Asian American Commission celebrates Unity Dinner

BY LING-MEI WONG

The Asian American Commission (AAC) of Massachusetts hosted its annual Unity Dinner on May 26 at Boston University. The “Honoring changes agents: Celebrating Asian American Pacific Islander (AAPI) history, progress and achievements” event featured speakers not only prominent community leaders.

Fernande “Nan” Duffy, retired Mass. Supreme Court judge, talked about her Dutch father and Indonesian Chinese mother coming to America in the 1950s. “To say I am an Asian American evokes many cultures and countries in Asia, southeast Asia, the Pacific and elsewhere, which our families called home before arriving in America,” Duffy said. “In 1990, May was chosen as Asian Pacific American Heritage month, not only to celebrate the many contributions Asian Americans have made to this country, but to recall the shared barriers to immigration and the extraordinary hardships these disparate groups faced once they arrived as railroad workers, farmworkers, restaurant, laundry and garment industry workers.”

Franklin Odo, Asian American studies visiting professor at Amherst College, spoke about his Japanese-American experience and the legacy of the Japanese internment.

The Commission presented the Community Hero Award to Boa Ng Wai, leader manager for the Mental Health Cultural Case Management program at the Southeast Asian Coalition. Eastern Bank received the Leadership and Diversity Award. The Lifetime Achievement Award was presented to Mary Chin, board member of the Asian American Civic Association. The recipients received framed photographs by artist Eaden Huang.

In 2016, the AAC provided financial literacy training for Asian women immigrants, small business workshops, health discussions with experts and a mental health forum focusing on suicide prevention in the AAPI community. The Commission has 21 commission- ers, appointed by the governor, secretary of state, auditor, treasurer, senate president, house speaker and attorney general.

Chinese Progressive Association celebrates 40 years

BY DORA CHI

The Chinese Progressive Association (CPA), a grassroots organization that rose up in the late ’70s to become a stalwart advocate for the Chinatown community, celebrated four decades of accomplishments at a food-filled gala attended by hundreds, including Bos - ton Mayor Marty Walsh. The “Many People, One Heart” gala also included an award ceremony honoring community leaders as well as traditional dance performances by local troupes.

The sell-out celebration, hosted at Hei La Moon on May 19, comes at a time when Chinatown residents and ac - tivists can point to a number of positive developments amid ongoing struggles against rising rents and gentrification. In January, the Boston Globe reported re - newed hopes for establishing the neigh - borhood’s first permanent library in more than 60 years; a feasibility study is underway. Earlier this month, residents welcomed the new Pao Arts Center on Albany Street, which promises a home for cultural classes and artwork.

Founded in an abandoned factory-turned-office in 1977, the CPA has evolved into a wide-reaching effort spanning immigrant support services and tenant’s rights advocacy to voter education initiatives that have helped dramatically increase turnout rates. The organization’s 40th anniversary also marks the departure of executive director Lydia Lowe in June, who led the CPA for 30 years in various roles. Karen Chen will step in as the new executive director.

The CPA also honored Attorney General Maura Healey and dining hall workers of Harvard University.
We recognize our most precious resource — the people in our community

Thanks to you, things are getting done. Thanks to you, our community is a better place and the lives of real people are being changed for the better.

Bank of America supports the Asian American Civic Association for helping to make a lasting difference where we live and work. Thank you for being an inspiration to us all.

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1. Consumer Statement Savings account must be opened with new money. Opening deposit cannot be transferred from an existing Cathay Bank account. You will receive a promotional Annual Percentage Yield (APY) of 0.55% when you open the account with $555 or more during the promotion period. This APY is guaranteed until June 27, 2018, provided you maintain a daily balance in the account of $555 or more during that time. If the account balance falls below $555, the account will earn the APY in effect for the balance tier in which the account’s end-of-day balance falls. After June 27, 2018, the promotional APY will revert to the APY in effect for the balance tier in which the account’s end-of-day balance falls.

2. The Consumer Statement Savings account is a tiered, variable rate account. Balance tiers and APYs as of April 17, 2017 are: $0.01 - $49,999.99 earns 0.10% APY; $50,000 - $99,999.99 earns 0.15% APY, and $100,000 or more earns 0.20% APY. Rates are subject to change at our discretion. The interest rate and Annual Percentage Yield (APY) paid depends on the balance tier into which the account’s end-of-day balance falls. The interest rate that corresponds to the balance tier is paid on the full collected balance in the account at the end of day. Fees can reduce the earnings on the account. You must maintain a $500 minimum daily balance in the account to avoid a monthly service charge.

Cathay Bank reserves the right to withdraw these offers at any time.
Event Calendar

AACA galu
Friday, June 9
6 p.m.
50 Park Plaza
Boston, MA 02116
The Asian American Civic Association 50th anniversary gala will take place at the Park Plaza Hotel.

Chinese chat group
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115
A Cantonese conversation group will meet Friday at the Harvard T.H. Chan School of Public Health, Kresge 201 on 2F. A Mandarin chat group will meet Tuesday. RSVP at www.meetup.com/bostonchina/.

Dragon Boat Festival
June 10 to 11
Charles River
The 38th Annual Boston Hong Kong Dragon Boat Festival will be held on the Charles River near Harvard Square. Saturday heats will be at the MIT Pierce Boathouse, while Sunday races and cultural events will start noon and end at 5 p.m. Visit www.bostondragonboat.org.

Mulan Society classes
Saturday, June 10
1 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. Refreshments provided. Register with Hongyi Gong at (617) 426-9492 x 216 or hgong@aaca-boston.org.

Citizenship workshop
Monday, June 12
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsung at (617) 426-9492 x 0 or melody@aaca-boston.org.

Basic English class
Mondays, Tuesdays
1 p.m. to 4 p.m.
1309 Hancock Street 2F
Quincy, MA 02169
QARI’s 10-week classes focus on beginner speaking and listening for everyday needs.

Legion Post 328 gala
Monday, June 12
6 p.m.
88 Beach Street
Boston, MA 02111
The American Legion Boston Chinatown Legion Post 328 gala will take place at Hei La Moon.

Free yoga class
Every Tuesday
10 a.m.
Symphony Park
Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgerly Road and Norwood Street. Most of the practice is seated, suitable for individuals in wheelchairs or with limited mobility. In the event of rain, classes will be at Merville House.

Free yoga class
Every Tuesday
10 a.m.
Harvard Chinese Culture Workshop
Thursday, June 15
2 p.m. to 5:30 p.m.
2 Divinity Avenue
Cambridge, MA 02138
The Chinese Writers’ Association in North America, New England Chapter, will host a workshop at the common room of the Harvard-Yenching Library. For more information, contact Phong Chang at changphong@gmail.com.

Metro-Boston Against the Tide
Saturday, June 17
7 a.m. to noon
164 Cedar Street
Hopkinton, MA 01748
The statewide Metro-Boston Against the Tide will be held for the 25th commemorative year at DCR’s Hopkinton State Park for breast cancer awareness. Register at www.mbcnc.org/swim or (617) 376-6222.

Chinatown Bike-a-thon
Saturday, June 17
9 a.m.
16 Charles Street
Boston, MA 02128
The Chinatown Bike-a-thon will take place at the Boston Common to support the Chinese Youth Initiative. Register at www.crowdrise.com/cb4cic.

KKCS graduation
Saturday, June 17
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The Kwong Kow Chinese School graduation ceremony will take place at the 2F auditorium, with refreshments. RSVP at (617) 426-6716 or kwongkow@gmail.com.

Chinatown/South Cove Neighborhood Committee meeting
Monday, June 19
6 p.m.
90 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCSCNC@gmail.com.

Wollaston T stop renovation meeting
Wednesday, June 21
6:30 p.m.
873 Hancock Street
Quincy, MA 02170
The MBTA will discuss the renovation of Wollaston T stop at Central Middle School’s auditorium. Project information is available at www.mbta.com.

South Cove Manor breakfast seminar
Thursday, June 29
9:30 a.m.
120 Shawmut Avenue
Boston, MA 02118
All are welcome to attend a health seminar at the BCEC auditorium. Refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

Home for sale by owner
40 OAKLAND AVE, Quincy MA
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Features including: all hardwood floors, fire place, full finished basement with plenty of storage, gas heating, walk up attic, off street parking for three cars, fully insulated home with energy efficient windows, new deck, stove, and washing machine.

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DEADLINE JULY 1ST 2017
TIME TO REGISTER YOUR RENTAL UNIT!

Did you know all residential rental properties must register with the Inspectinal Services Division by Friday July 1st?
Otherwise you might end up with a $300 fine!

THREE REASONS TO REGISTER:
• Avoid penalties and fees
• Ensures your unit is safe and code compliant
• Provides a point of contact in case of emergency

THERE ARE 2 EASY WAYS TO REGISTER:
• Register online boston.gov/rental-registration
• Download and fill out the registration form and mail or deliver in person to Inspectional Services Division
BCNC hosts Savor the Flavor

BY CONNIE WANG

Innovation on June 3. With an estimated 160 guests and a visit from Mayor Thomas Koch, the fundraiser highlighted BCNC’s community work in the South Shore. Food and beverage vendors attended, with tea tastings from MEM Tea Imports, egg rolls from Pho Pasteur, Vietnamese sandwiches from Pho Linh and dessert egg puffs from Vivi Bubble Tea Cafe, to name a few. Vivi was voted “Best Flavor” by guests. BCNC executive director Giles Li highlighted the agency’s accomplishments over the past year. In Quincy, staff provided college financial aid advice to 100 youth students, 69 families attended parenting and education workshops, and 65 adults learned English.

OPEN HOUSE
Saturday, June 10, 2017
10:00 a.m.—12:00 p.m.

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Email: lotteryinfo@mcohousingservices.com

Language/translation assistance available, at no charge, upon request.
Reasonable Accommodations available for persons with disabilities Units available to all eligible applicants.

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Chinatown leader leaves legacy of service

BY LING-MEI WONG

Chau-ming Lee, AACA executive director, passed away on June 6. (Image courtesy of AACA.)

Chau-ming Lee, 65, Asian American A-1 Capt. Ken Fong gave an update on local crime for the past 30 days. Police identified two suspects in a homicide on May 27, with one suspect in custody. Three robberies took place, along with an aggravated assault, a sexual assault, nine larceny incidents and 25 warrant arrests, Fong said.

A proposed renovation of 9 Johnny Court would increase the number of rental units to five from three.

CRA

The Chinatown Resident Association met on May 7 at the Josiah Quincy Elementary School.

Chris Dempsey of Transportation for Massachusetts said that while Massachusetts is ranked No. 1 for education and No. 2 for health care, the state is ranked No. 46 for transportation nationally. The organization would like the state to consider a stricter tolling system.

Asian Pacific Islanders Civic Action Network (APIs CAN!) held its first convening on language accessibility on May 31 at Tufts University School of Medicine. City counselors, government officials and local advocates joined the discussion to address their concerns and suggestion of improving language services provided in different fields.

Asian Americans are the fastest growing group in Massachusetts and comprise 6.5 percent of the state population. Within the community, limited English speaking households form a majority: Boston has more than 8,252 households who have limited English proficiency. Language barriers emerge not only in the API community, but in other immigrant communities nationwide, which make it difficult for immigrants to get involved in government affairs and participate in public meetings.

Panelist May Lam, a long-time Quincy resident, talked about being treated unfairly when she was at a polling station. “The police officer insisted that they couldn’t find my address but I know I am eligible to vote because I voted in September. I asked them to check for me again but they refused, and asked me to go to City Hall to get some kind of proof to show I can vote,” said Lam, whose remarks were translated by Karen Chen, co-director of Chinese Progressive Association. “At last they found my name. Everyone thought it was funny but I didn’t, and I was really angry about being treated unfairly like this.”

City Council President Michelle Wu is the oldest of four children born to immigrant parents from Taiwan. She saw how limited language fluency affected households in need, who may face voter discrimination like Lam. Wu said, “I remember seeing all of the struggles they had as they need to rely on their very young child at the parent-teacher conferences, at the doctors and at the grocery stores. [I] realized that kind of distance and isolation my parents experienced, because language services were not provided in the area.”

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The MBTA intends to enter into a DB contract with the best value Design Build Entity identified through a two phase selection process including a Request for Qualifications (RFQ) with a subsequent Request for Proposals (RFP). The RFQ will be utilized to identify qualified Design Build Entities to submit a proposal pursuant to Section 19 of M.G.L. c. 149A. The best value selection criteria detail will be provided in the RFP. Respondents to this request for LOI will receive future notifications of the RFQ’s availability and its amendments.

Councilors Wu and Flaherty discuss next steps for Boston tax increase

BY RUOBING SU

Boston City Council president Michelle Wu held a meeting with local media on May 19 at City Hall. Councilor at-large Michael Flaherty was invited to discuss the latest progress of the upcoming Community Preservation Act (CPA).

Flaherty was the first city councilor who supported CPA when it passed statewide. Flaherty was honored to witness the act go from being unsupported by the general public, to winning the support of local residents.

Flaherty said the act should be implemented by July, with the supervision of the Community Preservation Committee (CPC), a committee that offers recommendations on the allocation of CPA funds. Flaherty proposed the committee’s formation in an ordinance filed after CPA was passed.

The CPC will consist of nine members, five from different city departments appointed by the mayor; and four appointed and selected by the City Council, serving staggered three-year terms.

“The good news is CPA passed,’ said Flaherty. ’We try to figure out how it’s going to work and how it’s going to be run. We want to make sure we are facing in our city. Now the dilemma will be the selection process, and heard input from local stakeholders.

The local business community expressed the need for at least one seat of the nine to better present their interests, as businesses would be the largest contributor of this surcharge, especially businesses in manufacturing or have warehouses with a large property footprint.

The Yes for a Better Boston (YBB) Coalition led the community mobilization efforts for the ballot initiative and requested the council appoint its four representatives from 12 people selected by YBB.

Flaherty said it was difficult for the council to select the four CPC members. Boston has spoken with other towns and cities which have implemented CPA for best practices. He said, “We have several other councils say that ‘we should keep it broad, and we shouldn’t limit ourselves.’

… We try to figure out how it’s going to roll the best product out for Boston.”

Flaherty added the CPC job opening was posted online. The council will soon review hundreds of applications proposing community projects using taxes generated by the CPA.

Wu said the council is discussing the creation of a special committee to oversee the commission selection process, as well as the eventual distribution of funds.

Wu said the council chamber will undergo renovation from July to September to make it more accessible by equipping better sound treatments and LED lights.

Bunker Hill receives Asian American grant

Bunker Hill Community College celebrated an Asian American grant launch at the Pao Arts Center in Chinatown on May 25. (From left) BHCC president Pam Eddinger, Boston Chinatown Neighborhood Center executive director Giles Li and BHCC Dean Nuri Chandler-Smith. (Image courtesy of Ling-Mei Wong.)

Massachusetts Bay Transportation Authority

- Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

- No paper copies of bids will be accepted.

- Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

- Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

MBTA Contract No. W90CN01, ON-CALL PARKING/PAVING SERVICES, SYSTEMWIDE, PROJECT VALUE - $27,650,000.00 (CLASS 2 – GRADING, DRAINAGE & SITE DEVELOPMENT, VALUE - $5,000,000.00).

- Submitted at www.bidx.com until ten o’clock (10:00 a.m.) on June 20, 2017.

- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Additional information and instructions on how to submit a bid are available at http://www.mbtamobility.org/business_center/bidding_solicitations/current_solicitations/
Obesity is a health problem affecting a third of Americans.

The Mayo Clinic defines obesity as a complex disorder involving an excessive amount of body fat. Obesity is diagnosed by weight that is higher than what is considered as a healthy weight for a given height. Body mass index (BMI) is a screening tool for overweight or obesity, calculated by dividing a person’s weight in kilograms by the square of height in meters. A BMI over 25 is considered overweight; a BMI 30 or higher falls into the obese range.

More than one-third (36.5 percent) of U.S. adults have obesity, based on Centers for Disease Control data. If someone is obese, they are more likely to develop type 2 diabetes, high blood pressure, stroke, heart disease, stroke and cancer.

In Massachusetts, more than half of all adults and one in four high school and middle school students are overweight or obese. More than three-fourths of adults in Massachusetts are not eating the recommended five or more servings of fruits and vegetables a day. According to a 2012 study published in the journal Obesity, more than $3.5 billion of medical expenses in Massachusetts were due to adult obesity.

There are several reasons why someone can become obese. Genetics play a big part in someone’s body weight. Genetics may also play a role in how efficiently one’s body converts food into energy and how the body burns calories during exercise. Also, if someone has a poor diet or is inactive, this can lead to becoming obese. A diet that’s high in calories, lacking in fruits and vegetables, full of fast food, and laden with high-calorie beverages and oversized portions contributes to weight gain. With a sedentary lifestyle, one can easily take in more calories every day than they burn through exercise and routine daily activities.

The most common way to lose weight is to cut calories. Health care providers can review one’s typical eating and drinking habits to see how many calories that are normally consumed and where one can cut back. The patient and their doctor can decide how many calories they need to take in each day to lose weight, but a typical amount is 1,200 to 1,500 calories for women and 1,500 to 1,800 for men.

Check medications before you go

Know what medications you’ll need while on vacation. Check that you have enough to last the trip.

Be careful with contact lenses

If you wear contact lenses, be sure you have the supplies you need to last the trip. To avoid problems such as eye infections and corneal ulcers, make sure your contacts are prescribed by an eye care professional.

Think before you ink

Tattoo and henna shops are often found on boardwalks and other areas around the beach. Whether you consider something non-permanent (like henna) or an actual tattoo, think before you ink. Getting a tattoo can put you at risk for serious infections like HIV or hepatitis if you are exposed to unclean tools, practices, or products. Plus, tattoo inks can cause allergic or otherwise bad reactions.

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Stay hydrated and eat healthy

Dehydration happens when your body does not have as much water and fluids as it should. Beware of ice or tap water in places where the water isn’t safe to drink. Along with staying hydrated, try to make healthy food choices. If you’re at a buffet, first fill your plate with fruits, vegetables and whole grains and then adding the protein source.

Seniors learn about cardiology at seminar

Seniors learned about heart health from Dr. William Kou at a breakfast seminar on May 26 at the Boston Chinese Evangelical Church. (Image courtesy of South Cove Manor.)
Eastern Bank is committed to celebrating the good in our communities. We proudly support the Asian American Civic Association.

Eastern Bank proudly gives 10% of its net income to local charities. To learn more please visit joinusforgood.com.
Giving back

We’re proud to support the Asian American Civic Association’s Annual Gala

Good corporate citizenship is not only a commitment – it’s our culture. Through our investment of time, talent and resources, we’re building a better tomorrow.

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