



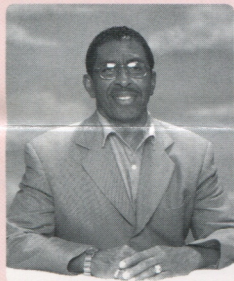
# News & Notes

Chinese Historical Society of Southern California

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April 2003

## ■ PRESIDENT'S PEN



A sincere thanks to those who supported the CHSSC boutique, held during our last three general meetings. A special thanks to Ruth Lung and Margie Lew who managed the event. Thank you also to those who manage the refreshment table each month. Your service is most appreciated.

A project that has weighed somewhat heavily of late is the coordination and management of our storage space for our extensive artifact holdings (which includes the Bernard Street garage), and the cataloging of those holdings. We have been plagued by inaction in executing a \$5,000 NEA Grant earmarked for this purpose. While failure to complete the grant project is largely the legacy of prior CHSSC administrations and boards, some involved CHSSC members sit on the current Board. The situation is being resolved and steered on course by Vice-President, Ann Lau.

I sincerely ask you to continue supporting CHSSC's endeavors. Please also invite those sharing our mission to attend our annual Spring Fundraising Dinner on May 9, 2003 at the Empress Pavilion restaurant in Chinatown. If you cannot attend, please make a donation, as our two yearly fundraising dinners help with our annual operating budget. Again, thank you for your support of the Chinese Historical Society of Southern California!

My words for the month are: "The world is divided into people who get things done, and people who get the credit."

Cy Wong, President

## ■ MAY PROGRAM

Wednesday, May 7, 2003, 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:

Karen Huie, actor, producer, director and screenwriter

### "CHINATOWN: OUT OF THE ASHES"

Film director, Karen Huie, will show her documentary, "Chinatown: Out of the Ashes," at our May General

Meeting. The film investigates 9/11/01 from New York City Chinatown's perspective and examines the effects it had on the community's restaurants, garment factories and jewelry stores. After the screening, Ms. Huie will entertain questions.

Karen Huie's film acting credits include: *Crossroads* and *Another 48 Hours*, and she co-starred with Jeff Bridges in *Wild Bill*. She has appeared on numerous television shows, and received acclaim for her onstage role as Madame Mao Tse Tung in *The Chairman's Wife*. As an English and Chinese dialogue coach, she has worked with Jackie Chan, Mark Wahlberg, Liv Tyler and Lucy Liu. She directed *Empty Bamboo*, *Sh-Boom*, *Sh-Boom*, a documentary about Chinese American baby boomers growing up in New York City's Chinatown.

## ■ APRIL GENERAL MEETING REPORT



>> Abraham Kao prepares samples as Tea Master, Jimmy Huang, discusses the history of tea (courtesy, Tom Eng)

Jimmy Huang, owner of San Gabriel's Ten Ren tea store and Tea Station tea house, was our April guest speaker. The Ten Ren company has over 500 shops in Mainland China, Taiwan, Japan, Malaysia and Australia and is known for marketing high quality tea around the globe. Mr. Huang and his assistant, Abraham Kao, brought a large selection of tea varieties and the finest available equipment to prepare samples. Mr. Huang gave some of the history of tea, beginning with poet Lu Wu, the first "apostle of tea," who in the Ch'a Ching (Holy Scripture of Tea), formulated the Code of Tea. As Huang spoke, Mr. Kao prepared wonderful tea varieties which every audience member was invited to sample. Mr. Huang described several varieties of tea: green, oolong, black - and their qualities, including their medicinal properties. Further discussion ranged from the effects of fermentation to the correct temperature to prepare different



teas. Mr. Huang touched on the differences between the Chinese tea ceremony and the Japanese, characterizing the Chinese ceremony as steeped in pragmatism and the Japanese as more esoteric. He then fielded questions, giving detailed answers such as how tea changed after China's Cultural Revolution. The program was a wonderful diversion and tea samples such as green tea/jasmine peach were truly a sip of paradise. - *Randall Bloch*

## == ON THE HISTORY OF TEA

>> By Susie Ling

I'm not a tea connoisseur. Shamefully, I'm a Lipton tea bagger. I've even stooped to Starbucks with dessert or ice water with dim sum. My grandmother was a tea sipper who preferred her water from a well. She may have been the last of her lineage to appreciate true tea. My dad was a horrendous gulper with a special oversized glass for his day's tea. One day the glass broke, but that's another story. Mom says the water needs to pass boiling for her oolong. Essentially, she drinks green hot water. But tea is so essentially Asian that a connoisseur of Chinese culture and cuisine needs to - at some point - appreciate the essence of tea.

Tea is a kissing cousin of another Asian love, camellia flowers. *Camellia sinensis*, a tropical perennial evergreen tree, is usually maintained as hedges for easier harvesting on tea estates. Green tea is steamed and dried soon after harvesting. Black tea (hon tsa or red tea in Mandarin) is oxidized or fully fermented before drying. Oolong tea is partially fermented. Jasmine and chrysanthemum teas are obviously flavored as are plum teas, ginger teas, etc. There are three thousand varieties of tea now grown in India, Indonesia, Kenya, Argentina, and elsewhere. Herbal teas are not strictly teas.

Tea has over two thousand years of history in China. Legend suggests that Emperor Shen-Nung had tea in 2737 BCE. First considered a medicinal herb, Buddhist monks took to tea as refreshment in the Northern and Southern Dynasties (420-589 CE). By the Tang Dynasty, scholars, emperors, and the general public enjoyed tea grown in Sichuan, Hunan, Hubei, Jiangxi, and Fujian provinces. Tea-related poetry, paintings, songs, dances, and local operas developed profusely. And teahouses became the social center of many communities by the later Ming and Qing dynasties. Medicinal value of tea is debated in many treatises. But the social value of tea should also be considered. When you visit someone, tea is served - informally, in three courses, or in Chinese tea ceremony.

Tea art has three variables: "artistic tea," water, and tea sets. The process of planting, picking, making, and selecting tea is high art. The best tea should be grown in sand and soil on the northern slopes of mountains exposed to moderate rain and sunshine. In the Tang Dynasty, tea was ranked according to their region of origin. In Song Dynasty, harvesting tea should happen between the Waking of Insects (around 6 March) to Pure Brightness (around 5 April). Tea should be picked with nails, not fingers, so that the hands' temperature does not impact the tea's quality.

Artistic tea is partnered with famous high quality water or "cultivated water". Water of the first snow, morning dew, or light drizzle ("rootless water") have more natural beauty according to debating tea experts. In Lu Yu's Book of Tea written near 800 in the Tang Dynasty, twenty-four vessels to handle artistic tea were created and illustrated. Some include wooden stand, wind stove, tea roller, tea dust

cleaner, vessel washing brush, cloth to clean vessels, and a large enclosed basket to hold all paraphernalia. In the Ming Dynasty, the purple sand porcelain pot was invented and treasured for its ability to collect tea fragrance and for its own natural beauty.

## == MARCH GENERAL MEETING REPORT

At our March meeting, Dr. Leland Saito told of the successful ten-year fight to save the 1927 Chinese Mission Building in San Diego. A USC Sociology professor, Dr. Saito specializes in Race and Ethnic Relations, Asian American Studies, Urban Politics, Community Studies, Urban Sociology and Qualitative Research Methods.

Professor Saito listed many forces vying for control in the Mission Building preservation effort - an important project for the community at large but that much more significant for San Diego's Chinese Americans. He stated: "Part of the Chinese Mission Building's story is the long history of Chinese efforts to contest exclusion." Dr. Saito compared the struggle for the Mission Building with that of another San Diego historic building, the Douglas Hotel. The Douglas was an important African American cultural nexus in the City's "Harlem of the West," beginning in the 1930's. The Douglas was finally demolished in spite of heroic preservation efforts by the Gaslamp Black Historical Society. What drove the success of the Mission Building campaign and caused the failure of the Douglas Hotel's? Interpreting the results, Dr. Saito stated that individuals and groups may influence utilization of urban space through proactive action. He cited how the San Diego City Council's Center City Development Corporation tried to control historic core redevelopment through a biased study by a UC San Diego history professor. But when the *Brandes Report* went public, uniformly disfavoring saving its historic buildings, the Chinese American community successfully fought the Report's discriminatory recommendations. Dr. Saito mentioned former San Diego City Council member, Tom Hom, who leveraged his involvement in San Diego politics, historic preservation and economic development to form the Gaslamp Quarter Association in the mid-1970's. The Gaslamp Association fought gentrification in the Gaslamp and former Stingaree and Old Chinatown districts, lobbying to save historic properties through adaptive reuse. In the mid-1980's, Mr. Hom and his wife, Dorothy, founded the San Diego Chinese Historical Society which took on the fight to save the Chinese Mission Building.

The Mission Building struggle ended in a compromise with its relocation on March 7, 1995 to a site at Third Avenue and J Street. The City purchased the Building, leasing it to the San Diego Chinese Historical Society for 55 years at \$1.00 per year. The San Diego Chinese Historical Society's birth and creation of its historical museum were two wonderful outcomes of preserving the 1927 Chinese Mission Building. - *Randall Bloch*

## == REMEMBERING THE LIFE OF CHINESE AMERICAN HISTORY-MAKER CHANG-LIN TIEN

>> By Linda Chong

The year-end issue of UC Berkeley's alumni magazine, *California Monthly*, featured a collection of tributes to Chancellor Chang-Lin Tien, who died last October, two years after being diagnosed with a brain tumor that was complicated by a subsequent debilitating



stroke. Tien, 67, was the University's seventh chancellor and the first Asian American to head a major research university in the United States.

Chang-Lin Tien was an ardent advocate of diversity at Berkeley and elsewhere, and a member of the influential Chinese American "Committee of 100." A mechanical engineer by training, Tien also had been a candidate for the cabinet post of energy secretary during one of President Bill Clinton's administrations, but ultimately declined the offer, reportedly so Clinton could appoint someone of a less-represented ethnicity.

Although eulogies of Tien were published in the December, 2002 issue of California Monthly, they came from remarks delivered at a memorial that had been held on campus in November. Speakers at the well-attended event included Orville Schell, dean of Berkeley's Graduate School of Journalism (and author of several celebrated books on China) and fiction writer, Maxine Hong Kingston, who graduated from UC Berkeley in 1962 and is currently a lecturer of English on campus. Off-campus tributes to Tien were published in several Bay Area newspapers as well, including a moving piece last fall by former Oakland Tribune Reporter, William Wong, a graduate of Cal whose writings focus on Chinese American civil rights.

Chancellor Tien's family suggested that memorial donations be directed to the University's Chang-Lin Tien Center for East Asian Studies, in care of University Relations, 2440 Bancroft Way, Berkeley, CA 94720-4200.

## ❖ HYPERTENSION IS A SILENT DISEASE - PART I

>> By Dr. Betty Gaw

### Hypertension is an Arterial Disease

Imagine a muscular organ, the heart, pumping a fluid, blood, with adequate force through muscular pipes, on an average of 120,000 times per day; the thicker the blood, the harder the pump must work. This is what the heart does incessantly to keep the blood, nutrients, hormones, electrolytes and waste products, circulating to the various organs for nourishment, processing and excretion.



High blood pressure, or "hypertension," means the heart is stressed or overworked in pumping against resistant or stiffened blood vessels which do not dilate and move blood along as it once was able to. This results in diminished circulation to the tissues and organs. Less nutrients and oxygen means less tissue repair and early breakdown or tissue death. Eventually, the overstressed heart muscle goes into heart failure.

### Factors Contributing to Hypertension

- Genetics;
- Increased salt intake (which retains water/fluid) resulting in fluid volume overload;
- Being overweight;
- Chronic stress which produces the stress hormones adrenaline, cortisol, ACTH, etc. by the adrenal glands;
- Diabetes;
- Adrenal tumor, thyroid disease, kidney disease, chronic lung disease;
- The male gender is at higher risk starting at early adulthood to middle age; women catch up and have greater risk after menopause, when three-fourths suffer from hypertension after age 75;

- Atherosclerosis results in stiffened arteries;
- African Americans are at greater risk;
- Chronic alcohol abuse;
- Drugs and medication toxicity, tobacco smoking;
- Poor diet leading to oxidation and excess free radical damage;

### How is Blood Pressure Measured ?

The initial pumping force of the contraction of the heart is the SYSTOLIC blood pressure, always of a higher number than the relaxation phase of the receding contraction, called the DIASTOLIC blood pressure. Stand on the beach and you'll notice the forceful wave driven on the sand, whereas the receding wave is lower in force. So too, our blood pressure varies with each contraction and relaxation of the heart pump. Blood pressure is measured in millimeters of mercury/Hg. The ideal blood pressure for adults is 120's over 60-70's. Underweight people and athletes have lower blood pressures, as do people who are chronically dehydrated. A blood pressure of 130-140/80-90 is "high normal," over 140/190 is hypertension when it is repeated three times in a quiet physical and emotional state. The "White coat syndrome" is factitious hypertension in the doctor's office. Even high normal blood pressure, when persistent, is a risk for cardiovascular organ damage.

(Continued next month or see the full article on our website at [chssc.org](http://chssc.org): "Current News 'n Notes" or "Wellness".)

## ❖ UPCOMING EVENTS

Ongoing to April 23, 2003

### ANCIENT CHINA: JEWS OF KAIFENG

Skirball Cultural Center  
2701 N. Sepulveda Blvd., Los Angeles  
Information: 310-440-4544

April 28, 2003

### EAST-WEST PLAYERS 37TH ANNIVERSARY VISIONARY AWARDS DINNER

Westin Bonaventure Hotel  
Information: 213-625-7000

May 9, 2003, 6:00 p.m.

### CHSSC 2003 ANNUAL SPRING DINNER

Empress Pavilion Restaurant  
Los Angeles, Chinatown  
Information: 323-222-0856

May 9, 2003

### OCA ASIAN PACIFIC AMERICAN HERITAGE MONTH MIXER

Empress Pavilion Restaurant  
Los Angeles, Chinatown  
Information: 213-250-9888

May 16, 2003

### CHINATOWN PUBLIC SAFETY ASSOCIATION ANNUAL BANQUET

Empress Pavilion Restaurant  
Los Angeles, Chinatown  
Information: 213-621-2344

May 18, 2003, 2:00 p.m.

### A THOUSAND PIECES OF GOLD: A MEMOIR OF CHINA'S PAST THROUGH ITS PROVERBS

Book signing with Author, Adeline Yen Mah  
Pacific Asia Museum  
46 N. Los Robles Ave., Pasadena



May 30, 2003, 11:30 a.m.

**CHINATOWN SERVICE CENTER  
15TH ANNUAL GOLF CLASSIC**

Montebello Country Club

Information: 213-808-1700 x 207

**Ongoing to May 31, 2003**

**TIN SEE DO: THE ANGEL ISLAND EXPERIENCE**

Ellis Island, New York, NY

Contact: Eleanor Lee, 202-223-5500

**ANNOUNCEMENTS**

**APRIL MEETING REFRESHMENTS**

Thank you very much to Margie Lew, Winnie Lew, Susan Dickson, Ruth Lung and Linda Lum for the delicious refreshments at the April General Meeting.

**DEADLINE FOR NEWS 'N NOTES SUBMISSIONS**

Historical articles, announcements, etc. for News 'n Notes must be submitted to Randy Bloch by the FIRST of each month.

**CONDOLENCES**

The Society expresses its sincerest condolences to the relatives and family of Dr. Stanford Lyman, Florida Atlantic University professor. Dr. Lyman authored some of the earliest significant studies on Chinese Americans and Asian Americans. He was a Life Member of the Society, spoke to CHSSC at least twice, and contributed an essay to the Society's 1994 book, "Origins and Destinations." He also appeared in the recent Public Television series: "Becoming American, the Chinese Experience."

**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

News 'n Notes Editor, Randy Bloch

**MEMBERSHIP APPLICATION**

Name.

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

**Membership** ☐ New ☐ Renewal

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

☐ Active Member / Annual.....\$ 25.00

☐ Additional Member / Annual( Spouse, Same household).....\$ 10.00

☐ Contributing / Annual( Senior citizen over 60 and student ).....\$ 10.00

☐ Institutional / Annual.....\$ 50.00

☐ Life.....\$ 300.00

☐ Corporate / Annual.....\$ 100.00

☐ Life Patron.....\$ 1,000.00

☐ Donation: Please accept my tax-deductible donation(s)  
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Scholarship \$

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☐ 25th Anniversary Commemorative T-Shirt

☐ \$ 20 for one / ☐ \$ 18 for two or more

Size. ☐ Medium ☐ Large ☐ X-Large

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