



Chinese University Pedestrian Trail



To encourage walking on campus, the Campus Development Office and Estates Management Office have designed a scenic and convenient pedestrian trail. Walking is one of the easiest and most pleasant ways to burn fat and improve general health. It is free and environmentally friendly and allows us to enjoy the beautiful scenery the Chinese University has to offer.

To promote a walking culture, the Committee of Health Promotion and Protection is organizing a 'Walking Campaign' on campus in collaboration with various departments and units. All students and staff are invited to join the launching ceremony on Friday 16th March at 10:30 a.m. outside the University Railway Station. Water, T-shirts and pedometers will be distributed to participants and healthy snacks will be provided at the destination. You can register at the counter near Benjamin Franklin Centre on March 2nd to 9th from 12pm to 2pm or online on or before March 5th at

<http://perntc.per.cuhk.edu.hk/personnel/crsreg/crslist.asp>

Need to know more? Call 2609-6428.

Under the amended Smoking (Public Health) Ordinance, the University has been designated a no smoking area with effect from January 1st. Do you need help to quit smoking? A series of talks will be organized to introduce methods to stop smoking, as well as the provision of services at school and in the community.

最新的禁煙條例實施後, 大學範圍基本上全面禁煙, 校方亦希望藉此向大學同仁介紹與吸煙及戒煙相關的健康訊息。本講座將介紹吸煙對健康的影響, 有效的戒煙方法, 與及校內以至社區內可供使用的戒煙資源。

March classes are as follows: Speakers:

Representatives from HK Council on Smoking & Health - Dr. Chiu Ha Ying & Dr. Vincent Kwong, University Health Service

講者: 吸煙與健康委員會代表及大學保健處趙夏瀛醫生 / 江瑞華醫生

Talks will be held on:

Fri. March 2nd (In English – open to all); Tue. March 6th (In Mandarin - open to all)

(英語主講 · 歡迎同學及同事參加) 2007年3月2日 (星期五)

(普通話主講 · 歡迎同學及同事參加) 2007年3月6日 (星期二)

Time: 1 pm – 2pm (light lunch will be provided at 12:45 pm)

時間: 下午一時至二時 (十二時四十五分開始入場, 備有少量三文治及飲品供應)

Venue: Lecture Theatre 2, Mong Man Wai Building, CUHK

地點: 香港中文大學蒙民偉樓七樓二號演講室

On-line Registration:

<http://perntc.per.cuhk.edu.hk/personnel/crsreg/crslist.asp>

網上報名:

<http://perntc.per.cuhk.edu.hk/personnel/crsreg/crslist.asp>

Organizer: Committee on Health Promotion and Protection

主辦單位: 健康促進及防護委員會

Enquiry: 2696 1798 / 2609 8607

查詢電話: 2696 1798 / 2609 8607

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“Water water everywhere and not a drop to drink....”

by Charlotte Weiss

Everyone always talks about air pollution and carbon dioxide emissions but one of the biggest problems of the 21st century is and will be the lack of clean drinking water for a large majority of the world’s population. According to *L’Express* of 21 December, 2006, only 3% of the earth’s water can be used as fresh water. The rest is seawater or water trapped in glaciers (granted these are melting fast and some water companies are selling this “pure” water for a big price!) Also, according to a recent UNICEF report, more than four million children die each year from drinking dirty or unsafe water. Another recent report from the World Bank states that over twelve million people die each year from polluted water or lack of water.

Many countries, even in the “developed” world are in great difficulty such as Australia where water restrictions have been in place for several months in several areas. Of course there are numerous places where there is absolutely no water for huge numbers of people and again according to *L’Express*, less than ten countries in the world are using 60% of the fresh water for such luxuries as golf courses, or expensive hotels in areas where the general population has access to a bucket a day while the guests are having dips in large swimming pools and long showers. In fact an 18-hole golf course in a dry country consumes as much water as a town of 10,000 people! Even though it seems we have an unlimited freshwater supply in Hong Kong, it, too, is limited.

Here are some simple tips to save water in your daily tasks with the result of conserving a few drops for the planet as well:

Kitchen:

*When washing dishes, never let the water run while rinsing –stack lots of dishes/utensils together and rinse them all at once or rinse some things while filling the sink
*After heating water in the electric kettle, never throw the boiled water away –use it to wash dishes or use in cooking rice or soup

Bathroom:

*When shaving (and this is for both sexes!), never let the water run –plug the basin or tub and rinse the razor in the saved water

*When showering and if it’s not too cold, rinse, turn off the water, soap up, and rinse a final time

*When brushing your teeth, wet the toothbrush, and turn off the tap. Brush and rinse again with a small amount of water

*When washing hands, think of the public toilets (really!) where the tap only runs for a limited amount of time –rinse hands, turn off the tap, lather up and rinse again



Washing machine:

*Try to have a full load of clothes for each washing. If you have the luxury of using a machine with water-saving capacity, select “low water” or “small load” options unless you have a full load

Garden/Plants:

*Try to let nature take its course with natural rain water and mist which is often plentiful in Hong Kong. People often over-water their plants so see how little water you can use to keep them alive



Finally, for a truly inspirational story of one boy’s quest to bring clean water to very poor countries see: www.ryanswell.ca. You’ll be amazed when you read about this young Canadian who at the age of six, decided to raise money to build a well in Uganda. Several years later and to date, his foundation has provided 266 wells in 12 countries which serve 435,343 people. Ryan was recently featured in the *SCMP* when he traveled to China and has appeared on the Oprah Winfrey show twice.



Meaning of Today (contributed by Jenny Guan – author unknown).

I may never see tomorrow, there's no written guarantee,
And things that happened yesterday belong to history.
I cannot predict the future; I cannot change the past,
I have just the present moment; I must treat it as my last.
I must use the moment wisely, for it soon will pass away,
And be lost to me forever, as part of yesterday.
I must exercise compassion, help the fallen to their feet,
Be a friend to the friendless, make an empty life complete.
The unkind things I do today, May never be undone;
Any friendships that I fail to win may nevermore be won.
I may not have another chance, on bended knee to pray,
And I thank God with humble heart, for giving me the day.



Arts Calendar - Charlotte Weiss

The Hong Kong's Arts Festival is ongoing (see last month's CCN for more details) and there are still tickets available for many events. Check at any URBTIX outlet for availability of performances for the Festival which doesn't end until March 25th this year (*indicates an event in the Arts Festival).

Apart from the festival, my number one pick for this month is Hong Kong Ballet's new production of *Romeo & Juliet*. Conveniently located at Shatin Town Hall, there is no excuse for those living on or near campus not to attend! I have promoted HK Ballet before and I'll say it again, this great company seems to just get better and better. The Hong Kong Philharmonic Orchestra will be providing the music by Prokofiev –this ballet is 'a must for every Hong Kong ballet lover'.



Another major event that begins on the March 20th and runs until April 11th is the 31st HK International Film Festival. Pick up the catalogue of listings at URBTIX and spend a

few minutes browsing or go to www.hkiff.org.hk. This is again one of my favourite events in Hong Kong and is held in various venues all over town with films from around the world as well as loads of Hong Kong and Asian films. This year's festival features 16 world premiers as well as Asian ones including the recent "Best Picture" at the Berlin International Film Festival, *Tuya's Marriage*.

AT SHATIN TOWN HALL:

- 23-25 March (7:30pm) with additional matinees on Sat. and Sun (2:30pm)
Romeo & Juliet, Hong Kong Ballet
- 1 April
Concert, Hong Kong Chamber Choir



AT OTHER VENUES:

- 9 March
Hong Kong Children's Choir at Cultural Centre Concert Hall
- 27 March
Uppingham School Choir Concert, Hong Kong Philharmonic Orchestra at City Hall Concert Hall
- 30-31 March
Renee Fleming in concert, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall
(NOTE: features the world-renowned opera star in an all Richard.Strauss programme)

AT THE APA (Wan Chai -- HK Ticketing: 31-288-288):

- 1-4 March (some matinees on certain days)
**George Orwell's 1984*, presented by The Actors' Gang (in English with Chinese surtitles) and directed by Tim Robbins at the Lyric Theatre



- 7, 8, & 10 March
**Twelfth Night*, presented by Edward Hall's "acclaimed English company" (in English with Chinese surtitles) at the Lyric Theatre
- 9 March (7:30pm) & 10 March (2:30pm)
**The Taming of the Shrew*, again by Edward Hall's *Propeller Company* (in English with Chinese surtitles) at the Lyric Theatre

LOOKING AHEAD:

- 13 April
The Cathedral Hill, Russian North State Folk Music Songs and Dance Ensemble in Shatin Town Hall
- 25-26 & 28-29 April
The Cloud Gate Dance Theatre of Taiwan, 2 different performances at Cultural Centre Grand Theatre
(NOTE: get your tickets early for this one since this GREAT dance company sells out every performance in Hong Kong. See brochure for details at URBTIX)

CUWO ACTIVITIES



Chinese University Women's Organization
Coffee Morning – Friday March 2nd in Residence 14 Recreation Room, CUHK from 10 30am. All Are Welcome.

Thursday March 8th Visit to Stanley Bay and Stanley Market (Meet at CU Station at 9 25am). Transport and lunch to be paid individually. CUWO is asking that participants each pay \$100, which CUWO will match, the total sum being donated to the Professor Wong Sai Peng Memorial Fund.

Please call Judy Luk on 2572 9094 or Joan Tsui on 9353 1944 to learn more.

Campus News Flea Market

The Campus Community News team would like to extend our heartfelt gratitude to all the volunteers who helped make our Flea Market such a big success. Thanks to their concerted efforts in organizing, promoting and running the event, we have raised enough money to keep this organ going for another year and provided a community activity for all to enjoy. We would also like to thank the Security Unit, the Student Affairs Office and the EMO for their help. Last but not least, our thanks to all the generous residents and friends who donated goods for our White Elephant stall and everyone who visited the fair and spent their hard-earned money. So, from us to you.....

A really BIG Thank You

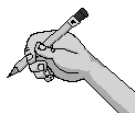


The First of the Spring Fairs

The YWCA Spring Bazaar will be held on Tuesday 27th March from 10am - 6pm at the YWCA, 1, MacDonnell Road, HK.

The HK Hawkers Spring Fair will be held on Tuesday 20th March from 10am to 6pm at the Hong Kong Cricket Club

Children's Art Competition



There's not much time left, but if you like to draw, here's a chance to show off your talent and win prizes of between \$500 and \$2,000!

The HK Government Home Affairs

Department's **"18 Districts Loveable Sights"** drawing competition will celebrate the 10th anniversary of Hong Kong's handover. You have until **March 9th** to get your entry in either of the two groups – the primary section (P4 to P6) or the secondary section (F1 to F7).

Entries must be outdoor sketches in pastels, colour pencils or crayon. **Applications must be made through your school** so make sure your teachers know about it! If they don't, they can call 2835 1546 to find out.

CCN Committee: Editor: Gillian Kew **Team Members:** Stella Hazlett, Nerissa Ngan, Frances Storey, Joan Tsui and Charlotte Weiss.

If you have anything to say about life at CU, a recommendation to make or any comments on this magazine, please send them to Campus Community News c/o Residence 14, Flat 12A or e-mail them to The Editor, Gillian Kew, at gilliankew@yahoo.com.

Please note: Campus News received a letter to the editor. We cannot publish it as it is unsigned and carries no contact details. All submissions must carry the author's name and contact details for verification purposes.

Disclaimer: The opinions expressed in this newsletter are those of the individual contributors and are not necessarily those of Campus News.

Passion Rekindled

Chung Chi College 55th
Anniversary Special Exhibition of
works by Mrs. Lonitta Heung

March 7th to April 4th
Lobby gallery of Chung Chi College
Administration Building
Enquiries: 2609 6015 / 2609 6445



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Business ads - Advertise in CCN for only \$50.

It's easy – just e-mail your ad to the editor (gilliankew@yahoo.com), or mail it to Frances Storey, Residence 14 Flat 12A and we'll do the rest. Want to know more? Call Joan Tsui on 9353 1944.

Personal ads are absolutely free – just send them to us as indicated above