



Celebrating Food, Art & Culture

# *A New Freedom*

Celebrating  
Asian Pacific American  
Heritage



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Thompson Hospitality  
Compass Group



## Where Cultures Meet

For those seeking a cross-cultural learning experience drawn from American Asian culture, it's no surprise that the first place to start the journey is with the Asia Society. It's housed in the 8 story red granite building at 725 Park Avenue in New York City, and it's home to one of America's finest collections and retrospections of Asian culture.

Among other things, the Asia Society houses a beautiful museum reflecting the traditional cultures of more than thirty countries throughout the Asia-Pacific region. Recently renovated, the facility is home to a variety of art dating from 2000 B.C. to the 19th century, including bronzes, paintings, ceramics, and sculptures. This is just the beginning.



The New York office is the nerve center of a global educational organization that is committed to fostering communication between Americans and Asians. The Asia Society is a forum for cross-cultural exchanges on a number of issues, including the arts, education, foreign relations and diplomacy. The main auditorium has served as a venue for historical lectures, conferences, and seminars.

Recently, the society named its first Asian American president, Vishakha Desai. She is also the first woman to head the organization, which was founded by the late John D. Rockefeller in 1956.

Ms. Desai replaces Nicholas Platt who said, "The next century will be a global one, with the nations of Asia playing an increasingly prominent role in world affairs. It has never been more important for Americans to understand Asia than in the face of this changing world."

## Freedom for All, A Nation We Call Our Own

"Freedom for All, A Nation We Call Our Own" is the theme for this year's celebration of Asian Pacific American Heritage. Many Americans are far removed from the oppressive forces that make the word *freedom* so dear, but others are only a generation or two away from a world with little or no freedom. In their stories and triumphs are reminders for us all that freedom is still a journey, and one we all share.

This issue of Unity celebrates Asian voices of freedom, from the grandmother who passes her stories on to her grandchildren to the acclaimed author who shares their family stories with the world. Their paths to freedom are unique, yet the same. Consider SuChin Pak, the young Korean who has reached success as an MTV news correspondent. You'll find her story in the February issue of *Audrey*, the Asian American women's lifestyle magazine. Consider Maxine Hong Kingston, whose lifetime achievements earned her recognition in March as a National Women's History Project honoree. Consider Amy Tan, recently profiled in the magazine *Pages* and author of the critically acclaimed book *The Joy Luck Club*. This book, (also made into a movie), brings the word *freedom* back to its proper place of respect, and it provides insight into the lives of Asian Pacific Americans as they stand in the path of two colliding cultures.



## In the Balance: 14,000 Lives Per Day

David Ho is a man on a mission, one that has driven him to the forefront of the world's most critical health crisis. He was serving as chief resident at UCLA at the time when young, gay men



*Dr. David Ho, CEO and Scientific Director for the Aaron Diamond Aids Research Center. Photo by John Sholtis of Rockefeller University.*

were suddenly losing their lives from complete immune system breakdown. Unknown to the staff was that these men had AIDS, a disease that today infects 14,000 people daily, many of them newborns and young children. Since that time Dr. Ho has dedicated himself to halting this global epidemic. In the mid 90's, Dr. Ho developed a cocktail therapy for fighting AIDS that proved very effective. It was the first major breakthrough for researchers and earned him Time Magazine's "Man of the Year" award in 1996. Today, he and fellow scientist Yaoming Huang are behind the yet-to-be-released vaccine Advax, which may actually prohibit new AIDS infections. Volunteers are currently testing the vaccine with results to be released soon.

It would have been hard to imagine in 1965, when Ho arrived in America, that the Taiwanese-born twelve-year-old would contribute to society in such a monumental way. Like so many Asian immigrants, his struggle with the English language presented a challenge. Despite some early frustration, he mastered English in only six months, and in the process began to develop the tranquility for which he is now legendary. His outlook on life is best described by his favorite quote from a Taoist sage: "The softest things in the world overcome the hardest things in the world". Dr. David Ho is currently a professor at Rockefeller University and CEO of the world renowned Aaron Diamond AIDS Research Center.

## Did You Know ...

- As immigrants arrive in the United States, they are naturally drawn to the communities where common language and culture make them feel at home. This is why we have inner-city communities like Chinatowns, Filipinotowns, Nihonmachi (Japantowns), Little Indias, Koreatowns, and Little Saigons. Visit one of these communities in your hometown to experience the authentic flavors, colors, and customs of Asia.
- The 2003 Scripps Howard National Spelling Bee champion often becomes an instant celebrity, making all the major news wires. The 2003 winner was Indian American Sai Gunturi, an eighth grader from St. Mark's School of Dallas, Texas. Gunturi is heading for a brilliant academic career, enjoying Latin, math, science, and playing the violin. What word earned him the championship. Pococurante.

## Tracing a Heritage

“Food for the eye and soul ... each dance as perfect as a pearl.” This was the Washington Post’s unusually inspired critique of Dana Tai Soon Burgess & Company, whose art is so beautifully illustrated in *Tracings*, a unique choreography celebrating the 100th anniversary of Korean immigration.

What makes the work of the Burgess Company so unique? Choreographer and company founder, Dana Tai Soon Burgess, is fascinated with unifying eastern and western culture in his dance. His Korean mother and Scotch-Irish father provided the seeds for an artistic fusion of cultures, driving Burgess to imagine and create a totally unique dance style. He combines graceful leg extensions from the western world with hand gestures rooted in the martial arts. He inspires flawless executions from his dancers, and the result is an unusual beauty that is winning worldwide acclaim. *Tracings* is a reflection of Burgess’s own family history, and it touches on issues familiar to all immigrants.

When seeing the technical perfection attained by his troupe, it would be hard to imagine that Dana doesn’t audition his prospective dancers. Instead, he simply looks for sensitivity, thoughtfulness, and personality, and he gives prospective dancers 30 days to become one with the team.

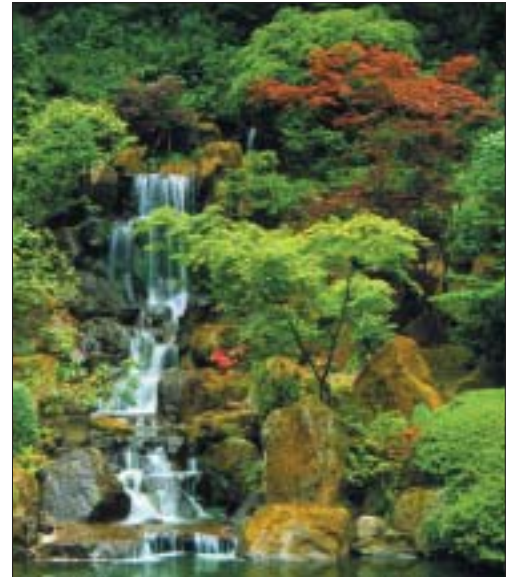
Dana Tai Soon Burgess & Company is an internationally performing dance company with many prestigious awards. Dana is also a professor of dance at George Washington University.



From the performance “Tracings”, dancers Miyako Nitadori and Dana Tai Soon Burgess.  
Photo by Mary Noble Ours.

## Sakuteiki

When we think of revered, ancient writings with important contemporary meanings, it’s difficult to think of gardening at the same time. But the Sakuteiki is more than 1000 years old, (the oldest book on gardening in the world), and is literally *the treatise on garden making*. The book is the cornerstone of the modern day Japanese garden and is so comprehensive that it outlines 17 types of water-scapes and eight types of waterfalls.



Japanese gardens are popular throughout the world, and many outstanding gardens are here in the United States. To find one near you, or to find tips on how to make your own version at home or work, visit the International Association of Japanese Gardens on the web.



The Pyramids of Le Grand Louvre in Paris, France.  
Added to the museum in the late 1980s.

## Art by Design

What do the Pyramids of Le Grand Louvre in Paris, the Bank of China in Hong Kong, the JFK Library in Boston, and the Rock and Roll Hall of Fame in Cleveland have in common? The diversity of their shapes, styles, and uses hardly indicates what makes them part of a single, world-class portfolio of architectural design.

These engineering icons are the sole creation of Chinese American I.M. Pei, who immigrated to America in 1935 at the young age of 18. After studying at M.I.T. and Harvard, he began a legendary, forty year career that produced more than fifty acclaimed designs.

Pei’s designs are marked by flexibility: they can be completely original or a blend of cultures, concepts, or purposes. But the greatness of his legacy is reflected in his true, global appeal. His work is scattered across the continents, so that all people can enjoy these truly great works of art. Pei is now retired, but his contributions to humanity will last for many generations to come.

## Classical Japanese Theater

Noh is the classical Japanese performance that combines dance, drama, music and poetry into one highly aesthetic stage art. It is performed in the larger cities by professional artists, mainly men, who have passed down the art among family members for many generations.

Kyogen is the classical comic theater which balances the more serious Noh. It emphasizes dialogue rather than music. The two forms are traditionally performed alternately on the same program, with Kyogen actors appearing in Noh interlude roles and Noh instrumentalists also appearing in Kyogen plays.

## Did You Know ...

- The Indian American community was thrilled on Grammy night, 2003, when one of their own won in five categories: Best New Artist, Album of the Year, Record of the Year, Song of the Year, Best Pop Vocal Album and Best Female Pop Vocal Performance. Who was the talented winner? Norah Jones, daughter of sitar maestro Pandit Ravi Shankar. The album: *Come Away with Me*. The song: “Don’t Know Why”.
- Karaoke comes from Japan, and its precise origins are unknown. The word is an abbreviation of “karappo okesutura”, the Japanese words meaning “empty orchestra”. Most agree karaoke was started in Kobe, the Japanese port city famed for being the country’s leader in fashion and trend. That it allows individuals to show themselves in front of others with their voice, without being branded arrogant, is one reason for its popularity in Japan.

# Asian Pacific

An Integration of Eastern



*The Great Wall*

North Sullivan, 16" x 20", photography



*Twilight*

Zen "C-C" Chuang, 24" x 27", watercolor



*Lady in Conversation with Bird*

Bindu Bajaj Chainani, 22" x 34", oil on canvas



*Wave Shore*

Chung Soon Fwhang-O'Dwyer, 16" x 24", watercolor

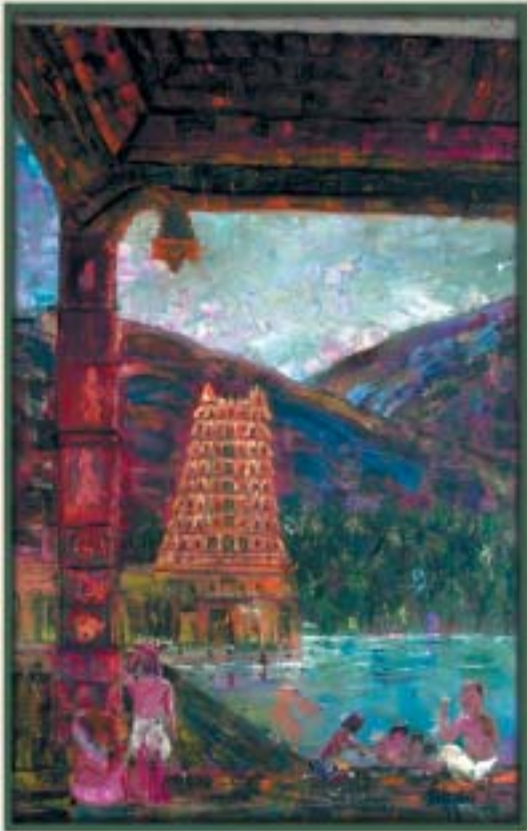


*Looking Back on Life*

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# ific Fusion

Art with American Culture



*South Indian Temple*

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*Lady with Sitar*

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*Dragonfly Flower*

Chung Soon Fwhang-O'Dwyer, 29" x 30", watercolor

# Asian Pacific Fusion: Our Featured Artists

## An Integration of Eastern Art with American Culture



### Jyoti Bathija

Shedding light on the many dimensions of life through art is the inspiration for the paintings of self-taught artist Jyoti Bathija. A native of India, she

studied Psychology and Sociology at M.V.L.U. College in Bombay, India. Jyoti has received grants from the Connecticut Commission on the Arts and The Melton Arts Foundation.

Working in a semi-abstract style in the mediums of oil on canvas and sand paintings, Jyoti focuses on themes drawn from her personal and cultural experiences. Hoping to awaken hearts and minds to a higher reality, she often contrasts the contemporary and the ancient woman by exploring the relationship between knowledge and wisdom, adversity and eternal hope, mythical and philosophical interpretation.



### Nga Nguyen

Born in Saigon, Nga Nguyen has studied art in the United States and Canada. She earned her Associates Degree in Interior Design from the New

York School of Interior Design. Since 1976, Nga has studied and perfected the Japanese technique of Urushi lacquer art.

Nga's work, elegant and powerful, contains imagery that captures serenity and chaos, with hope overflowing throughout. She draws upon the natural world to create her intriguing fusion of philosophy, imagery and materials. Mixing 24-karat gold and precious mother of pearl with bold striking colors and dreamy poetic themes, Nga's art exudes a mood that uplifts the soul.



### Zen "C-C" Chuang

Born in Taiwan, Zen Chuang, also known as "C-C", is a practicing physician in Taunton, Massachusetts. He studied art and biochemistry at Brown

University and went on to receive his Medical Degree from Yale University School of Medicine. Zen divides his time painting and practicing medicine as a traveling physician in medically underserved areas throughout the United States.

Zen's paintings are the fruit of his early exposure to traditional, Chinese brushstroke paintings and his subsequent world experiences. His bold and intricate, oversized watercolor paintings attempt to understand and describe the beauties and mysteries of the physical world.



### North Sullivan

Breathtaking images have been captured through the lens of Location Photographer, North Sullivan.

A native of Australia, many of his most memorable images have been taken for the Australian Tourist Commission.

As the official photographer for the Sydney Olympic Torch Relay for the 2000 Olympics, North photographed each runner as they carried the torch on its journey through the beautiful and diverse country of Australia. In 1998, he traveled the world producing a series of spectacular images for Qantas Airways. The resulting photographs range from the Great Wall of China to the Brooklyn Bridge in New York and truly reflect the scale, beauty and diversity of the many countries in which they are depicted.



### Chung Soon Fwhang-O'Dwyer

Born in Korea, Chung Soon Fwhang-O'Dwyer is a powerhouse personality with undaunted spirit.

Her membership with the Korean National Academy of Fine Art spans 17 years, and she has taught fine art and oriental brush painting for more than 40 years.

Through her studies in traditional Chinese and Japanese brush painting, Chung Soon realized that her art was neither Asian nor American. Rather it was a unique blending of styles that bridges the gap between East and West, combining Oriental brush strokes with bright Western colors. Chung Soon's images dance on the canvas, as in a ballet, expressing movement, emotion, spirit, joy, and passion.



### Bindu Bajaj Chainani

Born in India, Bindu Bajaj Chainani is a self-taught artist and also has a degree in commerce. She has studied under Indian Master

Artists in the techniques of oil on canvas, ceramic pottery decoration, cone painting, and ceramic flowers, to name a few. Her work has been exhibited in the U.S. and India.

Raised in a country known for its ancient wisdom and cultural heritage, Bindu's work reflects an indulgence in the multifaceted aspects of life through color. Blending the east with the west, she strives to express that the basic underlying feelings in all humans are ultimately the same whether be it in respect to tradition, religion, culture, peace or happiness.

## Promoting Cultural Awareness and Diversity Through the Arts

Diversity, as it is represented through fine art, provides a unique, personal, and visual expression of our valuable, cultural differences. Our art collection attempts to mirror the diverse cultures of employees, students, clients, shareholders, and local communities. Unity and the artwork it showcases can be used to supplement your existing diversity communication program or be used as a stand-alone diversity publication. It is the perfect way to demonstrate a commitment to diversity and discover the vibrancy of new cultures and lifestyles.

For more information on our cultural art collection, please visit



[www.picture-that.com](http://www.picture-that.com)

## Chef Ming

How many celebrity chefs can claim squash got them through Yale? No, not the vegetable! While pursuing a degree in mechanical engineering, Ming Tsai became a prized member of Yale's All American squash team. However, Ming's love of food sent him traveling to France to study at the famous Le Cordon Bleu cooking school, as it was cooking that won his heart. Chef Ming now owns the Blue Ginger, a recipient of the James Beard Award for Best New Restaurant. His latest project, *Simply Ming*, shares his foolproof system for creating delicious East-West food in a snap and is his first foray into public television. The show is produced by WGBH Boston and you can watch it on American Public television. Here's Chef Ming's recipe for ...



## Grilled Miso-Citrus Scallop Lollipops

Coming up with a great hors d'oeuvre can be a challenge. You need something delicious that can be picked up and enjoyed without a mess. This recipe is perfect and can be made into a fine starter when served with dressed greens. Makes 15 pieces or serves 3 to 5 as a first course. You'll need:



2 large portobello mushrooms, stemmed  
1 pound medium sea scallops  
2 cups Miso-Citrus Marinade (recipe below, right)  
2 tbs. grapeseed or canola oil,  
*plus 1/4 cup more if using pan cooking method*  
Kosher salt and freshly ground black pepper to taste

### And if serving as a first course ...

1/4 pound mixed greens  
1 lemon  
15 to 20 5-inch wooden skewers,  
*soaked in cold water for 1 hour*

With a spoon scrape the gills from the mushroom caps. Set aside the caps. Toss scallops in marinade in a medium bowl and refrigerate 2 to 3 hours.

Prepare a hot grill and spray the grid with nonstick cooking spray, *or* heat a grill pan or large sauté pan over high heat. Lightly rub the portobellos with 2 tbs. of oil and season with salt and pepper. If using a pan, add 2 additional tbs. of oil and swirl to coat the pan. Grill or sauté the mushrooms, turning once, until brown, (8 to 10 minutes). Transfer to a medium bowl and cover with plastic wrap to steam cook to completion, (about 15 minutes). Cut mushrooms into 1/4-inch-thick slices.

Remove scallops from the marinade, wiping to remove excess. Encircle each scallop with 1 or 2 portobello slices and insert a skewer through the center to make a "handle" and hold the mushroom in place. Place 2 scallops per skewer. **If using a pan**, reheat the pan over high heat, add remaining 2 tbs. of oil, and swirl to coat the pan. Lightly pepper scallops and, working in batches, sauté the lollipops, turning once, until the scallops are cooked, (3 minutes per side). **If using a grill**, grill until the scallops are cooked through, turning once, (2 minutes per side).

If serving as an hors d'oeuvre, arrange the lollipops on an oval platter. To serve as a starter, divide the greens among 4 plates. Top with the lollipops, squeeze the juice from the lemon over the lollipops, and serve.

## Did You Know ...

- The California Sushi Academy in Venice, California is the nation's first vocational training school for sushi chefs, and it has received worldwide recognition. The school's mission is to cross borders, races, and divisions of every kind in correctly teaching the culture and tradition of food that exists in Japan. In the past it has been solely a Japanese right to become a sushi chef, but the Sushi Academy removes these limits and attempts to create a deeper understanding of the background and history of sushi for all the people. Graduates are in high demand and are landing great jobs in restaurants, hotels, and resorts throughout the world.

## Teppanyaki - The Art of the Japanese Steakhouse

It's not just a great meal, it's a show the whole family can enjoy. From flaming onion volcanos to shrimp sliced to look like rabbits, the Japanese steakhouse chef masters not just the art of cooking but keeps patrons mesmerized with their skills as a showman. Ever wonder how it all got started?

Teppanyaki (cooking on a hot plate) dates back many centuries to when Japanese Emperors used food testers to make sure their food was delicious and fresh, not to mention free of anything that might bring their reign to an abrupt halt. It was decided that meals would be cooked in front of the Emperor on a large hot plate called a teppan. Chefs soon were competing for the Emperor's favor by showcasing their skills with knives, presentation, and even the sounds of food cooking. Teppanyaki has evolved to take on a distinct American flair you won't find in the Japanese homeland. This unique presentation of food and style brings patrons back time and time again.

## Rice Cakes -

Traditionally served at Dragon Boat Festivals.

1 cup boiled rice  
1 cup of milk  
1 tsp. salt  
1 egg  
1 cup flour  
1 tbs. butter  
2 tsp. baking-powder



Mix rice, melted butter, salt, and well-beaten egg. Sieve together baking-powder and flour, add to mixture and stir well. Drop large tablespoonfuls of mixture into a hot, greased frying-pan. Cook four minutes per side. Serve hot with golden syrup and enjoy.

## Miso-Citrus Marinade

1 cup sake  
1 cup ponzu (but without added soy sauce)  
1/2 cup sugar  
2 cups light miso (shiro-miso)  
3 tbs. peeled and minced fresh ginger  
1 cup grapeseed or canola oil

In large bowl combine sake, ponzu, and sugar: whisk until sugar is dissolved. Whisk in miso until smooth. Add ginger. Gradually whisk in oil to emulsify the mixture. Store refrigerated up to 2 weeks. Makes 5 1/2 cups.



## Enter the Dragon ... Boat Festival

The spray as your paddle scoops, the muscles rippling as you stroke, the sound of beating drums, the heat of the sun, the thrill of pushing yourself to your limits and accomplishing a goal. This is no lazy day paddling your canoe across a lake. This is Dragon Boat racing, one of the fastest growing competitive team sports in the United States.

The Dragon Boat Festival is a major Chinese holiday and has been celebrated since 277 B.C. The festival honors Qu Yuan, the exiled poet-patriot from Chu who drowned himself upon learning that his homeland had been invaded. The festival was started to honor his memory and later became a way of seeking protection from evil and disease for the coming year. Hong Kong dragon boats are decorated in brilliant Chinese colors and usually hold a crew of 18 plus a steerperson and drummer, whose beat sets the pace for the crew.

The festival is now popular in the United States, and includes Chinese dance and musical performances, arts and crafts, martial arts demonstrations, and plenty of Chinese food for those attending. Visit the Thompson website for a list of festivals and dates across the country.

## Meditation of Mind and Body

“Yield and overcome. Bend and be straight. What is firmly established cannot be uprooted.” These are the words of Lao Tsu, founder of Taoism, and they serve as the spiritual foundation behind the growing practice of Tai Chi.

Tai Chi is an exercise in meditation, both for the mind and the body, although some practice it as a martial art. Historians generally agree that Tai Chi was developed around 1400 A.D. by Taoist monk Chang Seng Feng. Several styles of Tai Chi have emerged over time, but they all share roots in the philosophical tenets of Taoism. Characterized by a slow sequence of low-impact body movements synchronized with breathing, Tai Chi promotes bodily health, personal development, self-enlightenment, and increases one’s “Chi” (life energy). Millions the world over are enjoying benefits to their coordination, vascular system, and agility from their Tai Chi exercises.



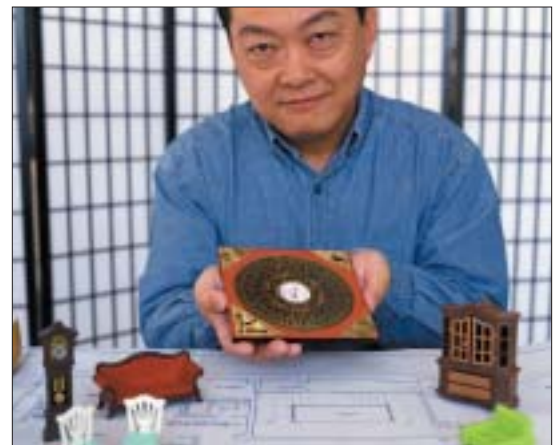
New evidence suggests the movements may actually aid in the management of chronic pain.

Tai Chi is now mainstream in America, with classes springing up in gyms and meditation centers daily. From New York’s Central Park to the beaches of Santa Monica, you’ll find Tai Chi practitioners enjoying a healthy workout of their minds as well as their bodies.

## The Order of the Day

What is this hot decorating trend called Feng Shui? Like many cultural gifts from the far east, a good understanding of Asian philosophy is needed to truly appreciate Feng Shui (pronounced fen 'shway), but here's a primer that can help out even the most novice decorator.

Literally translated, Feng Shui is “wind and water”. It originated in China and considers three ancient principals: the natural flow of energy, the balance of yin and yang, and the interaction of the five elements. Pretty heavy stuff if all you want to do is decorate your home, so let's skip the philosophy lesson and get to the real issue: is Feng Shui right for you? It's all about order and balance. Let's begin with just one room in your home - a very small one. Let's Feng Shui your closet!



Begin by purging your closet of all unused, unloved, or otherwise dysfunctional items. Invest in good quality, matching hangers and arrange what's left of your clothing by function. Categories might be casual, formal, work, and workout clothes. Sort by color, and if you really want to do it right, arrange your colors left to right in each category starting with dark colors and ending with lighter clothing. Arrange those shoes by pointing them in the same direction, and last but not least, make sure your closet is well lit.

Was it worth the effort? Let the day begin and find out for yourself.

## Did You Know ...

Yin and yang is the philosophy of dualism, meaning there are complementary and opposite forces that make up the life force: passive and active, good and bad, light and dark, etc. Yin is passive and inhibits while yang is active and outpours. The sun is an example of yang expression while the earth that absorbs this energy is yin.

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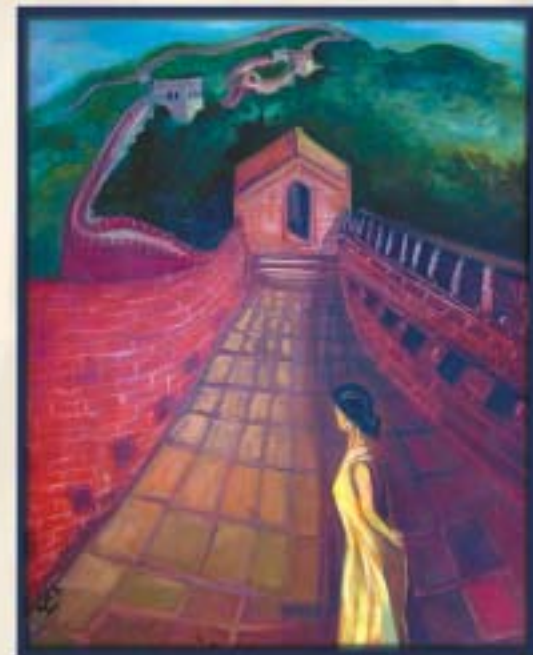
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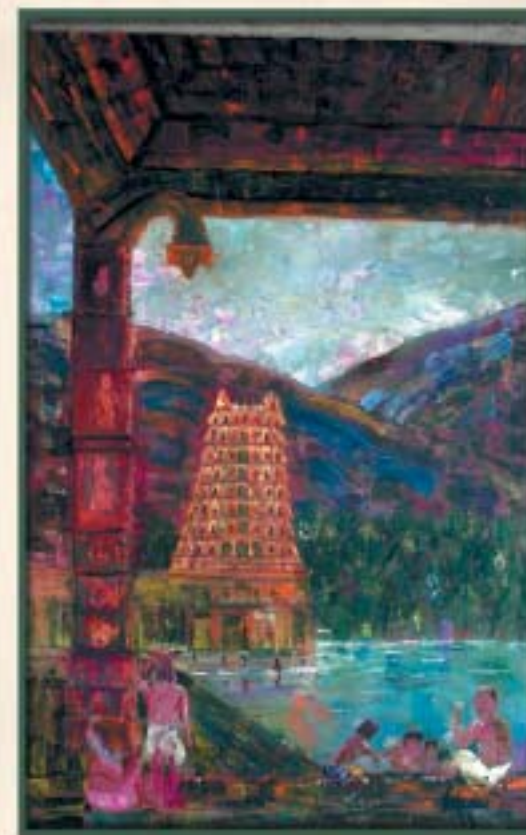
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