Dear alumni and friends,

It has been over 5 months since the last newsletter. During these 5 months, we have had our first spring dinner in March, incorporated the association as a non-profit organization in June and designed a logo for the association (see above). The new Board of the association is currently looking into setting up the association’s own website.

To commemorate the incorporation of the association, an inauguration dinner will be held on September 18, 2004 at the Holiday Inn in Chinatown, New York City. Our university’s President, Professor Poon Chung-Kwong, will be joining us for this occasion. We urge you to participate in this memorable event (see the form on the last page of this newsletter).

Because of the incorporation of the association, your agreement to become a member of the association is required. Please send an email to aa.eastus@polyu.edu.hk indicating your agreement. A simple “I will be a member” will be sufficient. There is no charge to become a member at present. In becoming a member, you will be entitled to the benefits made available by the university mentioned in the last newsletter and any other benefits we may be able to negotiate for you in the future. Should it become necessary to levy membership dues in the future, you will be informed in advance and can choose then whether to continue as member and pay the dues.

Activities aside, we have included in this newsletter an article on fitness and health written by our own alumnus, Angela Wang. We hope this article will be of interest to you. If you have any suggestion on the contents of the future newsletters, please let us know. The contact details are shown on the page 2.

Last but not least, with the incorporation of the association, the Steering Committee will terminate. The new Board of the association will assume the responsibility for arranging all activities of the association, including the preparation and issue of future newsletters.

With warm regards,

Steering Committee
For HKPU (Eastern USA) Association

Contents of this newsletter:-
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Report on spring dinner on March 20, 2004
Form for inauguration dinner on September 20, 2004
The Newly Incorporated Association and Its Board

The association was incorporated on June 4, 2004 as a non-profit organization in New York. New York was chosen as the state of incorporation because of its beneficial treatment of non-profit organizations as compared to, say, New Jersey.

The registered address of the association is Apartment 2A, 201 Bay 22nd Street, Brooklyn, New York 11214. Other contact details are:
Telephone – Alice Chan (732) 967 1946
Kari Yuen (718) 391 2345
E-mail - aa.eastus@polyu.edu.hk

There are seven directors in the association’s Board. They are (in alphabetical order):
Chan, Sze Sze Cissy
Chan, Wing Yee Alice
Kan, Man Chung David
Lai, Michael
Tang, M Simon
Wong, Pui Lam Phoebe
Yuen, Kam Pang Kari

The first Board meeting will be held just before the inauguration dinner on September 18, 2004. At the meeting, the Board members will elect the Chairman of the Board, and the President, Vice President, Honorary Secretary and Honorary Treasurer of the association. The Board will tentatively physically meet 4 times a year in March, June, September, and December. Business will also be discussed via the internet and telephone between meetings.

Any member who would like to become a Board member should send an email to the email address above.

Next Function – Inauguration Dinner on September 18, 2004

An inauguration dinner will be held to commemorate the incorporation of the association and install the Chairman of the Board and officers of the association on September 18, 2004. As mentioned on page 1, Professor Poon Chung-Kwong, President of the university, will be attending the event.

The following are details of this function:

Date: September 18, 2004
Time: 6pm
Venue: Chinese restaurant in Holiday Inn, Chinatown, 138 Lafayette St, New York City 10013 (tel: 212 966 8898)
Price: $20 per adult/child of 12 and over; $10 per child of 6-11, free for child under 6

As you can see from the price, the event will be subsidized by the university in honor of the incorporation. Please make an effort to join and bring your family with you. The form for the dinner can be found on the last page of this newsletter. Please respond by August 28, 2004 so that we can confirm the final numbers to the restaurant.

The Warm-up Period

By Angela Wang

Ready to start exercise more during the summer? Is warm up period necessary? Most of us are busy with work and family. Exercise may not therefore be a priority. However, there is a lot of fun in playing outdoors when the weather is nice and time to spend running after the kids in your family. So this article is to discuss the importance of warm-up period to prevent injury, so that you will stay healthy especially if you are sedentary most of the time.

Most athletes consider warm-up important during their training. It will not only help the performance, but it also helps to prevent injuries. It appears that an increase in temperature within the muscles is necessary for the attainment of optimal performance, so the body tends to work more efficiently, more safely, and at a higher level when ‘warmed-up’.

Before each sporting event, people should find out which warm-up exercises to best fit the sport. The intensity and duration of the warm-up should be determined by the event and the level of fitness for each individual. For instance, a high-performance, well-conditioned athlete may require twenty to thirty minutes of fairly intense exercise to perform at his or her maximal performance. However, for recreational sports, five to ten minutes of warm-up should be enough.

An outline of a warm-up schedule

Here is an outline of a warm-up and cool down schedule which combines general with specific warm-up activities:

1. Stretching. The initial stretching should be gentle, light, and limited to those muscles that will be stressed.
2. Jogging. The participant should jog or run over a distance and at a pace related to his or her degree of fitness and type of sport. This should produce an increase in heart rate.

3. Stretching. Following the jogging, the participant should stretch slowly but thoroughly.

4. The event of sport.

5. Cool down period after the sport. The participant should allow a cool down period of 3 to 5 minutes to cool down.

6. Stretching. Following the cool down period, the participant should repeat the stretching exercises. This will help to reduce muscle tightness and stiffness that they may experience the following day. Stretching can also be mentally relaxing as well.

So have fun during the summer, try to do some exercises regularly and participate in a sport. Stay healthy and fit.

Angela Wang is currently working as a physical therapist at the Kessler Institute for Rehabilitation in New Jersey. She is a member of the Steering Committee and will become an area coordinator for the association in North Jersey.

Spring Dinner on March 20, 2004

The spring dinner was held at Holiday Inn, New York Chinatown. There were 2 tables of alumni and family. During the dinner, there was a lucky draw comprising 3 prizes of souvenirs purchased at the university. Perhaps it was fung shui, or was it just coincidence? The winners of the 3 prizes were seated together. The first and second prizes were won by proud new parents, Joanna Kwan and her husband, James. Talk about Chinese superstition. Their new baby brought a lot of luck to the parents!

The event was reported by Sing Tao and Ming Pao. The reports appeared on March 21, 2004. A brief mention was also made in Duowei News.

Please click “ctrl” + the link below to see the photos taken during that evening.

http://community.webshots.com/album/1278921350EvLSe
Inauguration Dinner Form

TO: Simon Tang (9 Tallowood Court, Collegeville, PA 19426)
FROM:
RE: HKPU (Eastern USA) Association - Inauguration Dinner on Sept 18, 2004

Enclosed is a check for ______ for the attendance of the inauguration dinner

Amount ($)

_____ adult(s)/child(ren) 12 and above ($20 each)

_____ child(ren) between 6 and 11 ($10 each)

_____ child(ren) below 6 (free)

Total

Check details:
Bank:
Check number:
Payee name: Wing Yee Alice Chan

Signature                                      Date

Venue: Chinese restaurant in Holiday Inn, Chinatown, 138 Lafayette St, NYC 10013 (tel 212 966 8898)
Time: 6pm
Dress code: Smart casual
Tel no of Simon Tang: (267) 218 5776