

HMU78 Newsletter

Editor in Chief: Chunyuan Qiu; Editors: He Hua, Ding Min.



My Dear HMU78 Friends:
Happy Holidays!

Holiday Greetings from Our Chair and Co-Chair

Dear HUM 78 friends:

With great teamwork led by **Chun Yuan** and **He Hua**, the HUM 78 Newsletter is published.

The first issue of the HMU 78 Newsletter signifies our strong commitment and dedication to our beloved HUM 78 society. The HMU 78 Newsletter demonstrates the unity, will, and spirit of the HUM78 classmates.

My dear friends, it seems that a decade has passed since our historic reunion just took place five months ago. The feeling of having another reunion is growing among our HMU 78 classmates. However, until our next reunion arrives, we would hope that the Newsletter, in addition to our Facebook and

individual connections, can be used as another important platform to serve the growing need of our HMU 78 community. We encourage you to share your stories, photos, accomplishments, sadness, happiness and so on and so forth. Only could your participation enrich and sustain the Newsletter. The Newsletter will be published on quarterly basis.

Ladies and Gentlemen, We, HMU 78 classmates, have so much in common. When you are in need, we would like to extend our support to you; when you accomplish, we would like to hail and cheer with you. Together we make a difference.

Have a great holiday season!

Dong Feng Liu and Min Ding

Xu

HMU78 Bylaw was drafted and in final phase.

Canada Thanksgiving party was kindly hosted by **Lu Chao** in Toronto.

Si Xiaoli/Su Bin visited ZhengZhou and received warm welcome from our HMU78 friends.

Ma YuXian and Xie Yagang visited San Diego, Welcomed by Xu Li and other classmates in SoCal

Post Reunion Highlights

Post reunion Syndrome was officially recognized.

Tang XiaoBin, **Ma Yuxiang's** husband, our favorite "brother-in-law" is editing our reunion DVD

A complete and comprehensive address book has finished

New leadership in our HMU78 community was setup.

Chair: Liu Dongfeng; CO-chair: **Ding Min**

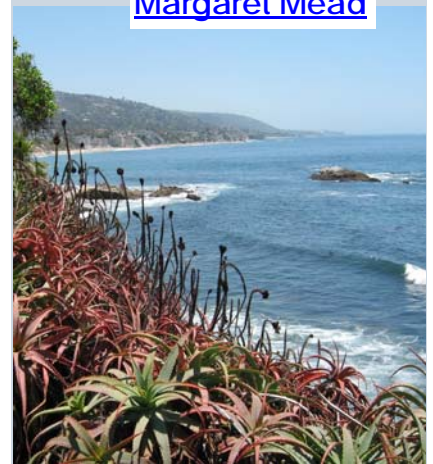
Council members: Deng Feng, Yuan YuKun, Qiu Chunyuan, He Hua, Wang

Special events in our HMU 78

1. Address book completed
2. New HMU78 Council setup
3. HMU78 Bylaw
4. ZZU Leaders visited US
5. Council meeting will be held at Feb 9, 2008
6. Reunion Photo CD sent to all
7. Reunion DVD will be released soon
8. Reunion Memory book is in editing.
9. Qin XuSheng's Daughter is going to U of Chicago

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead



Laguna Beach, California. Taken by Chunyuan Qiu, 2007



Highlight From the ZZU Leaders' USA Visit

2007年9月29日

郑州大学北美校友会在纽约成立：中国驻纽约总领馆教育组艾方林参赞，姚达领事与周燕领事，纽约州众议员杨爱伦，河南同乡会会长苏殿奎及河南同乡会副会长李熙庆等来宾的亲临支持。从郑州专程前来纽约参加郑州大学北美校友会成立大会的郑州大学领导有：

郑州大学校党委书记：郑永扣

郑州大学党委办公室主任：马建生

郑州大学校长办公室主任：别荣海

郑州大学国际合作与交流处处长：张书祥

郑州大学人事处处长：张玉安

You can't turn back the clock. But you can wind it up again.

[Bonnie Prudden](#)

Extra, Extra, and Extra

Yuan YuKun was recently invited to give a couple lectures at Peking University Health Science Center; Xian Jiaotong University and Beijing Institute of Pharmacology and Toxicology. Congratulations! Yukun

He met one of our classmates Dai Xiaoying in Beijing,

Deng Feng: visited China lately, besides the business affairs, he did meet some of our classmates, **Liu Wen Di**, **Wen Li Hong** etc in Zhengzhou. They mentioned that HMMU78 may have a grand reunion in 2008, initiated by classmates in Kai Feng. The time is not quite decided yet. He suggested that our HMMU78 North America association need to let them know the best timing before they decided on the date.

California Fire

Statistics:

- Burned Acreage: More than 489,000 (more than 764 square miles).
- Homes destroyed: More than 1,800, according to authorities.
- Deaths: Three confirmed fire deaths, seven fire-related deaths. Authorities were investigating whether four burned bodies found Thursday east of San Diego were fire victims.
- Injuries: About 30 civilians, 52 firefighters

Wildfires and our classmates:

Xu Li's family was evacuated from her home and sheltered 120 miles away in Fullerton, Ca.

Yiding's family was safe, but with the threat of fire as you can see from the left photo



Our New Members:

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A special message from Editor-in-Chief

My Dear Classmates

While editing the first issue of HMU78 Newsletter, I had this unusual sense of satisfaction which has been missing in my life for years. First, it again provided me an opportunity to serve our HMU78 community. Secondly, working with talented He Hua, Ding Min, Dongfeng was such a joy, and fulfilling experience.

However, the success or the very existence of such a newsletter is totally depending on you. I would like to hearing from you. Please email me your comments at cqiumd@yahoo.com

Chunyuan Qiu

Upcoming Events:

Thanksgiving party at Ding Min's place
On November 22, 2007

Christmas Party in Las Vegas, Please
Contact Xu Li and Si Xiaoli

Christmas Party in LA, Please contact
Zhang Min, Xu Li and Qiu Chunyuan

Chinese New Year Party at He Hua's
house, please contacts her.

DARN THESE FLEE!

*An Englishman, a Scott, and an
Irishman walked into a pub.*

Each ordered a pint of beer.

*Then a fly landed in each one's
beer. The Englishman, turning*

*slightly green, pushed his beer
away and asked for another one*

*.The Scott took the fly out,
shrugged, and drank his beer.*

*The Irishman pinched the fly
between his fingers and yelled '*

SPIT IT OUT! 'SPIT IT OUT!



河南医学院1978级校友北美协会大聚会加拿大 尼亚加拉大瀑布 2007年6月30日7月1日



*I never think of the future -
it comes soon enough.*

Albert Einstein



Holiday Health Food

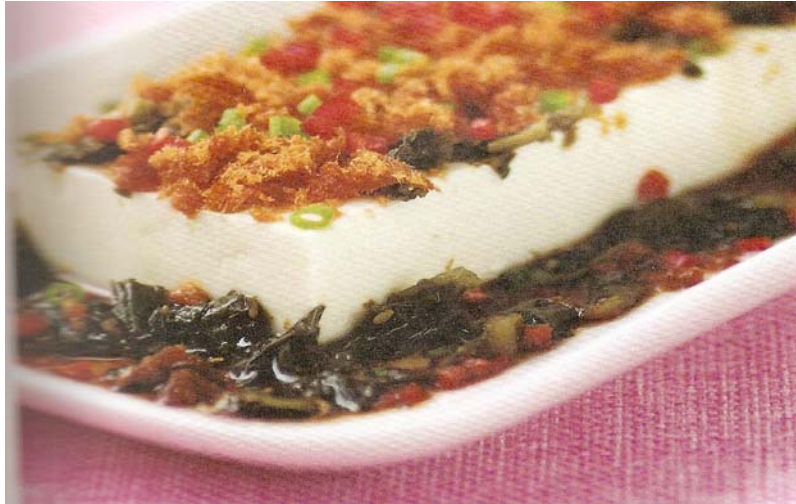
雪菜肉松拌豆腐

材料：豆腐1块，雪菜，
红椒各50克，肉松20克。

调料：葱碎块3克，酱油5克，
香油3克。

做法：

把豆腐块放入盘中，倒入雪菜，肉松，葱碎和红椒碎。再调入酱油和香油，搅拌后即可。（见右图）



9 Essential Health Tips

(The Basics to Practice Every Day)

"He who has health has hope, and he who has hope has everything." -Arabian Proverb

1. Move More

Climb stairs; Walk your dog; chase your kids; toss balls with friends, mow the lawn.

2. Cut Fat

Lean, mean, fat-burning machine

3. Quit Smoking

Give up just one cigarette.... the next one.

4. Reduce Stress

Easier said than done, stress busters come in many forms. Suggestion: When seeing red, think pink clouds....then float on them.

5. Protect Yourself from Pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, 'Smoke gets in your eyes'...and your mouth, and your nose and your lungs as do pollutants.

6. Wear Your Seat Belt:

Buckle down and buckle up.

7. Floss Your Teeth

Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who don't?

8. Avoid Excessive Drinking

A jug of wine should last a long time.

9. Keep a Positive Mental Outlook

You can't be unhappy when you're singing and smiling

