



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
(AUSTRALIA) ASSOCIATION

香港理工大學(澳洲)員生會



HKPOLYUAA  
Anniversary

20週年紀念特刊

20th Anniversary  
Special Edition



## 2002 to 2007

First visit of Prof. Poon - visiting Nam Tin Temple (2002)

Prof. Poon with Distinguished alumni member Ng Wing Hong (2003)

First time Sydney alumni met up with Melbourne alumni (2003)

With visiting PolyU Deputy President Mr. Alexander Tzang and Distinguished alumni Prof. Tsai Ah-Chung (2005)

2007 AGM dinner with Vice President (Research & Development) Prof. Albert Chan

Sydney and Melbourne alumni went to HK to attend the PolyU 70th anniversary celebration activities





## 2008 to 2012

2008 Farewell dinner for Prof. Poon

Alex and Nancy Ma presented souvenir to Prof. Poon

Group photo in Hong Kong after Prof. Poon received his Hon. Degree of Doctor of Humanities (2009)

Australian alumni attending PolyU 75th Anniversary Gala Dinner (2012)

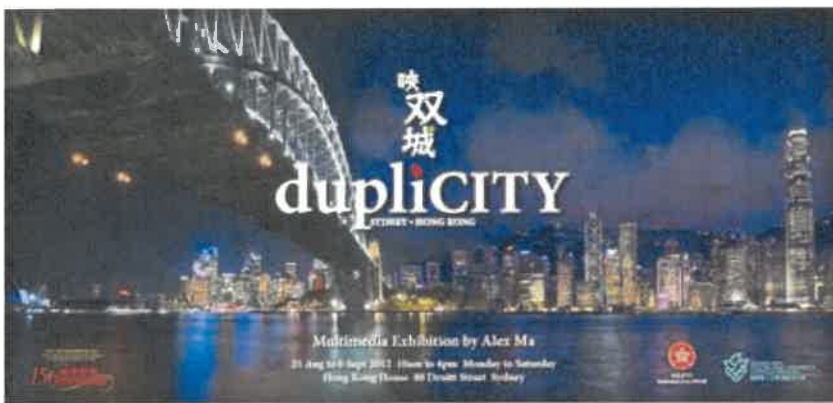
Alumni visiting the Warragamba Dam (2011)

2012 AGM Dinner with Prof. Tong





THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



2012 to 2018

dupliCITY multimedia exhibition by Alex Ma  
(Sydney 2012, HK 2013)

Alex & Nancy Ma with Prof. Tong (2014)

Alumni attending Global Alumni Leaders  
Forum at PolyU (2017)

Australian alumni group photo taken at  
PolyU 80th Anniversary Gala Dinner

Prof. Tong performing (2017)

PolyU MBA Study Group visiting Sydney  
(2017)



# 20th Anniversary Special Edition

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**The Hong Kong Polytechnic University (Australia) Association  
2022 Annual General Meeting and Dinner  
held at the King Dynasty Restaurant, Chatswood,  
Sydney on Friday November 25, 2022**

The Association would like to thank the following guests, sponsors and supporters:

**Honourable Guests**

Mr. Henry Mak (麥瑞禧先生), Acting Director of Hong Kong Economic and Trade Office,  
Sydney – Government of the Hong Kong Special Administrative Region  
Prof. Yip Kam-Shing (葉錦成教授)

**Special Thanks to Alex Ma (馬耀平) and Dr. Nancy Ma (馬張美松博士)**  
for producing our short video to congratulate HK PolyU's 80th Anniversary

**Special Thanks to Supporters contributing to this Yearbook**

Prof. Teng Jin-Guang (滕錦光教授), President of the HK PolyU  
Prof. Yip Kam-Shing (葉錦成教授)  
Philip Chui Kai-Shing JP (徐啟成)  
Dr. Daniel Sze Man-Yuen (施文遠博士)

and current and Past Presidents of our Association including:

Joseph Yu JP (余伯威), Dr. Daniel Lam (林泰運博士),  
Jeffery Tse JP (謝志輝), Hugh Lee OAM, JP (李曉民),  
Tony Tong (唐德榮), Daniel Chau (周振和),  
Bosco Lau (劉若山) and Dr. Sarah Chow (周秀霞博士)

**Prize Sponsors**

Hong Kong Polytechnic University  
Hong Kong Economic and Trade Office, Sydney  
Oriental Merchant Pty Ltd (中達食品公司) with its various brands

**Special Thanks to Dr. Felix Lo (羅冲博士)**

who will be our Association's Legal Advisor for the 2022-2024 term

**Special Thanks to Alex Ma** for designing our 20th Anniversary Logo  
and the cover pages of our 20th Anniversary Yearbook

Lastly, we would like to thank representatives from other university alumni associations,  
our association members, their families and friends for joining  
our 20th Anniversary Annual General Meeting and Dinner.

# President Messages

## Message from the PolyU President



Congratulations to The Hong Kong Polytechnic University (Australia) Association on the happy occasion of its 20th Anniversary!

Over the years, the Association has been making remarkable contributions to strengthen the global alumni network as well as the overall development of PolyU. I would therefore like to express my sincere gratitude to the Association for its tremendous support. My heartfelt appreciation also goes to the Board of Directors, who have been making every effort to bring together our alumni and former colleagues in Australia, in particular Sydney, Melbourne and Brisbane.

Despite the challenges brought about by the pandemic, PolyU's efforts in pursuing educational and research excellence have received increasing recognition. I am pleased to share that PolyU has attained an encouraging result in the newly released Times Higher Education World University Rankings 2023, ranking 79th in the world, up 12 places from the 2022 rankings, and rising in the rankings for three consecutive years. In addition, PolyU has recently been ranked 65th by the QS World University Rankings 2023. Furthermore, we are also the only university in Hong Kong that has contributed significantly to the historic space exploration projects of our country, including the Nation's first lunar sample return mission Chang'e-5 and first Mars exploration mission Tianwen-1.

This year marks the 85th Anniversary of PolyU. I sincerely hope that all members of the Association will share the joy of their alma mater in celebrating PolyU's proud history and accomplishments. As members of the PolyU family, our alumni, regardless of their distance from the campus, are strongly encouraged to stay connected with their alma mater in multiple ways.

I wish the Association every success in its future endeavours and I am sure the friendship among PolyU alumni in Australia will continue to flourish. I look forward to meeting you all in person soon, and hope to receive your advice and support to take the University to the next level.



Jin-Guang Teng  
President  
The Hong Kong Polytechnic University

November 2022

**We Are PolyU  
Together We Excel**

**情繫理大  
共創非凡**



## Report from Our Association's 2019-2022 President - Joseph Yu JP

During the past three years the whole world turned upside down by the pandemic. The world seems to have been shut down by COVID-19 to some extent, and our lives were like riding a roller coaster.

Our Association had held limited activities during 2020 to 2022. Nevertheless, we still had some accomplishments worth mentioning -

1. During our 2020 AGM Dinner held on November 15, 2020, we had guest speaker Dr. Kenny Chan talking about eye health with the topic "Muscular Degeneration Symptoms, Treatment and Precaution". 30 members and friends attended the talk live at the restaurant, while some other members joined the talk via live broadcast Zoom conferencing.
2. On Mother's Day May 12, 2021, we held a special talk and dinner at the Marigold Restaurant. Over 100 participants came and the talk on Professional Photography was presented by our life member and renowned design artist Alex Ma.
3. Our 2021 AGM Dinner event held at the Marigold Restaurant on December 2, 2021. During dinner Alex Ma did another photography presentation titled "Front Yard Birds". The event was well attended by about 120 participants. That was also the restaurant's last major event held, as it was due for closure shortly after 39 years of operation in Sydney.

We have also maintained strong ties with the Hong Kong Polytechnic University (PolyU), the Hong Kong Economic and Trade Office Sydney (HKETO), our members in other states (in particular our Melbourne alumni), and the alumni associations of other Hong Kong-based universities including the HKU, the CUHK and the HK Baptist University,

On other issues I should like to particularly mention about the challenges we are facing on members communication. Nowadays communication technology is advancing super-fast, Telephone, text and e-mail are all behind. We have to implement modern applications like Facebook, WhatsApp, Google Chat, Zoom Conferencing and Microsoft Teams etc. to enhance our communication amongst our members and amongst our Association with the PolyU and other communities.

Another challenge we have is about recruiting more members (especially younger members) to join our Association. This could be improved if we can gather better information about PolyU students and alumni coming to Australia for work, study, migration and/or re-entry.

I should like to take this opportunity to thank the PolyU - its current and past Presidents, and the Alumni Affairs and Development Office (AADO), etc., all past and honourable presidents especially Mr. Bosco Lau, current and past executive committee members, other members and friends for their ongoing support of the Association. Lastly, I would like to thank our Association's honourable advisors Mr. Alex Ma and Dr. Nancy Ma. I am also happy that Karen Tam will become the next President of our Association. We wish her all the success.



Joseph Yu JP, President of HKPolyUAA (2019-2022)

### Answers to Pop Music Quizzes (1930s to 2020s)

(1) b (2) c (3) a (4) a (5) c (6) b (7) a (8) b (9) b





## Our Association – An Introduction

### Message from the Chief Editor (Bosco Lau 劉若山)

2022 is a significant year for us. It is not only the year when we celebrate 85<sup>th</sup> anniversary of the Hong Kong Polytechnic University, it also marks the 20<sup>th</sup> anniversary of our PolyU (Australia) Association.

Our Association was inaugurated in Sydney back in October 2012, with the presence of PolyU's President at that time, Prof. Poon Chung-kwong. Since then, Prof. Poon had visited Australia 4 more times until his formal retirement. His successor, Prof. Timothy Tong, has also paid 5 visits to Australia since 2009. Besides these two Presidents, many other senior members of the PolyU had visited us on various occasions, they include Vice Presidents, professors, staff of the PolyU Alumni Affairs & Development Office (AADO) and others. Numerous alumni members of our Association had also visited the PolyU and attended activities such as the PolyU 70<sup>th</sup>, 75<sup>th</sup> and 80<sup>th</sup> anniversary celebration events, Homecoming Carnivals, Greening Hong Kong by PolyU Alumni events and Open Days for new buildings established at the PolyU campus.

I, for example, had visited the PolyU at least once a year from 2003 to 2019. I visited the PolyU last in August 2019, but could not meet the current President of PolyU Prof. Teng Jin-Guang as he was unavailable at that time. During the COVID-19 pandemic from 2020 to 2022, travelling to Hong Kong had presented a problem for me. I have now booked my next trip to Hong Kong in February 2023 and hopefully I can visit the PolyU and meet Prof. Teng for the first time.

Besides these visits, our close ties with the PolyU can also be seen through:

- 1) Sponsorship of a tree, one chair and name plates [our Association has sponsored a tree - The Golden-leaves Fig Tree (黃金榕), a chair at the PolyU's Jockey Club Auditorium and several name plates]
- 2) Personal donations from several alumni individuals through auctions, sponsorship of name plates and offer of scholarships
- 3) Coordination of social and site visits by various study groups from the PolyU, including MBA Study Groups, a study group from the Department of Applied Social Science, etc.
- 4) Communication with PolyU students who are in Australia on exchange student programme or temporary work placement (e.g., answering their queries and inviting them to attend our activities)
- 5) Participation in PolyU Global Alumni Leaders Forums by some of our members.
- 6) Establishing links with other overseas alumni associations of the PolyU, e.g., I had met some alumni of the PolyU Singapore Association a few times during my past trips to Singapore, and met Pauline Tsang, the Founding President of the PolyU Eastern Canada Association, in both Sydney and Hong Kong, etc.





Bosco with George Ko pointed to one of our sponsored name plates.



[November 2017] - Group photo with alumni from Australia and South California, U.S.A. taken during the PolyU 80<sup>th</sup> Anniversary Gala Dinner. Alumni from Australia include Tony & Irene Tong, Bosco & Cecilia Lau, Jeffery Tse, Joseph Yu, Clara Cheng, Raymond Pau, Philip Chui and Paula Lau (both from Melbourne), and Elaine Yau (now residing in Hong Kong).



Left [November 2018] – Alumni dinner with Prof. Teresa Chien of PolyU who was visiting Sydney. Right [August 2019] – Bosco with other alumni visiting the PolyU's Jockey Club Smart Ageing Hub.



[August 2019] Bosco with Prof. Teresa Tsien in front of the PolyU's Innovation Tower



[August 2019] Bosco and Cecilia with Queensland alumni (front row from left) Leonard Cheung, Cyril Ng and Karen Ko and (at back row) 5 PolyU exchange students at a dinner function held in Brisbane



[May 2021] Alex & Nancy Ma and Bosco joined dinner with Victoria alumni members at a Chinese restaurant in Melbourne.



## 理大澳洲員生會之誕生 (二〇〇二年六月)

陳潔民 (已故)

在二零零零年的十一月，畢業了四十年的機械和生產工程系的同學，自美、加、澳洲返港，回母校共同慶祝畢業四十週年，被邀請出席十二月八日舉行的校友離校銀禧紀念晚宴。席間校長潘宗光教授鑑於旅居澳洲員生數目不斷增長，建議籌備成立理大澳洲員生會，目的是讓居於澳洲的校友和前教職員，能與母校繼續保持聯繫和加強兩地溝通。

在二零零一年的三月，五位校友在前理工會計系教職員周秀霞女士引導下，初次在悉尼一酒樓會面，組成了一個六人籌備工作小組。小組成員包括有周秀霞、(61年)生產工程系陳潔民、(73年)紡織系張國華、(81年)電腦資訊系蔡慧薇和電子工程系周伯漢及(97年)土木工程系施培坤等人。在同年八月，通過成立[香港理工大學澳洲員生會籌備委員會]，邀得其他前理大師生加盟。參與工作小組成員，亦增添至十五人，包括有前理工應用物理系主任 Dr. Charles Martens 及理大中文及雙語學系講師張繼沛，並推選了周秀霞和吳步雲為籌委會正副主席。

整整的一年裡，籌備工作小組不斷努力，聯絡已分散澳洲各地之員生，起草會章，收集和整理員生的資料，建立互聯網頁等事務。在二零零二年一月廿三日，終於成功在澳洲新南威爾斯省註冊為一非牟利社團組織。繼加拿大(東西)兩岸之後，成為理大海外之第三個員生會。適逢今年香港理工大學建校六十五週年的大日子，澳洲員生會的誕生，剛好是這羣旅居澳洲之員生，對母校一個特別的賀禮。

在二零零二年裡，理大舉辦了一連串之紀念活動，籌委會委託留港的員生，代表出席三月十五日之理大建校六十五週年紀念活動開幕，及三月十七日在香港舉行之理大校友嘉年華會。代表亦同時參與該日理大海外員生會主辦之攤位，介紹本會之成立及為理大澳洲員生會招收會員，更協助加拿大(東岸)員生會為母校義賣籌款。三月十九日，理大校長在李嘉誠樓設宴招待，並介紹其辦公室內之設施及一同與海外員生會代表拍照留念。在本會代表留港期間，理大校友事務及拓展處處長及該處全人，曾給與本會多方面協助，更為澳洲員生會設計及訂製了一面美麗而兼有代表性的旗幟，員生會全人專此致以衷心感謝。

五月五日，是剛誕生了的理大澳洲員生會一個重要的日子，為了應付[第一次週年大會]這個日子的來臨，籌備委員會工作小組早在年初即開始分配工作，包括尋找適當聚會地點、佈置場所、派發開會宣傳、準備茶點、編印出席會員名牌及員生登記表格、徵收會費等事項。全體義務工作小組，不畏疲勞，日以繼夜協助處理會務，深表欽佩。籌備委員會主席更親手造了個非常美麗的意見箱，收集出席員生的意見。

週年大會當天，籌備委員會工作小組，很早便到會場佈置，更有籌委會委員攜眷出席，幫助佈置場地、煲茶燒水、分配座椅、招待嘉賓、及為大會拍攝等。值得陳述的是當日出席大會之員生與家屬，非常踴躍，比預先估計人數還多，員生皆來自悉尼各區，而且全數即時申請成為會員，其中五份之一員生，更申請為永久會員。目前會員有來自其他省份，包括有西澳、維多利亞及昆士蘭省。



當天，推選了第一屆會長周秀霞、副會長吳步雲、秘書盧紀維、財務陳潔民、會籍幹事周伯漢、資訊事務幹事蔡慧薇、編輯及公關幹事劉若山、特別事務幹事李曉民、康樂幹事邱玉蓮等及顧問 Dr. Charles Martens 等人。

會長簡報了理大澳洲員生會成立之經過，亦致詞歡迎出席之嘉賓及當選之幹事。同時宣報已恭請了理大校長和校友事務及拓展處處長，於二零零二年十月十二日，到悉尼主持理大澳洲員生會成立典禮及邀請了加拿大(東西)兩岸會長，出席這次慶典。典禮之安排及詳細情形，將會另行通知，歡迎各地員生，踴躍參加，出席這次盛會。

今次員生會之能夠在短短的十個月內順利誕生，除了有賴各籌委會會員通力合作外，更獲母校全人在精神及財政上鼎力支持和鼓勵，終於趕得及在母校建校六十五週年裡，成功在澳洲註冊，成為全球香港理工大學第三所海外員生會。值得一提會長周秀霞女士，在籌備成立員生會期間，處處表現出其卓越之領導才能。之前，周會長已曾在澳洲曾當過其他香港大學校友會之籌備工作，經驗豐富。今次當選為會長，實屬眾望所歸。

員生會亦獲校友羅堅律師加盟，擔當榮譽法律顧問。亦獲遠在維省投身於會計及公司秘書之劉淑嫻女士相助，兩位在員生會草擬會章過程中，提供過不少之專業知識和法律程序。張繼沛亦為員生會贊寫過不少中文宣傳稿件，中文網頁版，及處理所有中文文書。Dr. Martens 學識廣博，具豐富的工作組織經驗，在參與籌備工作過程中，亦提供過不少寶貴意見，解答會章內之難題，並協助書寫英文稿件及來往書信。其餘籌委會內之校友，均各展所長，分工合作，不畏勞苦與艱辛，收集和整理員生資料，建立互聯網頁及員生資料庫等事項。他們一顆熱誠參與之精神，為理大澳洲員生會奠下日後發展的基礎。

第一屆幹事接着亦開了數次會議，籌備各項員生會活動及會訊等。他們認同最重要的就是加強宣傳，讓更多居於澳洲的前香港理工大學及其前身(包括香港理工學院、香港工業專門學院和香港官立高級工業學院)員生知悉本會的成立，繼而參予及支持本會。



#### One Early Day

Photo taken after the first Executive Committee Meeting held at Carlingford, Sydney (March 2002) - from left: Dr. Charles Martens, Albert Chow, Hugh Lee, Bosco Lau, Sarah Chow (Founding President), Elaine Yau, Eliza Choi, Ngai Mou-Shiang and Chan Kit-Man.

**Prof. Poon Chung-Kwong** (潘宗光教授) and members of the first Executive Committee at our Association's Inauguration Ceremony and Dinner Function held at the Marigold Chinese Restaurant, Haymarket, Sydney on October 13, 2002 -

**Front row from left:** Alfred Law, Chan Kit-Man, Sarah Chow, Prof. Poon, Paulus Ng, Elaine Yau and Eliza Choi; **Back row from left:** Hugh Lee, Albert Chow, Kelvin Lo, Irene Au, Dr. Charles Martens, Bosco Lau and Li Ping-On.



## Current and Past Presidents of Our Association

### Joseph YU JP (余伯威) – President (2019-2022)

我在 1968 年本想入讀香港工業學院 (HKTC) Radio Officer 的郵船電報生班。但先要修讀 EE Department Radio and TV Servicing 合格後才可修讀。讀了工專之後便改變我的人生把我帶到一個電子和電腦工程行業中達 30 多年。

60 年代最新科技是原子粒。當時 TV 還是黑白的直至 1967 年後才有彩色電視。在 1969 年時由黃永昌老師介紹我到無線電世界社工作在中學習了柯式印刷，收音機電路設計，攝影黑房技術等。由此開始為我在電腦界工作成立了一個踏腳石。

一個機會中在一間英國電腦公司 International Computers Ltd. (ICL) 招聘見習電腦技術人員時彼取錄。ICL 工作時和現時理大澳洲員生會榮譽會長 Mr. Bosco Lau 成為同事 (Bosco 是從 ICL U.K. 調回香港工作，開始時擔任 Computer Support Executive)。當時 ICL 最大客戶是香港政府和其他大企業等。香港大學、香港中文大學和理工成立了 UPCC，一間聯合三所學院的 Computer Centre。我在三間大學穿梭提供支援服務。最有趣的是當時港大的電腦部主管和我同名同姓的 Dr. Joseph YU。1977 年 ICL 收購了美國的 Singer Business Machine，公司派我到澳洲 Melbourne 分工司受訓。因而愛上澳洲，定下了我日後的移民決定。

在香港 ICL 工作 10 年中最有成功感的是從低級技術員做到高級工程師。其中最感自豪的是為香港政府運輸處安裝電腦即時換有照片駕照服務的特別打印機設計和改良硬件，當時獨一無二。

1979 年有好朋友在美國一間 Fortune 500 公司 Tandem Computers 工作告知我他們想在香港成立西太平洋和亞洲地區總部分公司。他推薦我去試試，一試即合這樣由我一人為他們做開荒牛。成立太平洋和南亞地區總公司。Tandem Computers 當時是不停頓的設計理念電腦，由其基本主機 16 CPU 最大可串連到 4096 CPU。主要客戶是全球證券交易所、金融機構、各政府部門和各大小企業等。我當時常要去美國、德國、日本、新加坡、馬來西亞等地公幹。當時在港機工程公司 (HAECO) 認識理大澳洲員生會另一位榮譽會長 Mr. Danial Chau。

在香港 Tandem Computers 5 年中最有成功感和自豪的是負責香港證券交易所電腦硬件安裝工程。非常榮幸公司還在美國組成特別精英小組來港支援我的 project。

我在 1985 移民澳洲悉尼。在 Tandem 澳洲悉尼分公司工作。全澳洲員工 100 人，只有我一個華人。當時白澳政策還在，幸好悉尼沒有那麼嚴重。起初派我到偏遠地區工作。如 Newcastle、Wollongong 和紐省中部高原 Moss Vale 等。起初有客人叫我 China Man，但相處一段時間後便成老友。互稱 Hey Mate 並一起喝酒。

在澳洲 Tandem 工作 11 年中每星期六至星期一下午自駕到首都 Canberra 為國防部週末提供支援服務，也要支援 Queensland 和紐西蘭同事。

其間 1989 年最使我最開心和自豪是我是全澳洲第一個員工，由 Tandem 客戶選出 TOP Tandem Outstanding Performer 獎，我還被美國總公司認同是最優秀的 300 個員工之一。

1998 COMPAQ Computer 收購 Tandem 後我離開 Tandem。之後曾在下列的機構工作：

1. Integrated Research - System administrators and products QC
2. Westpac Banking Corporation - Computer operator and small system support
3. IBM - System programmer

在 2013 年退休後接受老朋友 Mr. Hugh Lee OAM 邀請到依士活高齡華人會做義工後我便全職投入義務社區服務，曾任下列的機構及職位：

1. 依士活華人高齡友誼會 副主席
2. 班尼郎亞產了商聯會委員
3. 懷德市政府慶祝農曆新年委員會 委員
4. 香港理工大學澳洲員生會 會長 (2019-2022)
5. 懷德市政府多元活動委員會 委員

我最難忘的是：

1. 2017 理工大學的 80 週年回港同校長拍攝活動照片和參大理大 80 週年在香港會展中心舉行的晚宴活動。
2. 依士活高齡華人會首創的首 31 周年會慶。



Photos from above:

Joseph Yu's HKTC Judo Club ID Card; Working with a Tandem computer in Hong Kong; Joseph and Bosco are co-hosts of a weekly Cantonese program on 2RRR FM 88.5 since 2019 ("Enjoy Yourself Today" – every Sunday 4pm to 5pm Sydney local time)

### **Dr. David LAM (林泰運博士) – President (2015-2019) and Honorary President since 2019**

Dr David Lam had some of his early studies at the Hong Kong Polytechnic in the area of Building Technology in the 1970's and he migrated to Australia in 1986. In order to enhance his educational achievements, David acquired a Master Degree in Land Economics at the University of Technology, Sydney. He was later offered a scholarship to undertake further study at the University of Western Sydney where he later obtained a PhD in Economics. For 25 years, he has been a Fellow of the Australian Property Institute which has set and maintained the benchmark and standards for property professionals.

David has been involved in a variety of business engagements, including building construction, real estate development, migration and tax consulting. After his retirement, he is still keen in keeping his interests in table tennis, bush walking, swimming and travelling to fulfil his bucket lists.

While serving as the President of our association from 2017 to 2019, David has organised many opportunities for alumni members sharing their hobbies and interests.

Dr. David Lam and his wife Grace in Iceland and more recently at Cairns, the Great Barrier Reef, Queensland





## Jeffery TSE JP (謝志輝) - President (2015-2017) and Honorary President since 2017

時間飛逝，本會已經成立了 20 年。自從 2019 年至今，在「新冠肺炎」的影響下，很多活動都無法安排，這三年起起落落，人心惶惶，整個世界生活也改變了，以往開會討論時是面對面接觸，互相有直接交流。但這疫情下，我們只能通過網上視像會議討論。始終還是缺乏凝聚力，加上會員為安全起見還是不敢出外活動。現在每個人的想法都改變，對身邊的人更加珍惜，對每一天也會好好的過。



在另一角度看，這疫情亦有好的一面。以前因為工作而沒有注意家人，現在很多時要留在家中，多些時間了解自己親人，感情更加深厚。因科技發展一日千里，人們生活節奏太快，而疫情下好像整個世界都停下來。各人留在家中，為人為己，不敢外出。大家也開始注意自己的健康，不論你有多富有，不論有多高地位，如你身體不好，什麼山珍海錯，什麼美麗景點，亦無緣享受。幸好至今，家人平平安安，健健康康，快快樂樂地生活。而整個社會亦開始復甦。我作為本會一份子，當然會積極推動會務，為會員提供更多活動，新的一年有新的計劃，推動美好的新一頁，祝願「理大員生會」發展更好的未來，更上一層樓。

## Hugh LEE OAM, JP (李曉民) - President (2013-2015) and Honorary President since 2015

不經不覺已移民澳洲 32 年，早已習慣了當地生活及文化。回想初到貴境時，買了新房子，隣居甚友善，邀請我們到他家去 Barbie，我天真地以為他們請我們的女兒去玩芭比玩偶，原來本地人 Barbie 是 Barbecue 的簡稱，一齊到他們的後花園燒烤歡迎新隣居而已。

另外一次是朋友聚會，他們在家宴客，請我 Bring a plate 去，我以為他家境麻麻，請客吃飯但碟也不夠，要客人自己帶碟去。原來大鄉里的是我，他的意思是每家帶一碟餸菜去分享。

悉尼是國際大都會，市中心要停車不容易也不便宜，所以我在城有約時多坐巴士。看到司機與乘客關係甚為融洽，上車落車都打招呼，Good morning 及 Thank you 乃慣用語。也經常看見司機為有嬰兒車的乘客落車搬上巴士，服務態度一流。我到香港坐巴士時也慣了向司機說 Thank you! 他的表情好像我是天外來客。

我早期在澳時曾為一國際公司擔任「乾逗銀」即 Consultant，為他們推廣中國貿易。我是唯一華人，工餘時去晚飯同事閒談經常說運動板球 Cricket 及澳式足球 Rugby，我接不上咀，他們好心問我對那些運動有興趣，我說乒乓球及羽毛球，他們也無語。

回說我在澳的三十多年，最令我自豪的要說加入「依士活高齡華人友誼會」，初時由義工當起，直至現在已忝任會長十六年了。話說九十年代初期，很多公公婆婆跟子女移民，大多為照顧孫兒而來，而他們因不懂英語，也不會開車，且沒有朋友，可說是盲了、聾了及跛了。高齡華人會就是為他們而成立，提供了一個平台讓他們參加活動、廣交朋友、認識本地文化及融入社會。

高齡華人會在區內日益擴大，由初時的九個人到目前已增至一千三百多人，已變成區內最大的華人社團，因此澳洲三級政府也經常與我們交流，尤其選舉期間我們華人的選票，可以左右大局，甚至澳洲總理也降貴來拉票。2013 年 1 月「澳洲日」本人很榮幸獲英女王頒發澳洲國家勳銜 (Order of Australia Medal)。當然如果祇是擔任一個高齡華人會會長，一定不能獲此殊榮。

接受澳洲國家勳銜合家照



事實上我差不多是全職投入義務社區服務，曾任下列的機構位：

1. 新州政府多元文化局 地區諮詢委員
2. 班尼朗亞裔聯會 主席
3. 懷德市政府慶祝農曆新年委員會 主席
4. 依士活警區安全委員會 委員
5. 依士活商會 委員
6. 懷德市政府多元文化委員會 委員
7. 香港理工大學澳洲員生會 會長 (2013-2015)
8. 懷德市獵人山管絃樂團 監督

31 周年會慶同嘉賓合照



最令我難以忘懷的是 2012 年以 Australian Asian Association of Bennelong 「班尼朗亞裔聯會」名義，為一英年早逝的警員，舉行足球義賽籌款，由澳洲華人足球隊對賽新州警察隊，此活動至今仍然每年舉行，且比賽隊伍已增加至八隊，包括社區及商業隊伍，乃一年一度的城中盛事，但主旨已改為推動社區和諧了。

至於高齡華人會，去年原是慶祝 30 周年慶，但因新冠疫情而取消。上月廿日改為慶祝 31 周年會慶，首創在依士活露天廣場舉行，筵開 13 席，很像在香港時的圍村盤菜宴，聯邦議員及市長連同政商界名人出席，冠蓋雲集，可說「前無古人，暫無來者」。

### **TONG Tak-Wing, Tony (唐德榮) - President (2009-2013) and Honorary President since 2013**

Tony Tong graduated in electronic engineering at the Hong Kong Polytechnic in 1981. His work experience has been related to manufacturing, production and instrumentation servicing which included a wide range of engineering, operations and quality management in Hong Kong and Sydney. Tony has managed a calibration laboratory which provided the accredited calibration and repair services on electronic and physical Test & Measurement equipment. He has been playing badminton on a regular weekly basis for a number of years. Tony and his team contribute and support local Cantonese opera (粵劇) in conjunction with videoing and production of public stage performance as on request from Cantonese opera artistes residing in Sydney. Tony joined the HKPolyUAA as a life member in 2002 and was our President from 2009 to 2013.



### **CHAU Chung-Wo, Daniel (周振和) - President (2007-2009) and Honorary President since 2009**



Daniel Chau completed his Higher Diploma in Mathematics, Statistics & Computing at the Hong Kong Polytechnic in 1978. Like his many classmates, he had been working in the computing industry and worked for large companies like China Light & Power in Hong Kong and Westpac Banking Corporation in Sydney. He joined our HKPolyUAA in 2004 and participated in the alumni committee in various roles before becoming the President between 2007-2009. During his presidency, he had organised many gathering events for alumni and several fund and gift raising activities for local organisations. He is still active with the HKPolyUAA activities whenever possible.

Now he has retired from work for several years and has tried various sport activities like golf, tennis, table tennis and still engage in badminton and bush walking. Currently, he is a volunteer in an Eastwood learning centre and the Heart Foundation Walking. He thanks all previous and current Presidents, committee members, advisors, life members and other members for organising and participating in the alumni business and activities and wishes all continue to gather in alumni events.

**LAU Yeuk-Shan, Bosco (劉若山) - President (2003-2007) and Honorary President since 2007**

Higher Diploma in Electronic Engineering with Distinction, HK Polytechnic (1973)  
Master Degree in Computer Science with 2 academic prizes, University of Birmingham (1977)  
MBA with Award for Academic Excellence, University of South Australia (1999)

After graduation from the HK Polytechnic, Bosco got his first job as a computer engineer with Burroughs Machines in Hong Kong, he did further study in the United Kingdom in 2006-07. Since then, Bosco had worked in the U.K. and Hong Kong with several computer suppliers and services firms as consultant and project manager, before moving into IT management positions with Jardine Matheson Holdings and the Wharf Holdings group companies. He had also served as a part-time evening lecturer for the Polytechnic for 7 years. Bosco and his wife Cecilia and 2 sons – Albert & David, migrated to Australia in 1992. Albert and David were contestants of the popular Australian TV Show - *My Kitchen Rules* (Series 8) in 2017 (being the first couple from Hong Kong).

Bosco joined the first Executive Committee of our Association as a Publication and Public Relations Officer in 2002, and had been the President of the Association from 2003 to 2007.



From left:-A (Albert), B, C and D (David)

Bosco retired from full-time IT job in 2009. Since then, he focused on helping Cecilia in building their Amway network marketing/direct selling business in Australia and internationally. The couple has also been active in travelling and helping various communities. They helped the establishment of the International Guolin Qigong Culture Research (Australia) Association in 2009, which promotes the practice of Guolin Qigong among people with cancer, chronic diseases and other illnesses as a complementary therapy, and people interested in health building within Australia.

**Dr. CHOW Sau-Har, Sarah (周秀霞博士) - President (2002-03), Founding President and Honorary President**

Position: Honorary & Founding President, and also Hon. Treasurer in the 2003-2005 ExCo  
PolyU Associate Lecturer, HK Polytechnic, Department of Accountancy (1976–1981)  
Last Work as Assistant Professor, United International College, Zhuhai, China

In 2001, Sarah Chow started the groundwork with several other founding members to help establishment of a PolyU alumni association in Australia. She became the Founding President of the HKPolyUAA from 2002 to 2003. In 2005, Sarah left Australia to take up lecturing work with the United International College based in Zhuhai, China, and attained her PhD in Accountancy in later years. She retired and returned to live in Sydney in 2020.





## Introduction of Our 2022-2024 President – Karen Tam

### Karen Tam (譚玉蘭)

#### ACADEMIC:

- Studied Accountancy at the Hong Kong Polytechnic University
- Computer Science at the University of NSW
- Studied Financial Planning at the Financial Services Institute of Australasia (FINSIA)
- Juris Doctor at the University of Sydney and University of Technology Sydney (UTS).

#### WORK EXPERIENCE:

- Work globally and internationally throughout my working career.
- Consult at IBM USA (Houston and Carolina)
- Hold managerial role for the Hong Kong Government in the Strategic Multi-million program
- Hold managerial role for the New South Wales Government in the Strategic Multi-billion program initiated by Premier Bob Carr
- Hold managerial roles for major banking corporations in Australia
- Subject tutors at UTS
- Lawyer of the Supreme Court of NSW
- Lawyer of the High Court of Australia
- Registered Immigration Lawyer
- Landmark law cases include:
  - Estate disputes over four countries, Supreme Court of NSW
  - Defamation case of over \$5 million claim, District Court of Australia

#### COMMUNITY COMMITMENTS:

- Former Justice of the Peace, NSW
- Member of the Law Society, NSW
- Presenter of legal talks for various communities



#### Know where you belong as an alumnus -



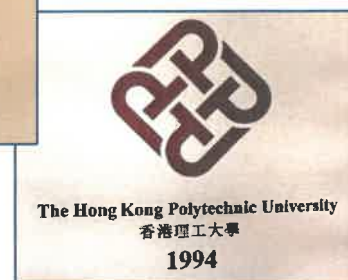
HK Government Trade School (1937-1947)

HK Technical College (1947-1972)



HK Polytechnic (1972-1994)

HK PolyU (since 1994)



The Hong Kong Polytechnic University (1994)

# Let Us Make a Difference

## Making a Difference

by Bosco Lau

The objectives of our Association (as taken from Section 4.1 of our Association Constitutions) are

- (a) to support the goals and activities of the Hong Kong Polytechnic University (PolyU),
- (b) to promote, support and protect the common interest of the members of the Association,
- (c) to encourage and sponsor intellectual and cultural activities among the membership,
- (d) to participate in intellectual and cultural activities in the local community,
- (e) to enhance the friendship, communication and fellowship among the Association members,
- (f) to promote linkage between the Australian educational institutions and the PolyU,
- (g) to establish scholarships for Australian students/scholars to study/conduct research at the PolyU,
- (h) to establish scholarships for PolyU students/scholars to study/conduct research at an Australian institution, and
- (i) to encourage migrants from Hong Kong to integrate with the Australian community.

These objectives were devised in line with the PolyU's motto 開物成務 勵學利民 (with the English translation being to learn and to apply, for the benefit of mankind). Our Association was not established simply to connect PolyU alumni, students and staff across Australia and Hong Kong, many of our members are committed to contribute their knowledge and experience in supporting communities, for the benefit of the society and mankind.

I personally feel proud of our Association as we have been able to accomplish most of these objectives to some extent (except objectives (g) and (h), but some scholarships had been offered to PolyU students by individual members).

We have many life members who are well known community leaders in Australia, such as Hugh Lee OAM, Philip Chui, Joseph Yu, Vincent Yu, Dr. Anthony Cheung, Michael Tse, Henry Au, Paulus Ng, Raymond Pau, and many more. Some of them are/were Presidents of communities including the United Chinese Commerce Association of Australia (澳洲中華總商聯合會), the Eastwood Chinese Senior Citizens Club (依士活華人高齡會), the Elderly Chinese Australian Homes (EACH/新州華人安老之家), and the Hong Kong Club Victoria (維省香港會), just to mention a few.

Our life member Prof. Philomena Leung who was previously Associate Dean (International) of Macquarie University is currently Director of the Institute of Public Accountants (Australia). Another life member Dr. Daniel Sze, a popular herbal medicines scientific consultant and educator, had held many talks about medical research and disease prevention on the Chinese radio and at other community venues. Both Philomena and Daniel are PolyU graduates, renowned scholars in their fields, and had been lecturers of the PolyU and other universities in Australia. Another renowned scholar and clinician in mental health is Prof. Yip Kam-Shing who had worked at the PolyU for over 30 years. There are also other scholars and past PolyU professors and lecturers in our members list.

I myself had also been an Executive Committee Member of the Australian Chinese Community Association of NSW (ACCA, 紐省澳華公會) and was the longest-serving committee member of the International Guolin Qigong (Australia) Association (國際郭林氣功文化研究會澳洲分會), from 2009 till 2022.

Besides supporting PolyU's development, our Association had also raised funds and made donations on several occasions for a good cause. We had successfully raised funds to help victims of Boxing Day tsunami, Sichuan earthquake and Victoria bush fire, and made donations to RIDCB (Royal Institute for Deaf and Blind Children), CPA (Chinese Parents Association – Children with Disabilities) and DAPA (Differently Abled People Association). More recently in March this year, we had donated to the Australian Red Cross in response to their Queensland and New South Wales Floods Appeal.

Our Association also works closely with the Hong Kong Economic and Trade Office Sydney (香港駐悉尼經濟貿易辦事處) and we encourage our members to support their organised activities. On two occasions - the dupliCITY (映双城) Exhibition, a photo exhibition by Polytechnic Design graduate Alex Ma in 2012 and the "Chinese Painting with Love" artwork exhibition by Cammy Chan in 2017 were both organised by our Association with the exhibitions held at Hong Kong House, a venue provided by HKETO.

Lastly, some members of our Association had also participated in joint functions with the alumni associations of the Hong Kong University (NSW Chapter), the Chinese University of Hong Kong (NSW) and the Hong Kong Baptist University on many occasions.



Presenting a cheque to 澳華公益金



Swimming to raise funds for RIDCB



A charity cooking event to raise fund for Sichuan earthquake victims

At one of the 4U lunch gatherings (May 2017) [4U = alumni associations of the HKU, CUHK, PolyU and Hong Kong Baptist U]. Often one or two representatives of the HKETO would also join in.



From left: Bosco with ACCA ExCo members at a news conference to promote a charity concert by Hong Kong singer Frances Yip (葉麗儀); PolyU alumni with Frances after one of her concerts in Sydney (January 2006).





Prof. Philomena Leung (front row 2<sup>nd</sup> left) was a guest speaker at our 2013 AGM Dinner.

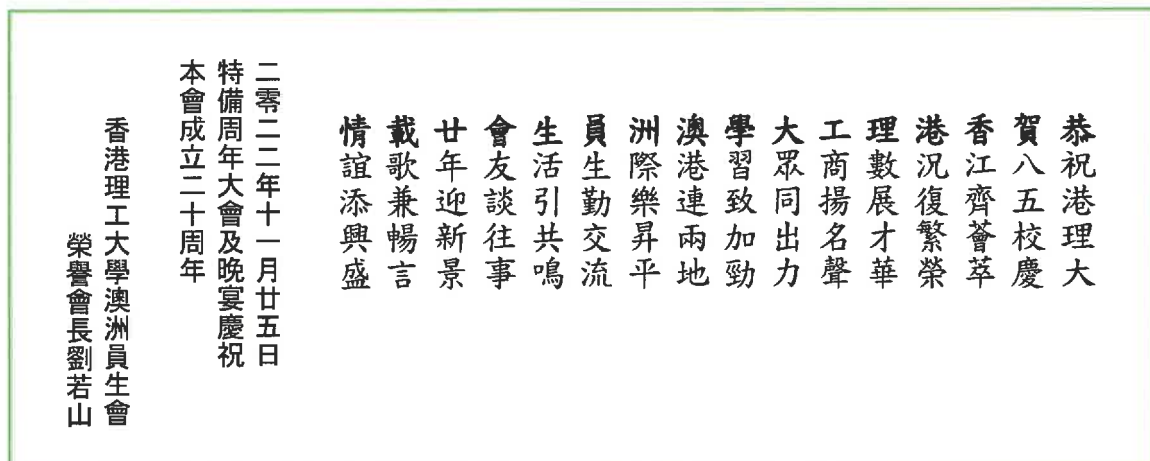


Dr. Daniel Sze and Prof. Chan Yiu-Nam (front row 3<sup>rd</sup> and 4<sup>th</sup> from left) at an alumni lunch event in November 2019.

## 理大小小「文采」

劉若山

Bosco Lau devised the following poem to congratulate the 85<sup>th</sup> anniversary of the PolyU and the 20<sup>th</sup> anniversary of our Association.



上文解讀 (由右至左句數)：

### 01-04

恭賀香港理工大學在今年 (2022 年) 慶祝成立八十五周年。現時香港在疫情穩定後恢復舉辦國際活動，漸回復繁榮。

### 05-08

理大提供多種數理工商設計醫療等課程，為社會需要培育了不少人才。新舊員生都可以共同努力，持續學習並為社會作出更多貢獻。

### 09-12

員生會的成立是為聯繫澳洲和香港的新舊員生，大家多作交流，為提升生活質素共同努力。各社會的繁榮安定及世界和平更應該是大眾的共同願望。

### 13-16

在今次的員生會周年大會和晚宴中，會友們可暢談新舊事宜，增進友誼，並為預備本會在新的會長帶領下迎接會務未來的挑戰。

# Yesterday Once More – Highlights of Past Events

As our last Yearbook was published back in 2018, we should like to include some highlights of our Association's past events from late 2018 until October 2022.

## 2018



- [1] Our 2018 AGM dinner was held at The Eight Restaurant, Haymarket (October 2018).
- [2] Our Executive Committee Members, guests and sponsors took a group photo during AGM dinner.
- [3] Bosco and Bill Ho with other association members visited the PolyU and took a photo with Prof. Timothy Tong (who retired as President of PolyU in January 2019) (November)
- [4] In November, Bosco & Hugh Lee accompanied PolyU visiting Professor Teresa Tsien-Wong Bik Kwan (錢黃碧君教授) to visit EACH at Castle Hill, Sydney.
- [5] Our Melbourne members held their dinner function to unite alumni. The news was reported on *Asian Multimedia*, a weekly newspaper run by our life member Philip Chui. (November)



## 2019



[1] Several of our ExCo members and Prof. Philomena Leung (3<sup>rd</sup> left) attended a function hosted by HKETO (February 2019).

[2] Our function in April at the Marigold Restaurant featuring Alex Ma as a speaker on photography had attracted over 100 members and guests.

[3] Karen Tam gave a talk on Australian law for the Eastwood Senior Chinese Citizens Club. (July)

[4] Bosco and Clara Cheng with Prof. Yip Kam-Shing and his wife Rachel at a dinner organised by the HK Baptist University Australia Alumni Association, Prof. Yip was a graduate of the HK Baptist U. (August)

[6] Our members at a 4U lunch hosted by the HKU Alumni Association. (September)

[7] Our 2019 AGM dinner was held at the Eight Restaurant. New ExCo Members and guests took a group photo. (November)



### 香港理工大學澳洲員生會維州員生及好友舉辦送豬迎鼠晚宴

香港理工大學澳洲員生會，墨爾本分會校友們及多位嘉賓好友，於上週日(1月19日)在金龍宮酒樓舉辦今年度首次相聚，聯誼友誼，並慶祝農曆金鼠年即將來臨，今次聚會迎來兩位來自悉尼的Bosco Lau校友夫婦，適逢前來墨爾本公幹，順道前來聚餐。由於正值學校長假期間，不少校友陪同家人在外國旅行，未能及時趕來赴會，確實有點美中不足。歲月匆匆，每次聚會大家卻回味當年在理大的學習生活趣事，樂也融融。

校友Bosco 夫婦曾於去年中，前往香港理工大學探望母校全人，當晚帶來新校長的演講錄像，給大家欣賞，現任香港理工大學校長陳錦光教授，年有青童，說話風采過人，我們眼中的陳錦江校長，雖然年青，但學術成就過人，都在我們之上，但是否論資排輩，當晚出席宴會的員生，有些比陳校長更加成熟，早已是爺爺奶奶級別了。當晚大家不但暢談在澳洲生活點滴，家事國事轉所敘言，亦不避避近年香港發生的事情，大家都理性分享個人感受，和平氣氛有如一家人，這才是最難能可貴的生活情懷和相處之道。此外該晚大會聯誼人Paula Lau更預備多份禮物，人人有份，抽獎活動由Philip Chui, Helena Lau及Paula Lau一貫主持，大家滿載而歸。

理大自1937年成立，轉眼經歷83個年頭，伴隨著香港成長，校方經過多階段的擴建，近年更在中國華南地區設置分校，擴大教育範圍，每年提供超過160項專員課程，所以理大不但桃李滿門，不少員生畢業後，前往世界各地工作或移民，將生平所學貢獻當地社會，部份海外員生互有聯絡，並在當地組成員生會，總人數超過數萬名，幾乎在地球每一個角落都有理大員生會，母校亦不時派員前往各地員生會，保持聯繫互相交流，介紹理大的最新發展，同時員生亦向母校回饋當地所見所聞，為母校的未來發展提供線力，眼見理工大學多年來對社會的積極貢獻，作為理工大學畢業員生生實與有榮焉！ (Johnny)





Asian Multimedia 澳洲訊報 24-01-2020

The year 2020 had been much affected by the COVID-19 pandemic. Sydney had about 90 days of lockdown or restricted movement, Melbourne had over 150 days of lockdown. Other states and cities of Australia had other variants of lockdown. International travel was even highly restrictive. The lockdown and other travel restrictions had badly affected what our Association can do for its members. We could only manage to hold several talks using Zoom Conferencing when outdoor activities and large group gatherings were prohibited.

Nevertheless, Bosco and wife Cecilia managed to go to Melbourne in January 2020 and met up with some Melbourne members for a Chinese New Year dinner. It was also the first time Bosco and Cecilia spent a Chinese New Year in Melbourne.

In November 2020 we managed to hold our AGM and dinner at the Golden Times Chinese Restaurant in Ashfield with a maximum number of participants allowed – 30 people sitting in three tables. During that dinner we were delighted to have Cecilia doing a gourmet cooking demonstration and Dr. Kenny Chan, a renowned ophthalmologist, giving a special talk on “Macular Degeneration – Symptoms, Treatment and Precaution” (黃斑病變的症狀、治療和預防).



## 2021



Alex and Nancy Ma took a trip to Melbourne in May 2021. Bosco Lau also joined them at a dinner held at the Golden Dragon Palace Restaurant, as organised by our Melbourne representative Paula Lau. We were joined by over 20 PolyU alumni from Melbourne, all had enjoyed this wonderful gathering. Above photo from left – Bosco Lau, Alex and Nancy Ma, Teresa and Michael Tse, and Philip Chui.

Marigold Restaurant had been a landmark restaurant in Chinatown, Sydney for nearly 40 years. In October 2002 our Association held its inauguration dinner with the presence of Prof. Poon Chung-Kwong, President of the PolyU at that time. The restaurant was due to close down in December 2022. Our Association managed to hold our 2021 AGM dinner on December 2, 2021, just three days before the restaurant's official close down. Many of our alumni and friends took this opportunity to enjoy their final gathering at the restaurant. The dinner was thus well attended by a total of 120 alumni, guests and friends.



Group photo at the head table



Front 1<sup>st</sup> left is So Lan-Pong (僑領蘇蘭邦), 2<sup>nd</sup> and 4<sup>th</sup> right are Peter Shun and Raymond Pau



Director of HKETO Ms. Trista Lim gave a speech



Winners of major prizes shared a group photo



**2022**



In July 2022, several of our members were invited by HKETO to attend a special dinner celebrating the 25<sup>th</sup> anniversary of Hong Kong handover to China. In the same month, Karen Tam led a group of about two dozen members and friends for a walk at Oatley Park in Sydney South, followed by a gourmet lunch.



Our Melbourne alumni had also held gatherings during the year.

### 香港理工大學澳洲 (Vic) 員生會歡樂聚餐

香港理工大學澳洲員生會，是關本分會校友及嘉賓好友，於上週六(6月11日)在金龍宮酒樓舉行聚餐，出席者二十多人。

多年來每次相聚，大家都有說不盡的話題，雖然平日大家可以利用網絡傳音，但總比不上面面交談來得親切，談古論今，雖說生不逢時和火堂分享。在這些日子，家中無小事，大家都敢提高議，盡情抒暢過去和當年求學的好點情懷，香實回味無窮，這份同窗情誼加上歲月累積，大家更加親切和珍惜。席中中年長的師兄，在1985年畢業，他當年從會辦剛小學畢業，席中不少師弟師妹仍是父母眼中的金童玉女，這個老中青聚會，都圍繞一個相問的中心，由她開展出不同的人生際遇，不同的成就。

願我母校，為社會需要創理，服務社羣，本看關物成務勵學利民為宗旨，自1937年成立以來，至今已八十五年，作實英才興國，尤其在早年，香港專上教育並不普及，有機會就讀香港理工大學 (Hong Kong Polytechnic University) (當年稱做香港工業學院，再改稱香港理工學院)，不但母校好本領，還提升個人的處事能力，所以歷年來畢業生在社會多所建樹，成就非凡。今天相問計算，香港理工大學海外校友多達40萬人，有八個海外校友會，另在中國內地有七個校友會，這個龐大的校友網絡，也是理工大學的一個寶貴資產和教育成就。

當晚還有抽獎活動，並且由澳洲訊報董事總經理徐晉成太平紳士及兩位晚會召集人Paula Lau、Helena Lau負責抽獎，出席者人人都有獎品，皆大歡喜。(by Johnny)



## **dupliCITY (映双城) Exhibition**

The most publicised event ever organised by our Association in Australia was the dupliCITY Exhibition held in Sydney during August and September 2012. The exhibition featured Alex Ma, our Honorary Advisor and Hong Kong Polytechnic Design graduate Alex Ma is a renowned designer in Australia, and was jointly organised by our Association and HKETO Sydney.

From 25/08 to 06/09/2012 Alex ran a Solo Exhibition “dupliCITY” featuring his special photos shot from both cities - Sydney and Hong Kong at the HKETO Office in Hong Kong House, Sydney. On Friday August 24, 2012 the Exhibition was officially opened with our PolyU President, Prof. Timothy Tong, as a special guest of honour.

譽滿澳洲多元文化的多面才華設計師馬耀平 (Alex Ma) 透過多媒體圖像及裝置藝術創作，分別以嚴正、諷刺及輕鬆的手法，在香港和悉尼這均能稱之為家的兩地中西文化差異中尋找和諧與兼容。展覽作品披露身為澳洲香港人與双城息息相連的情懷，反映了香港紮根的根伸延至悉尼，吸取了兩地 **dupliCITY** 生活與文化精髓後，釋出放眼世界的能量。作品帶出的訊息：在全球一體化下人與人關係及生活模式拉近的今天，我們的視野及胸襟應變得更廣闊，只有透過彼此包容、互通、適應、尊重、接受、欣賞與信任，才能從民族異同中調配成共同，大家都活得更出色愜意。



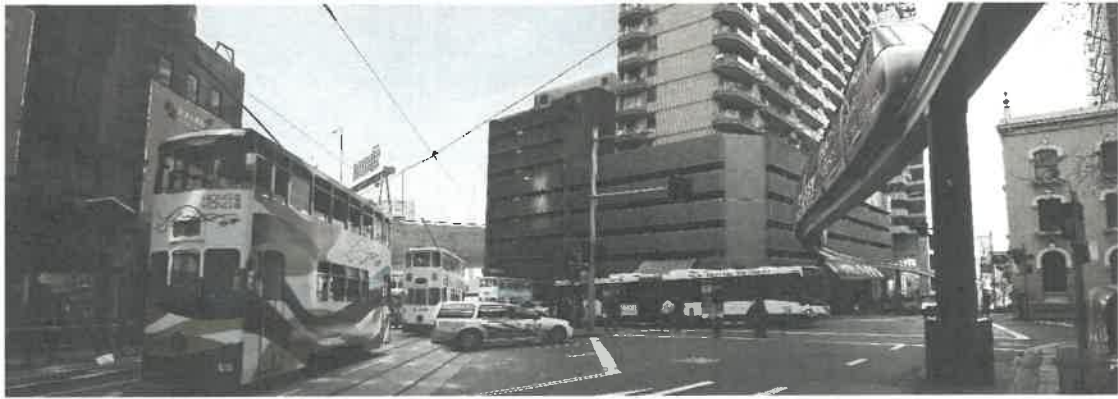
Guests of Honour – from left: the Hon. Philip Ruddock, MP and Prof. Timothy Tong of PolyU



From left: Alex Ma presented a souvenir photo to representative of the HKETO; some of our Association members taking a photo here with the guests of honour.

### **More about Alex Ma**

Alex Ma was born in Hong Kong and graduated from the HK Polytechnic in both Graphic and 3-D Designs. He then went on to obtain a Postgraduate Degree in Design from The University of Technology, Sydney and a Master Degree in Multimedia from The University of Sydney. Forever keen in the pursuit of knowledge, Alex is now doing a PhD in Film and Digital Art at The University of Sydney.



Two of the exhibition artwork photos – above: Des Voeux Road West vs Market Street, and below: Mongkok vs Chatswood [two street views from Hong Kong and Sydney combined into one single photo].

Alex Ma had also held a similar exhibition at the PolyU in Hong Kong. For more information about these exhibitions please visit - <http://www.alexma.com.au/index/artwork/artwork.html>.



Our Life Member and Honorary Advisor Dr. Nancy Ma held her “Women Can Speak” Artwork Exhibition in Sydney in 2012.

#### 馬張美松藝術展《細訴》

視覺藝術家馬張美松透過她的陶瓷及多媒體創作，以清朝女服造型深層次地演繹了中國女性處身家庭的角色與社會地位在時代洪流中蛻變。作品言喻了從愛恨交纏掙扎中啟迪了自我釋放後的愉悅；呼喚對婦女承受不平等待遇作出反思。

展覽由香港特區政府駐悉尼經濟貿易辦事處及澳亞藝術主辦

日期 2012年2月4日至3月10日

時間 星期一至六上午10時下午5時

地點 Hong Kong House, Ground Floor, 80 Druiitt Street, Sydney  
(York Street 及 Druiitt Street 交界 Sydney Town Hall 對面)

## Past Publications

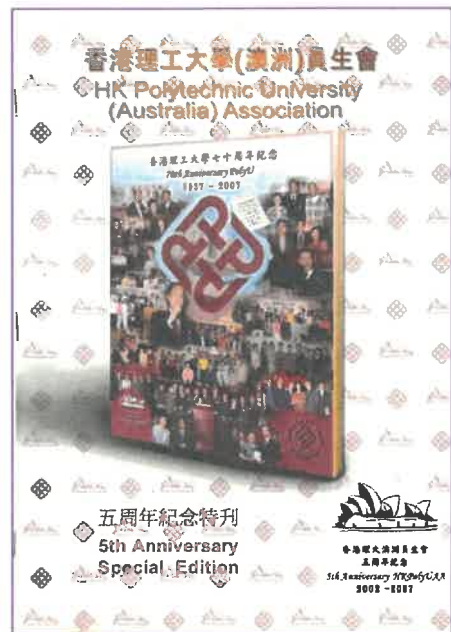
The very first publication of our Association was a booklet handed out to participants attending the inauguration ceremony and dinner of our Association in October 2002. Since then, we had published an annual booklet every year from 2003 up to 2018. In the early years besides the annual booklets, we also published regular newsletters about two to three times a year to announce PolyU news and upcoming events, and to report on past events. In those days we sent the newsletters via email to our members, when Facebook, WhatsApp and other social media were not yet in use. Nowadays our main communication amongst members is via WhatsApp and Facebook, although sometimes we could use email, WeChat or SMS messages to communicate with some individuals who do not use WhatsApp.

Bosco Lau has been the publication officer and chief editor of almost all our past publications. Some of the covers of past booklets were designed by Bosco and the late Chan Kit-Man. On some booklets, such as our special 5<sup>th</sup> /10<sup>th</sup> /15<sup>th</sup> anniversary yearbooks had their covers designed by Alex Ma and another Hong Kong Polytechnic Design graduate Kelly Poon. This year, Alex Ma also helped in designing the cover of this 20<sup>th</sup> anniversary yearbook and a special logo to mark our 20<sup>th</sup> anniversary.

The original logo of our Association in circular form was designed by Chan Kit-Man, whereas the current logo was designed by Alex Ma (logo in use since 2010).



2004 Edition  
Total 36 pages



2007 5<sup>th</sup> Anniversary  
Special Edition  
Total 48 pages



Our Association's current logo and 20<sup>th</sup> Anniversary logo (designed by Alex Ma)



2008 Edition  
Total 50 pages





More examples – 2009 Edition (20 pages), 2015 Edition (40 pages) and 2016 Edition (32 pages)



2017 15<sup>th</sup> Anniversary Edition – cover and back pages (total 44 pages)

2018 Edition (cover and back pages) with report on PolyU 80<sup>th</sup> anniversary celebration activities (36 pages)

There had been no booklet published during 2019 to 2021.



# United We Stand

We are happy to announce our list of ExCo members and associates for the new 2022-2024 term, effective from November 25, 2022 (day of our 2022 AGM and dinner).

## 2022/2024 Executive Committee and Associates

### 2022/2024 HKPolyUAA Executive Committee (執行幹事)

(\* – new changes effective from 2022 AGM)

President* (會長)	Karen Tam (譚玉蘭)
Vice-President* (副會長)	Jeffery Tse JP (謝志輝)
Honorary Secretary (榮譽秘書長) and Past & Hon. President (前任/榮譽會長)	Tony Tong (唐德榮)
Hon. Treasurer (榮譽財政長) and Past & Hon. President (前任/榮譽會長)	Bosco Lau (劉若山)
Committee Member, Immediate Past President and IT Officer* (前任/榮譽會長及資訊事務幹事)	Joseph Yu (余伯威)
Committee Member and Past & Hon. President (前任/榮譽會長及幹事)	Hugh Lee OAM JP (李曉民)
Committee Member (幹事)	Bill Ho (何永安)
Committee Member (幹事)	Danny Yu (余伯權)
Committee Member (幹事)	Vincent Yu (俞高崑)

### Honorary Advisory Group (榮譽顧問團)

Honorary Advisors (榮譽顧問)	Alex Ma (馬耀平) Dr. Nancy Ma (馬張美松博士)
Honorary Advisor for Victoria (維省榮譽顧問)	Michael Tse (謝國良)
Legal Adviser* (法律顧問)	Dr. Felix Lo (羅冲博士)
Founding & Honorary President (創會/榮譽會長)	Dr. Sarah Chow (周秀霞博士)
Past President & Hon. President (前任/榮譽會長)	Daniel Chau (周振和)
Past President & Hon. President* (前任/榮譽會長)	Dr. David Lam (林泰運博士)

### Other State Representatives (紐省以外其他省份代表)

Victoria Representatives (維省代表)	Helena Lau (劉淑嫻) Paula Lau (劉彥汝) Philip Chui JP (徐啟成)
Queensland Representative (昆省代表)	Cyril Ng JP (吳楚乾)

### Lifetime Achievement Awards and Honorary Life Members (傑出/榮譽會員)

Lifetime Achievement Award (傑出會員)	Hugh Lee OAM JP (李曉民)
Honorary Life Members (榮譽會員)	Prof. Chan Yiu-Nam (陳耀南教授) Elizabeth (Libby) Wong CBE ISO JP (黃錢其濂女士)

## Introducing Prof. Yip Kam-Shing (葉錦成教授)

We are delighted to welcome Prof. Yip Kam-Shing, a renowned scholar and clinician in mental health and related social work practice, as a special speaker at our 2022 AGM dinner. Prof. Yip had worked at the HK PolyU for more than 30 years. He had since retired and is now living in Sydney.



香江歲月匆匆過  
港內變化建設多  
理大耕耘數十載  
工作辛勤育苗初  
大學明德親民道  
學透中外桃李多

葉錦成教授

Professor Yip Kam-Shing was a retired professor from the Hong Kong Polytechnic University. He had served as a social work educator in Department of Applied Social Sciences for more than three decades. He had received the most distinguished teaching award in HK PolyU in 2005.

Professor Yip is a renowned international scholar and clinician in mental health practice and clinical social work practice.

He had published over 80 articles in renowned referred international journals in psychiatry, psychotherapy, mental health and family practice. He had also published more than 20 books in international publishers and 22 books on renowned publisher in Hong Kong, China and Taiwan.

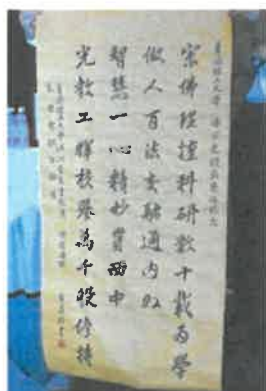
He had also served as clinical mental health consultant for many social welfare agencies, mental hospital, early childhood education in Hong Kong, China and Overseas in working with families and clients with severe mental and emotional problems.

A list of Prof. Yip's research work can be founded on:

<https://www.researchgate.net/scientific-contributions/Kam-shing-Yip-2032292791>



Our Honorary Life Member Prof. Chan Yiu-nam (陳耀南教授) had devised special 對聯 as souvenirs to both Past Presidents of PolyU - Prof. Poon Chung-Kwong (潘宗光) and Prof. Timothy Tong (唐偉章).





## Introducing Philip Chui Kai-Shing (徐啟成)

I had known Philip Chui in the 1990s through introduction by a mutual friend, even before our Association was formed in 2002. Several Exco members of the founding committee of our Association, including our Founding President and myself, went to Melbourne from Sydney for the first inter-state alumni gathering in October 2003. Philip was one of our Melbourne representatives (the other two being Paula Lau and Helena Lau). Philip is a respectable 僑領 (meaning: overseas Chinese leader) in Melbourne. He has actively involved in many communities including the establishment of several Chinese schools. - Bosco

### 徐啟成太平紳士 (Philip Chui JP)

徐啟成太平紳士祖籍南海，香港長大，在香港理工畢業及英國深造，並獲得碩士名銜。1985年與家人移民澳洲，在澳洲已度過三十多個年頭，其間一方面從事貿易往來，同時兼顧傳媒事業，由於個性喜歡服務社群，工作之餘，參與了許多社團的公益活動，貢獻良多。



Mr. Philip Kai-Sing Chui, JP, from Nanhai Province China grew up in Hong Kong, graduated from Hong Kong Polytechnic University and Leeds University in the United Kingdom, where he received a Master Degree. He immigrated to Australia with his family in 1985 and has spent more than 35 years in Australia, engaging in various business trading enterprises and Media business together with his great personality to serve the Victoria community in different business associations and social clubs for his valuable contributions.

Mr. Chui has served as the Chairman of Chinese Fellowship of Victoria and Chinese Fellowship Chinese School over the years which promote Victoria Chinese community services and Chinese Language education in achieving high personal accolades and excellent student results in VCE Chinese language.

In 1997, Mr. Chui accompanied the student and school principal to the Victoria Government House receiving an award of the Highest Achievement Award of the Year in VCE Chinese Language first prize.

In 2013, the Chinese Fellowship Chinese School was honored to receive the Victorian Multicultural Commission the Outstanding Organization Award in Language Education which is a solid proof of Mr. Chui's outstanding achievements in running the school. Mr. Chui has been credited for his hard working efforts in Chinese education for both local and overseas Chinese youths in continuing their Chinese language and culture study over 40 years.

In 1995 Mr. Chui set up a regular annual Chinese Charity Dinner/Dance Party held by Chinese Fellowship of Victoria together with four other Chinese Community Services Clubs to celebrate the Lunar New Year raising funds for mainstream local charity organizations, including the Red Cross, the Royal Children's Hospital, etc. with donations exceeding tens of millions.

He had served in public office such as the Australia-China General Chamber of Commerce and Economic Cooperation, the Asian Chamber of Commerce in Whitehorse, the Rotary Club of Australia, and the Victorian Chinese Federation Association Inc.

He had served as a consultant to a number of organizations, also as a "bridge" between Australia and China in cultural, educational and commercial exchanges.

Mr. Chui was a founder of Asian Multimedia Enterprise with friends in 1997. Thereafter the enterprise business has expanded and diversified, including weekly and annual published magazines, website designs, printing and media promotion services. This year Asian Multimedia even joins with New Silk Road to organize model competition and Flower Age Cheongsam Talent Competition, to be held in 2023.

In 2015 Asian Multimedia Enterprise celebrated its 18<sup>th</sup> anniversary with the first Golden Talents Contest for all Chinese entrants between 10 to 80 years old in their musical talents, with the Final Contest held in a dinner party of 500 people. The Golden Talents Contest has since become an annual popular music event in Victoria.

Victorian Government, in recognition of Mr. Chui's long-standing contributions to the community services, had awarded him an "Justice of the Peace", the "International Volunteer Award", the "Melbourne Mayor's Community Contribution Award", the Victorian Multicultural Contribution Award", the "Whitehorse Council Small and Medium Enterprises Excellence Award".

Mr. Chui believes that his vision in starting a media business is not about money profiteering, but to build a technology platform bringing more entrepreneurs and business partners together doing something more benefits and advantages to the society.

He is convinced that unity can bring together a strong cohesion to do everything bigger and better, and he helped a group of tennis friends to set up the largest Chinese Tennis Association in Australia, and became the first elected president, holding regular local and overseas tournaments to raise the standard of local Chinese tennis players.

Mr. Chui's motto is from a Chinese methodology – 「儒家 - 禮記大學的修身、齊家、治國、平天下。」

Mr. Chui is blessed having a happy family with his mum, a good wife, a son and a daughter, three grandchildren and in-laws.

### **獲得獎項 (Awards received)**

維省多元文化社區貢獻獎	Victorian Multicultural Commission Award 2008
墨爾本市長社區貢獻獎	Melbourne City Mayor Award 2006
聯邦國際義工獎	Australian Commonwealth International Volunteer Award

### **在澳職務 (Positions held in Australia)**

澳洲中華總商聯合會會長	United Chinese Commerce Association of Australia Inc
澳洲訊報集團董事長	Asian Multimedia Group Chairman
澳中企業經貿總商會主席	Australia-China Chamber of Commerce
澳洲華人團體活動委員會創會及常務理事	ACEC Association Founding and Executive Director
澳洲維省僑友社副主席	Chinese Fellowship of Victoria Vice President
澳大利亞華人網球協會會長	Victoria Chinese Tennis Club Association
世界華人網球協會副理事長	World Chinese Tennis Club Association
澳洲維省扶輪社委員	Australia Rotary Club
白馬市亞裔商會榮譽顧問	Whitehorse City Council Chinese Chamber of Commerce
維省諾市高齡華人福利會榮譽顧問	Knox City Chinese Social Welfare Association
澳洲南海(海外)留學生聯盟總幹事	Nanhai (Overseas) Students Association (Australia branch)
維省僑友社中文學校主席	President of Chinese Fellowship Chinese School

2017 年澳洲訊報 20 週年推廣宣傳片 (Asian Multimedia 20 Years promotional video):

<https://www.facebook.com/asianmultimedia/videos/1181755278576748/>





1



2



3



4

5

- (1) Philip 和 Michael Tse (右一) 出席澳洲樂韻娛樂宴會。
- (2) 澳洲訊報廿五週年慶祝活動。
- (3) 慶祝澳中建交 45 週年。
- (4) Philip 來悉尼出席員生會晚宴。
- (5) 澳洲訊報協辦新絲路中國模特大賽澳洲區賽事。



### Answer to the 2022 FIFA World Cup Challenger –

2022, FIFA, World, Cup plus

the 32 participating nations (Russia has been banned from playing the games) are: Argentina, Australia, Belgium, Brazil, Cameroon, Canada, Costa Rica, Croatia, Denmark, England, Ecuador, France, Germany, Ghana, Iran, Japan, Mexico, Morocco, (the) Netherlands, Poland, Portugal, Qatar\*, Saudi Arabia, Senegal, Serbia, Spain, South Korea, Switzerland, Tunisia, (the) United States, Uruguay and Wales. [\* Qatar is the Cup's hosting nation].

The mystery word by connecting the letters left is “Laeeb”. La'eeb is official mascot of the 2022 games.





## PolyU Alumni Benefits

As a member of our Association and a HKTC/Polytechnic/PolyU alumnus, you are entitled to apply for the PolyU Alumni eCard and enjoy some PolyU alumni benefits.

PolyU Alumni eCard is a valid identification that allows you to access the campus and enjoy various privileges, including discount offer for food & beverages of Hotel ICON, and eligibility to apply for the Alumni Sports Facilities User Card.

To get your eCard, simply use your Alumni NetID\* to sign in the “My Profile & eCard” webpage, upload a recent photo and update your personal profile.

For enquires or assistance, please contact us at (852) 2766 4117.

\* - Browse <https://idportal.polyu.edu.hk/registration/screen-anad> for steps to get your Alumni NetID if you have not already got one.



### Hotel ICON Benefits

PolyU Alumni eCard, FHKPUAA Card and PolyU Visa Card holders are eligible for a **15% discount on food and beverages** (excluding alcoholic beverages, service charges and on special festive days) at The Market, GREEN and Above & Beyond, along with a 10% discount on banquet services, up to a maximum of HK\$5,000. Please call Hotel ICON at (852) 3400 1300 for details or reservations.

### Library Card

All PolyU graduates are eligible to apply for a Library Card (Graduate) and an Off-Campus Access Library Number (Graduate). FHKPUAA and PolyU Visa cardholders are eligible for special discounts on their annual fees.

For enquiries or assistance, please contact Pao Yue-Kong Library at (852) 2766 6864 or send email to [lbviews@polyu.edu.hk](mailto:lbviews@polyu.edu.hk)



### Sports Facilities User Card

Cardholders can apply for the Alumni Sports Facilities User Card, which gives access to the sports facilities of PolyU Campus and Joint Sports Centre. A nonrefundable fee of HK\$400 provides access for 12 months (from 1 September to 31 August of the year). No pro-rata rate is offered.

An application form for this User Card can be downloaded from the PolyU website. Opening and booking details of the sport facilities are available at Student Affairs Office website. For enquiries or assistance, please call Sports Centre Counter at (852) 2766 6778 or send email to [sports.facility@polyu.edu.hk](mailto:sports.facility@polyu.edu.hk).

Always check the PolyU Alumni website or contact the PolyU Alumni Affairs and Development Office (AADO) for the latest alumni benefits should you plan to visit Hong Kong.

## Articles to Exercise Your Brain

### The 2022 FIFA World Cup Challenger

by Bosco Lau

The following challenger puzzle contains the key words – “2022”, “FIFA”, “WORLD” and “CUP” plus the names of the 32 nations which organized their football squads to compete in the 2022 World Cup games, which is being held in Qatar during November 21 to December 18 this year.

Individual word(s) of a nation’s name can appear from left to right or from up to down, or vice versa in the puzzle. Each letter can appear in one single word or multiple words. Challenge yourself to see if you can find all the keywords and nation names in this puzzle within 20 minutes. After you have circled all the keywords and country names, there will be some letters left out. The left-out letters when combined together will form a special word which is related to this 2022 World Cup. Can you find out what this mystery word is? [The answer can be found on Page 31.]

N	E	T	H	E	R	L	A	N	D	S	E	R	B	I	A
F	R	A	N	C	E	T	U	N	I	S	I	A	C	U	P
A	T	S	O	C	A	N	A	D	A	I	T	A	O	R	C
D	M	T	L	P	O	L	A	N	D	E	T	I	N	U	D
E	O	A	N	O	O	R	E	M	A	C	J	A	P	A	N
N	R	T	B	R	A	Z	I	L	2	0	2	2	A	N	A
M	O	E	E	T	U	R	U	G	U	A	Y	A	R	I	L
A	C	S	L	U	S	E	N	E	G	A	L	I	A	A	G
R	C	M	G	G	T	Q	A	T	A	R	A	D	B	P	N
K	O	E	I	A	R	O	D	A	U	C	E	U	I	S	E
O	I	X	U	L	A	F	I	F	R	I	C	A	A	O	A
R	R	I	M	D	L	R	O	W	A	L	E	S	E	U	N
E	A	C	S	W	I	T	Z	E	R	L	A	N	D	T	A
A	N	O	E	B	A	R	G	E	N	T	I	N	A	H	H
									Y	N	A	M	R	E	G

*Find the Mystery Word!*



Some nation hints:  
 (1) Whistler (Canada/2000)  
 (2) Rabat (Morocco/2022)



## Pop Music Quizzes (1930s to 2020s)

by Bosco Lau

(Answers are on Page 4.)

- 1) [1930s-40s] **Dame Vera Lynn** was an English singer and entertainer whose musical recordings and performances were very popular during World War II, which earned her an honorific title as the \_\_\_\_\_. She died in June 2020 at the age of 103.  
a) "Army's Nightingale"      b) "Forces' Sweetheart"      c) "Songbird of England"      Ans: \_\_\_\_\_
- 2) [1950s] **Debbie Reynolds** was a popular American actress and singer, best remembered for her leading role in the 1952 film *Singin' in the Rain*. She had a number 1 single \_\_\_\_\_ on the US *Billboard* music chart in 1957.  
a) "Debbie"      b) "Irene"      c) "Tammy"      Ans: \_\_\_\_\_
- 3) [1960s] The **British Invasion** was a cultural phenomenon of the mid-1960s, when rock and pop music acts from the United Kingdom became popular in the U.S. Starting from 1964, the **Beatles** was the leading British Invasion band with a fanaticism known as ".Beatlemania". On the *Billboard* Hot 100 charts in 1964, which of the following was the first number 1 song by a British group other than the Beatles in that year?  
a) "A World Without Love" by Peter & Gordon      b) "Do Wah Diddy Diddy" by Manfred Mann  
c) "The House of the Rising Sun" by the Animals      Ans: \_\_\_\_\_
- 4) [1970s] **Disco hits** dominated the pop music scene in the 1970s. Which is the best-selling disco single of all time, having sold over 18 million physical copies worldwide?  
a) "Yes Sir, I Can Boogie" (1977) by Baccara      b) "Y. M. C. A." (1978) by Village People  
c) "You're the One That I Want" (1978) by John Travolta and Olivia Newton John      Ans: \_\_\_\_\_
- 5) [1980s] "**We Are the World**" is an American charity single first recorded by the supergroup **USA for Africa** in 1985. It was written by American pop legends Michael Jackson and Lionel Richie, and was primarily produced by \_\_\_\_\_. The single had sold over 20 million copies worldwide.  
a) Lionel Richie      b) Michael Jackson      c) Quincy Jones      Ans: \_\_\_\_\_
- 6) [1990s] "**Candle in the Wind 1997**" is a song by English musician **Sir Elton John** and songwriter **Bernie Taupin**, a re-written and re-recorded version of their 1973 song "**Candle in the Wind**". It was released in September 1997 as a tribute single to Diana, Princess of Wales. Elton John originally wrote this song in honour of American legend \_\_\_\_\_.  
a) Judy Garland      b) Marilyn Monroe      c) Patsy Cline      Ans: \_\_\_\_\_
- 7) [2000s] "**You're Beautiful**" (2005) is a popular soft rock song by English singer-songwriter **James Blunt**. It was his first and only number 1 single on both the British and U.S. main music charts. It was also a top 10 hit in several other countries. James Blunt was a \_\_\_\_\_ before he became a professional music artist.  
a) British Army officer      b) coal miner      c) school teacher      Ans: \_\_\_\_\_
- 8) [2010s] The music video for "**Gangnam Style**" (2012) by South Korean rapper and singer **Psy** premiered on July 15, 2012 on the video-sharing website **YouTube** became the first video to reach 1 billion views and 2 billion views in December 2012 and May 2014 respectively. Which song had its music video first reaching 3 billion views on YouTube (achieved in August 2017)?  
a) "Baby Shark Dance" by Pinkfong      b) "Despacito" by Luis Fonsi featuring Daddy Yankee  
c) "Gangnam Style" by Psy      Ans: \_\_\_\_\_
- 9) [2020s] "**As It Was**" (2022) is a song by English singer-songwriter \_\_\_\_\_. The single broke a new record on the *Billboard* Hot 100, as it became the longest-running no. 1 (for 15 non-consecutive weeks) by a UK act. It also topped the UK and Canadian charts for 10 and 18 weeks respectively.  
a) Ed Sheeran      b) Harry Styles      c) Zayn Malik      Ans: \_\_\_\_\_



## Articles from Our Alumni

I am happy to introduce Dr. Daniel Sze Man-Yuen (施文遠博士), a renowned scholar and educator in his specialty fields and a good friend of mine. He had been guest speakers at functions held by our PolyU (Australia) Association and the International Guolin Qigong Culture Research (Australia) Association, both of which I have had a long association with. Dr. Sze had lectured at the PolyU and was also a senior lecturer with the Royal Melbourne Institute of Technology (RMIT) after leaving the PolyU. He had since returned to live in Sydney from 2020. After recently completing his study in theology, Dr. Sze is now active doing his missionary work.



**施文遠博士**  
**Dr. Daniel SZE**

香港理工大學  
1983 - 醫學科學實驗室文憑

香港大學  
1987 - 醫療技術高級證書

英國西英格蘭大學  
1991 - 學士(醫療科學) - 卓越成績  
1995 - 碩士(細胞病理學)

英國伯名翰大學  
1995 - 碩士(醫學科學)  
1999 - 哲學博士(免疫學)

澳洲悉尼大學  
2001 - 教育學文憑(資訊科技)  
2004 - 教育學碩士(高等教育)  
2015 - 哲學博士(高等教育)



### How does Guolin Qigong enhance our bodily health?

by Dr Daniel Sze

I came into the International Guolin Qigong Culture Research (Australia) Association from a complementary perspective – the evidence-based angle. I am interested to seek the evidence to answer this question – if Qigong works, then show us the proof!

In China as well as many parts of Asia, many cancer patients have used different forms of Qigong as a complementary health-enhancing exercise together with the main-stream chemotherapy or radiotherapy. Some patients practice Qigong after the surgical operations to remove the main bulk of malignant tumours. Guolin Qigong is one of the popularly used forms of Qigong in China. (Sze et al, 2014).

It has been claimed by many people including many Qigong masters and supervisors that there are genuine clear improvements in the health of the cancer patients. However, since all these are individual cases -- just like many dots on a paper, and no one has joined all these dots together to make it a continuous line. And we need to further combine these lines into a picture. As the Scientific advisor of this Association, I am working as the artist to join all these dots together to make a line, to make a complete picture eventually.

In my profession as a Laboratory Medicine Scientist and Cancer Immunologist, I am working in Australia across the two cities of Sydney and Melbourne as a research scientist to work closely together with many other medical doctors, scientists, volunteers, qigong masters, and patients etc to make the evidence possible. So that a clear picture whether qigong has really an impact on the health of the cancer patients in a positive and significant way.

Two very good research studies conducted in Sydney have reported about the use of a 10-week practice of Medical Qigong (MQ) intervention in comparison with the control group. It was demonstrated with statistical significant clinical benefits as shown in 162 cancer patients' self-reported chronic fatigue, Quality of Life, and reduction of the inflammatory marker C-reactive Protein (CRP) in blood samples (Oh et al 2010; 2012). These research studies were collaborations between the Department of Medicine & School of Psychology at the University of Sydney and the Dana Faber Cancer Institute at the Harvard Medical School USA.

The question unanswered is how the reduction of CRP leads to better health? Or this is just a marker to show that the inflammation in the patients has been lowered. Is the CRP reduction simply just a reflection of the symptom or the current bodily condition, instead of being the root reason explaining how qigong helps to enhance the bodily health. The researchers of these studies commented in the paper, the researcher Oh, who lives in Sydney said in their 2010 paper that:

“While the precise mechanism through which the MQ is able to decrease inflammation is unclear, one possible pathway is through MQ’s effect on the immune system... These findings indicate a need for further research on the impact of MQ on biological changes, such as immune function, cytokines and inflammation, in order to fully understand more these effects.”

In 2001, my research group at the Sydney’s Royal Prince Alfred Hospital published in the Journal Blood about the finding of the most potent immune cell type in our body – the dendritic cell (DC) [just like a 5-Star General in the Army] becomes dysfunctional (i.e., not working that well) as the cancer stage progresses. This is due to high level of some blood circulating proteins called Interleukin (IL)-10 and transforming growth factor  $\beta$ 1 (TGF $\beta$ ) secreted by the cancer cells and other suppressive immune cells (Brown et al 2001). The good news is that restoration of the DC functionality is possible! It is through another 2 blood circulating proteins called IL-12 and gamma interferon (Brown et al, 2004).

As supporter and friends of Guolin Qigong, you would be most surprised that nearly 20 years ago, there was a study conducted in the University of Hong Kong in 2001 about cytokines change from 19 healthy people who practise Guolin Qigong daily after 14 weeks. Brian Jones, an immunologist working in the Queen Mary Hospital at that time recruited 19 healthy people and found that there is an increased gamma interferon: IL-10 ratio from 19 healthy people who practise Guolin Qigong daily after 14 weeks! That means higher level of “good” cytokine and lower level of “bad” cytokine. This can be taken as initial evidence of enhanced adaptive immunity in relation to Qigong practice for cancer patients. But the number of subjects in this study is too low and the positive results have not been validated in other studies and in other countries.

Now I am working in the RMIT University in Melbourne Australia. I have decided to follow up these preliminary scientific results together - just like joining all dots, and the lines together. We will measure the changes in patients’ immunity level by measuring the number and functionality of various blood DC subsets and the changes of the blood cytokine profile (in particularly the levels of IL-10 & TGF-beta versus IL-12 and Interferon gamma.

I would like to take this opportunity to thank the International Guolin Qigong Culture Research (Australia) Association in donating A\$8,000 in 2018. From 2017 onwards, we have received about \$35,000 with a target of \$100,000 for this important project. I will continue to inform you about the progress of this important and meaningful Qigong & Immunity Cancer Research Project! Your continuous support in this is much appreciated.

[This article was first published in the 10<sup>th</sup> Anniversary Yearbook of the International Guolin Qigong Culture Research (Australia) Association in 2019.]

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For more information about Guolin Qigong please visit the websites of:

國際郭林氣功文化研究會 - [www.guolinqigonghk.com/](http://www.guolinqigonghk.com/)

國際郭林氣功文化研究會澳洲分會 - [www.guolinqigong.org.au](http://www.guolinqigong.org.au)



## **Special Message from Dr. Daniel Sze (November 2022)**

親愛的香港理工大學校友：

我是 Daniel。我現在已經放下我從前的大學教師工作，成為一名福音工作者 (First Nations Gospel Worker)。作為一名基督徒，回應了上帝的呼召，愛護和關心我們周圍在澳大利亞的原住民，及與他們分享耶穌基督福音的好消息。

<https://www.baptistmissionaustralia.org/Who-we-are/People-Groups/Urban-Regional-Australia/Daniel>

我是華澳浸信會 West Ryde 會友。我自從 1994 年舉家離港，先到英國完成**免疫學博士**，在 1998 年繼續在澳洲悉尼及墨爾本工作及研究西方免疫抗癌。在神的帶領下，我在 2005 從西方單一化學抗癌處方藥物，轉移到多元素多靶向的傳統草藥增強免疫力研究。然後在神奇妙的安排下，我開始了澳洲土著的傳統草藥研究，並且幫助土著的族長們選擇及發展一些有商業及醫療藥用價值的傳統植物。我的**教育學博士**學位是研究不同文化背景的學生如何學習得優秀。

原來神是在預備我的背景及技能來愛及照顧祂的不同族類。在 2020 年當我有近半年時間困在墨爾本 COVID-19 全市的封鎖沒辦法回悉尼和家人團聚，神的呼召臨到我：「**不單單是關心土著的健康及財富，而是要關心他們整體，包括靈性的需要，聽到福音好消息**」。



我順服神的帶領，也愛澳洲土著民族。2020 底放下了大學的工作，進入 Morling College 浸信會神學院預備自己作澳洲土著宣教。現在我已經順利完成了 Morling 學院的神學培訓，從 2022 七月開始成為「澳大利亞浸信會差會」“Baptist Mission Australia” 候任宣教士 Gospel Worker 為澳大利亞原住民服務和分享福音 (First Nations Gospel Ministry)。

從以下三個數據比較大家就會明白澳洲土著相比其他澳洲人在生活及需要上有多大差異：

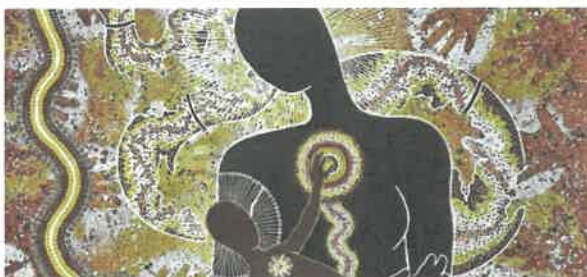
根據澳洲統計署 2021 年 6 月 30 日資料：

- (1) 非土著的平均年紀是 38 歲，但是土著只是 20 歲。
- (2) 非土著平均壽命是 82 歲，但是土著的只是 60 歲。
- (3) 土著成年人雖只佔澳洲人口 2.2%，但是關在監倉裏的土著，居然佔全體成年犯人的 30%，也就是多了 15 倍。主耶穌吩咐我們去愛鄰舍，不要忘記或疏忽那些在我們身邊的澳洲土著——他們「餓了、渴了、作客旅、赤身露體、病了、或在監裡」(馬太福音 25:31-46)。當我們跨洋過海居住在澳洲這大地上，是否這些澳洲土著及當中的基督徒領袖，就是「弟兄中一個最小的」？



從 2022 年七月開始的宣教事工包括對 NSW 土著福音領袖作門徒訓練，也會將城市裡不同文化背景的移民教會的愛心及福音資源，透過「**澳洲土著短宣**」帶到土著人口密度高的鄉鎮。實踐主耶穌吩咐我們的大使命，也同時關愛「弟兄中一個最小的」。

如果各位希望了解更多，請聯絡我  
Dr. Daniel Sze (drdrsze@gmail.com)



### Mission and Indigenous Australia

Sunday 8 May  
Dr Daniel Sze

Daniel will share why a passion for indigenous Australians has changed his life, and how God is leading him and others alongside them.

Discussion Starters (pdf) 



- (1) Extract from an article in a *PolyU Milestones* magazine about Dr. Daniel Sze and his research on TCM (Traditional Chinese medicine)
- (2) Dr. Sze with his research students while working at the RMIT (Royal Melbourne Institute of Technology)
- (3) Dr. Sze held talks about Guolin qigong and cancer prevention
- (4) Research on immunology by a PolyU team was awarded an international invention prize
- (5) Dr. Sze had contributed to other invention prizes like this one on QPAR - Quantitative-Pattern-Activity-Relationship, which was regarded as a novel technique (創新技術)



## 十八字「真言」分享

劉若山

我是劉若山，是理大澳洲員生會 2003 - 2007 年度會長，先前亦已介紹過。很高興由創會到現時員生會成立二十周年，我都有積極參與過大小活動，我亦是在建會初期第一位先後到過墨爾本、布里斯本和柏斯的幹事，主動聯絡當地理大員生。由 2003 年至 2019 年我每年回香港探訪理大最少一次，大學 70 周年、75 周年和 80 周年的慶祝活動包括聯歡晚宴我和太太都有一同出席。2012 年理大 75 周年在香港灣仔會展舉行的慶祝晚宴中，我曾接受當年唐偉章校長的誠意邀請下在台上彈電子結他伴校長和其他校友同學表演 The Beatles 的一曲 Happy Birthday，令我一生難忘。我更在 2016 年被理大確認成為理大基金會會員之一，並獲授予 PolyU Foundation Member 證書。我很樂意為員生會和理大出點棉力，亦祈望員生會在新年度由一位新會長帶領下，可以將會務發展得更好，令新舊員生更團結，能繼續支持母校發展及幫助到社群大眾。



在 2008 年歡送潘校長榮休晚宴中我太太以最高價競投到校長捐出的兩份特別紀念品。



我和唐校長同台表演，為晚宴帶出高潮。

本人由香港移民至澳洲亦足三十年，特意將個人經歷及做人宗旨以十八個字「真言」同大家分享。

### (一) 感恩

無論你是否是否有宗教信仰或身在何處，只要你能平安健康，有關心你的親友，能樂在當下，就應該經常感恩，多謝上天 (或主) 和關心及幫助過你的所有人。我們能在澳洲安居，和家人和睦，知己朋友滿天下，已覺得生活很幸福。太太和我今年 10 月去過歐洲地中海坐豪華郵輪，暢遊包括有葡萄牙、西班牙、北非摩洛哥和英屬直布羅陀等地。今回雖然是我們第四次坐郵輪遊地中海，仍然獲益及感受良多。



有 15 層高的豪華郵輪 Oceania Marina



郵輪房間內 TV 的 Dashboard 顯示



- (A) 我們參加大部份的旅遊都是免費的，是發展生意年度獎賞之一。今年的旅遊我們帶了六位來自澳洲各地的生意夥伴一同出席，其中有些還是第一次遊歐洲或坐遊輪，比我們興奮得多。旅程中有近三百位來自澳洲和紐西蘭同團的朋友，當中也有十多位和我們一同獲公司邀請去過廿多次旅遊的老朋友。
- (B) 我們在直布羅陀 (Gibraltar) 參觀當地最著名的旅遊點，是一個在山上的天然岩洞，名為 St. Michael's Cave。在岩洞內加上燈光，其中一個景像就似是大天使 St. Michael 在身旁保佑着我們。但一想起世界其他地方，有不少天災、人禍，甚至戰亂，我們都應該為不幸的群眾多祈福。



在里斯本 (Lisbon)，一杯咖啡加一個葡撻只需 1.8 歐元！ / St. Michael's Cave 內合照



Lunch with group partners at Cadiz / At an ancient Roman theatre in Cartagena

At Seville (塞維利亞) of Spain you can buy branded clothing of many Spanish soccer clubs, as well as souvenir items related to the FIFA World Club 2022.



近三百位團友中連我們在內只有六位來自香港，可幸我們在三項優勝者榜其中兩個有上榜 (均名列第二)，都算為香港人爭回些少面子。

## (二) 安居樂業

安居樂業是做人安樂的基本條件。在澳洲我們大多已擁有一間安全及舒適的房屋，就算未完全擁有或只是租來的房屋，只要你住得滿意的話已算安居，業可以是職業或事業，如果你滿意你現時的職業可以樂業，但任何職業你都會有失落或退休的一天。你也可以發展事業，包括可賺錢和貼錢的事業(例如慈善事業)。如果你擁有好的及可持續發展的事業，也可以樂業。如果你能夠將個人興趣轉化在你的成功事業中就更完滿。

## (三) 利人利己

我們做人的宗旨應該是要利人利己，最好是幫到別人，也能幫到自己，但出發點是要先利人，絕非利己才利人。做人最忌是做損人利己的事，而利人損己(明知自己能力未及硬去幫人)也不太理智。亦有人會不聞不問，有好的消息也不會通知別人，我不會跟隨他們，但我都要很小心我傳開的資訊是正確的而非以訛傳訛。

## (四) 自強不息

自強不息有兩個意思。自強可以指不斷進步自己，學習新的事物。我個人絕對同意就算是長者也應該持續學習，我由於要持續發展事業，自己要不續學習運用新科技去做生意。理大學辦活齡學院 (Institute of Active Ageing)，也是希望幫助到較年長者也可以入讀大學，甚至考取到證書或學位。我本人近幾年也報讀過 Monash University 在網上提供的一些營養學課程，以提升自己在這方面的知識。

自強亦可以指自我強身健體。現時經過 COVID-19 一疫，大家都已多注重家居和個人衛生清潔，均衡飲食，和適量的做運動及休息等。只可惜還有不少人忽畧了家中食水和空氣潔淨的重要性。很多人以為只要將自來水煮沸過便可以安心飲用，但忽畧了自來水中可以含有鉛和其他金屬、添加了的氟混和其他雜質而產生的有害物、和暴雨及洪水影響水質的問題。其實要保證家中有潔淨的水和空氣，只需添置有效的水和空氣淨化機，花費不會太多，已可以給自己和家人健康多一些保障，何樂而不為？

再提醒大家每年都要做身體健康檢查，有病仍需就醫，及儘量減少不必要的生活壓力。多聯絡親人和朋友，間中去旅遊散心也是好事。如果身體有不適或已年長，就應該減少做要勞動力的工作和家務，盡可請人代勞。

Is tap water safe to drink? Check it out!



News from Sky News Australia  
(March 2, 2022) and The  
Conversation (February 28, 2022)

## (五) 樂活人生

最後，送給大家的四個字就是樂活人生，要健康快樂地過活直至人生的盡頭。如果可以活到 84 歲 (現時澳洲人的平均壽命歲數) 屬於正常，若能活到 90 多歲甚至過百歲更好，到時至少四代同堂，可喜可賀。

有些人很有錢和長壽，也不一定可以樂活人生。例如有人長期患病依賴食藥和做手術以維持生命。太依賴食藥而非利用天然的方法 (例如均衡飲食和適量進食一些天然營養補充品) 去改善身體，會引起對身體很多不良副作用，醫生會不斷加藥或加大藥劑量，最終只會成為長期病患者，以「藥」活人生。我明白有很多人都長期食藥，但若同時進食有效的天然營養補充食品，最少藥劑量有機會不必加大，或甚至可以減藥。

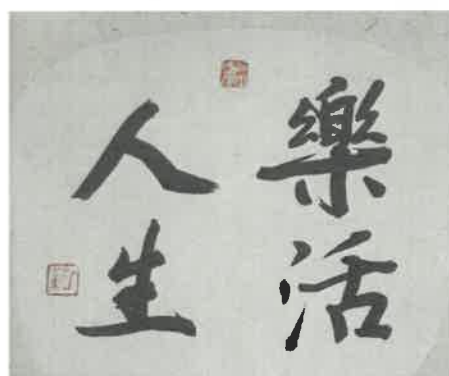
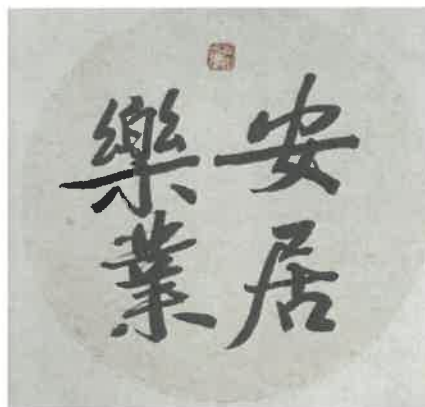
另外有些有錢人長命也不快樂，例如香港有不少富豪，雖長命但仍然擔心家族生意的發展和家人爭產的問題。

因此我認為健康、長壽和財富都只是樂活人生的部份，其他重要的因素還包括家庭、知己朋友、自由和你做人及人生意義等。

我的「樂活人生」可以用 8 個 F 來說明：  
a harmonious Family, a network of good Friends, Freedom, Financial rewards (with sustainable income), Fitness (optimal health), Free annual trips, Fun and a Fulfilled life.

長壽是我所期望的，但對我來說，更重要的是過有意義的生活，保持身心健康，在親友之間擁有愛和友誼，能夠幫助人們 (和更多的人) 過更好的生活，及玩得開心和永遠快樂。

PURSING THE 8 Fs IN LIFE		
1	<b>FAMILY</b>	幸福家庭
2	<b>FRIENDS</b>	知己良朋
3	<b>FREEDOM</b>	自主前途
4	<b>FINANCIAL REWARDS</b>	財富保障
5	<b>FITNESS</b>	身心健康
6	<b>FREE TRIPS</b>	免費旅遊
7	<b>Life is FUN</b>	繽紛生活
8	<b>Life is More FULFILLED</b>	樂活人生





## 後記

我很快已到 70 歲，一般人會稱之為高齡或說人生七十古來稀。但對我來說，未來 10 年才會是我和太太事業的黃金期。原因是我們所發展的事業，在疫症期間仍有可觀的增長，公司穩守直銷業的全球第一位 (以全球百多個國家和地區生意總額計算)。亦證明公司銷售的產品大有需求，還有大量人加入了這個直銷行業爭取機會發展個人事業。再加上現時香港居民有很多或會移民澳洲、紐西蘭、英國、美加等地。除澳紐和香港市場外，我們的事業在其他海外市場亦有起動。現時差不多每天都有本地或海外朋友找我們查詢如何參加或推薦親友參加澳紐、英國、香港甚至美加市場發展這個事業。每月我們都有幾十個 Zoom 敘會，和世界各地的生意夥伴傾談業務發展和分享用產品心得，不亦樂乎。

### **Bosco's Love for Music and Writing**

I (Bosco) had developed a habit of writing since my primary school days. I wrote picture story books in those days. At secondary school in Hong Kong, I learnt to play the guitar, and often played with some senior students at the school. From about F. 4, I had developed a habit of studying at home while listening to music on the radio, and in those days radio stations primarily played English pop songs by international artists and some local artists. I devised my own weekly Top 40 pop song charts and shared them with my friends.

While studying at the HKTC then Polytechnic, I was hired for a paid job to write course notes and devise model questions and answers for the mathematics subject (in accordance with syllabus set for the HK Secondary School Examination) by an educational institute which sells these materials to secondary school students through mail orders. After graduation from the Hong Kong Polytechnic, I was offered a job by the Polytechnic as a part-time evening lecturer to teach computer subjects for evening students. In those years many of my students were actually older than me.

During my IT career in Hong Kong, I wrote numerous project and systems specifications, I had also drafted many proposals, contracts and even tender documents while working as an IT manager. No wonder I was the top student in my MBA class when many of the courses were assessed through written assignments (I received the Award for Academic Excellence alongside the MBA degree).

Cecilia and I started building our network marketing business in Hong Kong from the early 1980s. After we had built the business to a leaders level, I started issuing regular newsletters to our group business partners, with contents about business building, product usage, and most importantly recognition of achievers. In the early days these newsletters were printed and mailed out. I have not stopped doing that ever since, but the newsletters (some in English and others in Chinese) are now being sent out by email or WhatsApp. I could be the only leader in this business who is still doing regular newsletters to partners (thousands of them nowadays) for so many years. I think younger generations may prefer receiving Facebook messages and Instagram videos instead. I could be too old-fashioned and may need to explore what communication means should be adopted for moving the business forward.

In 2016 I wrote an article titled "When I'm Sixty-Four" with an A-to-Z section describing 26 music artists (with their names starting from A to Z) that I love. I also wrote various articles on different music genres/artist groups with an A-to-Z section in each (e.g., A-to-Z artists, A-to-Z songs, etc.), covering British Invasion music, Australian pop music, classical rock songs, disco hits, Motown music, movie theme songs and soundtracks, Hong Kong English pop music, instrumental hits, Christmas songs, one-hit wonders, love songs, and family groups, etc. I had also written articles focusing on song titles, such as songs with repeated words in title, songs related to animals/body parts/colours/flowers and plants/food and drinks/numbers/transportation and vehicles/world cities/boy names/girl names, etc. Extracts of some of them have been published in various booklets. I have also been sharing their contents with audience of the 2RRR radio program "Enjoy Yourself Today". My goal is to complete 100 articles by 2023. After that, I would focus on reviewing and updating the lot.

Through my love (and almost an addiction) for music and writing, I hope that I can constantly exercise my brain and better avoid dementia and related brain diseases.