

**WELCOME BACK FROM SUMMER HOLIDAYS!**

Life will return to a certain degree of normalcy when kids go back to school. Very soon we have no need to mow the lawn as fall arrives. You can now relax and organize the photographs you have taken with your family and friends during the summer.

It was in fall last year that the Association was inaugurated. And it will be convening its first Annual General Meeting this month. Mark the date on your calendar. It is September 27th. For details, please see announcement below. During the first year, we have grown from 10 founding members to 138 members. You will find some interesting facts of our own on Page 2.

Since the last issue of the NEWSLETTER, we have two outdoor functions - hiking and BBQ/picnic. See whether you can find yourself (if you were there) or someone you know (if you were not there) in the pictures.

In this issue you will find the result of the Survey of Members' Interests conducted at the Inaugural Meeting on October 26, 1996. And you can be assured as your Board of Directors has been and is still trying its best to organize some of those activities which suit the interests of our members.

## Editor's Column

The NEWSLETTER also provides a focus for members to express their views or to share information on matters of general interests. We hope this can complement our efforts to organize professional forums to help members integrate better into the local community. Therefore, in this issue you will find articles on health and relaxation, property investment as well as the regular columns on Travel Buggy and Interview with the Distinguished Member. The Editorial Committee sincerely thanks the contributors of the articles. And the Committee is looking forward to your contributions in the January 1998 Issue.

K C Yam  
Editor

## 理大加西員生會

# • 九月廿七日舉行 • 首屆會員周年大會

員生會自去年十月底成立至今，已接近一周歲，在過去一年當中，理事會舉辦過六項不同類型的活動，包括專題講座、聚餐和戶外交誼活動等，務求配合各會員的不同興趣，和透過活動協助會員進一步融入本地社會的生活。成立至今，會員人數已達一百三十八。

今年的會員大會已定於九月廿七日星期六上午十時假位於Richmond之Kwantlen University College舉行，屆時會審核過去一年的工作和財政報告，並會按照章程改選一批新理事，以填補部份理事退任後的空缺。當天還會邀請卑詩省人權專員講解加拿大和卑詩省人權法，這個專題對生活在加拿大的人來說，確是息息相關的。

員生會熱切期待會員屆時出席，齊來關心和支持會務。假如各位對本會的發展有任何意見，或希望支持任何會員參選新理事，甚至自己有意參選成為新理事，請在九月廿七日準時出席，也請你邀請其他校友和舊同事到時加入本會。

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## INTERESTING FACTS ABOUT OUR MEMBERS

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**Number of members as of August, 1997 : 138**

**Their relationship with the PolyU\*:**

as past student : 103 members  
 as former employee : 28 members  
 as both past student & employee : 7 members

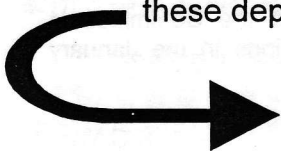
**Since when did they first start their relationship with the PolyU:**

during - 1950s : 4 members  
 1960s : 12 members  
 1970s : 58 members  
 1980s : 49 members  
 1990s : 15 members

The longest relationship started 34 years ago for one member.  
 The second longest relationship has been lasting for 27 years and there are another seven members who have over 20 years of connection with the PolyU.



We have the following past students and employees from these departments on our membership list :



<u>Department</u>	<u>Past Students</u>	<u>Past Employees</u>
Accountancy	6	1
Applied Science/Physics	1	1
BMS/Management/DMS	8	1
Building/Surveying/Civil Eng	6	1
CMS/NS	5	3
Communication/Languages	1	2
Computing	2	2
Design	8	
EDO		1
EE/ENC	24	
ETU		1
GS		3
IC		1
IMHC/Nursing/Optomety	6	2
Dental/Rehab Sciences		
I PRO		3
ITC/Textile	11	
Hospitality/Catering	1	1
MME/Mar Eng/Mech Eng	6	1
Mathematics	3	1
Production /PIE/Manufacturing	3	2
Social Work	19	7

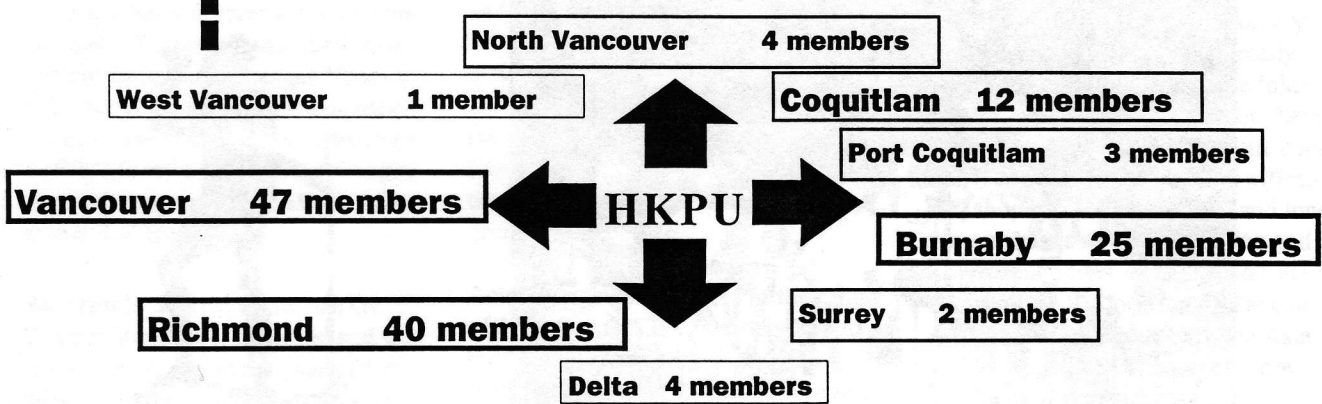
\* The PolyU referred to also includes its predecessors: i.e. the Polytechnic and the HKTC.

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**When did these members come to Canada???**

<u>YEAR OF ARRIVAL</u>	<u>NO. OF MEMBERS</u>	<u>YEAR OF ARRIVAL</u>	<u>NO. OF MEMBERS</u>
1971	1	1990	12
1974	1	1991	8
1975	1	1992	8
1976	2	1993	15
1979	1	1994	30
1981	1	1995	20
1982	1	1996	24
1986	1	1997	2
1987	2		
1988	3		
1989	5		

**In which cities or districts of Greater Vancouver are they now settling ???**



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**HKPUA Board of Directors 1996/97**

- |                                      |          |
|--------------------------------------|----------|
| Tak Nam FOO - President              | 279-7180 |
| K.C. YAM - Vice President            | 732-8721 |
| P.C. NG - Hon. Treasurer             | 944-6648 |
| Peter CHAN - Hon. Secretary          | 244-5307 |
| Amy SOO - Public Affairs Coordinator | 266-7770 |
| Tony LEUNG - Program Coordinator     | 294-4640 |
| Fleming WOO - Program Coordinator    | 272-3962 |
| Loong LIANG - Membership Coordinator | 241-7680 |
| Tommy AU - Membership Coordinator    | 984-9858 |

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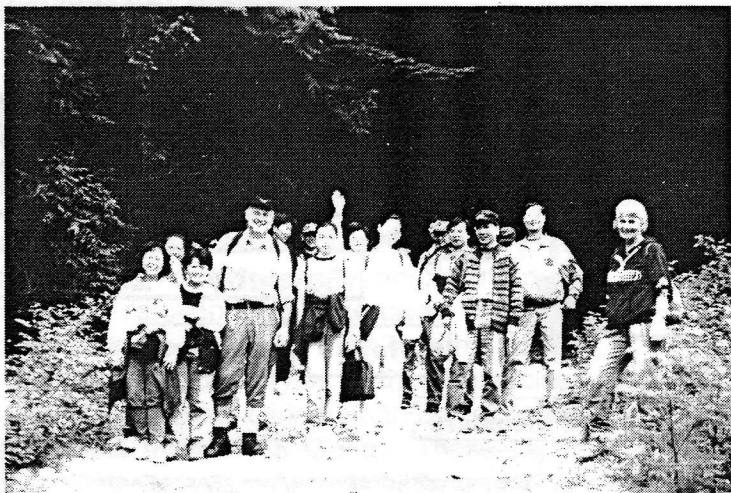
In the 1/97 Issue of the NEWSLETTER, Mr. Tommy Au's name was inadvertently omitted from the Board of Directors' list. The Editorial Committee apologizes for the error and any inconveniences it may cause. The complete list is reprinted for your convenience.

- Membership committee: Loong LIANG, Tommy AU, KC YAM, PC NG, Fleming WOO  
 Newsletter committee: KC Yam, Amy SOO  
 Program committee: Tony LEUNG, Fleming WOO, Tommy AU, KC YAM  
 Public Affairs committee: Amy SOO, T.N. FOO, Peter CHAN,

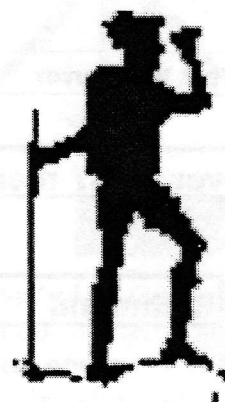
# 春季遠足

溫哥華氣候怡人，四季景色秀麗，選擇在這裡定居的校友和舊同事當然都有同感，理大加西員生會繼年初舉辦過兩項專題講座後，趁著春夏兩季天氣最好的時候，舉行了兩次戶外活動，讓會員和親友齊來享受大溫的明媚風光。

第一項戶外活動是五月廿五日星期日下午舉行的春季遠足，地點是溫哥華著名滑雪場地西摩山 (Mt. Seymour)，更特地請來一位行山專家導遊，參加的會員和親友共四十五人，在完成了三小時的步行後，晚上還在泰國菜館飯聚，聯絡感情，聚餐人數也有三十八人。



有行山專家沿途帶領講解，獲益一定不淺。



成功完成路程，身心舒暢，先來一張紀念合照。

# 夏日燒烤

第二項活動是八月九日舉行的夏日燒烤大會，地點是本拿比Barnet Marine Park，這個公園座落於Burrard Inlet的一段窄水道岸邊，對岸就在咫尺，而且樹木茂盛，林蔭下十分清涼，是燒烤、漫步和水上活動的理想地點。

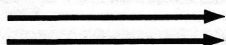
當天參加的人數共八十之眾，早上抵步後，首先是圍爐燒烤，由員生會準備炭、燒叉、紙杯碟、水果和茶水等基本材料，而參加者則自備燒烤食物和飲料，各適其式。

參加者雖然大多是新相識，但相處十分融洽，尤其在替烤爐生火、分享食物和集體遊戲時，更充分發揮互相合作照應的精神。當天天氣風和日麗，而很多會員都是舉家出席，老少同樂。他們都盡興玩至午後，享受著如此優美的環境。

值得一提的，是每次活動後，都有新會員加入，而員生會理事一向亦致力籌辦各類型的活動，希望吸引更多校友舊同事入會。



另圖在第六頁



如此優美環境，正合老少同樂。



盡興後來個合照，後會有期。

春季遠足



有備而戰：先在停車場集合，聆聽遠足專家講解行山要訣—要跟大隊，不要餵野生動物…



平路、山路也難不倒老老少少的參加者。



港式燒烤（據說即是把食物叉著燒烤，名稱由來待考），令來自香港的人回味無窮。



吃飽後參加拔河比賽，正好幫助消化！

夏日燒烤

### Certificate Retitling

You may have already noticed from the Association's leaflet that we will assist graduates from the Polytechnic days in obtaining a retitled certificate issued by the PolyU which verifies that the academic qualifications gained from the HKP are equivalent to those awarded by the PolyU. You may also have wondered when this service will come into operation. At long last, we have sorted out the technical detail in providing this service with the PolyU and are very pleased to inform you that it will be introduced soon. Just watch out for our announcement on the application procedure in the near future.

Remember to bring your MEMBERSHIP CARD with you when you are visiting Hong Kong. You can use your membership card for temporary access to the PolyU's library and sport facilities. Simply show your card to the Office of Communications and Public Affairs and they will issue a "Letter of Certification" to you and, presto, the above-mentioned facilities are for you to enjoy!



HKPU WESTERN CANADA ASSOCIATION

Number: 96000  
Name: Western Canada, HKPU  
Exp.: Life Member Member Since:

membership card

## SURVEY OF MEMBERS' INTERESTS

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**A** survey on the interests of our members was conducted at the Inaugural Meeting of the Association on October 26, 1996. The purpose of this survey was to identify the areas of interest of the members. Approximately, 80 questionnaires were distributed, of which 53 were completed and returned. The findings are summarized in the following paragraphs and tables.

When asked what activities they liked to participate in, respondents showed interest in all four types of professional development activities. For leisure activities, home improvement ranked highest, followed by health and relaxation activities. The most favorite sports were badminton, cycling, hiking, skiing and tennis. Sightseeing tours ranked highest in social activities, followed by picnic and dinner gatherings.

### Leisure Activities

Category	Number of Responses
Home improvement	32
Health and relaxation	25
Auto know-how	20
Gardening	17
Music	14
Cooking	13
Tai Chi	12
Dancing	8
Painting	7
Flower Arrangement	7
Mandarin Classes, Amateur radio	2

### Professional Activities

Category	Number of Responses
Exploring career opportunities	33
Advancing professional knowledge	32
Exploring business opportunities	28
Improving communication skills	22

### Social Activities

Category	Number of Responses
Tour/Sightseeing	40
Picnic	31
Dinner gathering	24
Party	16
Pot luck	14
Mahjong	9

### Sport Activities

Category	Number of Responses
Badminton	25
Cycling	20
Hiking	18
Skiing	15
Tennis	15
Football	5
Basketball	4
Golf, Table Tennis, Yoga, Squash	2

### Frequency of Activities

Category	Number of Responses
Once every three months	28
Once a month	23
Once a week	1
Semi-Annually	1
Annually	0

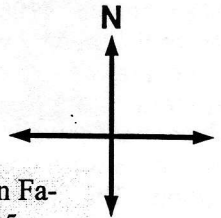
### Preference

Category	Number of Responses
On weekday evenings	
Mondays	2
Tuesdays	4
Wednesdays	6
Thursdays	1
Fridays	12
On weekends	
Saturday daytime	30
Saturday evenings	21
Sunday daytime	18

\*\* Interests of our members are the primary concern of the Board of Directors. This survey has provided a basis for organizing our future activities.

# TRAVEL BUGGY

The weather during fall and winter may not be too suitable to visit places in the Rockies or the Cascades, but if you need to take your family or friends to Seattle, you may consider the following places of interest besides the Pike Market, Space Needle or the Museum of Flight in Seattle.



- On your way to Seattle you may visit the Boeing 747-767-777 Production Facility at Everett. You can get there by exiting I5 at EXIT 189, and then 3.5 miles West on SR (State Route) 526. The tour centre is open from Mon to Fri 8am - 4pm (closed on holidays) and the tour takes about 90 minutes. Please phone [(206) 342-4801] ahead for schedule. Admission to the plant tour is FREE but children under 50 inches tall are not permitted on the plant tour.
- If you have a Seattle city map on hand you may visit the Hiram M. Chittenden Locks before getting into Seattle city centre. Take Exit 169 on I5 and then go westward on N 45th Street until you meet Aurora Avenue (or HWY 99). Carry on westward on NW Market Street until you see the Locks Parking lot. The Locks connect Lake Washington Ship Canal and Puget Sound. You have no need to take the Panama Canal cruise to experience how a ship passes two different sea levels. There are seven acres of botanical gardens surrounding the locks, so allow one hour minimum for the visit. Lock operations can be viewed daily from 7am to 9pm. Admission to all facilities are FREE.
- You may wish to call at the Visitor Info Office in Convention Centre before your tour of Seattle. As you get off I5 at the Union Street exit (i.e. Exit 165B), turn right on 6th Avenue and then turn right at Pike Street to get into the Visitor Info Office.
- The Supermall of the Great Northwest at Auburn offers more than 130 stores. There are several huge stores inside the mall so be prepared to spend several hours there. The Supermall is located at the junction of SR18 and SR167. You can get into east SR18 by exiting I5 at Exit 142.

**TRAVEL TIPS:**

The exits on the Interstate Highways are usually identified by the mileage from the State Line or from the coast or from the starting point of that particular highway. For example, Peace Arch is Exit 276 on I5, which is 276 miles north of the Washington and Oregon State Line. As Union Street Exit at Seattle is Exit 165, it also means that Seattle City Centre is 111 miles south of the Washington / British Columbia border.



# The Impact of "Back-Flow" on the Real Estate Market in Greater Vancouver - Tony Leung

**F**or the past ten years, many immigrants from other countries, especially the Asian ones, came to Canada for settlement. As we all know, Vancouver is one of the hottest places in Canada for such settlement, especially for immigrants from Hong Kong, Taiwan, Singapore and other Asian countries. It is mainly because Vancouver provides good living environment, mild climate and has a favorable Pacific-rim location. Without doubt, the influx of new immigrants changes Vancouver a lot, including its demographic composition, its social infrastructure, and its life style. And these changes are very apparent especially in Richmond, and Burnaby.

As a result, the real estate market of Greater Vancouver bloomed and was even over-heated in the year of 1994 because of the sudden tremendous increase of immigrants and the optimistic and strong market sentiment. At that time, the property value increased rapidly and a huge volume of the real estate transactions was recorded. (*Greater Vancouver here includes Burnaby, Coquitlam, Delta, Pitt Meadows, North Vancouver, New Westminster, Port Moody, Port Coquitlam, Richmond, Vancouver East, Vancouver West, Whistler, West Vancouver, etc.*)

Since then however, the real estate market in Greater Vancouver has not been as active as before and the property value was adjusted and consolidated. What are the reasons for that? They may include the stagnant economic growth of Canada, its high unemployment rate and probably the

effect of the 'back-flow' of those immigrants who have become citizens and then gone back to their place of origin.

It is true that the effect of the stagnant economic growth, the high unemployment rate and the 'back-flow' of immigrants have been affecting the real estate market for quite a long time. Many even claim that the real estate market is very inactive and even dead and they attribute this to the problem of 'back-flow'. However, my own observations on the real estate market are quite the contrary. According to statistics, the total volume of transactions increases to a certain extent although the general prices of property drop slightly.

Actually, residential sales in the range of \$150,000 to \$360,000 continue to outpace all other price categories especially those over \$700,000 or even \$1,000,000. Why is this so? It is mainly because the historic low interest rate and good prices have attracted many buyers, especially the first-time homebuyers. In fact, the current real estate market is the buyers' market which means that the buyers have more choices and bargaining power when buying properties. It is also very favorable to the medium and long-term investors, as the rate of return is comparatively higher than before. And it is especially true as the residential vacancy rate is very low in Vancouver right now.

On the contrary, the volume of transactions of the high-price properties in Vancouver West, Richmond and

West Vancouver is comparatively lower. The prices of some residential properties which are over \$1,500,000 drop considerably. This reflects the great impact of the Foreign Asset Reporting Rules which will be strictly enforced next year. On the other hand, the transactions of 'old-timer' properties are active because many medium and long-term investors buy and hold such kind of properties as they expect capital appreciation of their properties in the next property boom. If the property boom really comes, they can pull down the 'old-timer' properties and redevelop them for a handsome profit. Also, the commercial real estate market for offices and shops are in the medium and long run optimistic as the purchasing and investment power of immigrants are strong while the location of Vancouver as a focus of trade between Asia and North America becomes more and more important.

Back to the issue of the 'back-flow' of immigrants, it seems that the phenomenon will continue for the next few years. But this 'back-flow' may be just a temporary one. Sooner or later, they will come back to Vancouver for settlement because of its favorable living environment, comfortable climate, cheaper accommodation, better education, as well as social and political stability. And it is evidenced by the large number of 'Satellite Families' in Richmond.

In conclusion, I do think that the real estate market in Vancouver is optimistic and has very great potential in the coming future!

# WE CAN HAVE GOOD HEALTH AND VITALITY

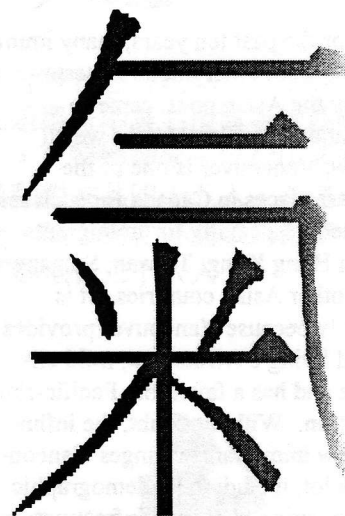
- P.K. Lee

Everyone would like to enjoy a happy and healthy life. Unfortunately, every now and then, we may suffer from different kinds of illnesses or emotional disturbances, and we may even end up with terminal diseases. This article is intended to provide an overview on the use of Qi Gong (氣功) to enhance health and vitality. Qi Gong is not meant to be a substitute for any conventional medical practice. Anyone under treatment by a medical doctor should continue as long as he or she is receiving positive results.

## What is Qi Gong?

According to Chinese philosophy, everyone has vital energy (called Qi) in our body. This term has been used in China for more than 2,500 years ever since many monks and nuns practiced rejuvenating exercises in their monasteries to promote their health. Up to now, more than 300 styles of these exercises are used to cultivate Qi in human bodies under the general term of Qi Gong. These styles differ mainly in relaxation methods, postures, methods of Qi cultivation, and stance sequence. They provide the following benefits:

- Increased energy and stamina
- Better sleeping habits
- Improved emotional state
- Delay of aging process
- Improved self-image and a more positive attitude to life
- Biologically younger body
- Reduced fatigue and pain
- Healthier skin with fewer wrinkles
- Speedy convalescence



## Basic Principle

The "miracles" of Qi Gong stem from the basic principle that our human body is a system of energy. The vital energy of living originates in our body as early as when an egg is fertilized to become an embryo. By law of nature, the embryo keeps on growing to form a human body. Generally speaking, a healthy mother will give birth to a healthy baby. However, if parental care is inadequate, e.g. malnutrition or living in an unfavorable environment, the baby will no longer grow up as a healthy and happy child. The same applies to an adult who has been working under stress or worries, has an unbalanced diet, or has varying degrees of physical or mental disturbances. All these are further aggravated by the contaminated living environment such as air pollution, water pollution, radiation and general use of chemical additives in food. Inevitably, we all build up toxic materials inside our bodies.

→

It is reported that, on average, about 20 pounds of toxic materials are found in each 40 year old individual. Consequently, our body energy system is out of balance and the energy flow between different organs is blocked. The result of these is illnesses.

Facing all these adversities, many people take preventive or remedial measures to keep themselves healthy by having an anti-aging diet, doing exercises, and taking vitamins, herbs and various kinds of medicine. However, if these measures are not properly undertaken, the people concerned may suffer from side effects, over-dosage or over-work. Another possibility is the unavailability of these external resources when they are needed or the costs cannot be afforded.

On the other hand, once we have learnt a Qi Gong compatible with us, we can practice it safely at any time and in any place at no cost since no tangible accessories are required. Qi Gong helps us cultivate our own vital energy, manipulate it to detoxify our body, clear off any energy flow blockage, and release any internal stress. When the energy system is restored in balance, we can keep ourselves in good health and vitality. Imagine we have 63 trillion cells. When each cell has increased its energy by a very small amount by practicing Qi Gong, the total energy regenerated is tremendous. The benefits of Qi Gong are therefore obvious.



## Popularity

With limited medical resources, Qi Gong is gaining popularity in many countries. For best results, the following points should be noted when practicing Qi Gong:

- Relax your body as much as possible.
- Keep your mind in peace.
- Do not overwork yourself with associated exercises. Follow guidelines from a proper Qi Gong master.
- Never take short-cuts without supervision of a proper Qi Gong master.

## Final Words...

A lot of people are smart to invest their money and time in different opportunities. They are successful in their ventures, but to a certain extent, their health may be overlooked. Have they made the best investment?

Many people say, "My day is filled with appointments and work, study and children." If you can improve your mind, body and spiritual level of energy, your mind will be clearer; you will be more physically fit; your work will take less time to accomplish; and your emotions will be calmer. It takes time to learn Qi Gong in the beginning, but after you learn it, it becomes a part of your life. My knowledge and experience tell me that if people can spend 30 to 60 minutes daily in practicing Qi Gong, they will get two to three hours back and will be able to achieve more in less time. As a result, they will have more time to do more things.



# 人物誌

## 鄭延豪專訪



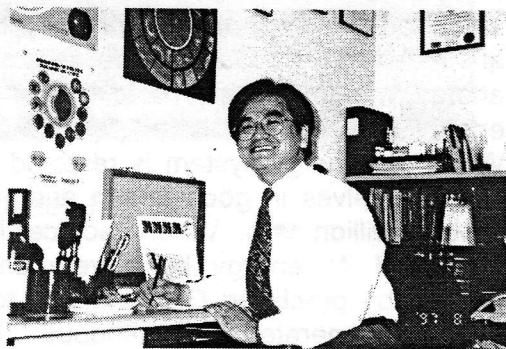
眼科視光醫生 (Optometrist) 鄭延豪在移居加拿大前，本已在香港執業，同時在香港理工學院的視光學系擔任兼職講師，專責在系內的驗眼診所督導學生實習如何替人驗眼。

一九九四年初，鄭延豪來到溫哥華定居，由於他是在美國接受視光醫學教育，取得視光學醫生學位 (Doctor of Optometry)，學歷得到加拿大認可，毋須再補修任何課程，只要參加執照試及格後，便可掛牌當眼科視光醫生，替人檢驗視力和眼疾。憑著努力、務實和時機，到了今天，他在溫哥華已設有自己的診所，事業重回在港時的軌道。

眼科視光診斷服務 (俗稱驗眼) 在加拿大是一門吃香專業。原來在偌大的加國，提供眼科視光醫生訓練的學府只有兩間，一所是 University of Waterloo，另一所則是以法語教學的 University of Montreal。目前香港理大視光學學位課程或專業文憑課程的畢業生，如要在加拿大執業，則先要在這裡的大學 (以英語上課的學校就只有 Waterloo University 的選擇) 進修兩年，符合加國的學歷要求，然後再要考執照試。

至於理大過去訓練出來的視光學高級證書兼讀課程 (該課程現已停辦) 的畢業生，在加拿大則獲得完全認可，毋須再修讀任何課程，便可立時在眼鏡店從事配鏡師 (Optician) 的工作，替人配眼鏡，這種寬鬆的待遇，直至一年前，才由於卑詩省的配鏡師執業條例較從前嚴格，高級證書畢業生始需要考執業試。由於就業容易，理大視光學高級證書課程的畢業生來溫哥華定居的較多。

鄭延豪來到溫哥華不足四年，已重建昔日的事業，個中原因，除了是他的本行在這裡求才若渴外，他本身穩健勤奮的作風對他幫助很大。抵步初期，他並沒有急於開設自己的診所，而是先替一位擁有多間診所的視光醫生工作，每天在分布於不同地區的診所間奔波，為各區的求診人士驗眼。他認為這份工作可以讓他在多些機會觀察不同地區不同文化背境的求診人士，更可認識瞭解本地的情況和需要。



一年後，他遇上了一個開設診所的機會，經過週詳考慮，認為自行開業的時機已經成熟，便接受了挑戰，大展鴻圖。開業之初，他仍然沒有放棄本來的差事，一邊自己開業，一邊繼續替人工作，這樣可保障創業初期求診人士不穩定的風險，同時可爭取更多本地工作經驗。到了今天，他自己的診所已經建立了穩固的根基，於是亦毋須再替別人的診所工作。

鄭延豪的診所雖然位於華人聚居最多的烈治文，但服務對象並非僅限於以華人為主，事實上他們只佔四成半，而其他族裔的人士則佔了五成半。

作為一個來自香港的新移民，鄭延豪如何取得其他族裔的求診人士的信賴，對他的診治建立信心？他認為，這裡的人初時或會因他是新移民而產生好奇，不過本地人對他的專業地位確是十分尊重，而且無論在面對任何族裔的人時，只要待人以誠，令他們留下好印象和產生信心，他們便會再求診。同時，他認為在加拿大創業，不應只局限於對華人服務，而是面對整個主流社會，爭取更廣的服務對象。鄭醫生這番話，不正就是放諸各行各業而皆準的金石良言嗎！