



NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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Chinatown Heritage & Visitors Center: 323-222-0856

NOVEMBER 2005

*** DECEMBER PROGRAM ***

ANNUAL HOLIDAY POTLUCK DINNER

WEDNESDAY, DECEMBER 7, 2005, 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)

With December comes the annual Chinese Historical Society of Southern California's Holiday potluck!! It will take place on Wednesday, December 7 at 6:30 p.m.

The Society will provide a few dishes but we look forward to the dishes that you all will bring! As a matter of organization, we have designated specific groups of people to bring certain items. If your last name begins with the letters below, you bring the corresponding dish:

A – F: Entrees

G – M: Vegetable dish

N – T: Dessert

U – Z: Drinks

Please bring enough food for five to eight people and bring it by 6:30 p.m. If you don't bring a dish, a donation of \$5 will be accepted.

It is sure to be a wonderful evening. Christmas caroling will be beautifully accompanied on the piano by member Winifred Lew, and we will all lift our voices in merriment. Bring friends, neighbors, family, and youngsters for the festive celebration!

AROUND CHSSC

2005 FALL DINNER

CELEBRATING 30 YEARS:
ACHIEVING OUR DREAM

By Monica Merritt-Kwon



(Past and present CHSSC presidents)

(Photo by Tom Eng)

The Chinese Historical Society of Southern California celebrated its 30th anniversary at its annual Fall fundraising dinner at the Empress Pavilion Restaurant in Los Angeles' Chinatown on Friday, November 4, 2005. The Fall 2005 Dinner was the opportunity to celebrate and recognize the achievements of the CHSSC and all the people that have participated over the past thirty years to make those accomplishments possible.

The guests walked in to an energetic room filled with tables lined with vibrant red tablecloths topped with a silk flower arrangement in the color scheme of Autumn – yellows, oranges and reds. One flower stood out in each of these arrangements. It was a paper rose the color of green made out of three \$1 bills. The unique Autumn floral centerpiece highlighted by the brilliant backdrop of Chinese Red on each table welcomed the splendor of Fall to all honored guests.

(Cont'd on page 2)



Chinese Historical Society of Southern California

NOVEMBER 2005

(Anniversary Dinner, from page 1)

During the wonderful nine-course meal, guests were treated to a walk down memory lane with a slide show of pictures from the past 30 years of CHSSC events. I watched as many guests stopped lively conversation and pointed out a picture or laughed at a humorous remembrance or memory. Members of the raffle committee walked around the room greeting old and new friends and selling raffle tickets for numerous donated gifts. And, after the meal was over, we shared a DVD presentation which highlighted the past and present achievements of the Society. The DVD will be available for purchase in Spring 2006.

Throughout the dinner, elected officials from our neighboring cities came to present certificates of congratulations and to share the significance of the CHSSC to the community. Assemblywoman Judy Chu, Councilman Ed Reyes, and a representative from Congresswoman Lucille Roybal-Allard's office each came to the Dinner.



(Photo by Monica Merritt-Kwon)

The program continued with past presidents and current board members stepping up to the microphone to share their memories of three individual decades of the CHSSC. Eugene Moy shared about the first decade; Dr. Munson Kwok shared about the second decade of the Society's existence; and Irvin Lai shared about the past ten years and shared his hopes for the present and future of the Society. Hearing about the achievements and successes of the past 30 years from the people who had a hand in guiding the Society through it encouraged those present to strive forward and continue what those in the past had begun.

Raffle Chairperson Dr. Betty Gaw assembled together some 40 gifts that were donated by numerous members for the raffle. It was the fun of the evening as we saw people excitedly jump up and claim their prizes. Gifts that were raffled off were various. They included bottles of wine, homemade jewelry, homemade knitted accessories, books, performance tickets, and many more.

Probably the most exciting part of the evening was the end, when the Chinese Historical Society of Southern California's founders, charter members, past board members, and past presidents stood to be honored. It was amazing to see practically the entire room stand as we all applauded them and their accomplishments.

We'd like to give many thanks to those who made the evening the success it was. Our appreciation goes to those who sponsored tables:

BOARD OF DIRECTORS

Officers

Kenneth L. Chan, President
Dr. Wing Mar, Vice President
JW Wong, V.P. Programs
Ben Nakayama, Treasurer
Marlynn Ma, Financial Secretary
Dr. Donald Loo, Secretary
Peter Liang, Membership Secretary

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Dr. Albert Chang
Susan Dickson
Dr. Betty Gaw
Dr. Munson Kwok
Irvin Lai
Jeannie Liu
Eugene Moy
Jack Ong
Mary Yee Kwok

News 'n Notes Editor,

Monica Merritt-Kwon

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.



(Anniversary Dinner, from page 2)

Kenneth L. Chan, Dr. Albert Chang, Chinese Chamber of Commerce, Susan Dickson, Colonel & Mrs. Hayward Fong, Dr. Betty Gaw, Munson & Suellen Chang Kwok, Irvin Lai, Ann Lau, Winifred Lew, Peter Liang, Jeannie Liu, Eugene Moy, Southern California Edison, and the Kong Chow Benevolent Association. Many thanks to the Dinner Committee for all their tireless work: Peter Liang (chair), Kenneth L. Chan, Susan Dickson, Dr. Betty Gaw, Irvin Lai, Dr. Don Loo, and Jack Ong. Many thanks to Margie Lew who designed the centerpieces and her assistants Gwen Hew, Winifred Lew, and Ruth Lung; greeters Suellen Cheng Kwok, Marlynn Ma, Monica Merritt-Kwon, and Susan Sing; Tom Eng who captured the event with his photographs; John Chung and Sin Hock Gaw for videotaping the event; Julia Nickson who so ably assisted Emcee Jack Ong; Galpin Motors and Gina Leslie for printing the program; to Irvin Lai who set the delicious menu for the evening; to Natalina Chew and Mary Kwok who so ably assisted with the selling of the raffle tickets; and to all others who helped make the evening an tremendous success.

N/N

ANNOUNCEMENTS

WELCOME, NEW CHSSC MEMBERS!!!

On behalf of CHSSC President Kenneth L. Chan, Membership Secretary Peter Liang and the CHSSC Board, we extend our warmest welcome to Ching Louie, Ron Louie, Deanna Matsumoto, Joanne Situ, Mike Ten, Ron Williamson, and Richard Yang.

CALL FOR CHSSC PHOTOS AND VIDEOS

CHSSC is looking for individuals interested in sharing photographs and videos they have from previous CHSSC events. If selected, they will go into DVD presentation and slide show similar to the one shown at the Fall dinner. The DVD will be available for purchase in Spring 2006. If interested, please call the CHSSC office at (323) 222-0856.

IT'S TIME TO RENEW YOUR CHSSC MEMBERSHIP!

It's CHSSC membership renewal time. See page 8 for the membership renewal form or share it with a friend so he or she can join! Please mail checks to the CHSSC office at 415 Bernard Street, Los Angeles, CA 90012-1703.

(Cont'd on page 5)

DR. HAIMING LIU AND THE SAM CHANG FAMILY STORY

By JW Wong



(Photo by Tom Eng)

Our November speaker was Dr. Haiming Liu, author of "The Transnational History of a Chinese Family." Dr. Liu begins the book with a description of his venture into the personal papers of immigrant farmer Sam Chang. Dr. Liu told us of his intimacy with Sam's family of herbalists and asparagus farmers. He admitted, "I know more about Sam's family history than I know of my own."

Supported by slides, a family tree, and a wonderfully woven story of struggle, triumph, success, and heartbreak, Dr. Liu gave us a look into what history is really about: people, lives, hopes, and the spirit left behind.

Too often we think of history as a parade of dates to be memorized. Dr. Liu has reminded us that history is really more than that. It is in the details of individual lives, personal memories, and in the interpretation of our personal "garbage." The archaeologist refers to the "stuff" we leave behind as "midden." Garbage to the layman is treasure in the eyes of the historian.

Dr. Liu expertly picked through the layers, peeling back events of a family who came from China in the early twentieth century, establishing what was to become the Chang legacy. In the audience that evening sat several members of that legacy. At the end of the presentation they presented themselves as grandnieces and great grandnieces of Sam Chang. They were very appreciative of the work Dr. Liu had done researching their family history and expressing it so eloquently in his book.

Dr. Liu kindly presented the CHSSC with several copies of his book for sale, the proceeds of which went directly to the Society. I believe I speak for all of us when I say thank you Dr. Liu for all your efforts in bringing to life a collection of notes, diaries, and documents in the Sam Chang family history.

N/N

Q & A WITH EMCEE ONG

By Gina Leslie
(Special to News 'n' Notes)



(Co-Masters of Ceremonies Jack Ong and Julia Nickson)
(Photo by Tom Eng)

It has been my privilege to represent Galpin Motors at the past three fundraising Historical Society dinner events. Corporate sponsorship has its rewards - I have eaten more Chinese food than ever, thanks to Galpin and CHSSC. As a staffer in Galpin's advertising department, I've known Jack Ong for the past several years. At work, he's crazy and spontaneous, while always professional and extremely knowledgeable in so many fields. CHSSC gets the best of Jack when he emcees your events because he's so unpredictable and entertaining.

So, what is the "secret" to Jack's success? We asked him for *News 'n' Notes*...

N & N: Whether you're writing, planning special events, revving up for auditions or rehearsing roles, you have an air of intensity about you. But the minute people are watching, you're more relaxed and carefree. What's that all about?

Jack: Simple. Work is work, and I take it very seriously. I have to concentrate, focus. But I love an audience; I love a crowd; I like to make people laugh. But when I'm working on something I want it to be the best possible. When my finished projects are approved and maybe even applauded, I still find things that I could've done better, and that drives me bonkers. But it also motivates me to stay alert, to keep trying to improve and come up with better ideas. I don't want to do things the same old way all the time. Bor-ing!

N 'n N: When you emcee, how much do you work off a

script?

Jack: That depends on the event.

N 'n N: Well, take the November 4 event at the Empress Pavilion. It was for the Society's 30th anniversary...

Jack: No script, just an outline to keep everyone on track. Everything that was part of the program was in the outline. Of course I wrote stuff for Julia and me (co-emcee Julia Nickson); bits of banter and stuff like that. I feel the heart of the anniversary celebration was the DVD presentation we put together. In one 13 hour marathon, Peter Liang (the editor) and I chose the visuals, shot each scene, and wrote the narration.

N 'n N: That's going to be a valuable DVD for the CHSSC archives.

Jack: And that's our intention. We look at the DVD as a work in progress, something we can build on year after year as the Society continues its important work.

N 'n N: So you do more than just arrive at an event before you emcee something?

Jack: Oh, absolutely. Anyone can just get up and read a script that's been handed to you, but an audience can tell when that's the case. I don't like to do things that way. An emcee should keep an event going at a certain, seamless pace. If anything goes wrong, the emcee should assume the responsibility right on the spot. I love that challenge. So it's okay to look foolish.

N 'n N: Like at the latest Spring dinner, when you made your entrance in drag?

Jack: Hey, lady, that was very appropriate. I was dressed as Lady Justice, which was very appropriate. After all, we were saluting Chinese American pioneers in law. What could've been more appropriate for an emcee?

N 'n N: What's the next big Society shindig?

Jack: Well, we've been working on that for weeks, even while we were planning this past dinner event. In May, during Asian Pacific American Heritage Month, we'll do our next big fundraiser at the San Gabriel Hilton again, saluting Chinese American actors. It'll be a glitzy celebration.

N 'n N: Are you emceeing again?

Jack: I've been invited to, but I don't know. Don't you think it gets boring using the same emcee over and over again?

N 'n N: Depends on the emcee, Jack.

Jack: How sweet. Oh, wait...is that yes or no?

N/N



NOVEMBER 2005

["Announcements" from page 3]

JANUARY 2006 MEETING DATE CHANGE

PLEASE MAKE A NOTE: We will not be meeting on the first Wednesday of the month as usual in January. Due to Castelar Elementary's closure that week, we will meet the next week, on January 11th at our usual time.

THANK YOU FOR THE RAFFLE PRIZES

On behalf of CHSSC's raffle chair, Dr. Betty Gaw, we would like to thank all of those who stepped up to the plate and donated gifts for the Fall Dinner raffle. We were all pleasantly surprised at the outpouring of your generosity. Many thanks!!

NOVEMBER GENERAL MEETING SNACK DONATIONS

The Society warmly thanks Elmo Gambarana, Mary Kwok, Irvin Lai, Dorothy Louie Lew, Margie Lew, and Ruth Lung for the delicious snacks they provided and set-up for the November General Meeting.

CHSSC NEEDS YOUR HELP WITH ITS CHINATOWN TOUR PROGRAM!

The Society's tour program handles requests from individuals and schools throughout Southern California. We believe our tours serve a valuable function educating the public on Chinese American history. To keep our tours operating we must increase our docent force. Tours are by reservation, last an hour, and are usually weekday mornings. Peak season is from September to June. Tour guides receive modest compensation. If you are interested in helping out, please phone the CHSSC office at (323) 222-0856.

WORDS OF WISDOM FROM PAST CHSSC PRESIDENT, CY WONG

Live a good honorable life, then when you are older and think back, you'll be able to enjoy it a second time.

CONDOLENCES

Our condolences go out to the families of longtime members Lotus Hong and Helen Q. Lew, who both passed away in October.

RECENT STANDINGS IN THE CHSSC MEMBERSHIP DRIVE COMPETITION

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

Kenneth L. Chan:	4;
Peter Liang:	2;
JW Wong:	1;
Susan Dickson:	1;
Jeannie Liu:	1;
Jack Ong:	1;

Dr. Wing Mar: 0; Ben Nakayama: 0; Marlynn Ma: 0; Dr. Don Loo: 0; Dr. Albert Chang: 0; Dr. Betty Gaw: 0; Dr. Munson Kwok: 0; Irvin Lai: 0; Eugene Moy: 0; and Mary Yee Kwok: 0.

You can participate in the drive too by helping to recruit new members and contacting former ones whose membership may have lapsed. Thank you!

HEALTH & WELLNESS

THE "ASIAN FLUSH"



By Dr. Betty Gaw

As I read the article "Asian Flush Spurs Quest for Cures" sent to me by Dr. Wing Mar, recollections of this syndrome flashed back to my childhood. During the festive "Yum Seng" at Chinese banquets where free-flowing wine is used to toast the host, some drinkers would get facially flushed until beet red in color. This medical phenomenon is now known to be genetic in origin, and potentially lethal

What is Asian Flush?

Millions of Asian alcohol drinkers have inherited a deficient gene rendering them unable to process or detoxify the byproduct of alcohol, the toxin ACETALDEHYDE.

(Cont'd on page 6)



(Asian Flush, from page 5)

This is a molecular chemical close to formaldehyde, and is used to preserve biological specimens, tissues and corpses.

Acetaldehyde is further metabolized to ACETIC ACID by the enzyme ALDH2, and if the drinker is lacking this enzyme, acetaldehyde cannot be broken down and excreted; it circulates in the blood, causing numerous toxic effects.

Signs and Symptoms

Flushed or reddened face and neck, headaches, drowsiness, nausea, blotchy skin, pounding heart with irregular heartbeat, faintness, weakness in the legs, loss of balance, and death are the outcome. As the alcohol dose is increased, the symptoms escalate.

Alcohol is a Double-edged Sword

Warmth and stimulation is the glow that the drinker experiences the first forty-five minutes after imbibing, followed by depression. The unknowing drinker seeks to replicate the highs, drinks some more, adding and increasing the concentration of the poisons that lead to mood cycles of peaks and troughs. Thus addiction sets in, and craving for alcohol takes hold. The brain's pleasure center has become a slave to this chemical poison. There is genetic basis for addiction to alcohol. Due to its availability and social acceptability, alcohol addiction is very common. Many people self-medicate to drown their sorrows with alcohol only to be driven to destruction and death.

Statistics

About 50% of Asians have a deficient gene that makes them unable to detoxify acetaldehyde, the byproduct of alcohol. Other phenotypic traits render 45% Chinese, 30% Koreans, 10% Thais and 1% Filipinos with the deficient enzyme ALDH2, which is acetaldehyde dehydrogenase 2, that detoxifies acetaldehyde. Another genetic variant causes less severe reactions in 90% of Asians and 10% Caucasians. Less flushing does not mean there is less poison circulating.

Health Risks and Death

The higher the concentration of toxic acetaldehyde circulating in the body, and the longer the duration, the greater is the risk of cell, tissue and organ damage. The legal limit for measuring DUI (driving under the influence) is 0.08 percent or higher of alcohol in the bloodstream.

Alcohol is a potent solvent capable of dissolving lipids or fats which are abundant in the brain, liver, and cell membranes. There is no organ that escapes alcohol's damage. The end-stage effects are failure of the brain, nerves, pancreas and liver; gastric bleeding from varices, and malnutrition.

Death is the final forgiving friend. Alcohol increases the risks of cancers--breast, esophagus, liver, prostate, and colon.

Remedies

An array of anti-flush remedies have been tried, with unreliable results.

Why Stress Your Liver?

The liver is the organ of detoxification. Just one alcohol drink per day for a woman and two drinks per day for a man reaches the threshold of liver tolerance. The liver manufactures proteins, bile acids, vitamins, cholesterol to build hormones, and is a vital part of food metabolism. In newborn babies, the liver denatures bilirubin, the breakdown product of red blood cell hemoglobin after birth. Physiologic jaundice is common in Asian babies due to a slower production of enzymes compared to Caucasian babies at birth. All chemicals, prescription medications, food and toxins have to be broken down, detoxified and excreted into the gut or via the kidneys. Hence you would not want to mix drugs with alcohol to stress the liver more and thereby damage it. Restorative foods and herbs for the liver are: Silymarin, Milk Thistle, Essential Fatty Acids, and the B complex vitamins. Avoid alcohol if you're allergic to the sulfites or to the alcohol itself, or if nature warns you with the red-faced flush. Why would anyone deliberately swallow a poison for social or any other reasons? If one needs to celebrate, drink fruit juices which are nutrient-dense, and if one is depressed, there are kinder and non-addictive herbal remedies that are as effective as prescription anti-depressants.

Conclusion

The alcohol Asian flush is a phenomenon of genetic basis, is avoidable, and death from it is preventable by abstinence from drinking alcohol. It is a matter of prudent choice. Just as we are warned, "Don't drink and drive," so too we must take heed and "Think before we drink."

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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

Thursdays, 3:00-7:00 p.m.

CHINATOWN FARMERS MARKET

727 N. Hill St., L.A. Chinatown

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

First Saturday of Every Month, 10:30 a.m.

"UNDISCOVERED CHINATOWN" TOURS

L.A. Chinatown

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

Through December 19th, Monday

"REMEMBERING C.C. WANG" EXHIBIT OF PAINTINGS

Through January 15th, 2006, Sunday

"PANDERING TO SINOPHOBIA: THE CHINESE QUESTION IN POLITICAL CARTOONS" EXHIBIT

Chinese Historical Society of America

965 Clay St., S.F. Chinatown

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

Through December 31st, Saturday

"ARCHIVIST OF THE 'YELLOW PERIL': YOSHIO KISHI COLLECTING FOR A NEW AMERICA" EXHIBIT

Museum of Chinese in the Americas

70 Mulberry St., 2nd Floor, New York Chinatown

Information: (212) 619-4785; www.moca-nyc.org

Through January 8th, 2006, Sunday

"BIG DRUM: TAIKO IN THE UNITED STATES" EXHIBIT

Japanese American National Museum

369 E. First St., Little Tokyo

Information: (213) 625-1770; www.janm.org

Through January 15th, 2006, Tuesday-Sunday, 10:00 a.m.-3:00 p.m.

"IMPRESSIONS: MILTON QUON'S LOS ANGELES" EXHIBIT

"SAM BOI LEE: A PORTRAIT OF MY MOTHER" EXHIBIT

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 February 12, 2006, Friday-Sunday

"PLACE/DISPLACE: THREE GENERATIONS OF TAIWANESE ART" EXHIBIT

Pacific Asia Museum

46 N. Los Robles Ave., Pasadena

Information: (626) 449-2742, ext. 10;

www.pacificasiamuseum.org

December 1st, 2005 through May 31st, 2006, Thursday-Wednesday

"WHEN CHINA RULED THE SEAS: THE TREASURE FLEET OF THE MING DYNASTY, 1405-1433" EXHIBIT

Ventura County Maritime Museum

2731 S. Victoria Ave., Oxnard

Information: (805) 984-6260

December 7th, 2005, Friday, 7 p.m.

READING AND BOOKSIGNING: "WHO ATE MY SOCKS?" BY AUTHOR, ANGI MA WONG

Castelar Elementary

840 Yale St., L.A. Chinatown

December 9th-18th, 2006, Friday-Sunday

"THE NISEI WIDOWS CLUB HOLIDAY ON THIN ICE" BY EAST WEST PLAYERS

David Henry Hwang Theater

120 N. Judge John Aiso, Little Tokyo

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

January 29th, 2006, Sunday

CHINESE NEW YEAR DAY - YEAR OF THE DOG 4704

February 4th, 2006, Saturday, 2:00-4:00 p.m.

107th ANNUAL GOLDEN DRAGON PARADE

L.A. Chinatown

Information: (213) 617-0396;

www.lagoldendragonparade.com

February 4th-5th, 2006, Saturday: 10:00 a.m.-9:00 p.m., Sunday: 10:00 a.m.-6:00 p.m.

CHINESE NEW YEAR FESTIVAL

L.A. Chinatown

Information: (213) 617-0396; www.lachinesechamber.org



Membership Form

Chinese Historical Society of Southern California

415 Bernard Street, Los Angeles, California 90012-1703

Phone: (323) 222-0856, Fax: (323) 221-4162, www.chssc.org

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____, () _____

E-mail address _____

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

I am interested in helping with:

- | | | |
|------------------------------------|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Programs | <input type="checkbox"/> Publications | <input type="checkbox"/> Research |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Fundraising | <input type="checkbox"/> Other |

Please make checks payable to CHSSC.
We are a tax-exempt, non-profit educational organization.

ANNUAL MEMBERSHIP & OTHER FEES:

☐ New or ☐ Renewal

☐ Silver \$45

☐ Gold \$100

☐ Diamond \$300

☐ Student \$20

☐ Senior (60 yrs or older).... \$20

☐ Gum Saan Journal (each) \$10

☐ Donation (tax-deductible) \$ _____



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

