



Chinese Canadian Medical Society (BC)

加華醫學會

Jan 2005

## President's Letter

### Seasons Greetings to you all!

(And soon Gung Hei Fat Choy; the Year of the Rooster will be upon us soon.)

Unfortunately, 2004 ended with a horrific natural disaster in South East Asia. My deepest sympathy goes to any of you who lost friends or family in the tsunami. We know the response from the Canadian people has been prompt, generous, and heart-felt. The immediate relief efforts are now financially well founded, but the longer and more difficult task of rebuilding will take years. I would like to get feedback from the membership as to how the Chinese Canadian Medical Society of BC and its members might make meaningful contributions to help with the work of rebuilding. One easy way to send your thoughts to the Board of Directors for consideration - whether you are currently a member or not - is via our website at <http://www.ccmsbc.ca> ; just click on the "Contact" link on the left of the home page. For those of you who are not electronically inclined,

feel free to fax your thoughts to me, Dr. Ray Tong, at 604-467-5240.

For those of you who are reading this and would like to become members, the website also has a handy membership application form available; just click on the "Information" link on the left of the home page, then at the next screen, click on "Membership." This will open up a membership application as a Word document. Dr. Thomas Wong is our Director of Membership this year: his office phone number is 604-581-5434.

This newsletter gives details about some of our upcoming events, including Cantonese Medical Terminology Lessons for medical students and interested others. We continue with our usual CME evening events for members organized by the capable Dr. Howan Koo; members are informed of these events via mailings circulated by sponsoring companies. Dr. Peter Chung is organizing a dinner and dance event for members to celebrate the coming of spring, with generous support from Jansen-Ortho. Non-members and spouses of members are welcome to join us for the minimal cost of \$20 per person. Obviously, it is most cost-effective to have your membership in place prior to the third week of March, when the festivities will be held.

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For the fall, we are planning another of our famous CME tours, this time for 16 days following along the Chinese Silk Road in September. Further details will be forthcoming soon. Of course, it will be posted on the website as soon as available.

Last but not least, this is our 20th anniversary of the Chinese Canadian Medical Society of BC, and we're having an AGM combined with a star-studded International Conference, including a gala dinner and dance, most likely to be held at the Terminal City Club. Please mark your calendar: it is June 10-12. Register

early to ease the anxieties of your hard-working organizing committee, who have been putting heart and soul into the planning for months!

If any of your colleagues are interested in becoming new members of the CCMSBC, please pass this newsletter along to them, so they can see what they're missing. The more, the merrier!

All the best for the coming year,  
Ray Tong MD  
President



### *Scenic China CME-Silk Road*

CCMS is planning the Silk Road tour and CME by September/October 2005. We are currently negotiating with the travel agency especially in setting up the itinerary that will be most suited for our members. The trips will include visits to Kashgar, Urumqi, Turpan, Dunhuang, Jiayuguan.

Stay tuned for further new information.

### 2005 CCMS (BC) International Conference & Gala

The upcoming International Conference will be hosted on Jun 10<sup>th</sup>-12<sup>th</sup>, 2005. The confirmed speakers of Conference will include Dr. Tak Mak (Cancer therapeutics), Dr. Anna Lok (Hepatitis), Dr. Joseph Sung (Emerging infectious disease threatening China), Dr. Huang Guo Jun (Surgery for lung cancer in China), Dr. Scheifele (Update on childhood immunization), Dr. Peter Lin (Epidemiology), Dr. Greg Hislop. Other topics will likely include cardiology and dementia. We wish our members will participate in the Conference, particularly this is our 20<sup>th</sup> Anniversary of our society. There will more information upcoming. Please mark the date : Jun 10<sup>th</sup> -12<sup>th</sup>, 2005.

# Chinese Canadian Medical Society Foundation

c/o Suite 120 –5780 Cambie Street, Vancouver, B.C. V5Z 3A7

## APPLICATION FOR C.C.M.S. (B.C.) SCHOLARSHIP

(open for family members of CCMS(BC) members only)

Name of Applicant:

S.I.N.:

*(Please Print)*

Birth Date:

Sex:

Current Address:

Phone:

Mailing Address:

Phone:

CCMS (BC) Sponsor:

Length of Membership:

EDUCATION RECORD: (Use additional sheets for more space, if necessary)

Secondary Education

Year

Post-Secondary Institution

(1)

Year

(2)

Year

Current Program Enrolled:

Extracurricular Interests/Awards:

RETURN THE COMPLETED APPLICATION TO THE FOUNDATION ALONG WITH THE FOLLOWING:

1. Transcript of academic record for the past year.
2. Reference letters from two unrelated individuals.
3. Brief account of yourself and why you should be the recipient of the scholarship (maximum 2 typed double spaced pages).

## Seasons Greetings from the Membership Committee

Over the past few months, we have been busy trying to update our membership roster. Two notices have been sent to remind members to renew their membership. To date, we have a total of 162 members – 2 Honorary Members, 91 Life Members, 48 Active Members, 3 Associate Members, and 18 Student/Resident Members. In preparation for our 20<sup>th</sup> Anniversary, we will be holding a membership drive to attract even more members to our Society. We would welcome all our former members back to the Society. If you know of any colleagues that are interested in becoming a member, please direct them to our web site [www.ccmsbc.ca](http://www.ccmsbc.ca) for a membership application form.

Please join us in welcoming the following colleagues who have become Life members in 2004:

Dr. Paul Ying-Wai Chin	Dr. Bligh Low
Dr. Norman Hwang	Dr. Connie Siu
Dr. Helen Kwan	Dr. Sammy Chan
Dr. Francis Law	Dr. Wilson Yeung

The following is our current list of Life Members (please let us know if your name has been left out accidentally):

Dr. Edward Y.P. Chan	Dr. Helen Kwan
Dr. Irene M.Y. Chan	Dr. Peter W.C. Kwan
Dr. John Chan	Dr. Susan Y. Kwan
Dr. Kai-Sun Chan	Dr. Stephen T. Kwok
Dr. Sammy Chan	Dr. Augustine S.K. Lam
Dr. Sandy Sai Hong Chan	Dr. Ching C. Lau
Dr. Terence Chan	Dr. Edward T. Lau
Dr. Thomas S.K. Chan	Dr. Juliet Y. Lau
Dr. William Y. Chan	Dr. Francis Law
Dr. Ross E. Chang	Dr. Andrew S.Y. Lee
Dr. Jerry C. Chen	Dr. Judy K. Lee
Dr. Stephen S. Cheung	Dr. Pui Kee Lee
Dr. Paul Ying-Wai Chin	Dr. Eddie Wong
Dr. Renison Chong-Kit	Dr. Kee S. Leong-Sit
Dr. Benjamin Chou	Dr. Eileen Leung
Dr. Stacey A. Chow	Dr. Henry H. Leung
Dr. Peter Chung	Dr. Paul M. Leung
Dr. Sharon Y.C. Fong	Dr. Howard S.H. Liang
Dr. Kenneth K.Y. Fung	Dr. Kim L. Liew
Dr. Alice K.Y. Ho	Dr. Larry F.T. Lim
Dr. Elinda P.L. Ho	Dr. Tianyan Liu
Dr. Kay Ho	Dr. Julian Louey
Dr. Thomas M.W. Ho	Dr. Bligh Low
Dr. Vincent C. Ho	Dr. Shao Hua Lu
Dr. Winston H.W. Ho	Dr. Philip Ng
Dr. Basil Ho-Yuen	Dr. Nhiem Nguyen
Dr. Wey-Jong Hsiao	Dr. David Ou-Tim
Dr. Norman Hwang	Dr. Hsiao-Ming Poskitt

Dr. Alphonsus Z. Hui  
Dr. Ivy Y.C. Hui  
Dr. Urbain Ip  
Dr. Timothy Kam  
Dr. Den Wai-On Kan  
Dr. Simon Ko  
Dr. Allan Wong  
Dr. Daniel Wong  
Dr. Jerry Wong  
Dr. Leo T.M. Wong  
Dr. Milton J. Wong  
Dr. Patricia Wong  
Dr. Paul C. Wong  
Dr. Peter K.H. Wong  
Dr. Phoebus W.C. Wong  
Dr. Thomas S. Wong  
Dr. Vincent (Tony) Wong  
Dr. Wilfred T. Wong

Dr. Connie Siu  
Dr. Chow Tai  
Dr. Tin-Yan Tang  
Dr. Raymond Q.L. Tong  
Dr. Geoffrey N. Tse  
Dr. Joseph K.C. Tsui  
Dr. Henry L. Woo  
Dr. Ken Woo  
Dr. Kwang Yang  
Dr. John Yeung  
Dr. William C.Y. Yeung  
Dr. William H. Yeung  
Dr. Wilson Yeung  
Dr. Eric M. Yoshida  
Dr. Larry Lemg Wan Yu  
Dr. Jane Yuen  
Dr. You-Wen Zhou

Respectfully,

Thomas S. Wong, MD, CCFP, FCFP  
Chair, Membership Committee

### Distinguish Speaker's Lecture June 2004

The spring 2004, distinguish speaker lecture was held on June 30<sup>th</sup>, 2004 at the Imperial Chinese Restaurant. It was very well attended with over 20 members and spouses. The speaker was Dr Gabor Mate. He is a family doctor and author who have contributed to columns in newspaper including The Vancouver Sun and the national Globe and Mail.

His book titled "When The Body Says No" is a national bestseller. His most recent book called "Scattered Minds" is also a bestseller. The theme of the lecture was about how our emotional health will affect our whole body, including our immune system and its relationship to many diseases like cancer and multiple sclerosis. He outlined that the suppression of anger, which most of us were taught to do, would turn inward against our own body. He recommended letting out our emotions as a way of improving our health. He also explained how the stress inside could lead to cancer, as he pointed out what a "Cancer Personality" was about. Lastly, he described his "Seven A's" of managing our mental health. It is a very informative sessions to doctors and lay people alike. The lecture was very useful to the caregivers that have to handle sick patient everyday. It was also useful to ordinary people like us who are being bombarded by stressful events. It taught us how to stay healthy, both mentally and physically. Many of the attendants were impressed by his talk and bought his book that night. It turned out to be a very successful event and enjoyed by all participants. Several books were offered as door prizes as well to those lucky few.

# Chinese Canadian Medical Society (B.C.) Membership Application



- Full \$100 (2 years—January 1,2004 - December 31,2005)
- Associate \$100 (2 years—January 1,2004 - December 31,2005)
- Life \$500
- Student/Resident - Free

Name \_\_\_\_\_

Office Address \_\_\_\_\_

Office Tel: ( )-\_\_\_\_\_ Office Fax: ( )-\_\_\_\_\_

E-mail: \_\_\_\_\_

Home Address: \_\_\_\_\_  
(optional) \_\_\_\_\_

Home Tel: ( )-\_\_\_\_\_

Mailing Address ( check one)     Office     Home

## Academic

Family Practice: \_\_\_\_\_

Obstetrics/Special Interest: (pls specify ): \_\_\_\_\_

Specialty: \_\_\_\_\_

Degree: \_\_\_\_\_

Medical School: \_\_\_\_\_

Year of Graduation: \_\_\_\_\_

Postgraduate: \_\_\_\_\_

Affiliated Hospitals: \_\_\_\_\_

## Social

Language: \_\_\_\_\_

Hobbies: \_\_\_\_\_

- Interest in CCMS committee
- Interest in giving lectures/ radio talk

Please make cheque payable to CCMS and return with the completed cheque to:

Dr. Thomas Wong  
#2180 Aberdeen Center  
4151 Hazelbridge Way  
Richmond B.C. V6X 4J7

Ph: 604-233-0068 Fax: 604-233-0078

## 2005 Summer Baltic Cruise CME

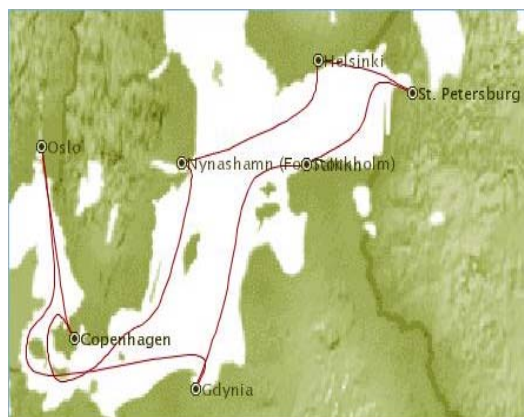
Do you want to bring your family to a cruise and visits 7 beautiful cities in the Baltic Sea region?

From Copenhagen, Denmark to the Scandinavian countries and former Eastern block states. The high light is 2 days of St. Petersburg with the Hermitage and Summer Palace. All these with a CME course on the way. You can have both educational sessions and exciting sightseeing at the same time. The cruise is at the last week of the summer holidays, so families can bring their children along to this expedition. It also gives you a chance to visit some of the cities in Europe as an 'add on' trip.

This will be a 10 days cruise on the Star Princess, a 109,000 tons ship built in 2002. The ship offers plenty of amenities and attractions. For example, three different showrooms offer Broadway, Las Vegas and cabaret productions. Three main dining rooms are complemented by alternative eateries like Sabatini's Trattoria, The Painted Desert and a round-the-clock grill. When it comes to activities, no one is left out. Golf simulators, a virtual reality area, a fine arts gallery, a movie theater, computer and writing rooms, a gym and spa all offer the recreation -- or relaxation -- you're looking for. Kids and teens have their own hangouts with TVs, video games and age-appropriate activities. Jump in one of the four pools or nine whirlpools for a workout swim or to just take in some rays. To keep you working, it has a mini-golf course too. When the sun sets, head to one of the 17 lounges or Skywalker's Nightclub for dancing 15 decks above the sea.

Prices starting from: (In US DOLLARS, cruise ONLY, including all port charges and government taxes) Category J [Inside] US \$1612 per person. 3 & 4 passengers only: US \$937.73 per person. Airfare and registration fee is extra.

<u>DATE</u>	<u>PORT</u>
23/8/05	Copenhagen, Denmark
24/8/05	Oslo, Norway
25/8/05	At Sea
26/8/05	Gdynia, Poland
27/8/05	Tallinn, Estonia
28/8/05	St. Petersburg, Russia
29/8/05	St. Petersburg, Russia
30/8/05	Helsinki, Finland
31/8/05	Nynashamn (For Stockholm), Sweden
1/9/05	At Sea
2/9/05	Copenhagen, Denmark



If you would like any more information, please contact Dr. Howard Liang at (604)-323-2982. There are still some quad rooms left, but they are selling fast, so please call for details as soon as possible.

Snapshots of Christmas Board Meeting and holiday gatherings of  
Broad members and Family



**APPLICATION FOR CCMS FOUNDATION SCHOLARSHIP**

It is time again for the application of the CCMS Foundation scholarship. This scholarship is open to children of our members. If you know any youngsters who are in postsecondary years, please encourage them to apply. The application form is in a separate sheet of this newsletter. The deadline is March 31, 2005. Send the application with all accompanying documents to Dr Howard Liang, 120-5780 Cambie Street, Vancouver B.C. V5Z 3A7

Please submit articles or correspondence for the next newsletter to

The Editor, CCMS(BC) Newsletter  
Attn: Dr. Paul Chin

#203, 1465 Salisbury Avenue  
Port Coquitlam, B.C.  
V3B 6J3  
Fax: 604-941-6011

Or e-mail to [paulchin@doctor.com](mailto:paulchin@doctor.com)

Please also our website [www.ccmsbc.ca](http://www.ccmsbc.ca)  
for new information and events.

**Time To Renew Your Membership**

Just to remind everyone that it is time to renew your biannual membership. Our renewal or application form will be available in this newsletter or download from our website [www.ccmsbc.ca](http://www.ccmsbc.ca). Our society need your continue support and we also encourage everyone to bring in new member to our society for our continue growth.