

OCA SAN MATEO

Embracing the hopes and aspirations of Asian Pacific Americans



President's Message

Chris Bush

Greetings – This year has gone by quickly. We had our first ever retreat to reevaluate our programs for its relevance and importance with the changing demographics of our members and youth. We will be continuing most of our signature programs and events such as the Speak & Lead with Pride, Gala & Fundraiser, Young OCA, Internship and participate in Chinese Health Initiative (CHI).

The action plan is to create an elevator speech to pitch our mission, arrange 3 educational workshops/speaker forums targeting millennials to create interest, re-invigorate and re-formulate YOCA.

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We have two new interns. Albert Hao is a sophomore at Aragon High School and Jacqueline Kao is a senior at San Mateo High School. They are very busy helping us create our newsletter, preparing for events and fundraisers and currently they are redesigning our website. We are really grateful and appreciate everything that they are helping us accomplish along with their heavy school work.

We had our year end activities to round out the year. Members, interns and parents spent half a day at the 2nd Food Harvest sorting food for the needy to be sure no one goes without food during the holidays.

Once again, we had our Holiday Party at Poplar Creek which was festive and quaint. Raffle prizes were creatively created by one of our board members, Selene Wong. Everyone had a chance to socialize and reacquaint with other members and meet family and friends.

2018 will be a busy year with new programs in hopes of increasing interest and membership. Hope everyone had a safe, warm, and happy winter holiday season.

Chris Bush

Summer Picnic

by Intern Albert Hao



This is OCA's 13th annual picnic. As an OCA intern this year, I talked to the previous intern teams and OCA members, prepared the barbecue materials, and organized the group picture. I familiarized myself with the OCA internship workload by chatting with the two interns from 2016, and discussed the internship plan with OCA President Chris Bush.

Second Food Harvest

by Intern Albert Hao



On November 4, 2017, members of the San Mateo OCA participated in a food sort at the Second Harvest Food Bank Bing Center in San Carlos. In the three hours between 9 am and 12 pm, volunteers worked to sort and package fifteen large containers of high protein foods, or around 13440 pounds, of canned and packaged goods for the food bank.

The Second Harvest Food Bank is based in the Silicon Valley and distributes two million pounds of food every week, locally. The Food Bank provides food donations and food stamps to over 900 locations and is sponsored by individual and corporate donations, as well as 300 nonprofit agencies.

Six members of the San Mateo OCA participated in the volunteer event; they helped sort out expired food and goods that had already been opened, distinguished between easy to use food and food that required other materials or an apparatus to prepare, and weighed, packaged, and stacked boxes of 28 pounds of food. Around 30 volunteers worked to package high protein food, including canned beans, soups, nuts, and jars of peanut butter. Overall, volunteers sorted, packaged, and stacked around 500 boxes of 28 pounds of high protein food, and everyone worked together to build a hunger-free community.

For more information or volunteer opportunities, please visit San Mateo OCA's website, <http://www.ocasanmateo.org/>.

Holiday Party

by Intern Jacqueline Kao



Tis the Season! The OCA San Mateo Chapter gathered on November 19th, to enjoy the festivities of the annual OCA Holiday Party. This year's party was held at Poplar Creek Restaurant at Coyote Point, and was open to family and friends. Prior to the buffet, attendees of the party, including Redwood City Councilman Jeff Gee, had the opportunity to socialize with

the members of the OCA San Mateo Chapter. Once seated, raffle tickets were distributed to all for a chance to win a holiday prize.

Chris Bush, President of OCA San Mateo Chapter, opened the lunch with a welcome speech, thanking the OCA board and volunteers, Melodie Lew, Martin Jung, Aimee Yan and Selene Wong. She also introduced some upcoming OCA events in the new year and issues to be addressed.

Special guest Daniel Obayashi, recently graduated from UC Riverside with honors majoring in Music, sang two wonderful songs. The final song was a beautiful operatic piece. A very talented individual, he had sang songs of different genres.

The buffet was filled with flavourful dishes. Party attendees had the opportunity to choose from a variety of dishes, which included Miso Seabass with Chili Ponzu Sauce, Wild Arugula Salad and Grilled Fillet Mignon with rosemary bordelaise sauce. To top the meal off, delicious Tiramisu was served as dessert. After all of the food and entertainment, the raffle was held to close the party and the winners were able to take home the decorative autumn themed basket which also provided a festive touch as table centerpieces.

The party ended in a success, and attendees left the event with a smile and with bellies filled with delicious food.

If you were unable to join the festivities at the holiday party, no need to worry as there will be more OCA San Mateo Chapter events to come.

Hep B Free

by Intern Albert Hao

Hepatitis B is a liver infection caused by the Hepatitis B virus (HBV), and overwhelmingly affects Asians and Pacific Islanders (APIs). If left untreated, it is known to cause liver failure, liver cancer, and even death, according to the National Health Service. One in 12 Asian adults has chronic Hepatitis B, and 75 percent of them don't know it.

HBV can cause either acute or chronic infection. Acute Hepatitis B is characterized by general ill-health, like loss of appetite and nausea, but sometimes exhibits no symptoms, making it difficult to notice. Chronic Hepatitis B is either symptom-free or manifests as an inflammation of the liver. This could lead to cirrhosis, or a hardening of the liver. According to New American Media, APIs are affected more than any other ethnic group or race because many are descendants of immigrants from countries like Laos and Vietnam, which didn't have access to the HBV vaccination that was developed in the 1970s and is 98 percent effective. This led to a generational issue that was overlooked because of a lack of awareness about Hepatitis B.

New organizations have sprung up to raise awareness about the virus and decrease its prevalence. One of these, SF Hep B Free, a grassroots movement, hopes to turn San Francisco into the first Hepatitis B-free city in the nation by treating Asians and Pacific Islanders. The organization celebrated its 10th anniversary in 2017.

After successes in San Francisco, SF Hep B Free expanded to the Bay Area, to counties like San Mateo. Fully 200,000 Asians and Pacific Islanders in San Mateo County, representing one in four residents, are at risk for liver cancer or other deadly diseases. "With all the successful initiatives to bring awareness, they decided to expand to San Mateo," said Richard So, Bay Area program coordinator for SF Hep B Free. "They brought on two of us, their official second staff, to lead that expansion. It's my job to do everything we did in San Francisco, from bringing media to events, to building screening partners, to figuring out how to work with businesses and local community groups to deliver their resources in a cost-effective way.

SF Hep B Free helps in three vital ways: screening for infections, educating local medical communities, and making sure vaccinations and care are accessible.

"We try to screen people at events, like public health fairs and Asian heritage celebrations, and improve screening so that people can go to hospitals or free clinics," said So. "One of our jobs is to reach out to hospitals and private physicians and say, 'How do we make it so that your physicians know how to treat this disease better, because there's a lack of awareness and it's not that prevalent in non-Asians'."

So hopes that SF Hep B Free is successful in its efforts to eradicate the virus, and looks to the future.

"The likelihood is if the San Mateo County expansion goes well, we will try to replicate ... the model [in Alameda and Santa Clara counties]," So said.

Lunar New Year Dinner

by Intern Jacqueline Kao



How do you celebrate your Lunar New Year?

OCA San Mateo County Chapter held its annual Lunar New Year Dinner on February 3rd at the popular Crouching Tiger restaurant in Redwood City. The event was open to all OCA members and guests to join the celebration.

There was an abundance and a variety of dishes that were served, including fried cod which was presented by the

server lighting the cod with a beautiful flame. Many of the guests really enjoyed the authentic szechuan style dishes. All the guests were given a sachet filled with chocolate gold coins signifying a prosperous new year. Chris Bush, President of OCA San Mateo, thanked all the guests for coming to the dinner to celebrate the Year of the Dog. Ms. Bush welcomed returning and new OCA members. Introductions were in order for Hon. Jeff Gee, council member of the City of Redwood City; Hon. Carole Groom, Superintendent of the San Mateo County; Hon. Rod Hsiao, trustee, San Mateo County Office of Education. Chris Bush announced upcoming events such as the Redwood City New Year Celebration on February 24th, the scholarship luncheon for graduating high school seniors in April 29th, and the summer picnic in August. Lotus Fong, coordinator for the Golden Spike, announced that the trip to Utah will be on May 8th, 9th and 10th to celebrate the 149th anniversary of the completion of the Transcontinental Railroad of which the Chinese were huge contributors. Lotus pointed out that Chinese were huge contributors to the completion of the Transcontinental Railroad; however, were not included in the official photograph for the Golden Spike.

In preparation for the 150th anniversary in 2019, Lotus is rallying for everyone to attend the Golden Spike convention in Utah to show a huge presence of Chinese in the 150th-anniversary photograph. Richard So, coordinator of SF Hep B Free - Bay Area, made aware of the risk and danger of Hepatitis B, which is more prevalent in Asians than other racial groups, and to get screened. Their mission is to increase education and awareness of hepatitis B and liver cancer. Of course, an OCA dinner always includes raffle prizes and this year 2 Golden State Warrior Asian Heritage T-shirts were raffled off to 2 lucky winners, Jeanie Wong and Anna Liu. Congratulations! The dinner closed with a traditional Chinese New Year dessert, the Eight-Treasures Rice. This left guests with smiles and full stomachs as they wished each other a Happy Chinese New Year. The OCA San Mateo Lunar New Year dinner 2018 was a huge success and a great way to celebrate the new year together. Gung Hay Fat Choy!

Membership/Renewal Form

Membership is open to all U.S. citizens or permanent residents at least 18 years of age, except agents of foreign governments.

Members pay annual dues, of which more than half of the members' dues go to OCA National for programs, etc. The balance of the dues remains in the Chapter and provides some of the funding to operate the Chapter and its activities.

Name:

Address (Street, City, State, Zip):

Email:

Phone (optional):

Family Membership \$50

Single Membership \$40

Student Membership \$10

Please make your check payable to:

OCA-San Mateo PO Box 218 San Mateo, CA 94401

For the online version, please click the link below:

<https://goo.gl/forms/k6kTGZPA3KhiuuNh2>