



# 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 15, Issue 1**

**January - March 2015**

*You're Invited....*



For sponsorship information and event tickets, please contact Kathy Jang at (510) 790-0740 or [kjang@cbcsfbay.org](mailto:kjang@cbcsfbay.org).

## President's Message

By Ivy Wu



Dear CBC Members and Friends,

As we are starting a new year, the Year of Ram, I would like to share my personal goal and encourage everyone to RAM along with me:

- R = be Ready to make necessary changes and take calculated risks
- A = be Authentic in connecting with people and building healthy relationships
- M = be Motivated in working and serving efficiently with joy and gladness

When I was asked to serve as the CBC President for the third term, I was totally unwilling, because I felt over-worked and under-supported. I guess when I thought in terms of what I did and what I got in return, I felt short-changed. But, when I was able to see beyond "me" to focus on "us", then things began to look different.

The important lesson for me is to stop trying to do too much on my own strength and getting frustrated, but to build better collaboration with the CBC Board and Staff by improving communication and delegation. When I shared my thoughts with the team, I was humbled and moved to see some Board members and staff stepping up to take on more responsibilities and share the load. By doing this, they not only offered me understanding and support, they also extended grace and friendship.

As a way to strengthen our teamwork, I asked each Board member and Staff, at our annual installation luncheon, to look at CBC as a body, and to name him/herself as a part of this body. Many said, "hands",

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and others said, "shoulders, nose, heart, toes, right hand, neck, etc." What a body we would have when we all carry out our function! Yes, some members may do more than others, but we need to be mindful not to count who is doing what and how much each person is doing. We should be thankful for every little contribution that is made and make it count.



It is my wish that this will be a very special year for everyone at CBC because we will try to put in greater effort to work together to serve each other and serve our community. Hopefully, my personal goal will also be CBC's goal, so that the Year of Ram will be a year of RAM (Readiness, Authenticity, Motivation). I would like to see CBC taking necessary risks and steps to make changes for the good of our organizational purpose; connecting with our members and friends in a genuinely sincere and caring way; and staying energetic and innovative in reaching out to meet the needs of our community.

One of the first things that we did since the installation of new Board members and officers is to celebrate Christmas with the seniors at Aegis Garden.



We have also been supporting Fremont Warming Center for the homeless this winter season. This is a program jointly sponsored by the City of Fremont Human Services Department and CityServe's Compassion Network to provide meals and overnight housing for people who are without shelters on extremely cold days and/or rainy days.



To plan and prepare for our annual Spring Celebration Gala which will be held at the Fremont Marriott Hotel on April 25, 2015, CBC SC Gala Committee has been meeting to discuss the programs and logistics for the 2015 Year of the Joyous Ram - 喜氣洋洋Gala.



We certainly have started this new year with refreshed outlook and new energy. Hope we will be able to carry out our goals by continuing to serve with enthusiasm throughout the year to make our community better.

May 2015, the year of Ram (RAM), be a year of Readiness, Authenticity and Motivation for everyone!

Sincerely,

Ivy Wu  
吳葦  
CBC President 2014-2015

## PSA Encourages Bi-Cultural Chinese Parents to Recognize Emotional Issues and Seek Support for Their Children

*News Brief from City of Fremont; released Friday, February 6, 2015*

Every parent's goal is to raise confident, healthy and successful kids, but oftentimes, parents are unaware or find difficulty in helping their children combat depression, anxiety and/or phobias. And as today's youth faces pressure from parents, peers and social media, it's more important than ever for parents to pay special attention to their children's social and emotional development.

Thanks to a Kaiser Community Foundation grant, the City of Fremont Youth and Family Services (YFS) received \$30,000 to develop parent awareness, promote education for Mandarin-speaking families and increase access to essential mental health services for Chinese American youth.

Chinese-American community leaders and volunteers supported City of Fremont Youth and Family Services Division in the creation and production of a public service announcement, encouraging other Chinese parents to recognize emotional issues their children may be facing and to seek professional mental health services.

You can watch our 90-second video at [www.Fremont.gov/Mandarin90](http://www.Fremont.gov/Mandarin90)  
You can watch our 3-minute video at [www.Fremont.gov/Mandarin3](http://www.Fremont.gov/Mandarin3)

"Often, eastern cultures discourage emotional expression and prefer to solve issues privately within the family because they feel embarrassed when disclosing concerns," says Dr. Helen Hsu, a clinical psychologist at YFS, and current Vice President of the Asian American Psychological Association. "Our goal is to provide information to decrease community stigma, which creates barriers to good student health."

Fremont Youth and Family Services has offered parenting education workshops in Mandarin to the Tri Cities area since 2012. Building on the success of these workshops, the division plans to build capacity to reach parents of children 0 years to 18 years. Workshops will provide a culturally responsive and supportive environment for parents to gain knowledge and skills from a licensed mental health counselor about child development, strategies for optimizing social and emotional success, along with stress management techniques. The workshops also provide parents with a place to build relationships and peer support with other parents. Topics include:

- Bi-cultural parenting
- Responding to challenging child behaviors
- Improving family communication
- Awareness of youth culture and school pressures
- How to recognize warning signs of serious mental illness

YFS, as well as other providers, strive to make its services available to Fremont and Tri-City residents by offering a variety of school-based programs, in addition to workshops. YFS is just one of the City's many divisions within the Human Services Department. Fremont is fortunate to have numerous programs dedicated to children, youth, families, and seniors.

For more information on these workshops and available support and services, please contact Fremont's Youth and Family Services' Joan Zhang at 510-574-2157 or [jqzhang@fremont.gov](mailto:jqzhang@fremont.gov), or visit [www.Fremont.gov/YFS](http://www.Fremont.gov/YFS).

The City of Fremont strongly encourages wide distribution of these public service announcements via television, radio, websites, and social media:

- 90-second video: [www.Fremont.gov/Mandarin90](http://www.Fremont.gov/Mandarin90)
- 3-minute video: [www.Fremont.gov/Mandarin3](http://www.Fremont.gov/Mandarin3)

# CITIZENS FOR BETTER COMMUNITY

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## CBC YOUTH GROUP



**Mission:** Enhance character-building, confidence, self-efficacy, civic and social responsibility, leadership & organization skills, and teamwork through participation in CBC programs and activities.

Contact Anna Muh: [annatmuh@yahoo.com](mailto:annatmuh@yahoo.com)

<http://www.cbcsfbay.org/commitees/youth-group/>



### 2015 Summer Internship Program

Registration Deadline: 3/28/2015

Offering Local Chinese American Youth:

- Communication and Leadership Skills Development
- Exposure to the Legislative Process (Federal, State & Local)
- Opportunity to Work with Legislators

<http://www.cbcsfbay.org/Internship-program/>



### 2015 Summer TYLP Program

Registration Deadline: 5/9/2015

Toastmasters Youth Leadership Program (TYLP) is designed under the guidelines of Toastmasters curriculum to develop the public speaking and leadership skills of young adults to better prepare them to meet the demands and challenges of today's world.

<http://www.cbcsfbay.org/2015-toastmasters-youth-leadership-program/>



**NO ONE EATS ALONE** is a nation-wide program organized by Beyond Differences, and its goal is to empower middle school students to change the school culture from one of social isolation (i.e. the feeling of being left out, lonely or invisible) to one of acceptance and inclusion (i.e. the feeling of being included, valued and accepted by their peers).

To support this student-led initiative not only for 6th - 8th graders, but also for all students in Fremont Unified School District (FUSD), we encourage all schools to get free resources backpack at <http://fuss4schools.us5.list-manage.com/track/click?u=05daf761055070cdebbf13a71&id=e55aa0f90f&e=d7759938d3>.

**STEP 1:** All students are invited to participate in the National No One Eats Alone Day on **February 13, 2015**, Friday, by inviting other students who are eating alone to join them at their lunch table. Suggestion for some of the table topics:

- Which would you choose? If you had to (e.g. Wear crazy socks or a crazy hat; Have a bag of Skittles or M&Ms; lose your arms or your legs...)
- Tell people how you got your name or nicknames.
- What if? (e.g. You were an animal, what would you be and why? You could wish one thing to come true this year, what would it be?)
- Charades (e.g. animals, food, movies, books)

**STEP 2:** To make the initiative more meaningful and impactful, we encourage schools to make every Friday "No One Eats Alone Friday". We would like to work with the district staff, city and community organizations, professional counselors, and school psychologists to provide trainings and guidance for students who wish to take the lead in developing inclusive behavior both in person and online.

## Fremont Dentist Named President-Elect of American College of Dentists

Lifetime CBC member, Steve Chan, D.D.S., F.A.C.D. was elected President-elect of the American College of Dentists in October 2014 national ceremonies in San Antonio, Texas. Dr. Chan is the third non-Caucasian in its 84 year history to serve in this position and the first of Asian heritage to do so.



The American College of Dentists is the oldest national honor society for the profession of dentistry in the United States. The College recognizes meritorious contributions to the profession and society. The designation of Fellow to the American College of Dentists is granted by invitation only. Only 3% of dentists are granted this honor.

The mission of the college is to advance excellence, ethics, leadership, and professionalism for the profession. The College is known as the "conscience of the profession."

Dr. Chan previously served as the President of the California Dental Association as well as chair of its various subsidiary companies, Founder of the California Dental Association Foundation, and President of the California Society of Pediatric Dentistry.

He has been on the Medical Staff of Washington Hospital (Fremont, California) for over 30 years, the medical staff of Kaiser Hospital, Chair of the Measure A Bond Oversight Committee for Ohlone College, Commissioner for the Fremont Library, and the Alameda County Grand Jury.

His wife Suzanne is the Vice Mayor for the City of Fremont. She is the current national President of the Asian Pacific American Municipal Officers for the National League of Cities. They have two sons who are entrepreneurs in the high tech industry.

Dr. Chan is a 1978 Graduate of the Georgetown School of Dentistry. He has been in private practice in the city of Fremont for 35 years.

## FREE Tax Preparation & E-Filing You Can Trust

Submitted by Fremont Resource Center

Trained IRS-certified VITA tax preparers from the SparkPoint Fremont Family Resource Center (FRC) Volunteer Income Tax Assistance (VITA) Program will be providing **FREE** quality tax preparation with e-filing for qualified individuals and families with household income of \$53,000 or less annually. Since 2002, FRC VITA has helped over 16,000 families and individuals to receive over \$25 million in refunds. You may qualify for up to \$6,044 of additional refund through the Earned Income Credit.

VITA is sponsored by the United Way of the Bay Area's Earn It! Keep It! Save It! Coalition & the IRS.

### COME TO ONE OF OUR MANY LOCATIONS TODAY!

#### **Fremont Family Resource Center**

39155 Liberty Street, Bldg EFGH  
Fremont, CA 94538

February 2 to April 15, 2015 (closed Feb. 16<sup>th</sup>  
for President's Day)

Mondays & Wednesdays – 4 pm to 8 pm

Fridays – 10 am to 1 pm

**\*\*FREE** on-site child care provided (first come  
basis, space is limited)\*\*

#### **Holly Community Center**

31600 Alvarado Boulevard  
Union City, CA 94587

February 7 to April 11, 2015 (closed March 14)  
Saturdays Only – 10 am to 1 pm

#### **Newark Library**

6300 Civic Terrace Avenue  
Newark, CA 94560

February 7 to April 11, 2015 (closed March 14)  
Saturdays Only – 10 am to 1 pm

#### **Union City Library**

34007 Alvarado-Niles Road  
Union City, CA 94587

February 7 to April 11, 2015 (closed March 14)  
Saturdays Only – 10 am to 1 pm

#### **Tri-City Volunteers**

37350 Joseph Street  
Fremont, CA 94536

February 3 to April 14, 2015  
Tuesdays Only – 10 am to 1 pm

#### **By APPOINTMENT ONLY**

Call Sara at (510)793-4583 for an appointment

*File your taxes now!*

*Due: April 15, 2015*

#### **WHAT TO BRING**

- Picture ID for you & spouse, if married, and original Social Security / ITIN Cards or letters for all persons to be listed on tax return; married couples must come together
- 2014 tax documents such as W-2s, 1099s, 1098s, etc
- **Your household's health coverage information (1095-A if bought through Covered California)**
- Other 2014 records for charitable contributions; property tax bill; DMV registration bill; childcare provider info and expenses; college expenses; landlord info; business incomes and expenses, etc.
- **DIRECT DEPOSIT INFO for FASTER REFUND** Bring a voided check or **bank routing number & checking and savings account info** (deposit or withdrawal slips are not acceptable). **Split your refund and enter a chance to win a raffle prize!**
- 2013 tax return

#### **WE WILL NOT DO:**

- Married filing separately
- Self-employment and sole propriety business with expenses over \$10,000, depreciation, losses, and office in the home
- Rental income with rental expenses
- IRA conversions
- **Other tax situations may be Out-of-Scope**

For more information, please contact SparkPoint Fremont at (510) 574-2020 or visit [www.Fremont.gov/SparkPointFRC](http://www.Fremont.gov/SparkPointFRC)

## 2014-2015 SBCSC Scholarship Applications Available

Every year, CBC's sister club, the South Bay Chinese Service Club awards scholarships to exemplary high school graduating seniors of Chinese descent. Children of club members and students residing in **Fremont, Newark, or Union City, CA** are eligible to apply.

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 award recipients are selected based on their academic achievement, leadership qualities, extracurricular achievements, community services, and a number of other factors. The actual number of scholarships will be determined by the amount of donations received. In 2014, thanks to the generous contributions by our major sponsors and individual donors, our organization awarded one \$2,000 scholarship, four \$1,000 scholarships, and thirteen \$500 scholarships to 18 students for a total of \$12,500 in awards.

The 2014-2015 SBCSC Scholarship application is now available. For more information, please visit <http://www.southbaychineseclub.org/scholarships2015>.

## Upcoming Events...

### CBC to Co-Host Annual Chinese New Year Celebration "Year of the Ram"



Citizens for Better Community, South Bay Chinese Club, Association of Northern California Chinese Schools (ANCCS), and the Fremont Main Library will again celebrate the Chinese New Year on **Saturday, February 21, 2015**, from 1 - 4 p.m. This year we celebrate the Year of the Ram! The official date for the new lunar year is February 19, 2015.

This event is for families, youngsters and anyone interested in Chinese culture. Art and craft booths will be set-up at the library from 1 - 4 p.m. in the Storytime Theater. Children will get hands-on experience doing the crafts (such as fortune cookie pin making and Chinese lantern making) themselves and creating special treasures to take home.

Also be sure to see the entertainment program which takes place between 1:00 – 2:00 p.m. in the Fukaya room. The performances include Chinese instruments, Legend Kung Fu, Chinese song and poem, Chinese Yo-Yo and many others. It is fascinating to see the talents we have right here in our own community.

**Volunteers are always appreciated.** We are looking for members who can volunteer 3 hours of their time on Friday afternoon, February 20, starting promptly at 12:00 noon to help decorate for the Chinese New Year event and then also on Saturday, February 21 from 1 p.m. to 4 p.m. to help with children's crafts and many other areas.

If you know of others who might have crafts to demonstrate, please also let us know. All the supplies will be provided! We only need your time and effort.

If you would like to help, please call Amy Cho at (510) 797-6426.



### Homeless Shelter Meal Service

The CBC Youth Group serves meals at Sunrise Village in Fremont. 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 community service hours upon completion.

There are 5 meal services remaining for the year.

- **Sunday, March 29** (dinner)
- Sunday, April 19 (lunch)
- Sunday, June 21 (lunch)
- Saturday, August 29 (lunch)
- Sunday, November 29 (dinner)

For more information, please contact at [sharonjiang@sbcglobal.net](mailto:sharonjiang@sbcglobal.net).

**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."*

**CBC's Vision Statement:**

*"CBC will be a model of excellence in community service by facilitation and motivating Chinese American involvement in the community."*

**2014-2015 Board Directory**

**President:**

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

**Vice Presidents:**

Herbert Chiu, DDS.....(510) 471-3777

Thomas Tang .....(510) 438-8998

**Secretary:**

Wilson Hu.....(925) 480-7305

**Treasurer:**

Steve Cho .....(510) 797-6426

**Legal Counsel**

Lisa Quan .....(415) 238-1893

**Executive Director**

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

**Committees**

**Education:**

Yang Shao.....(510) 687-9184

**Health:**

Dr. Herbert Chiu.....(510) 471-3777

**Business:**

Henry Yin.....(510) 676-7139

**Community Involvement:**

Dr. Albert Wang.....(510) 657-6610

**Culture Exchange:** Lena Zee .....(510) 421-6666

**Youth Group:** Anna Muh.....(510) 468-6666

**Social Activities:** Amy Cho.....(510) 797-6426

**Spring Celebration:** Richard Li .....(650) 207-3804

**2014-2015 Board of Directors**

David Bonaccorsi

Cecilia Chang

Carl Chen

Simon Chen

Peggy Chiou

Amy Cho

Whisky Ho

Ro Khanna

David Lam

Judy Lam

Lily Mei

Anna Muh

Wing Ng

Yang Shao

David Sheen

Tim Tran

Albert Wang

Sharon Yap

Henry Yin

Lena Zee

**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 [kjang@cbcsfbay.org](mailto:kjang@cbcsfbay.org).

**Publisher:** Kathy Jang

**Committee:** Dr. Herbert Chiu, Steve Cho, Dr. Albert Wang

**Contributors:** Dr. Steve Chan, Amy Cho, Fremont Resource Center, Sharon Jiang, Ivy Wu

**CBC Membership Dues**

The new membership year began on November 1, 2014. The membership renewal form should have been received with your CBC election ballot or can be found below. Please complete the form and send in your dues today!

**Welcome new member  
Kay Emanuele!**

## Calendar of Events

### Chinese New Year Celebration

When: **Saturday, February 21, 2015 (1 pm)**  
Where: Fremont Main Library  
2400 Stevenson Blvd, Fremont  
Contact: Amy Cho (510) 797-6426

### Summer Internship Program

Application Due: **Saturday, March 28, 2015**  
Contact: [annatmuh@yahoo.com](mailto:annatmuh@yahoo.com)  
or (510) 468-6666

### Homeless Shelter Meal Service

When: **Sunday, March 29, 2015 (dinner)**  
Contact: [sharonjiang@sbcglobal.net](mailto:sharonjiang@sbcglobal.net)

### CBC Spring Celebration

When: **Saturday, April 25, 2015 (5:30 pm)**  
Where: Fremont Marriott  
46100 Landing Parkway, Fremont  
Contact: [kjang@cbcsfbay.org](mailto:kjang@cbcsfbay.org)

### Toastmasters Youth Leadership Program

Application Due: **Saturday, May 9, 2015**  
Contact: [annatmuh@yahoo.com](mailto:annatmuh@yahoo.com)  
or (510) 468-6666

## Upcoming CBC Meetings

*\*Note: Meetings have been changed to bi-monthly with special meetings to be determined.*

*Prior to each meeting, there will be set-up and a social "hour" from 7:15 p.m. Meetings begin at 7:30 p.m. at Carlton Plaza, 3800 Walnut Avenue, Fremont.*

- ~ Wednesday, April 1, 2015*
- ~ Wednesday, June 3, 2015*
- ~ Wednesday, August 5, 2015*

General meeting from 7:30 p.m. is open to guests and CBC members. To be followed by a meeting for the Board.

*Save the Date!*

*23<sup>rd</sup> Annual Spring  
Celebration set for*

*Saturday, April 25, 2015*

## MEMBERSHIP APPLICATION / RENEWAL (November 1, 2014– October 31, 2015)

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