



# CITIZENS FOR BETTER COMMUNITY

## 華人權益服務社

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Membership Newsletter

Volume 4, Issue 1

January/February 2004



### CBC & SBCC Celebrate Chinese New Year at Fremont Main Library

#### It's 4071: The Year of the Monkey!

Citizens for Better Community and South Bay Chinese Club hosted the 5<sup>th</sup> Annual Chinese New Year Celebration at the Fremont Library. These two organizations have been jointly hosting this event in order to celebrate our Chinese culture and to help promote libraries.

### President's Message

By Anna Muh



Dear all CBC members,

I hope you all had great Holidays – Thanksgiving and Christmas of 2003 and I wish you all off to a great start for the New Year 2004. Gon Si Fa Choi to you all and I wish you good health and a prosperous Chinese New Year – Year of the Monkey.

The past quarter was extremely busy for CBC. On 11/28/2003 we participated in the Niles Festival of Nights parade, we even had a float this year – special thanks to Whisky Ho's great support. We pulled off the float with lights and decoration at the last minute. It was a real fun event and a wild float ride. Miss Teen China town and Ms. Elise Jan's dance team as well as Howard Ling's Chinese Yo Yo performance made the event more joyful.

We held the annual CBC & SBCC Christmas party at the Aegis Gardens, Lena Zee as usual was a great MC and entertained the residents at Aegis while waiting for the Fremont Chinese School's choir to get ready. Our very own Santa and Mrs. Santa – Steve and Amy Cho--provided the high light of the event.

Chinese New Year was celebrated widely among the local Chinese Schools. Steve Cho and I attended the Tri-City Chinese School's New Year and their 10<sup>th</sup> year anniversary celebration at Newark Jr. High as well and the Fremont Chinese School's New Year celebration at Gomes Elementary school. We also held CBC & SBCC Chinese New Year celebration at the Fremont main library, it was a jam-packed successful event, and again our Cultural Chair Elise did an excellent job.

We also attended the Unity dinner as well as the FIA's 55<sup>th</sup> India Public Day celebration. I also attended the Boy Scout Troop 468's annual installation dinner to present the

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community service certificates to the scouts who had helped the Library to transport the books for sale to generate extra revenue for the Library. I invited them to join CBC to participate the 4<sup>th</sup> of July parade this year. Fremont Symphony's Melody of China concert supported by CBC was held 2/1/2004 at Ohlone's Smith Theater to celebrate Chinese New Year. The melody was a delight to all of us. CBC had presences in all of the events. Thanks to all the board members whose hard work to help make this possible.

I am very pleased to announce that Mr. Larry Hsu – former Fremont Chinese School principal, current Scout Master of troop 468, Advisor for ANCCS and Board Member for ACS-NCCU will take over the Education Chair position. I had a brief discussion with Larry and he is already full of ideas as how to move forward in this area. Again thank you and welcome on board, Larry.

There are only three months until our annual Spring Celebration event 4/24/2004. We had a great start for the event sponsorship. We are very fortunate to have Fremont Vista Homes to be our very first Platinum sponsor and Yin's McDonald to be our first Diamond sponsor for this year. I am pleading all board members to do your best to make this event successful. I am confident that under Henry's leadership of fund raising committee and with all board of director's efforts, together we will achieve the goal to get enough funding to serve our community.

Respectfully,

**Anna Muh**  
**President**

### CBC Membership Newsletter

The CBC membership newsletter is published bi-monthly. We welcome your questions, comments and feedback. You may send them to Citizens for Better Community, P.O. Box 1, Fremont, CA 94537, or you may contact Teresa Yin Wong, Executive Director, at 510-793-6302, or email [dryin@yahoo.com](mailto:dryin@yahoo.com).

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	Geri Sabado
	Albert Wang, M.D.

## Chinese New Year Information

### The year of Monkey:

The arrival of the year of the Monkey starts on Thursday, January 22, 2004. Chinese New Year starts with the New Moon on the first day of the New Year and ends on the full moon 15 days later. The 15th day of the New Year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade.

### The legend:

Legend has it that "Nian", in fact, was the name of a vicious monster. It came out from the mountain only during the first 15 days of the New Year to hunt people. Therefore, on that special night, people stayed indoor and prepared a special meal with their family, hoping to live through the night alive. One day, a wise man told the villagers that the "Nian" monster was afraid of color "red" and noises. Since that day, it has become the tradition to put red papers on your door and light firecrackers during New Year days to scare off the monster and celebrate a new beginning of their lives.

### The food:

Perhaps more food is consumed during the New Year celebration than any other time of the year!!! Some of the traditional dishes are:

- **Fish**: You must prepare a whole fish for the New Year's Eve dinner. However, you must not finish the fish and leave some to the next day (which will be the New Year already). This is because in Chinese, the word "fish" sounds just like "sur-plus".

Therefore, by having a fish from this year to the next year symbolizes you will always have more than what you need.

- **Chicken**: a whole chicken (with head and tail) represents completeness.

- **Sticky rice cake** (year-cake): The name "year cake" represents good wishes that one will get promoted every year.

- **The mustard green**, which is known as chang-nian-cai 'long-year vegetable' in some dialects, naturally symbolizes good health and long life.

- **Dishes made with turnips** indicate good fortune because the word for turnips, cai-tou, also means 'good luck' in some dialects.

- **Dumplings**: Dumplings is one of the most significant foods for Chinese New Year. Because their shape is similar to ancient Chinese gold and silver ingots, dumplings symbolize wealth.

For more information, visit Sabrina's Chinese Astrology at <http://www.12zodiac.com>.

# Our Health

By Eric Craig Mah, MPH



Obesity is considered one of the greatest health risks facing Americans today. Now, more than ever, we are exercising less and eating more. Heart disease, diabetes, hypertension (stress), and premature death are all associated with obesity.

With the New Year, we often make resolutions to improve the way we look, lose weight, and improve our health. Specifically, we usually promise to eat better and increase the amount we exercise. For many of us, these promises are broken right around March. For others, even earlier!

Did you know that the #1 killer of Americans—Asian and non-Asian alike—is heart disease? As a community, it is time we take action to improve our health. Like many things, doing something alone takes great effort. However, in a group and as part of a team, an effort is lessened.

With that in mind, and with the permission of the executive board, I will be organizing a CBC fitness network and begin writing a regular column for the CBC newsletter addressing our community's health concerns, needs, and issues. The Fitness Network will start by locating and identifying other CBC members who live near one another. Neighbors may then be contacted and start walking together once a week for just 30 minutes. As many of you have heard, walking is perhaps the best, most efficient exercise available for the widest range of ages and fitness ability.

Once a weekly schedule is established, fitness teams will be encouraged to walk more often. Not only is this a great way to finally exercise and stay dedicated, but it is also a terrific way to get to know fellow CBC member-neighbors. This fitness network is not limited to adults, but kids as well. Getting our children active now, and in the habit of exercising, prepare them for a healthy future.

Finally, those of you who belong to gyms or fitness clubs may also be connected. Please contact me individually to let me know which gym you belong to (you may also receive an email from me asking if you belong to a gym and which one).

For CBC members who do not belong to a gym but want to join one, I am happy to try to negotiate a group rate for you at the gym of your choice. I am not a gym salesman, but I know negotiating is something most people dread. If the prospect of negotiating a gym membership intimidates you and is the reason why you haven't joined, you no longer have that excuse! I may also get a better rate if there's interest among many CBC members to join the same gym.

The mission of CBC has always been to improve the community in which we live. The Fitness Network is a natural extension of this goal—trying to improve the *health* of our community.

If you are interested in joining a gym, or if you do NOT want to participate in the Fitness Network, please let me know by contacting me at [emah@jhsp.edu](mailto:emah@jhsp.edu).

*About the author: Eric Mah is a project manager/consultant on health and research issues and public policy. He earned a Master in Health Sciences from Johns Hopkins School of Public Health and Bachelor of Arts in philosophy from UCLA. He currently works with the Asian & Pacific Islander Wellness Center in San Francisco and proudly calls Fremont, "home."*

## WE NEED YOU! CBC Toastmasters

CBC is now organizing a Toastmasters club. We are meeting at Best Friend Learning Center at 42080 Osgood Road, Fremont every Saturday morning from 10 to 11am. Toastmasters International is a non-profit organization established in 1924 in California. It has many members worldwide. Here are the reasons why you and your family should join us:

- Improve your presentation skills
- Strengthen your communication skills
- Open up networking opportunities with other CBC members
- Improve your public speaking skills
- AND many more...

To learn more, please visit [www.toastmasters.org](http://www.toastmasters.org) or contact Chia-Chee Chan at [chiacheec@yahoo.com](mailto:chiacheec@yahoo.com) or call 925.979.2374.

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Did you miss the CBC Long Term Care Seminar? To learn how to apply it through CBC group rate (up to 15% off) or get more information, please contact Chia-Chee Chan at [chiacheec@yahoo.com](mailto:chiacheec@yahoo.com) or call 925.979.2374.

**SAVE THE DATE—APRIL 24, 2004**

**12<sup>TH</sup> ANNUAL SPRING  
CELEBRATION  
SUNRISE OVER MOUNT ALI**

**Newark/Fremont Hilton  
6:00 in the evening**

**CBC BCB (Breakfast Club for Business)**

Here is something fun... If you happen to be free on the 3<sup>rd</sup> Friday of the month, join us for breakfast. Although we call it the Breakfast Club for Business, it is really just an informal way to get together. Sometimes there are just 4-5 of us, and sometimes there are more.

Place: Cabrillo Café

When: 3<sup>rd</sup> Friday of each Month (8-9:30 am)

Contact: Thomas Tang (510) 713-2388

**American Cancer Society Event**

*By Albert Wang, M.D.*

The Chinese Cancer Memorial Foundation (CCMF) announces an upcoming charity concert featuring superstar singer Tsai Chin from Taiwan to be held on 5/1/04 and 5/2/04 at the Flint Center in Cupertino. Proceeds will benefit American Cancer Society, Northern California Chinese Unit, the Asian Liver Center at Stanford, and the CCMF. Tickets are on pre-sale reservation right now, at \$100, \$80, \$60 and \$40. You may also be a sponsor at \$2500 and receive 10 VIP tickets and an invitation for 2 to the post-show reception with Tsai Chin and her band members. The earlier you reserve tickets, the better the seats will be. Please contact Ellie Liu, 510-676-6321 or Selena Shan, 925-938-4215 for ticket purchases.



**A Show of Support**

*By Ivy Chou*

A VERY special event took place Jan. 26 at the Mission San Jose High School library. Perhaps for the first time in the history of Fremont public high schools, Chinese New Year was celebrated. A luncheon banquet organized by many of us Chinese parents was hosted in honor and appreciation of all the school's staff and PTA board members. In the festively decorated library, about 30 of our Chinese mothers, dressed in traditional Chinese outfits, served dishes symbolizing prosperity, longevity, promotion and good fortune to all.

Why the elaborate effort? Why now? Throughout the years, even though Chinese student enrollment at Mission has been increasing significantly, Chinese parental involvement has been minimal. Because of language barriers, cultural differences and other factors, many Chinese parents have shied away from communicating with the school. That led to the lack of participation. With the budget cuts and the expanding student body, we began to see the school's efforts to maintain its high academic standard without sacrificing the students. Chinese parents must get informed and involved, as do many of the parents of other races, so that the school will be strengthened by our collaborative effort.

The luncheon was our first endeavor at showing our genuine appreciation. Warm smiles, hearty laughter, friendly gestures, kind words, fun talks, grateful hugs, and sincere handshakes were seen in the library. We are just so happy to belong to this school family and to serve those who faithfully and diligently serve our children.

At the beginning of this new year, the Year of the Monkey, we look forward to better supporting our school.



## “BY LIGHT OF LANTERNS”

*By Geri Sabado*

I have been helping student filmmakers at California State University Monterey Bay who are producing "By Light of Lanterns," an 18-minute documentary about the history of Chinese fishermen in Monterey. Their project is an attempt to uncover an untold story of early Chinese immigrants and their contribution not only in the Monterey area, but also in California and the United States. Local historians and descendants of the first Chinese fishermen of Monterey were interviewed. One of my cousins, Rod Jone, the family historian, and I were also interviewed.

My great great grandparents were among the first Chinese fishermen whose junk landed in Pt. Lobos in the 1850's. Ron Wong, also a member of SBCC, is my cousin and is their great great grandson. I learned from the documentary that the Chinese helped to start the commercial fishing industry in the Monterey Bay Area. Our great grandmother, Quock Mui, who was one of the first documented Chinese women born in Point Lobos, collected, dried, and sold seaweed. Quock Mui was also known as "Spanish Mary". In those days the Chinese women were called "China Mary" instead of by their Chinese names so people wouldn't have to learn those "different" names. The fact that Quock Mui was known as "Spanish Mary" links her with California history. Spanish Mary would be called upon by community members to translate for them in Spanish. She also spoke Chinese, English, some Portuguese, and Native American Indian because she was raised with them at Pt. Lobos. If you go to the Whaler's Cabin at Point Lobos, just south of Carmel, you will find Quock Mui's picture in the cabin.

I recently attended a screening of the rough cut of the documentary before the students went on semester break. They did a good job on the documentary and I was impressed with their research and the quality of their work. The Monterey Maritime Museum has offered to show "By Light of Lanterns" so I believe the premiere will take place there. The students plan to enter it in film festivals and their goal in the future is to air it on a PBS station. The film is being edited now and should be finished in early February 2004. We also plan to show the film in the Fremont area. I will keep the club informed about when that will happen.

(Pictured above right: Gilbert Yee, Bob Ho, May Ho, Evelyn Tong, Aliene Yee's mother, and Lena Zee with grandson. Below right: Ruby Chiang, CBC President Anna Muh, Santa Steve Cho, and Amy Cho)

## CHRISTMAS PARTY 2003

*By Amy Cho*

SBCC and CBC (Citizens for Better Community) held a warm and festive Christmas party on December 6. Once again, the Aegis Gardens graciously invited our two organizations to use the retirement community's facilities. Children from the choir of the Fremont Chinese School joined 50-60 attending members as well as senior residents. Lena Zee made arrangements for the Christmas program, which included caroling by the audience, singing by the choir and a visit by Santa. As was done in the past, SBCC and CBC presented a small Christmas present to every senior. The afternoon ended with a snack of Chinese hot food items and fruit. Not only did we have a fabulous time, but we also left the residents of Aegis Gardens with happy memories of the afternoon. The organizations wish to thank the committee members who organized the Christmas party: Bernadette Chinn, Aliene Yee, Amy Cho, Lena Zee, and Whisky Ho. Many thanks also to Santa (Steve Cho), Executive Director of Aegis Gardens Ken Ho and to the reliable Ken Chinn and Jack Yee who picked up and delivered our snacks exactly on time!



## **CBC SUMMER INTERNSHIP PROGRAM**

### ***Offering Local Chinese-American Youth:***

- *Opportunity to Learn about the Legislative Process*
- *Communication and Leadership Skills Development*
- *Practical Work Experience*
- *Opportunity to Work With Legislators to Help Our Community*
- *Source of Recommendation Letter for Future Colleges and Jobs*

### **Qualifications:**

1. Chinese-American, 16 Years or Older on January 1, 2004
2. High School Junior, Senior or College Student
3. Resident of the San Francisco Bay Area
4. Family of CBC Members preferred

### **Requirements:**

1. Able to Work 3 to 6 Hours a Week (total of at least 60 hours during the summer)
2. 3 to 6 Months Commitment (to be negotiated with the legislative offices)
3. Must be available to meet 1 to 2 evenings during the summer, for Interns' Progress Meeting
4. An Essay Describing Your Experience at The End of The Term

### **At the End of the Program, You Will Receive:**

\$300 Stipend  
Certificate of Completion Awarded at the Annual Internship Appreciation Luncheon  
Possible Recommendation Letter From an Elected Official

*If you are interested in this program, please contact Karen Chen, CBC Internship Coordinator, at 510-206-2194 or via e-mail at [kchen@intermune.com](mailto:kchen@intermune.com). You may also complete the application form available at the CBC Web Site: [www.cbc-sfbay.com](http://www.cbc-sfbay.com).*

## **Homeless Shelter Update**

If you have not had an opportunity to do so, you should consider volunteering some time at the Tri-City Homeless Shelter at Sunrise Village. This is open to anyone interested in helping. If you feel inclined, please contact Margaret Wang and let her know you want to help.

Place: Sunrise Village

When: Sunday, March 21, 2004

Sunday, May 16, 2004

Contact: Margaret Wang (510) 252-1926

For information about the Tri-City Homeless Coalition, visit their website at <http://www.tricityhomeless.org> or call 510-657-7409, or e-mail: [info@tricityhomeless.org](mailto:info@tricityhomeless.org).

## **SBCSC Scholarships**

The **South Bay Chinese Service Club** annually awards scholarships to exemplary high school students of Chinese descent in Southern Alameda County. The purpose of the scholarship program is to recognize these talented students for their hard work and achievements, and to provide encouragement for the challenges ahead.

Our recipients are an exceptional group of highly motivated future leaders - each year it is difficult to select just a few. The applicants are carefully evaluated based on academic achievement, leadership, and community service. Last year, our organization awarded twelve \$1,000 scholarships, three \$500 scholarships, and four \$250 scholarships for a total of \$14,500 in awards locally. This year, with your help, our goal is to generate an equal or greater amount for our scholarship fund.

The scholarship awards will be presented during the annual scholarship luncheon to be held on **Sunday, April 25, 2004** at the Courtyard by Marriott in Newark, California. The names of the donors who make this program possible will be included in the program and other printed materials. All donors will also receive written acknowledgment for their tax-deductible contributions. Your participation will make a powerful statement about the strength of our community. Donations may be sent to:

**SBCSC**  
**C/O Gordon Jang**  
**38742 Glencoe Drive**  
**Fremont, CA 94536**

Scholarship applications are available through the career centers in our local high schools and may also be downloaded from the South Bay Chinese Club website: [www.sbclub.org](http://www.sbclub.org)

## 2003-2004 Directory

**President:**

Anna Muh.....(510) 226-8678

**Vice President:**

Thomas Tang.....(510) 353-0507

**Secretary:**

Amy Cho.....(510) 797-6426

**Treasurer:**

Gordon Jang.....(510) 790-0740

**Past President:**

Garrett Yee.....(510) 790-0865

**Executive Director:**

Teresa Yin Wong.....(510) 793-6302

### Committees

**Education:**

Larry Hsu.....(510) 490-2936

**Health:**

Herbert Chiu.....(510) 490-8649

**Business:**

Henry Yin.....(510) 657-1235

**Community Involvement:**

Albert Wang.....(510) 657-6610

**Youth Group:** Eunice Ko.....(510) 657-0136

**Senior Liaison:** Whisky Ho.....(510) 623-7636

**Culture Exchange:** Elise Jan.....(510) 659-9348

**Membership:** Chia-Chee Chan.....(510) 710-0820

**Website:** Carl Chen.....(510) 490-8118

**Voter Registration:** Daphne Yang.....(510) 651-6472

### Board of Directors

Cecilia Chang	Chia-Chee Chan	Carl Chen
Simon Chen	Hebert Chiu	Steve Cho
Chi Choy	Whiskey Ho	Tom Hom
Karen Chen	Robert Danko	Josephine Chou
Albert Wang	Elise Jan	Aaron Wong
Angela Yang	Henry Yin	Daphne Yang
Teresa Yin Wong	Loretta Yu	Lena Zee

### CBC Advisory Committee

Adam Chou	Chi Choy	Cindy Lee
Tony Luh	Ting O'Connor	Michelle Royston
Tim Tam	Joan Wang	Patrick Wong
Stanley Woo	Carl Chen, Chair	

### MEMBERSHIP APPLICATION / RENEWAL

**If you like what you see in this newsletter and want to remain informed, please join CBC. Please check one of the following and include a check payable to *CBC* and send to: *CBC, Membership, P. O. Box 1, Fremont, CA 94537-0001***

- |  |                                  |
|--|----------------------------------|
| <input type="checkbox"/> \$20 Individual                   | <input type="checkbox"/> New     |
| <input type="checkbox"/> \$25 Family                       | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> \$50 Corporate/Organization       |                                  |
| <input type="checkbox"/> \$100 Individual: Life Membership |                                  |
| <input type="checkbox"/> \$200 Family: Life Membership     |                                  |

**Please complete the following member(s) (contact person) information:**

Member: \_\_\_\_\_

Last Name	First Name	Chinese Name
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Spouse: \_\_\_\_\_

Last Name	First Name	Chinese Name
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Address: \_\_\_\_\_

Street	City	State	Zip
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Home Phone #	Office Phone #	e-mail
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Please check here if you don't want to publish your phone # and address in our membership roster.

## Citizens for Better Community

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*"To initiate, sponsor and promote community events, which will affect the well being of Chinese Americans with an emphasis on education, health, business and community involvement."*

### Calendar of Events

#### **CBC Toastmasters**

Place: Best Friends Learning Center  
Address: 42080 Osgood Road, Fremont  
When: Saturdays (10-11 am)  
Contact: Chia Chee Chan (925) 979-2374

#### **CBC Breakfast Club for Business (BCB)**

Place: Cabrillo Park Café (4673 Thornton Ave)  
When: 3<sup>rd</sup> Friday of the month (8-9:30 am)  
Contact: Thomas Tang (510) 713-2388

#### **Serving Meals at the Homeless Shelter**

Place: Sunrise Village  
When: Sunday, March 21, 2004  
Contact: Margaret Wang (510) 252-1926

#### **CBC Spring Celebration**

Place: Newark/Fremont Hilton  
When: Saturday, April 24, 2004  
Contact: Chia-Chee Chan (925) 979-2374

#### **Celebrating Newark's Diversity**

Place: Newark Pavilion  
When: Sunday, April 25, 2004  
Contact: Elise Jan (510) 659-9348

### Next CBC Meetings

#### **CBC Board Meeting**

Wednesday, February 4, 2004  
Place: Carlton Plaza– 7:30 pm

#### **CBC Board Meeting**

Wednesday, March 3, 2004  
Place: Carlton Plaza– 7:30 pm

#### **CBC Board Meeting**

Wednesday, April 7, 2004  
Place: Carlton Plaza– 7:30 pm

### Membership Dues Due

**It is that time of year again...**

**The new membership year began on November 1, 2003. If you have not paid your membership dues in the last few months, please complete the membership form and send in your dues. Better yet, become a lifetime member and never worry about your annual dues. Your dues help to pay for our CBC newsletter. Thanks in advance for your support!**