



NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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NOVEMBER 2004

2004 FALL DINNER

CELEBRATING PORTRAITS OF PRIDE

By Maureen Bloch



(Tom Eng photo)

CHSSC's most well-attended and successful fundraising dinner to date, on November 13, 2004 at Chinatown's Empress Pavilion, was a landmark celebration in the almost 30-year history of the Society. The Fall 2004 Dinner was the Society's opportunity to celebrate the culmination of the Portraits of Pride project: five years of assembling biographies of Chinese Americans who achieved greatness in the fields of health, science and defense. The process of interviewing 38 profilees, compiling their stories in a *Portraits of Pride* book—and creating informational panels with photographs and text—was the theme of the November 13th dinner. Portraits of Pride recognizes the achievements of these pioneering Chinese Americans and allows their families to share in this recognition. Celebration of the book's publication was the opportunity to gather its profilees to share in this significant occasion.

What is rarer than for two young men just out of college to hear their grandmother's life publicly honored? Perhaps it is to have the story of her career published in *Portraits of Pride*. Two family members present that night were Nicholas and Joel Wong, the proud grandsons of Dora Ames Lee, MD. Joel recently graduated from UC San Diego and Nicholas, a graduate of USC, lives and

works in Los Angeles. With sincerity and honesty, they talked about their experiences growing up in Stockton, California, next door to their beloved grandmother who was one of the first Chinese American women to practice medicine. Sadly, Dr. Lee passed away in June, but she lives on in her grandsons' tender smiles when they recall her living example and words of wisdom. "Do what you enjoy," she encouraged them, and "read everything." They left the dinner that night with another golden memory of their grandmother and bearing a bottle of wine labeled with her photograph. Grandsons Brett Huey and Tyler Seto also paid loving tribute to their respective grandfather James Bok Wong and grandmother Ruby Kwong Lee.

(Continued on page 2)

*** DECEMBER PROGRAM ***

ANNUAL HOLIDAY POTLUCK DINNER

*(PLEASE SEE ATTACHED
FLYER FOR DETAILS)*

WEDNESDAY, DECEMBER 1, 2004, 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)



(Portraits of Pride Dinner, from page 1)



*(Honoree Ruby Kwong Lee, Portraits of Pride Dinner, November 13, 2004)
(Tom Eng photo)*

Just before dinner began, "The Immortals" Lion Dance group made an impromptu and energetic appearance. President Kenneth L. Chan then introduced new Alhambra City Councilman, Gary Yamauchi and Chief of Police James L. Hudson. He presented plaques to 2002-2003 CHSSC President Cy Wong and 2003-2004 President Linda Wong Smith, recognizing their service.

After the sumptuous nine-course banquet, President Chan introduced Portraits of Pride Director Dr. Wing Mar who spoke on the project's history. The evening's Emcee Jack Ong followed, introducing each of the 24 honorees or family representatives present with a brief description of his or her life and career. President Ken Chan, Jack Ong, and Jack's co-emcee, actress Julia Nickson decorated each honoree with a medallion, presented each an advance copy of *Portraits of Pride*, and awarded each a certificate of appreciation brought by Mayor James Hahn's Asian Community Liaison, Wendy Wang.

The golden moment arrived when the honorees, who paved the way for others into the highest scientific and academic circles of American society, stood center stage amid the rousing applause of some 300 dinner attendees. Resplendent in tri-colored ribbons and medallions, these venerable pioneers ennobled all who witnessed this momentous gathering through the strength of their characters and their respectable achievements.

In conclusion, many thanks to the Table Sponsors: Dr. Steve Liu, Ruby Lee, Dr. Munson Kwok, Gee How Oak Tin Association, Dr. Lois Wong Chi, Drs. Tim and Annie Siu, William and Natalina Chew, Steven and Ella Leong, Winifred Lew, Ralph Fong, Galpin Motors, Jeannie Liu, Dr. Wing and Joyce Mar, and Kenneth L. Chan; the

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BOARD OF DIRECTORS

Officers

Kenneth L. Chan, President
William Chew, Vice President
Eugene Moy, V.P. Programs
Ben Nakayama, Treasurer
Howard Fong, Financial Secretary
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Susan Hum
Dr. Munson Kwok
Jeannie Liu
Dr. Wing Mar
Jack Ong
Frank Yee
Mary Yee Kwok
Donna Young

News 'n Notes Editor, Randy Bloch

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.



(Portraits of Pride, from page 2)

Dinner Committee: Eugene Moy, Jack Ong, Donna Young, Philip Tong, Wing Mar, Jeannie Liu, Jason Jem, Randy Bloch, Pete Chinn, Don Loo, Dr. Albert Chang, and Ken Chan; Frank Yee who videotaped the event; the greeters: Linda Chong, Beverly Shue, Susan Sing, and Mary Yee Kwok; Jim Fong who led the Pledge of Allegiance; Donna Young for her exquisitely rendered wine bottles bearing the names and likenesses of each *Portraits of Pride* honoree; Julia Nickson who so ably assisted Emcee Jack Ong; Gilbert Hom for tremendous logistical help; our Dinner photographer Tom Eng; and Pete Chinn who made the menu and other arrangements with Empress Pavilion restaurant. A special thank you to the Wilson High School Kiwin Club members: Angela Chinn, Lawrence Chow and Joe Kuan for their enthusiastic assistance, especially with the selling of raffle tickets and to all others who helped make the evening an unparalleled success. Most of all, thank you to Dr. Wing Mar and the *Portraits of Pride* honorees.

N/N

REVISITING EAST ADAMS HOMECOMING

By Jenny Cho



*(Former East Adams Residents, CHSSC
General Meeting, November 3, 2004)
(Tom Eng photo)*

Many new and familiar faces joined us for an encore screening of *Revisiting East Adams* at Castelar School in Chinatown on November 3, 2004. The

evening was dedicated to the memory of Abraham Chin, co-founder of the CFO Service Station, who passed away in August of this year. We were honored to have members of the Chin family attend the screening and participate in our discussion. Ron Chin, Abe's son, flew down from the Bay Area just to attend the event, and Michael Chin, son of Howard Chin and Abe's nephew, was also present.

After welcoming remarks by CHSSC President Kenneth L. Chan, the audience enjoyed the film and engaged in a very lively discussion. Past residents of East Adams and members of the Chinese Presbyterian Church, once located at 631 East Adams Blvd., shared memories of the neighborhood. President Ken Chan and V. P. of Programs Eugene Moy presented certificates of appreciation to filmmakers Jenny Cho and William Gow. Afterward, the filmmakers took a group picture with film interviewees Clara and Heeman Wong, Jim Fong, Roy Chan, Frances Tom, Calvin Hai, and audience members who lived in Adams. The audience also enjoyed a reception with the filmmakers and a display of photographs of the East Adams neighborhood's CFO Service Station, Kwong Hing Lung store, and the Chinese Presbyterian Church. Those photographs, along with memorabilia and other valuable documentation of East Adams' history are currently exhibited at CHSSC's Chinatown Heritage and Visitors Center at 411 Bernard Street in Los Angeles' Chinatown. N/N

FYI.

*Chinese newspaper (Singtao 4 Nov 2004)
reports that Canada will release an \$8
coin to commemorate next year's 120th
Anniversary of Chinese working on the
Canadian transcontinental railroad.
Images of a trestle and a Chinese laborer
adorn the coin.*



ANNOUNCEMENTS

CHSSC CHINESE AMERICAN STUDIES SCHOLARSHIP

Thanks to our generous and consistent donors, CHSSC is offering its 2005 Scholarship for undergraduate or graduate students in Chinese American studies. "We not only want to encourage young scholars dedicated to this field of endeavor, we also want them to form a connection with CHSSC," said Susie Ling, Scholarship Chair. "We will invite three professors from different universities to help us evaluate the applications in March." Potential applicants will find the application form at www.chssc.org. Potential volunteers and donors are also welcomed to contact this worthwhile project.

PORTRAITS OF PRIDE BOOK SHIPPING SOON; PRE-ORDER NOW!

On or about December 1st, the first printing of *Portraits of Pride* will be delivered to our office in Los Angeles' Chinatown. Pre-order your personal and gift copies now by using the form attached with this newsletter.

WELCOME, NEW CHSSC MEMBERS!!!

On behalf of CHSSC President Kenneth L. Chan, Membership Secretary Philip Tong and the CHSSC Board, we extend our warmest welcome to Yusak Yang Bernhard, Patricia T. Chung, Joe and Marie Dammer, Vincent Hing, Peter Ping-Li Liang, and Sophia Tsoi.

NOVEMBER GENERAL MEETING SNACK DONATIONS

The Society thanks Dorothy Louie Lew, Margie Lew, Ruth Lung, and John and Esther Yee for the yummy snacks they provided for the November General Meeting.

DEADLINE APPROACHING TO RENEW CHSSC MEMBERSHIP

Rates are listed in this issue of News 'n Notes. Checks should be sent to the CHSSC office at 415 Bernard Street, Los Angeles, CA 90012-1703. Thank you!

UPDATED RESULTS OF CHSSC MEMBERSHIP DRIVE COMPETITION

Our Board members are vying in a lively competition to increase our membership base. The updated results are as follows:

Donna Young:	12;
Kenneth L. Chan:	11;
Jack Ong:	9 ;
Dr. Betty Gaw:	5;
Jeannie Liu:	3;
Howard Fong	2;
Philip Tong:	2;
Eugene Moy:	1;

Bill Chew: 0; Ben Nakayama: 0; Dr. Don Loo: 0; Dr. Albert Chang: 0; Susan Hum: 0; Dr. Munson Kwok: 0; Dr. Wing Mar: 0; Frank Yee: 0; and, Mary Yee Kwok: 0.

Please support the drive by helping to recruit new members and contacting former ones whose membership may have lapsed. Thank you!

DEEP CONDOLENCES

The Chinese Historical Society joins the community in expressing heartfelt sympathies to the family of acclaimed author Iris Chang. We are all saddened to hear of her recent passing at the young age of 36. Born in Princeton, Iris received her Bachelor's Degree in journalism from the University of Illinois. She is the author of *Thread of the Silk Worm*, *The Rape of Nanking*, and *The Chinese in America*. Iris was the guest speaker at the CHSSC Spring 2004 Dinner.

According to her editor Susan Rabiner, Iris asked to be remembered as a person "engaged with life, committed to her causes, her writing, and her family". We will remember her just so.



"I, THE EMCEE"

*A Unique Perspective on
CHSSC's Portraits of Pride Gala*

By Jack Ong



*(Society President Kenneth L. Chan;
Dinner Emcee and Board Member Jack Ong)
(Tom Eng photo)*

Murphy's Law (*what can go wrong will go wrong*) was in force during the critical hours up to the kickoff of the Portraits of Pride dinner event on November 13, 2004. As Eugene Moy (dinner chair), and the CHSSC planning committee waited (and waited) to set up the banquet facilities for the big party, anything that could go amiss pretty much seemed to, and I, the Emcee, felt we were rapidly turning into a *hysterical* society!

I, the Emcee, was probably the only one getting more hysterical by the minute, but I was holding it in, writing it down, and dealing with the stress. I had to appear calm; it was my job! It is a testament to the inner strength and professionalism of the dinner committee of volunteers and CHSSC board members that they remained so cool and collected under pressure, as one thing after another appeared to go awry. Yet, all this inner turmoil notwithstanding, I'd be surprised if a single guest at the gala event noticed anything except the great centerpieces by Donna Young, the tasty nine-course banquet, and the snappy flow of the evening's program, when 17 of the 38 *Portraits of Pride* stars were introduced. To roars of approval and respect, the "Sensational 17" stepped forth to accept special commendations signed by L.A. Mayor James Hahn. They were also bedecked with commemorative CHSSC medallions. CHSSC President Kenneth L. Chan and Portraits of Pride Project Director Dr. Wing Mar did the honors, assisted by radiant film actress Julia Nickson.

I, the Emcee, had a fabulous time "running the show," as it were. From my point of view onstage, everyone in the sold-out, turn away crowd of about 300 seemed delighted to be with us. I saw smiles everywhere! Lots of laughter, fun and flashing cameras! Beaming honorees and families! Fun-loving hecklers! In short: what an evening! Now, on to *Portraits of Pride*, the book! Five years in the making, this is the latest in a series of quality CHSSC historical publications. Dr. Mar, project director and editor-in-chief, oversaw a team of writers, editors and artists to create this beautiful volume, showcasing profiles and life stories of 38 Chinese Americans from the WWII Generation, most of them rising above racial adversity and limitations to excel in their chosen fields of science, industry, medicine and education. Among the new book's special features is a chronology of Chinese American immigration and progress in the United States, high points of Asian American activism, a chart of the 2000 U.S. census, and the full text of the Chinese Exclusion Act, enforced by the U.S. in 1882 and finally repealed in 1943. CHSSC is distributing 1500 copies of *Portraits of Pride* to various public and educational libraries as a public service. Order your copies now for holiday giving, and don't forget to keep one for yourself. Wonderful reading! To order, use the handy form enclosed with this newsletter. Tell them I, the Emcee, sent you!

HEALTH & WELLNESS

THE FOUNTAIN OF YOUTH



By Dr. Betty Gaw

After searching for 44 years, I believe I have found the proverbial Fountain of Youth. The practice of medicine showed me only birth, vexing diseases, and death over and over again, driving me to ask: "Why can't we erase suffering and diseases so we human beings can live healthy, vigorous, and productive lives from birth to death?" My health articles have taught disease prevention, remedy and healthy lifestyle choices, and I am deeply gratified that some of my diligent readers are succeeding at this.

(Continued on page 6)



(The Fountain of Youth, from page 5)

Youthful Cells Perform Optimal Functions

The majority of sick or accidentally injured children recover swiftly with little medical help. Given a basic diet, they bounce back quickly. Their cells function optimally and have a restorative reserve of antioxidants, chief of which are Glutathione and Coenzyme Q-10, produced by the mitochondria which is the cell's battery of life. Children have full absorption from the digestive tract, sharp vision, lightning speed brain power, and boundless energy due to superb oxygen absorption from the lungs. Olympic athletes in the summer of 2004—who ranged in age from 14 to 20—attest to this; their outstanding athletic performance was awesome.

Aging

Beginning at age 20, we humans start to age in our cell biology. Bone breakdown begins to exceed repair and Coenzyme Q-10 production begins to diminish, resulting in a slowing of cells' energy production, and gradual organ-function sluggishness, failure, and death. By age 50 there is approximately 10% functional organ loss; by age 60, 15%; by age 70, 20%; and at age 80, about 30-40% or greater. Organs age at different speeds in different people. Smokers destroy the lungs early in life.

Free Radicals Cause Cell Oxidation and Disease

Healthy cells have paired electrons, but when one electron is robbed by a free radical, e.g., a highly unstable atom with only one electron, this "unholy union" destroys cells. Such oxidation is the root cause of aging and disease such as heart disease, cancer, arthritis, osteoporosis, Alzheimer's Disease, high blood pressure, diabetes, etc. Oxidative stress on cells causes their death. Free radicals bombard our cells like missiles in a biological battleground and originate from smoking, sunlight and all radiations, chlorine in drinking water or water absorbed through the skin and lungs when we shower, mercury in seafood and dental fillings, pesticides and herbicides, environmental chemical pollution, including vehicle exhaust and traveling in airplanes, synthetically manufactured medications, food, food additives, trans fatty acids, over-exercise, emotional and physical stress, and smoke from wildfires and burning coal.

Antioxidants

Counteracting the oxidative process, antioxidants act like anti-missiles by pacifying unstable free radical oxidants, giving up electrons to "quench" or neutralize them. When an apple turns brown after being sliced, airborne oxygen has caused it to oxidize. But, place the cut apple in a solution of lemon or orange juice, or a dissolved vitamin C tablet, and the apple will not turn brown. Vitamin C and other antioxidants prevent cell oxidation, aging, and diseases. Antioxidant sources are: fruits, vegetables, nuts, oils, beans, selenium, Coenzyme Q-10, and lipoic acid which generates glutathione. Organic foods have higher concentrations of antioxidants than processed foods or those grown with pesticides and herbicides sprayed on them. The top nine antioxidants are:

Vitamin E; Vitamin C; Mineral Cofactors: selenium, zinc, copper, manganese; Alpha-Lipoic Acid; Carotenoids: beta-carotene, alpha carotene, lutein, lycopene, quercetin, soy isoflavones; Milk Thistle; Gingko Biloba; and Coenzyme Q-10.

How do we Measure our Antioxidant Level?

With so much environmental oxidation to our cells, what is left of the beneficial antioxidants to fortify us? The BioPhotonic Scanner, developed by the University of Utah, is the very first non-invasive, low-energy laser whose function is to measure the level of antioxidant Carotenoids in the skin.

People who eat lots of fruits and vegetables daily, 6-9 servings, and take vitamins and minerals, score in the upper range of 40,000 plus. Those with a poor diet, who sleep little, live a harried lifestyle, fly frequently, are exposed to environmental pollution daily, and take medications or do overly vigorous exercise, show low Carotenoid antioxidant scores of 10,000 to 20,000. Low scores mean high risk for life-threatening diseases and rapid biological aging, whereas high scores are commensurate with a healthy, long life.

Pharmanex, a subsidiary of NuSkin, owns the patent to the revolutionary BioPhotonic Scanner, introduced in February, 2003. Since the scanner's introduction, Pharmanex's sales of its vitamin and mineral "Life Pak," has increased tremendously. My antioxidant score recently was 55,000, due to my diligent daily intake of fruits, vegetables, nuts, and daily multiple vitamin and mineral supplements, plus a low-stress lifestyle. This low score validates my health-promoting lifestyle. I encourage you to get your antioxidant scan done. You may contact me at: bettycgaw@hotmail.com to learn more about this.

The Fountain of Youth

It is no longer a mystery to be able to achieve longevity with exuberant vim, vigor and optimum health. The Journal of the American Medical Association of June, 2002 stated that Recommended Daily Allowances/RDAs are enough only to prevent deficiency diseases, but not adequate to prevent disease. Therefore, all people are recommended to take multivitamins daily. It is within our power to attain the Fountain of Youth, by eating 6-9 servings of nutrient-dense foods and taking a reliable multivitamin with minerals. You must know the manufacturer and quality of the vitamins you purchase: are there appropriate doses?; are they soluble in gastric acid?; do they dissolve in a reasonable time when swallowed with food?; are there impurities and contaminants?; and do they contain what is said on the label?

As a young medical student, I was taught: "You can get all of your vitamins and nutrients from food," and we medical doctors perpetuated this myth with fatal outcome. Doctors themselves die 15 years earlier than the average person!

You are what you eat and the lifestyle you lead. Good choices lead to great outcomes, and the Fountain of Youth is yours to achieve if you take the right actions. May you live a joyful, youthful, productive, and long life.

(All rights reserved by Dr. Betty Gaw, 2004)



COMMUNITY CALENDAR

Through December 20th, Monday-Friday, 8:00 a.m.-5:00 p.m.

LOS ANGELES CITY HALL "PORTRAITS OF PRIDE" EXHIBIT

Los Angeles City Hall Bridge Gallery
(Bridge between City Hall and City Hall East)
200 N. Spring St., L.A.

December 17th, Friday, 7:30-9:00 p.m.

PEKING OPERA PERFORMANCE

Through January 2005

"LANDSCAPES OF THE MIND: CHINESE PAINTINGS OF NATURE FROM THE PACIFIC ASIA MUSEUM COLLECTION"

Through February 13th, 2005, Sunday

"WOODEN WONDERS: TIBETAN FURNITURE IN SECULAR & RELIGIOUS LIFE"

Pacific Asia Museum
46 N. Los Robles Ave., Pasadena
Information: (626) 449-2742 x20;
www.pacificasiamuseum.org

Through February 27th, 2005, Sunday

"(INVISIBLE): ANGEL ISLAND" EXHIBIT BY CINDY SURIYANI

Through April 3rd, 2005, Sunday

"JOHN KWOK: LINE AND COLOR" EXHIBIT OF WATERCOLORS

Chinese American Museum
425 N. Los Angeles St.
El Pueblo State Park at Olvera Street, L.A.
Information: (213) 626-5240; www.camla.org

Through May 2005

"CHILDREN OF HEAVEN" EXHIBIT BY CINDY SURIYANI

Central Plaza, Chinatown

943 No. Broadway

"EAST WEST TRADING POST" EXHIBIT BY ANNIE SHAW

Gold Line Station, Chinatown

901 N. Spring St.

"BRIDGING THE PRESENT" EXHIBIT BY SHAN CHAO

L.A. Public Library, Chinatown

639 N. Hill St.

Information: (213) 680-0243; www.chinatownla.com

November 30th, 2004, Tuesday, 7:00-8:30 p.m.

LECTURE/BOOKSIGNING OF "A PLAGUE UPON HUMANITY" (INVESTIGATION INTO AXIS JAPAN'S GERM WARFARE OPERATION DURING WWII) BY DANIEL BARENBLATT

Museum of Tolerance

9786 W. Pico Blvd.

December 1st, 2004, Wednesday, Noon-2:00 p.m.

Kerckhoff Hall Grand Salon, UCLA

Information: (213) 687-9911; www.alpha-la.org

December 29th – January 16th, 2005

CHINESE HISTORICAL SOCIETY OF AMERICA "CHINESE AMERICAN MIGRATION HISTORY TOUR" TRAVEL-STUDY PROGRAM TO SOUTHERN CHINA

Information: (415) 391-1188 x103; www.chsa.org

February 5th, 2005, Saturday, Parade: 11:00 a.m.-1:00 p.m.,

Festival: 10:00 a.m.-5:30 p.m.

SAN GABRIEL VALLEY ANNUAL LUNAR NEW YEAR PARADE & FESTIVAL

Valley Blvd.

Alhambra and San Gabriel

Information: (626) 284-1234; www.lunarnewyearparade.com

February 9th, 2005, Wednesday

CHINESE NEW YEAR DAY – YEAR OF THE ROOSTER 4703

February 12th, 2005, Saturday, 2:00-5:00 p.m.

106th ANNUAL GOLDEN DRAGON PARADE

L.A. Chinatown

Information: (213) 617-0396;

www.lagoldendragonparade.com

February 12th-13th, 2005, Saturday-Sunday,

10:00 a.m.-7:00 p.m.

CHINESE NEW YEAR FESTIVAL

L.A. Chinatown

Information: (213) 617-0396;

www.lagoldendragonparade.com

February 13th, 2005, Sunday, 8:00 a.m.

27th ANNUAL L.A. CHINATOWN FIRECRACKER 5K/10K RUN/WALK

Broadway near College St.

L.A. Chinatown

Information: (323) 256-1363; www.firecracker10k.org

(Compiled by Donna Young)

Membership Rates

We are a tax-exempt, non-profit organization.

Gum Saan Journal (1 annual issue)	\$10.00
Active, annual	\$25.00
Additional (annual, spouse, same household)	\$10.00
Contributing (annual, senior citizen, student)	\$10.00
Institutional	\$50.00
Life	\$300.00
Corporate	\$100.00
Life Patron	\$1,000.00



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