



# Monthly Newsletter:

## March 2012

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Hello, VHIO!



It's March! Hope everyone is doing well and enjoying this semester. We want to thank you all who came to the first workshop, and hope that it was helpful in refreshing some of the interpretation skills learned in the Decal last semester. Keep in mind that there are two more workshops coming up this semester. We have a lot of exciting volunteering opportunities and bonding events planned for this month. There will be a picnic at Willard Park this Sunday from 11am to 4pm for officers, interns, and general members to bond and have some fun together. We will be playing ultimate frisbee, soccer, and other sports. You are not required to stay the whole time, so please come out and have some fun with us if you are free! We look forward to seeing you all there!

### Officer Updates

VHIO was interviewed by the World Journal, a Chinese newspaper, at our February CPHC clinic. The article introduces VHIO and discusses the importance of health care interpretation, spreading awareness about the work we do. The article can be found here: [http://sf.worldjournal.com/view/full\\_sf/l7522994/article-%E6%9F%8F%E5%A4%A7%E7%BF%BB%E8%AD%AF%E7%BE%A9%E5%B7%A5-%E9%80%A0%E7%A6%8F%E8%8F%AF%E5%9F%A0%E7%97%85%E6%82%A3?instance=sf3](http://sf.worldjournal.com/view/full_sf/l7522994/article-%E6%9F%8F%E5%A4%A7%E7%BF%BB%E8%AD%AF%E7%BE%A9%E5%B7%A5-%E9%80%A0%E7%A6%8F%E8%8F%AF%E5%9F%A0%E7%97%85%E6%82%A3?instance=sf3)



There is some unfortunate news to share with everyone. Mt. Zion will be closing in June of this year. SFHBC board and some of the clinic preceptors will be meeting some time this month to talk about some new ideas for setting up a new clinic or volunteer event. Ideally, we would still be targeting the Asian immigrant population, but of course, we don't know for sure until they make a decision. We will keep you posted about Mt. Zion, but for the time being, volunteers who haven't had the chance to come to clinic yet are welcome to come!

- Angela Chen

The Korean Outreach team continuing to contact larger organizations that can sponsor the 5K event. The Korean Outreach Committee will be attending an advisory board meeting with Clara this Thursday that will include discussion about the walk planning. There will be a March mammogram clinic, but not April clinic because of the walk.

- Anita Lee

## Upcoming Events

### Chinatown Public Health Center Clinic [ All languages]

Saturday March 10th, 9am-12pm

### Picnic at Willard Park [ All members]

Sunday Marcy 11th , 11am– 4pm

### Spring Workshop II [ All languages]

Sunday March 18th, 10-12pm

CEI orientation should be happening some time this month. Please be on the look out for this. In addition to that, we have some Satellite Housing events coming up this month. Volunteers should sign up for orientation dates and event dates for both sites. Vietnamese Outreach is looking to do an education presentation at the Vietnamese Community Center soon, most likely on breast cancer or cervical cancer.

- Taman Hoang

## Alumni Spotlight: Gary Lau

Hi VHIO Interpreters and Friends,

I will try to keep this blurb relaxed and easy-going, so that it's not too painful to read. When I was asked to write for the Alumni Spotlight, I was a little perplexed. If you volunteer at the Mt. Zion Hep B Clinic or if you are associated with UCSF in any way, you already hear from me excessively through email and in-person. If either of the two conditions above are true for you and you still need to read this to learn about me, I highly doubt you will finish reading this Alumni Spotlight, since you're probably accustomed to ignoring my emails or zoning out during our conversations.

I graduated from UC Berkeley in 2009 with a supposed degree in Molecular and Cell Biology with an emphasis on Cell and Developmental Biology, which, honestly, was not emphasized. Despite having graduated over two years ago, I may occasionally be spotted in the Berkeley area reminiscing about Beat the Clock at what is now Wings Fiesta..., "classing it up" at Skates on the Bay, or relaxing with non-Korean friends at the Korean hotspot, OB Chicken Town. If you see me around, don't be alarmed. Come say "hi" to me; I don't bite unless this chance meeting occurs on Sproul and you are attempting to hand me a flyer about your "awesome" fraternity/sorority or about your club's "can't-miss" event. Despite my attempts to pretend to be an undergraduate again by occasionally tossing around a Frisbee on Memorial Glade, I will never be able to relive my glory as Publicity Coordinator and one of the first interpreters in SFHBC @ Cal, or now better known as VHIO.

On that depressing note, let me tell you about my leisurely activities. During my free time, I attend pharmacy school at UCSF and have done so for almost two years. My hobbies include the usual ho-hum: coordinating the Hep B clinic at Mt. Zion, directing emergency preparedness workshops in Chinatown, lecturing to the Asian American community about colorectal cancer, and managing a mentorship program between UCSF School of Pharmacy and various undergraduate institutions. When I am especially ambitious, I like to watch webcasts of various class lectures in 1.5x speed, akin to a familiar habit developed during my time at UC Berkeley. My first two years of pharmacy school have been challenging, but the experience that I have gained will soon help me level-up to P3 year, which is when I will get to utilize all of the moves that I have learned to defeat evil diseases.

Speaking of evil diseases, working in the healthcare field, even as an interpreter, can be a rough game. Sometimes, no matter how hard you try to win in this game, you will lose. However, it's the losses that motivate you to practice harder, learn more and find the necessary help to defeat the evil bosses (or diseases) at the end of each level. UC Berkeley was a challenging game to play, UCSF is even harder, and life is that 82-handed monster waiting for you once you leave the shielding bubble of being in school. Whether you plan on going into healthcare or working as a long-term course coordinator for Bio 1AL who enjoys eating students' dreams for dinner, don't feel overwhelmed by the daunting unknowns of the future. Have faith in the skills and knowledge that you have developed during your 20+ (or 18+...I'm getting old...) years of experience. You already have a major advantage by developing unique skills and confidence as a UC Berkeley student and as a VHIO member. You already have a large network of help, me included. Congratulations on getting this far already.

Friends (including you...yes you...the one who just read this long, meandering, overtly-philosophical piece of badly-written comedy), please never hesitate to contact me to talk about school, life, or our shared hatred of Stanford.

Sincerely yours,

Gary Lau

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