

AIB2B

NOVEMBER 2021



**ASIAN INDUSTRY B2B
ENGAGING QUALITY PROFESSIONALS TO IMPACT
COMMUNITIES**

WALNUT CHRISTIAN COMMUNITY FAIR

WALNUT, CA



On Saturday October 23, we held our second annual Walnut Christian Community Fair at On A Mission Church in Walnut, CA.

We had dozens of vendors including California School Choice, Turning Point USA, Trinity, Therapeutic Riding Center, Guide Dogs of America, Mamas Blankets Crafts, Larkspur Rose Co., Delish Bao, Oso Good, Stokes Blankets & Towels, Rose Hills, Mickey G Toons, Olivia's Closet, Save The Animals Today Sanctuary, Christian Community Credit Union, Southlands Christian Schools, Truth Bomb, Our Write Life, Ekklesias Church, Mike Huckabee Curriculum, Velvet Rainbow, Changing The Culture, Mobar, Foothill Family, Nac and Jac Creations, Cheesecake Queen, Heavenly Gourmet Churros, Clio Clay, Krynklez, Money Munch Kids (MoneyMunchKids.com), Shop Aptitude, Quemada Tacos, Front Row Teppan, Let's Fiesta Aguas, Artesanias Hechas a Mano, Bellizima Style, Healers 4 Humanity, Whiffs On Wheels, Excellence In Education, Homeschool Concierge, Christian Homeschool Education Association (CHEAofCA.org), Public School Exit (PublicSchoolExit.com), Stanza Academy, Blackbird and Company, BJU Press Homeschool, Moxie Box Art, California Homeschool Network, Bees and Honey, Dee's Bakery, New York Life, John Scarlet Designs, Hand stamps by Anna, NAMI Los Angeles, Cisneros Essentials, John Birch Society, D&C Darlie, Pizza Kenn, Semper Viva Succulence, LA Sheriff Canines, Grace Victoria, GG's Customs, Adventure & Discovery, Dirt Poor Unlimited, Letters and Feathers, Unite LA, Victorious Mommies, Conscious Soaps, Simple Trail, Tree of Knowledge, Grand Canyon University, Chinese American Volunteers Association (CAVA), Ivy Poise Boutique, Shabby Chic Customs, Child Evangelism Fellowship, and many more.

WALNUT CHRISTIAN COMMUNITY FAIR

WESTMINSTER, CA



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FILIPINO FILM GENRE BOOSTED BY “ANGEL WARRIOR”’S FINANCIAL & COMMUNITY BACKING, & FRANCIS HO’S VISION



LOS ANGELES, CA

In filmmaker and Inspire Studios’ founder and CEO Francis Lara Ho’s speech on October 2nd 2021 in Historic Filipinotown, the “Angel Warrior” visionary stated that the Koreans, the Chinese and the Japanese had their moment in film and it was time for the Filipinos to rise.

The event was a celebration of Asian film and culture.

Please read more by visiting <https://thehollywoodtimes.today/filipino-film-genre-boosted-angel-warriors-financial-community-backing-francis-ho-vision/>



PACIFIC JUSTICE INSTITUTE'S CELEBRATION OF JUSTICE "RECLAIMING FREEDOM"



IRVINE, CA

On October 9, the Pacific Justice Institute held their annual gala fundraiser. Jesse Waters was keynote speaker. PJI is a non-profit legal and pro-bono defense organization that defends the 1st Amendment; religious freedom, parental rights and civil liberties headed by Brad Dacus.

Each year, AIB board member Analia Anderson hosts a table at this prestigious event to support the work that they are doing.

"Through our dedicated attorneys and supporters, we defend the rights of countless individuals, families and churches...without charge."

To learn more about PJI, please visit pacificjustice.org



GASCON VOLUNTEER APPRECIATION BASH

PASADENA, CA

On October 9, volunteers for Recall Gascon gathered at Brookside Park in Pasadena.

District Attorney George Gascon has been under scrutiny from both Democrats and Republicans for his disregard of the law and more importantly, of victims.

He has been increasingly lenient towards rapists, murderers, and other violent offenders by offering light or no sentences at all.

The results have been catastrophic including not alerting victims of hearings and \$0 bail for Child Abuse and Domestic Violence.

To learn more and to get involved, please visit recallgeorgegascon.com



FILIPINO CHAMBER'S DIGITAL MARKETING LUNCHEON IN ARCADIA



ARCADIA, CA

On October 15, the Federation of Philippine American Chambers of Commerce (FPACC) hosted a complimentary lunch and learn at Capital Seafood located in Arcadia. This was in partnership with the LAKAS America Chamber of Commerce here in Greater Los Angeles. FPACC is the economic empowerment partner of NaFFAA.

The roadshow event features our FPACC international partner from the Philippines and New Zealand led by Mr. Rommel Santos, who specializes in digital education, digital marketing and content creation.

The event was a success and lots of fun. It was a multi-course meal prepared by the chef including Peking duck, hot and sour soup, and many more dishes.

This was a member exclusive event. If you're interested in becoming a member of AIB, please visit aib2b.org/membership



SUPPORTING FIXN' FIDOS AT INDUSTRY PACIFIC PALMS

CITY OF INDUSTRY, CA

On October 21, AIB attended the Fix'n Fidos Golf Tournament hosted by KTLA's Kacey Montoya who created nonprofit Fix'n Fidos to help put a dent in the pet population in SoCal, and save lives, by paying for spay & neuter surgeries for low-income pet owners. The event took place at the Industry Hills Golf Club at Pacific Palms Resort.

It was a star-studded event attended by RHOC Vicki Gunvalson, American Idol Casey Abrams, DJ Lisa Foxx of 104.3 MY FM, and Jessica Hall of Kendra and The Hills.



WORDS OF COMFORT

LAKE FOREST, CA

Words of Comfort, Hope, and Promise (WOCHP) is one of our preferred charities which focuses on the military community. Recently, Cynthia Martinez, founder and CEO of WOCHP received a generous donation of dozens of pallets of household goods and items from Santa Claus Inc (a 501c3). WOCHP was able to work with AIB member Ben Yu who graciously donated a section of his warehouse space in Lake Forest to store the donated items.

Thanks to Ben, Cynthia was able to drop off a 54 foot semi truck filled with pillows, pet supplies, pots, backpacks, and more to slowly sort and give to the Marines and sailors of Camp Pendleton, CA.



MEETING SHERIFF JOE

LAS VEGAS, NV

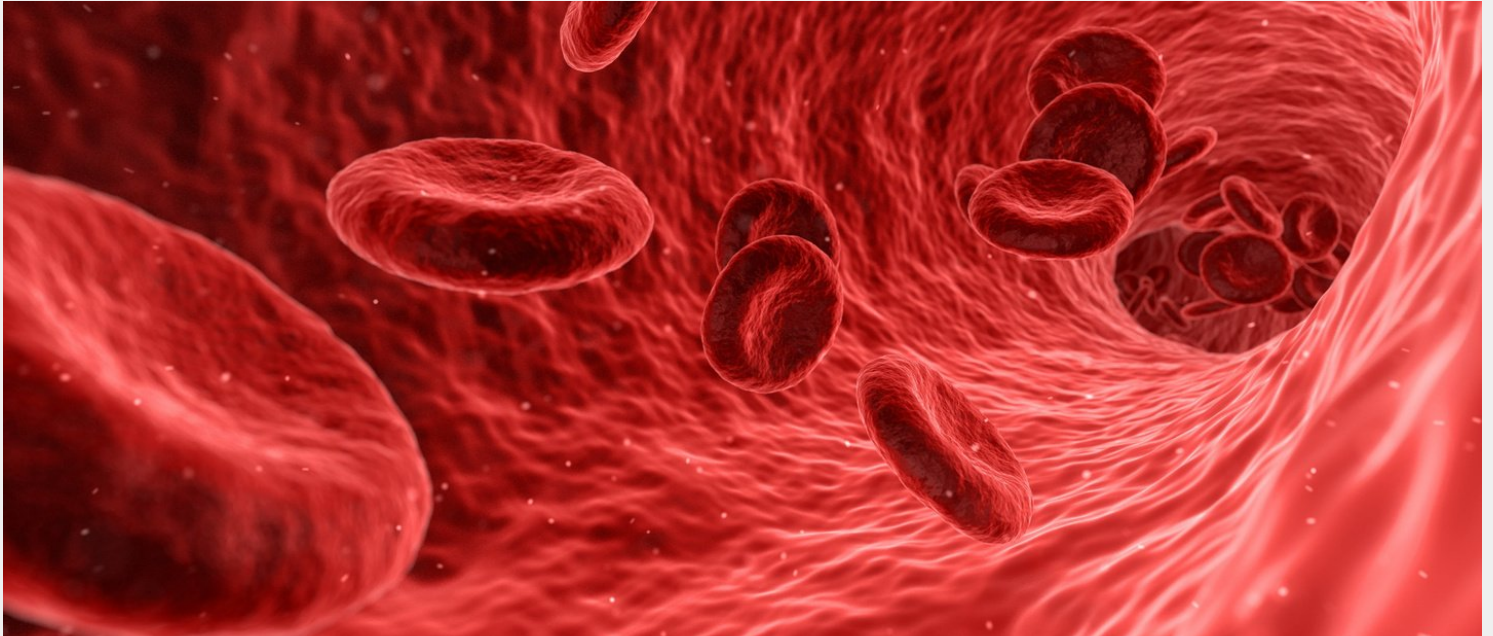
Recently AIB met Clark County Sheriff Joe Lombardo in Las Vegas. He is also the current frontrunner for Nevada State Governor. Sheriff Joe Lombardo was previously in the Army, then Army National Guard, and eventually the Army Reserves. Since 2014, he has served as the Clark County Sheriff. He is running on the platform of election integrity reform, gun rights, education reform, legal immigration, fiscal responsibility, and protecting the unborn.

It was a nice evening where AIB President Marc Ang was able to spend time with his Open Forum team where he hosts a podcast with celebrity comedian JoKoy's mom Josie Harrison.



BLOOD PRESSURE, THE BALANCING ACT

SHERILL FRANKLIN



In the last article we looked at the Big Four and their effects blood pressure. Sodium, increasing fluid levels outside the cells thus raising blood pressure. Potassium, increasing fluid levels inside the cells, thus balancing fluid pressure, and helping excrete excess sodium. Calcium, stimulating muscle contraction and Magnesium helping the others play nice while keeping blood vessel walls pliable for easier blood flow.

What is the hapless layperson to do with this information? Line up a collection of pills on the counter, take 1 Sodium, 2 Potassium, 3 Calcium, a teaspoon of Magnesium and call the doctor if you don't feel better?

Or eat healthy, balanced meals and get our nutrients the way nature intended? Not entirely. Like our friend, Magnesium, we need to balance the two.

Our bodies absorb nutrients most efficiently from the foods we eat. Calcium in a cup of milk or a cup of broccoli is more bio-available (the body absorbs a greater percentage of it) than Calcium in a tablet. So, a varied diet of whole foods is the healthy way to get these minerals.

Fruits, vegetables and nuts are primary

sources of these nutrients. Bananas, avocados, spinach, almonds, broccoli, potatoes, tomatoes, black-eyed peas, oats, apples, figs, sesame seeds, spinach, kale and squash are all excellent ways to get one or more of them and for Calcium, dairy products lead the pack.

"What!" Say the meat eaters, "Only rabbit food?" Not to worry, salmon is an excellent source of Potassium and canned salmon is also an excellent source of Calcium! How so? The bones! Same goes for sardines. You wouldn't think those teeny tiny bones could make such a difference, would you? Be sure to eat the bones in your canned salmon and sardines and get some calcium with your potassium.

"Well," say the meat eaters, sulkily, "fish is not meat." There, there. How about turkey? Turkey is a good source of Magnesium!

Sodium is in a class by itself. Sodium is available in many foods but lately we are more concerned with reducing sodium intake, while having palatable food. One solution is to replace sodium chloride in the salt shaker with potassium chloride (there is that good-for-you potassium again). Drawback? Some people notice an after-taste.

Continued on next page....

In a perfect world this is all we would need, good nourishing food and plenty of it. But this is not a perfect world. Produce is harvested early to allow for longer journeys to stores, sometimes reducing food's nutritional value. And as we age our bodies process foods less efficiently. Supplements bridge the gap between what we absorb from our food and what we need for optimal nutrition.

In supplements I choose powders whenever possible. Pills need to be compressed to hold their shape and sometimes have fillers and binders. I choose supplements with as few "inactive" ingredients as possible (check labels) and I never choose the giant bottles that have 500 pills for \$5.95. Good supplements are costly to produce. The price of the bottle should reflect that, or one wonders what is inside!

THANK YOU

TO OUR MEMBERS AND SPONSORS



OUR MISSION IS SIMPLE

CHARITABLE

Connecting our members with the most high-integrity charities to perform "random acts of kindness".

CULTURAL

Pushing for fair representation of Asians in print, online, movies and television, ending negative stereotypes.

POLITICAL

Pushing for more Asian Americans in government, furthering our family and pro-business values.

