

**ALUMNI ASSOCIATION OF
THE UNIVERSITY OF HONG KONG BRITISH COLUMBIA**

ANNUAL REPORT

2020-2021



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President's Report

It is time of the Annual General Meeting of our Association again. I feel honored to have gone through the year with the Board of Directors, who are always able to give great thoughts in the running of the Association affairs. The pandemic has not separated us; rather, we continue to connect with one another through various virtual activities throughout the past months.

Our first ever online Annual General Meeting was held in early October 2020. We were grateful to have a feature presentation from the Development and Alumni Affairs Office of our alma mater about their scope of work and the future development of the University.

This year we have not been able to meet face to face with our members at the Christmas Party, but we had great time with a virtual party. We shared photos and videos of Christmas with our families, decorations in the city and as usual, the party ended with games and carol singing. Though we were all bound at home, we were able to enjoy the ambience of Christmas, of the spirits of reconnecting and sharing.

For Chinese New Year, it was our second year without the hearty Spring Dinner in February. However, we have sent out couplets of the Year of Ox to our members via email. This has been made possible with the great composition and calligraphy of our alumni Yiu Shing Sz and Alan Kwan. I am sure the good wishes were well received.

With the pandemic going rampant in 2021, we have continued the activities in an online format. In May, we had a health webinar delivered by Dr. C. P. Lau. In July, we had a talk on bird watching and photography presented by William Lau. They were both very informative and interesting! We will continue to bring in webinars of various other topics.

Many important events have been deferred due to the pandemic to avoid mass gathering, such as our 50th Anniversary Celebration. With the extensive vaccination in the past months and the prudent public health orders, we do hope that a celebration party can be possible soon. We have targeted the celebration to take place in May 2022. We will touch base early next year to reevaluate the timing of the 50th Anniversary Celebration. In the meantime, we have created a Golden Jubilee Page on our website. You can find many valuable pictures of events of our Associations from the past decades.

We used to have exchange students from HKU, some of them joining the Mentorship Program. The program was canceled for the Fall term 2020 and Spring term 2021 due to the pandemic. We are happy that exchange students are finally able to come in this September.

Our Endowment Fund and Award at SFU was set up in 1993 with the purpose to promote an understanding of the culture of the Pacific Rim through awards granted to select SFU students undertaking internships or doing work placement in Hong Kong. As reflected by many of the award recipients, the money has been very helpful in financing their flights to work in Hong Kong. Over the years, there have been 37 recipients of the award. The balance of the endowment principal as of March 2021 was \$72,220.

On the other hand, in celebration of our Association's 40th anniversary, awards totaling \$6,000 has been endowed by our members to promote exchange and understanding between HKU & UBC. Candidates must be undergraduate students participating in exchange programs with HKU. No individual award should be less than \$1,000. Our contributed principal is \$34,450, which enables the fund to generate an award each year. We have given out seven awards so far since the establishment of the endowment and the market value of the fund as of March 2021 was \$47,855.

With the introduction of Hong Kong Pathway by the Canadian government in February 2021, we expect some HKU graduates may come settle in Vancouver. We have invited members to volunteer lending a hand to them - giving them resources such as shopping guides, identifying schools and activities for their kids and tips on braving the winter, etc. Please contact us if you would like to play a part in supporting them too.

Last but not least, I would like to thank all the members for their participation in our events this year. More than that, I am so grateful for the good efforts of the Directors during such a hard and unpredictable time.

Best wishes to you all.

Rebecca Lee
President 2020-2021
HKUAA BC

Board of Directors: 2020 – 2021



President
Rebecca Lee



Vice President
Yeda Hong



Secretary
Koon Ming Ho



Treasurer
Douglas Cheung



Membership Secretary
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Rosanna Wong



Fenella Sung



Vincenta Ko



Priscilla Lau



Yiu Shing Sz



Angela Lo



Eric Chui



William Lau



Cathy Meu



Paul Li

Annual General Meeting

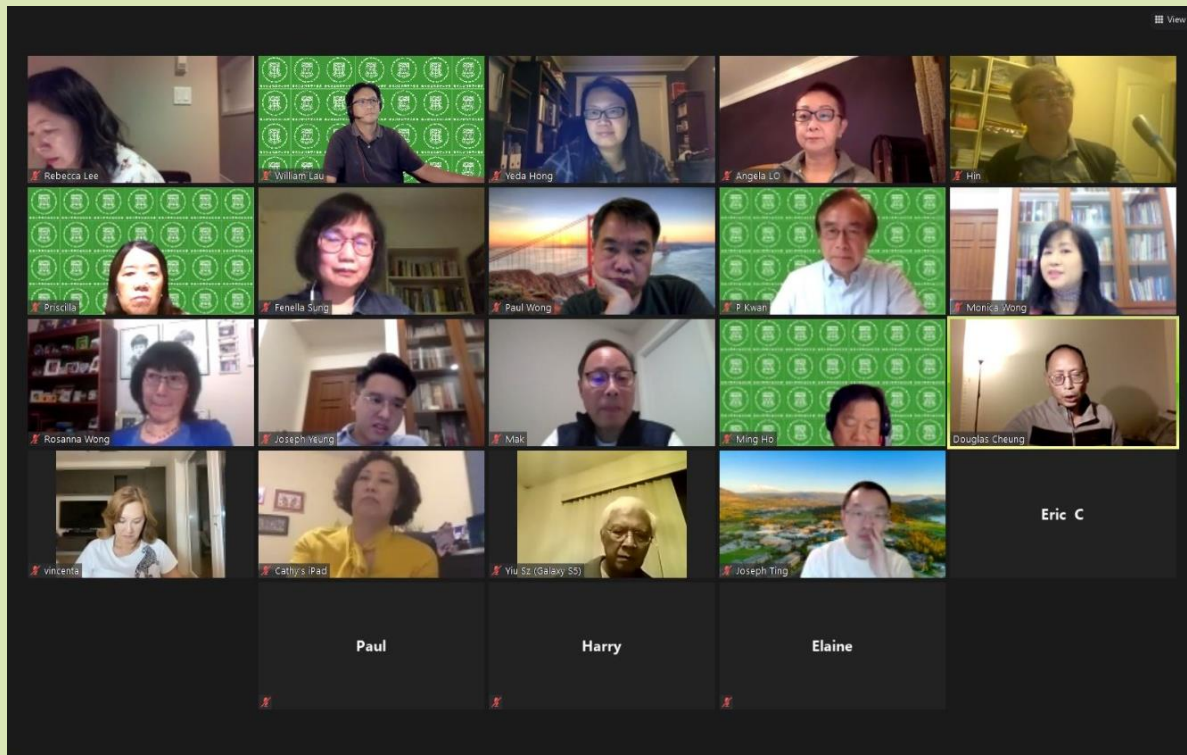
Rebecca Lee

The AGM of HKUAA BC 2020 was held online on Tuesday, October 6, 2020.

The matters listed on the agenda were discussed and passed, with the new Board of Directors elected. We recorded a vote of thanks to Mr. Hector Wong, who had served as our Hon Accountant for many years, as he decided to step down.

We were grateful to have staff of Development and Alumni Affairs of HKU give us a presentation that evening. It covered their scope of work and the future development and construction of complexes in the campus. We were able to view some pictures of the old buildings we used to stay and live in during our university days. That brought back great memories for us.

In addition, we also shared a video of the HKUAA Clubhouse at Central District, Hong Kong, with the narration of Dr. Evelyn Y. F. Man, President of HKUAA 2017-2018. She introduced the original idea of setting up the clubhouse and what it offered. It would be an interesting place to be included in your to go list during your next visit to Hong Kong.



Virtual Christmas Gathering

Yeda Hong

Feliz Navidad, Feliz Navidad..... Although we were not able to have a Christmas banquet as we have in the past, the pandemic could not stop us from gathering online and celebrate this festive season together!

On December 17, 2020, around 20 members gathered virtually and celebrated the festive season together on Zoom! Many of our members shared their marvelous videos and photos featuring festive lights, Christmas decoration in the city, Christmas cuisines and home decor, and a medley of festive photos and instrument performances for this Christmas! Yeda Hong then led fun and challenging games while Harry Lee and Eric Chui sang some Christmas carols. It was a great evening and everyone enjoyed it so much!





Health Talk: "My strategies to increase my life span"

Paul Li

We all looked forward to finding out how to increase our life spans. Therefore, twenty-one of us participated in the health talk of "My strategies to increase my life span" or "Fit 一世:我的延年益壽策略" delivered by Dr. C.P. Lau via Zoom on May 7, 2021.

Dr. Lau, MBBS (HK) FRCP (Canada), explained why we had to sleep well, eat a vegetable-rich diet, do exercises and to brush our teeth. He said sleep was more than a rest; it was also a way in clearing off wastes from the brain.

He also talked about our colons; they contain probiotics (micro-organisms) which took in prebiotics (fibers in vegetables) and turned them into postbiotics (short-chain fatty acids such as butyric acid); these postbiotics were beneficial to our gut health.

To maintain healthy joints and hearts, Dr. Lau suggested us to do aerobic exercises (e.g. swimming, cycling, and running (but not sprinting)), to stretch our ligaments, and to do workouts to maintain good posture/balance (e.g. Tai chi).

To prevent Alzheimer's disease, which someone called it Type 3 diabetes, Dr. Lau suggested us to have good oral health by teeth-brushing and flossing as well as by mouth washing. It is because studies have showed that periodontitis may be linked to Alzheimer's. Periodontitis is an inflammatory disease that destroys the tissues supporting the teeth and might cause inflammation in the brain, and so prevention of periodontitis could prevent Alzheimer's.

Therefore, in order to have a long healthy life span, Dr. Lau suggested us to sleep well, eat a good diet, do aerobic exercises, and to brush/floss our teeth.

According to Dr. Lau, the take-home messages of the talk are:

Diet	Probiotic, Prebiotic, Postbiotic (short-chain fatty acids)
Exercise	Aerobics (power walk after meals), Tai chi & stretch exercises
Sleep	Clear cerebral metabolic wastes
No stress	
Gum health	Potentially prevent Alzheimer's

Bird Watching and Photos Presentation

Rosanna Wong

Our last event of the year was a webinar on bird watching and photography presented by our director, William Lau, on August 12, 2021. The bird photographs taken by William were very lively and impressive, capturing the birds in action: flying, hunting, fighting, feeding, eating, resting, guarding etc. I was fascinated by the variety of bird species that migrate or live in Vancouver, B.C. William also shared with us his experience and expertise in bird watching, including which tools and accessories to use, what clothes to wear and the birding locations.



Bald Eagle



Barred Owls



Barn Owl



Belted Kingfisher



Belted Kingfisher in Flight