



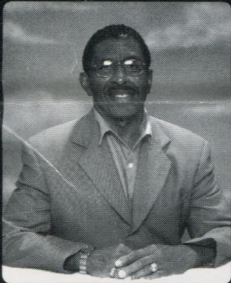
# News & Notes

## Chinese Historical Society of Southern California

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March 2003

### ■ PRESIDENT'S PEN



I hope that everyone had a joyous Chinese New Year celebration. During the holiday, the aroma of roast duck and pig was much in evidence and the giving of monetary gifts in red and gold envelopes was observed by many in traditional Chinese style. Unfortunately, my celebrating with friends was cut short due to the passing of my sister, Jennie Lee Wong-Winslow, in Natchitoches,

Louisiana. I thank the members and friends who offered their condolences during my time of bereavement. This required that I miss the Society's February Board meeting and the great, 104th annual Golden Dragon Parade on February 8th.

Having returned from Louisiana, most of my time and energy is focused on planning our traditional Chinese garden and the landscaping of our two Victorian homes in Chinatown (the CHSSC Office and Chinatown Heritage and Visitors Center). Many landscape architects have expressed interest in the Project and have submitted proposals. A few were invited for a second interview and we hope to make our selection shortly.

With our Bernard Street properties newly landscaped, and the traditional Chinese garden complete, the Society will have a beautiful and impressive venue to welcome visiting CHSSC members and non-members alike. This requires that we bring sufficient resources to the Project and donations are strongly encouraged.

We will sponsor Ch'ing Ming Festival this year on Saturday, April 5, 2003, between 11:00 a.m. and 1:00 p.m. Shrine Committee Chair, Randy Bloch, and I recently visited the monument site - in Evergreen Cemetery in Boyle Heights - to begin preparations. Details appear in this issue of News 'n Notes and there will be a further announcement at our April General Meeting. We plan to make this year's Ch'ing Ming Festival the most successful, well-attended event the Society has held to date. Those wishing to volunteer should contact Randy Bloch at the CHSSC office: (323) 222-0856 or Cy Wong: (323) 731-1084. Since we are a non-profit organization, donations toward the roast pig are most welcome.

Our Spring, 2003 Fundraising Dinner on May 9th, at the Chinatown Empress Pavilion, is in its final planning stages. Chairperson for the event is Pete Chinn.

I very much look forward to seeing you at Ch'ing Ming and the Spring Dinner. I appreciate your participation and support of the Society from the bottom of my heart.

My words for the month are: "Success comes to those who make things happen, not to those who let things happen."

President Cy Wong

### ■ APRIL PROGRAM

Wednesday, April 2, 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:

Jimmy Huang, Proprietor of San Gabriel tea purveyors, "Ten Ren" and "Tea Station" tea house

#### **THE HISTORY OF TEA SINCE THE T'ANG DYNASTY AND THE NEW REVIVAL OF THE TEA CEREMONY**

Tea culture in China has a two thousand year history and the Chinese tea ceremony long predates the Japanese ceremony. The culture is currently enjoying a renaissance in urban centers in Taiwan and China and has also come to America's shopping malls.

Jimmy Huang - owner of 8 West Coast tea shops - wants to make the Chinese tea ceremony as popular as visiting Starbucks! At our April meeting, Mr. Huang will explain the history of tea, its varieties, processing, lore, and the traditional ceremony. Find out why so many young Chinese Americans are seeking masters like Jimmy to learn the fineries of tea - and the correct practice of the tea ceremony.

### 2003 CH'ING MING FESTIVAL

An Historical Commemoration Honoring Los Angeles' Chinese American Pioneers

Saturday, April 5, 2003

11:00 a.m. to 1:00 p.m.

Ceremony: 12:00 p.m.

Dim sum and roast pig will be served  
(A free public event)

Chinese Memorial Shrine Monument  
Evergreen Cemetery  
204 N. Evergreen Avenue, Los Angeles  
(First Street and Evergreen Ave.  
2.8 miles east of First and Broadway)  
Information:

Web site: (chssc.org) or CHSSC Office, 323-222-0856



## ❖ LANTERN FESTIVAL 2003 " LIGHTING THE WAY "

>> By Randy Bloch



>> Southern California Senior Chorus at Lantern Festival 2003  
(Courtesy: Bill Jong)

Following a brief rainstorm, Saturday, February 22nd, was a cold, clear day in downtown Los Angeles. In this refreshing setting, beneath a constellation of red lanterns, the traditional Chinese Lantern Festival was held in El Pueblo Monument's plaza from 1:00 p.m. to 7:00 p.m. The Chinese American Museum and El Pueblo Monument co-hosted the event. Co-sponsors were Evergreen Publishing and Stationery and 14th District Councilmember, Nick Pacheco. The Festival was partly funded by a Los Angeles Cultural Affairs Grant.

Festival participants were joined by many unintentional - but altogether delighted - visitors who continuously streamed into the plaza from Olvera Street. Many CHSSC members attended the event. Society members Linda Wong Smith and Icy Smith generously gave their time, reading to children in the Festival's storytelling booth. Other instructional and participatory booths included calligraphy, origami, lantern making, kite making, Chinese knotting, face painting, and paper cutting. A booth from the Los Angeles Sparks women's basketball team added a celebrity presence.

Against this backdrop of children busily engaged in the booths and workshops, the scheduled program began with the Southern California Senior Chorus - its ladies resplendent in floor length, red gowns. The Chorus turned the Plaza's gazebo into an impromptu band shell, delivering a rousing "God Bless America" and its version of "Yankee Doodle" - in Chinese! There were a martial arts demonstration, a Chinese drum team, a hip hop band and a magic dragon performance. An award was presented for the most creative lantern designed by a child and the Lantern Parade capped the day's festivities.

Noticeably, very few items were being sold at the Festival. Perhaps this educational emphasis, and the many enriching workshops, were what made Lantern Festival 2003 so appealing.

## ❖ CAPP TRAVELS TO STOCKTON

>> By William Chew and Eugene Wong Moy

CHSSC Board member and CAPP (Chinese American Portraits Of Pride) project chair, Dr. Wing Mar, is a native son of Stockton, California. Recently, Dr. Mar was invited by the Chinese Cultural Society of Stockton (CCSS) to bring a CAPP exhibit to their 25th annual Chinese New Year Festival on March 2nd. CAPP has previously spotlighted several Stockton residents.



>> Natalina and Bill Chew at Stockton's 25th Chinese New Year Festival

A small CHSSC contingent journeyed north: Dr. Mar and his wife, Joyce; Bill and Natalina Chew; and, Gene Moy and his wife, Susan and son, Bernie. Our group was cordially greeted at Stockton's Memorial Civic Auditorium by CCSS President, Ed Soon, Vice President, Francis Lau, and past president, Gladys Ikeda. We were given a prime location in the entrance lobby where the 29 CAPP portraits were displayed.

The opening celebration featured a dual, red and white lion dance which circulated through the audience to the many vendors and service organizations around the auditorium's circumference. The auditorium's alcoves featured a cultural village with an Imperial Tea Pavilion; children's craft corner, Chinese cooking demonstration, food court, and even mah jong lessons. In addition to continuous entertainment, a formal program included greetings from local political leaders and retired Judge, Frank Kim. Dr. Chen F. Liem, a renowned cardiologist, was honored as the Outstanding Citizen of the Year. The affair was tremendously successful; the Stockton Record reported on the diverse crowd and acknowledged our CAPP display, honoring the achievements of Chinese Americans in medicine, science, and aerospace. Local television station, KVIE, interviewed Dr. Wing Mar for that evening's news broadcast.

We thank Stockton resident and CHSSC member, Sylvia Sun Minnick - author of a book on the history of Stockton's Chinese community - for sharing her book sale table where we sold a good number of our own book, Bridging The Centuries. We also thank the Chinese Cultural Society of Stockton for inviting us to participate in this wonderful event, and for hosting us at a delicious dinner of original home-cooked dishes at King's House Restaurant, following the festival.



## THE CHOLESTEROL PARADOX - PART II

>> By Dr. Betty Gaw

### How to Lower Your Elevated Cholesterol

- Moderate exercise;
- Eat a balanced diet with increase leafy vegetables for their nutrients, fiber and anti-oxidants. Oxidized fats lead to CVD;
- Avoid all trans-fats from hydrogenated (synthetic) vegetable oils;
- Reduce saturated animal fats;
- Limit alcohol intake and high cholesterol foods;
- Lose weight to maintain your ideal weight for your height;
- Eat lean meats, increase seafood and fish with their rich omega 3/6 oils, and remember shellfish and fish are high quality protein, have very low saturated fats and prevent platelet stickiness which forms the blood clots in CVD. This is true for the vegetarians of the sea: the oysters, clams, scallops and mussels and other shellfish such as shrimp, lobster and crab. Read "The New American Diet System," written by the Connors, two excellent nutritionists, and also "The Framingham Heart Study: Seafood and Your Heart," by William Castelli, M.D.;
- If you are prescribed any Statin drug (Altace, Lescol, Lipitor, Pravachol, Zocor, etc.), be very watchful for any side effects such as muscle-joint pains, headaches, nausea, neuropathy such as electrical "shocks" running down the legs, numbness, tingling in the hands or feet, and memory loss!;
- Alternative medicine employs foods, herbs, supplements, vitamins and minerals, which do not have the side effects of man-made drugs. Bitter Melon, Gurmar (Gynema sylvestre), red yeast rice, Policosanol (which works for me), Guggulipid (Commiphora mukul), soy protein, garlic, curcumin (turmeric root), omega 3 fish oil, green tea, artichoke leaf extract, conjugated linoleic acid, fiber such as fenugreek, bran, flax seed, chitosan, psyllium (not to be taken with digitalis or nitrofurantoin); Vitamin E, niacin, and Stevia as a no calorie sweetener;
- Stress Management, since stress produces cortisol, and cortisol produces fat;
- Get adequate sleep of eight hours each night;
- Monitor your lipid profile regularly after age 40 years, at least yearly; every five years from ages 20-39 years and ask your physician to test Homocysteine, C-reactive protein/CRP (marker for inflammation, and initiator of CVD), Fibrinogen (too much leads to clots), as well;
- Be proactive in your health care and protect your liver from steatohepatitis (fat deposits from obesity), alcohol and viral hepatitis;
- Always work with your knowledgeable physician who is your health consultant and get second opinions as necessary;



Traditional Chinese medicine always stresses balance; so too in our diet as related to cholesterol profile, a balance of food and lifestyle is the key to optimum health. For more information, visit [www.lef.org](http://www.lef.org), and reference Life Extension's DISEASE PREVENTION AND TREATMENT.

Dr. Betty Gaw

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

## UPCOMING EVENTS

**Ongoing: March 16 to April 12, 2003**

### "FINDING FAMILY STORIES" ART EXHIBITION

Chinese American Museum/El Pueblo Community Gallery  
Information: 213-626-5240

**March 22, 2003**

### OCA CITIZENSHIP WORKSHOP

Information: 213-250-9888

**March 25-27, 2003, 9:00 p.m. (Pacific)**

### "BECOMING AMERICAN: THE CHINESE EXPERIENCE"

3-part, 4.5 hour PBS (Bill Moyers) production

See web site for details: [www.becomingamerican.org](http://www.becomingamerican.org)

**March 28, 2003, 8:00 p.m.**

### "THE 'QUIET REVOLUTION': THE HISTORY OF NEIGHBORHOOD EMPOWERMENT IN LOS ANGELES SINCE 1850

Dr. Leonard Pitt, CSU Northridge, Grand Salon, University Student Union

**March 29, 2003 (All day free event)**

### PRESERVING THE ETHNIC LANDSCAPES OF AMERICA

Union Center for the Arts,  
120 Judge John Aliso Street, Los Angeles  
Information: 213-473-1679

**March 29 & 30, 2003**

### CHERRY BLOSSOM FESTIVAL

Victory Park, Pasadena  
Information: 626-683-8243; 213-413-7006

**April 5, 2003, 11:00 a.m. to 1:00 p.m.**

### CH'ING MING FESTIVAL AT EVERGREEN CEMETERY (CHINESE MEMORIAL SHRINE MONUMENT)

204 N. Evergreen Avenue, Los Angeles  
Information, CHSSC Office: 323-222-0856

**April 5, 2003, 12:00 to 2:30 p.m.**

### RECEPTION FOR "FINDING FAMILY STORIES"

Chinese American Museum at El Pueblo Gallery E-13  
Information: 213-626-5240

**April 7, 2003, 7:00 p.m. (Dinner & Program)**

### CHINESE KINGFISHER FEATHER JEWELRY & ART

Beverly Jackson  
China Society of Southern California, Golden Dragon Restaurant, 960 N. Broadway, L.A. Chinatown  
Information: Robert Lee, 213-628-8439

**Ongoing: March 8, 2003 to May 31, 2003**

### TIN SEE DO: THE ANGEL ISLAND EXPERIENCE

Ellis Island, New York, NY  
Contact: Eleanor Lee, 202-223-5500

## ANNOUNCEMENTS

### MARCH MEETING REFRESHMENTS

Thank you very much to Phil Lee, Dorothy Lew, Margie Lew, Ruth Lung, Mary Mu and Julie Raskoff for the delicious snacks at the March 5, 2003 General Meeting.

### DONATIONS

The Society expresses its deep appreciation to the following recent financial donors: Ben & Diana Arias; Autry Museum of Western Heritage; Yvonne & Dr. Albert Chang; William & Natalina Chew; Lois Wong Chi, Ph.D.; Pete Chinn; Judy Chu; Eugene Cooper; Evelyn Cucchiarella; Marianna Cushnie; Albert & May Der; Clarissa Dong; Michael Eng; Col. Hayward Fong; Jim Fong; Mon W. Fong; Sin Hock & Betty Gaw;



Susan J. Go; Gilbert Hom; Mae Tsi Hom; James Hong; Annabella Hwa; James Irvine Foundation; Bill and Anita Jeung; Jean & Bill Jong; Kong Chow Benevolent Association; Edwin S. Kwok; Munson & Suellen Kwok; Collin & Susan Lai; Irvin R. Lai; Eugene & Daisy Lam; RoseMarie & Bowmond Lee; Warren & Donna Lee; Ella & Steven Leong; Henry Leong; Bobbi & L.P. Leung; Albert & Margie Lew; Dorothy Ying Lew; Winifred Lew; Richard Y.S. Liu; Steve K. & Milly L. Liu; Eugene and Dorothy Louie; Howard W. & Yvonne Louis; E. Lui; Franklin Mah; Wing & Joyce Mar; Christine C. Mei; Milspec Industries; Eugene W. Moy; Yuek Lee Moy; Stanley & Mary Mu; Ben & Doreen Nakayama; Grace H. Peshkin; Quite Specific Media Group; Jeffrey M. Quon; Julie Raskoff; John Reese; Tim K. & Annie Chin Siu; Linda Wong Smith; Summit Computers; Deanna Mar & Ron Toy; Angi Ma Wong; Anita Wong; Cy Wong; Edgar & Evaline Wong; James B. Wong; Judge Delbert & Dolores Wong; Ronald J. Wong, DDS; Yep & Hannah Wong; Charles Woo; Puanani Woo; Tom & Judy Woo; Esther & John Yee; John & Bill Yee; Martha & Yeu-Wei Yee; Betty Yeow; and, Xiaozhen Zhang.

#### NEW DEADLINE FOR NEWS 'N NOTES SUBMISSIONS

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

#### NORINE DRESSER, AWARD-WINNING FOLKLORIST/WRITER/CHSSC MEMBER LAUNCHES WEBSITE

Folklorist Norine Dresser, member of the Chinese Historical Society of Southern California, has arrived in cyberspace at <http://www.norinedresser.com>.

#### 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

#### MEMBERSHIP APPLICATION

Name.

Address.

City.

State.

Zip.

Phone.

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

Membership ☐ New ☐ Renewal

#### I am interested in helping with

☐ Program ☐ Publications ☐ Research ☐ Membership / Publicity  
☐ Fundraising ☐ Volunteering ☐ Other

- ☐ 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) to the following fund(s)

General \$

Scholarship \$

Publications \$

☐ 25th Anniversary Commemorative T-Shirt

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

Size. ☐ Medium ☐ Large ☐ X-Large

\* Make checks payable to: CHSSC

We are a tax-exempt non-profit educational organization



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