

# Campus Community News



# 慶冬



Nov/Dec 2006

## The Recreation Room: an opportunity for all – Suki Mito

Among the many good facilities to enjoy on campus is the spacious Recreation Room located at the basement of Residence 14 and accessible either from the far end of the Residence 12/13 car park, or from steps leading down from the patio area in front of Residence 14. It is run by the Chinese University Women's Organisation (CUWO) and is available for hire for the nominal fee of \$70 an hour. It is a large, high-ceilinged room, which can be partitioned into three large areas, with lots of natural light, air conditioning, and kitchen facilities. Conveniently located in the heart of the residences, it is a superb facility which serves our campus village as a focal point for community functions and activities (such as the upcoming CUWO Christmas Party) and is ideally suited for children's birthday parties and student gatherings. At the moment, the room is used regularly by four different groups.

On Tuesday afternoons, between 4:15 – 6:15 pm, there is a children's music appreciation and singing group from babies to children of about 6 years old. **Kindermusik** is organized by energetic and warm hearted Nathalie, the singing leader, and the children enjoy all of the music and activities around music arranged by her. For more information about Kindermusik, call Jessica on 2518-4840 / 2518-4899.

**Reiki Share** classes are run almost every other week in the Recreation Room. During these popular Wednesday evening sessions, 7:30 – 9:00 pm, Jackie Graham, a trained nurse, holistic therapist and Reiki Master, practices Reiki, meditation, and works together with the group on crystals and crystal healing. Those interested are all welcome to attend, though please call beforehand on 2603-5103/ 9105-1740. Jackie also teaches Reiki 1 and Reiki 2 courses, as well as Tai Chi, and Crystal Healing Courses, and sets up these courses on demand.

# 靈氣

**Inside this Issue:** Pages 1-2 - Recreation Room , Christmas Extras & Notices;  
Page 3 - Water Sports in Hong Kong; Page 4 - Visions of a Better Body;  
Pages 5-6 Arts Calendar; Pages 6-7 - Good Giving;



On Fridays and Saturdays between 4:30 – 6:00pm, there are some excellent **Art & Craft** classes run by Barbara Baldwin, a British arts and crafts teacher of wide teaching experience and expertise. Barbara is trained in fashion and textile design, and has taught many different aspects of art in renowned art schools in Britain. We are extremely lucky to have someone of her calibre willing to come to the Recreation Room twice a week. Her lessons cover all aspects of material use and arts, and the children have a very happy time. An exhibition of the children's art work will be held at the Christmas Party (held in the Recreation Room) for everyone to see. The classes are not limited to children however, and different times can be made for adult classes. Barbara Baldwin can be contacted on 2121-6486/ 6044-1963.

Following art lessons on Friday evenings is a **Christian Worship Group** conducted in Putonghua. This is a large group of students and residents, and they run lively and active worship and study groups. Please call Whe-Ying Lee for details at 2603-6997.



These classes are here for the enjoyment of the community, and the convenience of having them on our doorstep is unbeatable. Why not pop in on the class that interests you to see whether you might like to join? And if none of the above suits you, there is scope for residents or others to start up their own activity or group, and centre it in the Recreation Room. Anyone wishing to hire the room, or anyone with an idea to start up a class would be warmly welcomed by CUWO, as these are all contributions towards making our campus village a more diverse and vibrant place. Interested parties please call 2994-3904.



## Christmas Extras

If you fancy a visit to a Christmas fair, want to buy your Christmas decorations or decide on a tree here are a few ideas to get you going.

### **Christmas Fairs:**

- Dec 2<sup>nd</sup>**      **10am to 4pm**    **German-Swiss International School Bazaar**  
11, Guildford Road, The Peak
- Dec 2<sup>nd</sup>**      **10am to 5pm**    **Italian Charity Bazaar**  
Duchess of Kent Children's Hospital, 12, Sandy Bay Road,  
Pokfulam
- Dec 5<sup>th</sup>**      **10am to 8pm**    **The Christmas Gift Festival**  
Conrad Hotel, Pacific Place

## Fresh Christmas Trees and plants imported from the US

- Sophie's Trees** – 42E Ha Pun Shan, Ma On Shan, Shatin, N.T.  
Hong Kong,  
Tel: 2647 8008 or 26496280; Fax: 26366191;  
E-mail: [lukyeegd@netvigator.com](mailto:lukyeegd@netvigator.com)
- Yue Sun Garden** - Pak Kong Road, Pak Kong, Sai Kung, Kln  
Tel: 23679561; Fax: 27390861  
E-mail: [y.s.garden@hotmail.com](mailto:y.s.garden@hotmail.com)



Both companies have a solid reputation of over 25 years



**Christmas Decorations – a couple of places you might like to check out.**



- ✦ **Morning Sky (Home Décor)** – 九龍旺角花墟道  
50-56 號地下 4 號舖 Shop 4, Ground Floor, Springfield  
Court, 50-56 Flower Market Road, Mong Kok. **Tel:**  
**27804462 or 27803994; E-mail:** [info@themorningsky.com](mailto:info@themorningsky.com)
- ✦ **Yvette Collection** – Unit 2614 – 15, Horizon  
Plaza, 2, Lee Wing Street, Ap Lei Chau Tel: 28172732;

Fax: 28559039

E-mail: [yvette@netvigator.com](mailto:yvette@netvigator.com)



## Events and Notices



**CUWO Christmas Mulled Wine Party** -December 15<sup>th</sup> (Friday) from  
7.30pm Basement Recreation Room, Residence 14,  
CUHK.

**All Are Welcome to this popular, annual event.**

**CUWO Coffee Morning** - January 5<sup>th</sup> at  
10.30am, Basement Recreation Room, Residence 14,  
**All Are Welcome**



## Campus Community News - An Important Date for your Diary

The **Campus News Chinese New Year Flea-Market** will be held on **Saturday Feb 10<sup>th</sup>** from **10am to 1pm** in the **Basement Recreation Room, Residence 14, CUHK**. Tables are just \$50 for general stalls or \$100 for commercial stalls. Call Joan Tsui on 9353 1944 or e-mail Gillian Kew at [gilliankew@yahoo.com](mailto:gilliankew@yahoo.com) to book a table or make enquiries.

The Flea Market offers a great opportunity to sell your unwanted treasures and make some money or to pick up an amazing bargain. Proceeds will go towards producing your newsletter for another 12 months. Look out for more details in the next Issue of CCN but book your stall early to avoid disappointment.

**No Fleas,  
Just Fun!**



# Polo

*Hair & Beauty Salon*

Shop 1 & 2,  
Hong Lok Yuen Town Centre

SALON HOURS:  
MON-WED 9AM-7PM  
THUR-SAT 9AM-8PM  
SUN 9.30AM-6PM

如果你們想擁有一個清爽自然易梳髮型：

**PROFESSIONAL  
HAIRDRESSING.**

CALL INTO THE SALON FOR A  
COPY OF OUR CURRENT  
TREATMENT & PRICE LIST

想有個漂亮髮型請電：

TO MAKE AN APPOINTMENT, CALL:  
TEL:26501831, 26506183  
FAX: 2667 2248

## Water sports in Hong Kong – Joan Tsui

### **1. Why?**

Surrounded by the sea, HK is a wonderful place for water sports. Water sports facilities provided by the government are inexpensive; and as tax-payers, we should fully utilize and enjoy what we have already paid for.

### **2. Too cold now?**

All five LCSD (Leisure and Cultural Services Department) water sports centres are well-equipped. Scuba-diving wet suits, both long and short sleeves, vests and pants in all sizes are provided free of charge.

Courses run by the LCSD are extremely well-planned. In most cases, students are scheduled to have under-water activities only in late afternoons, with courses generally finishing after the under-water activities are complete; then we can relax under a nice, warm shower.

### **3. Where?**

The LCSD has five water sports centres in the territory, at: Chong Hing, Stanley Main Beach, St. Stephen's Beach, Tai Mei Tuk and the Jockey Club Wong Shek.

### **4. What do they have?**

All five centres run LCSD water sports courses by qualified instructors in 3 areas: sailing, kayak/canoeing and windsurfing.

A wide range of water sports equipment, such as sailing dinghies, windsurfing boards and kayaks/canoes are provided. However, one must be qualified (with relevant certification) in order to rent the facilities. Certain centres, such as Chong Hing also rent out recreational boats and sampans for novices with no qualifications. Lockers, drinking water and microwave cooking facilities are provided free of charge in most centres.

### **5. Where should we go?**

The centre closest to us in New Territories east is Tai Mei Tuk in Tai Po, along the northern shore of Tolo Harbour. It is situated next to the Main Dam of Plover Cove Reservoir, with BBQ sites, fast food stalls and restaurants nearby. There are a few free parking spaces if you're there before 9am; or you can take 75K bus from the Tai Po KCR.

Chong Hing is one of the two centres (the other one is Wong Shek) that entertain children aged from 8 to 13. Located at the West Sea Cofferdam of the High Island Reservoir within Sai Kung Country Park, Chong Hing is a vast artificial fresh-water lake that is well-protected from the elements. The centre also offers land-based facilities, such as an archery range, basketball court, volleyball field... etc. To get there, scheduled shuttle buses are provided by the Centre to and from Sai Kung



Tang Siu Kin Sports Ground, or you can drive and park free of charge at the Pak Tam Chung country park at 8:30am, and catch the Centre's shuttle bus at the gate entrance. Participants of training courses enjoy a free ride to the Centre, while for accompanying adults, the journey costs seven dollars.

### **6. How do we register?**

Unfortunately, resources are limited and places for training courses are accessed by balloting only. Programme booklets and enrolment forms are available in all district Leisure Services offices, and the activities can also be viewed on-line at [www.lcsd.gov.hk](http://www.lcsd.gov.hk).

It is very competitive for childrens' activities in Chong Hing and Wong Shek. After a certain date, if there are still vacancies for open, enrolment (which you can also check on-line), you can register via phone (2927 8080), on-line or in-person at any Leisure Link outlet. Don't forget to have your child's ID card handy when you register, since they need the ID number, as well as the character number.

### **7. Logbooks and certificates.**

Activity logbooks from the LCSD are given free of charge afterwards, certifying course completion. The records are relevant only for rentals of LCSD equipment, i.e. the water sports centres rent kayaks only to qualified individuals: holders of kayak three star awards in groups of two or more.

Individual water sports associations/unions, such as the HK Canoe Union, HK Sailing Federation... etc, may not recognize records earned through LCSD centres. As a result, most participants purchase logbooks issued by the different unions, in order to earn the necessary certificates to meet their hiring requirements. The extra logbooks cost from HKD 20 to 80 dollars.



## Visions of a better body – Gillian Kew



Without any statistics to back up my claim, I'm going to state a well known "fact"; the majority of women (and probably more men than would admit it) think they are too fat. How do I know this? A walk around any bookstore will reveal a plethora of books on diets and slimming. Most of us are, to some degree, obsessed with our weight, an obsession

fuelled by the media and the modern-day cult of thinness. And, truth be told, some of us (especially when we reach "a certain age") are less than svelte. For women, the unkind combination of childbirth, metabolic slowdown and gravity take their toll and it seems to many that we are on a greased slide and, try as we might, we cannot arrest our gradual descent.

Being one of the legions of women slowly slithering down Flab Mountain, I decided it was time to try and stick my toe in a foothold or grab an outcrop and haul myself back up and onto a grassy knoll. In other words, it was time to get off my bum and onto a programme. As an average female, I have, of course, tried various things in the past, including (I now hang my head in shame) the cabbage soup diet. Never a quitter, I decided that I did not want to go up another dress size and would quite like to go down one. I chose to kick start my diet with a 9-day slimming detox programme that promised to rid me of all the nasty toxins cluttering up my blood-stream and digestive system.

I chose a programme offered by a US based company, "Organic Vision", after reading a small ad in a local free-sheet. The ad pictured an impossibly gorgeous female and promised to rid me of 5-15lbs in 9 days, Heady claims, but could they deliver, and at what cost to my health and pocket? My pocket lighter by around \$1,300 – or \$145 a day – I lugged home two carrier bags containing 4 bottles of aloe vera solution, a bottle of olive oil and seven bottles of pills (including two types of "fat burners"), whose job it was, to help hunger pangs (especially during the liquids only days) and maintain an acceptable level of nutrition. The olive oil was to replace other cooking oils and in case I experienced the unpleasant side effect of constipation (One tablespoon at night, as a "natural aid"). Fortunately, it was not needed. As well as all the goodies and a complicated instruction manual, I received daily e-mail and telephone support.

The first two days of the programme were the hardest – liquids only, supposedly to clean out my system. To combat hunger pangs, I was advised to drink plain soy milk or vegetable juice, but to limit carrot juice to one glass a day, due to its high sugar content. The programme also recommended drinking at least 8 glasses of water a day – the extra fluids and supplements certainly helped take the edge off the hunger pangs although they meant annoyingly frequent bathroom breaks and my having to swallow handfuls of pills at a time(Cont. next page)

## Visions of a Better Body (2)

The solid food days were much better. I enjoyed large plates of vegetables served with small portions of brown rice and protein (I stuck to white meat and fish). I took my supplements, gulped down the aloe vera and fluids, snacked on healthy pumpkin seeds and raw vegetables and maintained my usual exercise programme and work routine. I adjusted to my reduced caffeine intake and even had the energy to take on and complete a major work project. Any fears I may have had about lethargy and ability to function properly were unfounded – I was fine. As the programme drew to a close, I went back on fluids only for the last two days and found that it was not nearly as difficult as the first two. My body had accepted its new regimen of less carbohydrates and caffeine.

The only unpleasant side-effect I suffered was a mild headache, most likely related to the lack of caffeine – the rules cut me down to only one cup a day – a hard drop from my usual five or six. On the whole, the nine day programme was tolerable and fairly easy to maintain, my main complaint being about the inordinate number of pills I had to pop.

Now, the 5 to 15lb question; did I lose weight? Yes, I did – a rather gratifying 11lbs. I felt trimmer and more energised, and was imbued with a new determination to continue my healthier lifestyle. One month later, I have more or less maintained both my weight and my healthier habits, although I am no slave to the weighing scale or the carrot stick; I still enjoy meals out and the occasional choccy treat. So, would I recommend this programme or one like it? Yes, but not unreservedly. On the plus side, I lost weight, had more energy and was able to cut down an alarmingly bad coffee habit without too much discomfort. The positive results have encouraged me to maintain a healthier lifestyle and have increased my self-esteem. However, similar results can be achieved at a more gradual pace and without the expense, by following the basic health and nutritional guidelines that most of us know, but choose to ignore. This particular programme worked for me. If you are considering such a programme and have any health concerns, consult your doctor first. In the final analysis, it has to be about health – when you look good, it should be the result of good nutrition and a healthy lifestyle that can be maintained in the long-term.

*To learn more about Organic Vision, visit their website (be prepared to wade through the "before and after" shots and a certain amount of hyperbole) at <http://www.ov9day.com/> Their office details are: Address : 12/F., Kaiseng Commercial Centre, 4-6 Hankow Rd., Tsim Sha Tsui, Tel.: (852) 2191 9991 Fax : (852) 2191 9914*



## Arts Calendar - Charlotte Weiss

It's that time of the year again – festive music and shows abound! You won't have any problem finding something to attend from a Christmas show for the kids to a sophisticated New Year's performance à la Vienna Philharmonic. Here are a few highlights for the season to whet your appetite for the long holiday; I hope this gives you some ideas for a cultural night or day out. I'll again give my "picks of the best" with a "Note:" after the performance details.

However, here is one of my picks for hard-core music aficionados: a rare opportunity to hear top-notch chamber music over the course of ten nights! I've written in the past about the *Chopin Society of Hong Kong*, a first-rate organization headed by Andrew and Annabella Freris, who bring world-famous musicians to Hong Kong. This time they've put together a series of chamber music concerts with the *London Chamber Orchestra* in Residence in Hong Kong who will perform with such renowned pianists as Gary Graffman, Pascal Rogé, Hong Kong's own Rachel Cheung and Alvaro Pierri, a great classical guitarist. All concerts are at City Hall Concert Hall and run from 11 December until the 20<sup>th</sup>. A complete brochure, *The Joy of Music*, is available with all programme details at URBTIX and tickets are only \$150 or \$75 each. The Chopin Society's concerts have been among my favourites in Hong Kong.

*(Tickets available for following events at URBTIX outlets or by advance reservation at 2734-9009 - tickets must be picked up within 3 days of booking. Also please note a special series of events under the rubric "\*\*Cheers\*\*". There are many events just for the holiday season for all ages; you can pick up the yellow brochure with "Cheers!" on the cover at any URBTIX for further details.)*

### In Shatin Town Hall:

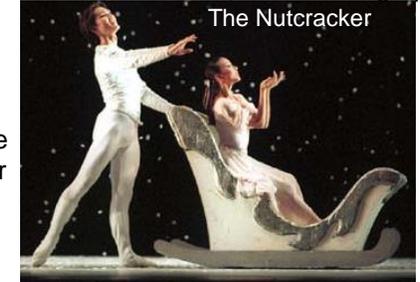


**The Tweaksters**

- 20 December (and in City Hall Concert Hall on 21 December)  
*St. Petersburg Chamber Choir*
- 27 December (and in Tai Po Civic Centre on 26 December)  
*\*Cheers: Magic Beyond Belief (USA)*, presented by the Spencers
- 31 December - *\*Cheers: Tweaksters! (USA)*

### At Other Venues:

- 3 December  
*London Winds*, with founder, director and clarinetist, Michael Collins at City Hall Concert Hall
- 3 December  
*Mozart Marathon*, Foyer, Cultural Centre (Note: a FREE concert that will last for 6 hours with all of Mozart's piano sonatas played by young pianists)
- 6 December  
*The Singing Violin – Benjamin Schmid Plays Brahms*, Hong Kong Sinfonietta at City Hall Concert Hall
- 7 December  
*Simply Schubert*, Hong Kong Bach Choir & Orchestra, at Cultural Centre Concert Hall
- 12 December (3:00pm & 7:00pm)  
*The Snowman and the Bear*, City Chamber Orchestra of Hong Kong at City Hall Concert Hall (Note: presented a couple of years ago, this was wildly popular for the kids and City Chamber always gives a very high-quality performance)
- 14 December  
*\*Cheers: Magnificat & Spanish Delights*, Hong Kong Oratorio Society and the Singapore International School Choir (conductor, Chan Wing-wah), at Cultural Centre Concert Hall
- 15-16 December  
*Testimony*, by City Contemporary Dance Company, at Kwai Tsing Theatre (Note: it would be worth a trip to Kwai Tsing to see this dance theatre inspired by the life and music of Soviet composer, Dmitri Shostakovich, and choreographed by Helen Lai)
- 15-16, 19-21, 23-25 (7:30pm) and 16-17, 23-26 (2:30pm) December  
*\*Cheers: The Nutcracker*, Hong Kong Ballet, at Cultural Centre Grand Theatre (Note: the ever-popular ballet you either love to see every year or never want to see again, with live music by the Hong Kong Sinfonietta)



(Continued on next page)

## **Arts Calendar**

•23 & 24 December

*Christmas with the Phil*, Hong Kong Philharmonic Orchestra with Hong Kong Children's Choir, at Cultural Centre Concert Hall

•24 December (5:00pm)

*Seasons Greetings in the Park*, City Chamber Orchestra of Hong Kong with live broadcast by *RTHK Radio 4*, at Olympic Square, Hong Kong Park

•25 December -

\**Cheers: Magical Christmas with Piano Seven (Switzerland)*, at Cultural Centre Concert Hall

(Note: this group is phenomenal – I heard them several years ago at the same venue. There are seven pianos and pianists on stage along with a percussionist. They play “musical chairs” in a very artistic way with the pianos in a high-energy show. Try to book in the balcony!)

•30-31 December

*New Year's Gala*, Hong Kong Philharmonic Orchestra, at Cultural Centre Concert Hall

(Note: the Vienna Philharmonic's Strauss concert is reproduced right here in Hong Kong and is always a highlight of the season)

### **Upcoming in January (limited listings):**

•6 January -

*Magnificent Sounds, Chan Wing-wah, Conductor*, Hong Kong Chinese Orchestra, at Cultural Centre Concert Hall

•12 & 13 January

*Gerstein meets Gershwin*, Hong Kong Philharmonic Orchestra, at Cultural Centre Concert Hall

(Note: a fantastic programme that features this rising star of the piano, Kiril Gerstein, in Gershwin's *Rhapsody in Blue* and *An American in Paris*)

•13 January

*Tango!*, City Chamber Orchestra of Hong Kong at Shatin Town Hall

(Note: Another winning programme by this very innovative orchestra which features “one of the world's greatest bandoneon players”, Daniel Binelli from Argentina in an all-Piazzolla



•26-27 January

*Wagner Gala*, Hong Kong Philharmonic Orchestra, at Cultural Centre Concert Hall

NOTE: Counter bookings for tickets for the *Hong Kong Arts Festival* are now available at URBTIX and any available tickets after pre-booking are up for grabs. The Arts Festival begins on 27 February

***Elizabeth Connell sings Wagner***

## **Good Giving – from an Essay by Dr. Memie Kwok**



***As the holiday season approaches, the word “giving” seems to be everywhere from advertisements to each shop window we pass. Dr. Memie Kwok of the CU Health Centre has generously agreed to share her views with Campus Community News in this short essay.***

My family escaped to HK from China when I was three with just the shirts on our backs. Hong Kong then had practically no welfare system to speak of; the only handouts were the occasional packages of rice or noodles from some local church groups. Poor as we were, my father would never let us queue for the free food and told us in no uncertain terms that the only food we deserved to have was the food earned by the sweat of our brows: “we're not a charity case”. This doctrine has stuck with me ever since. As we grew up, we were taught to share what we had with those without, which begs the question, who then, are the charity cases, and how should we give?

In August 2006, I joined The Mighty Rovers in collaboration with World Vision to build a schoolhouse for the Olkara Primary School in the Kajiado District in Kenya. The day we went to the school, I was accosted and pulled about by a league of local women all clamouring in the local language, Marsa: “give me, give me!” They wanted my hat, my sunglasses, my watch, my bracelets, my coat --if these ladies had their way, I would be stripped naked on the spot, and that wouldn't have been funny!



The people in all the impoverished places I've been to seem to think they have a right to anything the more prosperous have as a matter of course. The first English words the local children learn are: "Give me money!" What have we done to these people to make them think this way? People who give always talk about how good giving makes them feel: they enjoy the smugness of playing the great benefactor; how they appear to themselves and others seems to be the whole of their consideration. Maybe it's time people also consider the effect giving has on the ones who receive.

So what is good giving? A good gift should always hurt [the giver] a little; we should give what we like and what we love, and not just what we can spare. We should give what we value and what we ourselves would like to receive. It is my contention that giving casually and indiscriminately does harm on two scores: firstly it makes beggars of those who receive and generates greed; secondly it diminishes the soul of the giver, for it gives him a false sense of superiority. Lest we forget, pride is one of the original sins.

Giving to the community is generally good as it almost always involves sharing, so one is spared the ugly scene of neighbours and friends bickering over pittance, and the gift (like the schoolhouse) generally just provides the groundwork for development, which requires input from the community for continuation. Donations should be allotted based also on the motivation of the community for self-help and not solely on the wretchedness score!

The best gift to an individual in my mind would be the gift of opportunities --the opportunity to grow and expand and utilize all of one's God-given potential. The best giver treats the recipient as one's true equal, so the gift should strive for the build-up of self-esteem, fostering pride and preserving dignity. True good giving should be participatory; it should acknowledge and honour the efforts of those who receive. Just as Jonathan, the local guide, and thousands of others who benefited from this gift, we worked hard, made scholarship and achieved some success in our lives: "we're not charity cases". Grateful but proud, we were anyone's true equal.

Giving is such a huge responsibility; maybe all of us should consecrate more time to thinking about it.

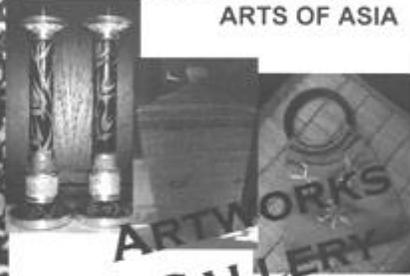


Design Heidi Lange: Children in the Shamba.



# Asian

PROUDLY PROMOTING  
THE EXCEPTIONAL  
ARTS OF ASIA



ARTWORKS  
GALLERY

Exclusive quality: Asian Designers and Crafts  
Featuring: Gifts, Homeware, Jewellery,  
Furniture, Art, Artefacts and collectibles

**Now open in the Heart of Central  
as well as Repulse Bay**

2/F The Galleria, 9 Queen's Road, Central.  
(Just off the walkway to Prince's  
Building/ HKBank & Chartered Bank)  
Tel: 2606 7093 Fax: 2601 4485  
Email: [enquiries@asianartworks.com.hk](mailto:enquiries@asianartworks.com.hk)