



Newsletter

April 29, 2023

Asian Heritage Month by Natasha Wong, President

San Diego has one of the largest Asian American and Pacific Islander populations in the country.

Asian American and Pacific Islander Heritage Month really began as a week-long recognition when the federal government supported by joint resolution and Jimmy Carter signed the proclamation back in October, 1978. Then in 1990, President George Herbert Walker Bush expanded it to a month in May, and it is commonly referred to as “AAPI Heritage Month” or “Asian Heritage Month.” Now, the month of May is a significant time when the AAPI communities celebrate and honor our heritage and culture. San Diego is blessed with a very diverse and multicultural Asian community, from Chinese, Japanese, Thai, Laotian, Vietnamese, Filipino, and more.

There are various publications for you to learn more about the Chinese contributions to San Diego. In Murray Lee’s book, *In Search of Gold Mountain*, he describes the last 150 years of Chinese history in San Diego. It includes their motivations for immigrating to San Diego, their early businesses, social lives, and political activism. In the new book, *Women of the Gaslamp Quarter and Chinatown*, by Professor Anne Hoiberg, she describes the development of the area and those who led to its preservation. Both books illustrate the Chinese American experience, and shed light on their strength and resilience while maintaining their culture. The House of China was also instrumental in working to preserve Chinese culture and traditions in San Diego.

As we reflect on the House of China’s efforts in the community, we are also deeply humbled to be recognized by the Asian Pacific American Coalition (APAC) as an Outstanding Organization in San Diego. APAC is a community based, nonprofit organization working to empower and civically engage San Diego’s Asian Pacific American community. An active and robust organization, APAC supported major Asian events in San Diego like the D6 Night Market and helped shape our Asian influence in the decennial redistricting. We thank APAC for recognizing the House of China!

Royal Court Expanded to Spread Friendship and Develop Youth



Honorary Queen: Suo (Sophia) Qin

I was born in an engineering family, but my dream is to be an anesthesiologist doctor. The academic girl is my label. After school, I research with professors and scientists from Harvard medical school and UCSD. It's my most incredible fortune to be the honorary Queen of the House of China. I have extreme enthusiasm for serving the community. By working closely with Queen Ruby and lovely princesses, we will broadcast Chinese culture and the goodness of China together.

My name is Olivia, and I am 10 years old. I am very passionate about art, singing and swimming. I hope to grow my passion to a professional level and make a positive impact to the world.



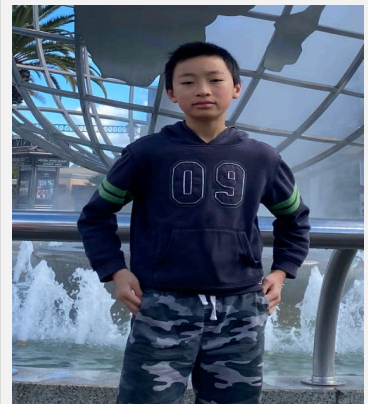
Hello, my name is Alice Yue, an honorary princess of House of China. I take initiative in volunteer work, and I have always been passionate about working with my Queen and Princess team. I always believed, with my own power, I am able to change the world, and I can truly help people that need my support!

Hello, my name is Jasmine Chan. I am a middle schooler. I play violin and piano. My favorite hobbies are drawing, reading, and coming up with new ideas.



I am a junior at Canyon Crest Academy. Ever since middle school, I have always loved history and writing. I love Asian culture and I currently serve as the secretary of the CCA Chinese Culture club and the teaching assistant for the CCA Chinese teacher, Mrs. Kao. I recently joined the CCA debate club, and I am excited about it. For four years, I have enjoyed volunteering and making friends at Computer2Kids (C2K), a San Diego technology nonprofit organization. In my spare time, I love playing piano and soccer.

Felix Yang is an 8th grader at Mesa Verde Middle School who is passionate about making a positive impact on the world. As a second-generation Chinese American, he would like to foster cultural exchange and collaboration. He has a deep passion for science and enjoys playing soccer, reading books and helping others in his free tie.



The House of China is being recognized as an Outstanding Organization by APAC- San Diego, at their Saturday, May 6, 2023, Annual Dinner.

Since 1935, HOC has been a leader in promoting culture, friendship, education, civic engagement, and cooperation.

Dinner tickets are \$75. The Dinner will be held at Golden Island in Mira Mesa.

Ethnic Food Fair is Sunday, May 7, 2023

The wonderful foods and cultures of the International Cottage will be showcased after a 3-year COVID break with the Ethnic Food Fair. The Fair on Sunday, May 7, opens with the Dragon procession by Southern Sea Dragon and Lion at 10:45 am.

The House of China will provide food and crafts both on the cottage lawn and building. Proceeds help support the annual HOC Essay contest.

40th Annual Ethnic Food Fair

International Cottages in Balboa Park

Explore the culinary treats of
different cultures
and enjoy performances
in native costumes



Scan for more
information

Sunday, May 7th, 2023

11:00am-7:00pm



FREE entry to event/Nonprofit fee per dish

<https://www.sdhpr.org/events-food.html>

Asian Pacific American Day at International Cottages, Sat. May 20, 2023



The poster features a light blue background with a yellow sun at the top center. Large, stylized pink cherry blossoms are scattered around the text. The main title 'ASIAN PACIFIC AMERICAN HERITAGE MONTH CELEBRATION' is in bold, black, sans-serif font. Below the title, the location 'International Cottages Lawn Program in Balboa Park' is written. The date and time 'Saturday, May 20, 2023' and '10:00 am to 4:00 pm' are prominently displayed. The description 'Cultural and traditional performances in celebration and honor of Asian Pacific American Heritage Month' is centered. The presenters 'Presented by the House of the USA' and 'Co-Presented by the House of Chamorros, House of China, House of India, House of Korea, and the House of the Philippines' are listed. At the bottom, logos for 'Produced by Silk Road Productions' and the five co-presenting houses are shown. Six small photographs illustrate various cultural performances: a lion dance, a drum ensemble, a traditional dance, a group of performers in traditional dress, a group of performers in traditional dress, and a group of performers in traditional dress.

ASIAN PACIFIC AMERICAN HERITAGE MONTH CELEBRATION

International Cottages Lawn Program in Balboa Park

Saturday, May 20, 2023
10:00 am to 4:00 pm

Cultural and traditional performances
in celebration and honor of
Asian Pacific American Heritage Month

Presented by the House of the USA
Co-Presented by the House of Chamorros, House of China, House of India, House of Korea, and the House of the Philippines

Produced by
Silk Road
PRODUCTIONS

HOUSE OF USA

HOUSE OF CHAMORROS
GUAY CHAMORRO
EST. 2016
BALBOA PARK

HOUSE OF CHINA

HOUSE OF INDIA

HOUSE OF KOREA
KOREAN CULTURE CENTER

House of the Philippines

Sixty-Three Essay Entries Received

The 2023 HOC Essays contest has received 63 entries. Advanced, Intermediate and Beginner Essay Judges are currently reviewing submissions. The topics for each group are challenging:

- **Beginner Group:** *If I were a teacher....*
- **Intermediate Group:** *Has climate change affected my life?*
- **Advanced Group:** *Is social media important to me?*

Winners will receive cash prizes. The Award Ceremony luncheon in Saturday, June 10. Those wishing to sponsor the Contest and wishing to reserve space may complete and return the following form.

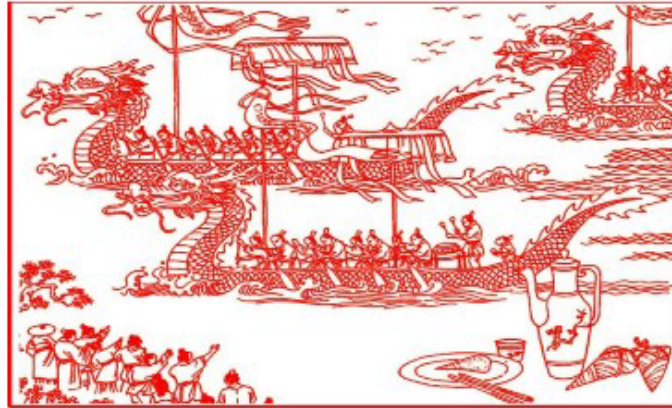
中國館

中文作文比賽獎學金頒獎典禮

及表彰資深義工羅黔輝

HOUSE OF CHINA

Chinese Language Essay Awards Ceremony



二零二二年六月四日，(星期六)， 中午十二點

中華聯合基督教會

Saturday, June 10th, 2023, 12 Noon

Chinese Community Church

4998 Via Valarta, San Diego, CA 92124

定票表格

Ticket Reservations by 6/3/2023 please

票數

No. Tickets

總額

Total Enclosed

門票 / tickets \$20

x _____

\$ _____

We are unable to attend and would like to make a donation in the amount of

\$ _____

訂票人姓名

Name _____

請寫支票給

Check payable to House of China

地址

Address _____

電話 / 電子信箱

Phone/E-mail _____

請寄給/如有任何問題請聯繫：黃美恩

12002 Rue Des Amis, San Diego, CA 92131

TEL: (858) 232-1030 | Mail/questions: seid1950henwing@gmail.com

Traditional Chinese Philosophy and Modern Health Care Approaches Explained

Dr. Tianying Wu

Associate Professor of Epidemiology San Diego State University



中国有句古语：“天人合一”。“日出而作，日落而息”

The phrase "天人合一" (tiān rén hé yī) translates to "the unity of heaven and humanity" in English. It is a concept in traditional Chinese philosophy and culture, which emphasizes the harmonious relationship between the natural world and human society. It reflects the belief that human beings are an integral part of the universe and that their actions should be in accordance with the laws of nature in order to achieve a balanced and harmonious existence. “日出而作，日落而息” is an ancient

Chinese saying: work when the sun rises, rest when the

sun sets; this sentence can be considered as one example of “天人合一”. This further emphasizes the importance of aligning our daily activities and sleeping patterns with the sunrise and sunset to maintain a healthy lifestyle. Chinese lifestyle and cultural habits are strongly influenced by traditional Chinese medicine, and increasing research evidence supports the validity of the saying. Studies show that night shift workers are more likely to experience health problems, such as cancer, heart disease, and mental health issues. Recent scientific evidence confirms that human circadian rhythms are naturally synchronized with nature. For example, our melatonin and cortisol levels are in line with the natural rhythm.

Dr. Tianying Wu, an Associate Professor of Epidemiology at San Diego State University, has devoted significant effort to using modern scientific evidence and approaches to demonstrate the benefits of traditional Chinese philosophy and culture practices in preventing aging-related illness, symptoms, and pathological damages.

In one of her recent papers, Dr. Wu demonstrated that moderate red meat intake during winter can reduce inflammation in breast cancer survivors. This finding is consistent with the traditional Chinese medicine philosophy of "冬季进补" and "驱寒就温", which emphasizes the importance of not only “what we eat” but also “when we eat”.

Moreover, Dr. Wu's paper also emphasizes the concept of "who should eat." One type of food may be beneficial for one person but may not be suitable for another person depending on their characteristics and pathological condition. This highlights the personalized approach of traditional Chinese medicine, which considers an individual's unique constitution and health condition in determining the appropriate dietary choices.

Dr. Wu's research provides important insights into the potential benefits of incorporating traditional Chinese philosophy and culture practices into modern healthcare approaches. Her findings also highlight the importance of considering personalized dietary choices for optimal health and wellness.

HOUSE OF CHINA MEMBERSHIP FORM

The House of China (HOC) was organized in 1935. The mission is to present, promote, and preserve Chinese culture; strive for cross-culture friendship and understanding. HOC provides civic functions through cultural open houses, sponsorships, school presentations, and cooperation with Chinese American community and guests.

HOC is open every Saturday and Sunday afternoon in Balboa Park. Seasonal programs and events are held at Chinese New Year, Moon Festival, Annual Essay Contest and other occasions.

Please join hundreds of other dedicated friends like you to become a member of HOC.

中國館會員申請表

中國館于一九三五年設立至今，宗旨在促進和保存中國文化，及支援友誼，促進文化交流了解，一同和平相處，中國館是一個不謀利的 501(c)(3) 公民機構。中國館既無政府基金支持也沒任何捐款。

中國館位於聖地牙哥的 Balboa 公園太平洋聯合會的國際村。本館提供各種中華文化節目活動，包括參與市中心的節目，學校運動，還有和華人社區各會合作，招待外地來的貴賓。

中國館及國際村于每週星期六和日下午都開放參觀，中國館的陳設和節目包括：中國文化，新年，端午，中秋節等。其它特別節日時本館也有活動，請注意我館定期寄出的訊息查看有關華人社區的活動節目表。歡迎大家成為中國館會員。請到關注我館網頁 www.HouseofChinaSD.com，電話 (858) 699 - 1900。

MEMBERSHIP APPLICATION AND DONATIONS

To join the House of China, please complete the form below and provide payment payable to HOC. Please send your application and payments/donations to: David Seid, 12002 Rue Des Amis, San Diego, CA 92131.

We currently accept the following payment methods: Check, Credit Card @ www.houseofchinasd.com

- | | | | | | |
|--------------------------|-------------------|-------|--------------------------|-------------------|--------|
| <input type="checkbox"/> | Regular Member | \$15 | <input type="checkbox"/> | Family Membership | \$20 |
| <input type="checkbox"/> | Friend of HOC | \$100 | <input type="checkbox"/> | Supporter of HOC | \$250 |
| <input type="checkbox"/> | Patron of the HOC | \$500 | <input type="checkbox"/> | Lifetime Member | \$1000 |

English Name _____ Chinese Name _____

Address _____

Phone _____ Email _____

Office Use Date _____ Check No. _____

請寄到：薛顯榮 David Seid, 12002 Rue Des Amis, San Diego, CA 92131.

HouseofChinaSD.com | Email contact@houseofchinasd.com | Phone (858) 699-1900.