



NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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Chinatown Heritage & Visitors Center: 323-222-0856

JUNE 2006

JULY PROGRAM

OPEN HOUSE

Saturday, 4:00 p.m. – 7:00 p.m.
July 15, 2006

Bring Your Family and Friends
for a fun-filled

POTLUCK PICNIC

at the CHSSC Heritage Center
411 Bernard St. in L.A. Chinatown
(between Hill & Broadway)

Paid parking garage directly across the street.

Welcome Our New Board of Directors!

Check out the Heritage Center's

Exciting New Exhibits!

Great Food! Great Fun! Great Fellowships!

Good opportunity to introduce
friends to CHSSC!

Please bring side dishes, beverage, dessert OR
donation of \$8 per person.

RSVP by calling Yvonne Chang at 323-222-0856
Or email chssc@earthlink.net

AROUND CHSSC

New Board Members

Three new Board members have been elected to the Board of Directors at the general meeting on June 7, 2006. Peter Chinn is the new Membership Secretary. George Yin and William Gow are members at large. Councilman Mike Ten administered the Oath of Office.

George Yin -- George is an attorney at the law firm of Burke Williams and Sorensen LLP, specializing in municipal and public agency law. After

graduating from Cornell University, George earned a joint-degree in law and urban planning at UCLA. George also has a Master's in Public Administration and Public Policy from the London School of Economics. George's work experience includes work as a law clerk for the Metropolitan Water District, as judicial extern for Federal District Court Judge Ronald Lew, and as a marketing/affiliate relations manager for the International Channel Network. George worked as a Deputy for L.A. City Council District 13 during the tenure of Councilmember Michael Woo. George loves the rich diversity of Southern California and is proud to work with the Chinese Historical Society in its mission to preserve the rich cultural and historical heritage of Asian/Pacific Islander Americans in the broader Los Angeles community. He is committed to promoting understanding and awareness through programs in the arts, culture, politics and history.

Pete Chinn, CPA, E.A.—Pete is President of Pete Chinn Accountancy Corporation in El Monte. He is also the General Partner of Jolly Jug Restaurant and Bar of El Monte. Pete received his B.S. from School of Business-Accounting, California State University at Los Angeles. He has another B.S. from School of Business-Marketing Management from California State Polytechnic University at Pomona.

Pete is Chair of the Supervisory Board, Chinese Consolidated Benevolent Association in Los Angeles Chinatown, President of Gee How Oak Tin Association of Los Angeles, Treasurer of Chinese American Citizens Alliance Foundation, and a Founder member of Portraits of Pride book series published by CHSSC.

Pete is Past President of Rosemead Kiwanis Club, Downtown El Monte Business Association, and Sino-American CPA Society.

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HEALTH & WELLNESS

WHY EAT AVOCADO?



By Dr. Betty Gaw

History

The Latin name of avocado is *Persea americana*. Avocado has been part of the New World diet for about 2500 years and is believed to have originated in south of Mexico. It was cultivated in Peru by 500 B.C. and 5000 B.C. in Mexico. The Aztecs believed it to be an aphrodisiac and called it "Ahuacatl." The Spanish conquerors of the Aztecs called the avocado "Aguacate" and it was renamed "Avocado" or avocado pear by the English.

Where Avocados Grow

Avocados, grown around the world in tropical and semitropical areas is a cash crop in California, the main producer of avocados in the United States. One large tree may produce about 100 pounds each year, is easily marketable, refrigerates, and keeps well, and have no pesticides or herbicides sprayed on them. California grows at least twenty-six cultivars, the Hass, Pinkerton and Reed being some of the popular ones. If you wish to plant your own avocado tree in a limited garden space, the Reed or Holiday cultivars are best says Julie Frink who is an avocado specialist from the California Rare Fruit Growers Association, www.crfg.org.

Description

The avocado looks like a pear-shaped green or dark green fruit as found in the markets, are hard or firm to touch, and may be ripened in a brown paper sack with an apple to hasten ripening. It is ripe when it gives a little with gentle pressure. When cut, it shows a beautiful bright green flesh that is oily to touch, soft

like butter, and has a mild and bland herb-like flavor. The central seed occupies about one third of the fruit from which a new tree or seedling may sprout when you root it in water. The grafted tree is best for growing and production. Squeezing lemon juice on the flesh will prevent it from becoming oxidized.

Nutrition Facts

It is calorie and nutrient dense. It contains zero cholesterol, is loaded with beta-carotene, which becomes metabolized to vitamin A by the body. It contains more potassium than bananas or tomatoes, is high in magnesium which is beneficial for muscles including the heart, bones, nerves and hormones. It is rich in folic acid, monounsaturated oils, or fatty acids that is considered good fats for the cardiovascular system, skin, and cell membranes. Its vitamin C is comparable with citrus fruit.

Since it has three times the amount of phosphorus as compared to calcium for ideal bone building, whereas the reverse would be physiologic for healthy bones, be sure to increase your calcium intake when you eat avocados.

Half an avocado contains 153 nutrient-dense calories. Athletes and those who sweat from laborious work, losing their electrolytes or body minerals, as do people who are on diuretics, including heavy coffee drinking, will benefit from eating avocados to replete the vitamins and minerals (potassium, magnesium, sodium), to avoid painful muscle cramps.

Avocados contain lutein, like spinach, that protects the eye's retina from free radical damage and age-related macula degeneration that leads to blindness. Avocado creams are used as emollient for silkier hair and skin, as did the Mayans a few hundred years ago.

You may wish to grow your own grafted avocado tree, which will produce fruit in a few years to nourish your family for many years to come.

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Words of Wisdom from Past President Cy Wong

We should learn from the past, and plan for the future by focusing exclusively on the present.



Chinese Historical Society of Southern California

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("New Board Members" from page 1)

Will Gow - Will is a high school history teacher and a community-based filmmaker. He holds a Bachelor's Degree in Cinema Studies from NYU and a Master's in Asian American Studies from UCLA. William served as a producer and editor on CHSSC's documentary *Revisiting East Adams*.

San Marino Chinese School Visit by Susie Ling

The San Marino Chinese School's Board Member Ching Louie and Principal Sue Juang invited CHSSC to address their Saturday Chinese language classes on June 3rd. CHSSC Member Susie Ling spoke about the young generation's "**debt of the heart**" to the ancestors who worked hard on the railroads and farms, and served in the armed forces to make all our lives today easier. President Ken Chan brought the "**Chinese American Pioneers in the Law**" photo collection along with *Portraits of Pride* and *Bridging the Centuries* for show and tell. We were very impressed with the San Marino Chinese School's excellent Mandarin language program. Kudos to the youth who are nurturing their bilingualism.

Staff's Corner

During the month of May CHSSC bid a fond farewell to Monica Merritt-Kwon who will be relocating to Washington, D.C. area after a short but productive 8-month tenure. The new Administrator is Yvonne Chang. Marian Chew, PoP Project Manager/Distributor continues working with Dr. Wing Mar on the PoP book series.

JUNE PROGRAM REVIEW

Erhu Performance By JW Wong

Walking up to the stage at our June meeting in his full length blue robe, Master Chingming Chu invoked a different era as well as an aura of sophistication. A finance manager by trade, but a romantic by avocation, Master Chu gave us a wonderful presentation of the erhu's bittersweet melancholy voice. As it sang out its otherworldly sound painting a tableau of misty cloud covered mountains, Master Chu gave us a history of the time honored instrument and what it has meant to Chinese history. It has not only journeyed through time, but it has adapted to a foreign musical scale, at first meeting it and then conquering the imagination of those who have heard it. It is now here in America, being enjoyed by a whole new generation.

The Society warmly thank those who donated snacks at June meeting: Winnie Lew, Ruth Lung, Tim and Annie Siu, Esther and John Yee, Dorothy Lew, Margie Lew, and Mary Yee Kwok.

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

Members at Large

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

News 'n Notes Editor, Yvonne Chang

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.

CORRECTION

The captions of the photos in March and May 2006 issues were incorrect. The headstones were not unearthed by MTA. MTA led CHSSC to the headstones that are being used as "decorative lawn liners" at the L.A. County Crematorium.



**\$100 Could Put You in the Driver's Seat
Of a Brand New MAZDA3!**

NOW...for a **\$100 tax-deductible donation** to CHSSC, the odds are 1 in 500 for you to win a new 2006 four-door MAZDA3..sportin **great looks** and even **better performance**.

Drawing will be held November 25, 2006. Winner need not be present to win. If 151-250 tickets are sold, Prize: \$2,000. If 51 -150 tickets are sold, prize: \$1,000, Winner is responsible for all taxes, fees and licensing.

To pay by cash, check or money order payable to CHSSC , please complete this form and mail with payment to 415 Bernard St., Los Angeles, CA 90012.

Or to pay by Visa/MC, complete and fax this form to CHSSC: 323-221-4162.

Name: _____

Address: _____

Credit Card # _____

Exp. Date: _____ Tel.: _____

Email: _____

Number of tickets: _____ Amount: _____

Signature: _____



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

