



HONG KONG UNIVERSITY ALUMNI ASSOCIATION OF ONTARIO

NEWSLETTER

August 2021 Issue #63

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ANNUAL GENERAL MEETING 2021

Due to the extraordinary circumstances posed by the COVID-19 pandemic, the HKUAAO Board of Directors has proposed to set up a Virtual A.G.M. on 25 September 2021 at 7pm.

We will elect the new board of directors and executive committee members for 2021 – 2022 at the A.G.M. All members are encouraged to nominate and be nominated for the Board for the coming year. Although we are not able to meet face to face for this year due to the pandemic situation, this is still an excellent opportunity to connect and re-connect with many fellow alumni.

Date:	September 25, 2021 (Saturday)
Time:	7 pm
Venue:	Online Zoom Meeting
Cost:	Free
Registration:	Online Registration https://www.alumni.hku.hk/hkuaaont/hkuaaoagm2021/ **Zoom meeting link will be sent before 23:59 EDT on September 24, 2021**

We will elect the new board of directors and executive committee members for 2021 – 2022 at the A.G.M. All members are encouraged to nominate and be nominated for the Board for the coming year.

Notice of Annual General Meeting

NOTICE is hereby given that the Annual General Meeting of the Hong Kong University Alumni Association of Ontario will be held on Wednesday, the 25th day of September, 2021 at 7 p.m. by Online Zoom Meeting with the following business to be transacted: –

- To receive and consider the Annual Report for 2020-2021;
- To receive and consider the Treasurer's Report;
- To elect directors and members of the Executive Committee of the Association for the year 2021-2022;
- To transact any other business.

AND FURTHER TAKE NOTICE that any regular member in good standing shall be entitled to nominate another regular member in good standing to the Board of Directors and to be elected to the Board and to cast vote. Any such nomination should be emailed to the Association at hkuaaont@hku.hk on or before September 11th 2021.

By the order of the Board of Directors

Agnes Man, HKUAAO Secretary, August 23, 2021

HIGHLIGHTS OF PAST EVENTS

HKUAAO Annual General Meeting on September 23, 2020 by Lilian Ma

The 35th HKUAAO AGM was held via Zoom due to COVID 19 ban on in person indoor meeting. It was attended by 17 Alumni members and Board Directors pursuant to e-notices sent out by our Secretary, Communication and Membership Directors.

The Board had delayed the holding of the AGM in April 2020, under normal circumstances according to our by-law. However, delay for the AGM for 6 months was allowed due to the Pandemic under the Ontario Corporations Act through the Ontario Emergency Orders which were effective since March 17, 2020. Also, a virtual AGM meeting format was allowed. Unfortunately, as a result, we could not hold the usual Dinner event which normally follows the AGM as in the past.

Nevertheless, under these difficult circumstances, we did the usual formalities required such as quorum confirmation, chair and secretary for the meeting designation, as well as appointment of Scrutineers and Sargeant- at-arms for the meeting.

Business dealt with included the receipt and adoption of the 2019 AGM minutes, President's Report for 2019-20 and Treasurer's Annual Financial Statement for 2019-20.

Election was held resulted in the following slate being elected: as the new Board of Directors:

Lilian Ma
Augustine Chan
Romeo Au
Tim Cheng
Agnes Man
Verdi Yau
Maggie Poon

Franki Cheng
Raymond Leung
Dennis Au Yeung
Margaret Law
Wilson Chan
Glendy Sze
Evelyn Man (overseas)

The AGM took one hour to complete.

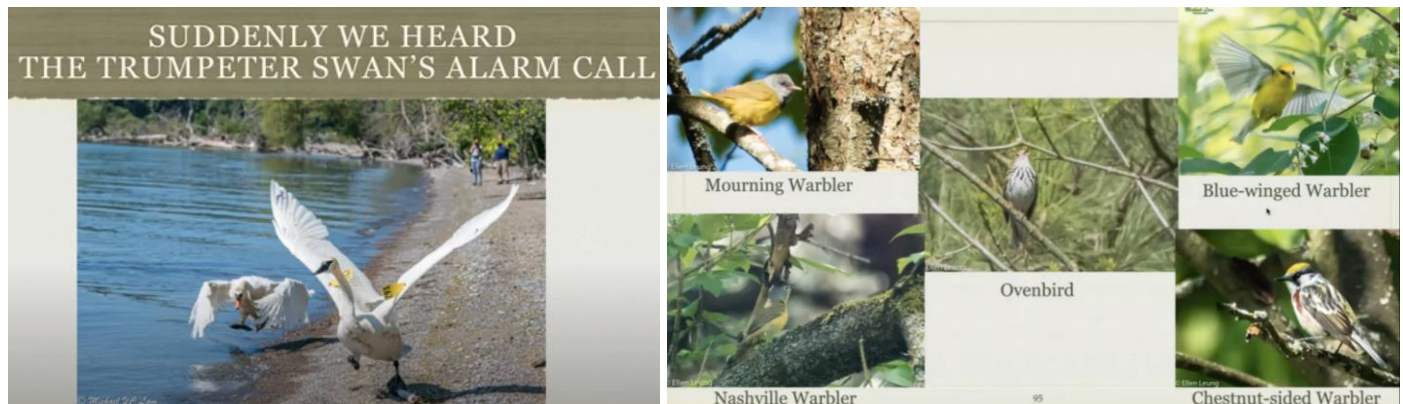
On behalf of the Association, we would like to thank all the members who took time to attend the AGM. We also thank the Board of Directors for 2019 -20 and our Honorary Advisors Irene Chu and Peggy Sum, Bassanio So, as well as our Hon. Chair Professor Tsui Lap Chi for their support. We also thank the leaders of the various interest groups for their contributions to keep our alumni and family members together in their various interests such as birding, table tennis, hiking activities etc. throughout the year. We hope to see each other again soon when the pandemic is over.

November 7, 2020 HKUAAO's Birding Under COVID-19 Pandemic Presentation by Lilian Ma

The HKUAAO wishes to thank Dr. Michael Lam and the assistance of Dr. Ellen Lam in the presentation of the webinar on birding during the COVID pandemic on Nov 7 2020. We have approximately 30 participants who engaged in a successful two hour interactive event.

We are sharing this event recording with all of you and you can click on this link to view at any time.

<https://www.youtube.com/watch?v=l7zmPvPhcmA>



March 6, 2021 A Dialogue on Aging: Genetics and Environment by Glendy Sze

The webinar of "A Dialogue on Aging: Genetics and Environment" 誰主衰老？基因共環境？ was successfully held on March 6, 2021. Our two HKU Alumni and globally acclaimed speakers, Professor Lap-Chee Tsui 徐立之教授, HKUAAO Honorary Chairman, and Professor Chi-Chung Hui 許志忠教授, University of Toronto and Sick Kids, shared with the participants their expert knowledge on genetics and the aging process. Since this is a very popular topic, within a short period of less than 2 weeks, close to 95 people registered for the event and 75 participants showed up. Notably, there were some participants joining from Hong Kong, other than Professor Tsui. They included Bernadette Tsui and Monica Wong of HKU Department of Alumni Affairs Office. Although our webinar was held on a Saturday evening at 7pm Toronto time, it did not deter those attending from Hong Kong, as it was an early Sunday morning at 8 am Hong Kong time.

Lilian Ma, HKUAAO President, started off the webinar with a welcome to all.

Professor Tsui began the webinar by presenting some basics in genetics and how genes control our bodily function using a simple and easy to understand language. A few slides of Professor Tsui's presentation are attached below for sample information:

The Human Genome

- ▶ 3 billion A, C, G and T DNA alphabets (nucleotides 鹼基) per haploid genome (基因體)
- ▶ 2 sets chromosomal (染色體) DNA + mitochondrial (粒線體) DNA
- ▶ 21-26 thousand protein-coding genes (基因)

基因的調控 Gene regulation

- 二萬多個基因在38萬億細胞內有空間和時間上不同的活性
- 所有細胞生長、發育均受精密調控
- 有如樂隊奏樂千變萬化、層出不窮

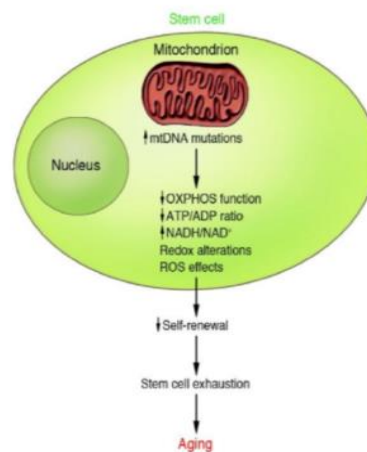
基因與疾病息息相關

- ▶ 遺傳性基因變異
 - ▶ 例如：色盲、組織排斥、藥物反應…貧血病和其他先天性疾病
- ▶ 身體細胞基因變異(不會有遺傳)
 - ▶ 例如：多種癌症
- ▶ 疾病傾向-多基因及其他因素
 - ▶ 例如：糖尿病、高血壓、心臟病、老人癡呆、精神病…多種癌症…甚至傳染病也會有遺傳影响
- ▶ 基因調控失常
 - ▶ 例如：環境影響

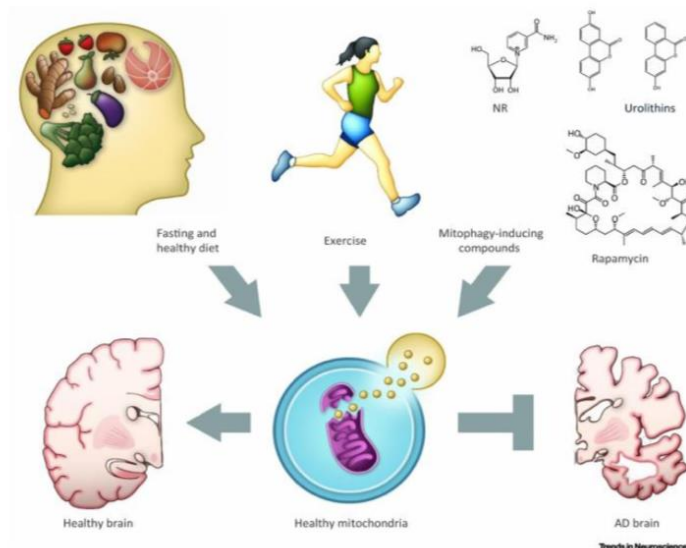
Professor Hui then shared with us current scientific understanding about the aging process. He explained the importance of mitochondria and how mitochondrial dysfunction contributes to aging. He further suggested that exercise, healthy diet and “intermittent fasting” are a few ways to improve the function of mitochondria. Three of Professor Hui’s presentation slides are shown below for brief reference.



線粒體的破壞是導致衰老的主要原因



如何提升線粒體的功能



After the presentations, many participants eagerly and enthusiastically joined in the discussion of this hot topic. A total of 10 questions were received before the webinar. Irene Chu, HKUAAO Founding President

raised the first question of “the recent technological advances and its relevance on aging”. Other questions included “Any way to reverse aging process”, “How to delay memory loss?” and “Intermittent fasting” etc. Professor Tsui further referred the audience to the Mayo Clinic article titled “Memory Loss: 7 tips to improve your memory”. Please click here to access this article.

The atmosphere during the event was lively and enjoyable. Due to the time constraint, we ended the event at 8.45pm (Toronto time) with a closing remark delivered by Denis Au-Yeung, our past president. HKUAAO would like to extend our deep gratitude to Professor Tsui and Professor Hui for generously sharing their time and expert knowledge with our members, so we are more informed of the relationship between genetics and aging.

June 27, 2021 HKJU (Ontario) Activities by Romeo Au

All HKJU activities were suspended in 2019 as the pandemic took over the globe. Starting in February, HKJU committee has been met regularly to evaluate the possibility to organize activities for all JU alumni. As we saw no hope to organize in-person event, we decided to organize a Zoom Events on Sunday afternoon June 27, 2021. Various activities were included like individual exercise challenge, martial arts and singing performance, quiz competition and lucky draw. We even invited a professional chiropractor to show and teach us practical exercises to improve our body flexibility. All participants spent a fun and meaningful afternoon.

You can see the event in the following link: [Click this link to view the event](#)

Passcode is HKJU2021#

UPCOMING EVENTS

November 7, 2021 HKJU Zoom Event by Romeo Au

Originally, we hope the pandemic situation will be improved and we will organize in-person event in the fall. We even had reserved a restaurant on Sunday Oct 31, 2021 to hold our annual gala dinner. However, things are not going our way and there is still uncertainty ahead. To play safe for everyone, we had reluctantly cancelled our booking and hope we can resume in 2022.

Being said that, HKJU went ahead to organize another Zoom event on Sunday, Nov 7, 2021 from 2:00 pm – 5:00 pm. Details are to be announced later and you all are welcome to join. In the event, there is a talent quest item, we hereby appeal to HKUAAO alumni who don't mind to share their talent like singing, musical instrument performance, magic, dance etc. It will be a pre-taped performance and this will be shown during the Zoom event. Please contact Augustine Chan (416-930-3666) or Romeo Au (416-529-3361) if you are interested.

NEWCOMER SUPPORT PROGRAM

Welcome to Ontario. We know that it can be challenging and stressful for a newcomer to settle down in a new environment. Our HKU Alumni Newcomer Support Program is to have volunteer supporters assigning to each newcomer to provide needed information or advice for HKU current/past students, staff, and their family members.

For more information: <https://www.alumni.hku.hk/hkuaaont/newcomer-support-program/>

SUPPORT HKU ALUMNI TO ONTARIO (VOLUNTEER ENROLLMENT)

There are always challenges for newcomers to settle down in a new environment. A supporter is to provide information, advice, or even emotional comforting will be of great help to them. Please enroll using the link below to provide your help. Our support coordinator will contact you for details.

For more information: <https://www.alumni.hku.hk/hkuaaont/support-hku-alumni-to-ontario/>

SPECIAL INTEREST GROUPS

Badminton Interest Group	Romeo Au	區耀興	BSocSc 1976	romeoyhau@hotmail.com
Bird Watching Group	Michael Lam	林容賜	MBBS 1978	michaellam78@gmail.com
Hiking Interest group	Hannah Cheung	張彥華	BA 1979	emailhonthonta@gmail.com
Karaoke Interest Group	Lily Lee Eddy Ho	李冰琪 何詠雄	PGDE 1973 BA 1980	lilybkleee@gmail.com ytomgr@wicefreight.ca
Table Tennis Interest Group	Danny Lam	林德明	BA 1968	lamdtm@yahoo.com
Wine Tasting Interest Group	Tim Cheng Dennis Au-Yeung	鄭天祥 歐陽健昌	BSc 1970 BSc 1977	tc@timcheng-ca.com Dennis.Au-Yeung@concordadex.com

Sign up / Update / Renew membership: <https://www.alumni.hku.hk/hkuaaont/about-us/membership/>