



News & Notes

Chinese Historical Society of Southern California

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FEBRUARY 2003

❖ PRESIDENT'S PEN

February 4th, at our Chinatown Heritage and Visitors' Center, I had the rare opportunity to receive an international visitor, Mr. Mouhamadou Mbodj of Dakar, Senegal, and his translator, Mr. Andre Moraillon. Mr. Mbodj's visit was arranged by the U.S. State Department's International Visitor Program. Candidates for the program are current or potential leaders in government, media, education and other fields and are selected by the State Department overseas.

Mr. Mbodj is Program Director of the Senegalese Chapter of Transparency International. He is a contract employee of the World Bank, European Union, and International Monetary Fund in French speaking countries in Africa where he works in the areas of human rights and combating government corruption. His stated goals for this trip were to learn about ethnic diversity and religious diversity in the United States, and to hold religious and cultural dialogues on these issues.

Mr. Mbodj arrived at the Heritage Center about 10:00 a.m. and we spoke for over an hour. I described my family's multi-ethnic history, and also the cultural and ethnic history of Los Angeles' New Chinatown. I presented him with a copy of *Bridging the Centuries*, CHSSC's history of Chinese Americans in Southern California, and we agreed to stay in touch via pen and email.

Based on this successful dialogue, we hope to receive more international visitors through the State Department's program in the future.

My words for the month are: "If you want to see the rainbow, you have to put up with the rain."

President Cy Wong



CHSSC President, Cy Wong, meets with
Mr. Mouhamadou Mbodj of Dakar, Senegal

❖ MARCH PROGRAM

Wednesday, March 5, 2003 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)

Guest Speaker:
Dr. Leland T. Saito

The San Diego Chinese Mission And Historic Preservation

Join us as Dr. Leland Saito, Associate Professor of Sociology at USC, discusses the 1927 San Diego Chinese Mission Building and the successful struggle to preserve it. The campaign to save this significant part of San Diego's history-and install a Chinese American cultural presence in the City's historic core-began in the 1980's with the building's last minute rescue from demolition. Thus began a ten year effort, culminating in the structure's dedication as a Chinese American museum and cultural center on January 13, 1996.

Professor Saito is affiliated with the Program in American Studies and Ethnicity at USC, is the author of *Race and Politics: Asian Americans, Latinos, and Whites in a Los Angeles Suburb*, and won the 2000 American Sociological Association Section on Asia and Asian America National Book Award. As such, he is a recognized expert on the sociopolitical landscape of Monterey Park.

❖ FEBRUARY MEETING REPORT

Our February guest speaker was longtime CHSSC member and past president, Angi Ma Wong. Born in Nanjing, China, Angi lived in New Zealand as a child and moved to Taiwan for the next six years where she received "a crash course in Chinese culture." Her family then emigrated to the United States and lived in New Jersey, Washington, D.C., and California.

Ever-prolific, Angi has three recent books which were available at the meeting: *Feng Shui Home Design Kit*; *Feng Shui Do's and Taboos for Love*; and, *Feng Shui Do's and Taboos 2003 Page a Day Calendar*.

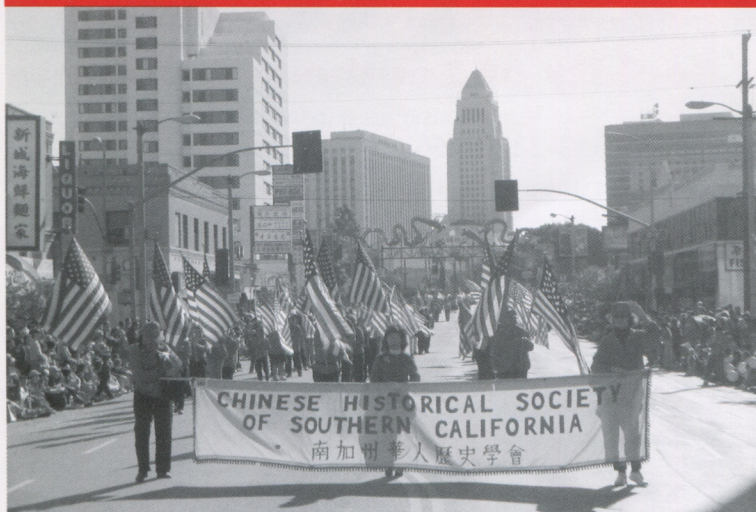
In her talk, Angi introduced the core concepts of Feng Shui ("Wind and Water"). She explained that it first grew from the desire for proper placement of ancestors' gravesites and described Feng Shui as the macro equivalent of traditional Chinese medicine. Explaining what determines "good Feng Shui," she listed: shape of land; plants and animals that are already there; historical events that occurred on the land or property; and, surrounding, man-made structures.

Perhaps most striking about Angi's approach is the breezy, non-dogmatic way she presents Feng Shui, embracing true believers, hard core skeptics and everyone in between.

CHSSC - STILL NUMBER ONE!!!

2003 - YEAR OF THE RAM - 4701

> By Margie Lew



104th Annual Golden Dragon Parade - L.A. Chinatown

Under sunny blue skies and warm spring weather, CHSSC was again the #1 marching unit in Los Angeles Chinatown's 104th Annual Golden Dragon Parade on Feb. 8.

Johnny Yee, Parade Coordinator, was the lead flag bearer, carrying, as John stated, "the largest American flag we could muster!" Following Johnny were flag bearers Paul Chace and Bill Yee. Carrying the CHSSC banner were current Vice President, Ann Lau, and past presidents Angi Ma Wong and Susan Dickson. (President Cy Wong was unable to participate due to a death in his family). The marching unit included a number of Society members, and thanks to Angi, several members of various groups: the Northeast Los Angeles Rotary Club, the Visual Artists Guild, and many youngsters from Manna Manor, who expressed their excitement and happiness in marching in the Parade. For the 27 years that CHSSC has participated in this event, the sight of the mass of American flags waving in the breeze has always been both beautiful and spectacular. And this year - 2003/4701 - was no different. HAPPY CHINESE YEAR OF THE RAM!!!!

NEW CHINATOWN BRANCH LIBRARY GRAND OPENING

February 6, 2003



Ceremonial ribbon-cutting - New Chinatown Branch Library

With the gleaming new Chinatown Branch Library as a backdrop, Susan Kent, City Librarian, welcomed more than 500 well-wishers to the Library's Grand Opening ceremony. The audience and speakers represented all facets of the partnership, public and

private, which made the Chinatown Branch Library a success through its 26 years at its original site on Castelar School's grounds. Dr. Ruby Ling Louie, President of the Friends of the Chinatown Library, thanked the L.A. Public Library and the City, referring to the library facility as "state of the art and of architectural excellence." For the Friends, she singled out four individuals who have played a significant role in the Library's development: Frank Chee, an activist in the Library's Ad Hoc Committee in the 1970's, who helped secure a library for Chinatown; Dolores Wong, a volunteer for 26 years, who contributed significantly as the Friends' fundraising chairperson; her grandson, Joseph, who at 4 years old is already a regular user of the Chinatown Library; and the newest active Friend, Deborah Henderson, a Children's Librarian at the Beverly Hills Library. Councilmember, Ed P. Reyes, presented City Council Certificates of Commendation to the Friends and the Chinatown Library and donated a set of books to the Library's Chinese Heritage Collection. Other speakers were Lucy McCoy, President of the Board of Library Commissioners; Rita Walters, member of the Library Commission; Barbara Sandoval, Deputy Mayor; Ronald Low, member of the Board of Public Works; and, Derek Lau, fifth grade student speaker from Castelar School. Following the ribbon-cutting ceremony, the audience was led by Jeff Chan and "The Immortals Gung Fu Lion Dancers" on a tour of the Library. Castelar School's Chinese Cultural Dancers, led by teacher, Lenora Hall, also provided entertainment.

Artist, Tessie Dong, created a twenty foot tall neon sculpture, "Enlightenment," that stands in the Library's forecourt to serve as a beacon for the Library. Written in Chinese characters on the sculpture is: "Sitting in an area surrounded by books is like seeing the whole world."

PILIPINO AMERICANS IN LOS ANGELES

> By Susie Ling

According to the 2000 census, there are 267,603 people of Pilipino descent in Los Angeles County with 110,096 in Los Angeles City. Indeed, Los Angeles City Council designated the Temple and Alvarado community to be "Historic Filipinotown" last year. However, this community is but one concentration of Pilipino culture. Other pockets exist in Cerritos, Wilmington, Carson, West Covina, and Eagle Rock. Just like Chinese Americans, Pilipinos have complex historical and cultural roots in Southern California.

The first known presence of Pilipinos in Southern California was in 1587, when eight "Luzones Indios" were part of a Spanish group that explored Morro Bay in San Luis Obispo. Pilipinos served as sailors and crewmen on the Spanish galleons of the Manila-Acapulco mercantile trade. The Philippines remained under Spanish colonialism until the 1898 Spanish-American War. By then, Pilipinos were officially designated "American nationals" and exempt from the 1924 Asian Exclusion Act. Pilipinos served as a great source of replacement labor for the Japanese Americans.

Many Pilipino pioneers came to Los Angeles in the 1910s-1930s. In 1933, there were about 12,000 Pilipinos in L.A. County with 4,000 in L.A. City "year round." The ratio of men to women was near 14:1. Like the earlier Chinese and Japanese, Pilipinos in California were mostly migratory farm workers. In Los Angeles City, they were scattered as servants, "schoolboys", dishwashers, janitors, hotel employees, etc. These menial laborers worked some seventy to eighty hours a week.

There were some "fountain pen boys" who formed La Filipina student club at Pasadena Junior College and studied with Emory Bogardus at USC. Over a dozen students at California Christian College (now Chapman College) formed the genesis of Filipino Christian Fellowship (now Filipino Christian Church - designated a California Historical Site).

As transportation was much more convenient in 1930s LA, Pilipinos were able to congregate for social activities. Gambling in Old Chinatown was a favorite pastime especially as the gambling houses offered free doughnuts, coffee, and other sustenance. Pilipinos were also drawn to taxi-dance halls where they paid ten cents for one-minute of dancing with a White woman. Pilipino musicians would often play some three hundred one-minute tunes at Liberty Dance Palace, Hippodrome Dance Palace, and other clubs near Third Street in L.A. Pool halls certainly attracted the young bachelors. Another favorite activity was boxing! Pilipino workers traveled over one hundred miles to watch their favorites at the L.A. Olympic Auditorium and Main Street Gym. Pilipino boxers included "Pancho Villa" Guilleido, "Speedy" Dano, "Small Montana" Gam, and Ceferino Garcia.

CHSSC's sister organization, Filipino American National Historical Society - Los Angeles Chapter - was incorporated in 1990 to help "promote understanding" of this rich history. For more information, see www.fanhsla.org.

(Susie Ling is an Associate Professor of History and Asian American Studies at Pasadena City College)

== THE CHOLESTEROL PARADOX (I)

> By Dr. Betty Gaw

What is Cholesterol?

Do you know your cholesterol numbers and what they mean? Cholesterol is a sterol, with a chemical formula of $C_{27}H_{46}O$, that is, the molecule consists of carbon, hydrogen and oxygen. It is abundant in animal fats, brain and nerves, organ meats, fish roe, marbled meat, egg yolk, less in poultry, seafood and dairy products. Plant foods such as fruits, vegetables, vegetable oils, grains, cereals, seeds and nuts do not contain cholesterol.

The paradox is that we must have cholesterol for our well-being, since it maintains cell membrane integrity and is a precursor of adrenal steroids, sex hormones, and bile acids to aid digestion. Too much cholesterol contributes to cardiovascular disease/CVD, i.e., atherosclerosis, obesity, and gallstones, and their accompanying disease states. Too little cholesterol adversely interferes with cell membrane functions such as nutrient exchange across the membranes of cells, adversely affecting the brain, nerves, and all the vital organs - it may be the end result of cancer, starvation, depression, and may lead to suicide. The other paradox is that about fifty percent of people die of heart attack without high cholesterol. Elevated Homocysteine is blamed as the major player in CVD; cholesterol may be the secondary contributor.

Where Does Cholesterol Come From?

Cholesterol is manufactured by the liver which produces between 500-1,000 mg. total cholesterol per day. The typical American diet adds another 500-1,000 mg. to the endogenous (internally produced) cholesterol, contributing an overload for the liver to bind the cholesterol to protein and to excrete it via the gut with the bile acids. This process produces lipoproteins (lipo, or lipids denotes fat) resulting in cholesterol fractions called low density lipoprotein/LDL, very low density lipoprotein/VLDL (or triglyceride) and high density lipoprotein/HDL. It is the oxidized LDL that makes it "bad" or hazardous to health, contributing to the plaque blockage that builds up in the lining of the arteries, whereas HDL is "good" because it shuttles LDL to the liver for excretion, thus lowering the bad form of cholesterol. Triglycerides are the other component. Metabolized from sugars, even fruit sugars and all starches or carbohydrates, triglycerides turn into fat, and what is not used as energy spills over into fat cells making us overweight or obese. Thus, overeating beyond our calorie needs turns us into fat machines.

Cholesterol Numbers from Blood Test

This lipid profile is done after a 14 hour overnight fast. For total cholesterol, 180-199 mg./dl is the ideal range; 200-239 mg./dl is borderline high; 240 and above is considered high and means you must begin a proactive diet plus exercise regimen to reduce it. When this fails to reduce your cholesterol, aggressive treatment is recommended. For LDL, the ideal level is 99 or less, with 100-129 as acceptable, but greater than 130-159 is borderline risk for cardiovascular disease/DVD, and, above 160, high risk. Remember, LDL is the "lousy" cholesterol. For HDL, (H is for "health" cholesterol), it is in the good level when above 40 mg./dl, and extremely healthy when above 60 mg./dl. The triglyceride level should be less than 150. Your total cholesterol divided by HDL ratio should be less than 4.3 for low CVD risk.

(Continued Next Month.)

== UPCOMING EVENTS

February 27, 2003, 6:00 p.m. (Cocktail Hour - Dinner to Follow)
LANTERN FESTIVAL BANQUET
FOR THE CHINESE AMERICAN MUSEUM
 Gourmet Carousel Restaurant, 911 N. Broadway, L.A. Chinatown
 Information: 323-721-0774

February 28, 2003, 8:00 a.m. to 4:00 p.m.
ASIAN PACIFIC AMERICAN
COMMUNITY RESEARCH ROUNDTABLE
 UCLA - Ackerman Student Union

February 28 to March 16, 2003
MARTIAL ARTS FILM FESTIVAL
FEATURING CHINESE MOVIES FROM HONG KONG
 UCLA, Bridges Theater

March 1, 2003, 8:30 a.m. to 5:00 p.m.
L.A. LIVES WORTH KNOWING: HISTORY AS BIOGRAPHY
 Historical Society of Southern California,
 200 E. Avenue 43, Los Angeles
 Information: 323-222-0546

March 3, 2003, 7:00 p.m. (Dinner & Program)
JIN CHEN - CREATING THE CHINESE GARDEN
AT THE HUNTINGTON LIBRARY
 China Society of Southern California,
 Information: Robert Lee, 213-628-8439
 Golden Dragon Restaurant, 960 N. Broadway, L.A. Chinatown

March 7, 2003, 1:00 p.m.
CHINESE CHAMBER OF COMMERCE GOLF TOURNAMENT
 California Country Club, 1509 S. Workman Mill Rd., Whittier
 Information: 213-617-0396

March 16 to April 12, 2003
"FINDING FAMILY STORIES" ART EXHIBITION
 Chinese American Museum / El Pueblo Community Gallery
 Information: 213-626-5240

March 25-27, 2003, 9:00 p.m. (Pacific)
"BECOMING AMERICAN: THE CHINESE EXPERIENCE"
 3-part, 4.5 hour PBS (Bill Moyers) production
 See web site for details: www.becomingamerican.org

:: ANNOUNCEMENTS**Condolences**

We express our condolences to our President, Cy Wong, on the loss of his sister, Jennie Lee Wong-Winslow.

The Society also extends its sincere condolences to member, Joan Lee, on the loss of her husband, George.

February Meeting Refreshments

Thank you very much to Phil Lee, Al & Margie Lew, Dorothy Lew, Winnie Lew, Benjamin Louie, Ruth Lung and Betty J. Wong for the tasty refreshments at the February 5, 2003 meeting.

Membership Renewal

Have you renewed your membership? Renew today to be sure to be included on our Membership Roster. Gum Saan Journal subscription is available to ALL members for \$5.00 per year.

New Look For News 'N Notes / Web Site

Thanks to Society member and Publications Chairperson, Icy Smith, for the new format of News 'n Notes. Thank you also to CHSSC Vice President, Ann Lau, for dedicating many hours to updating our web site design and Administrative Assistant, Randy Bloch, who works with Ann on keeping the CHSSC web site up to date.

News 'N Notes Submissions

Please submit your historical articles, announcements, etc. to Randy Bloch, News 'n Notes Editor, by the 10th of each month.

:: 2002-2003 CHSSC Officers

Cy Wong, President, Ann Lau, Vice President,
Linda Wong Smith, V.P. Programs, Henrietta Yuan, Secretary,
Ben Nakayama, Membership Secretary, Ella Quan, Treasurer,
Franklin Mah, Financial Secretary

:: Board Members

Eugene Moy, Chairperson, Pete Chinn, Al Der, Gilbert Hom,
Dr. Wing Mar, Dr. Betty Gaw



**Chinese Historical Society
of Southern California**

P.O. Box 862647, Los Angeles, CA 90086-2647

:: MEMBERSHIP APPLICATION

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