



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 9, Issue 3

May/June 2009

July 4th Parade Needs YOU



Please march in the July 4th parade! We are asking YOU to come join CBC and many other Chinese American organizations to march in the Fremont July 4th parade. This year's theme is "Spirit of the Springs" to be held in the Warm Springs district. Please see page 3 for more details.

Have a safe and fun-filled summer!

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President's Message

By Lisa Quan



Dear CBC members, friends and supporters,

Congratulations are in order for yet another successful Spring Celebration! I know that some of you are still recovering from putting out so much energy and time to make it all happen.

Now that we are half way through the year, I would like to take a moment to review the progress on some of CBC's projects. I am pleased to report that a record number of high school students applied for CBC's summer internship program this year. Also, we have doubled the number of total positions filled. I would like to thank Anna Muh and David Sheen who are the co-chairs for this committee for working so hard to make this such a valuable experience to so many young people. Steve Cho, who is always there to pitch in, also spent a long day interviewing the students along with Anna and David. Now we have a group of bright-eyed students awaiting a summer filled with fun and education!

We all know that CBC serves a very important role in cultivating the quality of life in our community. We also know that without member retention and member recruitment, an organization cannot survive. I spoke with our Vice President and member-recruitment chair Tim Tran and I am informed that a dozen new members have joined in just the past few months. Our membership fees are one of the best bargains in town so I encourage everyone to let any interested family, friends and colleagues know that it's time to join the organization.

The weather is getting warmer and I am thinking about outdoor activities. I guess we are all in luck because we

President's Message continued on Page 2

have the annual CBC barbeque and Fourth of July parade coming up. These two events provide great opportunities to socialize and meet new friends so I encourage everyone to join me out there! Please visit our website at <http://www.cbcsfbay.org> for updates on all our events.

I wish everyone a summer filled with sun and fun!

Respectfully Submitted,

Lisa M. Quan

Lisa M. Quan
CBC President 2009

CBC's 17th Annual Spring Celebration

*By Lisa M. Quan & Tim V. Tran
Spring Celebration Co-Chairs*

This year's 17th Annual Spring Celebration was a success with your continued support! We were so pleased to see everyone enjoying themselves.

Founded in 1992, CBC was formed to initiate, sponsor and promote community events in the areas of education, health, business and civic participation. Through the years we have met and exceeded our commitments to our community. Certainly, fundraising poses quite a challenge this year. However, while the economy may fluctuate, CBC's mission to serve the community cannot be compromised.

CBC understands that our sponsors made an extra effort to support our community this year. Therefore, we are taking this opportunity to thank our each of our institutional sponsors for their generous contributions:

- Fremont Bank
- Fremont Firefighters, Local 1689
- Robson Homes
- Topline Properties
- Washington Hospital Healthcare System
- Kaiser Permanente
- The Yin Foundation
- The Asian Pacific Islander American Public Affairs Association (APAPA)

We also express gratitude to our prize donors and in-kind sponsors. Your charitable gifts are greatly

appreciated and are a testament to your devotion to CBC and the community.

Finally, we would like to recognize the Spring Celebration Committee. This event could not have happened without the blood, sweat and tears of our dedicated volunteers. The team worked tirelessly over the past three months to organize and make this event enjoyable for all. In particular, we would like to thank our event planner, Sharon Yap, who has a knack for making our events run seamlessly. Also, since no celebration would be complete with entertainment, we are immensely grateful to Dr. Herbert Chiu (IDEA Band) and Ray Tong who, together, spearheaded the entertainment portion of our event.

Photographers captured the magic of that evening on film so please take a moment to view the pictures at <http://www.cbcsfbay.org/sc/2009>.

We look forward to seeing you all again next year!

CBC's Citizen of the Year Thank You

Submitted by Gerry Low-Sabado

What a wonderful event!! I can feel the spirit of my ancestors amongst us – joyful that we are bringing a voice to their village of 158 years ago. Thank you to my husband, Randy Sabado, for his patience, understanding, and great support. Thank you to my children, Amber and her husband Marc, and Brandon. Amber and Brandon are 6th generation Quock descendents and their cousin's children are 7th generation living in California. Thank you to all of you who have listened to my stories and to my struggles in bringing about awareness about the Chinese villages on the Monterey Peninsula. Thank you to those who have lent their shoulders for me to cry on. Thank you to CBC and SBCC and all who have supported my efforts, who have encouraged, and even pushed me to persevere in the name of my early pioneering ancestors and their friends who once lived, and fished, and worked in Pt. Lobos, Carmel, Pebble Beach, Pacific Grove, and Monterey.

Thank you to Citizens for Better Community for your support and for this great honor of being your Citizen of the Year.

Upcoming Events....

Come to the Fremont July 4th Parade!

By Amy Cho



Plan now to see the Fremont July 4th parade! Even better, if you feel like being part of the parade this year, you are welcome to come and march too. CBC will coordinate our members as well as those from several other local Chinese American organizations. We often hear Fremont citizens saying how much they look forward to seeing the Chinese Americans turn out. This year, Citizens for Better Community, CBC Toastmasters, South Bay Chinese Club, American Chinese School, Purple Lotus Buddhist School, Sun Kung Fu Academy, and Friends of Children with Special Needs are already planning to join the parade. Tri City Band Corps will be leading in front of us. Not only this, the California Youth Chinese Symphony will be joining us too. They plan to play American patriotic music on Chinese instruments!

Some people are not interested in parades. Some are crazy about them. As one who used to be more or less uninterested, I can personally tell you that once you are in the parade, you become 'electrified'.

To give you some background about the Fremont July 4th parades... this will be the eleventh year of our city's parade. It has become a custom for the parade to rotate to different districts in Fremont (Warm Springs, Centerville, Mission, Niles, Irvington, and North Fremont). This year the parade will be a little more than one mile long and will be held in Warm Springs. There are usually some 80 entries, including bands, drill and dance teams, floats, clowns, antique cars to name a few. The parade assembles on Mayten Way/Whitney Place and Warm Springs Blvd. It will go north on Warm Springs Blvd and end at Hackamore Lane (Warm Springs Elementary School). There will also be a post-parade mini festival at the school. Although the parade takes place on Saturday, 10 a.m. and ends by 12 noon, those who participate in the parade usually need to assemble around 8:30 a.m. The theme this year is "Spirit of the Springs."

Please wear your purple T-shirt if you are a CBC member and have one. Otherwise, it will be great if you can wear red, white and blue. Members of other organizations joining CBC will wear their club T-shirts or uniforms too. CBC will provide flags for waving to all participants. Remember: Whenever possible, try to wear Red/White/Blue. This is the day we celebrate America's birthday!

This year's parade is still in the fund-raising process. The parade committee is asking all citizens of Fremont to help out. To make a contribution, logon to the website www.fremont4th.org. Even a \$1.00 donation helps!

Please call Amy or Steve Cho (510)797-6426 if you have any questions about joining the parade. We're looking forward to seeing you there bright and ea

Summer Time Fun... at the 9th Annual BBQ

It's time for the annual summer BBQ with the South Bay Chinese Club! Come and enjoy the afternoon with great friends and delicious food. Please RSVP no later than Wednesday, July 15th.

Date: Sunday, July 26, 2009

Time: 11:00 a.m. – 2 p.m.

Where: Quail Run Clubhouse ~ 33873 Whimbrel, Fremont

RSVP: Steve & Amy Cho (510) 797-6426

Homeless Shelter Meal Service

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

The Youth Group will serve meals (dinner) on the following Sundays: July 12, August 30, October 11, November 8 and December 13.

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.

South Bay Chinese Service Club's Annual Scholarship Luncheon

Submitted by Willy Yichoy and Tracy Chan, Chairpersons

This year the South Bay Chinese Service Club awarded \$10,000 in scholarships to graduating high school seniors of Chinese descent at our 40th annual SBCSC Scholarship Luncheon held on Saturday, April 25, 2009. SBCSC President Linette Young greeted the graduates and praised them for their outstanding academic records and participation in community activities. Each applicant was introduced and presented with certificates of recognition from Congressman Pete Stark, Senator Ellen Corbett, Assemblyman Alberto Torrico and Alameda County Supervisor Scott Haggerty.

Our speakers were State Senator Leland Yee and former Scholarship recipient Sandy Liao. Both speakers shared their career experiences. They advised the students to pursue their dreams, challenge themselves, work hard and dare to step out of their comfort zones. They encouraged them to pursue their dreams, choose their experiences wisely and strive to keep their integrity. Both presentations were very well received by the students, their parents, club members, donors and local dignitaries.

The 34 applicants represented 5 different high schools in the Tri-City area. They are an impressive group of scholars. Their average GPA is 3.705 and together they have donated over 8,874 community service hours. In this group, there are 10 National Merit Finalists, 16AP Scholars, and 3 students with perfect unweighted 4.0 GPA's. The students are also officers and members of a number of school clubs and in student government.

Our 2009 Scholarship Recipients were:

\$2,000 Scholarship Recipients

Raymond Chou, Mission San Jose High School – Howard Tom Award for Top Honor

Jessica Tse, Mission San Jose High School – CBC Award for Community Service

\$1,500 Scholarship Recipient

Valerie Kosiadi, American High School – Karl Ngan Award for Leadership

\$1,000 Scholarship Recipients

Leo Kao, American High School
Laurence Ku, Mission San Jose High School

\$500 Scholarship Recipients

David Lau, Irvington High School
Caroline Liu, American High School
Jeanette Su, Mission San Jose High School
Huizhen Zhai, American High School – Best Essay

\$250 Scholarship Recipients

Xu Linda Dong, Irvington High School
Emily Low, James Logan High School



2009 SBCC Scholarship Applicants with Guest Speakers State Senator Leland Yee and Sandy Liao and SBCC Scholarship Committee



Alzheimer's Program In Mandarin

Submitted by Angela Yang



Ronald Reagan, Margaret Thatcher, Sargent Shriver (father-in-law of Governor Arnold Schwarzenegger) had one thing in common. They all had Alzheimer's, a progressive and fatal brain disease. It has no current cure, and is the seventh-leading cause of death.

There is an accelerating worldwide effort under way to find better ways to treat the disease, delay its onset, or prevent it from developing. In its effort to provide public health information to the community, CBC co-sponsored an Alzheimer's program in Mandarin Chinese at the Fremont Main Library on May 18, 2009.

Peining Chang from the Alzheimer's Association; and George Lin, an Alzheimer patient care-taker, gave an informative and moving presentation. Many in the audience kept both presenters in the library meeting room long after the program in order to get more information and answers.

Alzheimer's disease is a brain disorder named for German physician Alois Alzheimer, who first described it in 1906. This disease destroys brain cells, causing problems with memory, thinking and behavior severe enough to affect work, lifelong hobbies or social life. It is the most common form of dementia, a general term for the loss of memory and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 70 percent of dementia cases.

Risk factors include age, family history, genetics, head injury, head-neck connection, and depression. The risk of developing Alzheimer's or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol.

There are ten warning signs. 1. Memory changes that disrupt daily life. 2. Challenges in planning or solving problems. 3. Difficulty completing familiar tasks at home, at work or at leisure. 4. Confusion with time or place. 5. Trouble understanding visual images and spatial relationships. 6. New problems with words in speaking or writing. 7. Misplacing things and losing the ability to retrace steps. 8. Decreased or poor judgment. 9. Withdrawal from work or social activities. 10. Changes in mood and personality.

Taking good care of our health, early detection, getting the best possible care that includes financial and legal advices, learning from others, using social services network, supporting those who have Alzheimer's were the important points given at the program.

George Lin gave a vivid account as a care taker of his mother who went through the three major stages of the disease. He quitted his job in Taiwan to come here to take care of his mother recently. In addition to taking English-as-a-Second-Language classes, he has learned to network with the Alzheimer's Association and various social services agencies. He told touching stories of the difficulties in taking care of an Alzheimer's patient, including the night duties when his wife would sleep with the mother-in-law in order to give the patient proper care.

The direct and indirect costs of Alzheimer's and other dementias to Medicare, Medicaid and businesses amount to more than \$148 billion each year. It is both a health care concern and a public policy concern.

The audience was comfortable and appreciative in receiving Alzheimer's information in Chinese and to ask detail questions in their native language. Peining Chang was thankful of CBC's support to help Alzheimer Association outreach to Alameda County's Chinese community. She left several PowerPoint handouts (in Chinese) with me. Please contact me if you want a copy of that outline. If anyone wants to ask Alzheimer's related questions in Chinese, the phone number is (650) 623-3143. For more information, please take a look at the Alzheimer's Association website: www.alz.org.

Congratulations to....



Steve Cho ~ Ohlone College Foundation's 2009 Citizen of the Year



Colonel Garrett Yee ~ Promotion ceremony to Colonel

Chinese Medicine Health Evaluation a Success

By Lillian Huang, L.Ac, O.M.D.

On March 28, 2009, a sunny Saturday afternoon, the highly anticipated Chinese Medicine Free Clinic was held in the Fukaya Room at the Fremont Main Library. People in the community came with questions about their health or the health of their loved ones. This event is part of the annual Chinese Medicine Day celebration for many years. Fremont Main library, Citizens for Better Community (CBC), and United California Practitioners of Chinese Medicine (UCPCM) are the organizers and sponsors of this annual event for the past four years. Its purpose is to introduce Chinese Medicine to our community.

UCPCM is also sponsoring similar events going on in other regions of the Bay Area every year in March. UCPCM is a non-profit professional organization formed since 1995 with Traditional Chinese Medicine practitioners mainly from Northern California. It has become one of the largest and influential professional associations for Chinese Medicine. It always enjoys and appreciates the opportunity to partner up with other community organizations to serve the community.

Although Chinese Medicine has been around for over 2,000 years, it's recognized by the Western world only in the recent decades. Chinese Medicine includes modalities such as acupuncture, tui-na (a form of massage therapy), herbs and other therapies. More and more people realize the benefits of Chinese Medicine and are seeking treatments through it. By doing this event, the community can understand it better and can get first hand information.



This year, the event invited Dr. Lillian Huang, an acupuncturist and a Doctor in Oriental Medicine, to introduce how Chinese Medicine sees Depression and how it might help it. Dr. Erleen Chiang, an acupuncturist and a Qi Gong Master, introduced Dayan Qi Gong and some basic movements to many enthusiastic participants. Participants were very excited about both topics and the information presented was very valuable. At the same time, about a dozen Chinese Medicine Practitioners were there to give free consultation, advices and some treatments (without needles) to many attendees. Members of CBC were there to help with the logistics.

Thanks to all the volunteers, the event was thought to be successful. Hopefully, we will continue this tradition and bring this service to more people in the community for many years to come.

2009 Toastmasters Youth Leadership Summer Program

By Irene Yung, Youth Group Chair

Toastmasters Youth Leadership Summer Program enhances students' communication and public speaking skills not generally taught in schools. The program instills leadership, listening, communication, and self-confidence. Toastmasters Youth Leadership Program is designed for high school students to build up their confidence in speaking by utilizing these skills.

Our Youth Group is very thankful for Citizens for Better Communicator Toastmasters and Star Search Toastmasters Club supporting us this year and, best of all, for guest speakers coming to present their speeches every Saturday. We also appreciate Friends of Children with Special Needs (FCSN) for supporting us with the great facility.

Participants in the Youth Leadership Summer Program need to be currently attending high school 9th grade to 12th grade (At least 9th grade in September, 2009). The students will become more open with their peers, will have fun while they're learning, and will make new friends.

The opening ceremony will be on June 20 and the graduation ceremony will take place on July 25, 2009. All parents are welcome to come and join us. Please visit our CBC website at www.cbcsfbay.org. Should you have any questions, please feel free to contact me at cbc_ylp08@yahoo.com. Toastmasters will be a blast, and I hope the youths will enjoy this program.

2008-2009 Directory

President:

Lisa Quan(510) 438-6868

Vice President:

Tim Tran(408) 799-5290

Secretary:

Bernadette Chinn.....(510) 790-3944

Treasurer:

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

Past President:

David Sheen.....(510) 438-6868

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

Internship Program: Anna Muh.....(510) 468-6666

Board of Directors

Suzanne Chan	John Chen	Herbert Chiu
Amy Cho	Steve Cho	Josephine Chou
Thomas Hom	Richard Li	Anna Muh
Thomas Tang	James Tong	Albert Wang
Susanna Wong	Ivy Wu	Angela Yang
Sharon Yap	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, 2008 – October 31, 2009)

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
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Spouse:

Last Name	First Name	Chinese Name
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Address:

Street	City	State	Zip
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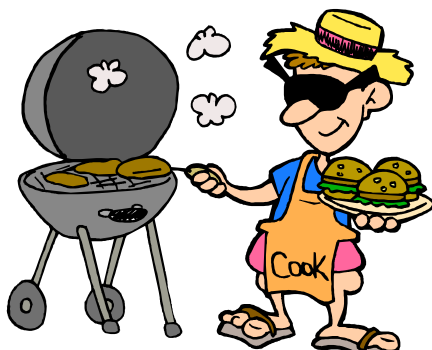
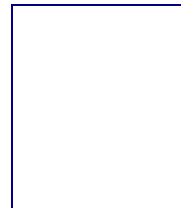
Home Phone #	Office Phone #	e-mail
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Citizens for Better Community

P.O. Box 1

Fremont, CA 94537-0001

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



**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

July 4th Parade

When: Saturday, July 4, 2009 (10:00 am)

Where: Warm Springs District

Contact: Amy Cho (510) 797-6426

CBC Toastmasters Youth Leadership Program Graduation

When: Saturday, July 25, 2009 (noon)

Where: Friends of Children with Special Needs
2300 Peralta Blvd, Fremont

Contact: Irene Yung (510) 659-8618

CBC/SBCC Annual Summer BBQ

When: Sunday, July 26, 2009 (11 am - 2 pm)

Where: Quail Run Clubhouse

Contact: Steve & Amy Cho (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, July 1, 2009

Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, August 5, 2009

Place: Carlton Plaza – 7:30 pm

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.

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