



NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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FEBRUARY 2005

GOLDEN DRAGON CHINESE NEW YEAR PARADE YEAR OF THE ROOSTER 4703

*By Angi Ma Wong,
1987 & 1988 Past President*



(Photo by Eugene Moy)

Days of heavy rain did not portend a favorable outcome for the 106th Golden Dragon Chinese New Year Parade but this parade marches rain or shine and is *never* cancelled! And February 12th dawned clear and sunny after all as fellow Rotarian Lew Bertrand and I drove from the South Bay into Los Angeles' Chinatown to join our CHSSC comrades. You may know the Society has led the forefront of the Parade as color guard for over a quarter century.

We greeted CHSSC's parade master, Johnny Yee, at the assembly point on the Main Street bridge, noting he had things well under control. (John has directed the CHSSC flag corps for at least the last two decades.) Our ranks began swelling by the minute, as more and more red and black-clad CHSSC marchers arrived. Scores of American flags were distributed and carefully unfurled, waving gracefully in the mild breeze. Then, as we stood in slightly jittery anticipation of the Parade's launch, a stunned Johnny rushed up and exclaimed, "I brought 117 flags! So we have more marchers than flags!!" Thus marked a historic first for the Society. A tally of our marchers showed 131 Rotarians representing eight Clubs: Palos Verdes Sunset, Culver City, Hawthorne, Vernon, El Segundo (its members traveling to Chinatown via Metrorail) Del Amo, Alhambra and North Los Angeles; and three Districts: 5280, 5300 and 5260.

By time-honored custom, only past or present CHSSC presidents may carry the CHSSC banner in the New Year

Parade. I have fond memories of marching with my good friend, past president Susan Dickson, at the opposite end of the banner pole. Alas, she was pressed into service carrying the Chinese Chamber of Commerce banner along with four-term past CHSSC president Irvin Lai. This year, CHSSC President Ken Chan of the Alhambra Rotary Club and I carried the banner. Sorry Ken, but I counted only a couple of people calling out your name from the thousands in the crowd! In past years, "Hi, Ms. Dickson!" was yelled by the spectators (many her students at Chinatown's Castelar Elementary School) almost as often as "Gung Hay Fat Choy," so Ms. Dickson wins the 12-year-old and under popularity contest hands down, in spite of your good looks.

The partnership in the annual Golden Dragon Parade of CHSSC and Rotary District 5280 (Greater Los Angeles) is a rare and beautiful synergy of outstanding community organizations that transcends cultural and geographic boundaries. Many of the young people marching in our flag unit, accompanied by their Rotarian hosts, have never seen Los Angeles Chinatown, let alone marched through its business district in a parade enjoying a century of tradition. Participating in Saturday's parade was an eye-opening, enriching and memorable cultural experience for these youth.

From the CHSSC perspective, the multitude of marchers was most impressive, making our organization look robust and spectacular. What an incredible sight to peer over my shoulder at over one hundred flags flying as we rounded the corner of Main Street onto Caesar Chavez Boulevard. Randy Bloch enthused to me in an email: "Kudos! This was so great!! I felt very proud to be a Society member. Cy Wong once called CHSSC 'the biggest thing to ever walk through Chinatown,' and judging from this year's turnout, I think the man is right!!!"

During the Parade and all day Saturday and Sunday, CHSSC hosted a booth at the Chinatown New Year Festival at Hill and Ord streets. Our booth was well-stocked with our books such as *Portraits of Pride*, *Bridging the Centuries* and *Duty and Honor*. This was

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MARCH PROGRAM

THE LEARNING AND RE-LEARNING OF CHINESE IN THE U.S.

Guest Speaker

Gay Yuen, Ph.D



**WEDNESDAY, MARCH 2, 2005, 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)**

Language and literacy professor Dr. Gay Yuen has been a major force in improving professional development of teachers since 1997. Recognized as an educational leader in the U.S. and internationally, she serves on local, state, and national educational committees and taskforces on literacy and minority education. She frequently consults on bilingual education and educational reform in this country and abroad. For CHSSC's March program, Professor Yuen will facilitate an exchange with audience members, drawing on their experiences learning English and/or Chinese, what guided their child rearing practices vis-a-vis English and Chinese skills, and their aspirations for their children's and grandchildren's linguistic abilities and heritage.

A movement is afoot to establish comprehensive Chinese and English curricula in public and private schools in California. That movement is expected to grow as the demand for Chinese/English speakers increases in the U.S. and internationally. But, American citizens have a curious love-hate relationship with languages, and bilingualism often seems a dirty word in the United States. Americans and Californians often equate monolingualism with patriotism, looking upon those speaking another language as "exotic," and non-English speakers with suspicion and blame. While the general public demands English be designated the "official language," it complains of the inability of businesses and government agencies to communicate with their foreign counterparts. The fallout is

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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.



(Golden Dragon Parade, from page 1)

a great opportunity for CHSSC to gain public exposure, interact with the community, and provide information and answer questions on Chinese American history. Meanwhile, on Bernard Street at our Chinatown Heritage and Visitors Center, many quality visitors, some sent from the Festival on Hill Street, dropped in at the Society. Many CHSSC members and friends also visited and watched the Parade from our front porch. As the Parade frequently halted in front of the Center, we were serenaded by bands and floats and greeted by political dignitaries and film and TV stars. We chased away evil spirits by allowing a few firecrackers to be set off in our driveway, reinforced by separate lion dances by the San Gabriel Valley Chinese Cultural Association, Kong Chow Association, East Wind and The Immortals led by Jeff Chan. We offered a few heads of lettuce and red envelopes, donated by Gene Moy, and thus expect an auspicious and very fortunate Year of the Rooster!

The Chinese Historical Society of Southern California thanks all its Parade participants and each and every person who played host at our Festival booth and Heritage and Visitors Center, including Jeannie Liu, Dr. Wing Mar, Ben Nakayama, President Kenneth L. Chan, Donna Young, Jim Fong, Linda Wong Smith, Randy Bloch, John and Esther Yee, Paul Chace, Sue Hum and Collin Lai, Ann Lau, Dr. Albert and Yvonne Chang, Susan Dickson, Irvin Lai, Don Loo and friends, Mary Yee and Beverly Shue. Big thanks to CHSSC's V.P. of Programs Eugene Moy who coordinated setup of the Festival booth on Saturday and Sunday and kept an eye on the Heritage Center all weekend, and to Board member Frank Yee who spent all day Saturday and Sunday manning the booth. Please accept our apologies if we failed to thank a volunteer by name and let us know so we may acknowledge them in print. On a final note, the Society prepared beautiful, red monogrammed tee shirts that were given to its Parade marchers and weekend volunteers. The shirts are available at our Heritage and Visitors Center in most sizes for \$15.

To all our friends, neighbors and members, we wish you the happiest and most fortunate Year of the Rooster. Gung Hay Fat Choy! n/n

Year of the Rooster .37 Stamps

Please note that that the recently released USPS Chinese New Year stamps are sold with 24 37-cent stamps on a sheet for a total of \$8.88 (!) a sheet. Better run out and get a few sheets now to guarantee a good year (or at least that your mail will be delivered on time.)

(March Program, from page 2)

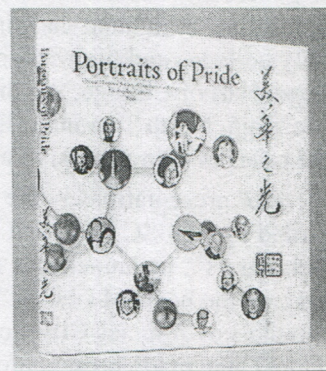
U.S. corporations often are not competitive in the international arena because they must depend on their host countries' English translators in place of their own bilingual staff.

Dr. Gay Yuen is a Professor of language and literacy in the Charter College of Education at Cal State Los Angeles and is recognized for her efforts to promote cross-cultural understanding of diverse groups and understanding of Asian Americans' educational needs. She is a product of the Los Angeles Unified School District (LAUSD), having attended Castelar Elementary, King Junior High and Marshall High School. Dr. Yuen later returned to LAUSD as one of the first certified bilingual Chinese teachers in the State. She holds a B.A. in Oriental languages and elementary teaching credential from UCLA, an M.A. in Urban Education from CSULA, and a Ph.D. in Language, Literacy, and Learning from USC.

AROUND CHSSC

PORTRAITS OF PRIDE DISTRIBUTION FULLY ENGAGED

By Randy Bloch



Distribution of the 2000-copy print run of *Portraits of Pride (PoP)*—CHSSC's latest publication—is unfolding on three fronts: South Bay; San Gabriel Valley; and the CHSSC Office. From the outset, the PoP project's architects' stated intention was to distribute 1,500 copies to California school, college and academic libraries at no cost to recipients. The *PoP* book profiles 38 WWII-generation Chinese Americans of great achievement in defense, health and science.

(Cont'd on page 4)



(PoP Book Distribution, from page 3)

On February 9th, YMCA Development Director Elizabeth Haig introduced PoP's Editor-in-Chief, Dr. Wing Mar, at a book review and signing at the Torrance /South Bay YMCA. Dr. Mar gave a thumbnail history of the PoP project. He explained why *Portraits of Pride* chose under-recognized Chinese American engineers, researchers, and medical professionals as its focus. He emphasized how the 1882 Chinese Exclusion Act and the 1879 California Constitution impacted the lives of the PoP book's profilees as they faced and overcame great obstacles. Dr. Mar described the PoP project's expansive, perhaps unprecedented plan to circulate 1,500 books to libraries at no cost. Joyce Mar then explained the significance and symbolism of the book's cover art, showing several of the book's profilees bonded together like molecules, which is even more relevant since many achieved success in the science and technology fields. Wing and Joyce voiced their strong desire that readers partake of the book's heartwarming, inspirational stories of family, tradition and perseverance, and the profilees' success stories. They urged readers to exploit the book's detailed appendices to the fullest extent. Two profilees, William Chew and Dr. Lois Chi, attended and were introduced to the audience. PoP's graphic artist, Jason Jem, was also present and introduced. CHSSC volunteers Mary Yee Kwok and Beverly Shue generously helped sell about 30 books. Recently, Dr. Mar has been hand-carrying copies to South Bay community colleges and high schools, including El Camino College, Harbor College, South Torrance High, West Torrance High, North Torrance High, and, public libraries in the cities of Torrance and Palos Verdes.

Public PoP presentations in the San Gabriel Valley are being handled by CHSSC President Kenneth L. Chan. Starting on February 1st, he launched a series of donations to Valley cities, on the heels of CHSSC's successful PoP presentation to the Los Angeles City Council. In just three weeks, President Chan made presentations of the PoP volume to the Monterey Park, San Gabriel, San Marino and South Pasadena city councils, in addition to the Temple City Library and school districts in San Gabriel and Alhambra!

On the home front, the CHSSC office has shipped the book to about 200 pre and post-publication purchasers and PoP honorees, predominantly through the effort of Ms. Linda Chong. Book information and an order form are on our Web site's home page at www.chssc.org. All CHSSC 100 x 100 Club members who renewed their Club membership received a complimentary copy of PoP.

Fulfillment of the first major shipment to libraries was completed the weekend prior to Chinese New Year. For this effort, a volunteer cadre of PoP shippers was assembled, consisting of Dr. Wing Mar, Dr. Betty & Sin Hock Gaw, Doreen Nakayama and Randy Bloch. The team prepared and sent copies to over 150 academic (college) libraries across the State, many receiving multiple copies, depending on need. California secondary and middle school libraries and public libraries will also soon receive copies, in addition to more shipments to college libraries.

Reactions by CHSSC readers such as: "Wow! Dynamite! Terrific!" and colleges: "We will not forget your generosity! Rest assured, your donation to our library makes a world of difference." are very encouraging. And the following letter was recently sent to our office: "I have just been privileged to have my good friend share his book *Portraits of Pride* with me. This book is something that I would love to hand down to my children and their children. Please tell me how I may purchase 4 editions of this wonderful book."

FEBRUARY REPORT

"COURAGE AND CONTRIBUTION"

By Maureen Bloch

The February CHSSC meeting featured *Courage and Contribution: The Chinese in Ventura County*, an historical documentary sponsored by the Ventura County Chinese American Historical Society (VCCAHS). The film interviews members and descendants of pioneer Ventura County Chinese American families and some historians. The video documentary is dedicated to Bill Soo Hoo, former Oxnard mayor; and interviewee Daisy Jue of the Sem family, who has since passed away.

Attending were VCCAHS President Dr. George Yu, sisters Mary Louie and Lillian Wong of Ventura's Yee family, and Angela Soo Hoo, wife of Bill Soo Hoo of that early Oxnard family. Also present were artists Qi Pang and wife Songyun Guo who recently completed a VCCAHS-sponsored public art mural, depicting Chinese life in Ventura a century ago. Linda Bentz, who wrote the film's narrative with teacher Robert Yenney, and the film's producer and director, George Sandoval, also attended.

In the 1990's—on a nondescript corner across from Mission San Buenaventura—stood an old-fashioned, wood frame grocery store, Peirano's. Anyone peering into its dusty, deserted interior could not have guessed this store

(Cont'd on page 5)

(*Courage and Contribution, from page 4*)

played an integral role in Ventura's China Alley a century ago. Thanks to 14 hours of oral history interviews compiled by Linda Bentz and George Sandoval, the history of the Chinese in Ventura from 1865-1920 and in Oxnard between 1900-1970 is now preserved and told in the documentary *Courage and Contribution: The Chinese in Ventura County*.

A Chinese presence in Ventura is noted in an 1866 letter from white settler Thomas Bard to his brother. The letter mentions Chinese participation in a parade on July 4, 1865. Historian Richard Senate stated the land between Mission San Buenaventura and the present-day Ventura Courthouse evolved into a separate community—a microcosm of Chinese society—and in the 1880's, Chinese families began occupying that district, referred to as China Alley. The Peirano grocery store stood across from the Mission, and adjacent China Alley was home to merchants, grocers, the Chinese Fire Company, vices such as gambling, opium and prostitution, herb doctors, laundries, and stores where men gathered seeking work. Linda Bentz states in the film that an 1890 Sanborn Fire Insurance map shows 28 addresses in China Alley and that an 1894 map from the National Archives shows employment agencies, sleeping quarters, 5 Chinese-owned laundries that mostly catered to Caucasian clientele, and other businesses.

Concerns that the Ventura fire department would not respond to fires in Chinatown led to organizing the pro bono Chinese Fire Company. Starting in the 1870's, the Company served businesses and residences in China Alley and the community at large. The Fire Company was known for efficiency and its rapid response time that outpaced the City's fire department. A Chinese fire company was also formed in Oxnard, which distinguished itself quenching a fire at the Oxnard Hotel. Beginning in 1889, using the Montgomery Ward catalog as an instructional tool, the American Home Missionary Society visited Chinese homes to teach English. The Ventura Anti-Chinese League spread anti-Chinese sentiment, largely fanned by politicians who exploited it for their own purposes. In 1886, the *Ventura Free Press* editorialized, "We are nothing these days if not anti-Chinese."

Yee Hay settled in Ventura in the 1880's. His was the earliest Chinese family, and had four children: Emily, William, George and Milly. He was a cook for groups of laborers that traveled from farm to farm and a member of the Chinese Fire Company. Yee sisters Marie Louie and Lillian Wong remember their mother buying milk from a family who kept cows and lived near the ocean, and that their grandmother put ginger in the milk before they would drink it. Their grandmother and mother rode the train between Ventura and Santa Barbara to visit relatives. Their grandmother wore a special apron with a pocket to hold raw rice, scattering it from the train window to feed hungry

spirits of Chinese workers who died building the railroad. Sam Fong Yi owned a store, restaurant and an employment agency. Tom Lim Yan was an important early presence in Ventura, a highly educated man who was an interpreter in court cases, owned a store, ran an English school and was a labor contractor. In 1909, he returned to China.

Oxnard's Chinatown consisted of one city block in 1900; similar to China Alley in Ventura. The earliest Chinese family in Oxnard were the Sems. Daisy Sem (Jue) was born in 1911 in China Alley. She recalls being fed and given a doll by a Caucasian rancher's wife, an act of kindness that stayed with her her whole life. A sugar beet factory was established on the Oxnard plain in 1899, employing 253 Chinese, 153 of whom were farm laborers. Daisy Jue recalled her grade school class touring the facility. The Chinese population dwindled slowly; by 1960 only 60 Chinese remained in Oxnard.

Daisy Jue's grandfather came from Guangdong province to escape poverty, famine and social disorder and seek economic opportunity in California. He was a Kung Fu master and worked for the railroad, earning \$1 a day. Daisy recalls Chinese New Year in the early century—the children awakening at midnight, dressing, eating a meatless meal and celebrating with firecrackers. She said the children stayed home from school on Chinese New Year, but that a truant officer came to the house and drove them to school. Bill Soo Hoo's brother, Bartley, said New Year's day was a day of inactivity, mostly consisting of house cleaning. Much shopping was done New Years Day because whatever was done that day, was done for the rest of the year. According to tradition, the Kitchen God observed and reported the family's condition.

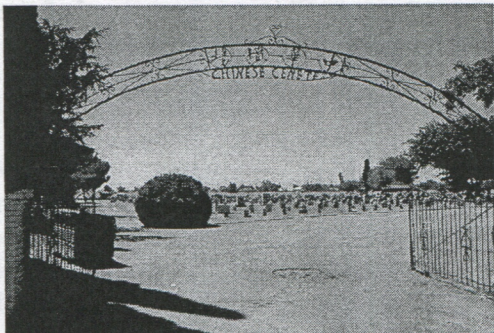
The Soo Hoo family played a central role in Oxnard's Chinese community which came to be known as a "Soo Hoo town." Mama Soo Hoo established the Golden China Inn in 1928. After patriarch Soo Hoo Yee Tom passed away, Mama Soo Hoo raised and supported their 6 children by running the restaurant. Angela Soo Hoo, another of the film's interviewees, tells of Bill Soo Hoo, her future husband, introducing himself to her as the mayor of Oxnard,. In 1966, he did become mayor of that city. He was a trailblazer, known for his strong character, and was the first Chinese mayor of a California city.

The documentary concludes with engineer Vivian Goo stating: "The United States is a country where you can have nothing, but make something of yourself." In the post-screening discussion, VCCAHS President Dr. George Yu also praised the opportunity available living in the United States of America. He said our system of government is not perfect but conveyed his strong belief this is the best place to live. He expressed his hope that interest in Chinese American history will pave the way to tolerance and acceptance for all new immigrants to America. n/n



STOCKTON CHINESE CEMETERY RESTORATION PROJECT

Courtesy, Chinese Cultural Society of Stockton



*(Chinese Cemetery, West Mathews Road,
French Camp—photo by S.L.G.)*

Stocktonians have raised more than \$63,000 of their \$175,000 goal to fund improvements and restoration of the historic Stockton Chinese cemetery at French Camp. Efforts will continue until the amount required for repairs and cemetery improvements is reached. Cemetery historians relate that the cemetery is one of very few in the United States dedicated to Chinese burials. Until the Chinese Cemetery's inception in 1928, Chinese burials occurred in a dedicated section of the Stockton Rural Cemetery. In the mid-1920's, the Chinese Association was ordered to cease using the Stockton Rural Cemetery and to begin removing the burials already on site. By 1928, the French Camp site was identified and purchased for \$4,000 with funds from donations and fundraising events, including the raffle of an early 6-cylinder Chevrolet.

Please support this effort. Send your tax-exempt check, payable to "Confucius Church" at 212 E. Lafayette Street, Stockton, CA 95202, attention: Mabel Morodomi.

STUDYING THE NASH COLLECTION AT CHSSC's ARCHIVAL FACILITY

*By Deborah McArdle, Ph.D Candidate,
UCSB, Marine Science and History*

The opportunity to review a historical collection, found only at the Chinese Historical Society of Southern California's archival facility, prompted my first-ever visit to Los Angeles' Chinatown in early February. The late

Robert Nash compiled the collection, spending a significant portion of his life studying late nineteenth and early twentieth century Chinese fisheries in the United States. Five boxes contain materials that give the reader a snapshot into the lives and livelihoods of the Chinese fishers, including newspapers articles, government reports, correspondence, photographs, and much more. Nash's own Ph.D dissertation, on the Chinese shrimp fishery, and a number of his articles also reside in the collection.

I spent three days reviewing the collection at CHSSC, finding many useful references for my own Ph.D dissertation work focused on the history of the Southern California spiny lobster fishery. This fishery began in approximately 1860, consisting mainly of Chinese fishers catching and then drying the lobster. Most of the dried lobster product was shipped to San Francisco and exported to China.

The helpful CHSSC staff and the information-filled Nash collection gave me insights into historical Chinese fisheries that will further my own work. Studying the history of Chinese fishers in the heart of Chinatown with its restaurants, shops and people was an experience that I will not forget.

I would like to thank Randy Bloch, Susie Ling, Gilbert Hom and Linda Bentz for making the Nash collection accessible.

HEALTH & WELLNESS

THE LIFE-SAVING COENZYME Q10



By Dr. Betty Gaw

My introduction to Coenzyme Q10 ("Co Q10") occurred in 1994 when I attended a Medical Education Tour in Sydney and Melbourne, Australia with the University of Southern California. At that time, clinical trials were being conducted on its life-saving effects on heart failure patients.



(Health & Wellness, from page 6)

What is Coenzyme Q10?

Co Q10 is an antioxidant that scavenges cell-damaging free radicals in the body's cells and is produced by the cells' mitochondria, giving life and generating energy to each cell. Without Co Q10, cells die and life ends. Co Q10 is also known as "Ubiquinone," as it is ubiquitous or present in all living cells.

History

Co Q10 was first isolated by Frederick Crane in 1957 from beef heart. Professor Yamamura of Japan was the first person to use Co Q10 to treat congestive heart failure patients in the 1960's, and by 1982, Co Q10 became one of the top five medications for treating heart disease and strokes that is derived from natural sources. In 1972, Dr. Littaru of Italy and Dr. Folkers of the United States documented the deficiency of Co Q10 as a crucial factor in heart disease. In 1978, Peter Mitchell received the Nobel Prize for his work on Co Q10 and energy transfer. Dr. Per Langsjoen of Texas discovered the profound benefit of Co Q10 in patients with cardiomyopathy. The 1990's saw an explosion of Co Q10 use in the health food industry. In 1997, Co Q10 was included in cardiology textbooks as regimen for heart disease treatment.

Lack of effective marketing and not being a lucrative, man-made product largely explains why Co Q10 is not utilized by most physicians in the United States.

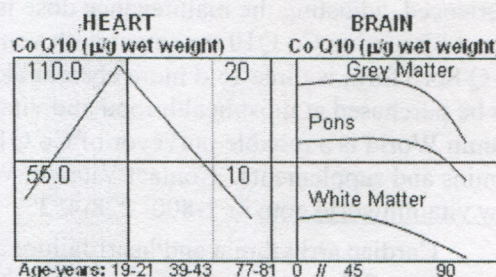
Where is Co Q10 Found?

Co Q10 is a natural, biochemical substance that is found in most plant and animal cells and all cells of the human body. The highest Co Q10 concentrations in humans are heart: 114; kidney: 66.5; liver: 54.9; pancreas: 32.7; brain: 13.4; and colon: 10.7 mcg/gram of tissue. The heart requires tenfold energy production as compared with the brain for its healthy function. Co Q10 is also found in high concentrations in beef heart, pork, sardines, anchovies, mackerel, salmon, broccoli, spinach and nuts. Its complex biosynthesis depends on availability of the amino acid tyrosine, several vitamins, and trace elements. Therefore, poor nutrition, lack of supplementation during surgery, and the post-operative periods exposes the cells to severe and adverse energy depletion which may lead to death.

The Crucial and Important Functions of Co Q10

1. It is an antioxidant that neutralizes cell-damaging free radicals;
2. It inhibits lipid peroxidation in cell membranes, low-density lipoproteins (the "bad" LDL) and protects proteins such as DNA from oxidative damage that may result in cancer;
3. It is the source of all cellular life; and
4. Co Q10 diminishes with aging in the cells. (Please see chart below.)

COENZYME Q10 LEVELS FALL WITH AGING TO
HEART AND BRAIN TISSUE



Source: Littaru GP. Energy and Defense, Casa Editrice Scientifica Internazionale, Rome, 1995.

Who May Benefit from Co Q10 Supplementation?

1. All persons age 45 years or older, for maintenance of Co Q10;
2. All smokers and those who live with smokers;
3. Diabetics;
4. People with heart disease;
5. People with gum or periodontal disease;
6. Cancer patients;
7. Athletes and all those who exercise vigorously;
8. People who eat poorly;
9. Those who take drugs such as the "statins" for lowering cholesterol, heart hypertension, antibiotics, steroid and related drugs;
10. Infertile men and women;
11. Hyperthyroid conditions or excess thyroid treatment;
12. Neurogenerative diseases—Parkinson's, Alzheimer's, muscular dystrophy, Huntington's Disease, and age-related memory loss;
13. AIDS patients and those with frequent infections;
14. Aging. *Note, 50% of Co Q10 is lost in the heart by age 70%, and in the brain by age 65.*

(Cont'd on page 8)



(Health & Wellness, from page 7)

Stephen T. Sinatra, M.D., FA.C.C. the researcher and cardiologist who pioneered the use of Co Q10, is author of the book *The Coenzyme Q10 Phenomenon* which I highly recommend. Dr. Sinatra recommends 90-120 mg. daily of Co Q10 as a preventive in cardiovascular immune system deficient states and periodontal disease, or for people taking statin drugs to reduce cholesterol. A dosage of 120-240 mg. daily is indicated for treatment of angina pectoris, cardiac conditions, e.g. arrhythmia, high blood pressure and moderate gum disease. Dosage levels of 240-450 mg. daily is indicated for congestive heart failure and dilated cardiomyopathy. Once clinical improvement is experienced, adjusting the maintenance dose is important. I suggest discussing Co Q10 treatment with your physician. The Q Sorb form is three-fold more absorbable. Co Q10 may be purchased at most health food and vitamin stores. Vitamin World is a reliable purveyor of Co Q10 and other vitamins and supplements. Contact Vitamin World at www.vitaminworld.com or 1-800- 228-4533.

Cardiac arrhythmia and heart failure are epidemic, as is memory failure which are further precipitated by drugs that deplete what little Co Q10 may exist in the body, often resulting in disability and death. I hope my informed readers wake up to the gravity of this health situation and take action today.

All rights reserved by Dr. Betty Gaw, 2005

ANNOUNCEMENTS

FEBRUARY GENERAL MEETING SNACK DONATIONS

We sincerely appreciate the delicious snacks provided for our February meeting by Jim Fong, Mary Kwok, Margie Lew, Ruth Lung, and Johnny & Johnny & Esther Yee..

CONDOLENCES

The Chinese Historical Society of Southern California sends its sincere condolences to the family and friends of Lucille Suehiro-Loo who passed away on January 8, 2005.

WORDS OF WISDOM FROM CHSSC PRESIDENT EMERITUS, CY WONG

"Failure should never be the end of the road, only a bend in the road."

COMMUNITY CALENDAR

Ongoing, Often

BONE MARROW DRIVES BY ASIANS FOR MIRACLE MARROW MATCHES

Various locations throughout L.A. area

Information: (888) 236-4673; www.asianmarrow.org

Through February 27th, Sunday

"PROOF" BY EAST WEST PLAYERS

David Henry Hwang Theater

120 N. Judge John Aiso, Little Tokyo

Information: (213) 625-7000; www.eastwestplayers.org

Through February 27th, Sunday, Tuesday-Sunday, 10:00 a.m.-3:00 p.m.

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

Through April 3rd, Sunday, Tuesday-Sunday, 10:00 a.m.-3:00 p.m.

"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 March 27th, Saturday

"MOSTLY MISSISSIPPI: CHINESE RESTAURANTS OF THE SOUTH" EXHIBIT BY INDIGO SOM

Chinese Historical Society of America

965 Clay St., San Francisco Chinatown

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

Through April 3rd, Sunday

"NEW YEARS ALL YEAR ROUND" EXHIBIT

Through September 4th, Sunday

"ASIAN & PACIFIC ISLANDER ADOPTEES: A JOURNEY THROUGH IDENTITY" EXHIBIT

Wing Luke Asian Museum

407 7th Ave. South, Seattle

Information: (206) 623-5124; www.wingluke.org

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(Community Calendar, from page 8)

Through May 31st, Tuesday

"GATEWAY TO GOLD MOUNTAIN: THE ANGEL ISLAND IMMIGRATION EXPERIENCE" EXHIBIT

Calif. State Univ. Hayward, University Library
25800 Carlos Bee Blvd., Hayward
Information: (415) 561-2160; www.aiisf.org

Through May

"CHILDREN OF HEAVEN" EXHIBIT BY CINDY SURIYANI

Central Plaza, L.A. Chinatown
943 N. Broadway

"EAST WEST TRADING POST" EXHIBIT BY ANNIE SHAW

Gold Line Station, L.A. Chinatown
901 N. Spring St.

"BRIDGING THE PRESENT" EXHIBIT BY SHAN CHAO

L.A. Public Library, L.A. Chinatown
639 N. Hill St.

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

Through June

"HAVE YOU EATEN YET?: THE CHINESE RESTAURANT IN AMERICA" EXHIBIT

Museum of Chinese in the Americas
70 Mulberry St., 2nd Floor, New York Chinatown
Information: (212) 619-4785; www.moca-nyc.org

February 25th, Friday, 6:00 p.m.

CHINESE CHAMBER OF COMMERCE NEW YEAR BANQUET

Empress Pavilion Restaurant
988 N. Hill St., L.A. Chinatown
Information: (213) 617-0396; www.lachinesechamber.org

February 25th, Friday, 7:00 p.m.

"GOOD LUCK LIFE: THE ESSENTIAL GUIDE TO CHINESE AMERICAN CELEBRATIONS AND CULTURE" BOOK DISCUSSION WITH AUTHOR ROSEMARY GONG

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

February 26th, Saturday, 10:00 a.m.-1:30 p.m.

"FRAUD & IDENTITY THEFT: PROTECTION & PREVENTION" CONFERENCE

Almansor Court
700 S. Almansor St., Alhambra
Information: (714) 434-9936

March 3rd, Thursday, 7:00 p.m.

"CHINATOWN FILES" DOCUMENTARY SCREENING

Meridian Gallery
545 Sutter St., San Francisco
Information: (415) 398-7229; www.chsa.org

March 5th, Saturday, 6:00 p.m.

UCLA ASIAN AMERICAN STUDIES CENTER "PEACE & JUSTICE: CELEBRATING 36 YEARS" DINNER

Grand Horizon Ballroom
Covel Commons, UCLA
Information: (310) 825-1151; www.sscnet.ucla.edu/aasc

March 7th, Monday, 6:30 p.m.

CHINA SOCIETY OF SOUTHERN CALIFORNIA - DINNER & PROGRAM BOOK PRESENTATION AND SIGNING OF "LEO POLITI: ARTIST OF THE ANGELS" BY AUTHOR, ANN STALCUP

Golden Dragon Restaurant
960 N. Broadway, L.A. Chinatown

March 8th, Tuesday

MUNICIPAL GENERAL ELECTION - VOTE!

March 12th, Saturday, 11:00 a.m.

BOK KAI PARADE

March 13th, Sunday

BOMB DAY

First St., Marysville Chinatown
Information: www.bokkai temple.org

March 18th, Friday, 11:30 a.m.

CHINESE CHAMBER OF COMMERCE GOLF TOURNAMENT

California Country Club
1509 Workman Mill Rd., Whittier
Information: (213) 617-0396; www.lachinesechamber.org

(Cont'd on page 10)

(Community Calendar, from page 9)

March 18th, Friday, 7:00 p.m.

**ASIAN PACIFIC AMERICAN DISPUTE RESOLUTION
CENTER "CONVERSITY AWARDS DINNER"**

Town & Gown

University Park Campus, USC

Information: (213) 250-8190, www.apadrc.org

April 2nd-3rd, Saturday-Sunday, 10:00 a.m.-6:00 p.m.

PASADENA CHERRY BLOSSOM FESTIVAL

Rose Bowl, Pasadena

Information: (626) 683-8243;

www.pasadenacherryblossom.org

April 16th-17th, Saturday-Sunday, 11:00 a.m.-7:30 p.m.

MONTEREY PARK CHERRY BLOSSOM FESTIVAL

Barnes Park

350 S. McPherrin Ave., Monterey Park

Information: (626) 307-1458; www.ci.monterey-park.ca.us

April 18th, Monday, 6:00 p.m.

**EAST WEST PLAYERS 39th ANNIVERSARY
VISIONARY AWARDS DINNER**

Universal City Hilton

555 Universal Hollywood Dr., Universal City

Information: (213) 625-7000 x19, www.eastwestplayers.org

April 23rd, Saturday, 10:00 a.m.-4:00 p.m.

SPRING BAZAAR & MARKETPLACE

Pacific Asia Museum

46 N. Los Robles Ave., Pasadena

Information: (626) 449-2742 x20;

www.pacificasiamuseum.org

April 28th, Thursday, - May 5th, Thursday

**VC FILM FEST - THE LOS ANGELES ASIAN PACIFIC
FILM FESTIVAL**

Los Angeles

Information: (213) 680-4462; www.vconline.org

May 7th, Saturday, 10:00 a.m.-4:00 p.m.

22nd ANNUAL CHILDREN'S DAY CELEBRATION

May 8th, Sunday, 11:00 a.m.-4:00 p.m.

**5th ANNUAL MOTHER'S DAY HAWAIIAN STYLE
JACCC Plaza**

244 S. San Pedro St., Little Tokyo

Information: (213) 628-2725 x145; www.jaccc.org

October 7th-9th, Friday-Sunday

**"THE CHANGING FACE OF CHINESE AMERICA"
CONFERENCE**

Radisson Miyako Hotel

1625 Post St., San Francisco

Information: (415) 391-1188, ext. 108; www.chsa.org

(Compiled by Donna Young)



**Chinese Historical Society
of Southern California**

415 Bernard St.

Los Angeles, CA 90012-1703

