



News 'n Notes

Chinese Historical Society of Southern California

Appreciation of our Chinese American Heritage ~ A non-profit organization

P. O. Box 862647 ~ Los Angeles, California 90086-2647

Phone: (323) 222-0856; Fax: (323) 221-4162

Important Information
Please Read!

2002-2003

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Cy Wong

Vice-President

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V.P. - Programs

Linda Wong Smith

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Henrietta Yuan

Financial Secretary

Franklin Mah

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Gerald Shue 1978-1979

Chuck Yee 1980-1981

Eugene Moy 1982-1983

Munson Kwok 1984-1985

Ella Yee Quan 1986

Angi Ma Wong 1987-1988

Kipham Kan 1989-1990

Tom McDannold 1991

Sue Yee 1992-1993

Irvin R. Lai 1994-1995

Jeffrey D. Tung 1996-1997

Susan G. Dickson 1998-1999

Irvin R. Lai 2000-2001

OCTOBER 2002

PRESIDENT'S PEN

I hope that this Newsletter finds you in the best of health as we approach the 27th Anniversary Dinner of the Chinese Historical Society of Southern California. I am sure you know the Dinner will be on November 1, 2002 at 6:00 p.m. at Empress Pavilion Restaurant in Chinatown.

I ask all members to support us in celebrating this historic date. You are the Society! Without your support, CHSSC is only a name. This is your 27th birthday!!

With the Dinner rapidly approaching, we are focusing much of our time and energy on its preparation. I hope that if you have not made arrangements to attend, you will do it now. With added expenses, such as a new person to staff our office, and our beautification project for the houses, which is in its final phase - landscaping the yard, flowers, and garden - your support is that much more important. For Dinner information, please call Randy Bloch (323) 222-0856; Ella Quan (323) 255-6487; or Cy Wong (323) 731-1084.

As a nonprofit organization, we must receive donations and raise funds to operate smoothly. Therefore, I ask that if you cannot attend the Dinner, you make a donation to the Society. This fundraising dinner will catapult our organization into 2003, which is fast approaching.

In closing, I sincerely thank each of you for your past efforts and support. My words for the month are: "Nothing is more rewarding than to watch someone who says it can't be done be interrupted by someone actually doing it."

Cy Wong, President

IMPORTANT!

NEW NOVEMBER MEETING LOCATION:

Wednesday, November 6, 2002
7:00 p.m.

CHINATOWN BRANCH LIBRARY
Yale & College Streets
Parking: Castelar School
(Walk 1 block, enter front door of Library)

(BOUTIQUE POSTPONED)

7:00 P.M. MINGLE/REFRESHMENTS IN
CHILDREN'S READING AREA

7:30 P.M. CHSSC BUSINESS MEETING IN
MAIN READING AREA

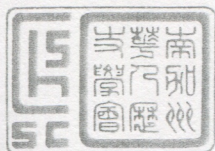
7:45 P.M. PROGRAM: GRAPES OF WRATH:
TELLING YOUR CALIFORNIA STORY

At our next meeting, John Steinbeck's Pulitzer Prize winning historical novel, Grapes of Wrath, will be reviewed by Dr. William Chun-Hoon, along with brief presentations of their personal California story by community members David Fon Lee of General Lee's, Cathy Lu, Young Adult Librarian at the Chinatown Branch Library, and others.

Grapes of Wrath tells the struggle for survival of the Joad family and the plight of thousands of agricultural migrants in their journey during the 1930's from the "Dust Bowl" of Oklahoma to their dream of a better life in California. It represents the "California Story" of the lives and hopes of those who have come and those who continue to come from all over the world seeking the promised land.

Governor Gray Davis, in conjunction with the California Council for the Humanities, has proclaimed Grapes of Wrath as the book for all Californians to read and discuss. He calls this an "opportunity for community organizations, cultural institutions, and the citizenry at large to celebrate our cultural roots and historical bonds."

This is a significant time in the history of the Chinatown Branch Library. After 25 years, the Castelar School site will be permanently closed on November 28 to prepare for the opening of the new Chinatown branch at Hill and Ord Streets, early next year.



CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

OCTOBER 2002

VISIT CHSSC'S REMODELED HERITAGE & VISITORS' CENTER AND OFFICE!

Renovation of CHSSC's two Victorian homes is almost complete, largely due to the hands-on style and daily supervision of our President, Cy Wong.

A big thank you also to Vice President Ann Lau and her husband, Spencer Chan, who donated and assembled furniture for the offices. Thank you also to Eddie Chen and his friend, Hong, who helped with assembly and moving the heavy objects.

2002 commemorates the Society's twenty-seventh year of service to the community. We are rightfully proud of our home – where visitors have a place to learn about the history of Southern California's Chinese Americans.

The Chinatown Heritage and Visitors Center and CHSSC's offices are at 411 and 415 Bernard Street, Los Angeles, opposite the parking entrance to Empress Pavilion restaurant.

* * *

DONATIONS TO OCTOBER 2, 2002 GENERAL MEETING

Thank you very much to Lupe Chee, Phil Lee, Winnie Lee, Ella Leong, Joyce Leong, Ruth Lung, Julie Raskoff, Dolores Wong, and Nancy Yee for their contributions.

* * *

GETTING OUR PUBLICATIONS IN ORDER

A big, big thanks to Sum Sum Chan for her time and energy in cataloging our publication and reference collection under the Dewey Decimal classification system.

* * *

WELCOME TO RANDY BLOCH

Randy Bloch's will be the voice you hear when you call the Chinese Historical Society of Southern California's office. Randy has been a CHSSC member for over ten years, served on the Board of Directors, and chairs the Shrine Preservation Committee. Please welcome Randy to our staff.

2002 GUM SAAN JOURNAL PUBLICATION

Publication of the June and December issues of Gum Saan Journal is behind schedule. We plan to mail both issues to subscribers in mid-December. Your patience is greatly appreciated.

* * *

SAVE THE DATE!

CHSSC FALL DINNER

(Flyer Attached)

Friday, November 1, 2002

6:00 p.m.

EMPRESS PAVILION RESTAURANT

* * *

BUILDING AMERICAN DREAMS

Chinese American Museum's 6th Annual Historymaker Awards Gala Banquet. *Hosted by Friends of the Chinese American Museum:* Saturday, November 9, 2002, 6:30 p.m., Hilton Universal City, (Information: 213-626-5240).

* * *

HOLIDAY LAMPLIGHT TOURS 2002

December 7, 8, 14 & 15, 2002

(Every half hour from 4:00 p.m. to 8:30 p.m.)

Presented by the Chinese Historical Society of Southern California and Heritage Square Museum:

"Come with us to the pivotal years of 1876, 1900, 1933, and 1942, as our families reflect on the past and look toward the future."

\$2.00 discount for orders through October 31, 2002. Phone orders call: (626) 796-2898 x 224. Advance reservations required.

* * *

EVERGREEN CEMETERY TOUR

SATURDAY, NOVEMBER 2, 2002

3:00 P.M. TO 4:00 P.M.

Presented by Latino Urban Forum as an adjunct to the Japanese American National Museum's Boyle Heights exhibit. CHSSC will make a presentation at the Chinese Memorial Shrine monument.



PERFORMANCE & EVENT CALENDAR

Month of October, 2002

18TH ANNUAL CULTURAL DIVERSITY
MONTH CELEBRATION
(Information: contact Ava Gutierrez, L.A.
County Commission on Human Relations,
(213) 974-7611 or WWW.LAHUMANRELATIONS.ORG)

Saturday, October 19, 2002, 7:00 p.m.
SLIDE LECTURE ON THE MARYSVILLE BOK
KAI TEMPLE
At Yuba-Sutter Arts Council, Marysville
Presented by CHSSC member, Dr. Paul
Chace (Information: 530-742-2787)

Saturday, October 19, 2002, 11:00 a.m. to 4:00 p.m.
TOUR OF HISTORIC ORANGE COUNTY
COURTHOUSE
Presented by Orange County Living
History Alliance
(Information: 949-212-1381)

October 20, 2002, 2:00 p.m.
"BASEBALL BEHIND BARBED WIRE"
Multi-media presentation about Japanese
American baseball
L.A. County Natural History Museum
(Information: 213-763-3460)

October 25, 2002
ASIAN YOUTH CENTER BANQUET at Westin
Bonaventure
(Information: 626-309-0622)

October 26, 2002, 12:00 p.m. to 4:00 p.m.
SOUTHERN CALIFORNIA ASIAN & PACIFIC
ISLANDER AMERICAN CAREER FAIR
Irvine Hilton
(Information: 213-250-9888)

November 1, 2002
SILK ROAD PROJECT CONCERT
WITH YO YO MA
UCLA
(Information: (310)-825-2101)

Monday, November 4, 2002, 7:00 p.m. Dinner
CHINA SOCIETY MONTHLY MEETING
*Claire Lawrence Chu lectures and
shows slides on Ch'ing Dynasty glass*
Golden Dragon Restaurant, 960 N.
Broadway, Chinatown
(Information: 323-876-9875)

PERFORMANCE & EVENT CALENDAR

November 7-17, 2002
AFI FILM FESTIVAL 2002
Best of Current Chinese Cinema:
Shaolin Soccer;
Balzac and the Little Chinese Seamstress
(Information: 1-866-AFI-FEST)

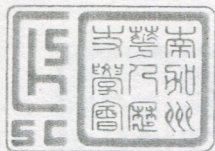
November 8, 2002
Asian American League Awards Banquet
Westin Bonaventure
(Information: 213-624-9975)

November 16 & 17, 2002
5TH BIENNIAL CONFERENCE OF THE
GLOBAL ALLIANCE FOR PRESERVING THE
HISTORY OF WORLD WAR II IN ASIA
Clarion Hotel – Bay View, San Diego
Co-sponsored by San Diego Chinese
Historical Society
(Information: Dr. Nancy Lo:
NCHLO@AOL.COM; or 858-459-7313)

CHINESE NEW YEAR 2003 EVENTS

(Information: 213-617-0396)

Sunday, January 12:
Miss L.A. Chinatown Fashion Show at
Millennium Biltmore Hotel
Saturday, January 18:
34TH Annual Miss L.A. Chinatown Pageant
The Westin Bonaventure Hotel & Suites
Saturday, January 25:
Little King & Queen Contest
at Castelar Elementary School
Saturday, February 1, 2003:
CHINESE NEW YEAR DAY
"YEAR OF THE RAM 4701"
Saturday, February 8:
104TH Annual Golden Dragon Parade
L.A. Chinatown
Sat./Sun., February 8-9:
Chinese New Year Festival



CALLING ALL MEN TO TAKE CHARGE OF THEIR HEALTH

by Betty C. Gaw, M.D.

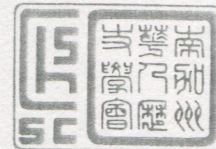
Despite increased longevity in men and women in the U.S., men's lifespans lag behind women's by six years. Men expect to live an average of 74 years, whilst women averaged 80 years when the 2000 census was taken. At the turn of the twentieth century, longevity averaged 45 years, and in 1920, women outlived men by one year only. Why has longevity increased in the last century? Better health care and availability, improved lifestyles, smoking cessation, less alcoholic or drug binging, better choice of nutrient-dense food, exercise, improved sanitation, immunizations, and stress management all added years to our lives as compared with our grandparents'. Why are men dying earlier than women? Epidemiologists report that men learn to bear pain and suffering as a virtue, living the he-man and macho-male attitude with deep-seated feelings of immortality, mixed with denial-delusional thinking. Therefore, men do not perceive pain nor suffering caused by disease, nor pay attention to the creeping onset of age-related degenerative diseases--hearing and vision impairment, memory loss, lack of energy, prostatism, impotence, pain in the joints, and a progressively larger belly that requires ever larger pants, shirt and belts to fit.

For men, a waist measurement of 35 inches, and 33 inches for women, is a red flag for risk of heart disease and requires weight-reducing regimens. The obesity epidemic will reverse longevity trends, since obesity predisposes heart attacks and strokes, diabetes, hypertension, liver and kidney failure, which, when chronic, leads to progressive failing health, inability to perform the activities of daily living, anxiety-depression, becoming house-bound, and suicide.

The masculine image of "I am the boss of my body"; "I can't stand being told what to do about my health"; "When the Lord calls I'll go"; or, "I'd rather die", are male emotions I've heard numerous times as a physician. These negative, male stoic emotions surely block seeking medical care, couched in denial beyond reasonable reality, which potentiates the scenario of living sicker, suffering in silence but in anger, and dying younger. The frequent denial of chest pressure-pain from indigestion, when it is a life-threatening myocardial infarct/heart attack, has doomed many a man to heart failure or death. An article in "Science," September 13, 2002, "Why Women Live Longer Than Men," implicates infectious and parasitic infections as more prevalent in men, theorizing that the higher level of testosterone in males than females predisposes to suppression of the disease-fighting immune system in male mammals and men. In the U.K., U.S., and Japan, men are twice as vulnerable to parasitic deaths, and in Eastern Europe, four times as vulnerable as women.

Men-opause or Andropause

Those men who survive and reach middle age arrive at this wonderful milestone when they have usually found their mates, settled down, raised their families, are at the summit of their professions, and have enough wisdom to enjoy life. Testosterone, the primary male sex hormone/androgen, is on a steep decline between the age of 40-55, and may produce symptoms almost similar to the menopausal woman. Even a 10% drop in testosterone level may cause depression, mood swings (the grumpy old man image), decreased energy and muscle strength due to fat cells replacing muscle tissue, lack of drive or initiative, memory and cognitive decline--indecision, lack of libido, tendency toward obesity-diabetes, osteoporosis or brittle bones, etc. Just as women need hormone replacement for hypogonadism (diminished sex hormones), under the supervision of a competent physician, men may receive testosterone replacement to maintain



quality of life and functions when blood tests indicate the need. The newer, transdermal cream is well-absorbed and is the prescribed route, obviating intramuscular injections, which cause an undesirable, roller coaster effect.

Men, Take Charge by:

- Finding a competent, communicator physician;
- Getting regular health checkups and immunizations;
- Knowing your internal physiology from your lab panels-chemistries, imaging studies; and filing your copies for comparison;
- Keeping track of your health progress and history to remind your doctor of significant health events;
- Knowing your medications and side effects, be they prescriptions or over-the-counter drugs;
- Notifying your physician of any unusual reactions from medications or any symptoms which are suspect;
- Replacing your low-level testosterone if you're in need of it -- age is a number, but losing life's crucial functions is abnormal no matter what that number is;
- Listening to your feelings and body; no one is your mind-reader nor your health guardian angel. You are your best friend;
- Building social networks to share your life and your gifts and talents with; and,
- Enjoying life to its fullest for HEALTH is wealth!

(Dr. Gaw serves on the Society's Board of Directors)

ARCHITECTURE COMMITTEE MEETING

CHSSC's Architecture Committee, Ann Lau, Al Der and Betty Gaw will hold a meeting to explore our members' vision regarding the front and back yards of the Society's houses. To participate, please call Ann Lau at (310) 539-0234 or email Ann at alau@visual-artists-guild.org



CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

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

I am interested in helping with:

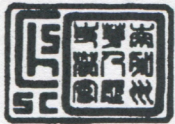
- ☐ Programs
☐ Publications
☐ Research
☐ Membership/Publicity
☐ Fundraising
☐ Volunteering
☐ Other _____

Membership:

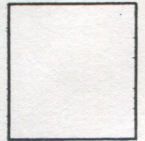
- ☐ New
☐ Renewal

*Make checks payable to: CHSSC
We are a tax-exempt non-profit educational organization*

- ☐ 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
☐ Corporate, annual \$100.00
☐ Life Patron \$1,000.00
☐ Donation: Please accept my tax-deductible donation(s) to the following fund(s)
General \$ _____ Scholarship \$ _____
Publications \$ _____
☐ 25th Anniversary Commemorative T-Shirt
_____ \$20 for one _____ \$18 for two or more
sizes ☐ Medium ☐ Large ☐ X-Large



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FIRST CLASS