



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 6

November / December 2007



Photo courtesy of Amy Cho

Pictured (left to right): Past President, Steve Cho, with 2007 – 2008 President, David Sheen and Vice President, Lisa Quan. See page 4 for details on the Installation Luncheon.

President's Message

*By David Sheen
(Speech from Installation Luncheon)*



Dear CBC members and friends,

I am David Sheen, the new president of Citizens for Better Community.

I was first introduced to CBC because of one person, my friend ChiaChee Chan, a former Board Member of Citizens for Better Community. For those of you who know ChiaChee, you would agree with me that she is simply a bundle of pure energy. It took her many personal invitations and several visits to my office before I made the time to attend one of CBC's monthly meetings. At my first CBC meeting, I met Anna Muh, who was the President Elect of CBC, and some of the Board Members including: Steve and Amy Cho, Thomas Tang, Teresa Yin, and Lena Zee.

The meeting was full of discussions concerning various upcoming events and activities that CBC members were involved with. I was quite impressed with the sheer volume of information and the energy among the people in the room. As a young boy who grew up in North Carolina, I was not used to seeing so many Chinese folks who were so outspoken and passionate about community services and other involvements. I thought to myself, most of the Chinese or Asian friends that I have had encountered (which there were not that many in NC) were not at all like that. We studied hard, worked hard, and spent most of our non-working time with our family. Isn't that what we Asians do? We are family-oriented, we only mind our own business, and we never get involved with our community at large. That stereotypical view I had of Asians was blown away. I felt that something profound had happened to me...a lingering curiosity loomed in my mind long after the meeting was over.

President's Message continued on Page 2

***Wishing you a
healthy and
prosperous 2008 !***

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Although I was quite impressed with the group's passion in serving the community, I still went back to my busy law practice and continued to work blindly like the rest of my colleagues.

It was not until several months later that ChiaChee contacted me again. This time, she wanted me to be a panelist for one of her Toastmaster speeches. The subject was on the significance of Diversity in the American Society. Being a practicing Immigration Attorney in the Bay Area, she thought that I would have been great for this panel, and so I agreed. That Saturday morning, I showed up at the Best Friends Learning Center where the CBC Toastmaster Club's meetings were being held at that time. The other panelists were: Council member Steve Cho and CBC Toastmaster Club Mentor James Lectner. I also met many more CBC friends that day--among them were Mike King, Josephine Chou and my good friend and Mentor, Mr. Henry Yin. I was again impressed by this group's energy and their eagerness to improve their public speaking skills as well as their willingness to meet and recruit new members such as myself. After attending this Club Meeting, I decided to join the CBC Toastmasters Club.

Several weeks after I joined the club, Josephine and Henry approached me and asked me to attend CBC's monthly membership and board meeting. Given my good experiences from the previous meeting, I gladly accepted the invitation. At that meeting, I met many more of CBC's founders and directors including: Dr. Albert Wang, Dr. Herbert Chiu and CBC's newly installed Legal Counsel, Lisa Quan who later became my good friend, colleague, and my VP this year.

Soon after that meeting, I registered and became a life member of CBC. There weren't any more excuses for me not to get involved. I realized then that I simply can't hide behind my professional work and pretend not to care for what is happening in the community. I finally understood that funny feeling that I had after attending that very first CBC meeting. I was drawn to the CBC force, and it was time to get involved.

I set aside time after work to attend CBC's regular meetings. I also participated in many CBC and Toastmasters events and activities. I was most involved with the Spring Celebration Committee, where I met regularly with other volunteers to plan and promote our biggest annual fundraiser. The Spring Celebration is where CBC gets most of its operating funds and money to support other projects. As a co-chair of this committee last year, I have had the opportunity to meet many of the community leaders and supporters. I am

most proud to have the support of Celebrity Chef, Martin Yan's participation in our event last year. As expected by many of us, the event was sold out weeks before. Time and time again I am impressed and happy to be among my CBC friends who tirelessly and unconditionally devote their time, energy, and resources to support their common vision: a vision of a better community for all.

My parents immigrated to the United States from Taiwan decades ago, with the goal that their children would pursue a higher education and obtain a better life. In that same way, CBC was founded by a number of visionaries who shared the same passion and desire to ensure the well being of Chinese Americans, throughout the community. As our mission statement clearly states, our goal as a community organization is "To initiate, sponsor, and promote community events that will affect the well being of Chinese Americans with emphasis on health, education, business and community involvement."

Since its establishment in 1991, CBC has created and supported many programs and projects that directly benefit Chinese Americans and the local community. Such programs include our CBC Toastmasters Club, CBC Summer Internship Program, and Youth Leadership Program. We have also been firm supporters of many community based projects and organizations such as Friends of Children with Special Needs, Fremont Libraries, Chinese Language Schools, and Ohlone College Foundation.

As the new President of CBC this year, my goal is to continue to recruit new members and bring in new blood and energy to our organization. I also strongly urge our current members and directors to initiate and sponsor both new projects and events that will improve and benefit our community. We also need to be conscious about the changes in our community and to encourage interaction among all community groups.

In sum, I would like to say that I am honored and proud to be part of this amazing organization. As the new president this year, I ask for your continual support, and I look forward to working with all of you to carry our mission.

Warm Regards,
David Sheen
David Sheen
President

You're Invited to the Christmas Party

By Amy Cho



CBC and South Bay Chinese Club will co-sponsor our Christmas party again at Aegis Gardens Senior Retirement Center. Make your plans to come see friends and enjoy fun times while spreading the good cheer to others! Come see the beautifully decorated Aegis Gardens.

Date: Saturday, December 8, 2007

Time: 3 - 6 p.m.

Place: Aegis Gardens

Address: 36281 Fremont Blvd., Fremont (across from American High School)

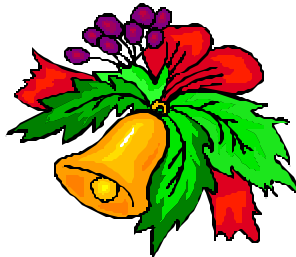
Cost: \$5 per adult or child 10+ years of age to help defray dinner expenses

Bring: One new unwrapped Toy (LOV will provide a Toys for Tots container)

RSVP: Amy Cho (510) 797-6426 or e-mail at asbcho@aol.com or Bernadette Chinn (510) 790-3944 or e-mail at mahal2022@aol.com.

You'll be entertained by the Fremont Senior Sweet Harps playing harmonicas. We'll have dinner hosted by the two organizations and Aegis Gardens afterwards. Last year, we all had a great time with the seniors.

Please allow time for parking. Parking at Aegis Gardens is very limited but can be found easily on side streets. Do try to be prompt, so the program can start on time.



Membership Dues

The new membership year began on November 1, 2007. Please complete the form on page 7 and send in your dues now. Better yet, become a lifetime member and never worry about your annual dues again. Your dues help pay for our CBC newsletter. Thanks in advance for your support!

2007-2008 SBCSC Scholarship Program

By Willy Yichoy, Co-Chair

The South Bay Chinese Service Club (SBCSC) annually awards scholarships to exemplary high school students of Chinese descent. This year the scholarship program will again be focusing on those students residing in the cities of **Fremont, Newark and Union City**. The purpose of the scholarship program is to recognize these talented students for their hard work and achievements, and to provide encouragement for the challenges ahead.

Scholarship applications are available in the high school career centers and can also be downloaded from the club website: <http://www.sbcclub.org>.

The date and venue of the Scholarship Luncheon have been set for **Saturday, April 5, 2008** at the **Courtyard by Marriott** in Newark. David Louie, ABC News Channel 7, will be our featured speaker.

As always, your continued support of this program is essential to its success so please make your donation and send it to:

SBCSC
c/o Gordon Jang
38742 Glencoe Drive
Fremont, CA 94536

We're counting on your participation and are looking forward to your continued support.

If you have any questions or comments regarding the SBCSC Scholarship program, please let me know at willy51@aol.com, or (510) 792-6961. Thank you.



2007 Scholarship Luncheon

CBC Celebrates Installation of Incoming President and Board of Directors

By Amy Cho



Another successful year has passed, Chapter 15 ends and Chapter 16 begins!

CBC 2006-2007 President Steve Cho handed the gavel over to 2007-2008 President David Sheen at an Installation Luncheon held at the Fremont-Newark Hilton on October 28, 2007. As in previous years, CBC also honored the summer interns. These were the senior high school students who CBC selected to intern in local city and legislator's offices.

Past President Josephine Chou opened the luncheon, which was enthusiastically attended by young interns, their parents, CBC members and guests. Josephine thanked Steve for energetically leading CBC through a year that was filled with many events. Steve, in turn, said that the credit should not be his alone and Steve went on to thank all for their support throughout the year. Steve also quoted an old Chinese proverb, "the current generation plants the trees, so that the next generation can enjoy the shade." In that spirit, CBC members should think about making this a better place not only for current times, but also for the times to come.

Before the official installation of the incoming officers, the summer interns treated us to short speeches. They each told us about their experiences. Even at their young age, they had dealt with angry phone callers, worked side by side with famous legislators, been immersed in business environments, and sometimes had to improvise new answers for callers on the phone. Previous CBC interns have provided feedback to tell us that this summer intern program is often the first opportunity for young people to develop insight and skills in very important areas. CBC thanks Lisa Quan for coordinating the Summer Intern program this past year.

At the conclusion of the luncheon, we were very fortunate to have Judge Keith Fudenna, Alameda County Superior Court, to install the entire 2007-2008 CBC Officers and Board. Some new faces to the Board include Tim Tran, Irene Yung, and Richard Li.

Please see page 7 for the 2007-2008 Directory.

Congratulations to President David Sheen and all the board members. We are surely here again to support you this coming year!



2007 Interns with Coordinators
Lisa Quan and David Sheen

CBC thanks the following local city and legislator's offices and interns:

Sean Hsieh ~ Sup. Scott Haggerty & Bill Harrison
Alicia Lew ~ State Senators Ellen Corbett & Elaine Alquist
Catherine Lin ~ Sup. Scott Haggerty
Eva Mak ~ State Senator Elaine Alquist
Sophia Wang ~ State Senator Elaine Alquist
Sharon Wong ~ Sup. Scott Haggerty
Catherine Zhu ~ State Senator Elaine Alquist & Assemblymember Mary Hayashi

Upcoming Event

CBC to Co-Host 9th Annual Chinese New Year Celebration "Year of the Rat"

Citizens for Better Community (CBC), the South Bay Chinese Club (SBCC), the Fremont Main Library and the Tri-City Chinese School will host the 9th Annual Chinese New Year Celebration at the Fremont Main Library on **Saturday, February 16, 2008**. This event is geared towards families and anyone interested in the culture. Each year participation and interest have grown at this event and we expect the same next year. Please save the date.

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: Amy Cho, Steve Cho, David Sheen, Madhu Vulpala, Willy Yichoy

Pursuit of Happiness

Note: This speech was presented by Madhu Vulpala, CBC Toastmaster's VP of Membership, at a Toastmasters meeting.

I'll be happy after I go to America, Land of Dreams. Once I graduate and get a full time job, I will be happy. Once I get married, I know I'll be happy. I'll be happy as soon as I get that promotion at work.

But am I happy now? No. If I could only get out of my mortgage debt, then I'd be happy. If my husband would only pay more attention to me, I know I'd be happy.

Do these things sound familiar? Are you putting off your happiness waiting for that something which is going to change your life? If so, you, like me, may be in for a long wait. We feel that if only this problem got solved, we would be happy after that. The problem goes away eventually; but are we happy after that? May be. If so, for how long? There are already some other problems in the pipeline waiting for us to cry over them, fuss over them, eat over them, sleep over them. They disturb our physical and mental balance, take away our peace, and ruin our spirits.

So, fellow toastmasters and honored guests, show me one person in this world who is truly happy with his life.

At Harvard University, students are flocking to a new class called "Positive Psychology," which has become the most popular course on campus. Twice a week, some 900 students attend Tal Ben-Shahar's class on what he calls "How to get happy." He achieved personal happiness by taking himself off the tenure track -- because not having to publish papers makes him happy.

Tips for Happiness from Tal Ben-Shahar

Exercise simplicity. We are, generally, too busy, trying to squeeze in more and more activities into less and less time. We compromise on our happiness by trying to do too much. Research indicates that Americans today are significantly less happy and more depressed than our parents and grandparents ever were, despite all the computers, iPods, plasma TVs, and other grown-up toys that are increasingly available to us. Running after dollars to get that special goody--whether it's a new pair of shoes or an updated kitchen--can wear you down, and suck time and energy away from the things that really matter. Consider what happens to lottery winners: They experience a

temporary post win high, but within 3 years their happiness levels revert to what they were prejackpot. Appreciate life and be happy with what you have, not what you do not have. Exercise simplicity.

Give yourself permission to be human. When we accept emotions -- such as fear, sadness, or anxiety -- as natural, we are more likely to overcome them. Rejecting our emotions, leads to frustration and unhappiness. Don't envelop yourself with a wall of false prestige. Comparing yourself to others--whether the amount of free time you have, your success at work, who you've dated or married, or what you're wearing--is a happiness toxin. Experts believe that true joy lies not in chasing happiness but looking inwards and finding reasons to feel happy. Often it's the simple pleasures of life that make us happiest at all times.

Be with the ones you love. Research shows that time with loved ones is a primary source of fulfillment. Learn to appreciate and savor the wonderful things in life, from people to food, from nature to a smile.

Maintain your health. It's easy to take health for granted until you don't have it anymore. But it turns out that the healthier you are, the more likely you are to be happy. The obvious moral is that you'll be happier if you eat right, exercise, get adequate sleep, get preventive care, and reduce your stress level.

Money is not everything. If you don't have food, shelter, and clothing, then making enough money to cover basic needs will definitely increase your happiness. But beyond that, studies show that extra money matters relatively little. People who live in Nigeria, where the annual per capita income is a mere \$1,000 and material comforts are few, report considerably more happiness than do average Americans. So, happiness does not come necessarily with status or the state of our bank account.

Dependent on our state of mind. Barring extreme circumstances, our level of happiness is determined by what we choose to focus on (the full or the empty part of the glass) and by our interpretation of external events. Unfavorable circumstances, such as abusive relationships, accidents, loss of employment, and conflicts, diminish the amount of happiness a person experiences. However, according to several ancient and modern thinkers, happiness is influenced by the attitude and perspective taken on such circumstances.

So, the summary is Happiness is a state of mind; therefore the real source of happiness lies in the mind, not in external circumstances. The simple fact is,

con't on page 6

Dr. Albert Wang Honored by KQED and Kaiser Permanente

By Matthew Artz
(Article in *The Argus* on October 11, 2007)

A Fremont doctor who helped start a nonprofit that assists the developmentally disabled has been honored by KQED and Kaiser Permanente.

Dr. Albert Wang, who helped pioneer Friends of Children with Special Needs, was one of four Bay Area residents bestowed with a Disability Culture award by the public broadcasting station.

The award comes with a \$500 grant from Kaiser Permanente that Wang has donated to the nonprofit, which last year opened the \$2.5 million, 6,000 square-foot Dream Center in Fremont.

"It's an honor to be recognized but the entire group deserved the credit," said Wang, a doctor at the Palo Alto Medical Clinic. "There is no way I could have raised the money to build the center myself."

Since opening the center, the group has expanded its afterschool program from two days to four days a week. It also has started an adult day program for people with disabilities such as autism, Down syndrome and cerebral palsy.

Other new programs at the center include adult kung fu classes and music camps for children, about two-thirds of whom are autistic.

The center serves between 150-200 people, Wang said, with hundreds more attending the organization's programs in community centers and churches in cities from Richmond to San Jose.

Most programs, which cost about \$10 per session, are supervised by volunteers or teachers being paid a small stipend, Wang said.

The organization, which counts about 500 families as members, was founded 11 years ago primarily to support Chinese-American immigrant families with disabled children, who might have been reluctant to sign up for social services.

It has gained popularity with other ethnic communities, Wang said. About one-third of participants in the adult day program are non-Chinese.

For more information about programs at Friends of Children with Special Needs, call (510) 739-6900.

CBC Past President Thanks All

By Steve Cho



My term as president of CBC has now ended and David Sheen has been sworn in as CBC's new president. My congratulations to David for accepting the nomination and for his willingness to take on the challenge of leading CBC.

I would like to take this opportunity to thank everyone for giving me the honor of being president of CBC this past year. I wish to acknowledge all the officers, board members and friends who sacrificed their time and contributed their efforts in making this past year a memorable and successful one. Your support and friendship and your willingness to help with the many projects and events throughout the year is very much appreciated.

As we go forward into the next year, please give your support to David and his board. He will be counting on you to carry on CBC's fine tradition of community service.

Thank you again and best wishes to all.



Pursuit of Happiness....con't from page 5

happiness and fulfillment are within our grasp - right here, right now. Life is a journey, and we make it what it is - good or bad. For happiness and fulfillment doesn't come at the end of the journey, but rather, is found in the journey itself. Find out what you want to be happy! (end of speech)

Come and visit CBC's Toastmasters Club.

What: Citizens for Better Communicators

When: Saturdays

**Where: Fremont Adult School
4700 Calaveras Avenue
Fremont, CA 94538**

Time: 10 a.m.

To learn more, please visit: <http://www.cbc-sfbay.com/toastmaster>.

2007-2008 Directory

President:
David Sheen(510) 438-6868

Vice President:
Lisa Quan(510) 770-3900

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

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:
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	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
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Spouse: _____

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

Address: _____

Street	City	State	Zip
--------	------	-------	-----

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.cbc-sfbay.com>

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Save the Date

CBC's 16th Annual Spring Celebration Saturday, March 22, 2008

Details to follow....

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

Toastmasters (Citizens for Better Communicators)

When: Saturdays (10:00 am)

Where: Fremont Adult School

Contact: Xiping Yang at xipingy97@yahoo.com

CBC/SBCC Christmas Party

When: Saturday, December 8, 2007 (3 pm)

Where: Aegis Gardens (across from American High)

Contact: Amy Cho at asbcho@aol.com

CBC/SBCC Chinese New Year Celebration

When: Saturday, February 16, 2008

Where: Fremont Main Library

Contact: Amy Cho at asbcho@aol.com

Fremont/F.U.N. Rotary Chinese New Fundraiser

When: Sunday, February 17, 2008 (6 pm)

Where: Mayflower Restaurant (Union City)

Contact: Henry Yin at hmyin@comcast.net

CBC Annual Spring Celebration

When: Saturday, March 22, 2008

Where: Hilton Newark/Fremont

Contact: David Sheen at david@jd-global.com or Lisa Quan at lisaq@qkfremontlaw.com

Upcoming CBC Meetings

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

CBC Board Meeting

Wednesday, December 5, 2007

Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, January 2, 2008

Place: Carlton Plaza – 7:30 pm

CBC Board Meeting

Wednesday, February 6, 2008

Place: Carlton Plaza – 7:30 pm

