

編者的話

■ 本刊編輯組



今期「會員通訊」出版時剛好趕上加拿大 150 周年國慶日。眼看歡慶活動遍佈全國，我們這班香港移民，目前身為加國一份子，也難免百感交集。會友 Michael Sung 率先投稿，在「會友園地」內用流暢的文字抒發感受，這樣或多或少都代表我們的心聲，讀者從中可以找到共鳴。

在「會友園地」內可讀性高的文章還有很多。經常慷慨惠賜佳作的 Gabriel Yam 在今期內會與讀者分享他對"潮流"的獨特見解。本屆會長 Andy Chan 在大力推動歌樂新興興趣組的同時，自然樂意為大家撰文分析唱歌對身體健康的好處啦。會友 Lawrence Wong 結婚四十周年，用 30 天時間駕 RV 車與太太以橫遊美國東西岸的方式來慶祝，並寫下這次珍貴的旅遊經驗，供讀者參考，大家不要錯過！

2017 年上半年，本會已先後舉辦了六項多樣化活動，

又成立了兩個新興興趣班/組。非常感謝會友的參與和支持。今期的「活動紀要」更是由多位曾參與各活動的會友執筆，真是難能可貴。要感謝 Cecilia Leung, Francis Chan, Chris Cheung, Michael Sung, Raymond Leung 及 Peter Leung!

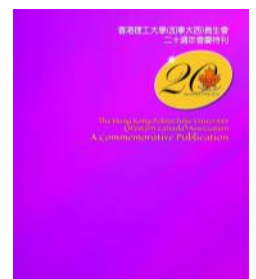
2017 年下半年亦將有多項活動，計有八月份的戶外遠足、十月份的周年會員大會暨晚宴，以及在十一月、十二月回港參加母校 80 周年校慶節目等等。請大家細心閱覽今期內的「活動預告」。

July 1st, 2017

The Hong Kong Polytechnic University (Western Canada) Association 20th Anniversary - A Commemorative Publication

In 2016, in order to celebrate our 20th Anniversary, our Association produced a commemorative publication of 130 colorful pages. It covers concisely the history of the Association as well as related main events of PolyU in the past 20 years. It also contains articles about 7 Interest groups of our Association, 9 members' life experiences, 6 in Memoriam, and other topics. This publication was officially released on Oct 7th, 2016. Together with another slide show of our past activities, this digital publication has been saved in a 16 GB USB flash drive. The USB drives were given out as the 20th Anniversary souvenir at the Celebration Dinner function.

Please [click here](#) to view this digital publication.



「食得健康」講座

梁正儀 (Cecilia Leung)

在今年一月十四日，會友謝其賢先生 (Mickey Tse)，中僑護理服務協會飲食部總監兼行政總廚，為本會主講 "Mindful Eating Part 2" 「食得健康」，這講座是 Mickey 繼去年 "Mindful Eating Part 1 「飲食正念」講座」的延續。



講座分為兩部份，第一部份他重申養成良好飲食習慣及知識的重要。他講解 怎樣選擇材料，健康食物及正確用具；慢性疾病如心臟病、高血壓、糖尿病及腎病等的飲食及烹調要訣。第二部份他介紹多款食譜和示範兩個食譜製作及品嚐，當然還有問答環節。



當天三十多位參加者都從講座中認識到要有健康身體、良好飲食習慣及正確烹調方法的重要性。

Mickey 亦介紹自己撰寫及剛出版的新書《食療新煮意 — 精選健康食譜 40 款》(簡稱《食療新煮意》)，該書能幫助讀者遠離慢性疾病，用簡易的烹調方法製作有益健康的膳食。



2017年春節聯歡晚會

陳國樑 (Francis Chan)



金雞報新歲，員生暢聚喜迎春。今年的員生會春茗於二月十八日舉行，席設列治文市粵海山莊，筵開十一席。當晚五時左右，各理事及義工們已陸續抵達，佈置場地及作各方面的準備。

踏進宴會廳，迎接會員的是一個特大「福」字，伴著一副春聯：

雞鳴報喜迎春歲
炮響齊笑接新年



旁邊是登記桌，坐著富有接待工作經驗的 Helen Chiu 和司庫 Virginia Chu，慇懃協助嘉賓和會員簽到，安排入座。

當晚蒞臨的嘉賓有：香港特別行政區政府經濟及貿易（加拿大西）辦事處主任、三位 CUHKAA 代表、四位 HKUAA 代表、兩位 BUAA 代表及十位 BCIT 華人同學會代表。

時屆七點，司儀 Alain Lau 和 Cami Luk 宣佈晚會開始，隨即響起了一連串「砰砰拍拍」（人造）炮竹聲，頓時喚起以往農曆新年的氣氛。



既是聯歡，不能沒有禮物。首先抽出每圍桌上禮物，人人一份，皆大歡喜。

會長 Andy Chan 致歡迎詞後，大家一邊品嚐美食，一邊玩猜燈謎遊戲，同枱各人合作推測猜度，寫出謎底，猜中最多及交卷最早的一枱勝。謎題雖然奇招迭出、聲東擊西，畢竟會員和嘉賓都是頭腦靈活、見多識廣。互相推敲之後，順利完成。評判結果，十號枱勝出，同枱每人獲本會運動帽一頂。

理大發展迅速，去年底剛建成一座專供校友回校使用的「校友薈」，其內設有別緻名牌，可刻上支持理大發展的人士或團體名字，以表謝意。母校的校友事務及拓展處邀請海外員生會參與。我會已答允並捐贈一塊木紋名牌。Cecilia Leung 和 Priscilla Lau 更於去年十月代表我們回港出席「校友薈」的開幕典禮。我會的木牌已放置在入口大堂的當眼處。在聯歡晚會上，Cecilia 和會長 Andy 特別為大家展示照片，逐一介紹最近回母校的情況，並呼籲各會友繼續慷慨捐款，以完成捐贈木牌不足的尾數。從母校回到本會，Priscilla 介紹了來年活動大綱，Andy 宣佈收集會員反應，以決定是否開辦卡拉 OK 音樂興趣小組。Francis Li 趁此良機為「中僑」籌款推銷獎券。

跟着來的是一個應節遊戲，「金雞穿梭利是來」，頓時氣氛又熱烈起來。經過了一番角逐，終於由名為「鐵咀雞」的一枱奪標。獎品是每人真金白銀利是一封，有意頭有實利。



當晚節目高潮是大抽獎，獎品豐富。中獎者當然興高采烈，開年大吉；未中者，留著希望，等待明年。最後，新舊理事、工作人員大合照。會員嘉賓盡歡而散。

(編者按：查看更多春茗照片，請點擊以下鏈接)

[2017 Spring Dinner Photo Album](#)

第五屆聯校羽毛球錦標賽 -- 理大員生會代表比賽日誌 張志忠 (Chris Cheung)

(編者按：本員生會聯同本地的香港大學校友會、香港中文大學校友會及香港城市大學校友會合辦今年第五屆的羽毛球友誼賽。)

今屆比賽日和以往各屆不同，選了星期日(2017年3月5日)，而不是星期六。賽前約了幾位有份參賽的隊友飲早茶以壯行色，但一覺醒來，打開窗簾一看，大吃一驚，發覺前後院已佈滿了6吋厚的雪，於是匆忙拿起雪鏟，立刻鏟雪。經過45分鐘搏鬥，終於鏟出一條'雪路'，然後駕車至列治文某酒家與隊友聚餐，期望比賽時有氣有力，打球時有心有力，可以旗開再得勝！駕車途中，心想下次選擇比賽日，還是挑星期六好些！

今年比賽前準備比較充足，做了兩次賽前練習，主要針對女隊員發球和戰術訓練。練習後，女隊員們大有進步，在此多謝她們的用心和勤力！

比賽當日由於下大雪，所以參加和參觀人數不多，但很高興理大員生會很多理事也來捧場打氣！在此多謝他們的鼓勵！(多謝 Martha, Helen.....等。)



聯校羽毛球錦標賽總冠軍杯

賽事以兩個項目進行，分別為「聯校羽毛球錦標賽」及「校友及家庭杯」友誼賽。

比賽開始第一場是勁敵中大校友會。結果我們以3比2獲勝。其餘賽事結果是4比1勝城大,5比0贏港大。我隊最終勇奪「聯校羽毛球錦標賽」的冠軍。值得再三稱讚的是我們的女隊員，那天是她們第一次贏得女雙比賽賽事！

其後進行「校友及家庭杯」友誼賽，我隊又取得總冠軍。今年比賽可以說是大豐收，因為我隊從未贏過「校友及家庭杯」。今年是首次贏得「聯

校羽毛球錦標賽」和「校友及家庭杯」兩個總冠軍獎項。

在「校友及家庭杯」賽事中，家庭組的男女混合雙打由我方隊員取



校友及家庭杯總冠軍杯



聯校杯總冠軍隊員



校友及家庭杯總冠軍隊員

得冠、亞軍，亦是打破以往的紀錄。決賽由

Freddie 和 Charlotte 組跟 Chris 和 Doris 組對壘，賽情緊湊精彩。由於雙方實力接近，只是一、兩分之差戰至 '刁時'。

最終由 Chris 和 Doris 組險勝兩分取得冠軍，Freddie 和 Charlotte 組得亞軍。至於家庭組男雙冠、亞軍則由中大校友會及港大校友會分別取得。綜合來算，我會獲得家庭組總冠軍。



混合雙打冠軍隊 Chris 和 Doris



混合雙打亞軍隊 Freddie 和 Charlotte



四大聯校校友及隊員大合照



理大員生會理事和隊員

比賽完畢， 隊員一起到溫哥華一酒家慶祝今年賽事大豐收。席間各隊員盡情吃、喝、唱歌慶祝，正所謂：

對酒當歌，人生幾何！
各隊員盡興而歸，功德圓滿！



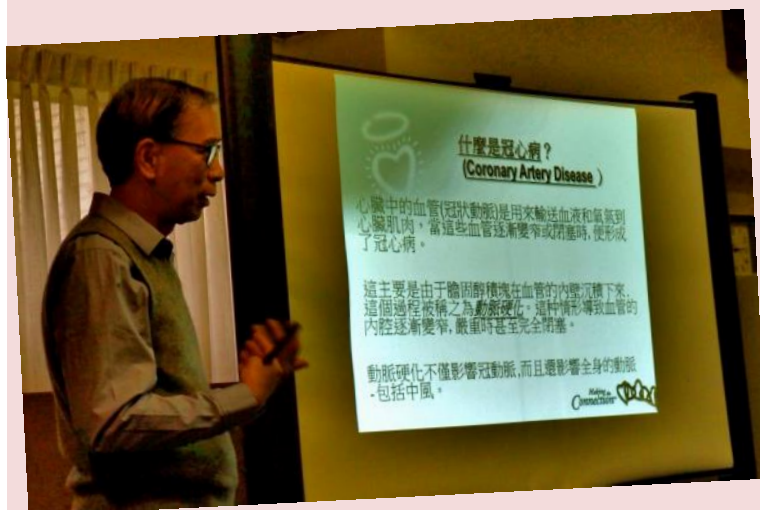
隊員到酒家慶功宴

Talk on “Coronary Heart Disease”

Michael Sung

On March 11, 2017, the HKPU(WC)A hosted a special interest talk on “Coronary Heart Disease – Prevention and Treatment”. The speaker was Dr. P. K. Lee, Cardiologist. The topic generated a great deal of interest among the members and the venue was packed to a full house.

The speaker, using a powerpoint presentation, gave a professional, clear and comprehensive talk on the subject. The graphic contents were detailed and the language of presentation was a good balance of



scientific and common languages that could be easily understood by all the audiences in attendance. The style of presentation was good and the topic was enjoyed by all. The speaker tried his best to entertain questions raised by the audiences, during the Q & A period and the answers were much appreciated.

All in all, the talk was a complete success.

My sincere congratulations and thanks to all the organizers, who worked so very hard to make this a well-planned event.



家居維修講座的點滴

梁勵榮 (Raymond Leung)

4月8日星期六早上，著名的電視、電台家居維修節目主持人黃耀德先生(人稱“黃 Sir”)，應我們香港理大(加西)員生會的邀請，在列治文舉辦了一個家居維修的講座。

當日下著密密細雨，氣溫也冷。心想，來參加的會員可能不多。走進會堂，原來比我早到的人不少，座位已坐過了一半。

講台上，坐著一位中年男子，他旁邊的一張長檯上放滿了小工具、示範物品，以及他的“八寶箱”等。



“黃 Sir”自我介紹。他來自香港，在加已有 30 多年，曾在 BCIT 教授電子科。移民前曾在建築地盆做學徒，對電器、小機械等已有相當的認識，後來更啟發了他對家居小維修的興趣。

講座的範圍很廣，包括廚房、浴室、LED 燈泡、電子、家居安全等等，黃 Sir 特別介紹他自製的實用物品及家居小貼士：

1. “雪地救車自製系統” -- 用蔗渣板加上鏢絲做成。
2. 家居廚房用的不會漏油的倒油杯。
3. 防止煎炸食物時，燙油四濺的擋油板。
4. 用發泡膠及膠質海棉做成的保溫煲。
5. 用尼龍或幼鐵絲網自製成的抽油煙機過濾網。
6. 清理瓶子上的貼紙 -- 用火酒塗抹瓶子上的貼紙，再用保鮮紙包裹一段時間，就可清除。

7. 自製防潮器 -- 用紫菜包內的防潮珠或其它防潮珠來吸取空氣中的濕氣，之後可以用焗爐焗乾，再用。
8. 如何清理浴缸邊 silicon seal 上的污穢物 -- 用長紙巾條加漂白水貼在污漬上，蓋以保鮮紙，數小時後就可清除。
9. 最後，黃 Sir 提供 很多電池、手機及電腦的常識。更提及在中國深圳華強路這區，可以找到多類電子製成品。



當天，各會員都踴躍地向黃 Sir 詢問各式各樣的問題，奈因場地時間所限，祇好留待下回分解。



在此，再多謝黃 Sir 抽出寶貴的時間，與我們聚會，令我們都獲益良多。

2017年夏季乒乓球同樂日記趣

梁祝川 (Peter Leung)

已有半年多的時間沒有和昔日的同學們聚會了，心中甚是掛念。

2017年6月25日(星期天)在香港理大(加西)員生會的安排下，我很高興的參加了本年度的乒乓球友誼比賽。

懷着無比興奮和喜悅的心情，在列市某體育館和廿多位舊學友和朋友們見面。喜見各人臉上掛着笑容，互道前塵近況，有快樂的，也有不勝唏噓的。

當天天氣皓熱，但大家都全力以赴，體力消耗甚多。會友們球技進步了，勝負間的比數甚為接近。

最令我讚賞的是大家都能以和平及禮讓的態度去解決所有問題。

賽後在列市某酒樓晚宴。食物、地方及接待都很好。大家都盡情吃、喝和說笑。所有的歡樂及球場上勝負盡在笑談中。希望在不久的將來，再一較高下及相聚一起共話當年情。



2017 Summer Table Tennis Fun Day

- 20 people signed up for the tournament.
- 28 people actually participated in the dinner gathering.

The result of the 2017 Tournament:

Men's Singles	1st	Peter LEUNG
	2nd	Peter PAN
	3rd	Vincent TSANG
	4th	Loming LEE
	Consolation Winner	Kui-Kwan HO
Women's Singles	1st	Clara LAU
	2nd	Helen CHIU
	3rd	Martha WONG
	Consolation Winner	Angela WONG



參與「校友薈」啟用儀式等活動摘要

梁正儀 (Cecilia Leung)

香港理工大學(母校)為了讓校友回到校園時有地方聚首一堂，舉辦活動，特在 Core A 蓋建「校友薈」。這會所在去年十一月二十五日由校董會主席陳子政先生及唐偉章校長主持開幕典禮，正式啟用。本員生會也有多位代表回港出席，我是其中之一。



「校友薈」主要目的是提供一個舒適、悠閒的環境，讓校友能安排文娛活動，促進校友間的友誼、交流和合作；使校友回到校園時有一份親切的歸屬感，「好似返屋企」。母校更希望「校友薈」能提供

一個平台給各年代的畢業同學緊密地與母校或互相聯繫。

總面積有 250 平方米的「校友薈」設施，包括一個 140 平方米的多用途禮堂、兩個 50 平方米的會議室、一個 40 平方米的《黃鐵誠校友悠閒室》。大堂除了是接待處外，亦可用作展覽廳。在開幕那天展出是香港理工大學從 1936 至 2016 年，這 80 年的珍貴收藏圖片、刊物和學生設計及攝影大學校園的動態照片。除此外，最特別是有了一個 148 平方米的花園，「校友薈」開幕酒會就在此舉行。開幕那一天司儀高興地告訴嘉賓將有一位校友預備在「校友薈」舉辦婚禮，這亦成為當天的佳話。



為鼓勵和答謝校友或其他人士贊助大的持續科研發展，「校友薈」內有多處地點設有表彰名牌，為善長刻上芳名。本會既是理大第一個海外員生會，當然樂意在這座會所內留名。理事會於是通過用本會名義認捐一塊木紋名牌，款額是港幣 28,000 元 (即加幣 4,800 元)。經過去年兩次邀請會員籌募，已



經籌得大部分數目。因此在開幕那一天，刻有員生會名字的木牌已經懸掛在大堂接待處正中位置，而本會代表亦在該木牌前拍攝留念。雖然當時我們只籌集了加幣 3,450 元，(這數目代表 36%會員參與這活動)，但後來在 2017 春茗聯歡晚會上再籌得加幣 590 元，前後總共籌得 4,190 加元，餘數 615 加元則由員生會支付。在此再多謝熱心會員鼎力支持母校這項有意義的活動。



此外，我亦想報導在去年十一月回母校的其他活動 — 在十一月十二日，本人代表員生會出席第廿二屆榮譽博士學位頒授典禮，很高興見到榮休校長潘宗光教授和本會創會理事 Mrs. Amy Soo，他們兩位都向大家問好。



他們兩位都向大家問好。



而在十一月二十五日，員生會代表 (包括 Priscilla Lau、Gen Wong、Calgary 會員 John Lee 和本人) 參加了在母校一整天的豐富活動：早上出席由母校主辦的一個國際論壇，主題是「培育人才·構建實力·支援一帶一路發展」。百多位參加者與來自「一帶一路」的國家幾所大學的校長、教職員和交換學生在這標題上交流經驗、討論如何解決困難，以及怎樣提昇教學與學生水平等等。晚上我們亦出席母校八十週年校慶啟動禮，演出者包括來自「一帶一路」的交流學生及理大學生和 C-AllStar 樂隊等。所有的表演節目都非常精彩。

新興趣組快拍

理大校友歌樂組

為配合會友的歌唱興趣，加上在今年春茗時收集的好意見，理事會隨即於三月份成立了一個卡拉 OK 音樂興趣小組，名為「理大校友歌樂組」"Singing and Music Group"。

這新興趣組已聚會多次，已有核心組員十多人，以下剪輯其中兩段羣組聊天通訊，配上相關照片，好讓大家感受到他們聚會時的歡樂情景！



歌樂組聚會 (21/05/2017):

今晚唱 K 及晚飯, 我們共 12 人包括二位嘉賓在內, 在溫哥華某酒樓享用美味潤喉之"海底椰燉鷓鴣湯"和 9 款精美小菜包括味道清香嘅杞子元肉走地雞及具園野風味的豉汁秋葵牛肉, 果然好食! 大家食得很開心, 唱得很盡興。



歌樂組聚會 (04/06/2017):

今次是第七次唱K聚會, 亦是本組的每三個月一次的大聚會, 一共有22人參加, 場面熱鬧及開心!

歌樂組繼續歡迎會友及朋友加入，有關資料如下：



參加資格： 本會會員或其他校友會會員。無論新唱或舊唱，一律歡迎。

日期及時間： 每月聚會二次，(每兩星期一次)。

一次在星期六， 5 p.m. - 10 p.m. 舉行。

另一次在星期日， 5 p.m. - 10 p.m. 舉行。

(歌友可選擇其中一個日期參加)

每次聚會人數： 可容納 10 - 20 人參加

聚會地點： 視乎每次參加人數而定，一般會在列治文區或溫哥華區的酒樓舉行。人數超過 20 以上或會另租較大場地舉行。

聚會費用： 每人每次 \$2 入場費，加每人餐費由 25 - 30 元左右。



每次聚會需先報名，額滿即止。

本會會員優先，歡迎其他校友會會員參加。

報名/查詢：

- ◆ Andy Chan 604-232-9111
- ◆ Cecilia Leung 778-881-3500
- ◆ Davis Chan 604- 318-9988

新興趣班快拍

笛子(dizi/Chinese flute)基礎班

笛子是一種歷史悠久的橫吹管樂器。它是一支六孔的小竹管，貼上笛膜後，便能吹出清脆明亮的音色，圓滑而動聽，具有豐富的表現力。吹笛子也是一項運動，它能鍛練大腦、舌頭和十隻手指反應的靈敏性。左右腦都要迅速運用，腦子也自然會變得靈活，可延緩大腦衰老。入門吹笛子不難，但掌握好基礎技巧極其重要。



本會在今年四月份得到前理事 Alfred Wong 的推動和安排，特別為初學的會員和親友開辦了新的興趣班，名為「笛子基礎班」“Dizi / Chinese Flute Class”。該課程每五堂為一期。報名情況踴躍，學員上課時都用心學習。這興趣班目前已進行第二期授課，導師是呂昀初 (Charlie Lui) 先生。呂先生現為 B.C. 中樂團之首席笛手，師從潘建明先生與譚謂裕教授 (上海音樂院)，有超過 20 年演奏及多年教學經驗，屢獲殊榮。本會非常榮幸得到呂先生擔任這興趣班的導師，令學員如沐春風。



大家如對這興趣班有任何查詢，請聯絡本員生會。

加西員生會「卡城支部」活動 匯報

梁正儀 (Cecilia Leung)

2012 年在母校允許下，加西員生會「卡城支部」開始運作。員生會誠意邀請到永權(權叔)擔任「卡城支部」聯絡主任負責安排活動，讓本會在幾百哩外的亞省卡加利市會員可以緊密聯繫。第一次聚會在 22/ 9/ 2012 舉行，當天有七人參加，其中三人是新會員。

權叔積極推介本會「卡城支部」，在卡加利市廣招新會員，聯絡理大員生參加，會員人數從 5 人增加到現時 20 人。在這段時間，權叔籌劃的會員活動有聖誕聯歡、聚餐…等。



在 2015 年 2 月「寒衣送暖」活動中，會員合捐贈 300 百磅舊衣物到「無家可歸者辦事處」，完成這次熱心公益，回饋社會的目標。



今年六月十八日會員藉父親節之便，慶祝李錦江會友七十生辰聚餐，大家都高興歡聚一個晚上。



去年所有會員(當時 11 人)都參與本會捐贈母校「木紋名牌」活動，共捐款 550 加元，謹此致謝。



O CANADA, LAND OF BLESSINGS FOR DREAMERS

--- A Hong Kong Immigrant Saluting Canada on its 150th Birthday

Michael Sung

April 21, 2016 was a very special milestone in my life. It marked the 50th anniversary of my arrival in Vancouver, British Columbia, Canada, and making this place home ever since. On that day, a small group of retired engineers celebrated the event with me and asked me to speak about my experiences working and living in Canada. I wish to share that same conversation with you today.

For a man without a country, with very little education and holding a job without much future in Hong Kong, I had a dream: to become an engineer one day. A come-by-chance opportunity for me to move to a new country sounded exciting to me, even though it was full of unknowns and uncertainties. Perhaps it was a pre-determined fate that I had no idea of. Perhaps it was an acid test to see if I could take on challenges and make a man of myself.

I took a deep breath, borrowed some money from family friends and made the trip.

Five days after arrival, I had a job interview and was offered an engineering position to work on the building of the Arrow Dam in the Peace River Basin. My new-found friend advised me not to accept it because there was no Chinese working in field positions in those projects. I took the advice and turned down the offer. Three days later I was offered another job in Vancouver with a leading engineering consultant, as a junior civil engineering designer. I started work on the first Monday of May, 1966. That opportunity changed my life forever.

I learned on the job and paid attention to what my supervising engineers taught me. The co-workers were mostly immigrants from various European countries and freely shared their experiences with each other. I felt very comfortable working with them. After four years of night school courses and taking the prescribed tests, I became a civil engineer. In the fifth year, I was granted Canadian Citizenship. That fulfilled the dream I nurtured since the day I left Hong Kong Technical College.

In the fifth year, I left the practice of design engineering and went into heavy construction. I was told by engineers back in Hong Kong, that a good design engineer must have strong construction experiences to complement his/her design philosophy and not to develop a tunnel vision.

I was in luck. One of the largest local Industrial Contractors required a Project Coordinator to support their Superintendents and to liaise with their projects' Consulting Engineers to clarify construction issues. That opportunity gave me a comprehensive insight into the challenges posed by engineering designs when applied to actual onsite executions, and reflected back on the good old advisement: that a good design engineer must have strong construction experiences to complement his/her design philosophy.

Nine years later, another unexpected opportunity arrived and I was offered a position as Vice-President – Construction by a leading real estate developer in Vancouver. I was given the responsibility to manage the company's developments from Portland, Oregon, USA north to Vancouver, British Columbia. There, I learned a new skill in the process of real estate development. Unfortunately, that opportunity lasted only three years. The real estate market in Vancouver suddenly collapsed and forced the company into bankruptcy. I had to do





something positive. I started my own construction company to develop commercial buildings in Vancouver for clients. In those days, it was by law that I had to sign on as a union affiliated contractor when doing commercial construction in British Columbia. That venture did not last long either. In 1987, the Provincial Government changed the rules of engagement for the heavy construction industry allowing non-union contractors to enter into the commercial construction market. Being unable to compete based on my union ties, I closed down the company and returned to heavy industrial engineering and construction.

For the succeeding 25 years, I worked for the largest engineering-construction company in Canada, mostly in managing international industrial projects on their behalf. Some projects were successful but some were not. There were celebrations and there were disappointments. Lessons learned taught me to think outside the box and avoid repeating the same mistakes. At the end, it was not too bad.

My career also led me to travel and work in every major city across Canada, from Vancouver, British Columbia to St. John's, Newfoundland. In each city, I made friends and learned the different traditions those people brought from their countries of origin. The songs and dances, the foods and colorful costumes, the peace and harmony they brought into a country of true multiculturalism.

As a citizen living in Vancouver, I left some footprints in this beautiful city through my career growth. They include the Reflecting Pool at Simon Fraser University, the Asian Centre at the University of British Columbia, the Neptune Terminal to handle the shipping of bulk materials, the Robert's Bank Causeway leading to the Coal Terminal, the replacement of the North Span of the Pitt River Bridge and a few buildings such as the old Price Waterhouse Center downtown and the Trans Mountain Building on Broadway.

After 48 years of continued services to the engineering - construction industry, I stepped back and took my retirement. Every time I sat in my library flipping through the old diaries and pictures, I gave thanks to the blessings that have been bestowed upon me by this wonderful country call Canada. It allowed me to dream dreams, to be able to melt into the Mainstream and to create a career worthy of the pains and tears that tagged along with me all the way. I learned to be humble.

As I walked and grew with Canada, I had witnessed many memorable events that took place in and around Vancouver. To name a few, they included the celebration of Canada's Centennial Year, the success of Vancouver hosting Expo 87, the Rapid Transit Systems linking the Lower Mainland municipalities, the development of the Village of Whistler into a world-class ski resort to host a Winter Olympic, and this year's celebration of Canada's 150th Birthday.



O Canada, you are the Land for Dreamers and full of Blessings. To newcomers, may I say to you: Be brave, stay the course and never say die. I am sure you will make it much better than I ever could.



潮流

任健藻 (Gabriel Yam)

五、六十年前, 資訊都是靠電話、電報、收音機、黑白電視 (香港 TVB 在 1970 年才以彩色廣播)、電影和報章。潮流的步伐比現在慢。當年所謂潮流, 主要是指服式、裝扮、極其量是家具和擺設。時興的玩意多是有閒(=有錢或有閒錢)階級才玩得起。升斗市民只可以梳個夏萍裝、穿條喇叭褲、著對鬆糕鞋、聽吓白潘、披頭四的流行曲, 算是追上潮流了。

現今資訊非常發達, 生產製造過程比資訊傳達慢得多, 標奇立異而風行一時的大眾服飾近年很少見到, 因為商家怕損失, 事關趕不上架時已過時賣不出。但高級貴價物品除外, 這些產品是潮流的帶領者, 有能力的消費者永遠跟著它。一般小市民只可在報刊的介紹或廣告『恨』吓, 或在其第二市場買件回來『滿足』吓。

以往緊貼潮流的代價極其量是花錢, 對身體健康沒有多大影響, 除了鬆糕鞋容易扭傷腳, 太窄的緊身褲會影響生育外, 大不了穿著不合自己的迷你裙被人笑吧!

但曾幾何時, 因網絡資訊發達, 網絡充斥了很多健康、營養問題『專家』; 加上健康產品銷售者推波助瀾, 電台、電視和報刊的『代言人』不斷吹噓, 使健康保健產品、一般食物等都有潮流興衰的風氣。加上閱覽者很多時不假思索, 誤信網絡『權威』, 朋輩間互相傳閱, 今天流行就大家跟風, 明天話不流行就棄如敝屣。那是『食落肚』的東西, 怎可以時興就盡情食用, 到不時興時就可以不用它、不吃它? 缺少了它不會對身體有害嗎? 反之, 當大量攝取它時身體又能抵受嗎?





近年流行的健康食品甚多: 例如空肚飲五青汁、七青汁, 整天飲羅漢果水、菊花茶、檸檬水。大量飲用是適當嗎? 時興一輪, 現在還飲用嗎? 肉桂有益, 但有沒有需要吞肉桂丸? 銀杏或白果話說可『幫助防止腦退化』就一窩蜂日吞三丸。雞蛋黃一度被指為膽固醇的罪魁禍首, 流行『唔食蛋黃』, 平白損失攝取蛋黃的營養十幾年。

我們的祖父母處於資訊『洪荒』年代, 但他們有的是世代傳統, 那些經驗和習慣是經過他們父母、父母的父母考驗, 安全可靠成數高。初一、十五用白果煲餐白粥清吓腸胃, 絕不會用寒涼的五、七青汁。他們飲食健康之道是跟從傳統經驗, 正所謂『亞媽教落』, 而且是適量和均衡, 不時不食, 他們沒有因為追求流行食物效果而煩惱。他們只着緊能不愁缺開門七件事, 因為這七件事養活了世世代代。現代人為了緊貼潮流做了『無飯夫妻』, 上茶樓只要『滾水』。不論古版或新版『食物金字塔』, 米、

麵、炭水化合物亦是五大食物類別之一。祖父母飲茶的習慣亦使他們腸胃暢通。如果對麵質沒有敏感症候, 又何必跟潮流追捧『gluten free』的產品?



人類進化過程中身體機能已適應五大必需食物和它

的營養素, 我們應該理智地利用廣泛(但唾手而得)的資訊, 改良、改善傳統的飲食的習慣, 而不是摒棄傳統, why reinvent the wheel? 為何囫圇吞棗, 以自己身體做實驗? 筆者不是『食古不化』而盲信傳統, 只是取其優點! 舊的不一定是好, 代代相傳的保健食品原材料真是『真材實料』嗎? 當今太聰明而貪婪的奸商, 將風行一時的食物作假, 分分鐘使追捧者傷身呀! 就算不用黑心食材, 粗製濫造亦食之無益。例: 如讀者選『納豆』豐富纖維的特性而追捧之, 下次去超市, 閣下請細心閱讀其 Dietary Fiber Content – 很多款都是“0g”, 而網上傳閱一例⁽¹⁾ 標榜有“9g”, 見到有這麼高纖維產品請告知筆者呀。我們要小心『潮流化』、『型格化』的產品。身體髮膚, 受之父母, 慎之。可傷身的潮流玩意還有化妝品, 瘦身和整容等, 有機會再談。

⁽¹⁾ <http://nutritiondata.self.com/facts/legumes-and-legume-products/4380/2>



唱歌對身體健康的好處

陳育平 (Andy Chan)

科學發現，唱歌和音樂不單是藝術，而且還有很大的健康價值：它不僅使人們心情愉快及抒發情感，還可增強人體的免疫能力，是讓人們保持身心健康的一個最佳運動。在藝術價值方面：唱歌可以娛人，娛己，公開表演及增強個人的魅力。在健康方面，可令人的聽覺、腦部、肺部、心臟及橫隔膜等器官產生互動作用，繼而獲得許多對身體的健康及精神上的益處，這些好處已被科學家研究及證實存在。現分為三大類別以作說明。



1. 對身體的好處 (Physical Benefits):

- 改善心臟功能，減低心臟病發的機會
- 增強人體的免疫能力，抵抗疾病*

* 研究人員發現，一群詩歌班的成員在一次公開的演出後，他們的體內一種名為 IgA 的免疫球蛋白含量增加了 240%，證實唱歌是可以令免疫功能提高，對抗疾病。

- 培養正確的呼吸方法，降低肺部患疾病的機會
- 對治療癡呆，抑鬱及長期性的痛症，有一定的幫助
- 保持身體健康及長壽

2. 對精神及情緒的好處 (Mental and Emotional Benefits)

- 令人感覺愉快及放鬆*

* 研究人員已經證明，人們在唱歌時，大腦中會釋放出一種名為“催產素”(oxytocin)的荷爾蒙，這種荷爾蒙能使人與人之間產生情感交流及情緒都會變得更好。

- 減輕憂愁及孤單的感覺



- 令大腦活躍及增強記憶，專注及意識事物*

* 相關的研究也表明，音樂使用右腦，而語言則使用左腦，通過唱歌可訓練左腦及右腦兩者之間的神經通路增加及活躍，這些神經通路對人們學習其它領域的知識具有非常重要的意義。

- 改善睡眠的質素，減少失眠
- 提高群眾的士氣

3. 對社交的好處 (Social Benefits)

- 發展共同興趣
- 建立及增強個人的自信心及魅力
- 提高欣賞、聆聽、合作及尊重等能力。
- 擴闊交友圈子

世界衛生組織最近宣佈唱歌為一個最好的運動，比游泳，太極等運動還要好。

以上內文資料部份內容均參考以下網頁，如欲獲得更多詳細資料，可到該網頁查閱。

- <http://www.moresingingplease.com/benefits-of-singing>
- <http://www.businessballs.com/singing.htm>
- <http://hk.aboluowang.com/2007/0501/39708.html>

意見箱

讀者如對本刊物有任何意見，
歡迎來函寄以下地址：

2778 West 41st Avenue
Vancouver, BC,
Canada V6N 3C4

或電郵 polyuwca@gmail.com



Cross-USA 30 days RVing

Lawrence Wong



- Yellowstone NP, Wyoming
- Grand Teton NP, Wyoming
- Craters of the Moon NM, Idaho

- Badlands NP, S Dakota
- Wind Cave NP, S Dakota
- Jewel Cave NM, S Dakota
- Mount Rushmore NP, S Dakota
- *Black Hills National Forest, S Dakota*
- Devils Tower NM, Wyoming
- Theodore Roosevelt NP, N-Dakota

- Effigy Mound NM, Iowa
- Pipestone NM, Minnesota

- Shenandoah NP, Virginia
- Great Smoky Mountain NP, North Carolina & Tennessee
- Mammoth Cave NP, Kentucky

Note:

- Effigy = planned but didn't visit
- *Black* = unplanned visit

It was the first time in our life to drive an RV mobile home to tour across USA. As such, the purpose of this writing is to share our feeling toward driving an RV and is not of giving advice to the readers.

We always have a plan to drive across USA at least once even before we moved from the East Coast to Bellingham of Washington. We finally embarked to do this to celebrate our 40th wedding anniversary in May this year. To be honest, there is a lot of fear in driving an RV of about 25 feet long, 10 feet wide and 12 feet high, let alone the concern of staying in a mobile home for about a month. The advantages of touring around in an RV outweigh our concerns and fear, and our experience from this trip has proved that we were right plus seeing something that was an eye-opener for us.

From the economic standpoint, the combination of driving a rental car and staying in hotels or AirBnB is



cheaper than a normal RV rental. However, our rental was a special deal in that it was a new “RV Factory Delivery Special” one-way trip. The rental company offered special daily pricing, free daily mileage usage and one-way no drop-off charge. In the end our RV cost turned out to be cheaper than car rental.

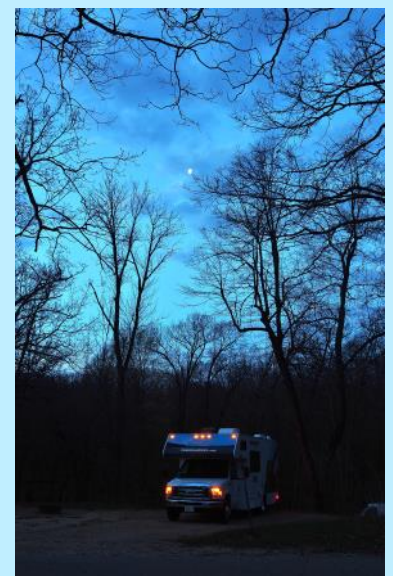
Touring in RV gives you flexibility, convenience and homey feeling while you’re on the road. You can cook your favor dishes if you want to or something that you like but simple. You don’t have to look for restroom/toilet if there is a need, it’s right there for you. You can take a nap on a comfy bed when you feel tired, just pull over to the rest area and there you go. You don’t need to pack your luggage daily like whenever you change hotel. However, you need to put things back into the cabinets every time before you drive your RV.



Here are the intangible advantages from driving an RV. It’s the tranquility, peacefulness, spaciousness, and extreme freshness of air and sense of freedom of the environment that it’s hard to find than staying in a hotel. We met people/campers from different walks of life, primary seniors. We met couples from Israel who usually spend 6 months in USA touring around. The RV is their “home” in USA. They said that you would

never be able to do this in Israel because the road system and the National Park in USA are much better. We met another couple who have been on the road for over 4 years and they said that they are still looking for a place to settle down. We chatted and talked about issues with the grown-up kids in USA nowadays. We met a lot of long-term campers whose home is their mobile home at the campground. Without asking, I got the feeling that some of them are victims of the sub-prime or the big depression since 2008. My takeaway is that: there are people out there who are adaptable and say “life is still going on, no matter what”. This makes us feel that we are very fortunate, blessed and should treasure what we have.

Campers are very helpful and willing to lend you a helping hand if needed. Since that was my first time camping and the weather was very cold (below freezing), I was concerned about pipe freezing of the RV. They offered various ways to minimize the risk, which eased my mind and let us have a good night sleep! At least we survived 2 nights of sub-zero temperature. They were also willing to share ideas on what, when and where were the point of interests with you together with their personal experience.





At the campground, you could see RV and mobile homes in different form, size and shape. I enjoyed walking around the campground to see different RVs lining up side by side. In the morning, I loved walking around the campground listening to birds singing, rabbits playing, magpie flying in and out of their nests. Sometime, you might see moose, deer, bison, antelope etc causally wandering around. Depending on where you camp, you will see gorgeous sunrise right there where you open your eyes early in the morning.



Having read the RV user handbook and understood how the major components of the RV work, my level of anxiety dropped a lot. The first 3 days driving was the most challenging one – getting the RV to move from parking (I needed to step on the gas pedal much further down than my car), checking side mirrors (no rear mirror!) for traffic and keeping the RV from swaying sideways when a container truck overtook you. One experienced camper gave me this advice: just relax, take it easy, and don't hold the steering wheel so tense and tight. The other suggestion was: take time to be away from your RV like grocery shopping or dining, which will help you to relax! I took their advice and that worked for us!

A good and well-equipped campground is important to us. What I mean is: restroom, bathroom, electricity, water, wifi (almost a must since we use technology to help us to search online, communicate with families and friends via social media daily), laundry and well-maintained campground. In general in USA, KOA (Campground Of America), Good Sam Club and State Park are reliable ones. We used apps from KOA and others to help us to search for campgrounds, check user reviews and details of the facilities they provide before booking.



I must say that our upfront planning and research did help in easing our anxiety and payoff during the trip - a thorough overall high level plan, noted busy/holiday days and pre-booked campsites for those places and days. Be aware of our alternatives and changed our itinerary when the weather was bad. Better miss out than taking chances, Mother Nature is no joking!

To conclude: with proper preparation and right attitude, take the time and make no rush, willingness to try different things and take on the challenge, we have a very enjoyable, memorable and unforgettable RV trip that will be part of our life forever.

[Click here to view the Slideshow about our RV experience.](#)

The upcoming activities of our Association

Please save the dates for the following activities:

1. August 19, 2017 (Saturday) - Summer hiking trip at Deep Cove, North Vancouver
2. October 7, 2017 (Saturday) – 21st Annual General Meeting cum annual Dinner

More details of the above 2 activities will be announced in the future issues of < NewsFlash >.

PolyU 80th anniversary celebration activities

The core message of PolyU 80th anniversary celebrations in 2017 is “Proud of PolyU · Proud of Hong Kong”. The year-long anniversary celebrations include a wide range of special celebratory events, forums and lecture series, community partnership programs, alumni activities, as well as knowledge and technology transfer initiatives, catering for different stakeholders, including students, staff, alumni, partnering organizations and the wider community.

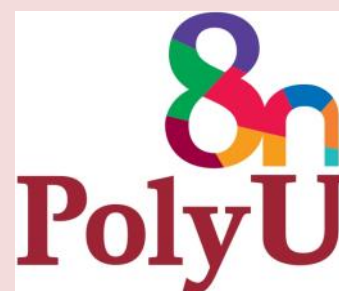
Alumni from all eight decades are invited to return to the main HK campus to meet old friends and see the current status and changes on campus.

- For the full details of the celebrations, please check out the following PolyU link:

<https://www.polyu.edu.hk/cpa/80anniversary/en/>

- We also recommend our members to view the PolyU video [“Alumni Birthday Wishes 校友齊祝賀 Video”](#).

Many of our Association representatives have appeared in the video. They are Andy Chan, Cecilia Leung, Danny Chan, Geoffrey Leung, Randy Chan and Martin Yue.





- For a full list of the celebratory events that will take place in December, please refer to the following table:

Date	Name of Event
2 December (Saturday)	PolyU 80th Anniversary Open Day
3 December (Sunday)	Cycling Event & PolyU 80th Anniversary Open Day (cont'd)
5 December (Tuesday)	Alumni Study Tour to Shenzhen (One Day)
6 December (Wednesday)	Global Alumni Leaders Forum and Dinner (half-day in the afternoon)
7 December (Thursday)	PolyU 80th Anniversary Celebration Gala Dinner (evening)

As the Gala Dinner on December 7th, 2017 will be the finale of the year-long celebrations, Andy Chan (our President) and some Directors are now planning to travel to HK around that time so as to attend this significant event and others too. We very much hope that many of you are motivated and could join us as well. Please contact Andy for more details. (Email: polyuwca@gmail.com)



Happy Flashback



The 20th Anniversary Celebration Dinner of our Association in 2016

1. The Celebration Dinner was held on Oct 7, 2016 at the Pink Pearl Restaurant in Vancouver. It was well attended by 150 members, their family members and friends.
2. We were very honored that Prof. Timothy Tong made a special trip from HK to celebrate our 20th Anniversary with us. We were also glad that two distinguished guests from our Alma Mater, namely, Ms. Winnie Choi (Aide to the President) and Ms. Nicole Yuen (Associate Director, AADO) and two guests from USA, Mrs. Lenora Lam (President of PolyU [Northern California] Association) and her husband were able to come and share the joy and fun with our members and other local guests.
3. The Celebration Dinner was kicked off remarkably with the vibrant Lion Dance that was conducted by Master John Yuen and performed by the Lion Dance Team formed by our members.
4. Prof. Tong presented to us a very informative keynote speech, enriching our understanding of the latest achievements and new developments of PolyU.
5. The climax of the whole evening was the incredible musical Band performance led by Prof. Tong as the head guitarist. Prof. Tong proposed the performance and selected 5 songs before his arrival to Vancouver. At the Celebration Dinner, he announced the name of the Band as “The President’s Band (Vancouver)”. There were 9 members in the Band including the leader Prof. Tong. The musical performance was very impressive and thunderously applauded by all participants. It was most enjoyable! Please watch the short video to get an idea of how fantastic the performance was.

[Click here to view The President's Band \(Vancouver\) Oct 2016](#)

2016/17 Board of Directors

President: Andy CHAN
Vice-President: Martha WONG
Hon. Secretary: Cami LUK
Hon. Treasurer: Virginia CHU

Other Directors

Priscilla LAU (Program)
Alain LAU (Program)
Daniel CHING (Program)
Gen WONG (Membership)
Kam HO (Membership & Communication)

2016/17 Committee Members

Program Committee

Priscilla LAU (Chair); Alain LAU; Daniel CHING;
Danny CHAN (Design/photography);
Lawrence WONG (Photography)

Membership Committee

Gen WONG (Chair); Kam HO; Helen CHIU

Communications Committee

Martha WONG (Chair); Kam HO (Website);
Cecilia LEUNG (Liaison with PolyU & its oversea
Associations);
Helen CHIU (Editorial); Fong Ying YU (Editorial)

The articles that appear in this publication are opinions of individual writers. They do not necessarily reflect the views of the Hong Kong Polytechnic University (Western Canada) Association.

本刊物內容純屬作者個人意見，並不代表本會立場。

本刊誠徵各類稿件 稿例：

來稿中英不拘。稿件無論中英文以不超過一千三百字為限。來稿請附姓名及聯絡電話。作者可用真實姓名或筆名刊登來稿。本會保留刪改稿件的權利，但以不違背來稿原意為原則。

The Hong Kong Polytechnic University (Western Canada) Association welcomes alumni and employees residing in Western Canada to join us.

For information : www.polyuwca.com

Email : polyuwca@gmail.com