

# Campus Community News

## 殷天

May 2008

### Ecobulbs, Room to Read and Me

By Madeleine Mito (aged 9)

There are four Literacy Ambassadors at my school, the Japanese International School, and I am one of them. As Literacy Ambassadors we are expected to fundraise to collect money to build schools, and buy books and computers for children who are being helped by a special charity called **Room to Read**. **Room to Read** ([www.roomtoread.org](http://www.roomtoread.org)) was started by a Microsoft executive who left Microsoft so that he could help impoverished schools in developing countries buy books for their libraries, computers and even build the school buildings. So far, **Room to Read** has provided 5,100 libraries and helped about 1.7 million children in 8 developing countries. The Literacy Ambassadors at my school have thought of many different ways of helping **Room to Read** raise money and so far we have made almost \$3,000 since we started last November. I have a really good idea to raise money that will also help the environment. I plan to sell ecobulbs that my mum will buy direct from Philips (the lightbulb manufacturers) for a cheap price. Philips decided to give us a good price for the lightbulbs because they really wanted to help **Room to Read**. I will sell the lightbulbs for a price just cheaper than Park n'Shop to anyone who wants to buy ecobulbs. All of the money I make will go to **Room to Read**.

I decided to write this article to see if anyone would like to support **Room to Read**, and help the environment by switching to ecobulbs in your home. I have worked out that in the Chinese University residences there are 16 lightbulb places in each flat that you can switch to ecobulbs. Where are they? In your overhead lights. **We should all change to Ecobulbs because...**

- 1) **Ecobulbs** use 80% less energy than ordinary bulbs, but give out the same light.
- 2) **Ecobulbs** last 10 times longer than ordinary bulbs so you don't have to change them so often.
- 3) Every **Ecobulb** installed prevents 9 ordinary bulbs going into landfills
- 4) The South China Morning Post reported that Electricity bills are about to go up 4.5% in the Chinese University area (Headlines, 22.12.07). Using **Ecobulbs** will save you a lot of money.

5) If everyone in Hong Kong changed to using **Ecobulbs**, we could save about 8% of Hong Kong's overall electricity needs.

#### More Facts about Ecobulbs

- 1) A compact fluorescent lamp (CFL) is the technical name for an ecobulb.
- 2) Ecobulbs cannot be used with dimmers
- 3) Ecobulbs take about 15 minutes to really warm up and give out best light, so you should use them in places where your lights are on for over 15 minutes.
- 4) You should dispose of the bulbs very carefully because they contain a small amount of mercury. Philips lightbulbs contain half of the amount of other ecobulbs, which is why we chose Philips lightbulbs. You should always buy lightbulbs from a reliable source to make sure that mercury levels are kept low.

Please contact me to buy these ecobulbs. I live on campus and can deliver them to you if you like. Please call 2994-3904 and let me have your order. Please make sure that you check exactly what you need.

Lightbulb size fitting: there are large (E27) and small (E14) screw sizes.

No bayonets.

Colours: warm white and cool daylight

Watts: 8 watts ecobulb is the same as 40 watts ordinary light bulb

12 watts (60 watts ordinary)

20 watts (100 watts ordinary)

23 watts (125 watts)

#### Prices:

Bulb Type	8W	12W	20W	23W
Price per bulb	\$ 27.00	\$27.00	\$28.00	\$28.00
Park n'Shop Price	\$28.80	\$28.80	\$29.90	\$29.90



Thank you for buying our ecobulbs and helping us raise money for **Room to Read**.





## Chinese University Women's Organization Coffee Morning

May 2nd (Friday) from 10 30am  
Residence 14 Recreation Room  
CUHK

**ALL ARE WELCOME**

For enquiries, email Joan or Judy as indicated below.



## Interest Courses

### Pilates

A **new time** is offered: Thursday evening (7:30 – 8:30)

The **current courses** are continuing on Monday morning (10:30 – 11:30) and Tuesday afternoon (2 – 3).

Pilates is an exercise that strengthens and stretches the core muscles in the torso, and improves posture.

The fee is \$100 per class. You will need to bring a mat.

Please contact Judy Luk at [jjmmluk@hotmail.com](mailto:jjmmluk@hotmail.com) or 2572 – 9094 for information and the date the Thursday class will start.

### Bridge or Mah Jong

Would you like to learn? Do you already know how to play?

These games are good for mental agility.

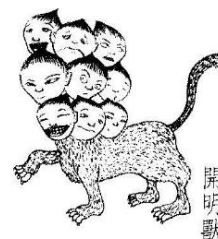
If you would like to join the bridge or mah jong games, please contact Joan Tsui at [joanh28@hotmail.com](mailto:joanh28@hotmail.com) or 9353 – 1944.

### Others

Are you interested to learn **belly dancing** or practice **yoga**?

If enough people contact us with an interest, CUWO will try to put together a class.

Please contact Judy Luk at [jjmmluk@hotmail.com](mailto:jjmmluk@hotmail.com) or 2572 – 9094



## Gao Xingjian Arts Festival – by Joan Tsui

How do you comprehend a performance presenting 70 plus figures of mortals, deities and demons on stage? That's exactly the problem faced by Hardy Tsoi, director of the Cantonese drama, "Of Mountains & Seas" by Nobel laureate Gao Xingjian.

Tsoi, local veteran director and CUHK Arts Administrator and Manager of Sir Run Run Shaw Hall, says he is honored to direct this world premiere of the play at the open-air theatre, New Asia Concourse of CUHK, from May 30<sup>th</sup> to June 1<sup>st</sup>, as the Finale of the Gao Xingjian Arts Festival.

Tsoi adds that the complexity of the play will be solved by using multiple casts from a troupe of theatre professionals and enthusiasts, as well as employing puppetry of different sizes. Other theatricality techniques will also feature, for instance, floods and tsunami will be shown by movements of hands and fabric. The play is a dramatic interpretation of, "Shan Hai Jing" (literally meaning classic of the mountains and seas), which is a 2,000 year old text, largely of mythology as well as a fabled geographical and cultural account of pre-Qin China.

The three main stories of the play include "Yi the Archer," "The War between Yan Di and Huang Di" and "Yu the Great." Through them, the audience is allowed to have a glimpse of Chinese cultural archetypes.

### **Yi the Archer**

Di Jun (Eastern Able Emperor) had ten sons, who were suns. When they decided to journey together across the sky, the people became concerned about the ten glowing suns shining on earth. The heat from the suns was overwhelming and wild animals began to prey on humans. Yi, The Archer, was summoned to remedy the situation. Each time his arrow hit a sun, it fell to earth until there was one sun remaining in the sky. The people were grateful to Yi, but Di Jun was upset and banished Yi and his wife, Chang E, from heaven.

### **The War between Yan Di and Huang Di**

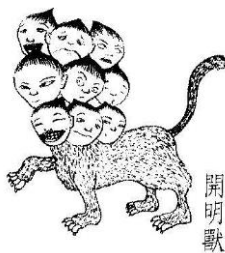
Yan Di (Southern Flame Emperor) was old and weak. His general, Chi You warned him of the encroachment of the ambitious Huang Di (Yellow Emperor) but found the cowardly responses of Yan Di too much for him to swallow. So, he led his heroes to resist Huang Di. Huang Di used his Machiavellian ways to solicit the help of Ying Long, the winged dragon, and to obtain the skin of the Thunder Beast and the bone of the Giant Ox to make his war drum, thereby winning the war.  
(Cont next page)



## Gao Xingjian Arts Festival (Cont)

### Yu the Great

An angry subject, Gong Gong, rammed into Incomplete Mountain, the celestial column, and caused widespread flooding in the land. Huang Di's grandson, Gun, was asked to regulate the waterways and control the flood. He tried to do so by stealing some Grow-Back soil from heaven. For this crime, he was executed by Zhu Rong, the Fire God. His son, Yu the Great, by killing Aide Willow, the nine-headed monster, completed his father's unfinished task. Yu ascended to the throne as the first emperor of the Ha Dynasty, a kingdom of men on earth.



A carnival, free to ticket holders to the show, will begin 45 minutes before the performance.

Many events held on campus include exhibitions of photos, posters, paintings and manuscripts; as well as lectures and an international symposium.

For details, please visit [http://www.gxjartsfest2008.com/e\\_programme.html](http://www.gxjartsfest2008.com/e_programme.html)



## GAO Xingjian by Frances Storey



Dr. GAO Xingjian is a [novelist](#), [playwright](#), [director](#), [painter](#) and [literary theorist](#).

He was born in 1940 in Ganzhou, China, and, having graduated from the Department of French, Beijing Foreign Studies University he worked as a translator. Since his works were first published in 1980, he has been considered a pioneer in Chinese experimental theatre and contemporary fiction. However, after Dr. Gao's play *Escape* was published in 1989, his works were banned in China and he settled in France as a political refugee. In 2000, Gao Xingjian became the first Chinese person to receive the Nobel Prize for Literature. He was awarded an honorary doctorate by the Chinese University in 2001.

Gao Xingjian's major works include the novels *Soul Mountain* and *One Man's Bible* as well as 18 plays.

The University Library has an extensive collection of Dr. Gao's writings, forming the *Gao Xingjian Repository* including some original manuscripts showing his handwritten editing notes and corrections. Gao Xingjian has also donated some original paintings; these items are on permanent display on the first floor of the library.

As part of Le French May, the Hong Kong Drama Programme of Sir Run Run Shaw Hall is organizing the Gao Xingjian Arts Festival, co-presented by The Chinese University and the Consulate General of France in Hong Kong and Macau. Events taking place on campus include the opening of the exhibition *Gao Xingjian: Literature and Art* featuring items from the *Gao Xingjian Repository* held by the University Library and the book launch of Dr. Gao's new book *On Creation* and the English translation of *Of Mountains and Seas* By Professor Gilbert Fong, in the University Library on 23 May. The exhibition runs from 23 May to 8 June. Also on 23 May, at 5pm at Shaw College, there will be a public lecture by Dr. Gao entitled *The Finite and the Infinite: the Aesthetics of Creation*. A three-day *Gao Xingjian symposium* at Cho Yiu Hall begins on 28 May, and the Festival closes with the world premiere of Gao's play *Of Mountains and Seas* in the New Asia College amphitheatre from 30 May to 1 June.

Events outside the university campus include an art exhibition of new works at Alisan Fine arts, Prince's Building, Central, from 22 May to 11 June; a public lecture at Shatin Town Hall on 25 May and video screenings of Gao Xingjian's film *Silhouette/Shadow* and his play *Snow in August* at the Hong Kong Arts Centre on 24 and 25 May



## Arts Calendar – Charlotte Weiss



Amidst all the politicizing and nationalism that abound in the world, I sometimes long for interactions that bring people together as are often found in arts communities. A perfect example of this is **Le French May**. This collaboration between the French Government and Hong Kong's Leisure and Cultural Services Department has become one of the local arts scene's highlights each year and the 16<sup>th</sup> edition

includes film, dance, music, art exhibitions and food. Sponsored by The Alliance Française, the Consul-General of France in Hong Kong, and the LCSD with funding by both French and Hong Kong companies, a colourful and oh-so-French red catalogue of events is available at URBTIX locations and at Sir Run Run Shaw Hall on campus and more information is at [www.frenchmay.com](http://www.frenchmay.com). This year's version began on the 10<sup>th</sup> of April and will continue until the 15<sup>th</sup> of June so you'll have two months to take advantage of its many offerings.

I must mention too that there are some very special events taking place at CUHK this year in conjunction with *Le French May*. The world premiere of Gao Xingjian's (the Nobel prize in Literature in 2000) play, *Of Mountains and Seas*, will be at the New Asia Amphitheatre, New Asia College, on 30 May and 1 June at 7:45pm. Tickets are available at [www.hkticketing.com](http://www.hkticketing.com) (31-288-288) and for CUHK staff at Sir Run Run Shaw Hall on or before 15<sup>th</sup> May. A special brochure, *Gao Xingjian Arts Festival*, gives complete information about all the events, which include a lecture by Gao Xingjian at Shaw College and a special collection at CUHK's University Library. Here are some highlights of *Le French May* but once again, it's been very difficult to choose among the vast offerings:

### CINEMA:

•**5-28 May** (see individual venues for times + [www.cinema.com.hk](http://www.cinema.com.hk))  
*May'68? A Dream of Utopia*, at the Palace IFC and Broadway Cinematheque (includes such classics as Goddard's *La Chinoise* and Bertolucci's *The Dreamers* (*Les Rêveurs*))

### MUSIC:

•**30 May** *Jean-Frédéric Neuburger, piano*, Hong Kong Sinfonietta at City Hall Concert Hall (features a young, multiple prize-winning pianist who will play Saint-Saens Piano Concerto No. 2)  
•**31 May & 2 June** *Pablo Casals, Chamber Music Festival of Prades* at APA Concert Hall (two outstanding chamber music concerts with performers imported from this renowned music festival)  
•**1 June** *David Greilsammer, Piano concert* at APA Concert Hall (tickets for all events at the APA are available at HK Ticketing and at 31-288-288)

### OPERA:

(Cont next page)

•**8-10 May** *Werther, the Opera* (by Jules Massenet) at Cultural Centre Grand Theatre (a co-production of *Opera Hong Kong* and *L'Esplanade Opéra Théâtre de Saint Etienne*, this lavish production will be under the baton of Jean-Louis Pichon and features world-renowned diva, Denyce Graves. There will be an international and local cast of singers along with Warren Mok in the role of Werther)

•**15-17 May** *Jacques Offenbach's La Périchole* at Cultural Centre Grand Theatre (don't miss this sumptuous performance of "opera bouffe" with all the trimmings expected of an Offenbach work created by super-theatre producer, Jérôme Savary: can-can dancers, extravagant costumes, luscious sets and more)

### DANCE:

•**20-21 May** *Aduna, Land of Adventure* at Cultural Centre Studio Theatre (influenced by African dance, this hip-hop troupe has taken the street dance to new heights)

•**13-15 June** *Tricolor, Hong Kong Ballet* at Cultural Centre Grand Theatre (Don't miss Hong Kong Ballet's Director John Meehan's vision of blue, white and red in three dynamic dance productions and performed by one of my favourite ballet companies)

### NEW CIRCUS:

•**2-3 June** *Rain/Bow*, by Jérôme Thomas Company at Kwai Tsing Theatre (described as a "juggling ballet" and unlike anything you could ever imagine, this would be worth the trip out to Kwai Tsing)



### EXHIBITION:

•**11 April – 15 June** *A Taste of China, Paris 1730-1930* at Hong Kong Museum of Art in the Cultural Centre complex (Here's a perfect example of the French visual arts being greatly influenced by Chinese artists and civilization. This exhibit features more than 170 works primarily from *Le Musée Guimet* in Paris. *Le Guimet* is one of my favourites and this exhibit draws from its vast collection of Asian arts including porcelains, lacquer, bronzes, furniture, and painting as well as from other sources such as the Louvre and the Musée d'Orsay. NOT TO BE MISSED but don't forget, the HK Museum of Art is closed on Thursdays.)

### ADDITIONAL EVENTS (not part of *Le French May*):

(tickets available for the following LCSD events at URBTIX outlets or by advance reservation at 2734-9009 unless otherwise noted)

### IN SHATIN:

•**2-4 May** (2:30pm on the 3<sup>rd</sup> & 4<sup>th</sup>) (7:30pm on the 2<sup>nd</sup>) *Acrobatic Drama: Journey to the West*, Guangzhou Acrobatic Troupe of China (As listed in last month's CCN, this looks like one of those spectacular-in-every-way Chinese acrobatic performances and will feature 180 members from the Troupe)  
(Cont next page)

## Arts Calendar cont...

•**24 May** *Harmonica Americas, City Chamber Orchestra of Hong Kong* (Now here's an exciting concert just around the corner in Shatin that features the "Paganini of the Harmonica," Robert Bonfiglio!)



### AT OTHER VENUES:

- 2-3 May** *Mozart in the City—Classic Tognetti, Richard Tognetti, violin*, Hong Kong Philharmonic Orchestra at City Hall Concert Hall
- 3-4 May** *Rachmaninov Rendezvous: Peter Donohoe*, Hong Kong Sinfonietta at Kwai Tsing Theatre (Two nights of the complete Rachmaninov piano concerts, numbers 1-4, performed by one of the world's best interpreters of his music)
- 9-10 May** *Grieg's Piano Concerto (Chen Weiyin, Piano) and Mahler's 4<sup>th</sup> Symphony*, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall
- 10 May** *Painting with Chinese Music, Music by Hong Kong composer, Law Wing-fai, and also features the Wuji Ensemble*, Hong Kong Chinese Orchestra at City Hall Concert Hall
- 16-17 May** *Pahud, Flautist Supreme*, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (Featuring of the best flautists in the world, Emmanuel Pahud, playing Nielsen's Flute Concerto, and believe me, this is not a work we hear every day in Hong Kong!)
- 23-24 May** *Mozart in the City—From Mozart to Mendelssohn, Leila Josefowicz, violin*, Hong Kong Philharmonic Orchestra at City Hall Concert Hall
- 23-24 May** *Apricot Blossoms against a Blue Sky*, Hong Kong Chinese Orchestra at Cultural Centre Studio Theatre
- 28 May** *Great Performers Series—Stephen Hough, piano* at City Hall Concert Hall
- 30-31 May** *Orchestral Shakespeare*, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (Featuring Samuel West, actor, along with the Phil in William Walton's score for the film, *Henry V*. "It's the most wonderful music I've ever heard for a film" (Laurence Olivier))



### SPECIAL EVENT:

•**from 16 May** *We Will Rock You, The Musical* by *Queen and Ben Elton* at APA Lyric Theatre (NOTE; tickets available at HK Ticketing outlets including Tom Lee Music Stores in Shatin and at 31-288-288)

## Building reflexology into your life – sharing experience at the Chinese University Women's Organization (CUWO) coffee morning – by Anita Chan



The experience of sharing on reflexology took place on 11<sup>th</sup> April, 08 and was conducted by Florence Tong, a guest of honour as well as a member of CUWO, whose conviction was exceedingly igniting to us all. She believes that consistency in applying foot reflexology can relieve the energy flow in the body, serving as a form of natural healing and stimulation of cell activities.

What drove her to have this health practice was the grinding pains all over her body a few years ago including problems such as constipation, back pain, foot pain, insomnia, low blood pressure, chest pain, indigestion and dizziness. Following her husband's advice, she started to receive this natural form of healing regularly by visiting a reflexology practitioner. Initially, she had one visit per week but the frequency was not enough to give her the help she felt she needed. Eventually, she decided to learn the techniques herself by doing lots of reading and research on case studies. Over three years' time, she gathered quite an abundance of knowledge on reflexology. With this mode of self-help, family help and the guidance of practitioners, her health started to regain its footing. This health journey was a bit gruelling to her at first since it entailed a great deal of time, patience and strong conviction. Nevertheless, this effort paid off when her health was now much improved, as she described herself as a middle-aged woman of real beauty. Florence is profoundly enthusiastic in sharing her faith in the wonder of reflexology as she wants to spread this message to more people by reflecting on her own case. It was indeed a testimony.

There was a brief demonstration on the steps of foot reflexology practice. First of all, Florence allowed the foot relaxes by stretching forward and backward. Pressure was applied to the left foot first and then the right. Massaging started from the head of the foot, near the toes, the inside first and then the outside, the rub moved upward from the ankle to the leg and knee. Florence demonstrated several tools, each with its own specialized function, which can be used if the hands are not strong enough for effective rubbing. CUWO's members tested out the tools on each other, a real kind of sharing in cosy atmosphere. So give a scratch or a rub to your loved ones at home, the effect even functions more magically than a hug.

**\*\*Editor's Note\*\*** – As with any health procedure, improper practice can result in injury. You should consult a registered practitioner. Courses are also available through various organizations including the YWCA, who will hold their next beginners' course from June 26<sup>th</sup>. To learn more, visit <http://www.esmdywca.org.hk/Courses/CourseDetail.aspx?type=subcategory&id=1000104&courseid=1003428> or call them on 3476 1340



## Classified advertisement

**Yoga with Sachi** ----- You can join Sachi's On-Site **CoreExcellence Yoga®** session for **Body, Mind & Spirit** which is well suited for persons looking forward to core wellbeing for better physical, emotional and spiritual life. His yoga classes are well received by practitioners who have found his classes not only very therapeutic and healing but also very helpful in their productivity and performance. He may use any or all of his variety of experience & skills, during your one-on-one or group session. No previous experience is necessary! No matter what stage you are at, all you need is to bring along yourself & an open heart.



### Schedule & Venue:

**Starting Every Tuesday (12 45 to 1 45pm)pm & Thursday 2.30pm-3.30pm at the Recreation room, basement Residence 14, CUHK**  
**Fees: \$1,250 for 10 sessions, Drop-ins \$150; Venue:**

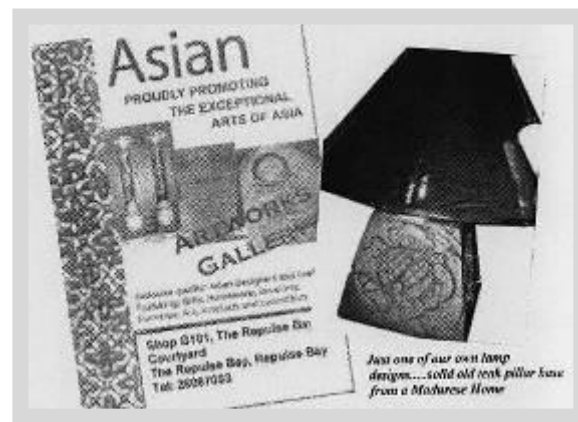
**For enquiries and registration, please contact Sachi at 97756377.**  
**www.yoga-maya.com**

***About Sachi...*** Sachi Singh has been practicing yoga since 1981. He has been developing and teaching wellness and holistic yoga programmes for over 13 years and has more than 20 years of yogic life expertise and experience. He brings both warmth and humour to teaching as well as well formed positive progression to students.

He has done Life Counselling and held yoga/meditation teacher's training and yoga-wellness programs in various locations e.g. India, Thailand, China, Hong Kong, Taiwan, Singapore and Sydney.

As a Yogi, Spiritual Guide/Healer, Counsellor, Lifestyle and NLP consultant, Sachi helps individuals & groups achieve their peak performance, infinite excellence and outcomes in Life.

His qualifications include more than 20 yrs of Yoga Practice, PGDST and NLP GRAD. CERT. (Internationally accredited 300 hrs.)



## Classified Ads

**FOR SALE — New, Uniqlo Skinny Jeans; Black**  
 Waist 27"; Inside leg 30" - **\$150 o.n.o.**  
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 Call Jackie Graham on 9015 1740 (before 9pm, please) for information and appointments



### Campus Community News Committee

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Please send submissions and advertisements (\$50 for commercial ads – other ads free), to **Mrs. Storey, Residence 14, Flat 12A**, or by email to [gilliankew@yahoo.com](mailto:gilliankew@yahoo.com), no later than May 20<sup>th</sup> for placement in the June edition.