



CCA News

Publication of the Chinese Canadian Association

January 2004

Kung Hei Fat Choi from the CCA Executive Committee 2003/2004

FROM THE CHAIRMAN

Peaceful Co-Existence

Back in 1987 when CCA was incorporated, I was one of the 5 founders of CCA invited to attend a lunch at the Commission for Canada.

The lunch was instigated by the Chamber and was attended, as well, by a representative of Canadian University Alumni Association (“CUA”), a Chinese Canadian.

We were quite delighted to have the honor of attending the Commission for lunch but it turned out that the intention of the lunch was mainly to query why we should form a splinter group of Canadians in Hong Kong.

At the lunch, there was a remark to the effect that CCA would become “oblivion” in two years.

Notwithstanding that somewhat unnecessary and unsavory remark, CCA has not only survived for over 16 years but is striving to become better and stronger as days go by.

From the Chinese point of view, it is not at all uncommon for peoples from different villages or provinces to form their own associations overseas. There are numerous of them in Hong Kong. If one has a proper perspective of that tradition, one can easily understand why CCA was formed.

Subsequent to the June 4 incident in 1989, the Hong Kong Government invited the Canadian community to help solve one of the major problems that a returnee from Canada has to face - the education of his/her children.

At the time, no other Canadian institution was willing to commit to the task or provide financial assistance to the worthwhile project except CCA.

The courage and hard work of the pioneers of the School had resulted in the opening of the School in a short span of 9 months in 1991 and the representatives from CCA are the majority of the members of the Foundation of the School.

Chinese Canadian Association - Suite 6D, Manlok Building, 89-93 Bonham Strand, Sheung Wan, Hong Kong.
Tel: 2541-2091 Fax: 2543-0445 GPO Box 8091, Central, H.K.

Patron website at www.ccahk.org

Anthony Burger – Consul General of Canada in Hong Kong

Executive Committee

Chairman: **Spencer Lee**; Vice-Chairman (General Affairs): **Wilson Wong**; Vice Chairman (External Affairs): **Michael Ma**; Vice-Chairman (Membership): **Peter Yu**; Vice-Chairman (Functions): **Bill Ling**; 2nd Vice-Chairman (Functions): **Tony Lit**; 3rd Vice-Chairman (Functions): **Pam Mak**; Vice Chairman (Sports and Recreations): **Sandy Law**; Honorary Treasurer: **Bentony Ip**; Honorary Secretary: **Jamie Sih**; Director for China Affairs: **Richard C.K. Wong**; Director for Alumni Affairs: **Shelley Ki**; Director of Communications: **Francis Yau**; Website Master: **Paul Chong**; Director for Website: **Herbert Lee**; CDNIS Co-ordinator: **Dr. Henry Choy**; Badminton Co-ordinator: **Gloria Choy**; Ballroom Dance Co-ordinator: **Jamila Chan**; Golf Co-ordinator : **Edmond Chan**; Members at Large: **Simon Wong, Ignatius Chong.**

Past Chairmen/Advisors

Spencer Lee (1988-1989), **Felix Fong** (1989-1991), **Kwan Li** (1991-1992), **Kenny Tam** (1992-1995), **Tony Tsoi** (1995-1997), **Dennis Chan** (1997-1998), **Olivia Lee** (1998-2000), **Laurent Lam** (2000-2002), **T.T. Yuen** (2002-2003).

Editors of Newsletters

Spencer Lee, Bill Ling, Michael Ma

That fact notwithstanding, CCA had had the vision to allow formal representations from the Canadian community in 1994. As a result, the Consulate, the Chamber and the Canadian Club were made Ex-official Members/Governors at the Foundation and Board of Governors levels.

Given the history mentioned above, I believe there is every justification that all members of the Canadian community should have a proper respect for CCA and more importantly, they should treat CCA as a friend and work with CCA for the betterment of the Canadian community. After all, if one talks about ethnic Canadian groups in this part of the world, the Chinese Canadian group clearly has the majority, as well as, connections and depth. Think carefully about it.

Spencer Lee
Chairman of CCA

TRAVEL

About Tunisia

As we are planning a trip to an exotic place called Tunisia, we might, as well, share some information about the country with you.

Location and climate

Tunisia is at the center of the north coast of the African continent. The Mediterranean Sea borders on the north and north-east of Tunisia.

Sicily is the closest European city which is around 80 km to the north-east of Tunisia.

This gives northern Tunisia a typical Mediterranean climate, with hot, dry summers and mild, wet winters.

BEACHES, SPECTACULAR DESERT SCENERY AND HISTORICAL SITES

As Tunisia locates south of Mediterranean sea, the beaches are the cornerstone of Tunisia's tourism industry. They have been the favourable destinations of holiday - seekers from Europe. More importantly, the coastal resorts of Hammamet, Monastir and Jerba also allow you to wine, dine and dance in the evenings.

Another major attraction is a visit to Sahara desert in the south and to go on a camel trek or a sand dune buggy ride.

Tunisia has an extremely colorful past which has left it rich in historical sites. These include Roman ruins such as the colosseum at El-Jem. This is rated one of the finest Roman monuments in Africa.

The Islamic heritage means that you can see many Islamic architecture such as mosques and military architecture such as walls, gates and fortresses.

FRENCH INFLUENCE

If you wonder how wine and dine can possibly mix up with muslims, the key to that question is that Tunisia had been for a long period of time a French protectorate during the 19th century and mid-20th century. You can, therefore, rest assured that you will not be deprived of that aspect of enjoyment during our trip.

Until next issue ...

HEALTH AND YOU

The following is the 3rd Article on Neck and Back Pain by **Dr. Philip Leong**.

Loading Your Spine

In most cases, pain in the back and neck occurs not as the result of one specific, isolated incident but as a result of prolonged, sustained and repetitive strain or "loading" on certain parts of the spine. If you can relate the onset of pain to one incident, the latter was probably the proverbial "last straw". The process started long before that.

To understand this concept of loading, just stick out your left thumb and slowly to pull it back over you left wrist with your other hand. Pull it back until you feel discomfort at the base of the thumb. We are now "loading" this joint. We can increase the loading at this joint and sooner or later cause pain. Another way we can cause pain is to apply only mild pressure but don't let go for a long time.

If you think about it, this is exactly what we subject our spinal joints to, everyday of our lives, by bending, twisting and assuming bad postures. Some of these movements and postures are required in our work but some are just bad habits. It is no wonder that our neck and back hurt.

The good news is that when we can unload the patient's painful joint in treatment, relief is surprisingly rapid. It sure is better than taking a pill or lying in bed feeling sorry for yourself. The crucial thing, however, is that your therapist must recognize the the type of pain you are experiencing and apply the correct unloading treatment.

Until next time

Philip Leong, (M.D. Canada)
Canadian Asian Neck & Back Institute (CANBI)

FROM CCA

Annoucement

1. Spring Dinner - March 13, 2004

The Spring Dinner is a platform for the Canadian community in Hong Kong to meet and celebrate the Chinese New Year.

This year we shall have competition for the king/queen of black jack, ballroom dance demonstrations by **Jenny Ho**, the President of CUA, and our member(s) plus other games.

Two airlines have each committed two air-tickets as our prizes for the evening. We are looking for your participation.

Please also use your connections to look for prizes for the evening.

Particulars of the event :

1. **Venue** : The ballroom at Penthouse, Hotel Miramar, No.118-130 Nathan Road, Tsim Sha Tsui, Kowloon.
2. **Date** : March 13, 2004
3. **Time** : 6:00 p.m.
4. **Dress Code** : Lounge suit/Black tie
5. **Cost** : \$5,000.00 per table or \$500.00 per ticket.

For more information, please call **Bill Ling** at 9093-3896 or **Sandra** at 2574-0222.

2. Trip to Tunisia and Malta

As you know, our Director for China Affairs, **Richard Wong**, is also the Honorary Consul of Tunisia in Hong Kong. For this reason, **Richard** has taken up the request made by our Chairman, **Spencer Lee**, to arrange for a trip to visit Tunisia. The particulars of the proposed trip are :

- (1) **Departure Date** : April 2, 2004 at 11:00 p.m. from H.K.
- (2) **Leaving for Hong Kong** on April 10, 2004.

There will be a side trip to **Malta** for a few days.

As the visit is arranged through the Tourism Office of Tunisia, many privileges in Tunisia will be accorded to the participating members.

The available seats are limited and you are invited to reserve your seat early by paying a deposit of \$3,000.00.

Please call **Sandra** at 2574-0222 for further information.

3. Ballroom Dance lessons

The President of CUA, **Jenny Ho**, will be our instructor for the lessons. It is our intention that the lessons be joined by other members of the Canadian community and we are working on it. In order to form a class, we should at least have 12 persons and the proposed particulars of the event are as follows :

1. **Duration** : 6 weekly lessons
2. **Time** : Friday, from 8:00 to 9:30 p.m.
3. **Place** : 16/F., 447 Lockhart Road, Causeway Bay, Hong Kong.
4. **Charge** : \$720.00 per person
5. **Commencement Date** : February 6, 2004

Our member, **Jamila Chan** has recently taken up the post of Ballroom Dance Co-ordinator and if you are interested, you can call **Jamila** at 9217-6068 or **Bill Ling** at 2541-2091.

4. Happy Hour – FEBRUARY 5, 2004

NEW VENUE :

- (1) **Bar** : ONE Bar & Grill
- (2) **Date** : Thursday, February 5, 2004
- (3) **Time** : From 6:00 p.m. onwards
- (4) **Place** : One Exchange Square, Mezz Floor

You are welcome to join us for a drink after work. Please call **Anna Shum** at 2971-8331 or **Jamie Sih** at 2971-8075 for further information.

5. Badminton at CDNIS

We have added our new member, **Gloria Choy**, as our Badminton Co-ordinator, to be responsible for this program to provide our members a chance to keep fit.

The gym at CDNIS is a good venue for the game, so don't miss it.

If you have any queries, please contact **Gloria Choy** at 2869-6138 or **Sandy Law** at 9468-0030 for further information.

Particulars of the function are:

- (1) **Date** : Every Wednesday
- (2) **Time** : 7:30 p.m. to 9:30 p.m.
- (3) **Place** : At the gym of CDNIS.

6. Golf Practice

Our Golf Coordinator, **Edmond Chan**, has organized a warm-up practice session to prepare our golfers for the Canadian Alumni Golf Tournament on February 22, 2004.

Particulars of the practice session are as follows :

- (1) **Date** : February 20, 2004
- (2) **Venue** : Kau Sai Chau Public Golf Course
- (3) **Time** : 9:30 a.m. to 1:30 p.m.
- (4) **Price** : \$450.00 per person (HKID Cardholder)

If you are interested, please call **Edmond** at 2841-4006 or **Sandy** at 2721-3828 to join.

7. Regular Monday Lunch

This is a regular event so as to give the executives a regular forum to meet each other and members and friends of CCA.

It has been in operation for several months now and is getting more and more popular. All members and friends are welcome to join.

Particulars of the event are as follows:

- (1) **Place: 2/F., Tsui Hang Village Restaurant, New World Tower, 16-18 Queen's Road Central, Hong Kong.**
- (2) **Time : 12:45 to 2:30 p.m.**
- (3) **Date : Every Monday**
- (4) **Booked : Under "CCA – S. Lee"**
- (5) **Costs : Around HK\$100 per head.**

If you are interested, please call Sandra at 2574-0222 to confirm your attendance.

New Member

We welcome the following new member who recently joined CCA:

Mr. David Yau - Executive Director of Hong Kong Institute of Continuing Education

Introducing our New Member

David Yau

David was a graduate of University of Waterloo's B. Math Co-op program in 1992. He went on to complete his MSc and MBA at the University of Reading in UK and is currently completing his PhD at the School of Economics/ Finance at the University of Hong Kong.

David also operates his own business. He founded Hong Kong Institute of Continuing Education ('HKICE') and Academy of Continuing Education ('ACE'), both partnering with overseas universities to allow students in Hong Kong (and soon, in Mainland China) to earn overseas degrees, but study locally.

His institutes in Hong Kong currently have over 300 students, and plans are underway to establish a new campus in Beijing by the end of the first quarter of 2004.

As a returnee from Canada, **David** enjoys active involvement in the Canadian community in Hong Kong. He is currently the President of the University of Waterloo Alumni Association and the external VP of the Canadian University Association.