

NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

415 Bernard St., Los Angeles, CA 90012; Voice: 323-222-0856;

Fax: 323-221-4162; Email: chssc@earthlink.net; Web: www.chssc.org;

Chinatown Heritage & Visitors Center: 323-222-0856

OCTOBER 2005

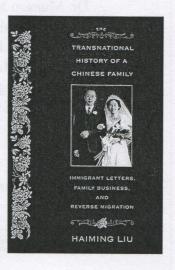
NOVEMBER PROGRAM

"THE TRANSNATIONAL HISTORY OF A CHINESE FAMILY"

AUTHOR PRESENTATION

Guest Speaker:

DR. HAIMING LIU



WEDNESDAY, NOVEMBER 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)

In Chinese, the word for family and home is the same: *jia*. It signifies mutual obligation, lasting responsibility, and cultural values. Family can be separated and homes may change but *jia* remains intact. On November 2nd, our speaker, Dr. Haiming Liu, will talk about his journey into

(Cont'd on page 2)

AROUND CHSSC

COME CELEBRATE OUR 30TH BIRTHDAY AT CHSSC'S FALL DINNER!!

By JW Wong

Once again another year is ending and a new holiday season is upon us. It is also time for our annual fall dinner. This year it will be on Friday, November 4th, 2005 at the Empress Pavilion in Los Angeles Chinatown. All your friends are sure to be there eating, drinking and singing the night away. You won't want to miss the fun.

It's a special evening as the Chinese Historical Society of Southern California is celebrating its' thirtieth anniversary. That's the big Three-Oh! Think back on how much the Society has grown these past 30 years. Can you remember when the Society first began, with its mission of preserving and promoting the heritage of the Chinese and Chinese American community? A special 15-minute video presentation has been prepared. If you have a strong stomach for watching yourselves and your friends suddenly look young again as time is rewound, then you are in for a treat. It's not often you get a ride on a time machine.

Hosting the dinner will be our very own master of ceremony extraordinaire, long time society member and dependable volunteer Jack Ong. He has appeared in many films and television programs and makes a special command performance at our fall dinner. Sharing the master of ceremony stage with Jack is Julia Nickson, also a performer with both film and television credits.

Julia Nickson and Jack Ong, actors who have worked together on TV and stage, will co-emcee the event. Julia has starred in such movies as "Rambo 2,""China Cry" (in which Jack also appeared), "Sidekicks," "Ethan Mao," and the upcoming "Genghis Khan"; and such acclaimed TV shows as the miniseries version of "Around the World in 80 Days," "Noble House" and – again acting with her co-emcee

(Cont'd on page 3)



(November Meeting, from page 1)

finding jia defined in the Chinese American way.

Using CHSSC's historical archives to research his recent book, "The Transnational History of a Chinese Family," Dr. Liu recounts the true story of the Sam Chang family. For three generations, the family lived between two worlds. The immigrant generation worked hard in the herbalist and asparagus farming business while the younger generation crossed back and forth, between China and America, in pursuit of a proper education, good careers, and a meaningful life. This was a difficult period of time for Chinese Americans. Social instability in China and hostile racial environment in America prevented the family from planting roots on either side of the Pacific. Thus, the transnational family life became the basis of their social existence.

In addition to this insightful book, Dr. Liu has written a variety of articles on the Asian American experience, ranging from herbalists and asparagus farming to the Chinese exclusion laws and Mark Twain. He currently teaches courses on the Asian American experience, ethnic identity, Asian American contemporary issues, and immigration. Dr. Liu is the recipient of a Minority Discourse Research Fellow from the University of California Humanities Research Institute, a Humanities Research Grant at UCI, a Rockefeller Foundation Fellow at the UCLA Asian American Studies Center, and a University of California Regent Fellowship.

Dr. Haiming Liu is an associate professor of Asian American Studies within the Ethnic and Women's Studies Department at California State Polytechnic University, Pomona. He received his Bachelor's and Master's degrees in China before earning his Doctorate degree in Comparative Culture at the University of California, Irvine.

Join us on November 2nd for an evening packed full of information, detailed knowledge, and great stories of survival and adaptation that can be found in the Society's very own Historical Archives

REPORT: 2005 CHINESE AMERICAN STUDIES CONFERENCE

By Dr. Wing Mar

A diverse group of people attended the 2005 Chinese American Studies Conference titled "Branching Out the Banyan Tree: A Changing Chinese America," a 3-day conference held in San Francisco. This year's conference was sponsored by the Chinese Historical Society of America and the Asian American Studies Department at San Francisco State University.

Beginning on Thursday evening, we saw an exhibit of anti-Chinese cartoons by the media during the time of the Chinese Exclusion Act (1882). These old cartoons were from the private collection of Philip Choy. We also saw the same type of cartoons geared towards Filipinos at the Manilatown Heritage Center. These racist caricatures were eye openers for many of the visitors. At the luncheon the next day, Philip Choy and Him (Cont'd on page 3)

BOARD OF DIRECTORS

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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.

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AN ARTISTIC FUSION OF EAST AND WEST

By JW Wong



(Portrait of a Friend, 1960)

Our October speaker, Diana Shui-Iu Wong, wove an evening of suspended time and abstraction. With a set of standard two by two slides, she gave us a peek at her long artistic journey. Trained as a classical painter in the fifties, she turned to abstract painting, blending Western and Eastern influences in her work.

Diana pursued a path that put one foot in her native Hong Kong and the other firmly in the soil of her adopted Los Angeles. This mix has given us a burst of color and a bridge, linking east and west. In her childhood, she studied Chinese calligraphy and ink printing but desired to work with vibrant colors that she saw so prevalent in Western art. This vision brought her to abstraction, her innate aesthetics, and the *I-Ching* (Book of Changes).

Through a video presentation of her performance art and a plethora of vivid slides, Diana guided us through a labyrinth of shifting colors, paths with new possibilities, and nuance of meaning. Her performance art and giant canvases decorate our imagination now, thanks to her desire to show us what a melding of disparate cultures, language, and concepts can achieve.

Close to 50 members listened intently to Diana share and many personally met her after the formal presentation. We had stimulating discussions about the value of art in a community that is better known sometimes for math and science, if not just restaurants and gift shops.

Many thanks to Diana for coming out to share with us about her art and for donating a copy of her book, "Merging: The Labyrinth and Beyond, Art and Life of Diana Wong," to the Society's collection. The book is available for our members and others interested to view by coming by the Heritage Center.

(Fall dinner, from page 1)

- "Chicago Hope."

Jack, a CHSSC board member and emcee of the Society's past two fund-raisers, will be seen in the Thanksgiving episode of "Out of Practice" (CBS Mondays) starring Henry Winkler and Stockard Channing; and in an upcoming episode of Disney Channel's kiddie hit, "The Suite Life of Zack & Cody." He also has two movies coming soon: "Art School Confidential" starring John Malkovich and Angelica Huston, and "Akeelah and The Bee," produced by Laurence Fishbourne.

Our Dinner Committee headed by Peter Liang has been hard at work for the last two months preparing the best of celebrations. But your help is still needed. Any function runs best with dedicated volunteer help. If you have time to help out, please contact Peter at peterpll@yahoo.com. We ask that you not only bring yourselves, but bring family, friends, and especially new members.

So, press your Sunday best, spit polish your shoes, brush off the old Fedora and get ready for an evening of witty repertoire, great Empress food, and a stroll down memory lane as we celebrate 30 years of the Chinese Historical Society of Southern California. We look forward to seeing you there!!

(Conference, from page 2)

Mark Lai were honored by California State University Chancellor, Charles Reed, for their contribution to the field of Asian American studies. That evening was the banquet where we heard from Gary Locke, the first Chinese American Governor in U.S. history (Washington, 1996-2004).

The topics at the conference work shop were as diverse as the audience and were well attended. Over 70 work shops were featured. A dozen current CHSSC members participated in seven panels. Our panel presentation on our book, Portraits of Pride, included an opening presentation by William Chew, author of Nameless Builders of the Transcontinental Railroad, and was well received. Paul Chace, Gilbert Hom, and Laura Ng presented a summary of our recently completed archives project. Other conference participants included Linda Bentz, Suellen Cheng, Roberta Greenwood, Paul & Emma Louie, Ruby Ling Louie, and Lucky Owyang. CHSSC president Ken Chan participated in a caucus of all Chinese historical societies and museums to decide on the next conference site. The caucus also adopted a resolution to keep the "A" files ("Alien") of the INS at the National Archives and Records Administration's Pacific Region Headquarters in San Bruno. All in all it was



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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 Lillian Lee, Wally Lee, and Diana Poon.

THANK YOU FOR YOUR SERVICE TO CHSSC

The Society wishes to thank Randy Bloch and Phillip Hom for donating one very warm afternoon of their time cleaning and pruning the area around the Chinese Memorial Shrine in Evergreen Cemetery.

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.

JANUARY 2006 MEETING DATE CHANGE

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.

LAST CALL FOR FALL DINNER RAFFLE PRIZES

We solicit your kind donations of gifts to be raffled at our Fall 2005 dinner on November 4th, and at our monthly meetings. Generous gifts of new items such as books, electronics, food baskets, handcrafted items such as cushion covers, etc. will greatly benefit the Society. Please wrap and ID your donations. Raffle prize person is Dr. Betty Gaw at 323-665-6030 or bettycgaw@hotmail.com. A big thanks to Ken Chan, Elmo Gambarana, and Ruth Lung for their donation of items this past month.

OCTOBER GENERAL MEETING SNACK DONATIONS

The Society warmly thanks Winnie Lew, Ruth Lung, Margie Lew, and Dr. Tim Siu for the delicious snacks they provided and set-up for the September General Meeting.

"YOU'VE GOT E-MAIL"

If you would like to receive our monthly newsletter by email, please let us know by emailing us at chssc@earthlink.net. The cancellation of your hard copy subscription will save the Society a few dimes and save the environment a few trees.

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 Monica Merritt-Kwon in the CHSSC office (323-222-0856).

WORDS OF WISDOM FROM PAST CHSSC PRESIDENT, CY WONG

Life is a work in progress, and the more progress you make, the more progressive you become.

Education is a progressive discovery of our own ignorance.

GET WELL WISHES

The Society wishes to send out get well wishes to long-time member, Jim Fong. Jim was an instrumental figure in the completion of our book, *Duty & Honor* and is recovering from a stroke he suffered many months ago. He is doing very well; his mind is sharp and he is aching to get out of the nursing home and be an active participant in Society events as he was before. Don't let him think we forgot about him! You can reach Jim at the Country Villa Convalescent Center, 3515 Overland Ave., Room 210B, Los Angeles, CA 90034 or by calling (310) 839-5201.

(Please see "Announcements" page 5)

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("Announcements" from page 4)

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:	1
Peter Liang:	1
Jeannie Liu:	1

Dr. Wing Mar: 0; JW Wong: 0; Ben Nakayama: 0; Marlynn Ma: 0; Dr. Don Loo: 0; Dr. Albert Chang: 0; Susan Dickson: 0; Dr. Betty Gaw: 0; Dr. Munson Kwok: 0; Irvin Lai: 0; Eugene Moy: 0; Jack Ong: 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!

NEW WORLD WAR II ORAL HISTORY PROJECT

Do you know anyone who joined the United States Navy in China between 1929 and 1949? Jim Huen is conducting a research project recording oral histories of those who joined the US Navy on Chinese soil. Jim wants to pay tribute to those Chinese who fought for America and received their US citizenship before even setting foot on American soil. If you are a veteran, surviving family member, or friend who knows anyone who fits this description, please contact Jim. You can reach him at 1317 Denton Ave., Hayward, CA 94545; (510) 783-3023; or jhuen@sbcglobal.net.

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 November 2nd, Wednesday

"NOT A CORNFIELD" 32-ACRE PROJECT

1201 N. Spring St., L.A. Chinatown adjacent Information: (323) 226-1158; www.notacornfield.info

Through December 1st, Thursday

"PAPER SONS: CHINESE IN THE MIDWEST. 1870-1945" EXHIBIT

Chinese-American Museum of Chicago

238 W. 23rd St., Chicago

Information: (312) 949-1000; www.ccamuseum.org

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

(Please see "Community Calendar," page 7)



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HEALTH & WELLNESS

THE GAC FRUIT: "FRUIT FROM HEAVEN"



By Dr. Betty Gaw

This month I am introducing you to an exotic fruit, *Momordica Cochinchinensis Spreng*, which is indigenous to India, Vietnam, Cambodia, Thailand, China, the Philippines, and Malaysia. It is known as Bhat Kerala in India, Moc Niet Tu in China, Gac in Vietnam, and Spiny Gourd in English. Due to its high micronutrient value for which it is prized, people have called it the "fruit from heaven."

What is Gac?

Gac is a fruit that grows on a vine, frequently seen growing on house trellises. It grows easily, with profuse branches and leaves from which several bright orange melon-sized fruit hang. The Gac fruit grows green in the beginning, and then turns bright orange-red as it ripens. It is seasonal and matures from September through December, when other fruits are usually not available. The mature Gac has a hard outer rind that is covered with short thin thorns or needles. Inside, the cut fruit has a 2 to 3 cm thick spongy, fleshy orange layer, surrounding 15 to 20 bright red seeds, each enveloped by a membrane rich in Gac oil, valued for its lipocarotene. This lipocarotene found in Gac aids absorption of nutrients, especially the fat-soluble nutrients such as vitamins A, D, E and K. Traditionally, Vietnamese people use the red pulp and the seed membranes to make the dish xoi gac during their new year and wedding celebrations, since red is the color of happiness, white rice is colored red to make xoi gac.

Without proper handling and storage, the Gac fruit decays easily, losing marketability after one week. Gac pulp can be preserved in sugar, oil, or alcohol. However, there has been no effort to promote the preservation of the fruit and the poorer communities in Vietnam are unable to afford this health-promoting fruit.

Gac is Very Nutritious

Dr. Thuy-Le Vuong, PhD, is noted as the illustrious researcher on Gac. Now at the University of California's department of nutrition, she has documented all the scientific and nutritional attributes of this amazing fruit. It contains nutrient-dense antioxidants. Of all the multitudes of fruit she studied, Gac stands out as the supreme fruit with the highest concentration of carotenoids, specifically, beta-carotene and lycopene.

Carotenoids are potent antioxidants vital in protecting the cells in the body from free radical attacks and damage. Each carotenoid molecule buffers one cell from 20 free radical hits before it becomes damaged or destroyed. In a day, we sustain thousands of free radical hits to our cells; even an average meal results in free radicals as by products. Thus, carotenoids prevent DNA damage, protects from cancer, aging, and a host of degenerative diseases. Carotenoids also protect other antioxidants such as vitamins A, C, E, Co Q-10, Lipoic Acid, and all the cells and tissues of the body. Therefore, carotenoids are our first line of biological defense.

It is crucial to ingest as many carotenoids as frequently as possible in your daily diet to prevent aging, degeneration, and premature death. You need more carotenoids when exposed to the sun's radiation, flying in an airplane, driving in congested traffic, living in the smog belt, when eating fried or barbequed foods, or after swimming or showering with chlorinated water. As a Southern Californian living amidst the smog belt, I fortify my cells with a multivitamin, minerals, antioxidants, and the G3 juice daily.

If you are interested in more information about G3 juice, contact Dr. Betty Gaw by email at bettycgaw@hotmail.com or by phone, (323) 665-6030.

References

"The Antioxidant Miracle," Lester packer, PhD., and Carol Colman

www.fruitfromheaven.com www.vietnamjournal.org/article www.pharmanexusa.com

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("Community Calendar," from page 5)

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

October 26th-November 20th "EQUUS" BY EAST WEST PLAYERS

David Henry Hwang Theater 120 N. Judge John Aiso, Little Tokyo Information: (213) 625-7000; <u>www.eastwestplayers.org</u>

November 4th, Friday, 6:00 p.m. CHSSC 2005 ANNUAL FALL DINNER

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

November 8th, Tuesday – VOTE! CALIFORNIA SPECIAL ELECTION

November 5th & 6th, Saturday & Sunday, 9:00 a.m. - 5:00 p.m.

AQUARIUM OF THE PACIFIC "AUTUMN FESTIVAL"

A CELEBRATION OF ASIAN CULTURES

Aquarium of the Pacific

100 Aquarium Way, Long Beach

Information: (562) 590-3100; www.aquariumofpacific.org

November 10, Thursday, 6:30 - 8:00 p.m.

BOOK DISCUSSION, "NAMELESS BUILDERS OF THE TRANSCONTINENTAL RAILROAD" WITH AUTHOR, WILLIAM CHEW

Hanford Public Library 401 N. Douty, Hanford Information: (559) 582-0261 ext. 104; www.kingscountylibrary.org November 11, Friday, 7:00 p.m.

BOOK PRESENTATION AND SIGNING OF "CHINESE AMERICA: A HISTORY IN THE MAKING" BY AUTHOR, PETER KWONG

Dutton's Books

447 N. Canon Dr., Beverly Hills

Information: (310) 281-0997; www.thenewpress.com

November 12, Saturday, 1:30 – 2:30 p.m.
"CHINESE AMERICA: A HISTORY IN THE MAKING"
POOK DEADING AND SIGNING BY AUTHOR

BOOK READING AND SIGNING BY AUTHOR, PETER KWONG

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

Information: (213) 620-0925; www.thenewpress.com

November 13th, Sunday, 3:30 p.m.

"ILLUMINATIONS: CHINESE & WESTERN ENCOUNTERS THROUGH THE STAINED GLASS RENOVATION OF SHANGHAI ZIKAWEI CATHEDRAL" SLIDE PRESENTATION

Murphy Recital Hall

Loyola Marymount University, L.A.

Information: (310) 338-2880; www.lmu.edu/laband/

November 18, 2005, Friday, 6:30 p.m.

"WHO ATE MY SOCKS?" BY AUTHOR, ANGI MA WONG

READING AND BOOKSIGNING

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

Information: (213) 620-0925; www.friendsocl.org

November 18, 2005 to 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

(Compiled with the assistance of Donna Young)



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		ANNUAL MEMBERSHIP & OTHER FEES:		
Address				
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E-mail address	effili v hevari , 100 r	2009 (2.54) 777-00-00-0	☐ Gold	\$100
Please include me on the membership roster that will be available to members only.		☐ Diamond	\$300	
available to members only.		☐ Student	\$20	
I am interested in helping with:		lov ombeti 200s		
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Chinese Historical Society of Southern California

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