



# News 'n Notes

Chinese Historical Society of Southern California

*Appreciation of our Chinese American Heritage ~ A non-profit organization*

P. O. Box 862647 ~ Los Angeles, California 90086-2647

Phone & Fax: (323) 222-0856 ~ [www.chssc.org](http://www.chssc.org)

2002-2003

SEPTEMBER 2002

## President

Cy Wong  
Vice-President  
Ann Lau  
V.P. - Programs  
Linda Wong Smith  
Secretary  
Henrietta Yuan  
Financial Secretary  
Franklin Mah  
Treasurer  
Ella Y. Quan  
Membership Secretary  
Ben Nakayama

## Board Members

Pete Chinn  
Al Der  
Dr. Betty Gaw  
Gilbert Hom  
Dr. Wing Mar  
Eugene Moy  
Icy Smith

## Past Presidents

Stan Lau 1975-1976  
George Yee 1976-1977  
Gerald Shue 1978-1979  
Chuck Yee 1980-1981  
Eugene Moy 1982-1983  
Munson Kwok 1984-1985  
Ella Yee Quan 1986  
Angi Ma Wong 1987-1988  
Kipham Kan 1989-1990  
Tom McDannold 1991  
Sue Yee 1992-1993  
Irvin R. Lai 1994-1995  
Jeffrey D. Tung 1996-1997  
Susan G. Dickson 1998-1999  
Irvin R. Lai 2000-2001

## CERRITOS LIBRARY AUTHORS SYMPOSIUM

BY LINDA WONG SMITH

The August 24, 2002 Authors Symposium was like a "vision-come-true" for Eugene Moy, Dr. Wing Mar and myself. The event featured authors Jim Hong, Icy Smith, and Debbie Leung in the Skyline Room of the new Cerritos Library.

People came from as far away as Singapore, South Carolina, and Northern California. Jim Hong had flown in some of his family members for the event. Los Angeles Deputy Mayor Joy Chen brought her parents. Former Mayor Paul Bollin of the Cerritos City Council endorsed the purchase of our books for the city library. More than 150 people attended the authors symposium.

The symposium gave us the chance to showcase the publications of our authors as well as our CHSSC publications, and our Chinese American Portraits of Pride (CAPP) project. Jim Hong, our special guest speaker, presented his two books "If Men Were Meant to Fly," (about the history of flight) and his family history, "Go East, Go East to Gold Mountain." Board member Icy Smith presented her book, "The Lonely Queue" and Debbie Leung Yamada presented her young adult book based on her family's history during the Gold Rush era, "Striking it Rich".

The big surprise came when Dr. Eugene and Dorothy Louie presented CHSSC with a large monetary donation. Jim Hong donated half of his book sales of the day to CHSSC and the other half to the Chinatown Library. Subsequent to the event, another generous donation was given by Howard Louis from San Luis Obispo, youngest son of the famous Ah Louis of the Ah Louis Store. Both contributors were impressed with our presentation. It gave the audience a chance to hear about Chinese American history from several diverse perspectives, interact with our authors, and also to connect and interact with each other on the common threads of our history. The authors symposium was a smashing success !!

## OCTOBER PROGRAM

WEDNESDAY, OCTOBER 2, 2002  
7:00 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)

GUEST SPEAKER:

STEVEN W. LEONG

Steven W. Leong is one of the people recognized by our Chinese American Portraits of Pride (CAPP) project which profiles unique individuals who have made recognized contributions in the fields of science, medicine, and engineering. The May 4, 1942 issue of LIFE magazine recognized Mr. Leong's work as a ground school instructor to more than 1,000 Chinese Air Force Cadets from Taiwan who were sent to train in the United States. Some of these cadets were trained to work in espionage field services. Mr. Leong had only enlisted in 1940. He was chosen to be the trainer because of his Chinese language skills. His leadership skills were also invaluable.

After World War II, Mr. Leong joined the multi-national Bechtel Corporation as an engineer and worked his way up to the position of international manager of overseas operations. He had as many as 1,700 technical personnel under his care. Named "Engineer of the Year" by the Chinese Engineers and Scientists Association of Southern California, his many accomplishments include a multitude of big-ticket projects, the construction of high-rise buildings, food processing plants, military missile facilities as well as fossil and nuclear power plants throughout the world. The Kyrene Power Plant of the Salt River Power District built near Phoenix, Arizona in 1977 was one of his special projects. This was the first complete power plant built by the Bechtel Los Angeles office.



## APPRECIATION & ACKNOWLEDGMENT

### Financial Contributions

The Society expresses its deep appreciation to the following individuals for their generous monetary contributions to the present and future of the Chinese Historical Society of Southern California:

Howard (Toby) Louis  
Dr. Eugene and  
Dorothy Louie (E. Lui)  
Esther Lee and Daniel Johnson

### Meeting Refreshments

Thank you so much to Margie Lew, Ruth Lung, Ella Quan, Dolores & Delbert Wong, Johnny & Esther Yee, Martha Yee, Donna Young and Noel Toy Young for the delicious refreshments at our September 4<sup>th</sup> General Meeting.

### Boy Scout Troop 379 To The Rescue!

In a total of 139.5 hours, 15 Boy Scouts from Troop 379 added safety strips to all exterior stairs of 411 & 415 Bernard Street in addition to re-roofing and painting the storage shed in back of 415 Bernard Street. Boy Scout Troop 379, with the help of 130 hours of 7 volunteers completed the job over Labor Day weekend, when the temperature was at its highest.

CHSSC publicly thanks Scoutmaster Ben Nakayama and his wife Doreen for working and supervising the entire project. Troop 379 included Ken Nakayama, Brandon Chu, Chris Chu, Bryce Hamamoto, Brandon Iwata, Koki Kasai, Sho Kasai, Todd Matsuzaki, Kyle Nakayama, Chikara Ota, Yamato Ota, Patrick Shiroishi, Ken Sugai, Dan Suzimori, and Yu Togai. Volunteers included Bernie Moy, Ben Nakayama, Gilbert Hom, Grant Iwata, Gene Moy, Doreen Nakayama, and Susan Sing.

CHSSC THANKS YOU, ONE AND ALL,  
FOR A JOB WELL DONE !!

## PRESIDENT'S PEN

Now that I have a Board Meeting and Monthly General Meeting under my belt, I am beginning to get a clear focus on what we should do to keep the Society strong and moving forward. That focus is to create short range goals that can be reached.

I realize there will be situations that will arise and need immediate attention. In those cases, after the Board has approved of the project, the committee or individual involved should be allowed to take care of it without delay. As I stated before, with God's help and the will of the members to get things done, we can accomplish many things.

Thanks to the two good Samaritans, Esther and Daniel Johnson, who heard my cry for a new refrigerator and came to our aid with a new Frigidaire (frost free). I believe in the old adage that says, "Knock and the door shall be open, ask and it shall be given." A heartfelt thanks to Ben and Doreen Nakayama for the food and the Boy Scouts for their completion of work on replacing the roof and painting the tool house in the rear of the office at 415 Bernard Street.

We are continuing to accept and seek donations to keep our organization running smoothly. We are now focused on our Fall Dinner on November 1, 2002, to raise much needed funds for office and monthly expenses. As we move forward, I ask that you continue to help support CHSSC in its endeavors and invite others who share our vision to participate. Recent donors who donated funds toward our endeavors were Dr. Eugene and Dorothy Louie, Howard Louis, and Esther Lee and Daniel Johnson. Hopefully, by the time this newsletter is out, all interior painting will be completed in the office and in the Heritage and Visitors Center.

My quote for the month is "Success is biting off more than you can chew and chewing it."

Thanks, *President Cy Wong*

### Get Well Wishes

Our best wishes for a speedy recovery to Phyllis Chace, wife of Dr. Paul Chace, who suffered leg and hip injuries in an accident four months ago and begins therapy this week.



COMMUNITY EVENTS

September 20<sup>th</sup> thru October 10<sup>th</sup>

Hayao Miyazaki's film "Spirited Away"  
El Capitan Theatre  
6838 Hollywood Blvd.

September 25<sup>th</sup>

Annual Potluck Dinner  
6:00 p.m.  
Historical Society of Centinela Valley  
Machado Family Adobe  
Information: (323) 291-6353

October 5<sup>th</sup>

23<sup>rd</sup> Annual Moon Festival &  
Taoist Temple/Museum Tour  
(Admission Free)  
China Alley, Hanford, Calif.  
Noon to 5:00 p.m.  
Taoist Temple Preservation Society  
Information: (559) 582-4508

October 10<sup>th</sup> thru 12<sup>th</sup>

Poetry Festival  
*Place as Purpose: Poetry from the  
Western States*  
Autry Museum; Otis College of Art & Design;  
Occidental College (Event Admission Free)  
Information: (323) 667-2000 x 349

CHSSC BOUTIQUE  
SALE

November 6<sup>th</sup> General  
Meeting

*Please Contact Ruth Lung or  
Margie Lew re: Donating  
Your Small Items  
(No clothing or books, please)*

SAVE THE DATE !

CHSSC FALL DINNER

*(See Attached Flyer)*

Friday, November 1, 2002

EMPRESS PAVILION  
RESTAURANT

NEWS 'n NOTES  
SUBMISSIONS

All submissions for the  
next News 'n Notes must  
be received by the 10<sup>th</sup> of  
the month in order to be  
considered for publication.  
Thank you!



TO USE OR NOT TO USE HORMONE REPLACEMENT THERAPY

by Betty C. Gaw, M.D.

The huge dilemma for women taking or considering taking HRT was thrust into our consciousness when the media reported that the clinical trial of PREMPRO was stopped early before its conclusion date because it found that there was a slight increased risk of breast cancer, stroke, blood clots, and heart attack in those who took this oral synthetic drug. Prior to this study, physicians encouraged women to take this oral drug to protect from heart attack. This was what the drug's manufacturers purported and advertised widely.

The reasons to take HRT are to alleviate hot flashes, sleep-deprivation from being awakened by these nuisance symptoms, irritability from mood swings, sexual dysfunction from vaginal dryness and loss of libido, osteoporosis and its risk of bone fractures, memory impairment, poor skin integrity, etc.

Not only is ESTROGEN to be replaced at menopause, but PROGESTERONE, as well as TESTOSTERONE. Laboratory tests on your blood will determine how low the levels of these hormones are and how much is to be replenished, followed by a retest on how well they are absorbed by you after a few months of treatment.

The skin, or topical delivery method is considered safer, as the natural source of hormones are well-absorbed through the largest organ of the body, going right into the blood stream and bypassing the liver, thus lowering the detoxifying load on the liver which is also aging and its function is slowing. Natural estrogens are compounded in TriEst with triple natural estrogen, whereas Biest contains dual natural estrogen derived from extracts of wild yam or soy, and are biochemically similar to a woman's hormones, therefore considered safe when the doses of all three categories are properly balanced. Progesterone and Testosterone also exist in the topical cream or gel forms.

More recently, doctors are treating women already on HRT with added testosterone. When that androgen level is low, weight gain progressively increases despite regular exercise, calorie restriction, and libido is low or nil. This hormone enhances estrogen in its protection against osteoporosis, builds muscle (remember, as we age, muscle as well as other tissues are replaced by fat; refer to my article "Fat is Under Attack"), and thus increases muscle strength and prevents falls, plus preserving brain cognition. Quality of life depends on hormones, and it is up to you to be knowledgeable as to what to use and the doses to apply. You are the supreme consumer who has to make the ultimate choices. Knowledge diffuses fear. Find a doctor whom you can talk to and can communicate with.

Will there be a large clinical trial on the use of natural hormones in menopausal women such as the one recently published on PREMPRO? I doubt it, as there is no money incentive to investigate nature's products. The drug companies derive economic benefits when their synthetic or laboratory-created products are sold world-wide, having pushed their synthetic creations such as Premarin (in Prempro) which is made from the urine of pregnant mares and Progestin which is synthesized in the laboratory to mimic women's progesterone, at costs which generate huge returns. HRT began in the 1930s, so it's been around for more than 60 years!

Alternative Medicine Practitioners have been treating their patients with plant products such as Black Cohosh, Red Clover, Chaste Berry, Wild Yam, and Soy for their phytoestrogens, in helping women with PMS, peri-menopausal and menopausal symptoms.

Women in this era are most fortunate to have options in their preventive health compared to their mothers, grandmothers, and great-grandmothers. Having a compassionate and knowledgeable doctor is the key to good health. Don't throw away your options until you have analyzed them thoroughly, as there is great merit to replacing depleted hormones--they preserve function and quality of life.

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



# CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA ANNUAL FALL DINNER

## “They Showed The Way”

Come hear the story of **Ah Louis**, who established himself as a labor contractor, businessman, general merchandiser, importer, herbalist, brickyard owner, quicksilver miner and seed farmer in San Luis Obispo.

As told by 94-year-old **Howard Louis**, the youngest son

**Friday, November 1, 2002**

**6:00 p.m. Registration, No-Host Bar**

**Empress Pavilion Restaurant**

**Bamboo Plaza, 988 N. Hill Street, 2<sup>nd</sup> floor**

**Los Angeles Chinatown**

**featuring**

**Nine-course Gourmet Chinese Banquet**

**Live Entertainment**

\*\*\*\*\*

*The CHSSC is a non-profit 501 (C) (3) organization  
Of every ticket sold, all but \$25 is tax deductible to benefit the CHSSC*

For further information, contact:

CHSSC (323) 222-0856 ~ Ella Quan (323) 255-6487 ~ Cy Wong (323) 731-1084

**PLEASE MAKE YOUR RESERVATIONS AND PAYMENT BY October 25, 2002**

Please reserve \_\_\_\_\_ Tables of 10 people for me at the following level:

☐ **Diamond (\$1,000)**   ☐ **Gold (\$750)**   ☐ **Silver (\$500)**

\$ \_\_\_\_\_

Please reserve \_\_\_\_\_ Seat(s) at the following level:

☐ **\$100**   ☐ **\$75**   ☐ **\$50**

\$ \_\_\_\_\_

I am unable to attend, but enclosed is my tax-deductible contribution of:

\$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Please list attendees sitting together on the back of this form.

Make checks for total amount payable to: **CHSSC, PO Box 862647, Los Angeles CA 90086-2647**



# 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