



Closing Remarks June 17, 2018

Congratulation to all OCCSC members! You graduated in 2018!

What a great show today!

For this wonderful ceremony, we have to thank many people who spend tremendous time and efforts to let it happen.

First of all, we have to thank all of you because of your dedication and commitment. In the past year, we scheduled about 300 hours of exercise program for our members, not including Saturday hiking club and seminars. Secondly, we have to thank our coaches. All our coaches are the best coaches in the town! Our members witness their professionalism, love and patience. Third, we have to thank our volunteers, including all council members. Without your help, our event is impossible. Here, we would like to specially acknowledge two great ladies in our club. First one is our president, Ms Dong Liu. She is always available whenever the member needs help. Every event, you will see her first come and last leave; Thinking about your performance dresses, your T-Shirts etc., she took them back from thousand miles away; We have no where except her garage to store our club's properties. Please give our president applause to thank her for leading our club in the past 5 years, you are the coach for the whole club! Second lady is Lisa Woo. During the absence of head coach, Lisa has taken the leadership role, bringing our members together to practice Taiji on regular basis; She joined many demonstration teams to promote Chinese culture, as well as our club. She is always willing to help. My deepest impression was last Chinese New Year party. She was tightened with family issue, but she still want to prepare a dish. Lisa Woo, for the best instructor assistant and excellent volunteer! We have a small gift for you both. Thanks RBC and our sponsors for the long-time support! Last, but not least, we will thank every member's family and significant other, without their support, you do not have time to exercise. Remember, next year, bring them to the club and exercise together! Just like a Chinese Song singing: "The most romantic thing I can ever remember is that we grow up slowly and exercise together."

Everyone dreams of longevity. But longevity is meaningless without health. Health would not come in one day without long term maintenance. Some one may expect your doctors or hospitals to give you health. As a health practitioner, I can tell you that is not true. World health organization (WHO) survey shows that doctors and hospitals only contribute 8% of your health, 60% of your health comes from healthy lifestyle. Your health is in your hands. Be happy and be active!

Oriental Cultural Community Service Centre (OCCSC) is a leading Chinese community to promote healthy lifestyle. OCCSC's mission is to inherit and carry forward traditional Chinese culture, and to provide high-quality and low-cost social, cultural and sport activities to the community, and to promote seniors, immigrants and low-income people to live proactively and stay healthy

In the past 5 years, we did tremendous work. We established 11 different classes, from Tai-chi to folk dance, fashion show, Chinese calligraphy, Zumba, yoga, ballroom dance, volleyball, hiking, singing etc. Not like regular schools, you leave the school after a few years of study. Our school is life time learning school. You will stay in the school even after you graduated every year. We wish you stay with us next year. You can

register or renew your membership online (<http://www.occscedmonton.org/>), or you can register with three beautiful ladies—Summer, Yajuan, Mumu.

See you all in September!

Happy Father's Day!

Jiulin Wang, VP of OCCSC