



# NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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**OCTOBER 2004**

## REVISITING EAST ADAMS

### CHSSC HOMECOMING



(Former East Adams resident,  
Louise Nim Wong, circa: 1955)

**WEDNESDAY, NOVEMBER 3, 2004, 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)**

At the David Henry Hwang Theater premiere of *Revisiting East Adams* on June 23, 2004, the excited overflow crowd spilled into the theater's forecourt, awaiting an impromptu second showing. JOIN CHSSC ON NOVEMBER 3RD, as filmmakers Jennifer Cho and William Gow reprise the historical work's smash opening night. At its much-awaited CHSSC homecoming, a panel of former residents will talk of life in the East Adams district and share their impressions of the *Revisiting East Adams* documentary.

From the 1930s to the 1950s, East Adams was a vibrant Chinese American neighborhood that preserved its

Chinese culture through social and religious organizations and various youth groups. East Adams was a self-sustaining community whose residents worked at businesses such as the City Market on Ninth Street, the CFO gas station, and the Kwong Hing Lung market. East Adams was unique as an interethnic community where Chinese residents lived side-by-side with African Americans, Japanese Americans, Caucasians, and Latinos. *Revisiting East Adams* traces the arc of the Los Angeles neighborhood with interviews, archival footage and rare, historical images.

*Revisiting East Adams* was conceived as an oral history project that expanded to a film documentary and accompanying photo exhibition. The exhibit—now running at CHSSC's Heritage and Visitors Center—features archival photographs, school yearbooks, and other memorabilia donated by former East Adams residents.

The film has been added to the collections of the Southern California Library for Social Studies and Research, the UCLA Asian American Studies Center Library, the County of Los Angeles Public Library system, and the Los Angeles Public Library's Chinatown Branch. In a *Sing Tao Southern California* article, journalist Ambrose Leong wrote: "Another chapter in the history of Chinese Americans in Los Angeles was written by *Revisiting East Adams*."

Jennifer Cho and William Gow are graduates of the UCLA Asian American Studies M.A. program. Ms. Cho's films have screened at the 2003 Vietnamese International Film Festival, the North Carolina Asian American Film Festival, and the Women of Color Film Festival. Mr. Gow's works have been screened at the Asian Film Festival of Dallas, and the San Diego Asian American Film Festival.

*Revisiting East Adams* is sponsored by the California Stories Fund of the California Council for the Humanities, Visual Communications, the Durfee Foundation, and CHSSC.





### AROUND CHSSC

#### THE BREATH OF A WOK



(CHSSC President, Kenneth L. Chan;  
V. P. Programs Eugene Moy; Author Grace Young)

For author Grace Young, the day of October 6, 2004 began at 6:00 a.m. in New York City. By day's end, she had paid a call to our Chinatown Heritage and Visitor's Center where she was interviewed by staff person Randy Bloch; visited and met the staff of the Chinese American Museum; toured various Chinese and Asian American communities in the San Gabriel Valley; and shared dinner with members of CHSSC and the Friends of the Chinatown Library in Los Angeles' Chinatown. Last and perhaps most importantly, she gave a fascinating talk and slide presentation—co-sponsored by the Friends and CHSSC—on her new work, *The Breath of a Wok*, in addition to autographing the book and completely selling out our stock.

Grace Young is a first-generation native of San Francisco's Chinatown and has lived in New York City since 1999. After training as a French chef, for seventeen years she was Test Kitchen Director and Director for Food Photography for *Time-Life Books*. Ms. Young also wrote *The Wisdom of the Chinese Kitchen*.

As author of the most highly-researched book on the wok in the English language, Grace Young considers herself "the keeper of Chinese wok lore right now." *Breath of the Wok's* secondary title is "Unlocking the spirit of Chinese wok cooking through recipes and lore." Ms. Young's objectives were to demystify wok cooking, preserve Chinese culinary tradition, and "to educate people of the difference between stir fry and great stir fry." The volume is splendidly photographed in black and white and color. Images such as a marketplace in Hong Kong at night, and a blacksmith holding raw metal to flame while surrounded by stacks of newly-forged woks, seem to leap off the page.

During her CHSSC talk, Grace introduced the concept of *wok hay*. The book defines "*wok*" as a boiler, cauldron, or an iron pan, and "*hay*" as energy, spirit, or breath—hence its title. She said *wok hay* is "as if the wok is a volcano that infuses the food with air and motion." Grace described her

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### BOARD OF DIRECTORS

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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.





*(Breath of a Wok, from page 2)*

father's "fixation" with *wok hay*: At Chinese restaurants, he would choose a table just outside the kitchen so his food would lose the absolute minimum of energy on the short trip from the wok to his plate. She asserted that "many Chinese Americans don't use the wok correctly."

The fact-gathering odyssey for her book began in 2001 on the East Coast, where Grace conducted "cooking interviews." She asked home cooks, restaurant chefs, and Chinese cooking teachers and authors to share one treasured wok recipe. Most would happily prepare two or three dishes, with Grace taking notes and often sampling the results. The list of participating celebrity chefs includes Cecilia Chiang, Susan Foo, Ken Hom, Florence Lin, Ming Tsai and Martin Yan.

To gain further perspective, Grace and photographer Alan Richardson spent over one month in Hong Kong and Guangdong province. Studying the wok's use in China completely transformed her view of stir frying. Grace was awed by the efficiency of chefs cooking at temperatures over 150,000 BTUs, by woks so well seasoned they required almost no oil, and how it took but 90 seconds for an average chef to prepare a dish. She said she sees fewer woks in China today, and only sees outdoor cooking stalls and wok repairmen in the countryside. She listed the differences between northern woks with their long, metal handles, and the southern variety with short, twin handles, known as "ears." She declared the great masters of wok cooking are all Cantonese.

Seeking out the wok experts of her own large family was the end point of Grace's investigative odyssey. To this end, she staged a twelve hour, family "wok-athon." Several of the 125 recipes in *The Breath of a Wok* were the result of that grand gathering, including "Cousin Kathy's Lion's Head," and "Cousin Zane's Sichuan Beef."

In the relaxed atmosphere of CHSSC's General Meeting, Grace shared a personal comment to her by the book's photographer Alan Richardson: "Grace, when you are in New York, I am aware of you as Grace Young, only. When you are with your family in San Francisco, you are a Chinese American woman. But, when we are in China together, you are Chinese." While "still digesting that remark," Grace shared her feeling that with "a foot in two worlds," the lengthy process of writing *The Breath of a Wok* was of great benefit to her, not only professionally, but personally.

RB

## SAN BUENAVENTURA CHINA ALLEY MURAL UNVEILING

*By Betty Gaw, MD*



*(Photo by Ventura County  
Chinese American Historical Society)*

On the balmy and sunny day of August 28, 2004, the Ventura County Chinese American Historical Society (VCCAHS) held a ribbon-cutting for the new China Alley memorial mural. The richly colored 13' by 52' wall mural—by husband and wife artists Qi Pang and Guo Song Yun—depicts daily life in the coastal city's first Chinese community and honors the original Chinese residents of the City of San Buenaventura, today "Ventura."

The auspicious ceremony began with an exuberant traditional lion dance, accompanied by strings of firecrackers. Then followed numerous speeches by local politicians and dignitaries. S.K. Leong—a VCCAHS member and the project's principal fundraiser—was master of ceremonies. Colorfully costumed traditional Chinese dancers, and a delectable reception prepared by Caroline Tsaw and her helpers, added much to the historical event.

In an early fundraising appeal, S.K. Leong wrote: "The first Chinese settlers arrived in Ventura in the 1860s. They were skilled farmers and designed the irrigation system for the area. Approximately 200 of these Chinese immigrants lived in China Alley, located in front of the Ventura Mission. The Ventura fire department provided insufficient protection for their wooden shacks from fire, so they formed their own fire brigade. The Chinese Fire Brigade responded to fires outside of China Alley and had been reported to be more effective than the regular Ventura fire department. On May 13, 2002, the Ventura City Council approved a budget of \$8,000 to build a mural to honor the Chinese Fire Brigade."

*(Continued on page 6)*





### IN MEMORY OF DR. MILLIE LIANG LIU

*By Ann Lau*

Dr. Millie Liang Liu passed way on September 17, 2004 in Torrance, California.

Dr. Liu was born in Meixian, China on October 27, 1924 to prominent government officials. She attended medical school in Nanjing, China, completing a pediatric internship at the prestigious Children's Hospital in London, England. She also completed an internship at Stanford University and her residency at the University of Chicago. She went on to the University of Illinois where she continued her studies in pediatric cardiology.

Dr. Millie, as she was fondly called by friends, was a pioneer long before the women's movement of the 1960's. She began her private practice in 1956 after she was married. She was the first board certified pediatrician in the Torrance area. In 1965, she became the Attending Physician of Pediatrics at Harbor-UCLA Medical Center. She had been a member of the Board of Visitors at UCLA School of Medicine since 1992, and was involved in developing the Medical School's curriculum and education.

Little Company of Mary Hospital, Torrance YMCA, Torrance Memorial Hospital, UCLA, and Lingnan University in China are only a few of the recipients of the Liu's generosity. The Lius were the founding donors of the Steve C.K. Liu, MD and Millie Liang Liu, MD Research Center at the Los Angeles Biomedical Research Institute.

The Lius are family friends. For my children, Dr. Millie was also their beloved pediatrician. More than that, she was an inspiration and role model to them. She showed that a Chinese American woman could succeed in a White male's world. Indeed, many of her young patients grew up to become physicians. As one of the first ethnic Chinese families to buy a house in Palos Verdes Estates, Dr. Millie recalled the realtor telling them he first had to get approval from their potential neighbors. The realtor told the White neighbors that they should not worry about the Liu's, as they were doctors. The neighbors thus gave their consent to allow the Dr. Liu's to purchase their house. When Dr. Millie recounted the conversation, it was with quiet bemusement. Indeed, her Confucian upbringing enabled her to view such display of racial prejudice as really the problem of the ignorance of others.

Dr. Liu and her husband, Dr Steven C. K. Liu, have been major financial donors to the Chinese Historical Society of Southern California. They were major contributors to the Society's first bilingual exhibit, and contributed significantly to CHSSC's *Portraits of Pride*

project. True to her motto of "Make the Chinese Proud", when the Steve C.K. Liu M.D. and Millie Liang Liu M.D. Research Center was dedicated, the donor wall included the names of all their relatives and friends who had donated, no matter the amount.

Dr. Millie is survived by her husband, Dr. Steve C.K. Liu; daughter, Patricia; son, Richard; daughter-in-law, Cathy; and, a grandson and granddaughter. Dr. Millie was truly a woman of the twentieth century. She managed magnificently the role of a dedicated wife, loving mother, and a professional career woman. She made everything she did seem so effortless and she did them with such joy. Dr. Millie Liang Liu will be missed by all who had the pleasure of knowing her.

### 2004 FLYING TIGERS TRIP – A DIARY

*By Marshall Chee*



*(Lupe and Marshall Chee at National World War II Memorial in Washington, D.C.)*

On a red eye flight on May 25, 2004, my mother, Lupe Chee, and I flew to Washington, D.C. to attend the Flying Tigers' 57<sup>th</sup> Annual Reunion and 2004 Memorial Weekend and Annual Convention in the nation's Capitol.

My father, Frank (Kwan Y.) Chee served in the Army Air Corps 555<sup>th</sup> Air Service Squadron of the 14<sup>th</sup> Air Force in Kunming, China, and other surrounding areas between 1942-1946. He was an Armament Technician servicing machine gun turrets—mounted on the nose, sides, and tail on bombers. After being drafted, he asked to go to flight training school to become a pilot. But they said he was too old and stuck him where they said he was needed. He served in the C-B-I (China-Burma-India) Theater to repel the Japanese invasion of China. Frank passed away on May 23, 2003 at 89. He would have been very proud to see the 2004 Memorial Day events in Washington, D.C.

*(Continued on page 5)*





(Flying Tigers, from page 3)

### Thursday, May 27, 2004

The U.S. Capitol tour was the first major event in the Flying Tigers' convention. As we approached the U.S. Capitol, our buses traveled a wide loop from the south side to the north side. Just past the U.S. Botanic Gardens, a vast, sandstone-hued formation came into view as we slowed for a traffic stop. This was the futuristic National Museum of the American Indian!

We stopped at a north portico of the Capitol and entered an anteroom to receive a few instructions and then were allowed inside the Senate chambers. We proceeded to the spacious Rotunda which divides the Senate side from the House of Representatives. It's a magnificent, gold-domed circular chamber with huge murals of major gatherings displayed around the walls. This is where deceased U.S. presidents lie in state.

Our next stop was Statuary Hall on the House of Representatives side. It's a smaller Rotunda with a golden dome covering a circular chamber. Marble statues are placed around the outside. The whole room was filled with large circular tables covered with white tablecloths. When I queried a hostess, "Whose reception is being held here?" she responded, "It's for the Flying Tigers." Another host told me they such receptions are held about six times a year. What a spectacular surprise! Delicious catered food and wine lined several tables. A magnificent display included smoked salmon, deviled eggs, gourmet cheeses, sushi, vegetable sticks and other assorted finger foods. Senator Ted Stevens presented the Flying Tigers awards.

### Friday, May 28, 2004

The Flying Tigers group were given a tour of the Steven F. Udvar-Hazy Center, the new National Air and Space Museum at Washington Dulles International Airport in Chantilly, Virginia. It is about 25 miles west of Washington. This vast complex—three football fields long—opened in late 2003. Mom and I made a 1 ½ hour tour.

### Saturday, May 29, 2004

Each year, the Flying Tigers perform a ceremonial roll call of recently-deceased Flying Tigers at Arlington National Cemetery. Lupe made this trip specifically to participate in the ceremony. Flying Tigers board members presented the very formal event on a huge, decorative, white ceremonial stage that must be reserved months ahead of time. Playing of the *Star Spangled Banner* signaled the start. Then an Air

Force color unit in dress whites marched solemnly onto the podium and exited after the national anthem's conclusion. A board member welcomed the returning Tigers and their associates and gave background information about the Flying Tigers and the meaning of this event. Another member read in full names who have departed in the past year. Everyone began shedding tears. After a newly-departed Tigers' name is called, one family member is presented with a white rose to place in a receiving vase: "Kwan Y. Chee"—Lupe approached the stage with her rose and turned to the Tigers' photographer for her snapshot. Another Tiger member thanked her as Lupe placed the rose. This year, 99 recently-deceased members and friends of Flying Tigers were honored. Seventeen families and relatives came to receive the tribute which was among the most stirring moments we have experienced!

Buses transported us to the Army-Navy Country Club for lunch. We entered a large, white, traditional clubhouse with kitchen, dining rooms and a big living, reading and music room. Pentagon military brass retreat here for well-deserved dining and recreation and to unwind. All 400-plus Tigers and their associates attended this activity! Everything was delicious—salad, vegetables, and roast beef. Portions were more health-conscious than one sees in sumptuous Chinese banquets, but quite sufficient. We appreciated the attentive young servers who swarmed every table delivering food and drink. Managers orchestrated their moves with military precision. Ahhh, the life of a general!

We planned to attend the National World War II Memorial dedication ceremonies that afternoon. This was the main highlight for the weekend's veterans' festivities. But, alas, it was by invitation only and survivors of deceased veterans were not invited. Some 117,000 persons received special passes. Security was extremely tight; President Bush gave the keynote address on national television. Most of the Flying Tigers and their families watched the televised event in the hotel. I volunteered to play bartender after some instant training in the Tigers Hospitality Suite at the Marriott Hotel.

The Scheduled Events concluded with an evening Flying Tigers banquet. They awarded Mom a Flying Tigers "Tribute to the Memory of Kwan Y. Chee" certificate.

### Sunday, May 30, 2004

We met one last time at the Flying Tigers farewell breakfast. This year's event was very special since it was held in Washington, D.C. at the start of a national tribute honoring all World War II veterans. We all looked forward to seeing each other again. n/n





*(China Alley Mural, from page 3)*

The Ventura County Chinese American Historical Society generously invited CHSSC to the opening ceremony. Representing CHSSC were Vice President of Programs Eugene Moy, Sin Hock Gaw, and Betty Gaw of our board of directors. Several VCCAHS members such as Linda Bentz and Clarissa Dong are also longtime CHSSC members. Additionally, Eugene Moy helped mentor the Ventura County organization through its inception, two years ago.

The City of Ventura's honoring its first Chinese community with a major public arts project is most praiseworthy. CHSSC applauds this magnificent achievement by the fledgling VCCAHS, which involved raising over \$20,000 and months of work by the artists. When visiting Ventura, do take the time to view the impressive mural, directly across from the Ventura Mission and adjacent to the large fountain.

For further information on the mural project and Ventura County Chinese American Historical Society, visit: [www.vccaahs.org](http://www.vccaahs.org).

### ANNOUNCEMENTS

#### 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 Oilin Briggs; Terrence & Karen Chan; Tiffany Chan; Shannen C. Dang; Theodore Fell; Daryl Gerwin; Marilynn Hara; Franklin & Dora Liu; Marlynn Ma; Henry Ong; Walter Tang; Margaret Toy; John Ting-Ping Wang; and Fred A. Wong.

#### THANK YOU FOR YOUR SERVICE TO CHSSC

The Society thanks website programmers Yvonne Chang and Aaron Lee or their great help keeping the CHSSC website current.

#### OCTOBER GENERAL MEETING SNACK DONATIONS

The Society thanks Aurora Bahou, Lupe Chee, Edith Jung, Marian Leng, Dorothy Louie Lew, Winnie Lew, Ruth Lung, Doreen Chan Nakayama, John and Esther Yee,

Margie and Bill Yee, and Jeannette Young, for the tasty snacks they provided for the October General Meeting.

#### SECOND NOTICE: IT'S TIME TO RENEW YOUR CHSSC MEMBERSHIP!!

It's CHSSC membership renewal time. Rates are listed on Page 10 of 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!

#### BOARD OF DIRECTORS' MEMBERSHIP 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:	8;
Jack Ong:	7;
Dr. Betty Gaw:	5;
Jeannie Liu:	3;
Philip Tong:	2;
Eugene Moy:	1;

Bill Chew: 0; Ben Nakayama: 0; Howard Fong: 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 recruit new members and contacting former ones whose membership may have lapsed. Thank you!

#### CONDOLENCES

CHSSC notes the passing in September of member Betty Chow and sends its deepest condolences to husband Henry and the Chow family.

#### CHSSC GUM SAAN JOURNAL SPECIAL EDITION 2004 - ERRATA

Page 9, Paragraph 4, Sentence one: "In December, 1942, . . . ." should read: "In December, 1941, . . . .".

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## OCTOBER 2004

(Announcements, from page 6)

### CHSSC CHINATOWN TOUR DOCENTS NEEDED

The Society's popular tour program handles requests from throughout Southern California. We would like to increase our docent force significantly. Tours are conducted by reservation, last about an hour and are usually held weekday mornings. Peak season is from September to June. Our tour guides receive modest compensation. Please phone Randy Bloch in the CHSSC office (323-222-0856) for more details.

### COMMUNITY CALENDAR

Through October 31st, Sunday

#### **MID-CENTURY MANDARIN: CLAY CANVASES OF TYRUS YU WONG; KINETIC CREATURES: ART KITES OF TYRUS YU WONG**

Craft and Folk Art Museum  
5814 Wilshire Blvd., L.A.

Information: (323) 937-4230; [www.cafam.org](http://www.cafam.org)

Through January 2005

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

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

Through February 27th, 2005

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

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

October 28th, Thursday, 7:00 p.m.

#### **ASIAN PACIFIC AMERICAN LEGAL CENTER 21<sup>ST</sup> ANNIVERSARY AWARDS DINNER & SILENT AUCTION**

Empress Pavilion Restaurant  
988 N. Hill St., L.A. Chinatown  
Information: (213) 241-0201; [www.apalc.org](http://www.apalc.org)

October 29th, Friday, 7:00 p.m.

#### **ASIAN YOUTH CENTER 15<sup>TH</sup> ANNIVERSARY CELEBRATION DINNER**

Westin Bonaventure Hotel  
404 S. Figueroa St., L.A.

Information: (626) 309-0622; [www.asianyouthcenter.org](http://www.asianyouthcenter.org)

November 1st, Monday, 6:30 p.m.

#### **THE CHINA SOCIETY OF SOUTHERN CALIFORNIA PROGRAM, "SOME LAST PEOPLE – VANISHING TRIBES OF BHUTAN, CHINA, MEXICO, MONGOLIA AND SIBERIA" BY PIERRE ODIER**

Golden Dragon Restaurant  
960 N. Broadway, Chinatown  
Information: (323) 463-1396

### NOVEMBER 2nd, TUESDAY – VOTE!

November 4th, Thursday, 5:30 p.m.

#### **ASIAN BUSINESS LEAGUE 20<sup>TH</sup> ANNUAL AWARDS DINNER**

Omni Hotel  
251 S. Olive St., L.A.

Information: (213) 624-9975; [www.ablsc.org](http://www.ablsc.org)

#### **November 6th & 7th, Saturday & Sunday, 9:00 a.m.-5:00 p.m. AQUARIUM OF THE PACIFIC "AUTUMN FESTIVAL" CELEBRATING THE ARTS, FOOD, CULTURE, & MARINE ENVIRONMENTS OF JAPAN, CHINA, KOREA AND CAMBODIA**

Aquarium of the Pacific  
100 Aquarium Way, Long Beach  
Information: (562) 590-3100; [www.aquariumofpacific.org](http://www.aquariumofpacific.org)

November 7th, Sunday, 11:00 a.m. – 4:00 p.m.

#### **ALHAMBRA HISTORIC HOME TOUR**

1550 W. Alhambra Rd., Alhambra  
Information: (626) 755-3467; [www.alhambrapreservation.org](http://www.alhambrapreservation.org)

November 13th, Saturday, 6:00 p.m.

#### **CHSSC ANNUAL FALL DINNER: "PORTRAITS OF PRIDE"**

Empress Pavilion Restaurant  
988 N. Hill St., L.A. Chinatown  
Information: (323) 222-0856; [www.chssc.org](http://www.chssc.org)

November 14th, Sunday, 4:00 p.m.

#### **VISUAL COMMUNICATIONS FUNDRAISER "PAST/FORWARD"**

Japan America Theater  
244 S. San Pedro St., Little Tokyo  
Information: (213) 680-4462; [www.vconline.org](http://www.vconline.org)

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*(Community Calendar, from page 7)*

November 15th to 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 29th – January 16, 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](http://www.chsa.org)

*(Compiled by Donna Young)*

## HEALTH & WELLNESS

### GOOD FATS AND BAD FATS, II



*By Dr. Betty Gaw*

#### The Bad Fats

These are saturated fats, such as those found in animal meat, poultry, and dairy products. Once consumed, they metabolize into smaller lipid fractions—triglyceride, low density lipoprotein (LDL), high density lipoprotein (HDL), lipoprotein-a & b, etc., collectively known as cholesterol. Oxidation of LDL is the root cause of atherosclerosis, or hardening of the arteries. Since we depend upon breathing oxygen, this oxygen is recycled as our bodies process what we eat (metabolism). Rust and browning of a cut apple are due to oxidation, a cascade of events that begins with toxic homocysteine, forming as a byproduct of protein metabolism. Once the arteries' linings are injured by homocysteine, oxidation, due to free radicals, produces inflammation that invites cells and cholesterol deposits, including oxidized LDL, to come to the rescue. Thus begins the atherosclerotic plaque that obstructs blood flow and causes heart attacks and stroke. Antioxidants in fruits and vegetables counteract this

oxidative process, as does eating more good fats and eliminating bad saturated fats, including the trans fats.

#### The Good Fats

Essential Fatty Acids/EFAs are crucial because the body cannot manufacture them, yet absolutely requires them to build cell membranes, nerves, and perform numerous functions. They must be taken in the diet from sources such as fish oil, flax seed, hemp, pumpkin seed, walnuts, soybeans, purslane, and dark leafy vegetables to get omega-3s into the body. EFAs are categorized as omega-3, and omega-6 fatty acids—found in nuts, seeds and vegetable oils. Omega-3 is very heart-healthy because of its EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), protecting cholesterol plaques in the arteries from rupturing, and thus reducing sudden cardiac death by 50%, when fish is eaten twice a month. DHA also protects the brain from Alzheimer's Disease. Taking fish oil capsules daily is beneficial, but be sure to eat fish free from toxic heavy metals such as mercury. Eat salmon from the wild, caught in Alaska or the Pacific North-West, sardines, North Atlantic scrod, anchovies, tuna, cod, halibut, and wild game, because of less pollution. Smaller fish are less polluted than the larger species. The health benefits of EFAs are very comprehensive and crucial to the cells' functions. Their anti-inflammatory effects help ameliorate the "itis" conditions, such as osteoarthritis, rheumatoid arthritis, bursitis, rhinitis and asthma, gastritis, ulcerative colitis, etc., and a host of diseases such as, depression, brain dysfunction, irritability, fatigue, sleep disturbance, Crohn's, diabetes, cardiovascular, kidney, Raynaud's, chronic obstructive pulmonary, high blood pressure, depression, psoriasis, immune dysfunction, glaucoma and heart disease. Most people ingest sufficient omega-6 in their diets from vegetable oils, but are deficient in omega-3s.

#### Plan of Action

Monitor your Homocysteine, hs-CRP (highly sensitive CRP), and lipid levels when you go for your medical checkup. Ask your doctor to order these crucial tests in addition to the lipid panel. Keep your body weight in the normal range for your height and exercise moderately. Diffuse or eliminate chronic stress. Practice

*(Continued on page 9)*



*(Good and Bad Fats II, from page 8)*

good mental health; get medical care when needed instead of suffering with disease in denial. Choose your foods and drinks, targeting the nutrient-dense ones by increasing fruits and vegetable intake, and eliminating or reducing “empty” calories. Eat healthy fish daily or take fish oil supplements. You’ll find your health—skin, eyes, mood and memory improving. For children whose brains are growing, EFA’s are crucial. Avoid all trans fats (read the labels of packaged foods), minimize intake of saturated fats and fried foods. Use Olive oil for cooking. Get sufficient sleep, with the goal of eight hours each day. Educate yourself about nutrition, because you are what you eat. Minimize alcohol intake, and stop smoking.

You’ve heard it said, “If I had known I’d live so long, I would have taken better care of myself.” We all have the potential to live to 100 years or more, because centenarians are the fastest growing segment of our population in the 21<sup>st</sup> century. All it takes is knowledge, being motivated toward proactive lifestyle changes, and eating-and drinking for good health. The prestigious 2005 Dietary Guidelines Advisory Committee convened on August 10, 2004 to debate and formulate the 2005 dietary guidelines for Americans. I hereby present the draft guidelines for better eating, toward a long and healthy life:

- Consume a variety of foods within and among the basic food groups while staying within energy needs.
- Control calorie intake to manage body weight.
- Be physically active every day.
- Increase daily intake of fruits and vegetables, whole grains, and non-fat or low-fat milk and milk products.
- Choose fats wisely for good health. Decrease intake of saturated fat, trans fat while increasing foods rich in omega-3 fatty acids, as in fish.
- Choose carbohydrates wisely for good health.
- Choose and prepare foods with little salt.
- If you drink alcoholic beverages, do so in moderation, i.e., one drink for women, and two for men, per day.
- Keep food safe to eat.

### The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets  
USE SPARINGLY

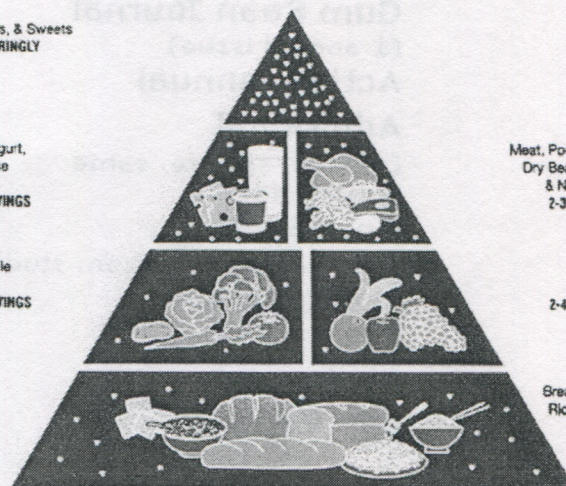
Milk, Yogurt,  
& Cheese  
Group  
2-3 SERVINGS

Vegetable  
Group  
3-5 SERVINGS

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
2-3 SERVINGS

Fruit  
Group  
2-4 SERVINGS

Bread, Cereal,  
Rice, & Pasta  
Group  
6-11  
SERVINGS



Sources: U.S. Department of Agriculture; California Department of Health Services.

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Chinese restaurants in Rhode Island (and Massachusetts) serve chow mein sandwiches: fried noodles with soy sauce between two slides of white bread. And Chinese restaurants in St. Louis, Missouri serve “St. Paul Sandwiches” which are fried egg foo young with tomato, lettuce, and mayonnaise between two slices of Wonder Bread. Origin of name of St. Paul Sandwich is not known.



## Membership Rates

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

### Gum Saan Journal

(1 annual issue)

**Active, annual**

**\$10.00**

**Additional**

(annual, spouse, same household)

**\$25.00**

**\$10.00**

**Contributing**

(annual, senior citizen, student)

**\$10.00**

**Institutional**

**\$50.00**

**Life**

**\$300.00**

**Corporate**

**\$100.00**

**Life Patron**

**\$1,000.00**



**Chinese Historical Society  
of Southern California**

**415 Bernard St.  
Los Angeles, CA 90012-1703**

- Continue a variety of food within and among the basic food groups while staying within energy needs.
- Choose this wisely for good health. Doctors make of saturated fat more for while increasing foods rich in omega-3 fatty acids, as in fish.
- Choose carbohydrates wisely for good health.
- Choose and prepare foods with little salt.
- If you drink alcoholic beverages, do so in moderation, i.e., one drink for women and two for men, per day.
- Keep food safe to eat.
- Be physically active every day.
- Increase daily intake of fruits and vegetables, whole grains, and non-fat or low-fat milk and milk products.
- Choose this wisely for good health. Doctors make of saturated fat more for while increasing foods rich in omega-3 fatty acids, as in fish.
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