

康寧華人協會

CORNING CHINESE ASSOCIATION

Since 1960

Corning, New York

www.cca-ny.org

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CCA Q4 2015 NEWSLETTER

Our Mission: To facilitate networking and personal/professional development amongst the Chinese community and those who are interested in Chinese culture; to promote Chinese culture in the Southern Tire Region of New York State; and to provide a means to bridge the Chinese and American cultures.

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康宁中国大事记

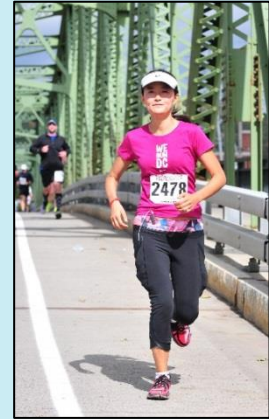
CCA wants to show our appreciation of support from Corning China, and we would like to share the highlights of Corning China for the past 35 years.



Marathon Story of Jingru

Jingru Zhang

I became a 'seasonal' marathon runner two years ago by accident. I had some time to kill and I started to become more health conscious, so I decided to do exercises. Because I was not good at any team sports, running seems like a pretty good option. It's easy to start--all you need is a pair of running shoes. No background needed, no equipment needed. It's cheap and convenient. The beginning is always the hardest, given the fact that I never liked running. If you ask anybody who knew me before graduate school, they would be surprised that I am a runner now. I was the student who was always the slowest on the track field.



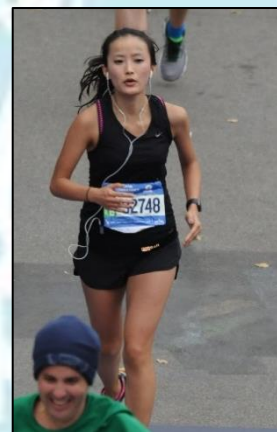
If you are one of the people who want to try out running, here is how I started:



- Run with friends and family members (if their bodies are in good shape to do so). Having companies will make running easier. Time flies when you have fun. If you want to chat with them, go out there and chase after them.
- Set up a goal or goals. When you set up realistic goals, it motivates you to do the work to achieve them
- Sign up for races. You get an incredible amount of endorphins when the race starts. Think about the feeling of accomplishment after finishing it.
- Read a book about running. Get your motivation from an accomplish runner.
- Be patient and follow a plan. You will get there eventually.
- Just start. Don't procrastinate.

Of course running is not for everybody. It is natural for most people to give up on running after they start: You feel exhausted, or you have a busy work schedule, or family obligations etc. It's not easy. It might become easier as time goes. But the truth is, it's never will be easy. There are lots of running related injuries. Some are pretty serious. Marathons are not a form of moderate exercise. Listen to your body when you exercise and stop if it doesn't feel right. The goal is to be healthy after all.

Happy running!



Volunteer Story: Tony

CONNIE HOU

On February 1st, the youngest ever Corning Chinese Association (CCA) volunteer in the group's history arose. In preparation for the upcoming Corning Chinese New Year Celebration, Tony Wang, age 2 and a half, helped 4 adult volunteers help peel boiled eggs. When the CCA Food Manager, Yinghong Chen, brought in 2 tubs of eggs, he was eager to help. Immediately jumping onto the table to grab eggs, Tony was the first to start working. Although he was not the best egg peeler at the start, he quickly caught on, watching his parents. Despite the late hour, Tony was focused and attentive. Not only did he have a lot of fun, but Tony also contributed in the large effort of peeling. This proves to show that there is no minimum age for when you can start helping and being a contributor. There is always a job to do and always a way to help. In the future, we hope to continue seeing Tony volunteer with CCA.



Pictures of Tony peeling eggs for CCA spring festival celebration dinner. (Top right and bottom left)

Tony is son of Xinxin Zhang and Hanzheng Wang family.

Zumba Club

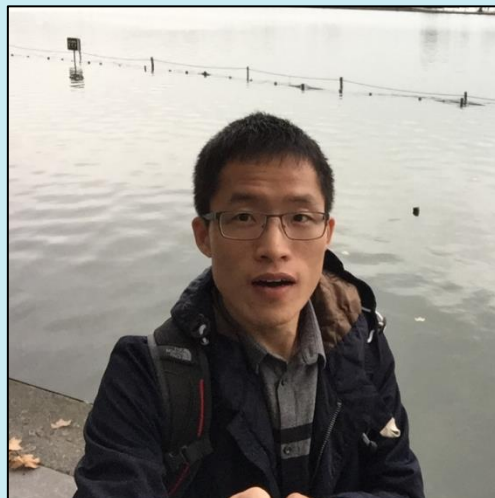
Lin Lin

CCA is holding a Zumba club every Saturday in the activity center. Corning employees and CCA members enjoyed the learning and dancing activity.



New Members

Hi, everybody! My name is Neng Wang (王能). I was born and raised in Hubei province of China. I graduated from Georgia Institute of Technology with a M.S. degree in mechanical engineering in May 2014. After graduation, I worked as a sales engineer in an electronic company in Redmond, WA. I moved to Corning in January 2015, and have been working in the Advanced Modeling & Analysis department (MT&E) since then. In my spare time, I enjoy traveling, hiking, and reading Chinese classics. Corning Chinese Association (CCA) is a great origination. I hope to meet many new friends here.



Hi everyone. This is Jun Yang. I grew up in Shanghai, Pudong, but went to Beijing for my college. Often people say they can't tell whether I'm from the south or north :-). After the college, I came to US and studied applied physics in Cornell University. I finished my Ph.D. just last summer, and now come to Corning as a postdoc, working on Quantum Memory in the optical physics department in S&T.

I enjoy sports, both in playing and watching. My favorites are basketball, tennis and F1. (Since I can't drive a car on the road over 70 mph, I resort to play racing games instead). I'm also interested in esports, specifically SC2, even though I'm a horrible player. I'm also an amateur programmer, a little bit for work, but mostly just for fun. If you are drawn to these as well, I'd love to meet you.



Up Coming Events

- ***CCA Winter Activity***
- ***2016 Chinese New Year Celebration in Sullivan Park***