



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>

Membership Newsletter

Volume 7, Issue 3

May / June 2007

Grand Opening of Wells Fargo Branch in Irvington



On Saturday, April 21, 2007, Wells Fargo Bank opened a new branch in the Irvington District. During the grand opening, Wells Fargo presented CBC with a "big check" for their 2007 Spring Celebration Ruby sponsorship. Pictured above: Sue Chan and Steve Cho accept the "check."

Enjoy the summer!

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President's Message

By Steve Cho



Greetings to All,

The age-old saying "Where did the time go?" is certainly appropriate for me at this time because I am wondering where did the time go. November 2006 only seems like yesterday when I was bestowed the honors of leading CBC for this year. We are approaching the 2/3 mark of the year and it has been a fun and pleasant journey so far.

Looking back over the past two months, CBC has been very active in sponsoring and/or supporting a number of community events. These events include the following: (1) free public symposium on Chinese Medicine and Medical Clinic at the Fremont Library, (2) Annual South Bay Chinese Club Scholarship Awards, (3) HYSTA Annual Conference on Global Links between United States and China, (4) Asian Cultural Heritage Festival celebrating Asian Cultural Heritage month, (5) Fremont Education Foundation Annual Fundraising Telethon.

The above are the special one time annual events. On a regular weekly basis, we also sponsor the Citizens for Better Communicator Toastmasters Club (CBC Toastmasters). This club meets every Saturday morning (10 a.m.-11:30 a.m.) at the Best Friends Learning Center (42080 Osgood Road, Fremont). If you want to overcome your fear of public speaking and/or improve your speaking abilities, come and join in. You are not alone and would be among many who are there for similar reasons--for self-improvement.

Looking forward, summer is here and there are two youth programs that CBC sponsors. Just like the CBC Toastmasters for adults, we also sponsor a Youth

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Toastmasters & Leadership program. This program is targeted to the middle and high school age group and is an excellent program to train our kids for speaking and leadership skills. In addition to the Youth Toastmasters, CBC also sponsors a Summer Youth Internship Program. This program is geared toward high school students who want to experience working in a local government office. This office could be an elected official or some local city government agency. It offers a tremendous opportunity to see government in action and to be part of what makes our daily lives tick.

On Saturday and Sunday (June 30 & July 1), CBC will participate in the American Cancer Society Relay for Life. This event will be held at the School for the Deaf & Blind (Stevenson Blvd & Gallaudet Dr). There is still time to sign up and is for a very good cause. For the more adventurous and athletic types, CBC will plan to field a team of 20 in the American Cancer Society Northern California Chinese Unit (ACS-NCCU) Dragon Boat Race. Just like the Relay for Life, the Dragon Boat Race is also a fundraiser for cancer research. This event will be held in Foster City on Saturday, August 18. If you want to participate in either or both of these events, please contact Anna Muh for details (anna.muh@gmail.com).

Finally, CBC will be participating in the 2007 Fremont July 4th Parade. The parade will be held along Niles Blvd in the Niles District on Wednesday, July 4, 10 a.m. to 12 p.m. This is the 9th year for the parade and it promises to be largest with over 90 entries including 10 marching bands & drum & bugle corps. We welcome your participation in the parade. Please join us for an exciting event! For more info, please contact Amy Cho (ASBCho@aol.com or 510-797-6426).

CBC will also hold its annual picnic along with our sister organization, South Bay Chinese Club. This event will be held on Sunday, July 22 (11 a.m.-2 p.m.) at the Quail Run Homeowners Association Clubhouse (33873 Whimbrel Road). All members and guests are invited to attend. Please RSVP to Amy Cho by July 16 (ASBCho@aol.com or 510-797-6426).

I invite you to come join us. It will be an excellent opportunity to meet people in the community, to create and build on friendships.

Warm regards,

Steve Cho

Steve Cho
President

Please come March in the July 4th Parade!

By Amy Cho



Yes, we are asking YOU to come join CBC and many other Chinese American organizations to march in the Fremont July 4th parade! Many of you have never had the opportunity to actually be in the parade. How about waving to your friends and community instead of just watching? It's especially fun for children.

This year's theme for the July 4th parade is "America, the Beautiful." The parade will be held in the Niles Area of Fremont on Wednesday, July 4th. Although the parade steps off at 10 a.m., participants need to be at the parade much earlier because of parking and assembling. Parking will be difficult and some roads will be blocked off at 9 a.m., so please try to carpool and allow plenty of time. We will be Entry # 60. Although we are not the earliest entry, the parade will proceed at a good pace and you won't want to miss it. Some of us will be there much earlier in the morning. You won't be alone!

It would be great if you could wear your CBC T-Shirt or else Red/White/Blue. CBC will bring flags, balloons, and caps. You may keep these after the parade. The Tri City Band, a band that CBC sponsors, will provide music for our entry. Please stay a few minutes after our entry marches to enjoy some cool refreshments.

For more information and to RSVP, contact Amy Cho, (ASBCho@aol.com or 510-797-6426). See you soon!



More Upcoming Events...

2nd Annual Fremont Day at the A's

Submitted by Sue Chan

One of the most popular and successful fundraisers from Celebrate Fremont was the *Fremont Day at the A's*. Citizens, service groups and organizations along with corporate and local businesses enthusiastically supported the effort.

A legacy of Celebrate Fremont is that the A's want to continue this effort on an annual basis. I am happy to announce that the **2nd Annual Fremont Day's at the A's** is scheduled for Tuesday, August 14, 2007 at 7:05 p.m. The A's will be playing against the Chicago White Sox and it promises to be a great game.

For every discounted ticket sold, \$5.00 will be donated to this year's very deserving non-profit organizations:

Life Elder Care – Meals on Wheels
Tri-Cities Homeless Coalition – Project Independence

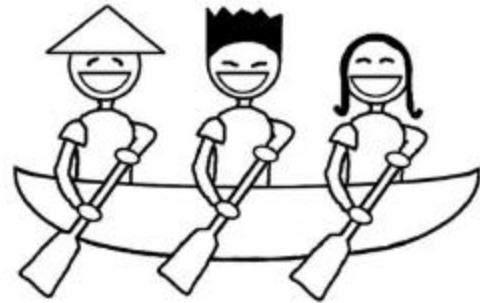
I hope that you will participate in this year's event. What better way to thank your staff, friends and family than to go to an A's game with a great discount and help 2 very worthwhile community projects.

CBC will be reserving a block of tickets in the Plaza Level for \$19 per ticket. Please contact Kathy Jang kjang25@yahoo.com or (510) 790-0740 by July 22 to reserve your tickets. Let's make this year's game even more successful!

You are all great community team players – let's play ball! Thank you for your support.



"Paddle for Life"



Charity Dragon Boat Race for the American Cancer Society – Northern California Chinese Unit

By Steve Cho

Want to have a day of fun and help a very worthy cause at the same time? The Charity Dragon Boat Race will give you an opportunity to do both. Each team consists of 20 people (all male, all female or mixture with at least 8 female). CBC would like to field a team of 20 and enter the race. With prior reservation, each team can practice once a week in Foster City or Berkeley Marina from July 23 to August 16. If you are interested in participating, please contact Steve Cho at the number or email shown below.

This race should prove to be a very fun event and it is for a very worthwhile cause.

Date: Saturday & Sunday, August 18 & 19

Where: Foster City (Leo Ryan Park)

Cost: \$20/person

Team consists of 20 members

Contact: Steve Cho (510) 797-6426 or

ascinc@mindspring.com

CBC MEMBERSHIP NEWSLETTER

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 Kathy Jang, Executive Director, at (510) 790-0740, or email kjang25@yahoo.com.

Editor: Kathy Jang

Distribution: Lilly Lee

Contributors: City of Fremont, Ray Grimm, Ph.D., Robert Wood Johnson Foundation, Sue Chan, Amy Cho, Steve Cho

Pathways to Positive Aging

Editor's Note: At the June CBC Board meeting, Ray Grimm, Ph.D., City of Fremont, presented the following information on "Pathways to Positive Aging." Information is from the City of Fremont Human Services Dept and the Robert Wood Johnson Foundation. For more information on Pathways to Positive Aging, visit www.tceonline.org.

Pathways to Positive Aging, a project of the City of Fremont and the Tri-City Elder Coalition, is part of Community Partnerships for Older Adults, a national program of the Robert Wood Johnson Foundation to help communities develop leadership, innovative solutions and options to meet needs of older adults over the long term. The program focuses on two groups:

- 1) older adults who are at increased risk of disability due to poverty, race, ethnicity, chronic illness, or advanced age; and
- 2) older adults with physical or cognitive impairments who require long-term care and supportive services.

Goals of this program include preparing informed consumers, decision-makers, and local leaders as well as identifying solutions that ensure older adults remain in their homes and communities as they age. The partnerships develop solutions—ranging from increased access to medical care to improved levels of social connectedness—that have a profound impact on older adults.

The Challenge

Aging is a process we all share. Successful aging is in our own hands. What we can do for ourselves, however, depends in part on the opportunities and constraints that are presented to us as we age. The challenge therefore, is to create a system whereby older adults can understand, choose and access services and opportunities that improve the quality of their life.

The Tri-City Area of Fremont, Newark and Union City has a total population of more than 300,000. Since 1980, the population of the Tri-Cities has evolved from predominantly Caucasian to one where no ethnic group constitutes a majority. Because of this shift, there is a need to increase the efficiency and cultural sensitivity of all programs that serve our residents.

Our challenge is to build a community that is safe and welcoming, respects diversity and values senior participation. We aim to ensure that needed

information is easily available to all seniors and that community members of different ages and cultural backgrounds interact and support each other.

The Project

The City of Fremont/Tri-City Elder Coalition Partnership focuses on five areas:

- 1) increasing older adults' access to services;
- 2) increasing and sustaining older adults' mobility and dexterity;
- 3) increasing the capacity of community groups to serve older adults;
- 4) fostering cross-cultural and intergenerational exchanges that include older adults;
- 5) and creating more meaningful opportunities (social, vocational, educational) for older adults.

As part of its cross-cultural efforts, the Partnership developed "Community Ambassador Programs" whereby volunteers with five different faith-based, ethnic or cultural organizations help older adults get needed information and referrals. On the health and mobility front, partnering agency LIFE ElderCare collaborated with Unitek College in Fremont to spearhead a 12-week in-home physical activity program for frail, homebound seniors. To date, 300 seniors are enrolled. The program is now a model that other Partnership organizations have begun to replicate.

Successes

The Partnership's Falls Prevention Program helped one local older woman significantly improve her quality of life. Two years ago, she was bed-bound because of a stroke. After participating in the in-home physical activity program, she now walks regularly through her neighborhood. Her physical health has improved and she once again feels connected to her community. The Partnership also collaborated with the Fremont Chamber of Commerce to produce an educational video on identifying seniors at-risk of losing their independence. This ElderSafe video trains employees of the U.S. Postal Service, local police and fire departments to identify at-risk seniors and refer them to the Seniors Help Line managed by the City of Fremont Human Services Department. In the first two months of 2007, there was a 27% increase in calls to the help line compared to the same time frame last year. This trend is expected to continue as all local buses will soon display the Senior Help Line phone number on their sides.

Senior Help Line (510) 574-2041

Directory for Older Adults

Editor's Note: At the June CBC Board meeting, Ray Grimm, Ph.D., City of Fremont, distributed this directory for older adults for the Cities of Fremont, Newark and Union City. For more information on Pathways to Positive Aging, visit www.tceconline.org.

Physical & Mental Health Services

- ☞ [Washington Hospital \(510\) 797-1111](#)
- ☞ [Kaiser Permanente \(510\) 784-4000](#)
- ☞ [St. Rose Hospital \(510\) 782-6200](#)
- ☞ [Palo Alto Medical Foundation \(510\) 490-1212](#)
- ☞ [Alameda County Public Health \(888\) 604-4636](#)
- ☞ [Tri-City Health Center \(510\) 770-8133](#)
- ☞ [Tiburcio Health Center \(510\) 471-5907](#)
- ☞ [City of Fremont \(510\) 574-2041](#)
 - ~ Sr. Peer Counseling & Caregiver Program
- ☞ [On Lok Sr. Health Services \(888\) 886-6565](#)
- ☞ [Pathways Home Health Hospice \(800\) 900-0811](#)
- ☞ [Vitas Hospice Health Services \(866\) 268-4827](#)
- ☞ [Cal. Advocates for Nursing Reform \(415\) 974-5171](#)
- ☞ [Ombudsman \(510\) 638-6878](#)

Transportation Services

- ☞ [AC Transit \(510\) 871-1717](#)
- ☞ [BART \(510\) 464-6000](#)
- ☞ [Paratransit Services](#)
 - ~ East Bay (800) 555-8085
 - ~ Fremont (510) 574-2053
 - ~ Newark (510) 791-7879
 - ~ Union City (510) 675-5373
- ☞ [LIFE ElderCare](#)
 - ~ VIP Ride Program (510) 574-2096

Social, Leisure, Cultural Services

- ☞ [Senior Centers](#)
 - ~ Fremont (510) 790-6600
 - ~ Newark (510) 745-1170
 - ~ Union City (510) 489-6629
- ☞ [Alameda County Library](#)
 - ~ Fremont Main Branch (510) 745-1400
 - ~ Newark Branch (510) 795-2627
 - ~ Union City Branch (510) 489-1655
 - ~ Homeward Bound (510) 745-1499
- ☞ [Recreation Programs](#)
 - ~ Fremont (510) 494-4600
 - ~ Newark (510) 742-4400
 - ~ Union City (510) 675-5353
- ☞ [LIFE ElderCare Friendly Visitor \(510\) 574-2097](#)

- ☞ [Lavender Seniors of the East Bay \(510\) 667-9655](#)
- ☞ [Taiwanese Evergreen Academy \(510\) 784-7341](#)
- ☞ [India Community Center \(408\) 934-1130](#)
- ☞ [Afghan Elderly Assoc. \(510\) 574-2059](#)
- ☞ [Ohlone College \(510\) 659-6000](#)

Home & Community Services

- ☞ [Senior Help Line for the Tri-City \(510\) 574-2041](#)
 - ~ for English: Press 4
 - ~ for Mandarin: Press 3
 - ~ for Spanish: Press 2
 - ~ for Farsi: Press 1
- ☞ [City of Fremont \(510\) 574-2041](#)
 - ~ Care Management/MSSP
- ☞ [Area Agency on Aging \(510\) 577-1907](#)
- ☞ [Senior Information & Referral \(510\) 577-3530](#)
- ☞ [In-Home Supportive Services \(510\) 577-1900](#)
- ☞ [LIFE ElderCare \(510\) 574-2090](#)
 - ~ Meals-on-Wheels
 - ~ Friendly Visitor
- ☞ [Spectrum Community Services \(510\) 881-0300](#)
- ☞ [Bay Area Community Services \(510\) 613-0330](#)
- ☞ [ECHO Housing \(510\) 581-9380](#)
- ☞ [Family Caregiver Alliance \(800\) 445-8106](#)
- ☞ [Alzheimer's Association \(800\) 660-1993](#)
- ☞ [Alzheimer's Assoc. of the East Bay \(510\) 644-8292](#)
- ☞ [Community Resources for Independent Living \(510\) 881-5743](#)
- ☞ [HOPE Van \(Homeless\) \(510\) 267-3250](#)
- ☞ [American Association for Retired Persons](#)
 - ~ Fremont (510) 656-3892
 - ~ Newark (510) 742-4840
- ☞ [Alameda County Aging Website](#)
 - ~ <http://alameda.networkofcare.org>

Legal & Financial Assistance Services

- ☞ [Adult Protective Services & FAS Teams](#)
 - ~ Financial Abuse (510) 577-1900
- ☞ [District Attorney's Office \(510\) 272-6180](#)
- ☞ [Guardian Office \(510\) 577-1900](#)
- ☞ [Legal Assistance for Seniors \(510\) 832-3040](#)
- ☞ [Dept of Naturalization and Immigration Services \(415\) 705-4411](#)
- ☞ [HICAP – Health Insurance Counseling & Advocacy \(510\) 832-3040](#)
- ☞ [Housing Assistance \(Sec 8\) Program \(510\) 747-4300](#)
- ☞ [Social Security Administration \(510\) 797-7213](#)
- ☞ [Washington Hospital Health Insurance Counseling Program \(800\) 770-9447](#)
- ☞ [Medicare \(800\) 633-4227](#)
- ☞ [Medi-Cal \(510\) 795-2428](#)

CBC Members Henry Yin and Lena Zee Spearhead International Rotary Project SPAN (Stop Pediatric AIDS Now)

By Amy Cho

Recently on April 25, 2007, the Rotary International Foundation officially approved Project SPAN as a project for matching funds. Project SPAN is the only international matching grant application from the 7 Rotary Clubs in Area 3 that is approved by the Rotary Foundation this year. Project SPAN will be a 3-year project and it will provide over \$100,000 to battle the killer AIDS in China.

Both Henry and Lena are CBC Board Members, but as many of you know, they are also very busy with many other projects in the community. How they both became involved in this project goes back to 2006-2007 when Henry became the President-Elect of the Rotary Club of Fremont. Lena was serving as the Chair of International Services, an area of strong interest to Lena. Even before this problem had been identified, Lena was busily organizing a committee and starting monthly meetings involving all the presidents in Area 3. There were 7 clubs in all: Fremont, Fremont-Niles, Mission San Jose, Mission-Sunrise, Warm Springs, F.U.N. – Fremont/Union City/Newark, and Newark. The purpose of the committee was to first identify an interest and to jointly explore a worthy project that would meet the requirements of the Rotary International Foundation for an international project.

When Henry became President in July 2006, he told Lena of a documentary he had seen on a Chinese TV Channel about the plight of Yunnan, located in Hebei, China. Yunnan was battling an AIDS epidemic. Approximately 33% of babies born in Yunnan are HIV-positive when born. Even more tragic, most of these infected babies' mothers will also die of AIDS when their babies are only toddlers. At the same time, Henry and Lena learned of a former UCLA microbiologist Dr. David D. Ho, who had launched a project in 2005 targeting the acute rates of mother-to-child-transmissions (MTCT) in China. Dr. Ho and his staff had developed an anti-retroviral (ARV) medication that promised to reduce the 33% MTCT rate down to less than 2%. With Dr. Ho's treatment for a pregnant woman before and after delivery, her newborn's chances of getting the HIV+ disease could be reduced down to nearly zero. Over the coming months that involved fundraisers, meeting contacts and more experts, speeches and more meetings, the

beginning of an international Rotary effort to fund MTCT intervention and education in Yunnan took hold. The project was given the name Project SPAN (Stop Pediatric AIDS Now). The 7 Rotary Clubs in Area 3 collaborated with the Rotary Club of Shanghai under the leadership of founding Rotarian Frank Yih. Other Rotary clubs outside of Area 3 also joined in Project SPAN. These included Vacaville Rotary, Los Altos Rotary and Northbrook, Illinois Rotary just outside of Chicago. Together the Rotary Clubs pledged a total of \$13,807 for the first year and the Rotary Foundation initially matched this amount for a total of \$34,500. These funds are needed for buying rapid tests, inoculations, computer and accessories to facilitate work and education. And now, the project has been approved as an international Rotary 3-year project!

Project SPAN is out to save the world One Baby At a Time and it has just begun. Lena emphasizes that the Rotary Club of Fremont has only planted a seed. Lena says 'About 60 years ago, Rotary led the way in funding for polio vaccines all over the world' and she hopes that 'Project SPAN will have the same impact on AIDS.'

For more information or to donate to Project SPAN, please contact Lena Zee at lenazee@aol.com.

We CBC Members congratulate Henry and Lena for their hours of work and perseverance. They truly uphold the Rotarian motto "Service Above Self". We are grateful and very fortunate to have them in our midst!

Citizens for Better Community

Welcomes

Berge-Pappas-Smith Chapel of the Angels

**Corporate
Lifetime Member**

40842 Fremont Blvd
Fremont, CA 94538
(510) 656-1226

2006-2007 Directory

President:
Steve Cho (510) 797-6426

Vice President:
Lena Zee (510) 421-6666

Secretary:
Bernadette Chin..... (510) 790-3944

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

Past President:
Josephine Chou(510) 651-0446

Executive Director
Kathy Jang.....(510) 790-0740

Committees

Education:
Ivy Wu.....(510) 252-9890

Health:
Herbert Chiu.....(510) 471-3777

Business:
Henry Yin.....(510) 657-6850

Community Involvement:
Albert Wang.....(510) 657-6610

Youth Group: Irene Yung.....(510) 659-8618

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

Culture Exchange: Lena Zee(510) 421-6666

Membership: Angela Yang.....(510) 745-1414

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

Voter Registration: Cecilia Chang..... (510) 713-1769

Spring Celebration: David Sheen.....(510) 438-6868

Internship Program: Lisa Quan.....(510) 770-3900

Board of Directors

Suzanne Chan	Carl Chen	Herbert Chiu
Amy Cho	Chi Choy	Whisky Ho
Thomas Hom	Larry Hsu	Mike King
Anna Muh	David Sheen	Thomas Tang
Albert Wang	Aaron Wong	Susanna Wong
Stanley Woo	Ivy Wu	Angela Yang
Garrett Yee	Henry Yin	

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	Simon Chen

MEMBERSHIP APPLICATION / RENEWAL (November 1, 2006 – October 31, 2007)

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 | |
| <input type="checkbox"/> \$500 Corporate/Organization: Life Membership | |

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

Member: _____

Last Name	First Name	Chinese Name
-----------	------------	--------------

Spouse: _____

Last Name	First Name	Chinese Name
-----------	------------	--------------

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

P.O. Box 1
Fremont, CA 94537-0001
Web site: <http://www.cbc-sfbay.com>

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**Don't forget to RSVP for the
Annual Summer BBQ!**

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

Relay for Life

When: Saturday & Sunday, June 30 & July 1, 2007
(9am)

Where: School for the Deaf & Blind (Fremont)

Contact: Anna Muh anna.muh@gmail.com

July 4th Parade

When: Wednesday, July 4, 2007 (10 am)

Where: Niles District

Contact: Amy Cho ASBCho@aol.com or (510) 797-6426

CBC/SBCC Annual Summer BBQ

When: Sunday, July 22, 2007 (11 am)

Where: Quail Run Clubhouse (33873 Whimbrel,
Fremont)

Contact: Amy Cho ASBCho@aol.com or (510) 797-6426

Fremont Festival of the Arts

When: Saturday & Sunday, August 4 & 5, 2007 (10 am)

Where: Paseo Padre/Capitol Avenue/Liberty St/State St.

Dragon Boat Race: Paddle for Life

When: Saturday & Sunday, August 18 & 19, 2007

Where: Foster City

Contact: Steve Cho ascinc@mindspring.com or
(510) 797-6426

Upcoming CBC Meetings

***Note: Prior to each meeting, there will be set-up and a social "hour" from 7 pm.**

CBC Board Meeting

Wednesday, June 6, 2007

Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, July 11, 2007 (postponed from July 4th)

Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, August 1, 2007

Place: Carlton Plaza – 7:30 pm

