

# 沙加緬度中華文化基金會

Sacramento Chinese Culture Foundation

P. O. Box 160841, Sacramento, CA 95816

Oct-Nov 2013

[www.sccfsac.org](http://www.sccfsac.org)

**Sacramento Chinese Culture Foundation**

**沙加緬度中華文化基金會**

**Asian Performing Arts Festival**

**亞洲表演藝術大匯演**

**Main Programs 主軸節目**

Shao Lin Monk Kung-Fu 少林武僧硬氣功及武術演練

Magic and Face-Changing 魔術與變臉

Fashion Show 民族服裝表演

Folk Dances 各式民族舞蹈

Singing 歌唱表演

Musical Instruments Show 樂器演奏

**SCCF Fundraising Event 沙加緬度中華文化基金會籌款活動**

**Date/Time: November 10, 2013 Sunday, 2:00-4:00pm**

**演出時日: 2013年11月10日, 星期日, 下午2時至4時**

**Location 地點: Crest Theater (市中心)**

1013 K Street, Sacramento

**Ticket Price 票價: \$15/ \$30/ \$40**

**Ticket Sale Crest Theater (1013 K Street)**

**賣票地點/聯絡: Cathay Bank (65<sup>th</sup> & Stockton Blvd. Market Center)**

Copy Land (231 G Street, Davis, CA 95616)

**Information: [SCCFsac@yahoo.com](mailto:SCCFsac@yahoo.com) / [www.sccfsac.org](http://www.sccfsac.org)**

**Tina Byrne (916)691-1898/Janice Tsai (916)508-2416/Lily Qian (916)458-4344**

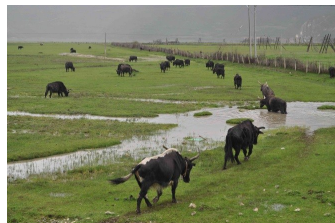
**or call SCCF at (916)672-2267 leave a voice message**



Programs are listed for reference only and may change without notice.  
所列節目僅供參考, 如有臨時變動, 恕不另行通知。

**[sccfsac.org](http://sccfsac.org)**

**香格里拉：**地处青藏高原东南边缘、横断山脉南段北端，“三江并流”之腹地，形成独特的融雪山、峡谷、草原、高山湖泊、原始森林和民族风情为一体的景观。2001年，国务院批准迪庆藏族自治州中甸县更名为香格里拉县。据说中甸县同四川某县争香格里拉县名。结果让云南中甸县抢到了。其结果是最简单不过的更改县名为香格里拉县争到了巨大的旅游收入。



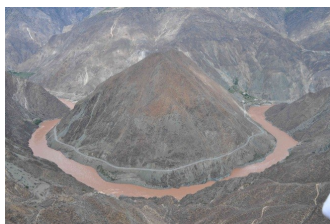
悠闲的牛群慢慢的趟过小溪到远方的大草原去寻找它们的理想的草场. 这种景色在香格里拉郊区比比皆是.

远处在群山环包的山谷中的小村庄宛如陶源明笔下描写的世外桃源。如没有公路，这里的村民祖祖辈辈就会在这里繁衍。一辈子也不会知道外面的世界。陶源不知何处去，桃花院里好耕田。

明永冰川是云南省最大、最长和末端海拔最低的山谷冰川，山顶冰雪终年不化。由于它所处的雪线低，气温高，消融快，靠降水而生存，因而它的运动速度也快。到冬天，它的冰舌可以从海拔5500米往下延伸到海拔2800米处，如一条银鳞玉甲的游龙，从高高的雪峰一直延伸到山下，直扑澜沧江边，离澜沧江面仅800多米。我是夏季去的。从飞来寺一早出发约两个小时左右到达。从山脚下步行到冰舌须半天时间。如果自知体力不支，也可以租个马骑上去。

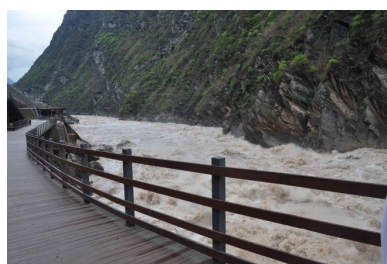
明永冰川眺望。驱车又进一步。可以看到明永冰川的大部分。走到明永冰川的冰舌。通往观川台的木桥已断。只好在断桥的尽头看冰川的最近景。据说由于全球变暖，冰川每年都在退化，几十年后明永冰川可能就消失了。所以各位驴友尽快来看看吧。

**长江第一湾：**从梅里雪山回丽江古镇路过长江第一湾。奔腾而下的滚滚长江被海罗山崖阻挡。不得不急转一个“V”形大弯，折头向东北流去。这个“V”形大弯就是闻名的万里长江第一湾。这里水流很急，但由于江面宽阔，看上去江水平缓如镜。



虎跳峡距离丽江约60公里，这条峡谷在金沙江上游，全长

18公里，分上虎跳、中虎跳、下虎跳三段，迂回道路25公里，东面为玉龙雪山，西面为迪庆的哈巴雪山，峡谷垂直高差3790米，是世界上最深的峡谷之一。江流最窄处，仅约30余米，相传猛虎下山，在江中的礁石上稍一脚，便可腾空越过，故称虎跳峡。峡内礁石林立，有险滩21处，高达10来米的跌坎7处，瀑布10条。虎跳峡峡口海拔1800米；南岸的玉龙雪山海拔5596米，临峡一侧山体陡峭，几乎是绝壁，无路可寻。北岸的哈巴雪山海拔5386米。



伫立江边看着奔腾而去的江水，不由想起明代大文学家杨慎的名词《临江仙》。电视剧《三国演义》将此词作为插曲，使其

家喻户晓。“滚滚长江东逝水，浪花淘尽英雄。是非成败转头空，青山依旧在，几度夕阳红。白发渔樵江渚上，惯看秋月春风。一壶浊酒喜相逢，古今多少事，都付笑谈中。”意思是：滚滚长江向东流，不再回头，多少英雄像翻飞的浪花般消逝，争什么是与非、成功与失败，都是短暂不长久，只有青山依然存在，依然的日升日落。江上白发渔翁，早已习于四时的变化，和朋友难得见了面，痛快的畅饮一杯酒，古往今来的纷纷扰扰，都成为下酒闲谈的材料。人的一生不管是皇帝，英雄还是草民就像长江里的浪花，同历史的长河相比真是太渺小，短暂了。

作者李克来自中国北京。业余爱好旅游和写作。博客网站

<http://blog.sina.com.cn/chayuanlee>

#### 编者按语]

“朝辞白帝彩云间，千里江陵一日还。”

旅行在中华大地山川湖泊，联想到华夏历史逸事名人，千古流传的华章诗篇往往栩栩如生地浮现于眼前。历史和现世相融，梦想与真实汇聚，或许这就是名胜古迹经久不衰的魅力…



## GMO Food : 轉基因生物



Dr. Mao, I've heard GMOs mentioned a lot in the news and on social media lately. What are they, really?

GMO stands for genetically modified organisms. These organisms are made in laboratories by taking genes from one species and inserting them into another. The purpose of this process is to make plants

more productive, more resistant to pests, and in some cases, contain higher amounts of certain nutrients. You may also have heard of terms such as genetic engineering (GE) or genetic modification (GM). They're basically referring to the same thing.

There seems to be a lot of debate concerning GMOs. Are they safe or not? And what are your thoughts about this?

The truthful answer is that no one knows for sure. When put in the context of all human evolution, GMOs are a very new technology. It'll take more time to determine whether GMOs are really safe or not.

But personally, I believe that when plants are manipulated to be made more productive, it's really no different than using growth hormones (steroids) in animals or athletes. These practices promote extremely rapid growth in the short term, but often have negative side effects down the road. It will take several generations to see how the human body adapts to genetically engineered foods, and what the long-term effects may be.

So my advice is to stay informed and make adjustments in your diet as new information surfaces. Meanwhile, do your best to minimize the risks of GMOs as much as possible, until science can prove the safety of GMOs without any doubt.

Dr. Mao, do you have any tips on how I can find out what foods are GMOs, and how I can minimize the health risks for my family?

While challenging, it is possible to avoid GMOs. Follow the five guidelines below, and you'll be well on your way to a GMO-free diet:

- 1. **Buy organic as much as possible.** Certified organic products cannot intentionally include any GMO ingredients. By eating organic, locally grown foods, you can

pretty much avoid any potentially harmful effects of GMOs.

- 2. **Look for non-GMO Project Verified seals.** The non-GMO seal stamped on the food packaging in your local grocery store indicates that the product has gone through the non-GMO Project's verification process. It's an assurance that a product has been produced according to consensus-based best practices for GMO avoidance.

- 3. **Avoid at risk ingredients.** Certain crops are considered at risk because a vast majority of them in commercial production are genetically modified (up to 90% for many of these crops). High risk crops for GMOs include alfalfa, canola, corn, cotton, papaya, soy, sugar beets, zucchini and yellow summer squash. Commercial animal products such as milk, meats, eggs, honey, etc., are also at risk because of contamination in the feeds.

- 4. **Avoid junk foods and eat more whole foods.** GMO ingredients are found in more than 70% of processed foods. You can largely avoid them by reducing the consumption of processed foods. Instead, eat more whole foods such as vegetables, fruits, whole grains, fish and grass-fed meats, etc.

- 5. **Read the labels.** Many GMOs come in disguises. So it's important to check the food labels and watch out for **common ingredients derived from GMO risk crops. These ingredients include** Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, and Yeast Products.

I hope you find this information helpful. And I wish you and your family long, strong and happy lives!

- Dr. Mao

*Dr. Mao Shing Ni, known as Dr. Mao, is a 38th-generation doctor of Chinese medicine, an authority on Taoist anti-aging medicine, and author of the best-selling book *Secrets of Longevity*. He is a cofounder of Yo San University and the Tao of Wellness, the acclaimed center for nutrition, Chinese medicine, and acupuncture, located in Santa Monica, CA.; log onto his web site at [www.askdrmao.com](http://www.askdrmao.com).*

## An Emerging Asian Community Issue: Gambling

### 亞洲人對賭博的癮

In Chinese, Vietnamese, Filipino, Korean and Cambodian communities, social workers and leaders are pressuring gaming officials and state legislators to recognize a hidden epidemic. "This isn't a special-interest group overblowing a problem," said Timothy Fong, co-director of the UCLA Gambling Studies Program, which is conducting an Asian gambling study. "We think this is real."

Nobody really knows how deeply problem gambling reaches into Asian communities because Asians have not been broken out as a group in national or California studies on the issue.

Gambling has become America's adult pastime of choice. Each year, more money is spent in the nation's \$75-billion



gaming industry than on movies, concerts, sporting events and amusement parks combined. And nowhere is gambling on a bigger roll than in California, with nearly 60 Indian casinos, scores of card rooms, racetracks and Internet gambling sites as well as one of the nation's most lucrative state lotter-

ies. In the Los Angeles and San Francisco area, Asians make up 80% of the traffic in card rooms and casinos.

The industry makes no secret of targeting the Chinese demographic. Many casinos devote entire departments to Asian marketing. They cater to the Chinese community through specifically tailored advertising, direct mail, the Internet, entertainment and specialized gaming.

Asian gamblers play a key role in that success. Though few statistics on their contribution to the state's gambling pot exist, some casinos and card rooms near Los Angeles and San Francisco estimate that Asians often account for 80% of their customers. "Asians are a huge market," said Wendy Waldorf, a spokeswoman for the Cache Creek Casino north of San Francisco. "We cater to them."

Each day in San Gabriel, Monterey Park and San Francisco's Chinatown, scores of buses collect Asian customers for free junkets to Indian casinos and to Reno and Las Vegas. Many Nevada casinos also maintain business offices in

Monterey Park, where hosts keep in regular touch with Asian high rollers. To reach more run-of-the-mill gamblers, casinos run ads in Asian-language print and broadcast media and conduct direct-mailing campaigns to ZIP Codes with high numbers of Asian residents.

Many Asians -- especially Chinese -- consider gambling an accepted practice at home and at social events, even among the young. Chinese youths often gamble for money with aunts, uncles and grandparents. While growing up in San Francisco's Chinatown, Lee took betting to absurd levels -- wagering on whether the teacher would assign homework. On rainy days, he bet on which drop would first reach the bottom of the classroom window.

Many Chinese are fascinated by the mystical qualities of luck, fate and chance. The Chinese New Year -- this year Jan. 29 -- is a time of heightened wagering, when bad luck of the old year is ushered out by the good luck of the new. Numerology also plays a crucial role in many Asian cultures. The number 8, for example, is considered extremely lucky by many Chinese, while 4, when spoken in Mandarin and Cantonese, sounds like the word for death and is avoided.

Though Chinese believe most strongly in such concepts, other Asian cultures, including Vietnamese, Korean and Filipino, hold similar beliefs -- depending on China's political influence in their history or the extent of Chinese immigration there. Experts believe that recent Asian immigrants -- risk-takers willing to leave the familiarity of their homelands -- develop more aggressive gambling strategies than their U.S.-born counterparts.

Often lacking language skills and advanced education, some gravitate to casinos, where waitresses dote on gamblers with free drinks and cigarettes. "They're **treated as honored guests** even though they work dead-end, minimum-wage jobs," said Tina Shum, a social worker in San Francisco's Chinatown. "That's what they long for." Some eventu-



ally engage in "attack" gambling: wagering sums beyond their means in a reckless grab at the American dream.

"Adults and children alike place bets on anything from whether or not the schoolteacher will assign homework or whether grandpa will fall asleep at the dinner table again. The fact that so many for so long have been immigrating to the U.S. in the first place, leaving the familiarity of their homeland to 'take a chance' in a new world has demonstrated their inherent tendency towards gambling. They also appreciate an environment where attractive waitresses serve them free drinks and treat them as honored guests, despite the fact that they might work in crappy jobs for little pay. The immigrant experience is often demeaning," Shum said. "Many get blinded by the neon lights."

But such gaming habits come at a cost. "An astronomical amount of money leaves the Asian community for gambling industry coffers," said Paul Osaka, a member of a gambling task force created last year by the state Commission on Asian and Pacific Islander Affairs. "It's not all discretionary money. It's quality-of-life money, food-on-the-table money, college education money."



Osaka and other activists want more research and culturally sensitive gambling treatment programs for often-reserved Asians with gambling problems -- for whom Western strategies like Gamblers Anonymous rarely work. Kent Woo, executive director of a Chinatown-based health coalition that conducted the gambling polls, said the biggest challenge is to convince the community that it has a problem.

"Breaking through the denial is the hard part," he said. Still, activists say, California's Office of Problem Gambling is under-funded and disorganized. The agency's \$3-million budget is derived from contributions from 26 Native American-run casinos. Thirty other tribal casinos do not contribute. Nor do card rooms, race tracks or the state lottery. In 2003 the office left its entire budget unspent.

Diane Ujjiye, who heads the problem gambling task force, said \$3 million wasn't nearly enough to deal with the issue. "It's unacceptable," she said. "What can you do with \$3 million? Publish a couple of brochures and run a hotline?"

When Bill Lee was on a roll, nothing mattered but the gambling, not even family. He fell for the VIP treatment that came with betting thousands of dollars at a casino: free

hotel suites and concert tickets, having casino managers know his name. "I was a big shot," Lee said, "as long as the money lasted." Angela, 52, a San Gabriel Valley Las Vegas gambling tour guide operator, said that on most trips, she ended up losing her own money and began playing with the company's funds.

She said she tried to tame her zealous gambling. On one Vegas trip, she gave all her credit cards to a friend and begged her not to return them, no matter what she said. Later, after losing all her cash, Angela threatened to slap her friend unless she returned the cards. "She threw the cards on the floor and I got down onto my hands and knees without shame to pick them up."

Angela helped start one of the state's few Mandarin Chinese gambling treatment programs. But she soon realized a hard fact: Admitting an addiction is difficult in any culture. But many Asians find it particularly hard, especially men. "It's shameful to be emotionally weak," Lee said. "It's not acceptable. So you certainly don't get up and bare your soul before a room full of strangers."

To save face among neighbors, many families will bail out an addicted gambler, paying off casinos and loan sharks, rather than seek help. Asian American advocates are urging casinos to distribute brochures in Asian languages offering help to problem gamblers. More ambitiously, they want ATMs in casinos closed and overnight hours curtailed to discourage problem gamblers. They also would like the state to require gaming venues to contribute to treatment programs.

Some experts speculate that Chinese gamblers may simply approach mental health issues differently, believing that determination and strength of character (or lack of either) will determine a person's fate. In this way of thinking, a person who has succumbed to gambling problems is weak, or greedy, and incapable of kicking what many view as simply a bad habit. "There is still great stigma attached to participating in therapy," Fong said. This reluctance may in part explain the higher rates of severe gambling addiction in the Chinese community.

"By the time Asians present for treatment for their gambling problems, their problems are much more severe than non-Asians," Fong said.

Yet casino owner Chu warned that "too many restrictions will kill business."

Source: John M. Glionna, LA Times, 2006.



# Po Chai Pills: panacea for what ails you 保濟丸

By Eileen Leung

Po Chai Pills are a mixture of natural herbs long known and popular for more than 100 years. The herbs are formed into tiny pills that look like buckshot, with one dose in a small vial.



Traditionally, Po Chai pills treat what Traditional Chinese Medicine calls damp-heat in the intestines. They were primarily used for diarrhea in climates that were hot and humid, but were also for discomfort from over-indulgence in rich food and alcohol. Now the pills are used for

travelers' diarrhea, acute gastroenteritis, summer flu, and hangover. "Dispels wind, disperses damp, resolves phlegm, regulates the spleen and stomach."

As a remedy for the nearly instant relief of acid indigestion, heartburn, and gas bloat and as a hangover prevention remedy, they are remarkably effective. It is also used to provide relief from nausea caused by motion sickness, stomach flu and food poisoning.

Like Alka-Seltzer is accepted by American consumers, Po Chai Pills are mild, pure, and well accepted by Asians. They are widely distributed throughout Hong Kong, Singapore, Malaysia, Indonesia, Taiwan, Thailand, as well as other Asian countries. Ingredients in Po Chai pills are all herbal, and there are up to 14 herbs in each formulation: Citrus peel, magnolia bark, sprouted barley, chrysanthemum, mint, and barley are some of the more familiar ingredients. Hoelen, saussurea, red atractolydes, agastiche, angelica, and kudzu make up the rest of the formula for the pills, as well as Triosanthes fruit.

## Brief History of Po Chai Pills

Many years ago (100+ years) there was a plague in China. People there were having stomach-ache, vomiting and diarrhea. A Chinese Doctor was trying to make up a formulation that can cure the people. One night he received a special herbal mix from his dream. The next morning he started to collect the herbs and gave the people the special herbal mix. The herbal mix was very successful. This Chinese Doctor was the founder of Po Chai Pills and his picture is on every

box of Po Chai Pills today. Po in Chinese means protection. Chai means the people. So the Name Po Chai means protecting the people.

Po Chai Pills were developed by Li Shiu Kei in Foshan, Guangdong, in 1896. Following the Chinese Civil War, the Lee family fled to Hong Kong and reestablished their company, the Li Chung Shing Tong, in Hong Kong. However, their mainland property was nationalized, with the result that there are two makers of Po Chai Pills (Baoji wan in pinyin): Li Chung Shing Tong (Holdings) Limited (李眾勝堂) in Hong Kong; and Guangzhou Wanglaoji Pharmaceutical Company Limited in Guangzhou, China. A mutual agreement between these two parties has limited Wanglaoji's trademark rights to mainland China, while the Li Chung Shing Tong has the right to use the trademark in rest of the world. The mainland manufacturer sold the pills out of the PRC as Curing Pills.

On March 8, 2010, sales of the pills from Li Chung Shing Tong were halted in [Singapore](#) as a precaution due to traces of [phenolphthalein](#) and [sibutramine](#) having been detected in batches of the capsule form of the pills, and have been recalled.<sup>[1]</sup> Phenolphthalein's past use for its laxative properties has been discontinued due to concerns it may be [carcinogenic](#). On March 24, 2010, Hong Kong's Department of Health recalled both capsule and bottle form. 2010,.

On 11 May 2010, Li Chung Shing Tong HK was given the green light to resume production and marketing of Po Chai Pills in "bottle form". Laboratory tests identified 11 tainted samples, all in Capsule Form, while none of the Bottle Form samples was found to contain the above two western medicines. Po Chai Pills in the United States imported by Prince of Peace Enterprises, Inc. are not tainted nor affected by the Hong Kong or Singapore recall.

The packaging for Po Chai pills is very distinctive.

These pills are very small and come in a plastic vials that contain around 100 pills each, and there are eight vials to a box. One or two whole vials is the recommended dosage, taken every two hours for a couple of days until symptoms are relieved. Children receive a half-dose. In Sacramento, they are available at any Asian grocery store at \$5 for 8 vials.

(Ed. Note: I have used Po Chai Pills my entire life; even my adult children swear to their efficacy.)

# Community Calendar 2013

SCCF Sponsorship in bold

October 5, 2013, Saturday, 10:30-am2:30,pm Angel Island History Day, a free open house at the Immigration Station starting after the first ferry arrives and continue with a program at 12:30 p.m. at the World War II mess hall, BYO lunch. Take 10 a.m. ferry from Tiburon and come have an enjoyable and educational day. It's about a 30 minute walk from the ferry dock (140 stairs at first, but rolling hills after that) or you can take a shuttle for a \$5 round trip. Special guest lecturers and information from NARA. The program will officially end at 2:30, in case people have to return on the 3:35 ferry to Oakland (4:30 and 5:20 returns are available to SF and Tiburon, respectively), but panelists and other researchers will remain much longer. [www.aiisf.org](http://www.aiisf.org).

October 16, 2013, Wednesday, HAKKA dinner, 6 pm at Hong Kong Islander Restaurant, (5672 Freeport Boulevard), featuring Linda Lau Anusasananan, author of The Hakka Cookbook and former food editor at Sunset Magazine. Tickets are available through *Eventbrite* at [sactastybooks.eventbrite.com](http://sactastybooks.eventbrite.com) for \$75 per person/\$115 per couple. All ticket buyers will receive a signed copy of the \$40 cookbook in addition to dinner. Anusasananan will also give a brief talk on Hakka cuisine's unique aspects.

October 26, 2013, Locke Harvest Moon Fund Raiser, noon-4pm, Jean Harvie School, Walnut Grove, featuring lunch, entertainment, raffle prizes and art auction, mahjong tournament. \$20/ticket includes lunch. [www.lockeca.com](http://www.lockeca.com)

November 10, 2013, Sunday, 3-5pm, Performing arts event, fund raiser for SCCF, **Crest Theater, 1013 K Street. Ticket event.**

## August 31 SCCF Health Forum



**Janice Tsai and Mayue Carlson prepare Power Point.**

Over 100 guests attended SCCF Health Forum on Saturday, August 31, 2013, at the Sacramento Sheriff's Station.

Yang Yang, Doctor of Oriental Medicine and Licensed Acupuncturist from Mountain View, lectured on the ability of Oriental medicine to

succeed in curing most medical problems except for surgery. Simon Chow was translator.

Dr. Chow, licensed pharmacist, himself lectured on using food therapy to balance hot and cold forces in our bodies before using herbal medicine.

We are grateful to Janice Tsai, chair of this event.

*Dr. Yang Yang lectures on balance of yin and yang.*



*Dr. Chow leads audience in calisthenics.*

## SCCF Membership Application/Renewal

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Name in Chinese characters (if available) \_\_\_\_\_

Mailing address \_\_\_\_\_

Email \_\_\_\_\_ Tel (    ) \_\_\_\_\_ Fax (    ) \_\_\_\_\_

I would like to volunteer for the following activities:

Event planning \_\_\_\_\_ Publicity \_\_\_\_\_ Membership recruitment \_\_\_\_\_

Event logistics \_\_\_\_\_ Speaker's Bureau \_\_\_\_\_

Special interests in Chinese history and culture: \_\_\_\_\_

Membership Dues: Individual, \$25/year    Family, \$45/year    Lifetime membership, \$150/\$200

Please return this form to: SCCF, P. O. Box 160841, Sacramento, CA 95816-0841 or any SCCF board member.

Office use only:

Date application received \_\_\_\_\_ Membership Year \_\_\_\_\_ Renewal \_\_\_\_\_

SCCF

P. O. Box 160841

Sacramento, CA 95816-0841

### 2013 Board

President: Mayue Carlson  
Vice-Pres: Eileen Leung  
Secretary: Jimmy Zhan  
Treasurer: Jannie Wen  
Membership: Danny Vuong  
Newsletter: Eileen Leung  
Web master: David Dai  
Photographer: Wes Fong

At large:

Tina Byrne  
Paul Chow  
Michelle Lau  
Shan Shan Li  
Janice Tsai  
Susie Yang

If your address label is printed in RED,  
please send in renewal membership fee as  
soon as possible to continue receiving news-  
letters.

