, 2003

**See Membership Rates on Last
Page**

*Please Add \$5 For
Twice-Yearly
Gum Saan Journal*



Grapes of Wrath & California Stories (Continued from page 2)

Though she had a good life in Vietnam and received an excellent education, five months after the Vietnam War's end on April 30, 1975, her father was jailed and the rest of the family forced into a "re-education camp." This was a thinly disguised government ploy to seize the family's business and assets which devastation was wrought in a single night "... including our freedom and hopes." Living in fear and forced to leave Vietnam, in 1979 the family took a small boat to Malaysia, and there lived in a refugee camp before being sponsored by an American Lutheran Church in Grand Rapids, Michigan.

Arriving in San Francisco from Malaysia, the family rested for one night, departing the next morning for Grand Rapids. That day, Cathy saw snow for the first time in her life, but "did not know how to enjoy this beautiful picture."

Cathy realized while living in Grand Rapids that pursuit of name and wealth were no longer attractive to her, after the family's loss in Vietnam. She described the people in Grand Rapids as very friendly and supportive, though, generally speaking, "Vietnamese Refugees" or "Boat People" were not quite welcome.

In January, 1980, she enrolled in an evening/weekend junior college program while raising her three children. She "was lucky if I could understand half of what my professors said in class," and told how "it took me forever to finish reading just a chapter." She earned an Associate Degree in Data Processing after two and one half years, but was turned down for jobs requiring a technical degree because of lack of experience, while being told she was "overqualified" for non-technical jobs. In 1983, she entered Aquinas College and graduated with a Bachelor's Degree in Business Administration in May, 1987. She became an Acquisitions Technician in the college library's Technical Services Department at the end of her junior year.

In 1985, Cathy Anne Lu became a Citizen of the United States of America. By 1987, most of the family had returned to its point of entry to the United States, the San Francisco Bay area, and around 1992, Cathy sought employment there to be close to her family. Hired by UC Berkeley as a Library Assistant in the Interlibrary Loan Department, she soon became supervisor of that department and then Operations Manager at the University's Anthropology Library.

In 1996, Cathy was chosen as a Staff Development Fund recipient by UC Berkeley to pursue graduate work in Library Science. She received her Master's Degree in Library and Information Science from San Jose State University in May, 2000. *Indochinese Students' Behavior in Using Academic Libraries*, Cathy's master's thesis, is considered a work so coherent and fully realized that it was adopted as a standardized teaching tool by her alma mater's Library and Information Science program.

Cathy became Young Adult Librarian at L.A.'s Chinatown Branch Library in October, 2000. She has settled in Monterey Park with her husband, and dog, Popcorn, and owns her own home which includes a greenhouse. Two of her 3 sons have joined the work force after graduating from universities and her third son, Paul, graduated

from the University of Florida in 2002. Cathy likes reading and writing in the calm of her greenhouse, and hopes to write more short stories, employing her husband who is an artist, as illustrator.

Members of the historical society seemed inspired and deeply moved by Cathy Lu's "California Story" as the evening's program drew to a close.

27TH ANNIVERSARY DINNER - (From page 1)

Ah Louis arrived in San Luis Obispo in 1870 and began numerous successful business ventures as shopkeeper, herbalist, farmer, labor contractor, banker, importer, general merchandiser, quicksilver miner and brickyard owner. (Many San Luis Obispo historic landmarks still standing were built with Ah Louis' bricks.) The Ah Louis store, founded in 1874 and still in operation, was the bank, counting house, and post office for the Chinese immigrants who built the Southern Pacific Railroad in Central California.

Howard Louis was a track star in high school, winning several medals and state awards, and became captain of his high school football team. At UC Berkeley, he studied economics with transportation as his specialty. After graduating from Berkeley, Howard inherited the family store in 1935 and fought in World War II under General Patton. On his watch, the store moved from dispensing food and provisions, to selling giftware, porcelain, rosewood furniture and jade carvings. It now stays open largely for the benefit of old friends and visitors wanting to know the story behind this California landmark.

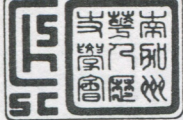
Mr. Louis often recounts the following true story which was published in *Westways* magazine in 1995:

"Someone once said in the newspaper that there is no proof that 2,000 Chinese worked on the railroad here. So I looked up the store records [of the 1874 Ah Louis Store]."

"The invoices, dating from the 1890's and with notations in immaculate Chinese characters by his father, Ah Louis, show sales of 14,000 pounds of rice during the three years that the Southern Pacific Railroad was blasting a roadway down the Cuesta Grade to San Luis Obispo."

"Who ate all that rice?, Louis asks."

(Continued on page 4)



FALL DINNER AND OTHER CONTRIBUTIONS

The Society acknowledges and thanks the following generous contributors to its 27th Anniversary Fall Dinner and other generous contributors: Marianna Cushnie, Colonel Hayward Fong, Kong Chow Benevolent Association, Eugene and Daisy Lam, Ann Lau, Donna and Warren Lee, L.P. and Bobbi Leung, Dorothy Ying Lew and Shirley S. Lew, Winifred Lew, Steve and Millie Liu, Franklin Mah, Dr. Wing Mar, Eugene Moy, Jeffery Quon, Cy Wong, and Johnny and Esther Yee.

CONDOLENCES

The Society sends its sincere condolences to the families of:

Beulah Kwoh;
Dr. Julius Sue; and
David Louie.

NOVEMBER MEETING REFRESHMENTS

Thank you to Dr. William Chun-Hoon, Susan Dickson, Carol Duan, Sam Joe, Philip K. Lee, Ruth Lung, Ella Quan, Dolores Wong, and Nancy Yee for the delicious refreshments at the November General Meeting.

27TH ANNIVERSARY DINNER (Continued from page 3)

Ninety four-years-young, Mr. Louis revealed one of the secrets of his longevity lay in abstaining from drinking and smoking, while a little later, he told of selling corn whiskey from 50 gallon barrels in the early days of the family store. He shared poignant memories from his childhood, as when he lost his mother before reaching his second birthday. He said that friends said "She was like a doll." He told of Ah Louis' wish to return to China to live out his life, and his return to his home village, where his father was saddened by the lack of progress.

Before Mr. Louis spoke, Dinner guests were treated to a videotape of popular Public Television personality, Huell Howser's California's Gold program which told the story of the Ah Louis Store, and the construction and arrival of the Southern Pacific Railroad in San Luis Obispo in 1894.

When Mr. Louis concluded, President Wong delivered an elegy he wrote for his good friend and longtime CHSSC member, Beulah Quo, who recently passed on. He concluded the evening by asking attendees to remember that, "Ultimately, all human beings must learn to live together in the same house."

CURRENT & UPCOMING EXHIBITS & EVENTS

November 16 & 17, 2002

**5TH BIENNIAL CONFERENCE
OF THE GLOBAL ALLIANCE
FOR PRESERVING THE
HISTORY OF WORLD WAR II
IN ASIA**

Clarion Hotel – Bay View, San Diego

Co-sponsored by San Diego Chinese Historical Society
(Information: Dr. Nancy Lo: NCHLO@AOL.COM; or 858-459-7313)

November 17, 2002

**DRAGONFEST, MARTIAL
ARTS EXPO**

Glendale Civic Auditorium - \$15
626-795-3137

November 20-December 15, 2002

**EAST WEST PLAYERS –
"THE TEMPEST"**

120 Judge John Aliso Street, Little Tokyo
213-625-7000

November 24, 2002, 2:00 p.m.

**SCREENING, PANEL
DISCUSSION,
PHOTO EXHIBIT ON
LITTLE TOKYO
PHOTOGRAPHER, TOYO
MIYATAKE**

JACCC, 244 San Pedro Street,
Little Tokyo
213-680-3700

November 30, 2002, 10:00 a.m. to 5:00 p.m.

**JEANNE YANAI'S ARTS &
CRAFTS SHOW (FREE)**

Torrance Cultural Arts Center,
3330 Civic Center Drive,
Torrance

December 6-8, 2002

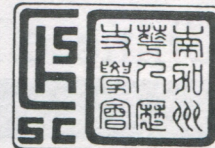
**CHINA EXPO AT L.A.
CONVENTION CENTER**

December 9, 2002, 7:00 p.m.

**CHINA SOCIETY OF
SOUTHERN CALIFORNIA
MONTHLY MEETING
DINNER & LIVE CON-
CERT BY ZHIMING HAN
CHINESE MUSIC
ENSEMBLE**

Golden Dragon Restaurant
960 N. Broadway, Chinatown
Information: (323) 876-9875

(Continued on Page 5)



CURRENT & UPCOMING EVENTS (Cont'd from Page 4)

HONORING OUR SERVICEMEN

On Veterans' Day - November 11, 2002 - the city of Monterey Park held a special ceremony at City Hall to honor veterans of all the American wars.

CHSSC members John and Esther Yee, Jeff Chan, and Al and Margie Lew were part of the small but enthusiastic group, which also included members of the City Council and other dignitaries. Following presentation of the colors by the honor guard, the salute to the flag, and speeches by the V.I.P's, John Yee stepped up to the podium. He stated to the audience that about three years ago, he had a stroke, which affected his ability to speak with any amount of clarity.

However, after more than two years of speech therapy, he is now able to use his voice to a satisfactory level. John asked the group to sing "God Bless America" with him, and he stated in a very clear voice, "... and I will lead the singing!" And he did!! His voice was strong and firm, showing great pride in America and her veterans. The audience was very touched and it brought tears to someone's eyes (mine!).

A salute to you, John, for always being proud to show your true colors - red, white, and blue.

-- Margie Lew

NEW BOOK BY ANGI MA WONG - COPIES DONATED TO CHSSC

Feng Shui Dos and Taboos for Love, Angi Mah Wong's newest book, and the first of three for Hay House Publishers, was released in early October. Angi has generously donated autographed copies to the Society for sale at the Heritage Center, to benefit CHSSC. Thank you so much, Angi

December 10, 2002, 6:30 p.m.
LOS ANGELES CITY HISTORICAL SOCIETY ANNUAL MEETING & HOLIDAY DINNER
 Los Angeles Athletic Club
 431 West 7th Street, Los Angeles
 Information: (213) 891-4600

December 14, 2002, 10:00 a.m.
UNVEILING OF CHINESE RAILROAD WORKER STATUTE (IRON ROAD PIONEERS PUBLIC ART PROJECT) IN SAN LUIS OBISPO
 Information: CHSSC Office (323-222-0856)

Site is adjacent to 1020 Railroad Ave., San Luis Obispo, CA
(Take Hwy. 101 North about 185 miles to San Luis Obispo to Hearst Castle/Morro Bay exit. Turn left on Santa Rosa Street and proceed to the parking lot of the Southern Pacific Amtrak station at Santa Rosa and Church Streets where you can park for free)

December 14, 2002
CHINATOWN PUBLIC SAFETY ASSOCIATION "SAFETY FAIR"
 213-621-3043

December 14, 2002
HIROSHIMA IN CONCERT
 Japan America Theater, 244 S. San Pedro Street, Little Tokyo
 213-680-3700

December 7, 8, 14 & 15, 2002
(performances every 15 minutes from 4:30 p.m. to 8:30 p.m.)

HOLIDAY LAMPLIGHT TOURS 2002

Presented by Heritage Square Museum in collaboration with the Chinese Historical Society of Southern California: "Come with us to the pivotal years of 1876, 1900, 1933, and 1942, as our families reflect on the past and look toward the future." (*Our CHSSC "Troupe" will play The Lo Family.*)

Phone orders call:

(626) 796-2898 x 224.

Advance reservations required.

Ongoing -

MUSEUM OF CULTURAL DIVERSITY

Open Tuesdays through Sundays - 3:00 p.m. to 6:00 p.m. - and by appointment
 20700 Avalon Blvd. #870 (South Bay Pavilion at Carson Mall. Inside mall, next to Ikea Store.)

Current exhibits:

Twice Taken Ancestral Portraits of Ethnic communities;

Wrap Dolls;

Toys From Around the World;

Chinese American Portraits of Pride (until end of 2002);

9/11 Healing - Mixed Media by International Artists.



EVERGREEN CEMETERY TOUR

On Saturday afternoon, November 2, 2002, Chinese Historical Society President, Cy Wong, and CHSSC Shrine Committee Chair, Randy Bloch, greeted visitors to historic Evergreen Cemetery in Boyle Heights with a presentation at the 1888 Chinese Memorial Shrine. The Shrine was designated a Los Angeles Historic/Cultural Monument in 1990, and over the next seven years, the Society raised funds for its purchase and restoration which was completed on June 28, 1997.

Evergreen is the oldest cemetery in Los Angeles, still operating. Within its 70 acres are historically important markers of Los Angeles' Chinese Americans, Japanese Americans, Armenian Americans, African Americans, U.S. Civil War veterans, Spanish American War veterans, and others. The Evergreen Cemetery historic tour, led by Latino Urban Forum, was part of "Boyle Heights - The Power of Place," a recently opened, major exhibit of the Japanese American National Museum.

At 3:30 p.m., the CHSSC docents were waiting for the tour to wend its way to the Shrine, when suddenly the crowd—125-strong—seemed to erupt all at once from the cemetery's mid-point. The President and Committee Chair were slightly stunned, but quickly regained their composure and made a very gratifying presentation to the large assemblage.

SCHOLARSHIP FUND DONATION

Thank you to Colonel Hayward Fong and Dorothy D. Fong for their \$500 donation to the CHSSC Scholarship Fund in honor of their son, Stephen Liu Wing Fong. Steven recently distinguished himself by receiving his second Emmy Award, this one for his work as Compositing Editor in the production of "Enterprise Broken Bow" for Paramount Pictures. The Emmy was for Outstanding Special Visual Effects for a Series. Congratulations to Stephen and a big congratulations and thank you to his proud parents!

PURCHASE OF NEW SOUND SYSTEM

Society Financial Secretary, Franklin Mah, recently purchased a professional quality public address system for the CHSSC, which the Society has needed for a long time. Thank you very much, Franklin!

ANGI MA WONG VISITS OUR FRIENDS UP NORTH

Past President Angi Ma Wong was in the Bay area for the Chinese Historical Society of America's gala dinner themed "Half of Heaven: Women of Honor" on Saturday, September 14th at the Hyatt Regency Embarcadero. The elegantly presented fundraiser honored a group of outstanding Chinese American women, including two who are family names and long time friends of CHSSC: Former Secretary of State March Fong Eu, and actress Beulah Quo who recently passed away. The well-attended event also featured a fashion show of contemporary Chinese clothing. Maxine Hong Kingston and Jade Snow Wong were also among the honorees. At the silent auction, Angi met Society charter members, Paul and Emma Louie, who now reside in Northern California to be near their family. The Louies are very active in the Chinese Historical Society of America and sent their best wishes to all their friends in Southern California.

If you are in the San Francisco area, be sure to support our friends up north with a visit to CHSA's new museum located in the historic, old YWCA building. The exhibits are great and one can almost hear the footsteps on the stone floors of the many young Chinese ladies who stayed there. The Museum is at 965 Clay Street, San Francisco, CA 94108, USA, Phone: (415) 391-1188; Fax: (415) 391-1150. Admission: Adults: \$3; College Students with ID and Seniors: \$2; Children 6-17: \$1. Admission is free for CHSA members and children 5 and under. Admission is free to the public on the first Thursday of every month.

Museum & Bookstore Hours:

Tuesday-Saturday 11:00 a.m. to 4:00 p.m.
Saturday & Sunday 12:00 p.m. to 4:00 p.m.
Call for holiday schedule.

Learning Center:

Tuesday & Thursday 2:00 p.m. to 4:00 p.m.
By appointment.

Office Hours:

Monday-Friday 9:00 a.m. to 5:00 p.m.

News 'n Notes Articles, Announcements, etc.

Must be Submitted by the 10th of
Each Month for Inclusion in the Next Issue. Thank you!



HEALTH

DON'T LET YOUR JOINTS DETERIORATE

By Dr. Betty Gaw

Osteoarthritis is inflammation of the joint, which may be accompanied by fluid buildup in the joint capsule -- desiccation or drying out of the dehydrated and damaged cartilage which shrinks with its surface becoming rough -- and loss of function when bone grinds on bone, having lost its smooth cartilage cushion. Also called degenerative joint disease, Osteoarthritis is marked by chronic breakdown of cartilage in the joints, leading to aching, pain, stiffness, a clicking/creaking sensation with movement, swelling, loss of range of motion, and deformities. Typically bony overgrowth called osteophytes are seen at the bone-cartilage junction which may affect any joint in the body. Most often affected are the fingers, thumbs, cervical or neck and lumbar/low-back spine, knees, hips and toes. Osteoarthritis is also known as the disease of "wear and tear." The distal or last joint of the index finger, followed by other fingers, are predisposed to this destructive form of the disease, causing the digit to bend or become deformed.

Epidemiology

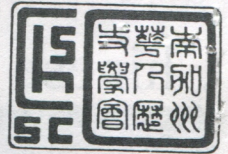
Anyone over 55 years of age has some significant Osteoarthritis; fifty percent of those over age 30 begin to show a mild form of this degenerative joint disease. Athletes are especially predisposed, particularly if they have sustained repetitive injuries. Men are often diagnosed with Osteoarthritis before age 45, while women are more frequently diagnosed after age 45. People living in China have 85 less Osteoarthritis than the U.S. population. With the epidemic of obesity in the U.S., Osteoarthritis has become more prevalent. The physical or visually noticeable findings are dowager's hump of the spine in the upper thorax or chest; a bent posture when walking and standing; enlarged joints of the fingers, knuckles; anteriorly or laterally bent digits in the hands or toes; and in the end stage, claw-like fingers or overlapping toes permanently fixed by fibrosis or scar tissue. As a last resort, this may require surgical release to allow for restoration of range of movement and function, as well as hip or knee joint replacements when the pain of bone grating on bone limits walking and standing.

The causes of Osteoarthritis are excess weight, excess wear and tear of the joints without repair, excessive repetitive trauma to the joints, genetic predisposition, poor diet and hydration (cartilage consists of at least 80% water), use of tight, cramped, or pointed-toe shoes (contributing to poor circulation), and lack of exercise ("couch potato").

Prevention and Treatment of Osteoarthritis

1. Weight reduction to the ideal range;
2. Drinking purified water to hydrate the joints and bodies. Men require 8-12 cups of water a day and women require 6-10 cups. Avoid dehydration, highly salted food, excess alcohol, excess caffeine and diuretics, and certain prescription drugs (consult your pharmacist);
3. Exercise: isometric exercise, which is tensing and then relaxing the muscle groups, Tai Chi, Qigong, walking, swimming, moderate use of joints, squatting, and prudent weight training and resistance training;
4. Adequate daily intake of calcium and protein with a balanced diet;
5. Use warm soaks and hot packs for acute pain;
6. Avoid taking non-steroidal anti-inflammatory drugs (Aspirin, Ibuprofen, Tylenol, etc.) for long-term pain control as they cause cartilage destruction and gastrointestinal bleeding;
7. Use Glucosamine and Chondroitin supplements (consult your physician or orthopedist), which repair cartilage, and relieve pain in a few weeks. Once cartilage is destroyed, however, restoration with this supplement is futile for that joint;
8. Other supplements: Capsicum or red (cayenne) pepper, ginger, pineapple, turmeric, stinging nettle (urtica dioica) available in capsules, Brazil nuts and sunflower seeds;
9. Eat fish three to four times a week or take fish oil, EPA/DHA as capsules. These foods have anti-

(Continued on page 8)



HEALTH - (Continued from page 7)

inflammatory properties;

10. Prescription drugs, such as the newer COX2 inhibitors, Vioxx and Celebrex, are very helpful for acute pain, but be wary of their side effects and drug interaction potential; and
11. Hyaluronic acid (from chicken cartilage), injected into the knee joint by your physician or orthopedist.

Prevention is the key for avoiding this chronic, inflammatory, joint-destroying disease, and the time to start a preventive regimen is when you are young. Although Osteoarthritis is not immediately life-threatening, the treatments of last resort, e.g., rescue surgery, entail increased medical costs, loss of work days, pain and suffering, risk of anesthetic, surgical and infection complications, and possible ensuing death. Living as long as we do in this twenty-first century, we should strive to maintain the highest quality of life without suffering and disability. This should be our goal.

* * * * *

Correction: October News 'n Notes: "Calling All Men to Take Charge of Their Health": The following bracketed text should have appeared within the following sentence which begins the second paragraph:

For men, a waist measurement of 35 inches [or more], and 33 inches [or more] for women, is a red flag for risk of heart disease and requires weight-reducing regimens.

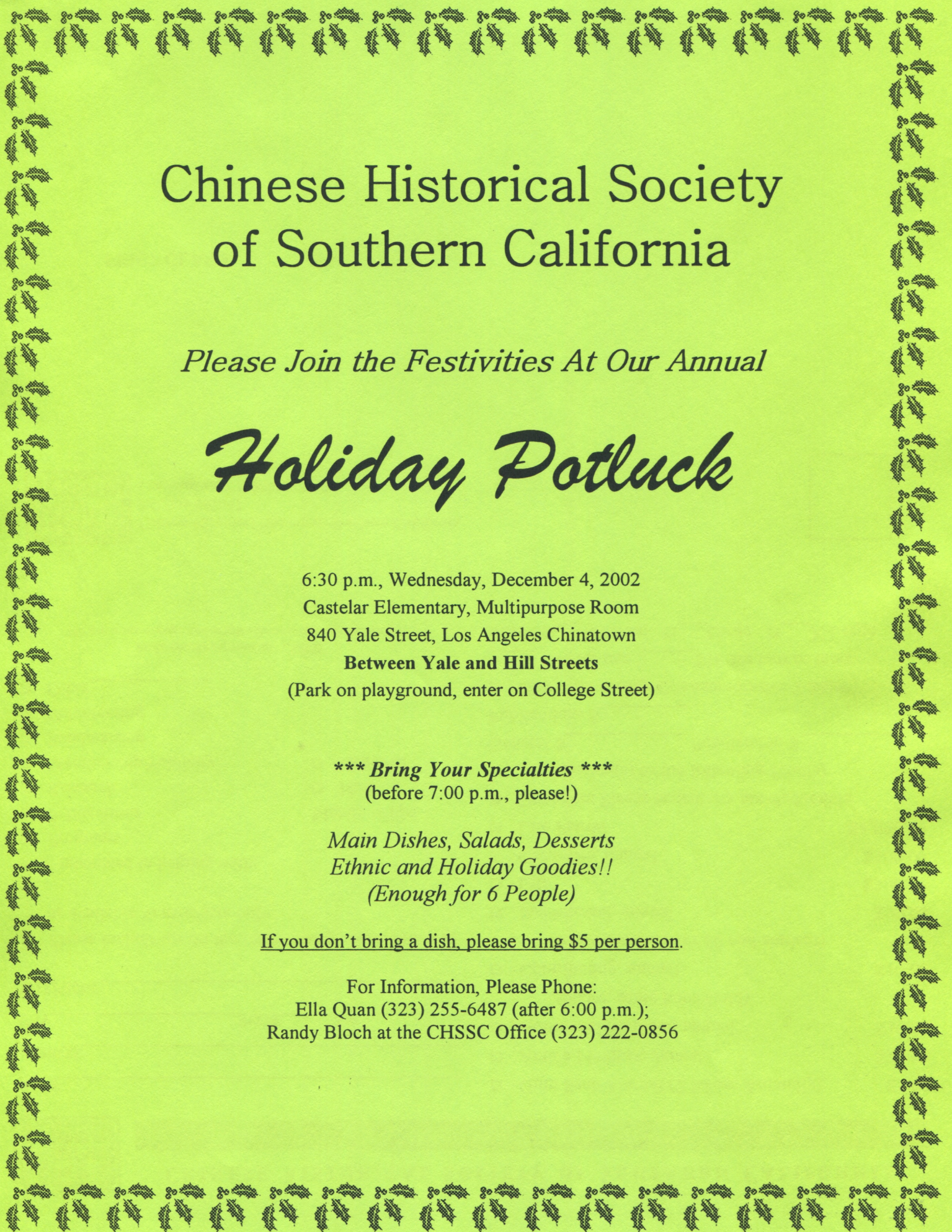
(Dr. Gaw serves on the Society's Board of Directors)

NEWS 'N NOTES AVAILABLE ON-LINE AT CHSSC.ORG

News 'n Notes is now available on-line. Our new Web Site Chair, Ann Lau, has combined our previous CHSSC web site, and our News 'n Notes web site, together into one site. We thank our former webmasters, Jeff Yip who created our original site, and Tom McDannold, who had maintained our News 'n Notes site. Randy Bloch will maintain the News 'n Notes site with Ann Lau, our Vice-President, as advisor. We are most fortunate to have Ann volunteer to help with our site. Ann has been in the computer industry for over thirty years and has managed her own computer consulting company, specializing in networks, WAN and VPN, for the last twenty years. In the short time since Ann has joined the Board last year, her accomplishments include spearheading the remodel of our three gallery rooms last year, and she has since organized three exhibitions for us - the Time Line exhibition, the Bridging the Centuries exhibition and the One Day in the Life of Los Angeles Chinatown photo exhibition. Ann's vision is for the CHSSC web site to eventually include a depository where Society member can have their own oral history on-line, as well as a virtual gallery. Please volunteer for these projects if you are interested. To read News 'n Notes on-line, please click on www.chssc.org.

CHSSC ARCHITECTURE SUBCOMMITTEE

The Architecture Subcommittee has finished its first exploratory meeting with Committee members Ann Lau, Al Der, Betty Gaw and Cy Wong. A report has been submitted to the Board in terms of the basic criteria for the theme, the exterior landscaping and design. Should you wish to receive a copy of the report, please e-mail Ann Lau at alau@visual-artists-guild.org or send a self-addressed stamped envelope to CHSSC. Please e-mail Ann or call her at 310-539-0234 should you wish to participate in the Committee. Your input and participation is very important.



Chinese Historical Society of Southern California

Please Join the Festivities At Our Annual

Holiday Potluck

6:30 p.m., Wednesday, December 4, 2002

Castelar Elementary, Multipurpose Room

840 Yale Street, Los Angeles Chinatown

Between Yale and Hill Streets

(Park on playground, enter on College Street)

***** *Bring Your Specialties* *****
(before 7:00 p.m., please!)

Main Dishes, Salads, Desserts
Ethnic and Holiday Goodies!!
(Enough for 6 People)

If you don't bring a dish, please bring \$5 per person.

For Information, Please Phone:

Ella Quan (323) 255-6487 (after 6:00 p.m.);

Randy Bloch at the CHSSC Office (323) 222-0856



CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

- ☐ 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

- ☐ 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

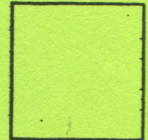
sizes ☐ Medium ☐ Large ☐ X-Large

Make checks payable to: CHSSC

We are a tax-exempt non-profit educational organization



Chinese Historical Society of Southern California
P.O.Box 862647
Los Angeles, CA 90086-2647



FIRST CLASS