



CITIZENS FOR BETTER COMMUNITY

華人權益服務社

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

Web site: <http://www.cbcsfbay.org>

Membership Newsletter

Volume 8, Issue 3

June/July/August 2008



July 4th Parade 2008



Enjoying the summer BBQ

President's Message

By David Sheen



Dear CBC members and friends,

I hope everyone is enjoying the summer this year. Like many places in the country, summer in the Bay area is a popular time for weddings and B-B-Qs. My wife and I had our fair share of participating in these wonderful festivities in the last couple of months. In fact, we even had the pleasure of attending as many as two wedding celebrations in one day, including our very first experience with a traditional Punjabi wedding in late June. In the midst of various summer activities in the community, CBC and our sister club SBCC (South Bay Chinese Club) also hosted our very own annual joint B-B-Q event at Quail Run HOA Club house on Sunday, July 20, 2008. As usual, this B-B-Q picnic was a "big hit" and it was well attended by our members and their guests. A big "thank you" goes out to our immediate past-president Steve Cho and his better half...Amy for organizing this picnic. I can't wait until next year to experience Steve's B-B-Q skills again.

Summer isn't all about B-B-Q and wedding bells. As President of CBC I had the pleasure of meeting and speaking to the students of CBC Summer Youth Leadership Program and their parents. CBC Summer Youth Leadership Program is an eight-week long public speaking and speech craft classes coordinated by CBC volunteers. The Youth Leadership Program (YLP) is designed to develop the public speaking and leadership skills of young people to better prepare them to meet the demands and challenges of today's world (e.g. project presentation, college interview and job interview). The program this year ran from June 21 to August 9, 2008. The classes met every Saturday morning from 9:00 am to 11:00 am for eight consecutive weeks. I would like to give a special "thank you" to our CBC Youth Group Co-Chair,

President's Message continued on Page 2

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Eunice Ko, CBC Board Member, Anna Muh and all the volunteers for making this program another successful year. I would also like to thank our teachers for all of their hard work and time spent with our students.

CBC has also participated in the 2008 ACSCCU Relay for Life event (July 12 to July 13, 2008). This event raised more than \$260,000.00 dollars to help fight cancer. Many of our CBC Board Members and friends have participated in the fundraiser. CBC participants raised more than \$5,000.00 as a team. Another special "Thanks" goes out to Anna Muh for coordinating CBC's participation in this event. Other interesting events participated by CBC members this summer were "Annual Paddle for Life Dragon Boat Race 2008" and City of Fremont's "July Fourth Parade 2008."

The following are some highlights of the upcoming events in our community:

24th Annual Fremont Bank and Ohlone College Golf Tournament

On **Monday, September 8**, Fremont Bank and Ohlone College will be hosting the 24th annual Golf Tournament at Castlewood Country Club, Pleasanton. Registration for this event will begin at 10:30 a.m. on the day of the event. The proceeds of this event will benefit the Ohlone College Athletic Programs. For additional information please call Donna Runyon at (510) 659-6053 or visit online at www.ohlone.edu/org/athletics.

6th Annual Breakfast Eye Opener

This year, the event will be held on **Friday, September 26** from 7:30 a.m. to 9:00 a.m. at the Fremont Marriott. This is a fundraising event sponsored by SAVE (Safe Alternatives to Violent Environments). This year's program will open your eyes to *Breaking the Silence: Moving Past Barriers to Change*. Proceeds from this breakfast will benefit SAVE's many services which include: Teen Dating Violence Prevention Program, Domestic Violence in the Workplace, 24/7 Crisis Hotline: (510) 794-6055, Residential Programs, Advocates in local police departments, Counseling and Support Groups, Children's Programs and many more. For additional information of this event please contact SAVE at (510) 574-2266.

15th Annual Seniors Night Out

The Tri-City Elder Coalition will host its 15th annual fundraiser on **Friday, September 26** from 5 p.m. to 8 p.m. at the Newark/Fremont Hilton. The proceeds from this event will benefit seniors in need as well as supporting the Coalition's 5-year plan on behalf of older adults-*Pathway to Positive Aging*. The theme this year is

"Come Party With Us Under the Sea." For more information about this event, please contact Linette Young at (510) 818-9888.

Washington Hospital's Top Hat

The Top Hat gala celebration will be honoring Washington Hospital's 50th Anniversary on **Saturday, October 11** in a beautiful tent on the grounds of Washington West. The event will feature an elegant reception, dinner entertainment and a delicious menu presented by McCall Associates of San Francisco. Proceeds from the event will benefit the hospital's digital echocardiography program, a service that treats patients at risk from cardiac conditions. Digital echocardiography offers clear, real-time images of the human heart that can be transmitted throughout the healthcare system to speed diagnosis and treatment. Call (510) 791-3428 for more information.

CBC holds its monthly general and board meetings on the first Wednesday of every month from 7 p.m. to 9 p.m. at the Carlton Plaza Retirement Center. Our meeting is open to all members and all who are interested in learning about our organization. I would like to extend my personal invitation to all of our friends in the community to come and join us for the upcoming meeting. This will be a great opportunity for you to meet soon new friends and also to learn about our community services. Hope to see you at our next meeting!

Warmest Regards,

沈建飛

David Sheen
President of CBC

Voter Registration Drive

Submitted by Irene Yung

Have you registered to vote? If not, CBC and the CBC Youth Group will be available to assist those individuals who would like to register to vote:

When: Saturdays ~ August 9, 16, 23, 30 & Sept 6

Time: 1 p.m. – 4 p.m.

Where: Lions Market (Warm Springs), Fremont Main Library and Ranch 99 (North Fremont)

Please come by any of the above locations and complete the registration form.

Warm Welcome for new Ohlone College President

By Garrett Yee

On Sunday, July 19, Citizens for Better Community and the South Bay Chinese Club welcomed Dr. Gari Browning, the new Ohlone College President. Dr. Frank and Jean Louie hosted the event at their beautiful home up in the mission hills overlooking Fremont. It was very well attended as several members of both organizations have ties to Ohlone College.

Dr. Browning, who started the job on July 1, has a Ph.D. in Applied Linguistics from UCLA, a Master of Arts from UCLA, and a Bachelors degree from UC Irvine. She came to Ohlone College from the College of the Desert where she served as the Vice President of Instruction for the past 4 years. She has 28 years of experience in higher education including working as the Associate Director (Vice President) at the Accrediting Commission for Community and Junior Colleges, Western Association of Schools and Colleges (WASC). She has participated on many boards and has received several honors in her profession. In her new role as the President of Ohlone College, Dr. Browning will be engaging the community to ensure the college continues to meet the needs of the local residents.

Author Book-Signing Event

On April 26, CBC and the South Bay Chinese Club along with the Fremont Main Library, co-hosted a book-signing event by Lieutenant Colonel Garrett Yee.



In 2006, Lieutenant Colonel Garrett Yee was deployed to Iraq in support of Operation Iraqi Freedom. During his tour in the Middle East, he sent several letters home to family and friends, which provided glimpse life as service member in Iraq. His letters offered day-to-day insights, with photos, on life in a war zone. When he returned, several of his friends and family members said that he should publish the letters as part of a book.

Asian Art Museum Passes May Be Checked out at Library

Check out a free family pass to the San Francisco Asian Art Museum at your local Alameda County Library. The Fremont Main Library, along with Dublin, San Lorenzo, Union City, Castro Valley, Albany, and Newark Branches, all have free family passes to the Museum for you to check out, use, enjoy and return to the Library for the next user. Admissions are good for 2 adults and all children under 12, and include the audio tour and entry into all special collections.

Located at 200 Larkin Street, just one block from the Civic Center Bart Station, The Asian Art Museum is open Tuesday – Sundays, 10 a.m. - 5 p.m., with extended evening hours every Thursday until 9 p.m. Alameda County Library cardholders may check out the pass at the Library Information Desk. The pass can be reserved in advance for the current month and the next month. If it is available, it can also be picked up on a drop in basis. The Friends of the Fremont Main Library fund the Museum passes. For more information, or to reserve your family passes now, visit the Fremont Main Library, 2400 Stevenson Blvd., or call the Library Information Desk, (510) 745-1401.

CBC & SBCC hosts 8th Annual BBQ

On the beautiful afternoon of Sunday, July 20, CBC and the South Bay Chinese Club (SBCC) hosted their 8th Annual Summer BBQ held in North Fremont at the Quail Run Clubhouse. The event was enjoyed by members, families and guests from both clubs. The attendees enjoyed chicken wings, hot dogs, hamburgers, green salad, desserts and other side dishes. It was great to catch up with old friends and make new friends while enjoying the delicious food. Thank you to Steve & Amy Cho for organizing this event once again! It was thoroughly enjoyed by everyone who attended.

South Bay Chinese Club Installs New Officers and Directors

The South Bay Chinese Club (SBCC) installed its new officers and directors on Friday, June 20. Several CBC members are also SBCC members and serve on both Boards. The outgoing President is Cecilia Leon and the incoming President is Linette Young. Congratulations to the South Bay Chinese Club for continuing to serve the community!

Trade Mission to China a Success for Fremont

Submitted by Sue Chan

On Saturday, May 3, 2008 the City of Fremont completed its trade mission to China. The official delegation representing the City on the 8-day trade mission included City Councilmember Bob Wieckowski; Deputy City Manager Melissa Dile; Economic Development Coordinator Angela Tsui; Economic Development Advisory Commissioners Teresa Cox (EDAC Chair), Sheena Chang, and Nancy Lee; Planning Commissioner Sue Chan; and Ohlone Board of Trustees President Garrett Yee. Steve Chan, Jeffrey Huang and Alan Lee rounded out the group.

The delegation met with government officials (including the District and Deputy Governors of Luwan Shanghai, the Party Secretary of Suzhou, and the Mayor of Wujiang City) and business executives from Fremont-based companies such as AsteelFlash, Lam Research, BizLink Technology, and Wellex. Such meetings are vital in strengthening the City's existing relationships with growing Fremont companies.

"This is a very exciting opportunity for Fremont to learn how best to position itself as part of the global economy," Councilmember Bob Wieckowski said. "The growth in China is phenomenal and we should leverage Fremont's strengths to be a part of that growth."

The trade mission focused on the Shanghai area and included the neighboring cities of Suzhou, Wujiang, and Kunshan. As part of the itinerary, the delegation met with the U.S. Embassy/U.S. & Foreign Commercial Service in Shanghai. This meeting proved helpful as the delegation learned of new opportunities and methods for promoting Fremont to the Chinese market. As a conclusion to the trade mission schedule, the City held a reception for 33 people to thank existing Fremont businesses with facilities in the Shanghai area and other key individuals for their commitment to Fremont. As an added benefit, this event provided a networking opportunity for the guests, all of whom have ties to Fremont.

One of the most valuable lessons learned by members of the trade mission delegation was the importance of what the Chinese know as "guanxi" or relationships. Relationships are very important to people who make decisions to invest and build - relationships are created over the long term and involve a constant commitment to nurture them. Delegation members

learned government officials play an important role in business and economic development in China, and that building relationships with people who will be making future decisions about locating sales points or creating partnerships with American companies will be important. By fostering those relationships the City helps existing and future Fremont companies that wish to do business in China.

"We are following up with the initial foundation begun in 2002," said City Manager Fred Diaz. "It is important to maintain and nurture these relationships that we hope will translate into investment and economic benefit for the City of Fremont and Fremont businesses."

City officials and staff will continue to identify ways in which to adapt the City's economic development strategy to the growing global economy.



Pictured from L to R: Garrett Yee, Melissa Stevenson Dial, Angela Tsui, Nancy Lee, Sheena Chang, Bob Weicowski, Sue Chan, Teresa Cox, Steve Chan at Tongji University.

CBC Youth Group Participates in Homeless Shelter Meal Service

By Irene Yung

The Homeless Shelter Meal Service allows high school students to participate in preparing and serving food for the homeless people at the Tri-City Homeless Coalition. This is a good learning experience for the students and they will receive four community service hours upon completion.

The students will assist with dinner on the following Sundays: August 31, September 14, October 12 and November 9.

A limited number of spaces are available. We usually have 6-7 high school students supervised by four parents. If you are interested in helping, please contact Irene Yung at IreneYung23@hotmail.com.

Achieving Excellence with Toastmaster Club

By Ke Zhao
Member, CBC Toastmasters



Have you wondered that you could have been much more successful if you could speak like Steve Jobs, Donald Trump, Ronald Reagan, or some successful executives at your company? I did. These people have very different skill sets. But they all have successfully mastered a common skill set – Being able to speak effectively. Strong presentation skill has become a common denominator to elite people in modern time. Improving communication skills is one of the very few investments you can capitalize on any job or business venture anywhere in this country. This skill often sets you apart from your peers at work or competitors in business. Your career advancement is more often limited by your communication skills rather than your technical capabilities.

A year and half ago, I learned about Toastmaster International and our Fremont club while I was exploring my options of improving my public speech. I joined this club immediately after I attended my very first meeting. I feel the club is like a family with many brothers and sisters. Members support each other and share opinions and tips without selfishness. I can hardly notice any politics like the never-ending ones at work. I can work on my speech projects at my own pace. Occasionally the officers and the president praise me for my on time speech deliveries. I learned quite a few speech techniques in the first few months, and used them at my job. I can feel that I gained much more control in my speech these days.

I benefited from almost every activity at our club. The Ice Breaker (IB) speech is a good starting point for a new member. We learn to shake out fears of speaking in public, structure our talk with beginning, main body, and conclusion. You get instant feedback from club members at the end of your speech. Feedback notes are filled with encouragement as well as valuable suggestions that you cannot usually get anywhere else. The evaluator of the Ice Breaker kindly praises the speaker for his courage and performance with detailed accounts as if she did not see any signs of nervousness at all. That is because we feel the fact you make an IB speech is already a big success. Coming to our weekly meeting is like having a very good date. It is cheap; people are friendly, and it happens on the weekend.

The 9 speech projects after the IB speech are meticulously designed to enhance specific techniques

that are useful for most general speeches. Appropriate transitions, selecting the right word, using stance, movement, gestures, facial expression and eye contact to express your message, using voice volume, pitch, rate and quality to reflect and add meaning and interest to your message, using pauses to enhance your message, collect information from numerous source, using examples and illustrations to support your points, using visual aid correctly, make sure you stand on the left side of your PPT slide.

Listening to advanced speeches from senior members is also a very good part of the weekly meeting. Story telling speeches are particularly entertaining. How can we forget the story about Sunje's memorable experience at a Dutch family? Mary vividly talked about her father's 5 distinctive lives. That story can be easily transformed into a perfect Hollywood movie script. In addition to learning from senior members from our club, we also have opportunities of attending regional contest meetings to learn from distinguished speakers in the entire region.

The table topic speech session gives us the excellent opportunity to practice our skills to deliver a short speech without a lengthy preparation. The ability to present our opinion or idea in a short notice is very important.

- 1) Think about an interview situation, are you allowed to think very long before you answer a question or present your responses?
- 2) Think about many situations at work you have experienced and you wish you could have organize you speech quickly or effectively to respond a conversation topic, but only regretfully to see that someone else took the lead and acted faster than you.
- 3) People do judge your ability and demeanor when you present. They do not recognize you if you cannot present yourself no matter how good your thoughts are.
- 4) In some worst situations your weakness may result in failing you in a job interview that you have prepared for many days, or an awkward conversation with your boss that you wish it has never happened, or a terrible chat with a beautiful woman that you dream to build a relation with and only to realize later that she doesn't like you because you cannot talk well. She would feel embarrassed to take you to meet her parents or friends.

Continued on Page 6

Con't from Page 5... **Achieving Excellence with Toastmasters Club**

Even if you are already married to your dream lady or man and have a very good job or business, you can still benefit from your improved presentation skills. I have been steadily improving my presentation skills since I joined our club in late 2006. These days, I play more of an active role in many meetings at my work, and catching up with colleagues who used to be superior over me. We all have a common dream when we joined the club. We dream one day we will build a much higher self-esteem, excel at work or in our business, have greater strength in building social relationships through excellent presentation skills. Toastmaster club is the best vehicle for us to achieve our dreams.

Please come and see what it's all about.

What: Citizens for Better Communicators
When: Saturdays
Where: Fremont Adult School
4700 Calaveras Avenue
Fremont, CA 94538
Time: 10 a.m.

To learn more, visit: www.cbcsfbay.org/toastmaster.

2008 Toastmaster Youth Leadership Program

By Eunice Ko, Youth Group Chair

On June 21, the Toastmasters Youth Leadership Program began the 8-week session. Thank you to Anna Muh (emcee) and to many of the CBC board members who came to the ceremony. President David Sheen, V.P. Lisa Quan, Membership Chair Tim Tran, Board Member Henry Yin and Past President Steve Cho gave encouraging speeches. Steve asked the students to challenge their parents to join the adult toastmaster program.

The adult CBC Toastmaster Club President XiPing Yang attended the event as well as the Star Search Toastmaster Club President Albert Mo. We were very fortunate to have two toastmaster clubs supporting our youth program.

This year, we had 37 students divided into two classes: the Speech Craft class and the Toastmaster Youth Leadership class. The Speech Craft instructor was Ms. Alexis Bennett and Ms. Vanessa Clay-Fines led the Toastmaster Youth Leadership class.

Ms. Alexis Bennett has been with EBMUD (East Bay Municipal Utility District) for 13 years. She is a member of Voices of Change Toastmasters Group in Oakland, CA. She has held the role of former Area Governor managing 6 clubs in Oakland, acted as Club President over 2 clubs, has earned the Advanced Toastmaster Silver Award and has participated in this Youth Leadership Program for 5 years. In addition, she has won several speech awards. She loves public speaking and loves teaching.

Ms. Vanessa Clay-Fines joined Toastmasters in February 2003. She is a member of the Voices of Change and has been the club's secretary, vice president of education, Area Governor. She now holds once again the office of the President. She has received her CTM and is currently working on her ATM. She led a summer youth program in 2006 with Cosmopolitan Baptist Church, Isrlight Baptist Church and Shiloh Baptist Church. Her passion is to reach out to the young people to instill life into them taking them to a higher level.

The president of Star Search Toastmaster club, Mr. Albert Mo, helped as a substitute instructor as well as a guest speaker. He has been a toastmaster for six years and has won a speech competition award.

For the first time, we had a student testimonial to cheer on the students. I am so glad to see this student return to toastmasters and see such a fantastic improvement in his voice, gesture and attitude.

We were very fortunate to have the overwhelming support from parents who graciously volunteered for the program. We even received support from parents who previously had children in this program.

The graduation ceremony for the Youth Leadership Program was held on Saturday, August 9. It was such a delight to see the youths improve on their speaking skills in such a short time.

Thank you again for those that have given their continuous support to make this a wonderful program.

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
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2007-2008 Directory

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

Past President:
Steve Cho(510) 797-6426

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

Committees

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

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

Business:
Richard Li.....(510) 979-0065

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: Tim Tran.....(408) 799-5290

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

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

Spring Celebration: Lisa Quan.....(510) 438-6868

Internship Program: Lisa Quan.....(510) 438-6868

Board of Directors

Suzanne Chan	Carl Chen	Herbert Chiu
Amy Cho	Chi Choy	Whisky Ho
Thomas Hom	Mike King	Richard Li
Anna Muh	Thomas Tang	Tim Tran
Albert Wang	Susanna Wong	Ivy Wu
Angela Yang	Garrett Yee	Henry Yin
Irene Yung	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	Simon Chen

MEMBERSHIP APPLICATION / RENEWAL (November 1, 2007 – October 31, 2008)

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

 Home Phone # Office Phone # e-mail

Citizens for Better Community

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2008 Spring Celebration
~ Olympic Torch Sponsor ~

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

Homeless Shelter Meal Service

When: Sunday, August 31, 2008 (4 pm)
Contact: Irene Yung at IreneYung23@hotmail.com

Voter Registration Drive

When: see page 4 for dates/locations/time
Contact: Irene Yung at IreneYung23@hotmail.com

Ohlone College Golf Tournament

When: Monday, September 8, 2008
Where: Castlewood Country Club, Pleasanton
Contact: Connie Teshara at (510) 659-6220

SAVE Breakfast Eye Opener

When: Friday, September 26, 2008 (7:30 am – 9 am)
Where: Fremont Marriott
Contact: SAVE (510) 574-2266

Tri-City Elder Coalition Seniors Night Out

When: Friday, September 26, 2008 (5 pm – 8 pm)
Where: Newark/Fremont Hilton
Contact: Linette Young at (510) 818-9888

Washington Hospital's Top Hat

When: Saturday, October 11, 2008
Where: Elegant Tent on Grounds of Washington West
Contact: WHHF (510) 791-3428

Upcoming CBC Meetings

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

CBC Board Meeting

Wednesday, September 3, 2008
Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, October 1, 2008
Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, November 5, 2008
Place: Carlton Plaza – 7:30 pm