

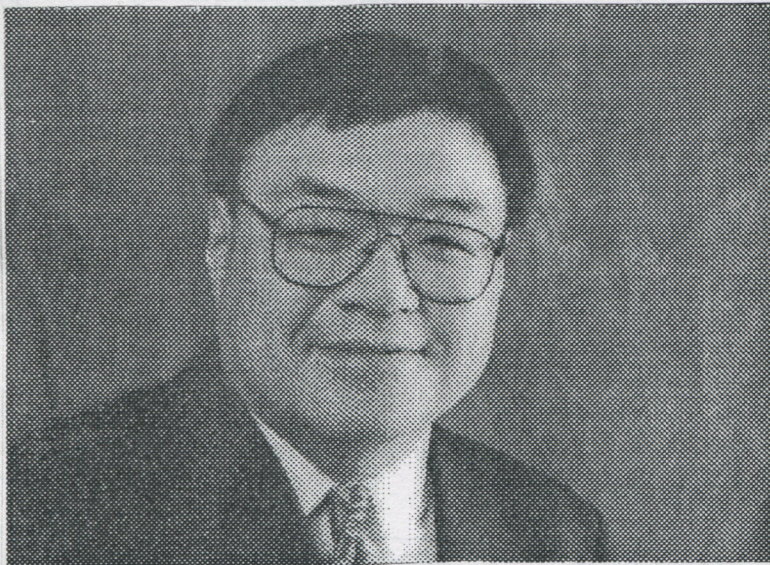


News 'n Notes

Chinese Historical Society of Southern California

www.chssc.org ♦ (323) 222-0856

MAY 2002



Business & community leader Charlie Woo, the keynote speaker at our May 17th Spring Dinner

Bravos for "Bridging the Communities" Dinner!

Our Spring Dinner may have competed with two other events that night that lured Chinese American supporters to the Empress Pavilion, but by all accounts, guests considered the event a big success!

A total of 15 tables with seats for 10 people each were occupied by friends of the CHSSC, some of whom traveled great distances to be with us that evening. One such party was Major General Vernon Chong and his family, who live in the Sacramento area. Dr. Chong, a U.S. Air Force physician, has been highlighted in the latest phase of our Chinese American Portraits of Pride (CAPP) project. He is the brother and brother-in-law, respectively, of CHSSC members

(Continued on page 3)

NOTICE

There will be no *News 'n Notes* or general meetings in July and August. Have a nice (and safe) summer! We will resume mailing the *News 'n Notes* in August, announcing the program for our next meeting on Wednesday, Sept. 4th.

Don't miss our final speaker of this "season"!

JUNE PROGRAM

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### Debbie Leung Yamada, author of "Striking It Rich — Treasures from Gold Mountain"

Debbie Leung Yamada is a second-generation Chinese American, born and raised in Southern California. "Striking It Rich -- Treasures from Gold Mountain" is her first young adult novel. She has been married to Tommy for 24 years and resides in Long Beach with their two teenagers, Christie and Michael.

Debbie graduated from the University of California, Irvine, and received her B.A. in Art History. She earned her M.A. in Asian Art History from the University of Hawai'i. In addition to maintaining a part-time craft business, Debbie is a part-time art history instructor for a company called "Meet the Masters." She gives lectures on famous artists to young students between kindergarten and sixth grade. Debbie is an active member of Evergreen Baptist Church in the San Gabriel Valley, and she enjoys playing volleyball, visiting museums, watching the L.A. Lakers and walking her dog, Snoopy.

Wednesday, June 5, 2002

Multipurpose Room

Castelar Elementary School, 840 Yale St.  
Chinatown Los Angeles

7:00 pm

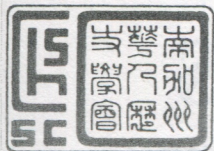
Enter lot from College St.

Please don't park past the yellow line.

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- Shrimp junk building trip postponed! • It's election time again! •
- Dr. Gaw's allergy-fighting tips • Jim Fong takes a Chinatown walking tour •





# Chinese Historical Society of Southern California

**MAY 2002**

## Milestones

\* Congratulations to our member, **Betty Yeow**, on her marriage to our April speaker, **James Bok Wong**. The couple was scheduled to tie the knot on Saturday, May 25.

\* The Los Angeles Lodge of the **C.A.C.A.** marked its 90th anniversary on Saturday, May 18, by hosting a fundraising banquet at the Gourmet Carousel in Los Angeles Chinatown. The local lodge only celebrates its "birthday" every 10 years, so this type of fete is a rarity indeed. For the momentous occasion, the lodge honored five "outstanding citizens," including members **Wilbur Woo** and retired Judge **Delbert Wong**. Others recognized for "creating empowerment for our community," as C.A.C.A. newsletter editor **Munson Kwok** wrote, were former Monterey Park mayors Lily Lee Chen and Judy Chu (now a state assemblywoman) and former Secretary of State March Fong Eu.

\* Member and *Bridging the Centuries* general editor **Susie Ling**, who recently began a one-year sabbatical from her job teaching Asian American studies at Pasadena City College. She also has accepted an invitation to speak to a group of Sacramento-based Chinese history buffs in mid-June about Chinese Americans in Southern California.

### IS YOUR NAME ON THE SLATE?

## CHSSC Elections Planned for June 5

Treasurer Ella Quan, who, among her many other duties for this organization, is the keeper of the election "slate," has announced that the election of officers and board members for the CHSSC fiscal year 2002-2003 will be conducted during our June 5th meeting.

The "fiscal year," or term, for officers to lead, and board members to advise, runs from July 1st of the year of installation until June 30th of the following year. Duties would include attendance at monthly board meetings, in addition to meetings of committees to which you have consented to serve. The board meets the third Wednesday of the month, even during months when the general membership does not convene and there is no N&N.

The first round of nominations was taken from the floor at the start of our May 1st general membership meeting. Nominees must officially be approved before the name goes forward to a vote. Below is a list of names that so far have been placed on the slate. If you wish to add your name for consideration, please contact Ella at home (323-255-6487).

\*\*\*\*\*

Slate for 2002-2003 (to be elected)

**President: Cy Wong**

**Vice President: Ann Lau**

**Vice President for Programs: Linda Wong Smith**

**Membership Secretary: Ben Nakayama**

**Board of Directors: Pete Chinn, Al Der, Wing Mar, Eugene Moy, Icy Smith**

**Incumbents**

**Secretary: Henrietta Yuan**

**Financial Secretary: Franklin Mah**

**Treasurer: Ella Y. Quan**

**Board of Directors: Gilbert Hom, Winifred Lew**

### 2001-2002 CHSSC Officers

Irvin Lai, President

Eugene Moy, Vice President

Linda Wong Smith, V.P. Programs

Henrietta Yuan, Secretary

Cy Wong, Membership Secretary

Ella Quan, Treasurer

Franklin Mah, Financial Secretary

### Board Members

Susan Dickson, Chairperson

Pete Chinn

Winifred Lew

Gilbert Hom

Dr. Wing Mar

Ann Lau

Stanley Mu

Ben Nakayama



**'Thank You' for**

**May 1st contributions**

**of refreshments:**

Ruth Lung, Johnny & Esther Yee, Susan Dickson and Mae Hom

### **MORE CONTRIBUTORS TO THE JOHNSON YEE FUND**

Last month, at the request of his daughters, we ran a brief item listing the names of people who have donated to a CHSSC fund established in memory of the late Johnson Yee. An active member of the society who died of lung cancer in February, Johnson touched the lives of many in our organization who will always remember him for the role he played in re-enacting the experiences some of our forefathers may have experienced in the early development of the western United States. At the time of this writing, the list of donors to his memorial fund should be revised to include:

**Charles Wong & Cindy Fong**

**Judge Delbert & Mrs. Dolores Wong**

Thanks for your generosity & compassion!

*"Thank You" to the "gold" sponsors (\$1,000) of our Spring Dinner:*

*Kong Chow Benevolent Association*

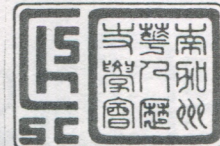
*Dr. Vernon Chong*

*Dr. Eugene & Mrs. Dorothy Louie*

*Mr. Franklin Mah*

**WELCOME ABOARD to the most recent additions to our membership rolls, including Oliver Tyrone and Nancy Hodes! We're delighted to have your support and fellowship!**





### HVC Docent Jim Fong Tours Chinatown with Soka U. Co-Eds

\*Editor's Note: Last month, we introduced what we hope will become a regular column on happenings at the Chinatown Heritage & Visitor's Center (which, by the way, recently got automatic sprinklers installed). This is a travel log by written by Jim Fong, one of our veteran walking tour docents.

By JIM FONG

Last month, Linda Chong asked me to give a tour for kids from Soka University, and I asked: "Are these kids from Japan?" "No," she said, "they are from here in Orange County, a new college that just started this year. These students are the first to be enrolled in this new college."

Well, on May 10th, the group arrived at the Bernard Street facilities, traveling from the Orange County to LA via the MetroLink train. Professor Nancy Hodes and her husband Dr. Wang Zhenxi escorted six students. It was a very mixed group—Maria came from Venezuela, Michael was a European-American from New York, Minnie was a Korean American from Seattle, Seiji a young man from Japan, Uyen an ethnic Vietnamese from Orange County, and Yuko a Japanese girl. They toured LA Chinatown as part of their "Studies on their History of Asians in California" course.

Linda started the program with a short slide show about the history of the Chinese in California which was followed by a question and answer period. The students showed great interest as they were always taking notes of the proceedings.

After the slide show, I took the students on an about one hour-long tour of Chinatown. I pointed out historical features such as the Phoenix Bakery, East and West gates, General Lee's restaurant, KG Louie's gift shop, Central Plaza, West Plaza, the old French Hospital, Castelar Elementary School, Alpine Recreation Center, etc. I also pointed out that the buildings incorporated both Western and Eastern styles of architecture. As we approached the Cathay Bank building, we entered (continued on p. 4)

### (Continued from page 1) *Spring Dinner Recap*

Anita and Bill Jeung, who were seated by his side at his table.

The beautiful program cover, an ink drawing of an orchid in bloom, was lovingly illustrated by Susan Sing and printed on creme-colored parchment. It became a lovely memento of the evening, which, quite possibly, was the busiest the Empress had in recent memory. (On the other side of the partition to our banquet was a fundraiser for the Asian Pacific American Democratic Club, which was hosting a reception for John Chiang, chairman of the California Board of Equalization. At the other end of the Empress' dining room was an Asian Pacific American Heritage Month Community Networking Dinner co-sponsored by a number of Asian American organizations, including the C.A.C.A.)

In keeping with the floral motif of the occasion, festive centerpieces of violet and white Thai orchids were assembled by Vice President for Programs Linda Wong Smith. Besides putting the floral arrangements together, she also oversaw the evening's entertainment, which featured member and former board member Eugene Cooper singing and playing bluegrass music, as well as dancing and *taiko* drumming by students from nearby Woodrow Wilson High School's Pacific Asian Club.

Abstracts of the 17 people spotlighted in our Chinese American Portraits of Pride oral history and public education project were prominently displayed on the wall behind the reception line. Besides Dr. Chong, two other distinguished "CAPP" subjects also were present at the dinner—author and retired economist James Bok Wong and former Bechtel engineer Steven W. Leong. At one point, the three stood up and took a bow at Chairperson of the Board Susan Dickson's request.

Kudos to the Spring Dinner committee of Susan Dickson, Irvin Lai, Gene Moy, Linda Wong Smith, and Ella Quan, for a job well done!

## News You Can Use for the Allergy Sufferer

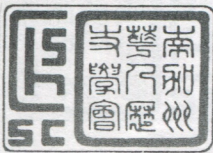
*Final in a two-part series by News 'n Notes Health & Wellness expert, Dr. Betty Gaw*

[Part one ran in the April 2002 *News 'n Notes* under the headline: "I Sneeze, You Sneeze, We All Sneeze from Allergies"]

Even food can cause allergy, e.g., egg whites, peanuts, seafood of the shellfish family, wheat products, mangoes, cashew nuts, etc. The target organs may be the skin, gastrointestinal tract, eyes, internal organs such as the lungs, brain and nerves, and the respiratory tracts. Thus it has protean characteristics with variable symptoms and signs.

Why treat your allergies? There are complications when untreated, resulting in middle ear infections/effusions, and hearing loss, as frequently seen in children, poor appetite and loss of sleep, or the common and disabling sequelae of bacterial sinusitis infection, and asthma. Those who have untreated sinusitis lose their voice-resonance and speak as though they have a mouthful of rice/potatoes in the mouth. But the danger most feared of is brain/meningitis or orbital eye infections, since the sinuses are a thin bone's partition away from the brain and eyes. Asthma, which is due to bronchospasm of the breathing tubes, causing reduced aeration and oxygen-starvation, is life-threatening when severe, and is a complication of allergies and sinusitis. The nose infection works its way down to the bronchioles of lower respiratory tracts, since they share the same chest space. When superimposed bacterial infection is present, the mucus becomes thick and colored, requiring nasal and oral decongestants, and antibiotics by prescription to be taken for 10-14 days. If asthma complicates, then treat with bronchodilators, non-sedating antihistamine, and steroid aerosol from your knowledgeable doctor. Avoid pneumonia at all cost, for that leads to lung scarring and diminished pulmonary function. (Continued on p. 4)





### Soka Students Impress Long-time C-town Docent

(continued from p. 3) through the lobby so the students could view the display of the Yong Bell that will eventually be on permanent display at the Chinatown MTA station. The thousand-year-old bronze bell was a gift from our sister city (in Southern China) Guangzhou to the City of Los Angeles.

As we headed north on Broadway, I pointed out the variety of small businesses in the Chinatown Plaza that were primarily run by Chinese from Vietnam. Then, we proceeded north, crossing College Street. As we passed Little Joe's restaurant, which is currently closed, we noticed they were shooting a movie in the parking lot. On North Broadway, there was an actress sitting in front of a parked trailer and the students stopped and asked her many questions and took photos with her. They were quite thrilled. From there, we ended up at the Golden Dragon Restaurant, where the whole group had a delicious Chinese lunch. It was a joy to show these great kids a little of LA Chinatown history!



### Self-Help for Nasal Allergy Sufferers

(continued from p. 3)

Self help strategies:

1. Identify your allergens.
2. Avoidance; reduce the allergen load indoors by damp mopping the floors, frequent dusting and vacuuming; avoid smoke, dust and sand storms. Wear a mask outdoors. Use a HEPA air purifier in the house.
3. Reduce stress, which adversely affects your immune system, increases the frequency of respiratory infections and compounds allergies.
4. Eat healthy foods and hydrate your body to keep the mucus fluid.
5. Use decongestants when the nose is congested and you cannot get your air. A moist warm towel over the nose for a few minutes can help. Nasalcrom, without prescription, is helpful as prophylaxis.
6. Take prescription non-sedating antihistamine, Claritin, Allegra, or the newest Clarinex which reduces nasal symptoms as well. Zyrtec does sedate as do all the first and older generation antihistamines which have been used as sedatives- Benadryl, the heaviest sedating, Atarax/Hydroxyzine, Clortrimeton, which is the least sedating; all these must never be taken with other sedatives or alcohol, and do not drive under their influence, otherwise you may be cited for "DUI", drunk under the influence, or worse yet, you risk accidents! Read the package insert to become educated about potential side effects, and consult your pharmacist.

(continued on p. 5)

## CURRENT & UPCOMING EXHIBITS & EVENTS

### Friday, May 31

- ⇒ Asian Pacific Alumni of UCLA Nexus @ UCLA Fowler Museum, featuring speakers, awards, reception, etc. 6 p.m. @ Elizabeth & W. Thomas Davis Courtyard, 308 E. Charles Young Dr. \$15 alumni/faculty/staff or \$18 non-members. RSVP: Richard Shu (626) 440-3773 or richardshu@hotmail.com

### Saturday, June 1

- ⇒ CHSSC road trip to historic Hanford and Allensworth, Calif.!
- ⇒ Deadline for Lotus Festival Committee's receipt of requests for booths spotlighting Asian cultural organizations. Contact: Annalisa (213) 250-0573 between 9-9 or e-mail her at Amag250aol.com.

(This year's Lotus Festival has been scheduled for July 13-14)

### Sunday, June 2

- ⇒ Visual Artists Guild's Tiananmen Commemoration: Speaker's Forum & Dinner, featuring Dr. Li Shaomin, a PhD from Princeton and a noted Chinese American economist who was imprisoned by the Chinese government in 2001. Also speaking will be Helie Lee, author of the best-seller, *Still Life With Rice*, and the new book, *In the Absence of the Sun*. 5:30 p.m. registration; 6 p.m. dinner (dinner ticket: \$25 each) @ Golden Dragon, 960 N. Broadway. Contact: Ann Lau (310) 539-0234.

### Sunday, June 2

- ⇒ Noel Alunit, an actor and author of

Filipino descent, will discuss and sign his new book, *Letters to Montgomery Clift*. The debut novel interweaves themes pertaining to the 1950s screen idol, politics during the lengthy regime of Philippine strongman Ferdinand Marcos, and a young boy's search for his parents. Alunit also will perform excerpts from two recent solo performances. 2 p.m. Free @ Pacific Asia Museum, 46 N. Los Robles Ave., Pasadena. 626-449-2742, ext. 20. RSVPs "strongly suggested." "Authors on Asia" series.

### Sunday, June 23

- ⇒ Los Angeles Historical Society presents "The Judson Studios" by Jane

(Continued on page 5)





### Shrimp Junk Building Trip to Northern Calif. Postponed Until 2003

Editor's Note: One of the two guest speakers for our May 2001 general membership meeting was John Muir, Associate Curator of Small Craft at San Francisco Maritime National Historic Park. At the time of his meeting with us, he had been involved with plans to lead a team of volunteer boatbuilders in the construction of a replica of a 45-foot San Francisco shrimp fishing junk. Originally, work on the project had been scheduled to begin this summer at China Camp State Park in San Rafael. But a recent e-mail correspondence to member Donna Young suggests otherwise. (Thanks for sharing this e-mail, Donna!) Please read on for details, and look to future editions of *News 'n Notes* for project updates as we draw closer to the proposed work period next spring.

Hello Donna:

I met you down at the CHSSC last May, when I was giving a presentation about my research on the San Francisco Shrimp Fishing junks, and about my museum's plans to build a replica of one of these vessels in the summer of 2002.

You expressed interest, along with Gilbert Hom, in volunteering during the project. Well, just last week, after reviewing our degree of preparedness for the summer's events, we have decided to reschedule the building of the junk at China Camp State Park for NEXT spring and summer. The new schedule will commence in March of 2003, and finish in September of 2003. This change will allow more time to raise funds and also more time to actually be working on the junk. While it was a difficult decision for me (I have been waiting a long time to build a shrimp junk!), I think in the long run it will make for a much more successful project. Both California State Parks and the National Parks Service (my museum is a Parks Service museum) are still totally committed to seeing it happen, and, of course, I am absolutely committed to making it happen.

We do have a large stack of redwood, recently donated, as well as a substantial percentage of our proposed budget. With 10 months more to raise funds and pull together the rest of the materials, we are really in good shape, and I am confident we will be able to embark on the junk building project in March 2003 with all our material, personnel, and funding in place.

I hope you and Gilbert, and any other folks from the CHSSC, will continue to be interested in volunteering for the project. If you would inform the CHSSC of the change in schedule, I would greatly appreciate it. Also, if you have any ideas for fundraising, I would love some input.

Thanks again, Donna. It was a real pleasure visiting the organization, and meeting all of you last year - I look forward to hearing from you.

Sincerely,



John Muir

Associate Curator of Small Craft  
San Francisco Maritime NHP  
(415) 556-4031

### MORE UPCOMING EVENTS

(Continued from page 4)

Apostol @ Richard Riordan Central Library in Downtown Los Angeles. 2 p.m. Contact Daniel: 213-250-2214.

#### Monday, July 1

⇒ U.S. Postal Service increases its postage rates (i.e., first-class 34 cent stamps go up to 37 cents, etc.). Call 1-800-ASK-USPS for details.

#### Sunday, July 14

⇒ Helie Lee, author of *In the Absence of the Sun: A Korean American Woman's Promise to Reunite Three Lost Generations of Her Family*. A compelling story of Helie's mission to free her uncle, long ago lost in isolated and impoverished North Korea. 2 p.m. Free @ Pacific Asia Museum.

#### Saturday, Aug. 24

⇒ "Tchaikovsky Spectacular" with Fireworks presented by Hollywood Bowl Orchestra (co-sponsors: Hong Kong Association of Southern California, Chinese Chamber of Commerce, Chinese University of HK Alumni Assn., HK Schools Alumni Fed.) \$22 for bench seat w/cushion. Contact: (213) 622-3194, ext. 201 & 206 for info. **Seat reservation deadline: July 31.**

### (continued from p. 4) More Allergy Tips

7. Call your doctor if you suspect your allergy has blossomed into a full blown bacterial infection, and get antibiotic therapy.

8. Supplements: Vitamin C, aged Garlic, Pycnogenol/Grape Seed Extract, Methyl-Sulfonyl-Methane/MSM, Stinging Nettle, Quercetin, Butterbur, Turmeric, may modify or lessen the symptoms of allergies. The website

[www.drweilselfhealing.com](http://www.drweilselfhealing.com) gives more information about alternative medicine.

9. Always heed your body's symptoms and start treatment early before the chemical cascade becomes an avalanche, by reminding yourself that you are a reactor.

10. When choosing a mate, marry one with no family history of any allergies so that your offspring will not be allergenic. Alas, matters of the heart are not easily overruled by medical logic.

11. With these strategies, allergies are tolerable and can be minimized. Now, you may go smell the roses and enjoy all the beautiful flowers!





# CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

## MEMBERSHIP APPLICATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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TELEPHONE \_\_\_\_\_

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

I am interested in helping with:

- ☐ Programs  
☐ Publications  
☐ Research  
☐ Membership/Publicity  
☐ Fundraising  
☐ Volunteering  
☐ Other \_\_\_\_\_

Membership:

- ☐ New  
☐ Renewal

- ☐ Gum Saan Journal (2 Issues Annually) \$5.00  
☐ Active Member, annual \$25.00  
☐ Additional Member, annual \$10.00  
(spouse, same household)  
☐ Contributing, annual \$10.00  
(senior citizen over 60 and student)  
☐ Institutional, annual \$50.00  
☐ Life \$300.00  
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☐ Donation: Please accept my tax-deductible donation(s) to the following fund(s)

General \$ \_\_\_\_\_ Scholarship \$ \_\_\_\_\_

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- ☐ 25th Anniversary Commemorative T-Shirt

\_\_\_\_\_ \$20 for one \_\_\_\_\_ \$18 for two or more

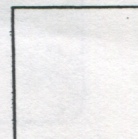
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*Make checks payable to: CHSSC*

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