



# News & Notes

**Chinese Historical Society of Southern California**

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**May 2003**

## ■ PRESIDENT'S PEN



I express my sincere thanks to all those who supported me and my administration for the past ten months. We have accomplished much of importance during this short period.

First on our agenda was completing interior painting of our Chinatown Heritage and Visitors Center last September. We also

refurbished the floors in both of the two Victorian houses, consisting of sanding and staining them, and applying a polyurethane finish. All who have seen the work marvel at the beauty of the newly-exposed softwood floorboards. Another addition to the houses was the donation of a lovely new Frigidaire refrigerator to replace our old unit.

Next in line for the year's improvements was clearing the Bernard Street garage of over 400 copies of "Wong Ho Luen," a two volume set on Riverside's historic Chinatown. Moving the boxes into the small storage shed in the rear of our property was carried out by yours truly.

Eugene Moy, Gilbert Hom and several volunteers recently relocated several boxes of the Society's Old Chinatown artifact collections - and additional material from excavations in Santa Barbara - to our Office storage facility. The artifacts were moved from our temporary storage facility in Santa Monica, California. Additional collections relevant to local Chinese American history were also relocated to Bernard Street.

At our March 8, 2003 Board meeting, Vice-President Ann Lau, was asked to evaluate the possible extension of a lapsed \$5,000 grant from the National Endowment for the Arts (NEA). The grant was originally awarded in 2002. Ann's diligence and persistence paid off; within three weeks of contacting NEA, we were informed the grant is extended to December 31, 2003! The grant will allow us to create new storage facilities for our artifact and historical holdings, to catalogue and digitally photograph them (possibly uploading certain images to our website), and to purchase museum-grade archival storage media. The work is scheduled to begin this May and will last several months. It is my hope the project will be nearly complete when I leave office on July 1, 2003.

We are very proud of, and hope you appreciate, our new, classy News 'n Notes, which debuted in February. New features include the monthly President's Pen and the Health and Wellness medical commentary by Dr. Betty Gaw. I hope you also enjoy the slick, magazine newsprint and two-color format. The glossy format does not, of course, come without a cost increase.

Later this Summer, my wife, Betty, and I will move to Natchitoches, Louisiana where we have purchased a comfortable home. I am, of course, a life member of this wonderful organization, and you may plan to see me at any time.

My words for the month are: "A small beginning can produce a great result" and "The hardest thing to know in life is which bridge to cross and which to burn."

*Cy Wong, President*

## ■ JUNE PROGRAM

Wednesday, June 4, 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: Professor Susie Ling

### **CHINESE PIONEERS IN THE SAN GABRIEL VALLEY**

Over one hundred years ago, Ah Sam, Ah Show, Ah Sing and others worked and lived in Alhambra. Chinese squashed grapes at the largest winery in the world, the San Gabriel Winery. A small Chinatown thrived in Pasadena as well as San Gabriel City. As Alhambra and Arcadia celebrate their centennial in 2003, it behooves us to learn about the Chinese Americans who have been part of the Valley's history as well as its present.

Join us as Professor Susie Ling shares the fruit of a year of research on Chinese Americans in the San Gabriel Valley before World War II. This will be the last monthly program before our two-month Summer hiatus.

A longtime CHSSC member, Susie Ling was a contributor to Linking Our Lives (our first title) and Editor of Bridging the Centuries (our most recent publication). She is Associate Professor of Asian American Studies and History at Pasadena City College. For the last twenty years she has lived (where else?) in the San Gabriel Valley.



## ❖ MAY MEETING REPORT

Our May guest speaker, Karen Huie, screened her documentary, "Chinatown: Out of the Ashes," which details the suffering wrought by September 11, 2001 on New York City's Chinatown. Ms. Huie grew up in that community and now divides her time between California and the East Coast. The film's interviews were conducted a year after the attacks.

The documentary provides stark detail of the devastation: while tourist-dependent Chinatown previously enjoyed over 2,000 visitors a day, this dropped to almost zero for at least a month after September 11th. There was no telephone service for two to three weeks and for six days no garbage was removed. Forty Chinatown garment factories closed, about twenty percent of the total of such closures. All Chinatown schools closed for about two weeks. Ten percent of New York's 7,685 job layoffs occasioned by 9/11 were in Chinatown.

Ms. Huie interviewed several shop and business owners and a film location scout for the documentary. A store owner facing near-ruin stated, "When you have an infection, the pain comes later." Another said, "We've been in business for 90 years, through recessions and wars. Hopefully, we'll make it to the 100th year."

Huie's film looked at how people eased their stress and pain in the post-9/11 period: songbird fanciers gathered each morning in local parks; one couple took up ballroom dancing; others got into Karaoke for the first time. New York's Chinatown pulled together, as it traditionally has, and in the midst of this decline and suffering, \$2.5 million was raised within the community for Chinatown victims' families.

Some interviewees noted that the early morning of 9/11/01 was, ironically, among the most beautiful in memory. By days end, Chinatown was near what the film called a "village," with few non-Chinese seen on its streets for an extended period. Near the end of the film, one resident displays some hope with the sentiment: "Crisis has been turned into opportunity." Referring to her documentary, Karen Huie simply states: "I was so moved, I had to do it."

Randall Bloch

## ❖ CH'ING MING 2003

On Ch'ing Ming day, April 5th, CHSSC members gathered at the Evergreen Cemetery Chinese Memorial Shrine to honor Los Angeles' Chinese pioneers and to remember traditional ceremonies practiced at the Shrine from the 1880's through the 1960's. Three pine saplings, planted by the Society at Ch'ing Ming five years ago, are now stately, young trees - this year displaying cones for the first time.

In front of the Shrine's entrance gate, a canopy and chairs were assembled, along with a magnificent presentation of dim sum and whole roast pig for all to enjoy. Promptly at noon, President Cy Wong started the informational program, featuring Marjorie Lee of the UCLA Asian American Studies Center. Marji's talk was informative and wide-ranging, focusing on Ch'ing Ming as practiced for centuries in China and by the 19th century Chinese

forebears of Los Angeles, their descendants, more recent Chinese immigrants to Los Angeles and others. Marji explored two central principles of Chinese custom, tradition, and festivals: Ancestor Worship (honoring descendants' contributions); and, Filial Piety (respect for parents and elders). After Marji's address, CHSSC Vice-President, Ann Lau, closed the formal portion with a poem by Du Mu (Tu Mu) (A.D. 803-852), *Ching-ming*:

At the time of Ching-ming rain keeps falling,  
Travelers on the road feel their heart wrenching.  
Asking where the wine shop is to be,  
The cow herd boy, faraway, points to the village of apricot blossom.

Randall Bloch

## ❖ HYPERTENSION IS A SILENT DISEASE - PART II

>> By Dr. Betty Gaw

### Organs Targeted by Hypertension

- \* Heart, end stage is congestive heart failure and death;
- \* Brain, end stage is stroke, paralysis, coma and death;
- \* Kidneys, causing renal failure, requiring renal dialysis and eventual mortality;
- \* Eyes, causing retinal hemorrhage and blindness; and,
- \* Aneurysm of the large (aorta) and small arteries (retina, feet, kidneys, brain), i.e., macro vascular and micro vascular damage.



As always, hypertension is silent and insidious, until it robs us of our vital organ functions in the end stage. Hypertension is frequently the initial symptom, like the visible part of the iceberg, showing up after years of physiologic imbalance such as insulin resistance in diabetes, transient ischemic brain attack, or an overworked heart manifesting as left ventricular hypertrophy, followed by congestive heart failure. Having hypertension is a wake-up call to be proactive in reversing it at all costs, by diagnosing and treating the internal imbalance, gone awry.

### Prevention and Treatment

- \* Reduce intake of salty foods and drinks. Replace potassium and magnesium if you are taking thiazide medication;
- \* Monitor your blood pressure at home with a self-inflatable, digital blood-pressure monitor that does not require a stethoscope;
- \* Keep a log on what medication(s) you're taking;
- \* Exercise daily in moderation and stay within a healthy weight range;
- \* Eat more vegetables, limit of 2 helpings of fruit, more grains, much less rice, pasta, white bread and noodles, daily. Avoid saturated fats of animal origin, increase seafood intake, avoid fried foods and, especially, synthetic trans fats;
- \* Supplements are helpful: daily multivitamins with minerals, garlic, fish oil, green tea, and Coenzyme Q10. Arginine, an amino acid which dilates the smooth muscle of the arteries, is effective when used by itself or in conjunction with prescribed antihypertensive therapy. Dr. Louis Ignarro, the



distinguished UCLA Professor of Pharmacology, was awarded the prestigious Nobel Prize in Medicine in 1998 for his research on Nitric Oxide in vascular biology. Nitric Oxide has vasodilator, antiplatelet (anti-clotting) and potent smooth muscle relaxant properties, important in new therapies for hypertension, asthma, stroke, angina/heart attack, Alzheimer's disease and erectile dysfunction. L-Arginine is the precursor of nitric oxide, available in capsules as a supplement. Arginine is normally found in soy, butter nuts, peanuts, and red meats, but not in high enough doses for therapeutic applications. Vitamin C and E taken with L-Arginine potentiate its beneficial effects;

- \* Prescription medications must be closely monitored by you and your physicians; diuretics such as thiazides may be the first drug used, and Alpha-Beta-Blockers or ACE inhibitors may be added, as are calcium antagonists and angiotension II receptor antagonists. Use a self-inflatable blood pressure monitor for home monitoring 2-3 times a day. Notify your doctor if your blood pressures are too high or low;
- \* Manage stress and worry, for anxiety and depression can kill;
- \* Keep alcohol intake to a minimum;
- \* Stop smoking and illicit drug use;
- \* Avoid environmental toxins;
- \* Recognize the signs and symptoms of heart attack or stroke, and call your doctor or 911 immediately;
- \* Keep your body and blood hydrated to avoid clots;

Good HEALTH is the most precious commodity in life. Without it, money is moot.

For more information, contact the American Heart Association: 800-242-8721 or the National Heart, Lung and Blood Institute Information Center: 800-575-WELL; supplement information [www.lef.org](http://www.lef.org) or 1-800-544-4440.

## ❖ UPCOMING EVENTS

**May 22, 2003 to February 28, 2004**

**"THE HEATHEN CHINEE" - Stereotypes of Chinese in Popular Music**

Chinese Historical Society of America  
Information: 415-391-1188

**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

**June 1, 2003, 2:00 p.m.**

**IRIS CHANG DISCUSSES AND SIGNS "THE CHINESE IN AMERICA: A NARRATIVE HISTORY"**

Pacific Asia Museum, Information: 626-449-2742 x 20

**June 2, 2003, 7:00 p.m. (Dinner & Program)**

**BLANC de CHINE - THE GREAT PORCELAIN OF DEHUA**

China Society of Southern California, Golden Dragon Restaurant, L.A. Chinatown  
Information: 323-463-1396

**June 21, 2003**

**OCA PICNIC**

Alhambra Park

Information: 213-250-9888

**June 26-29, 2003**

**ARTWALLAH FESTIVAL OF SOUTH ASIAN ARTS**

The Village at Ed Gould Plaza, Hollywood

Information: 323-243-9683

**June 27, 2003**

**CHINESE CHAMBER OF COMMERCE  
INSTALLATION BANQUET**

Empress Pavilion Restaurant

Information: 213-617-0396

**July 12 & 13, 2003**

**ANNUAL LOTUS FESTIVAL IN ECHO PARK (free)**

Information: 213-485-1310

**July 12 to August 23, 2003**

**CHINATOWN FILM FESTIVAL (free, various locations)**

Information: 213-680-0243

## ❖ ANNOUNCEMENTS

### ELECTION OF CHSSC OFFICERS AND BOARD MEMBERS

Thus far, our slate is President, Linda Wong Smith; Vice-President, Pete Chinn; Financial Secretary, Franklin Mah; Membership Secretary, Ben Nakayama; and, Board Members: Albert Der, Betty Gaw, Gilbert Hom, Gifford Hwa, Jason Jem, Susie Ling, Wing Mar, Eugene Moy, and Allen Wong. Please contact Randy Bloch at 323-222-0856 with nominations for v.p. of programs, secretary and treasurer (after receiving your candidates' prior consent).

### THANK YOU!

Thank you very much to Mary Yee Kwok, Winnie Lee, Dorothy Lew, Winnie Lew, Ruth Lung, Sylvia Soo Hoo, Martha Yee and Donna Young for the delicious refreshments at the May General Meeting. Thank you also to Gilbert Hom, Marji Lee, Winifred Lew, Ella Quan, Cy Wong and Randy Bloch for their help at Ch'ing Ming.

### NATIONAL ENDOWMENT FOR THE ARTS GRANT RE-ACTIVATED

Our lapsed NEA grant is now reactivated. At this time, we are looking for good people who are interested in archival cataloging. Please email Ann Lau at [alau@visual-artists-guild.org](mailto:alau@visual-artists-guild.org) or phone the CHSSC Office.

### ARCHITECTURE/GARDEN

During the CHSSC April General Meeting, the membership was given an opportunity to express its preference between four landscape architects who submitted a concept design for the CHSSC garden. We thank those attending for their comments and input. To view the concept designs or volunteer in any part of this project, please email Ann Lau at [alau@visual-artists-guild.org](mailto:alau@visual-artists-guild.org) or phone the CHSSC Office.

### 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.



## CHSSC SUMMER SCHEDULE

Please note News 'n Notes is not published in June and July and that there is no CHSSC monthly meeting in July and August. See you on September 3<sup>rd</sup>!

## THE CHINESE BIOGRAPHICAL DATABASE WEB SITE IS NOW ONLINE AT

[HTTP://EXODUS.LCSC.EDU/CBIOUSER/](http://EXODUS.LCSC.EDU/CBIOUSER/)

## FIDDLTOWN RECEIVES GRANT

The town of Fiddletown, California received a matching grant of \$203,200 from the Office of Historic Preservation California Heritage Fund to preserve two Gold Rush Chinese structures: the Chinese gambling hall and Chinese general store.

## CONDOLENCES

The Society expresses its condolences to Randy Bloch on the passing of his mother, Sedelle, in Capitola, California.

## MISSION STATEMENT:

The Chinese Historical Society of Southern California was organized in November, 1975. The purposes of the Society are: 1) to bring together people with a mutual interest in the important history and historical role of Chinese and Chinese Americans in Southern California; 2) to pursue, preserve, and communicate knowledge of this history, and 3) to promote the heritage of the Chinese and Chinese American community in support of a better appreciation of the rich, multi-cultural society of the United States.

## 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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P.O. Box 862647, Los Angeles, CA 90086-2647

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