

# Campus Community News

## 校園

April 2007

### Children's Easter Colouring Competition

Colour the Easter picture to win an Easter surprise. Entries will be displayed in Bookworms library. Send your picture to Mrs. Storey, Residence 14, Flat 12A, CUHK before April 21<sup>st</sup>.



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## Letters to the editor

### Home Needed For Very Special Dog



Found wandering the streets of Sai Kung in a very bad state. After lots of TLC in a foster home, he is now healthy, happy and needs a permanent home.

- He is about one year old and is probably a Retriever crossed with a local dog. Hence the lovely nature and intelligence.
- Understands basic commands and is very receptive to training.
- Loves people and socializes well with other dogs
- Would make a great family pet (too friendly for a guard dog).
- Vaccinated and de-sexed.

**For more details please call:**

**Michele 2792 0325 / 9122 6842 or Jan 2358 0108 / 9743 2229**

### Two well-deserved Bouquets:

First, thanks to the EMO and Chinese University Ground Staff for all the beautiful blossoms adorning our campus. The university grounds are a riot of spring colours and lush vegetation. Take time to look at the flowers and foliage the next time you nip off to Park 'n Shop or the train station and we guarantee they will bring a smile to your face.

Second, we are delighted to learn of Chung Chi College's innovative moves to help protect our environment. The college recently held the "Chung Chi College Environmental Protection Cup" to promote environmental awareness amongst students living on campus, with a series of competitions in the areas of water and electricity consumption, environmental waste reduction and new ideas for environmental protection. Award certificates will be given out and the hostel with the most points at the end of the competition will receive the Environmental Protection Cup at a presentation ceremony in April, which they will then be able to display for one year.

### Art News on Campus

**Chinese University Art Museum Institute of Chinese Studies –**

**Exhibition: *Double Beauty II: Qing Dynasty Couplets from the Lechangzai Xuan Collection***

*Organized in celebration of the 40<sup>th</sup> anniversary of the Institute of Chinese Studies.*

**DATES:** 17 March – 13 May 2007

This is the second exhibition of Qing dynasty couplets from the renowned Lechangzai Xuan Collection.. The exhibition features a selection of 150 couplets and is accompanied by a fully illustrated bilingual catalogue.



The Chinese couplet is a unique literary form that manifests the extensive use of parallelism in the classic tradition. In addition, a couplet reflects the writer's knowledge of epigraphic studies and Chinese philology as well as artistic accomplishment in calligraphy. Couplets became an increasingly popular art form in the Qing dynasty. Calligraphers, scholars, officials and even emperors often wrote couplets as both works of art and gifts. Important for their aesthetic value and their social function, these Qing dynasty couplets, as a whole, represent the wealth of calligraphy of the period.

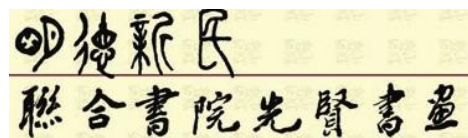
The Museum hours are: 10 am to 5 p.m. daily. Closed on public holidays. For enquiries, call: 2609 7416 or Fax: 2603 5366. Alternatively, visit the website at <http://www.cuhk.edu.hk/ics/amm>

### Passion Rekindled - Chung Chi College 55<sup>th</sup> Anniversary Special Exhibition of works by Mrs. Lonitta Heung

Don't miss your chance to see these unique pieces that beautifully combine craft, art and Chinese culture.

**Ends on April 4th!**

Lobby gallery of Chung Chi College Administration Building  
Enquiries: 2609 6015 / 2609 6445



### Enlightening Virtues, Renewing Man: An Exhibition of Paintings and Calligraphy by Distinguished Scholars of United College

At -

- University Library Exhibition Hall until April 13<sup>th</sup>;
- Wu Chung Multimedia Library from April 17<sup>th</sup> to May 27<sup>th</sup>

This exhibition is part of United College's 50<sup>th</sup> Anniversary celebrations and presents Chinese paintings, calligraphy and publications by distinguished scholars from United College over the past fifty years. Over 24 renowned scholars are represented, including Jiang Faxian, Wu Xianzi, Qian Mu, Li Yanshan, Zheng Shuixin, Fung Hong Hou and Li Fuhong.



Jointly organized by United College, the Art Museum and the CUHK University Library System, this cultural highlight is also open to the general public.

## Notices



### Chinese University Women's organization

The Chinese University Women's Organization **Coffee Morning** will be held on **Friday April 13<sup>th</sup>** (one week later than usual, to allow for the Easter break) in Residence 14 Recreation Room, CUHK from 10 30am. **All Are Welcome.**

## Holidays in April

We're sure you know, but here's a reminder anyway...

Ching Ming Festival	5 Apr	Thursday
Good Friday	6 Apr	Friday
The day following Good Friday	7 Apr	Saturday
Easter Monday	9 Apr	Monday

## Arts Calendar by Charlotte Weiss



When spring comes to Hong Kong, with Ching Ming and Easter holidays, those of us who stay in town are rewarded with *The 31st Hong Kong International Film Festival* which runs until 11 April this year. With over 300 projections, it's fun to have the catalogue in hand (available at URBIX outlets) and try to find a film that fits your schedule. Some new categories including "Auteurs" and "Chinese Renaissance" have been added this year to the familiar "Master

Class", "Global Vision" and one of my favourites, "Humanitarian Awards for Documentaries". The films are shown at venues all over town and if you're near the TST Cultural Centre, City Hall, or Hong Kong Arts Centre in Wan Chai, it's good to know about a few places where you can grab a bite to eat between movies. In a "reprise" of last year's info, here are a few of my tried-and-true cafés which miraculously are still in business:

*The Museum Café*, located near the Art Museum at TST's Cultural Centre, is a fantastic little place with *al fresco* dining, great views of the harbour, and good food that's reasonably priced.

*Pumpernickel*, located in the HK Arts Centre (4th floor) in Wan Chai, is a nice café again with views of the harbour. They serve tasty sandwiches, pastries, set lunches/dinners and nice teas or coffees.

*Maxim's*, located in City Hall has three different options for eating: a ground-floor café/bar, a 2nd floor Western-style restaurant and the famous Cantonese restaurant on the top floor with views of the harbour and long queues for dim sum at lunch!



Here are listings of non-Film Fest events:  
ON CAMPUS:

- 4 April (at Chung Chi College Chapel – 8:00pm)

*Chung Chi College Choir Concert (along with the Hong Kong Voices & the Hong Kong Youth Choir –the Gay Singers will make up the 2<sup>nd</sup> half of the programme)*

•16 April (at Sir Run Run Shaw Hall – 7:30pm)

*Tolo Lyrics Cantonese Operatic Singing Concert* (Free tickets available at Sir Run Run Shaw Hall Box Office on a first-come-first-serve basis)

#### AT SHATIN TOWN HALL:

•1 April

*Bach's St. John's Passion*, Hong Kong Chamber Choir in the Auditorium

•9 April

*Family Fiesta: Opereta Prima by La Pipetuà (Argentina)* at Cultural Activities Hall

•13 April

*The Cathedral Hill State Folk Music Songs & Dance Ensemble*, in the Auditorium

•24 April

*Lung Kar Fung Opera Troupe* in the Auditorium



**La Pipetuà**

#### OTHER VENUES:

•5-8 April

*Playing with Beautiful Porker Again*, FM Theatre Power (in Cantonese) at Cultural Centre Studio Theatre

•6-7 April

*Atherton's Sibelius Cycle*, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall

(NOTE: a "triple whammy" concert with 2 symphonies by Sibelius and the ever-popular Rachmaninov "Rhapsody on a Theme of Paganini" played by Dejan Lazic, piano)

•9 April

*Songs of Spring plus Annie Excerpts*, Hong Kong Choir of Outstanding Children, the New Philharmonia Orchestra and the Hong Kong Chorus at City Hall Concert Hall

•11 April (at Cultural Centre Concert Hall)



•13-14 April (at Kwai Tsing Theatre Auditorium)

*Prokofiev's Peter & The Wolf*, Hong Kong Sinfonietta

(NOTE: this is an Asian première of *Peter & the Wolf*, the film, along with live orchestra accompaniment)

•13-14 April

*Mozart and Beyond*, Hong Kong Philharmonic Orchestra with Kathryn Stott, piano, at City Hall Concert Hall

•13-14 April

*The Wonderful Winds of Guo Yazhi*, Hong Kong Chinese Orchestra at Cultural Centre Concert Hall

•15 April

*Verdi's Requiem*, Hong Kong Oratorio Society at City Hall Concert Hall

•18 April

*Piazzolla Forever, Richard Galliano Septet*, Hong Kong Jazz Association & Alliance Française de Hong Kong at City Hall Concert Hall

•20-21 April

*American Visions*, Hong Kong Philharmonic Orchestra with award-winning Associate conductor of the New York Philharmonic, Zhang Xian, at Cultural Centre Concert Hall

•22 April

*Family Fiesta*, Hong Kong Children's Symphony Orchestra at City Hall Concert Hall



•25-26 April & 28-29 April

*Cloud Gate Dance Theatre of Taiwan*, (2 different programmes) at Cultural Centre Grand Theatre  
(NOTE: see last month's CCN advising early booking for this world-renowned dance company. The first two nights feature a retrospective with excerpts of several ballets including *The Dream of the Red Chamber* and *Moon Water*. The last two performances are a compilation of the *White* ballets from 1998 and 2006)



•27 April

*Fou Ts'ong – The Legend Returns*, Hong Kong Sinfonietta at City Hall Concert Hall

#### SPECIAL PHOTO EXHIBITIONS (FREE!):

•until 11 April

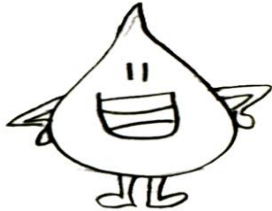
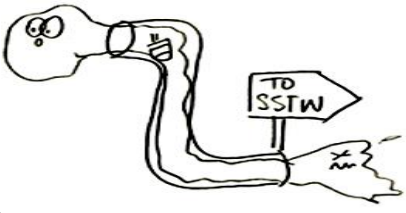
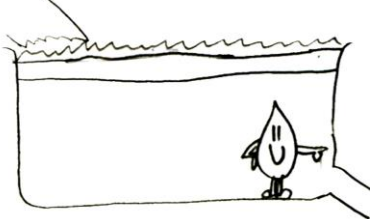
*Cannes 60<sup>th</sup> Anniversary Photo Exhibition* (a fun exhibit of the “beautiful people”, this is in conjunction with the HK International Film Festival) at the G/F Foyer, Auditoria Bldg., TST's Cultural Centre

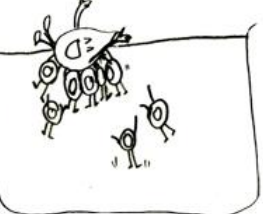
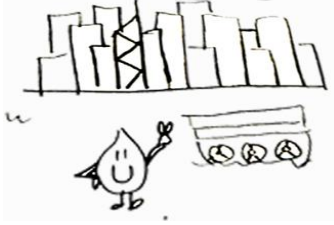
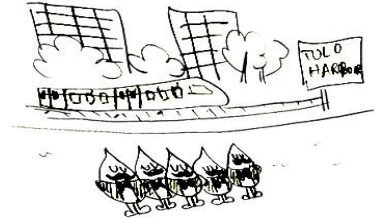

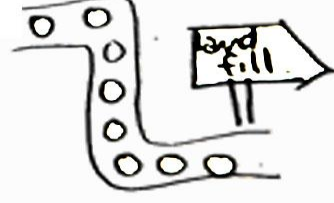
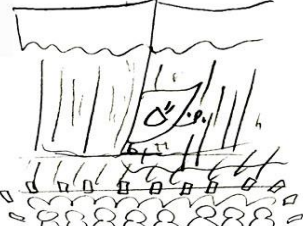
•until 6 May

*A compassionate eye by Mathieu Ricard* (a renowned Tibetan Buddhist monk's photos of the daily lives of the monks –this exhibition will benefit some of the poor regions of the Himalayas) at The Hong Kong University Museum



### **Life of a Sewage Droplet -** Joan Tsui (text) Tanya Tsui (illustrations)

<p>1.</p> 	<p>Hi! I am a tiny droplet swimming freely in a bath tub on CUHK campus.</p>
<p>2.</p> 	<p>I joined my brothers and sisters from all walks of household sewage life i.e. taps, toilets... etc and travelled to the Shatin Sewage Treatment Works (SSTW).</p>
<p>3.</p> 	<p>First, we went through sedimentation tanks to get rid of suspended solids. We had to pass through bar screens, grit channels and classifiers to remove grit and sludge.</p>

<p>4.</p> 	<p>We were then transported to aeration tanks, where oxygen was pumped into us to sustain the growth of micro-organisms. This kind of biological treatment turns nitrate into nitrogen.</p>
<p>5.</p> 	<p>The treated sewage, or 'secondary treated effluent', was then tunnelled to Victoria Harbour via the 7.5 km long Kai Tak Nullah.</p>
<p>6.</p> 	<p>The effluent, together with treated sewage from Tai Po, forms the Tolo Harbour Effluent Export Scheme. Since its implementation in the 1980s, it has helped to solve the red-tide problem in Tolo Harbour, as well as improving water quality in the region.</p>
<p>7.</p> 	<p>The remaining sludge, on the other hand, goes through anaerobic digestion. This process generates biogas, a renewable energy containing methane, which in turn supplies electricity for the Works.</p>
<p>8.</p> 	<p>Digested sludge is dewatered by centrifuges to remove water content; then disposed to landfill sites.</p>
<p>9.</p> 	<p>Viola! This is my life story. Bye for now!</p>

## **Health Focus – Food Allergy - by Gillian Kew**

### **What is a food allergy?**

A "food allergy" occurs when the immune system mistakenly identifies a food as harmful and creates specific antibodies against it. The next time that food is ingested, the immune system releases massive amounts of chemicals, including histamine, in its flawed defensive measures. These chemicals trigger allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, or cardiovascular system.

### **What are the most common allergies?**

Dairy foods (e.g. milk, eggs and cheese); nuts, especially peanuts; strawberries; seafood (e.g. prawns or crab); soy products; wheat products (flour, bread, cookies, cakes, noodles etc).

### **What are the common symptoms?**

Symptoms typically appear within minutes to two hours after ingestion and can include tingling in the mouth, swelling of the tongue and throat, difficulty breathing, hives (raised, itchy red welts on the skin), vomiting, abdominal cramps, diarrhoea, dizziness and loss of consciousness. If left untreated, the victim may die.

### **Can food allergies be cured?**

The only "cure" is strict avoidance of the allergy-causing food. Read ingredient labels. If a product doesn't have a label, it should not be consumed. Most people outgrow their allergies, although peanuts, nuts, fish, and shellfish are often considered lifelong allergies.

### **What is the best treatment during a reaction?**

Treatment ranges from a simple anti-histamine tablet such as piriton in mild cases to adrenaline (epinephrine) injection in serious cases. Serious allergy sufferers carry self-injecting "pens" such as the EpiPen® with them at all times.



**Fig. 1 The EpiPen® in Action**

### **What is the difference between food allergy and food intolerance?**

An allergic reaction involves the immune system; food intolerance does not; this is an adverse food-induced reaction. Lactose intolerance (the inability to digest milk) is one example of food intolerance, and causes symptoms such as flatulence, bloating, and abdominal pain after consumption of milk or milk products. To decide whether you have intolerance or allergy, keep a food diary, for 1 to 2 weeks, of everything you eat, what symptoms you experience, and how long after eating they occur. Take this information to your health care professional. Along with a physical examination and lab tests, this will help determine what, if any, food is causing your symptoms.

### **What are the tests used to determine allergy?**

1. The prick skin test (or patch test) – a drop of the substance being tested is placed on the forearm or back and the skin is pricked with a needle, allowing a tiny amount to enter the skin. If allergy is present, a welt (mosquito bite-like bump) will form at the site within about 15 minutes.
2. A blood sample is taken and tested for the presence of antibodies to specific foods. The test (RAST or radioallergosorbent test) is commonly used for young children or patients who have eczema or other skin problems that would make skin prick testing difficult.



### Who should be tested?

Testing should be considered when hives, redness of the skin, itchiness, swelling of the lips or eyelids, throat tightness, wheezing, coughing, vomiting, or diarrhoea occur shortly after eating. Some chronic illnesses are sometimes associated with food allergy, including eczema. Asthma and hay fever are not commonly associated with food allergy.

### How can we help?

The most important thing is to ***never give a known allergy sufferer any of the food that makes them sick.*** When arranging dinner parties or ordering in advance, always ask the guests if they have any allergies and cook or order, accordingly. If a reaction occurs, get help straight away – depending on the severity of the attack, the victim's life may be at risk.

### The worst reaction – anaphylaxis – and what to do.

**Anaphylaxis is a potentially fatal and rapid allergic reaction** (often occurring within minutes), usually involving more than one part of the body. Signs may include: hives, dizziness and fainting, swelling, especially in the throat; difficulty swallowing or breathing, vomiting; diarrhoea abdominal pains and tingling in the lips or mouth if the cause was a food such as nuts; **If left untreated, the victim may die**

### In this case, call for emergency help immediately.

Known severe allergy sufferers may carry an adrenaline injection kit, which you may have to administer - no experience is needed – just jab the upper, outer thigh or the upper, outer arm (see fig. 1 above). If loss of consciousness occurs, place the victim in the “recovery position”, as shown here.



**And finally, expect the unexpected** – my close friend has multiple allergies, including latex; one afternoon she ate a pork sausage, which had a latex skin (not labeled); within minutes she was fighting for her life and was saved by the quick action of her 9 year old daughter who injected her, placed her in the recovery position and called for an ambulance. Anyone can do it and that person could be you.

**NOTE:** To find out about First Aid Classes, call St John's Ambulance (2530 8000; Fax: 2515 0205), the Hong Kong Red Cross (2152-9339) or the CU Health Centre (for staff only - 2609 6436).

**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](mailto:gilliankew@yahoo.com) ***Please note that the opinions expressed in this newsletter are those of the individual contributors and are not necessarily those of Campus News.***

### To Advertise in CCN -

#### ***Business ads - only \$50.***

It's easy – just e-mail your ad to the editor ([gilliankew@yahoo.com](mailto: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

## Classified Advertisements



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