Sampan celebrates Asian American Heritage month and mothers

BY LING-MEI WONG

This May, the Sampan honors Asian American Pacific Islander Heritage Month and Mother’s Day.

We spoke to two community moms: Pauline Ho Bynum and Ruth Moy. Each woman has given back to the community, while raising their children.

Ho Bynum served as New England regional chairman for Met Opera National Council Auditions, along with causes in Brookline.

Moy is a champion for elder services in the Chinese community.

Keep an eye out for more community moms in upcoming editions!

The Sampan solves their atrocities. Read more below and on page 2.

Community Mom: Pauline Ho Bynum

Pauline Ho Bynum was born outside of Chongqing, China, in 1940 and came to America in 1946. Her father Franklin Ho and mother Shwen-dyi Yu had attended American colleges, returning to serve China with their western education. Franklin Ho founded the Nankai Institute of Economics in Tianjin, establishing the study of economics in China. Her mother worked at Ginzling Women’s College. When they left during the Chinese civil war, the family settled in New Haven, with Ho teaching economics at Columbia University.

“My parents were the ones who chose to come here. And I’m very, very grateful,” Ho Bynum said. “It was assumed that wherever we lived, we would be part of the community.”

After attending Wellesley College and Barnard College, Ho Bynum earned graduate degrees in history from Columbia University. She taught history of Western civilization and East Asian civilization at Brooklyn College, Central State University in Oklahoma and Women’s Institute in Houston. In 1979, her family moved to Brookline where she raised two children and became a realtor.

In Brookline, she was involved with Brookline Library Foundation and Friends of Larz Anderson Park. Ho Bynum said the volunteer work that most enriched her life was serving as New England regional chairman for Met Opera National Council Auditions. She has also served as overseer with Boston Lyric Opera, New England Conservatory of Music, Boston Baroque and is a longtime supporter of Boston Midsummer Opera and White Snake projects.

CONTINUED ON PAGE 2

Josiah Quincy Elementary School rings in 172 years

BY LING-MEI WONG

The Josiah Quincy Elementary School’s (JQES) 172nd anniversary celebration took place May 15 at Em-
BY LING-MEI WONG

The Jonas Quincy Upper School has found a permanent home in Chinatown. A $9.5 million offer from the City of Boston to the Boston Chinese Evangelical Church was approved May 5, for the sale of its 249 Harrison Avenue campus.

“We had mixed feelings at the beginning, but in the end we feel this is what God wants us to do,” said BCEE senior pastor Steve Chin. “Our members voted more than 90 percent in favor. It’s important for us as a church to move forward together.”

The Upper School serves grades six to 12 in two buildings: the Lincoln School and a modular building. Demolition is planned for 2021, in time for the new school to open in 2023.

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MOM: Pauline Ho Bynum gives back

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“You should do volunteer work that reflects your interests,” Ho Bynum said. “Some of my closest friends are people I met through Friends of Larz Anderson Park, the Brookline Library Foundation and the Met Auditions Committee. I didn’t start out to make friends, but meeting with people with shared interests fostered new friendships.”

Ho Bynum said she was thrilled that through volunteering with the Met Opera National Council Auditions, she has met many talented young Chinese singers.

“Both my kids grew up in Brookline,” Ho Bynum said. “They’re so lucky — and I’m so lucky — they’re able to make a living doing what they love to do.”

Her daughter, Sarah Shun-lien Bynum, is a writer who lives in Los Angeles. Her son, Taylor Ho Bynum, a jazz musician and composer, is director of the Barbary Coast Jazz ensemble at Dartmouth College.

Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center, pictured in 2018. (Image courtesy of Ling-Mei Wong.)

It was years ago when Ruth Moy was a young mother. She recalled wishing badly for a day off back in the day. Moy saw it as a necessity for women to work to sustain the family, along with caring for her children.

Being a mother of four, Moy routine traveled between her family restaurant Cathay Inn and home whenever needed. She started working at the Greater Boston Chinese Golden Age Center and became its executive director in 1973, which employs many female employees with children, she said. Today, the agency provides affordable senior housing at Hong Lok House, adult day health service beyond Chinatown and serves more than 2,000 a day throughout greater Boston.

Regardless of the hardship, “you just keep going,” Moy said. Moy believed it was never easy to be a mother, along with having a career. She said making time to work was the same as caring for her children, Denise, Debbie, David and Daniel.

“Ideally, if the husband is willing to help out, that would be great,” Moy said. In 1981, Moy established Midtown Home Health Services to provide home health care for elderly and handicapped clients. Moy was also among the founders of South Cove Manor and Rehabilitation Center, which opened in 1985.

Today, Moy is a proud grandmother, with her grandchildren attending college. In 2017, she was appointed to Gov. Baker’s Council to Address Aging, served on the advisory board for Massachusetts’ Executive Office for Elder Affairs and served on White House Conference for Aging. Moy is a champion for elderly services in the Chinese community.

HAPPY AAPI HERITAGE MONTH!

Affordable Housing Lottery

The Reserve at Burlington

20 Corporate Drive, Burlington, MA

Studies @ $1,295*, $1,595*, $1,675*, $2,165*, $2,495*.

*Rents subject to change. Utilities not included. Tenants will pay for Gas Heat, Gas Hot Water, Electric Cooking, Electricity, Water and Sewer.

The Reserve at Burlington is a luxury rental apartment community located in Burlington, MA, containing 270 units offering connected and tranquil living. There will be 68 affordable apartments ready for occupancy starting in Summer/Fall 2019.

Affordable apartments include:

- 30 units for households earning 30% of area median income
- 20 units for households earning 50% of area median income
- 20 units for households earning 60% of area median income

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A Public Info Session will be held on May 22nd, 2019 at 6:00 pm at the Town Hall Main Hearing Room, 2nd Floor of Burlington Town Hall (29 Center Street).

Completed Applications and Required Income Documentation must be delivered, or postmarked, by 2 pm on June 17th, 2019. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

The Lottery for eligible households will be held on July 17th, 2019 at 6:00 pm at the Town Hall Main Hearing Room (29 Center Street, 2nd Floor Burlington Town Hall)

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x1 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711. Free translation available.

Applications also available at Burlington Public Library on 22 Sears Street. (M-Th 10-9, Fri 11-6, Sat 10-5, Sun 1-5)

MOM: Pauline Ho Bynum gives back

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Event Calendar

Mulan Society Center for Women’s Empowerment classes will take place Saturdays at 11 a.m. and Mondays at 11 a.m. at the Asian American Civic Association. Register at (617) 426-9492 x 251 or mulan@aaca-boston.org.

Veteran dedication Saturday, May 19 10:30 a.m. Beach and Hudson streets Boston, MA 02111 Army veteran George Oi, who was killed in action in Germany during World War II, will be honored with a ceremony at the George Oi Hero Square.

English for college or job training Monday, May 20 8:30 a.m. 87 Tyler Street Boston, MA 02111 Attend testing for the AACAs’s English classes or for college or job training. For more information, call (617) 426-9492 x 230.

Chinatown/South Cove Neighborhood Committee meeting Monday, May 20 6 p.m. 90 Tyler Street Boston, MA 02111 The Chinatown/South Cove Neighborhood Committee meeting. The Asian American Journalists Association will host a free media access workshop for community organizations to get coverage at WGBH.

Chinatown history tour Friday, May 17 6 p.m. to 7:30 p.m. 2 Boylston Street Boston, MA 02116 Join the Chinese Historical Society of New England (CHSNE) on Chinatown History Tour, a 90-minute walking tour starting at the China Trade Building. General admission $15, CHSNE member $12 at http://histories.tours/chinatown9.


QARI community banquet Friday, May 17 6:30 p.m. 237 Quincy Avenue Quincy, MA 02169 The 12th QARI annual community banquet will take place at the China Pearl Restaurant. Tickets $110 at www.quinncity.org/qari

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, Kregeon 201F. A Mandarin chat group will meet Tuesdays. RSVP at www.meetup.com/china/bostonchina/

Documentary screening Friday, May 17 7:30 p.m. 559 Washington Street Boston, MA 02111 "Surviving Bokator" will premiere at the Emerson Paramount Center.

Mulan Society classes May 18, May 20 87 Tyler Street Boston, MA 02111 "Surviving Bokator" will premiere at the Emerson Paramount Center.

Media access workshop Saturday, May 18 9:30 a.m. to 3 p.m. 7 Washington Street Malden, MA 02148 The 10th Asian American mental health forum “Recognizing our value: Forging solutions to combat stigma and internalized racism” will take place at the Malden Senior Community Center. Free breakfast and lunch. Register at https://go.activetencalendarr/massdb/site/learning/event/samhforum2019.

First-time homebuyer classes May 15 to 19 9 a.m. to 1 p.m. 38 Oak Street Boston, MA 02111 ACDC offers HB101 classes in English and Chinese at the Metropolitan. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50; $25 for Boston residents. Registration required, by calling (617) 482-2380 x 208 or 202, emailing CHOP@asiancdc.org or visiting https://asiancdc.org/hb101.

Mulan Society classes May 18, May 20 87 Tyler Street Boston, MA 02111

Rents

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*Updated* Program Rents

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<td>3 Bedrooms</td>
<td>$1,645</td>
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Financial aid assistance Saturday, May 17 9 a.m. to 5 p.m. 87 Tyler Street Boston, MA 02111 Get assistance on college planning and applying for financial aid towards higher education. To make a same-day appointment, call (617) 426-9492 x 0.

Goldene Age Center banquet Wednesday, May 22 6 p.m. 9 Tyler Street Boston, MA 02111 Greater Boston Chinese Golden Age Center’s banquet will take place at the China Pearl.

Free yoga class Thursday, May 23 12:45 p.m. to 1:45 p.m. 2 Boylston Street Boston, MA 02111 Bring your own mat for free yoga at the Chinatown branch library.

Artist reception Thursday, May 23 1 p.m. to 3 p.m. Mary Soo Hoo Park A play session will take place at the Greater Boston, next to the Chinatown Gate.

Taiwanese Film Festival May 26 to May 27 60 Vassar Street Cambridge, MA 02139 The Taiwanese Film Festival of Boston will take place at Massachusetts Institute of Technology’s Building 26-100.

Short Waves May 29 6:30 p.m. to 8:30 p.m. 99 Albany Street Boston, MA 02111 Short-Waves series Shaping Our Community is the Boston Asian American Film Festival’s screening of short videos in honor of Asian Pacific American Heritage Month in May. For more information, visit www. bafaf.org.

Breakfast seminar Thursday, May 30 9:30 a.m. to 11 a.m. 120 Shawmut Avenue Boston, MA 02118 All are welcome to attend at the BCFE auditorium, the former South Cove Manor location. Refreshments provided.

Chinatown Safety Committee meeting Wednesday, June 5 6 p.m. to 8 p.m. 237 Quincy Avenue Quincy, MA 02169 The South Cove Manor Quin- cy Point “Forging our Future” annual meeting and dinner will take place at the China Pearl.

Free health care service Every Tuesday 6 p.m. to 8 p.m. First Church in Malden 184 Broadway Malden, MA 02148 The Shrewsbury Project offers free, unscheduled health care at the medically underserved populations of the greater Bos- ton area.

Free immigration clinic Wednesday, June 5 Noon to 2 p.m. 821 Washington Street Boston, MA 02118 The Mayor’s Office for Immi- grant Advancement offers free translation and interpretation services at the Asian American Civic Association.

Structural shift at the Boston City Hall Room 806. For interpreters other than Span- ish, please call at least one week in advance at (617) 635-2980.

Live Centrally

332 Main Street, Worcester, MA 01608

55 Studio, One, Two & Three Bedroom Apartments

Modern, Sophisticated, New Construction

Pet Friendly * Non Smoking * Full Amenities

*Elevator accessibility

Applications are currently being accepted for all units. Applications for LHTC units will be selected through a lottery process and are due by May 31, 2019.

Applications may be requested via phone or email at Call (777) 999-2982, or Online at www.332main.com.

-OR-

In-person on the following dates and times:

Temporary Leasing Office at 332 Main Street, Worcester, MA

Monday through Friday 11 AM - 4 PM

Thursday 11 AM - 6 PM

Wednesday 11 AM - 3 PM

Informational Meeting

May 14, 2019 | 4 PM

Located at: 332 Main Street, Worcester, MA 01608

Malden hosts a free media access workshop for community organizations to get coverage at WGBH.

Maximum Income per Household Size for Workforce Living (between 60% and 70% of AMI), and Affordable Living LHTC units (below 60% AMI)

Online at www.sampan.org

Tel: (617) 426-9492 x 206

www.sampan.org

Dora Chi, Linda Chin, Jingfei Cui, Anna Ing, Valerie Li

Jianghui Zhao

Oct 13, 1992

27 Mica Lane, Wellesley, MA 02481

Selection for apartments will be by lottery on June 17, 2019.

Responsible accommodations for individuals with disabilities are available. For information, contact the following: in-person at the leasing office or by telephone at (508) 757-9511 (TTY). For more information, please visit: www.mass.gov/dfe.

The Mayor’s Office for Immigrant Advancement offers free translation and interpretation services at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.
Malden service agencies step in, as housing costs increase

BY JINGFEI CUI

Malden has become home for new immigrants and families wanting public transit and a commute near Boston. The median home cost for Malden is $446,100 from Zillow data, less than Boston’s median home cost of $587,000. Newcomers are coming to the city, as more than 40 percent of Malden residents are foreign-born, said Gabriella Snyder Stelmack, executive director of Bread of Life, a faith-based organization in Malden.

However, demand is pushing prices up. Pam Edwards, organizer of Mass Senior Action Council (MSAC), remembered a MSAC member’s story about his daughter, whose rent was doubling in 2014.

“Her landlord was giving her a warning,” Edwards said. “She didn’t want to leave Malden because her elderly father was there, but [she knew that she was] going to afford it on her two jobs.”

MSAC has worked to educate more people about affordable housing. “Now people are creating more affordable housing,” she said. MSAC is working with developers to promote more inclusive housing. “We need to work on creating more affordable housing,” she said.

Housing Families have helped improve the lives of more than 5,000 families in the Greater Boston area since 1986 by offering individualized supportive services to enrich children’s lives, nurture the potential of each family member and help families maintain permanent housing. It serves 2,500 individuals on an annual basis, affected by the increasing cost of housing in Massachusetts.

Malden is growing, with more people living in the city and more businesses open on Pleasant Street. However, housing has not kept up with demand for more affordable options. (Image courtesy of Flickr user Dana Smith.)

Clouds couldn’t keep people away for the 12th Newton-Taiwan Day on May 4 at Newton Highlands. Taiwan Economic and Cultural Office in Boston (TECO) Director-General Douglas Hsu and his wife Li-Yun Du greeted an audience of more than 200 people about affordable housing. “Now all the city leaders were saying they are creating plans — I’m not saying that they are the greatest — but City of Malden was doing it,” Edwards said. The plans started from the MSAC member sharing about his daughter’s rental struggles.

The Commonwealth Seminar celebrated 15 years at the “In the room and at the table” celebration May 2 at Suffolk University.

The Seminar’s program has been completed by more than 1,300 alumni from 89 cities and towns in Massachusetts, from more than 20 countries. It helps educate leaders from diverse, underserved communities about navigating the complexities of state, local and federal government.

The event proceeds went toward the Joel Barrera and Jarrett Barrios Legacy Fund, to honor the Seminar’s founders. Barrios and Barrera established the seminar for civic engagement in underserved communities.

Three organizations were honored as Amplifier and Multiplier Heroes for offering equality and access: LeadBoston of YW Boston, Emerge MA and Initiative for a Competitive Inner City.

For more information about the next cycle, visit www.commonwealthseminar.org.

TOWN OF NORFOLK
Affordable Housing Lottery
Lakeland Farms
Brand New 3 Bedroom Condominium Homes $248,000!

Information Workshop
June 4, 2019

Lottery Drawing
July 16, 2019

Both events to be held at Norfolk Town Hall

Application Deadline
July 9, 2019

Call Renee at Delphic Associates for more information and an application
508-994-4100

Most be under income and asset limits. First time home buyers only. Assets cannot exceed $75,000. (Same exceptions apply.)

Applications are available at:
Norfolk Town Hall
1 Liberty Lane &
Norfolk Public Library
139 Main Street
www.DelphicAssociates.com
www.NorfolkHousing.com
www.norfolk.org

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Taiwan Day celebrates diversity in New England

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**Asian Women for Health encourages better use of data**

BY YIYAN ZHENG

The 7th Asian Women for Health’s Annual Conference was held at the New England Carpenters Training Center May 10. Ten community leaders, researchers and public health officials explored how data can be better understood and used to serve communities.

Keynote speaker Rahul Bhargava of the MIT Media Lab discussed how to create a “data biography” and a narrative arc with data. Bhargava views data as only a picture, unable to capture the full sense of the world. By kickstarting a “data biography” can help users to find out why it was collected initially and the intention to use it for, so that they can implant it more appropriately.

Giles Li, executive director of the Boston Chinatown Neighborhood Center (BCNC) spoke about how researchers BCNC has collaborated with scholars. He emphasized that the organization cannot solely address the problems that people are facing beyond comfort. It also needs to build a trusting relationship.

Through a partnership with development psychologist Cindy Liu, another panelist at this conference, BCNC’s Family Development Program provides an unique stressors faced by Chinese families, including sending American born infants to China due to economic stress.

**Love Your Block cleans up Boston**

BY LING-MEI WONG

Love Your Block took place May 4 in Boston’s Chinatown, with volunteers at the Gate. (Image courtesy of Chinatown Main Street.)

Love Your Block volunteers made Chinatown shine May 4, along the Chinatown Gate to the Josiah Quincy Elementary School.

The volunteers came from neighborhood businesses and community organizations, pitching in to pick up trash and repaint railings. Love Your Block took place throughout Boston neighborhoods from May 3 to May 11.

**Neighborhood Slow Streets aims to improve street safety in Chinatown**

BY YIYAN ZHENG

The Boston Transportation Department held its second public meeting in Quincy Community Center May 7. Stefanie Seskin, active transportation director at City of Boston, was sharing the revised traffic calming plan in the Chinatown neighborhood with its residents. (Image courtesy of Yiyian Zheng.)

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**Neighborhood Slow Streets aims to improve street safety in Chinatown**

BY YIYAN ZHENG

The Boston Transportation Department held its second public meeting in Quincy Community Center May 7. Stefanie Seskin, active transportation director at City of Boston, was sharing the revised traffic calming plan in the Chinatown neighborhood with its residents. (Image courtesy of Yiyian Zheng.)

**Love Your Block cleans up Boston**

BY LING-MEI WONG

Love Your Block took place May 4 in Boston’s Chinatown, with volunteers at the Gate. (Image courtesy of Chinatown Main Street.)

Love Your Block volunteers made Chinatown shine May 4, along the Chinatown Gate to the Josiah Quincy Elementary School.

The volunteers came from neighborhood businesses and community organizations, pitching in to pick up trash and repaint railings. Love Your Block took place throughout Boston neighborhoods from May 3 to May 11.
Local youth join global protest
for climate action

BY DORA CHI

Youth organizers led a strike for climate action at the Statehouse on May 3. (Image courtesy of Ling-Mei Wong.)

The students’ enthusiastic whoops and clanging bells animated an overcast day in front of the Massachusetts Statehouse. More than 50 protesters, some as young as 9 and wielding hand-drawn posters, gathered May 3 to demand legislators take climate action and back the Green New Deal resolution.

“It’s like missing one day [of school] to try to make sure I have a future,” explained Amalia Hochman, 17. “It’s completely ridiculous for us to be in school studying for something we might not even have.”

Hochman is a junior at Somerville High School and an organizer with Massachusetts Youth Climate Strike, which joined forces with Sunrise Movement, another youth-led political group, to organize the protest. A fourth grade class from Graham and Parks School lined up to the side, preparing to lead a chant.

[Climate change] definitely hits our generation harder because we don’t have the option to pass it off to the next one,” said Hochman. “…People have such a sense of responsibility to protect children, so I think it’s really powerful to have all of us out here, especially some of the younger kids.”

For several in attendance, the fight for bold climate action is personal. Both Massachusetts Youth Climate Strike and Sunrise Movement are led by many not yet old enough to drive cars or cast votes. When state Rep. Nika Elugardo asked “How many of you are 18 yet?” only a few hands poked above the crowd. But age is not seen as an obstacle here; rather, it is a reason to be politically engaged.

“(Climate change) is a big deal, and it needs to come to our attention,” said Christina, 11. She attended the strike with her father, Stephen Scalese, at her side.

At 11 a.m., the strikers sat in silence for 11 minutes. The silence recognized a 2018 Intergovernmental Panel on Climate Change report, which found humans have 11 years to take drastic action to reign in a 1.5 degree Celsius global temperature increase and its devastating impacts.

“Though the silence seemed to stretch on in the moment, afterwards I was struck with how little time governments have left to make a change,” said organizer Maryam Dar, 16, a junior at the Cambridge Rindge and Latin School.

The organizers held a “teach-in” inside the Statehouse about the science and history of climate change. Dar invited youth with skills, from writing to social media, to get involved.

“Political power is not the only means of enacting change,” she said.

Buds and Blossoms hosts preschool art show

Buds and Blossoms hosted its annual art show May 10, showcasing work by its daycare students. (Image courtesy of Ling-Mei Wong.)

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SAM P A N T H O R G
Unity Dinner gathers Asian American community in New England

BY JINGFEI CUI

The Commonwealth of Massachusetts Asian American Commission’s (AAC) 13th annual Unity Dinner took place at the Crown Plaza Boston in Woburn on May 3. Hundreds of attendees honored Asian-Pacific American Heritage Month, celebrating victories for Asian heritage, diversity and identity.

Treasurer Deborah Goldberg said, “We are nothing without our immigrant population, and those who have come before us have paved the pathway, as in my family and as in your families. The contributions of the Asian community have achieved is extraordinary, to be valued.” Jean Wu, Tufts University professor, has had decades of experience as an educator and mentor of Asian students. She was honored with the Lifetime Achievement Award.

While Asian American numbers in higher education are, of course, much larger than when I started to teach, the everyday lived experiences, the experiences on the ground of most Asian American young people in schools and universities are not that much different than when I started to teach,” she said.

State Rep. T.J. Chioz Chao was a founder of the Asian American Caucus in the Legislature, promoting Asian American culture and heritage. The AAC also presented the Community Hero Award to the Bhutanese Society of Western Massachusetts and the Leadership for Inclusion and Diversity Award to Saffron Circle.

In loving memory of Anthony Louis Hawkins

BY THE SAMPA EDITORIAL TEAM

Anthony Louis Hawkins, March 26, 1950 to May 9, 2019. (Image courtesy of the Hawkins family.)

Commemorative services for Anthony Louis Hawkins (March 26, 1950 - May 9, 2019) will be held by the Greater Boston Community & Martial Arts Families, family and friends at Wing Fook Funeral Home at 13 Gerard Street, Boston, MA 02119 on May 19, from 1 p.m. to 3 p.m.

Remembering a legacy: Gin Soon Chu

BY JOSEPH GALLOP, GIN SOON TAI CHI CHUAN FEDERATION

Master Gin Soon Chu, 1932 to 2019. (Image courtesy of Gin Soon Tai Chi Chuan Federation.)

On March 18, tai chi masters, practitioners, players, and students, from around the world, embraced the universal changes of life in the transformational passing on of one of the great tai chi fathers, Master Gin Soon Chu (born 1932). The Gin Soon legacy continues to live on through the work of Master Chu’s three sons Kwok Shing, Vincent (Kwok Wing) and Gordon (Kwok Chung). Vincent and Gordon both became tai chi masters under the close guidance of their father/teacher.

In 1969 Master Chu opened the doors of his own Gin Soon Tai Chi Club with the permission of Master Yang Sau-Chung. It is one of the oldest, and most historically significant, tai chi clubs in North America.

Master Gin Soon Chu dedicated his life to being a good soul and wonderful tai chi instructor.

Dear Master Gin Soon Chu, our tai chi community will miss you. Your relatives, friends, and tai chi family will always remember you.

China town to witness archaeological dig and free park fun over summer

BY LING-MEI WONG

The Chinatown Coalition met May 9 at the Boston Chinatown Neighborhood Center.

An archaeological dig by the City of Boston is planned for July 8 at 6 Hudson Street in Chinatown. The empty lot owned by Wilson Lee was formerly a three-story brick structure, which was torn down in 1980, said Joe Bagley, Boston city archaeologist. Lee plans to redevelop the lot in the next few years.

“The dig will be open to public, so people can see, hold and touch artifacts,” Bagley said.

Jocelyn Lee, UMass Boston graduate student in historical archaeology, said, “This is the first public dig on the East Coast. Archaeologists love ceramics and trash, as they help tell the stories of immigrants and Chinese Americans.”

The lot was built on landfill in the 1830s, created by bringing land from Roxbury and dumping it into the shallows of Boston Harbor, Bagley said. Its first residents were middle class residents born in Massachusetts until 1868, when the Irish potato famine brought a wave of Irish immigrants. In 1900, the Syrian civil war brought an influx of Syrians to Boston and New York City, as the area became “Syriatown.” Chinese immigrants moved in after 1920, marking today’s Chinatown. The building housed Ruby Foo’s Den from 1929 to 1957, serving Chinese food to non-Chinese people.

The dig will not impact traffic. All digging will be done by hand, minimizing noise for neighbors, Bagley said. A groundbreaking ceremony is planned for July 2.

The Greenway Conservancy hosted 450 events in 2018 and plans more activities for 2019, said Rachel Lake, Greenway marketing and community affairs manager. Uncle Frank & Auntie Kay Chin Park will see more fitness classes over the summer from the Wang YMCA for tai chi, dance and parkour.

The pavement pattern in front of the Chinatown Gate will be updated by artist May Sun with engraved granite, Lake said. The chessboard pattern currently uses steel inlay, which was filled with cement when cracked and is hazardous for city vehicles.

The Greenway’s 10th anniversary is this year, with free carousel rides Oct. 10, Lake said. Gala on the Greenway will take place June 6.

Health Law Advocates legal director Justin Lowe spoke about the agency’s mission to fight for health care justice. Medical debt is one of the biggest consumer issues; in Massachusetts, individuals can file lawsuits for consumer protections from third-party debt collectors.

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For smokers, vaping helps save cost and decrease nicotine cravings

BY VALERIE LI

For many cigarette smokers, quitting can be hard. Electronic cigarettes or e-cigarettes are marketed as a safer alternative to conventional cigarettes, making them appealing to smokers who wish to quit.

Nick Yen started smoking when he was 18. He soon found himself addicted to cigarettes, consuming seven packs a day. Yen tried to quit, but cheap cigarette prices lured him back, until he came to the United States for graduate school.

“I was so shocked at the cost of cigarettes here,” said Yen, an international student from China. “A pack of cigarettes costs me $12. That’s $84 a week. Then my friends introduced me to e-cigarettes.”

E-cigarettes are battery-powered devices that deliver nicotine and flavorings to users. The “e-juice” is not harmless. All e-cigarettes or vapes contain nicotine, which is addictive and hurts brain development, according to the Centers for Disease Control.

One of the most popular e-cigarette brands is Juul. “The starter kit costs about $35 to $50. The kit includes one Juul device, a charging deck and four pods,” said Jon Lau, owner of the Vape Shop in Brighton.

“Nicotine salts are popular because of the high dosage and concentrated nicotine. They allow users to get a large amount of nicotine to create a nicotine buzz, because they are a lot stronger than freebase nicotine,” Lau said.

For Yen, vaping cost less than smoking. “I go through one pod a day or a day and a half,” Yen said. “A pack of four pods cost $16.99 at convenience stores, which is cheaper than cigarettes.”

Yen added, “You can find them at liquor stores, corners stores, gas stations and other places. In Allston where I live, you can buy Juul on almost every block.”

For Yen, vaping helped him with nicotine cravings. “I actually can’t even finish a whole cigarette now. The smell hit me, it came too strong and aggressive to me.”

However, nicotine addiction is not the only health concern for smokers who switch to vaping. A recent study by the Harvard T.H. Chan School of Public Health found diacetyl, a flavoring chemical linked to severe respiratory disease, in more than 75 percent of flavored e-cigarettes and refill liquids.

“Because of its size, ease of use and the ability to hide it, Juul has become a new trend among young adults,” Lau said.

Lau has personal experience as a former smoker, who vapes now. His business strictly enforces ID checks for individuals under 21, as vaping has grown among U.S. youth. Vaping products targeting middle and high school students are designed to look like USB drives and Sharpie marklets, unlike adult vaping devices.

“We don’t condone the long-term use of nicotine salts such as Juul,” Lau added. “Juuls are good for quitting at first, but the high dosage of nicotine needs to be addressed and lowered as time goes on. Fifty milligrams, which is the normal amount of nicotine for a Juul pod, is too much for long-term use.”

Nutrition workshop explains probiotics and digestion

BY SOUTH COVE MANOR

The Greater Boston Chinese Golden Age Center hosted a senior breakfast workshop on April 25 at Boston Chinese Evangelical Church.

A nutritionist explained how bacteria in our gut help break down food. Probiotics are live and active cultures found in fermented products. Probiotics from food are recommend ed over probiotic supplements.

Fiber helps fuel probiotics and is not absorbed by the digestive tract. Consuming fiber helps with bloating, digestion and regular bowel movements. Some people may consume too much fiber, resulting in bloating. Probiotics and fiber should be consumed daily, or at least three times a week.
Lyric delivers lively ‘Pacific Overtures’

BY LINDA CHIN

Boston’s Lyric Stage caps its season journey through the Stephen Sondheim songbook with “Pacific Overtures,” the story of the westernization of Japan. It starts with Commodore Matthew Perry’s arrival at the port of Uraga in 1853. Arguably the most sophisticated of the story’s contemporary performances, participate more fully in the characters’ stories, and see the intricate detail of the painted screen panels. The panels rotate to form a series of backdrops in the stunning set designed by Janie Howland.

Under Jon Goldberg’s musical direction, the cast and orchestra navigate Sondheim’s complex music and lyrics. The musical numbers incorporate traditional dance with a small ensemble. In “Welcome to Kajugama,” geisha Karina Wen, Kai Chao and Alexander Shin form a traditional dance with a small ensemble. Food was provided by the Chicken Chinese Historical Society of New England.

Toning down the show’s pageantry for the Lyric’s intimate stage is an improvement on the original. The audience can experience the nuanced performances, participate more fully in the characters’ stories, and see the intricate detail of the painted screen panels. The panels rotate to form a series of backdrops in the stunning set designed by Janie Howland.

As the elegant Emperor’s wife, Michelle Wu (also choreographer) performs a traditional dance with a small ensemble. In “Welcome to Kajugama,” geisha Karina Wen, Kai Chao and Alexander Shin form a traditional dance with a small ensemble. The masks muffled sound, diminishing effective storytelling and the ability of the actors to do their best work. To this impressive cast conquering Sondheim’s most challenging work, bowler hats off to you!

Documentary ‘Surviving Bokator’ to premiere in Boston

BY CINEBOX FILM & TV

“Surviving Bokator” celebrates its Boston premiere May 17 at 7:30 p.m. at ArtsEmerson. (Image courtesy of Cinebox Film & TV.)

“Surviving Bokator” is gaining momentum and winning over audiences, media and critics. The film has made several noteworthy international film festival appearances and been selected by reputable academics as part of the Educational Film Series as “Surviving Bokator” is the only film record in existence capturing Bokator’s historic renaissance. In this way, the film will serve as a national and world cultural heritage record for generations to come, especially significant as Bokator is slated to receive UNESCO cultural recognition in 2020.

“Surviving Bokator” is celebrating its Boston premiere on May 17 at 7:30 p.m., followed by a talk with protagonist and filmmaker and a live Bokator performance.


Norman Mineta reflects on identity at WGBH

BY LING-MEI WONG

Norman Mineta, the first Asian American presidential cabinet secretary, spoke about his public service and Japanese heritage on May 9 at WGBH’s celebration of Asian Pacific American culture.

“Yuri is beautiful on its own … when you put us together, it makes us stronger as a whole,” Mineta said. “That, to me, is community. And that’s why I’m so proud.”

Mineta will be featured in the May 20 PBS documentary, “Norman Mineta and His Legacy: An American Story.” He served as the Secretary of Commerce in the Clinton administration and as President George W. Bush’s Secretary of Transportation during the Sept. 11, 2001 attacks. The American born son of Japanese immigrants, Mineta became the first Asian American mayor of a major city, his hometown of San Jose, Calif. As a child, he never forgot about being forced into a U.S. World War II internment camp, and later led the way for an apology from the U.S. government and redress for Japanese Americans.

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