



April 2007 Edition

FCCP Newsletter

The Federation of Chinese Canadian Professionals (Ontario)

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- Christmas Party 2006
- Revitalizing
- Tai Chi 101

Upcoming Events

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- Ed Foundation Golf Tournament
- Dragon Boat paddler Recruitment
- Recreational Badminton & Tai Chi
- Joint CCABP/CCPA/FCCP Symposium

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FCCP Education Day 2006 — A great chance to learn from one another!

On a sunny warm November Sunday, instead of staying outdoors, many chose to pack inside the La Rosa Grand Hall in Markham for our 2006 Education Day. This year we adopted a new format with an excellent and wide selection of topics across different professions, with a central theme on “self-protection” against common challenges in our health, wealth and daily lives. Four presentations were delivered, covering Trust Fund and Its Tax Implication, The Essence of Back Care, Carbon Monoxide Poisoning and Cyber Security.

Thanks to our speakers who sacrificed their great weekend in educating us. The presentations

were vivid and informative. We were all further rewarded with a presumptuous dim sum lunch and friendship renewal with our fellow members.

We received extremely positive feedback. Most of the attendees commended on the venue, the food and the meeting format. This boosted our morale to continue and the FCCP Board is now starting a new task force to prepare for the next series of events to be held in the Fall of 2007.

If you are interested in being part of this task force for educational events, please contact Solomon Ko at solomon.ko@sympatico.ca

Reported by Solomon Ko



Meeting Chair, Solomon Ko, controlling the crowd with his Tai Chi Palm!?

Attendees enjoying a lecture on back pain

Welcome, welcome! The FCCP president, Elliot Tse said.

Christmas Party 2006 — As popular as ever before!

The Christmas Party has once again proven to be one of the most popular FCCP activities among our members, with all the tickets sold-out more than a month before the event.

The 2006 Christmas party was held on Sunday, December 3, at the Empire Chinese Restaurant. The evening was well-attended by over 240 members and guests from various FCCP Sections such as the Legal, Information Technology, Biomedical, Physiotherapists, Accountants, Chiropractors, Physicians, Engineers, pharmacists and others.

The evening was kicked off with a lovely song by Mrs. Veronica Wong, followed by the popular group Line Dance. The evening was filled with waves of excitement: table draws, lucky draws for prizes donated by participating Sections, stunning demonstrations of ballroom dancing, and the adrenaline-rushing bingo. With a few glasses of wine and some gourmet dishes,

the evening's climax was reached with the arrival of Santa, who bought a huge bag full of gifts for the long-ing children. While the late night dancers stayed on for more romantic moments on the dancing floor, others returned home joyfully! Merry Christmas to all!

Reported by PC Chan



MCs of the evening: Clement & his daughter Yvonne Chan

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Paddlers Wanted! **For Continuing the Winning Tradition - FCCP Dragon Warriors**



18th Toronto International Dragon Boat Festival Trophy, 2006

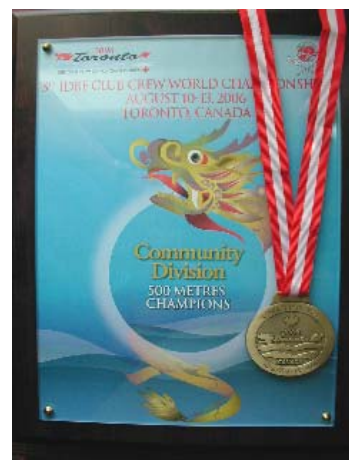
We are recruiting for the 2007 FCCP Dragon Warrior Team

Practices start mid April, Sunday mornings

Practice Race: Sunday May 27, 2007, Marilyn Bell Park

**19th Toronto International Dragon Boat Race Festival:
June 16 (Sat) and 17 (Sun), 2007
Toronto's Centre Island**

**If interested in trying out, please email
fccp_dragon_warriors@yahoo.ca**



5th Club Crew World Championships Plaque & Medal, 2006

Student Chapter Activity Report

The FCCP Student Chapter marked the 2007/08 year by recruiting new members in late September at Molly Blooms. In October, a Mid Autumn festival was hosted in which members learned how to make dumplings and tasted moon-cakes. In November, members played a game of Curling for the first time. December and January was a busy month with a Christmas gathering dinner and volunteering at the Scott Mission for the second year. In the new year, Gloria Cheung (Law) and Christine Li (Pharmacy) will serve as Interim Co-president as Sharon Truong steps down. The Chapter thanks Sharon for her hard work and dedication during her tenure as president for 2005-2006.



Exciting Moments from the well-enjoyed Christmas Party 2006



Dance before dinner helps the appetite!



Let's see who wins the next prize!



Education Foundation Fundraising Golf

THE 13th ANNUAL FCCP EDUCATION FOUNDATION GOLF TOURNAMENT

August 12, 2007 at Angus Glen (South Course)

Dinner to follow at Empire Seafood Restaurant (formerly New World)



See www.fccpontario.com for more details and registration form.

Revitalizing!!!

When things go smoothly, we tend to be complacent and slow down. To avoid this trap, we need stimulus to keep us moving forward. FCCP might be at this stage.

For this, a Task Force was struck with the objectives of identifying any slackness in the organization and searching for new ideas that would revitalize the association. The Task Force is critically examining the following questions:

Why would members want to belong to FCCP and be active?

What could FCCP do to its members and what could members do to FCCP?

It appeared that FCCP still lived in its past glory and had not been active enough to be an even more vibrant association that members may want to belong to. Along this direction, the Task Force is now working on some ideas to bring FCCP back on track. These will include a better utilization of our web, running more short seminars covering common interests across different professions and creating more opportunities for members to network. These seminars will also be open to the general public, thereby enhancing the profile of FCCP.

This and other ideas are being considered and reviewed by our Board and you will soon see some of these rolled out. Stay tuned!

Solomon Ko
Chair, Revitalization Task Force

Joint CCABP/CCPA/FCCP Symposium 2007



CCABP Annual Symposium 2006

In promoting the cooperation among professionals, The FCCP is joining hands with two other Sections, the Canadian Chinese Association of Biomedical Professionals and the Chinese Canadian Pharmacists Association in organizing this year's annual symposium. Mark your calendar now, and the date will be Oct 20, 2007 at the auditorium of North York General Hospital. Details will be posted on the FCCP website shortly.

Tai Chi 101

More and more news could be read in newspapers and viewed at TV about Tai Chi – how it could improve people's health? The news, however, seldom touches on its martial art aspect. So not too many people know that Tai Chi practitioner is a great fighter. In the opinion of the writer, who was a kung fu maniac once upon a time, Tai Chi is the best among all martial arts, though it may not appeal to everybody.

For "grown-up" persons, the focus should of course shift to the health aspect. Without doubt, Tai Chi is a very good sport to keep us healthy, both physically and mentally. Though it is commonly thought that this is the sport for the old, Tai Chi is actually an excellent sport for everybody, young and old alike. So, start practicing Tai Chi now! We can master the techniques as we grow old, and have a sporting activity to keep us healthy.

Why Tai Chi is so good for health? There are many good write-ups on these and it will take a book, if not more, to explain them all. To put it simply, Tai Chi involves whole body movement (like swimming) such that the external movements exercise the muscle and massage the internal organs. The extent of movement could vary depending on the physical ability of individuals. The essence of it is to perform the form slowly and relaxingly so that the mind will be in a state of meditation, which in turn releases our stress, relaxes our mind and increases the blood and "chi" circulation. As the movements are slow but smooth, continued practice strengthens one's patience, control and endurance. The other benefit we could gain through practicing Tai Chi is to improve our ability to maintain physical balance such that we would not trip up and fall easily. Which other sports could benefit us more than these?

If you would like to learn more about Tai Chi, please come to the CCABP/FCCP Badminton & Tai Chi at Richmond Rose PS every Monday evening. See details on the right.

Solomon Ko

Tai Chi & Badminton Practice



Location: Richmond Rose PS, 160 Frank Endean Rd. Richmond Hill (see map above)

http://www.Richmond_rose.ps.yrdsb.edu.on.ca

Times: 8:30 - 10:30 pm,

Dates: Mondays (until school closes)

Cost: \$3 per person per drop-in

Hon. Tai Chi Coach: Solomon Ko

Contacts: PC Chan (pc.chan@utoronto.ca)

FCCP Newsletter

This newsletter is issued 2 to 3 times a year by the FCCP (Ontario) and distributed to its members. Letters to the Editor are welcome from individual members. Section executives are asked to submit announcements and reports of their activities.

Views and reports appearing in this FCCP Newsletter do not necessarily reflect the official position of the FCCP.

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加拿大華人專業人員聯會(安大略省)
The Federation of Chinese Canadian Professionals (Ontario)

**2007 FCCP ANNUAL BALL****“Celebrating Asian Heritage Month”**

Date: Saturday May 5th, 2007

Sheraton Parkway North Hotel,

Richmond Hill, Ontario (Leslie and Hwy 7)



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GUEST OF HONOUR: DR. VINCENT LAM

2006 Giller Prize Novelist of “Blood Letting and Miraculous Cures”

Exquisite Gourmet Meal Including An All You Can Eat Dessert Buffet!

Dance to the Music of a Live Band!

Spectacular Live Entertainment!

Free Parking! And Much, Much, More!!!

Cost: Table of Ten \$880 (\$88 per person)

(includes dinner, dessert buffet and automatic entry for raffles and prizes!)

Part of the proceed goes to support the FCCP Education Foundation (Charity #

Reception 6:00pm, Dinner 7:00pm, Dancing 9:30pm, Conclusion 1:00am

*****Limited Number of Tickets Available (Only 300) so Reserve Your Tickets Today!!!*****

To purchase tickets, speak to your section representative or contact:

Edward Wong (IT): edwardwong@rogers.com

You can also visit our FCCP(Ontario) website for more information: www.fccpontario.com

Corporate and individual sponsors are welcome!

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