



# CITIZENS FOR BETTER COMMUNITY

華人權益服務社

P. O. Box 1, Fremont, CA 94537-0001

Web site: <http://www.cbc-sfbay.com> e-mail: [cbcservices@cbc-sfbay.com](mailto:cbcservices@cbc-sfbay.com)

Membership Newsletter

Volume 4, Issue 3

May/June 2004

## CBC Celebrates its 12<sup>th</sup> Annual Spring Celebration: Sunrise over Mt. Ali



Pictured (left to right): Albert Wang, M.D., Carl Chen, Henry Yin, Chi Choy, Margaret Wang, Lena Zee, Chia-Chee Chan, Gordon Jang, Robert Danko and Garrett Yee. See Page 2 for details.

## President's Message

By Anna Muh



Fellow CBC members and dear friends,

Founded in 1992, CBC is now 12 years old. Over the past 12 years, CBC has grown from a handful of visionary people to several hundreds of members with a strong board of 20 directors today. I am very proud and humble to have the honor to serve and lead this wonderful organization.

Whatever we do, we always bounce against our mission statement, which is 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.

I am glad to announce we have done well in each of these areas:

**Education** -- We have participated in the strategic planning workshop for Ohlone College and the Financial Aid workshop sponsored by State Senator Liz Figueroa and Ohlone College for all college bound students.

We are working with each of the local Chinese Language Schools to promote better communication with the Fremont Unified School District. We have sponsored the Fremont Education Foundation's annual gala and the after schools Music program telethon.

Our interns assigned to the elected officials' office have done a fabulous job; this is a great opportunity for them to better understand how the governmental office and public service agency work. Our summer Toastmaster youth leadership program continues to grow at a healthy pace.

*President's Message continued on Page 2*

## INSIDE THIS ISSUE

- 2 About Spring Celebration 2004
- 3 Toastmasters/Summer Interns
- 4 SBCSC Scholarship Luncheon
- 5 Medicare Prescription Discount Card
- 6 Upcoming Events
- 7 Directory/Membership Application

This year, we also initiated the formation of a new toastmaster club also called CBC (Citizens for Better Communicators).

**Health --** We have sponsored the Chinese Medicine free consultation event, the Asian American Donor Program and the hepatitis awareness seminar. We also participated in the HERS walkathon and American Cancer Society Chinese unit's relay for life event to promote cancer awareness.

**Business --** We are very proud of our founding member Mr. Henry Yin, who is the new President of Fremont Chamber of Commerce. I believe under Henry's leadership the chamber will extend their services to support more business expansion and bring a healthy economy to Fremont.

**Community Involvement --** We have imitated many events at the Fremont Main Library such as the Chinese New Year celebration, full moon festival, the introduction of Tourism and the High Tech industry of Taiwan and a wonderful presentation of the Humanity society of Tzu Chi to promote better understanding of the diversity and to spread the seeds of love. On a regular basis, our Youth group continues their service to feed the homeless at the Tri-City Homeless Shelter.

We also participated in various community events such as 4<sup>th</sup> of July parade, Niles Christmas light festival, Washington Hospital Foundation gala, and the Fremont Symphony concert.

This year CBC's main objective is to support and sponsor senior programs including Life Eldercare and other senior health and housing related activities. With your support, CBC was able to be a Gold sponsor of the city's very first fundraising event for our senior citizens – "Meet Me on Broadway" on May 20<sup>th</sup> to support our well-deserved seniors.

We are all Citizens for a better community, with your embracement on diversity and harmony, we already made the difference in building a better and stronger community for all of us. This is our first 12 years and we look forward to continuing to serve our community.

Respectfully submitted,

**Anna Muh**  
**President**

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

Citizens for Better Community celebrated its 12<sup>th</sup> Annual Spring Celebration on April 24<sup>th</sup> at the Newark/Fremont Hilton. With almost 350 people in attendance, everyone enjoyed the gala with this year's theme being "Sunrise over Mt. Ali." As you all know, this is CBC's major fundraising event that enables the organization to support numerous activities and various organizations throughout the community. This year proved to be another success, raising approximately \$30,000.

CBC honored Dr. Albert Wang, CBC Citizen of the Year and Margaret Wang and Chia-Chee Chan, CBC Volunteers of the Year. Congratulations and thanks to their outstanding community service!

As mentioned by the M.C.s', Mr. Scott Tsui and Ms. Elise Jan, our special guest entertainer, Ms. Rose Wun, is originally from Mt. Ali, Taiwan. While she sang, she energized the audience and had people dancing to her music. Although some of us did not understand the language, we thoroughly enjoyed the atmosphere.

Thanks to our Board of Directors and others who donated more than 25 gifts for our raffle. Steve Cho came up with the creative idea of selling "one stretch of tickets for \$20". Our audience then enjoyed the music by the Idea Band who performed some 70's, 80's and 90's popular rock music.

CBC would like to thank the Spring Celebration committee and members for their tireless efforts in organizing this successful event. We appreciate the continued support from our sponsors, donors and members that enable CBC to serve our community.



Entertainer Rose Wun with Chinese dance group.

## WE NEED YOU! CBC Toastmasters

CBC is now organizing a Toastmasters club. We are meeting at Best Friends 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. (Photos by Josephine Chou)



## Summer Interns

Congratulations to the CBC 2004 Summer Interns! After a difficult decision-making process from the CBC Internship Committee headed by Karen Chen, the pool of applicants was narrowed down to the following:

### State Senator Liz Figueroa's Office

Gabriella Wong  
Jeffrey Duh

### Assemblyman John Dutra's Office

Arthur Yuen  
Jennifer Huang  
Tiffany Lau

### Congressman Pete Stark's Office

Allen Jiang  
Jessica Kao

### City of Fremont

Danni Ngo  
Eric Ching

These students will get the chance to intern at their respective offices this summer for 60 hours and will receive a CBC stipend and certificate at the end of their assignment. We will also honor them at a special recognition luncheon in the fall, so please look out for announcements later this year and join us in supporting them.

We had some very impressive applicants this year who exemplified all that CBC looks for when choosing interns to represent the organization – confidence, enthusiasm and leadership. Thank you to all those students who applied and I'd like to invite those who did not get the chance to apply this year, to please consider this opportunity for next summer. It's a great chance to learn about the local legislative process and to meet exciting new people.

### **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).

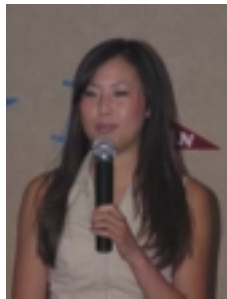
Editor	Garrett Yee
Asst. Editor	Kathy Jang
Distribution	Lilly Lee
Contributors	Chia-Chee Chan
	Karen Chen
	Bernadette Chinn
	Fran Sabado-Gin
	Eric Mah

## SBCSC 35<sup>th</sup> Annual Scholarship Luncheon

*By Fran Sabado-Gin and Bernadette Chinn, Chairpersons*

This year the South Bay Chinese Service Club awarded \$14,500 in scholarships to graduating high school seniors of Chinese descent at its 35<sup>th</sup> Annual SBCSC Scholarship Luncheon held at the Courtyard by Marriott, Newark-Silicon Valley on Sunday, April 25, 2004. President Victor Gin greeted the graduates and praised them for all their academic records and community activities. Each applicant was introduced and presented with certificates of recognition from Congressman Pete Stark, Senator Liz Figueroa, Assemblyman John Dutra and Alameda County Supervisor Scott Haggerty. Serena Eng, Chairman of the Mentor Program, then introduced and explained the program which matches scholarship recipients with former recipients to help them transition to college.

The first luncheon speaker was Miss Louise Wu, 2003 Miss Santa Clara and 2001 Miss TeenChinatown. She is currently a junior at the University of Santa Clara and shared her experiences as she transitioned from high school to college and provided many insights and good advice for the graduates.



Louise Wu

After lunch, the second speaker, Alameda County Supervisor, District 3, Alice Lai-Bitker, addressed the graduates and complimented them on their achievements and great success in high school. She spoke about her experiences as she immigrated to this country in 1983 and became involved in the Asian community as a social worker at the Asian Community Mental Health Services. As a County Supervisor, she has been instrumental in shaping the county's policies and programs related to social services and health care. Her main advice to the graduates was to continue in their community involvement and not to be a bystander.

The 36 applicants represented 13 different high schools in Southern Alameda County. They are an impressive group of scholars. Their average GPA is 3.72 and together they have donated over 7,500 community service hours. In this group, there are 2 National Merit Finalists, 3 AP Scholars, 10 Governor's Scholars, 6 students with perfect unweighted 4.0

GPA's, 1 student with a perfect 800 on the SAT II Writing Exam, 8 Scholar Athletes, 2 Yearbook Editors, 1 ASB Vice President, and 1 Homecoming Queen.

SBCSC would like to acknowledge all those who supported this year's scholarship program with their time and/or financial resources.

The 2004 SBCSC Scholarship Recipients are:

### **\$1,000 Scholarship Recipients**

Tiffany Cheng, San Leandro High School  
Nancy Hang, John F. Kennedy High School  
Lisa Hisaw, Mission San Jose High School  
Winnie Kao, Mission San Jose High School  
Bryan Lee, De La Salle High School  
Jing (Janice) Li, San Leandro High School  
Aurora Tang, American High School  
Sophia Tu, Castro Valley High School  
Kristin Woo, Castro Valley High School  
Michael Xing, Mission San Jose High School  
Jennifer Yu, Castro Valley High School  
Susan Zhang, Mission San Jose High School

### **\$500 Scholarship Recipients**

Tiffany, Inn, Castro Valley High School  
Michelle Lee, Washington High School  
Cecilia Tong, Arroyo High School

### **\$250 Scholarship Recipients**

Amy Chai, Castro Valley High School  
Shih-Wen (Winnie) Chao, James Logan High School  
Monica Wong, Arroyo High School



2004 Scholarship Recipients

# The Medicare Prescription Discount Card

(as complicated as you may have heard)



By Eric Craig Mah, MPH

I know many of us need not worry today about the Medicare Prescription Discount Card for ourselves, but you probably have heard about it on television, in print media, on the radio, or through the Internet.

Quite possibly, you have friends or relatives who may want to know more about the new program, or perhaps you just want enough to talk about it intelligently. Here are your Cliff Notes.

The new prescription drug benefit came about with a new law passed last year called the Medicare Prescription Drug Improvement and Modernization Act of 2003—arguably marking the first major change in Medicare since the 1960s.

To try and understand this new law, I'm going to present some hypothetical questions and (what I hope are good) answers.

**Question: Who does this program affect, and what does it do?**

**Answer:** There are different kinds of cards and almost anyone with Medicare is eligible. Those covered exclusively by MediCal are excluded. Those who lack prescription coverage currently and those who are low-income may benefit the most. The cards may save you money depending on your drug prescriptions in any given year

**Q: What is low-income?**

**A:** 135% of the Federal poverty level, which translates to about \$16,900 for a household of two; \$12,600 for a household of one. These numbers are for California, and change depending on size of household.

**Q: How much is the discount?**

**A:** It isn't entirely clear, but discounts will probably fall between 7 and 30% on the retail price overall. For those using generic drugs, it could be as high as a 60% discount. Again, different cards have different benefits.

**Q: Is there any additional cost?**

**A:** There may be a fee of \$30 per year for a card.

**Q: How many people are signing up?**

**A:** The government is not saying right now. Initial reports in the media (as of 6/4/04) suggest a relatively small number, in the hundreds of thousands. By contrast, the Bush administration predicts 7.3 million will eventually enroll.

**Q: Why are the enrollment numbers so low?**

**A:** That is the subject of much debate. I speculate low enrollment is mostly due to people not understanding the weaknesses and the benefits of the program. Consequently, potential enrollees are not participating.

**Q: What are the weaknesses?**

**A:** Critics of the program say one of the

weaknesses is that if you sign up for the discount card, you are locked into its terms for one year. Consequently, if you don't benefit from the program, you must stay in it until the cycle ends. Another weakness is trying to determine how much, if anything, you'll save. The government developed a tool on its website, [www.medicare.gov](http://www.medicare.gov), to determine your savings and you may also call 1-800-MEDICARE for assistance. Critics say the online tool is flawed, filled with technological glitches. Medicare representatives say the tool is improving everyday.

**Q: Is there a way to decide—without using the website—to determine if it's worth signing up?**

**A:** Here's a rough guide: Many enrollees will get up to a \$600 credit each calendar year, but you have to pay a co-insurance of 5-10% on each prescription. There are conditions for this credit, including you are covered by Medicare Part A and/or B, you are low income, you don't have other drug coverage (except Medicare+Choice or a Medigap policy), plus others. Some say that if you have if you qualify for the correct plan, you can save up to \$1200 over the course of 18 months. This dollar amount takes into account the 5-10% co-pay (in other words, if you have a prescription that costs \$100, you might pay \$10 as your co-pay, and \$90 would be part of that \$1200 total savings, leaving you \$1110 potential savings left). Notably, Medicare does not negotiate a price for the drugs, meaning you will likely pay—possibly without alternatives—what the pharmaceutical company mandates.

**Q: What if I spend more than \$1200 a year on prescription drugs?**

**A:** Keep in mind these numbers are rough. And while I was using numbers for 2004, I'm now going to switch to numbers for 2006, when the program is supposed to be in full force. Catastrophic coverage is coverage which the government covers 100%. It starts at \$5100. This implies you would pay an out of pocket equivalent of \$3600.

If you fall between \$2250 and \$5100 in drug spending (again, this is for the year 2006), there is a gap. Up to \$2250, you get partial coverage—the 7-30% overall discount and the 60% discount on generics—after a \$250 deductible (remember the 5-10% you're responsible for?).

And there you have it! Some questions and "answers" of the Medicare prescription drug card. If you are interested in learning more, I recommend the websites [www.kff.org](http://www.kff.org) and [www.medicare.gov](http://www.medicare.gov) for more information. Please take special note: these are only the opinions of the author and you should consult your professional healthcare advisor and Medicare representative before making any decisions.

*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."*

## CBC Calendar of Events

### Fremont Fourth of July Parade "Let Freedom Ring"

We would like you and your family to join CBC in marching in the Fremont Fourth of July Parade.

Date: Sunday, July 4

Time: 11 am - 1 pm

Place: Fremont Blvd (from Tamayo to Alder)

Contact: Amy Cho (510) 797-6426

### Family Bowling Day

Want to socialize and have some fun, at a great price, while not having to do any work? Come join the South Bay Chinese Service Club (SBCSC) for their Family Bowling Day!

Date: Saturday, July 17

Time: 12:30 pm

Place: Cloverleaf Family Bowling Center  
(corner of Grimmer and Fremont Blvd)

Cost: \$15.00 per person (includes 3 games of bowling, ball, shoes, 2 slices of pizza & drink)

Note: If there are not enough participants this event will be cancelled.

Make checks payable to SBCSC and mail to:  
SBCSC  
c/o Kathy Jang  
38742 Glencoe Drive  
Fremont, CA 94536

### Fremont Festival of the Arts

CBC will have a food booth at the festival. Please sign up to help.

Date: Saturday/Sunday, July 31-August 1

Time: 10 am - 6 pm

Contact: Thomas Tang (510) 713-2388

### 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 Park Café (4673 Thornton Ave)

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

Contact: Thomas Tang (510) 713-2388

## 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, July 31, 2004

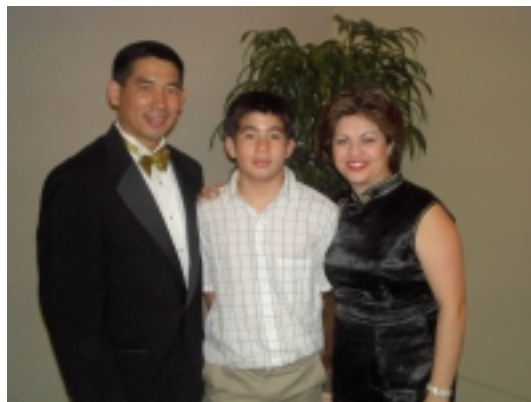
Contact: Margaret Wang (510) 252-1926

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).

## Photos from Spring Celebration 2004



(President Anna Muh with husband, Richard)



(Garrett and Maria Yee with son, Michael)



## Citizens for Better Community

P.O. Box 1

Fremont, CA 94537-0001

e-mail: [cbcservices@cbc-sfbay.com](mailto:cbcservices@cbc-sfbay.com)

Web site: <http://www.cbc-sfbay.com>

PRSR STD  
US POSTAGE  
PAID  
FREMONT CA  
PERMIT NO. 17

### Mailing Address

Street Number and Name

City, State 98765-4321



### **CBC's Mission Statement:**

*"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

### **Fremont 4<sup>th</sup> of July Parade**

Place: Fremont Blvd (from Tamayo to Alder)

When: Sunday, July 4, 2004 (11 am)

Contact: Amy Cho (510) 797-6426

### **SBCC Family Bowling Day**

Place: Cloverleaf Family Bowl

When: Saturday, July 17, 2004 (12:30 pm)

Contact: Kathy Jang (510) 790-0740

### **Fremont Festival of the Arts**

Place: Paseo Padre

When: Saturday/Sunday, July 31-August 1, 2004

Contact: Thomas Tang (510) 713-2388

## Next CBC Meetings

### **CBC Board Retreat**

Wednesday, June 30, 2004

Place: Quail Run Clubhouse – 6:00 pm

### **CBC Board Meeting**

Wednesday, August 4, 2004

Place: Carlton Plaza– 7:30 pm

### **CBC Board Meeting**

Wednesday, September 1, 2004

Place: Carlton Plaza– 7:30 pm



Henry Yin, Josephine Chou & Amy