

## Classified Ads



**Presents:**  
**Ain't No Motown High Enough**  
 Thursday 10th & Friday 11th April, 2008  
 8pm, Drama Theatre, HKAPA, Wanchai

### Programme Highlights:

Ain't No Mountain High Enough  
 Stop In The Name Of Love  
 River Deep, Mountain High  
 Dancing In The Street  
 Signed, Sealed, Delivered  
 Heatwave  
 My Guy



### Tickets:

\$220 (\$180 concessions) Available from 10th March from URBTIX - Tel: 2734 9009

# Campus Community News

## 嚴 冬

April 2008

### The Health Issue



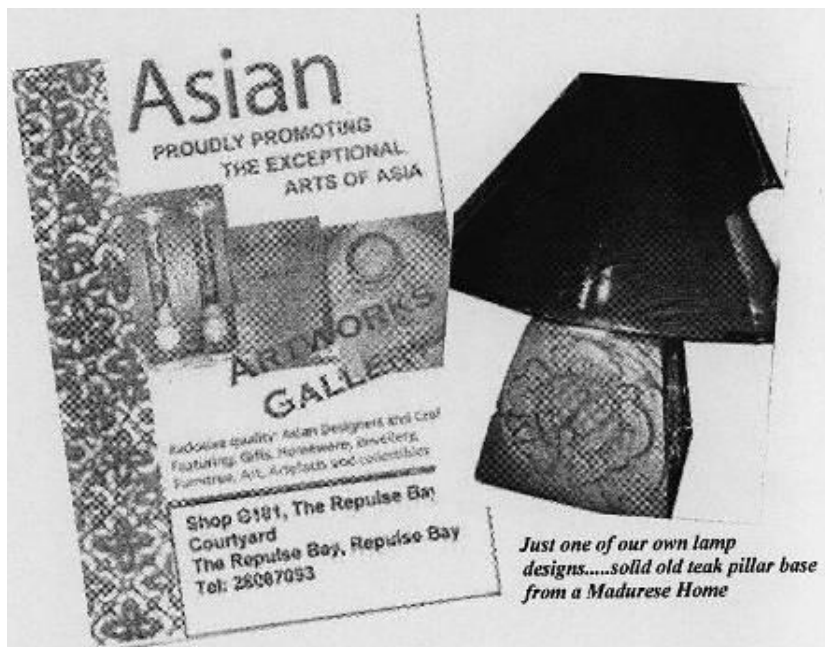
The Chinese University goes to some lengths to promote a healthy lifestyle within its confines and to provide a healthy environment where we can all work and relax. Here are just some of the university's initiatives:

- CU has been a smoke-free environment since January 2007 – both inside and outdoors.
- In March last year a walking campaign was introduced, with a pedestrian walking trail outlined from University Station to Shaw College and another from the station to New Asia College.
- The Chinese University website offers a wealth of information on health promotion and education – go to

[http://www.cuhk.edu.hk/health\\_promote\\_protect/](http://www.cuhk.edu.hk/health_promote_protect/)

Campus Community News continues to support the CU's health initiatives and to that end, this month's newsletter will focus on health. We hope you will find our health articles interesting and stimulating, and that you will share them with your friends, passing on the message of better health for everyone.

**Inside this issue:** Page 2 – News and Events; Pages 3 & 4 – King of the World; Pages 5 – Healthy Cake; Page 6-8 – Arts Calendar; Page 9 – Sleep well; Page 10 - Active Living; Page 11 – Colouring Competition Winners and Kindermusik; Page 12 – Classified Advertisements



## Campus Notices

### Good News!

The University Transport Section is pleased to inform us that the new light shuttle bus pictured below will be running from April 1<sup>st</sup>. Let's hope this means goodbye to all the confusion of the last few months.



## Chinese University Women's Organization

### Coffee Morning

April 11<sup>th</sup> (Friday) from 10 30am  
Residence 14 Recreation Room  
CUHK

This month, CUWO will have an open, informal discussion on reflexology.

### CUWO Visit to Kadoorie Farm

Enjoy the splendour of Kadoorie Farm and Botanic Garden (KBFG). Explore its pathways, exhibits and displays. Take away memories of a day out in these beautiful surroundings and a better understanding of the threats to survival facing many of Hong Kong's flora and fauna and what you can do to halt their destruction. There are many things to see and do at KBFG, including a visit to the pig sties and wild boar display, the Eco-garden, the beautiful orchid garden, the butterfly garden, the insect house, Dragon Pavilion and the Little Falls.



**Note – bring water to drink and a packed lunch so we can all enjoy a picnic together in the open air**

**Date:** April 17<sup>th</sup>

**Time:** 9 30am (Meet at University Train station)

**Enquiries** and registration: Call Joan on 9353 1944 or Scarlett on 9407 5292

**ALL ARE WELCOME**

## Children's Page Easter Colouring Competition Winners

Once again, the children of Chinese University out-did themselves with a lovely collection of bright and original pictures. All the entries will be displayed in Bookworms library and on our website at [www.gilliankew.org/newsletter.shtml](http://www.gilliankew.org/newsletter.shtml) Just click on the link to download the album and view the pictures.

This year's winners are:

Josh Yeh	Age 5
Anson Tong	Age 8 ½
Aimia Hie	Age 10

Please call Mrs. Ngan on 6532 6592 to collect your prize.



## Kindemusik classes -

For newborn to 7 yrs old (lessons conducted in English) at the Chinese University on Thursdays in the Recreation Room of Residence 14.

- 3.15 pm Village (newborn to 18 mths)
- 4.15 pm Young Child (4-7rs)
- 5.15 pm Our Time (18 mths to 3 yrs)

For more details pls call 25184840 or visit our website  
[www.kateskids.com.hk](http://www.kateskids.com.hk)



**Campus Community News Committee:** Editor: Gillian Kew; Committee: Stella Hazlett, Nerissa Ngan, Frances Storey, Joan Tsui and Charlotte Weiss

**HELP WANTED** Can you spare a little time to help produce our monthly newsletter? Our committee will be getting smaller this year and we need someone to help with distribution and someone to help generate new articles to keep us on our toes. We have a good time producing this newsletter and are sure than you will too! Give us a call on 9231 1724 (Gillian) or email me on [gilliankew@yahoo.com](mailto:gilliankew@yahoo.com)

## Keep Active and Keep Trim

Maintaining a healthy body is getting harder and harder, these days, with fast food outlets, ready meals and unhealthy but well-marketed snack foods filling up the supermarket shelves, but at the end of the day, it's still about balance. The best way to maintain that balance is to exercise – and exercise has numerous other benefits besides a smaller waistline. Here are seven good reasons to get up and move:

- ❖ Exercise Improves Your Mood – by stimulating the release of endorphins, exercise helps you feel happier and more relaxed.
- ❖ Regular exercise helps reduce high blood pressure, and boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. . It can help you prevent type 2 diabetes and osteoporosis.
- ❖ Exercise (obviously) helps you manage your weight. A regular daily walk of only 30 minutes at around 3 miles an hour will burn an average of 120 calories for a woman or 140 calories for a man (based on average weights of 120 lb and 175 lb respectively).
- ❖ Exercise strengthens your heart and lungs by delivering oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system giving you more energy to do the things you enjoy.
- ❖ Sleep - exercise helps you to fall asleep faster and deepens your sleep
- ❖ Exercise improves your sex-life. As it improves general circulation, it improves circulation to those 'important' parts that really matter. Men who exercise are less likely to have erectile dysfunction than men who don't.
- ❖ Finally – exercise can be fun, you can do it alone or in company and there are so many choices that you are bound to find one to suit you

If this still seems too much for you, just start by incorporating extra exercise into your daily life; take the stairs if you only have one or two floors to climb. Even taking the MTR can be an opportunity to burn a few more calories if you use the stairs instead of the escalators. The old English axiom, "Look after the pennies and the pounds will take care of themselves" is just as applicable here; every step you take counts!

I recently read "French Women Don't Get Fat" by Mireille Guiliano and was impressed by the way this French woman made moving a part of her life, taking the stairs, walking rather than driving, enjoying her food but keeping a balance. She claims



never to have used a stair-master or joined a gym, but she is a fit, active, mature woman who happily enjoys haute cuisine and the best Champagne. To preview the book and catch some of Mireille's online advice, visit <http://www.mireilleguiliano.com/frenchwomen.htm>

## King of the World – The Mighty Banana

We all know that everyone should eat plenty of fruit and vegetables a day but, just like the players in the latest blockbuster movie, there are bit players and there are stars - here is CCN's pick for Best Fruit and why. (Note – The original version of this article was sent to me via email; I have checked all its claims and made adjustments accordingly. The author is unknown - but I would lay bets that a banana marketing company had something to do with it...



### Meet the humble banana

Containing three natural sugars (sucrose, fructose and glucose) combined with fibre, a banana gives an instant, sustained and substantial boost of energy for a very moderate calorie cost (and only 0.2% fat).

Bananas can help overcome or prevent a substantial number of illnesses and conditions:

#### **Depression, Seasonal Affective Disorder (SAD) and nervous anxiety:**

Bananas contain tryptophan, a protein that the body converts into serotonin, known to improve mood and encourage relaxation and B vitamins that help calm the nervous system.

**Premenstrual Syndrome:** The vitamin B6 in bananas regulates blood glucose levels, again, leading to improvements in mood.

**Anaemia:** Bananas are high in iron, helping to stimulate the production of haemoglobin and reduce anaemia.

**Blood Pressure:** Bananas are extremely high in potassium yet low in salt, great for reducing raised blood pressure.. **(note – if you have or have had any problems with your kidneys, DO NOT start eating extra bananas – the high levels of potassium can be extremely dangerous in these circumstances – always check with your doctor first).**

**Constipation:** Being high in fibre, bananas offer a natural alternative to laxatives.

## King of the World – The Mighty Banana (cont...)



**Hangovers:** Had one too many? Try the banana hangover cure: a banana milkshake, sweetened with honey to calm the stomach, increase blood sugar levels and re-hydrate your system.

**Heartburn and digestive problems:** Bananas have a natural antacid effect and can be used instead of over-the-counter antacids for relief from heartburn and mild ulcers.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Rub the affected area with the inside of a banana skin to reduce the swelling and irritation – **but do this away from the mosquitoes** – banana smell attracts them!

**Overweight and busy?** Instead of the instant sugar high of a chocolate bar and a can of coke (300 to 400 calories minimum) try a medium banana and a glass of skim milk (around 200 calories). Not only will you eat fewer calories, but you won't get that sudden drop in energy – the banana milk combo will sustain you a lot longer than the chocolate-coke combo.

**Smoking:** The potassium, magnesium vitamins (B6 and B12) and tryptophan found in bananas help during nicotine withdrawal. The potassium also helps reduce stress during nicotine withdrawal.

**Strokes:** Eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40% - **CCN could not verify this claim but we did learn that low potassium levels are linked to a higher incidence of strokes, and bananas are high in potassium, so it is possible.** We would love to hear from any experts out there on this one.

So there you have it – the banana wins our prize for best fruit, unless you know of something better...

## Ways to Combat Insomnia



Can't sleep at night? Dropping off on the train? Eyes feel like the Sand-Man tipped a bucket load into your eyeballs? Fear not! Help is at hand and all you have to do is watch what you eat and drink...

- Once again, it's the mighty banana to the rescue – as seen in the banana article, bananas contain tryptophan, which is converted into serotonin in the brain and is a natural relaxant, so try eating a banana in the evening.
- Conversely, diets rich in meat can block absorption of tryptophan through the blood-brain barrier making that banana useless, so avoid eating too much red meat, especially in the evening.
- Avoid alcohol late at night and if you enjoy a glass of wine with dinner, don't have too much – it may make you dozy to start with but alcohol disrupts serotonin levels and lowers blood sugar, so you're likely to wake up at 3am with a fuzzy head and a gripping need for something sweet.
- An obvious one – avoid caffeine in the evening; caffeine takes around 5 hours to get through your system, so to be extra safe a mid-afternoon cut-off point would be best. Try replacing your coffee with chamomile tea, which will help relaxation.
- Another obvious one – don't drink immediately prior to bed time; that cup of cocoa may seem like a good idea but it will probably send you to the bathroom at 3am
- Eat more of the following to promote healthy sleep: lettuce, green, leafy vegetables, whole grain breads, cereals and mushrooms.
- If you feel like a snack and a drink in the evening, these will help relaxation: milk, nuts, dates, figs, fish, eggs and whole grain foods.
- Eat calcium and magnesium rich foods to prevent muscle cramps (bananas again – this time for the magnesium).
- Avoid spicy foods or a heavy meal late at night; the last thing your digestion wants to cope with when you are horizontal!
- ... and finally... Avoid anything containing tyromine, which has the opposite effect of tryptophan: it releases norepinephrine to stimulate the brain and is found in many foods, including bacon, potatoes, sugar chocolate, spinach, tomatoes, wine (especially red wine) and cheese. Remember those "cheese dreams"? Now you know why.

## Arts Calendar (cont)– Charlotte Weiss

•19 April

*Rachmaninov, Rendezvous: Colleen Lee, piano*, Hong Kong Sinfonietta at City Hall Concert Hall

(Note: features Hong Kong's own Colleen Lee, the first Hong Kong pianist to reach the finals of the Chopin International Piano Competition and a prize-winner in other international competitions)



•20 April

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

•25-26 April

*The Poignant Sounds of the Huqin*, Hong Kong Chinese Orchestra at City Hall Concert Hall

•25-26 April

*Bravo! Russia*, Hong Kong Philharmonic Orchestra with the ever popular Barry Douglas, piano playing "Rocky 3" at Cultural Centre Concert Hall

•25-27 April

*Mulan: Dance Drama*, Hong Kong Dance Company at Cultural Centre Grand Theatre

•30 April

*Opera Hong Kong: Recital by Denyce Graves, Mezzo-Soprano*, at Cultural Centre Concert Hall

(Note: a world-renowned Diva who has sung in all the great opera houses and with all the famous male singers in a wide ranging repertoire)

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

•21-26 April (7:45pm) & 26 April (2:45pm)

*Serious Money, drama in Cantonese*, at the Studio Theatre

(Note: this highly successful play originally written by Caryl Churchill, an English dramatist, was a huge hit in English language theatre. Translated by Rupert Chan and performed by APA's students, this should be a good performance with its ever-timely satiric look at the stock market.)

•Looking ahead:

8-10 May

*Le French May and Opera Hong Kong present, Werther* at Cultural Centre Grand Theatre

(Note: book your tickets now in order to get more reasonably priced tickets)

## A Fruit Cake for all Seasons

This recipe was given to me by a diabetic relative. It is virtually fat free with no added sugar. The only fat in it comes from the single egg in the recipe and the sweetness comes from the dried fruit and a little granulated sweetener. The secret of its success is in the tea!

### Ingredients

8oz (230g) self-raising flour

8oz (230g) sultanas (golden raisins)

8oz (230g) dark raisins

1 large egg

1 tsp mixed spice

1 ½ tsp granulated sweetener (Equal, Candarel etc)

½ pint (240ml) of tea



### Method

The day before – place the dried fruit and tea in a bowl, mix, cover with cling film and leave to soak.

Pre-heat the oven to 160°C (320°F or Gas mark 3)

Line a 1lb loaf tin.

Mix all the ingredients together in a large bowl until fully incorporated – the mixture will be very thick and sticky.

Fill the loaf tin with the mixture and flatten with a spatula

Bake for 1 ¼ to 1 ½ hours

Cool on a wire rack and slice

I usually get 12 good slices out of mine, with a calorie value of around 160 calories each.

## Arts Calendar – Charlotte Weiss

The 32nd Hong Kong International Film Festival is finishing up and will run until the 6<sup>th</sup>. If you happen to be near the Cultural Centre in TST, take a minute to look in the Foyer Exhibition Area at the Film Festival's Exhibition.

As this major event comes to a close it doesn't mean the end of Hong Kong's cultural scene--just look at the listings below and you'll notice we're just getting warmed up! Among other forthcoming events, *Le French May* will soon be here so don't miss out getting your tickets booked for some of its big shows such as the opera, *Werther*, in conjunction with *Hong Kong Opera* (8-10 May). See below for details. I'll feature *Le French May* in next month's newsletter and there will also be a special article on an exciting collaboration between CU's own Hardy Choy and *Le French May's* organizers to be held at Sir Run Run Shaw Hall in late May.

On a more fundamental level, when spring arrives, I like to think about eating *al fresco* and if you're near the TST Cultural Centre, City Hall, or Hong Kong Arts Centre or the APA in Wan Chai, it's good to know about a few places where you can grab a bite to eat before or after cultural events. As in past years, 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. (don't miss the chocolate cake for dessert!)

*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!

*Pumpnickel*, 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 and coffees.

### WHAT'S ON CAMPUS:

•7 April (at Lee Hysan Concert Hall – 7:30pm)

*Concert by Leslie Tung, forte piano*

•18 April (at Lee Hysan Concert Hall – 8:00pm)

*Symposium Concert by Deyin Qin Society*



### AT SHATIN TOWN HALL:

•4 April at Cultural Activities Hall

*Family Fiesta: La Luna (by Wolfe Bowart – USA)* (Note: this looks incredibly interesting and won a "Best of the Fest" award at the Melbourne International Comedy Festival)

•4 April (3:00pm and 8:00pm) in the Auditorium  
*Symphonic Magic, Henry Shek, Conductor, Hong Kong Philharmonic Orchestra*  
(See last month's CCN for details of this family concert)

•5 April (3:00pm)

*A Tribute to Leroy Anderson, Hong Kong Symphonic Winds*

•2-4 May (2:30pm on the 3<sup>rd</sup> & 4th) (7:30pm on the 2<sup>nd</sup>)

*Acrobatic Drama: Journey to the West, Guangzhou Acrobatic Troupe of China*  
(Note: this looks like one of those spectacular-in-every-way Chinese acrobatic performances and will feature 180 members from the Troupe)

### OTHER VENUES:

•3 April

*Twins on Winds, City Chamber Orchestra of Hong Kong at City Hall Concert Hall*  
(Note: an interesting programme by one of my favourite chamber groups with twin clarinetists, Daniel and Alexander Gurfinkel playing works by Mendelssohn and Bizet for two clarinets)

•5 April

*Student Chorus: The Student Union of CUHK's Annual Concert at City Hall Concert Hall*

•6 April

*Haydn's Creation, Hong Kong Oratorio Society at Cultural Centre Concert Hall*

•11-12 April

*The Long and Winding Silk Road, Hong Kong Chinese Orchestra at Cultural Centre Concert Hall*

(Note: a silk binder will be given to members of the audience that can be used for the distributed information at each concert)

•11-12 April

*Mozart in the City: John Harding, violin, and Wong On-yuen, huqin: The Two Concertmasters, Hong Kong Philharmonic Orchestra at City Hall Concert Hall*

•18-19 April

*Akiko's Mozart Concerto, Hong Kong Philharmonic Orchestra with Akiko Suwanai, violin, at Cultural Centre Concert Hall*

(Note: Akiko is the youngest ever winner of the International Tchaikovsky Competition)



